



Where to get cost of living support



To help you through these tough times, we've put together [a guide to local support in Wiltshire](#) where you can get help with the cost of living, including:

- Free, independent advice
- Warm spaces and food banks
- Keeping on top of your finances

We'll continue to update this guide through the winter and beyond.

[Read our guide](#)



News



Hello Denise!

We'd like to give a warm welcome to Denise Coates, our new Senior Administrator. She has a background in social care management and the main focus of her new role will be supporting our lovely volunteers.

[What we do](#)



Latest report rounds up project work from late summer

Our new Quarterly Report highlights our latest work, which includes our findings on NHS Continuing Healthcare and gathering feedback from Fijian and Nepalese military families.

[Find out more](#)



New Interim Chair of Healthwatch England appointed

Belinda Black, a registered mental health nurse, takes over from outgoing Chair Sir Robert Francis KC, until a permanent Chair is appointed by the Government.

[Find out more](#)



Winter jabs available to over 50s

Adults over the age of 50 can now book free Covid-19 and flu jabs in Wiltshire. People are being urged to take up the offer of both vaccines due to a predicted early wave of flu and a rise in Covid cases.

[Find out more](#)

More news



Opportunities



Join our mental health forum

Are mental health services in Wiltshire working for you? Join our free online Mental Health Open Forum to talk about your experiences directly with those who run services.

[Find out more](#)



Volunteer with us

Our volunteers help us reach out to people across Wiltshire to listen to their experiences of health and social care services. There are lots of ways you can get involved too!

[Find out more](#)

Work with us



Information



How to stay well this winter

Cold, damp weather can aggravate existing health problems, making you more vulnerable to respiratory winter illnesses. But there are things you can do to stay well.

[Find out more](#)



Find local mental health support

Download our guides to help you find support for your mental health and wellbeing.

[Find out more](#)

More advice and information

Our Christmas opening times

Our phone line will close at **4.30pm on Friday 23 December**, reopening at **9am on Wednesday 28 December**.

It will close again over the New Year weekend from **4.30pm on Friday 30 December**, reopening again at **9am on Tuesday 4 January**.

Don't forget you can still email us at info@healthwatchwiltshire.co.uk

And you can have your say at any time using our [online feedback form](#).

More details about [how to contact us](#) are on our website.



A huge thank you to everyone who has shared their experiences with us this year.

We're looking forward to a busy 2023 hearing about what matters to you.

Merry Christmas and a Happy New Year from Healthwatch Wiltshire!

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