

## Award Winner Viv

As sole carer for her husband before he had to go into a nursing home, Viv Bass knows more than most about the importance of getting support.

Viv, 80, lives in the small village of Quidhampton, near Salisbury. When her husband Brian, 81, was diagnosed with Alzheimer's she sought support from Carers Support Wiltshire and began attending a regular coffee morning run by the charity. She gradually became a volunteer and now helps at one of its carers' cafés, in the Salisbury's Red Lion and at Salisbury District Hospital. She is also one of our telephone support volunteers, providing carers with regular support, advice and a listening ear.

Viv said: "It can be very lonely and isolating being a carer, and any extra help and support from a volunteer is usually welcomed with open arms. "

Viv won an award for her volunteering. She has been named South West regional winner of the 2016 Marsh Award for Carers, in recognition of the level of support and advice that she offers other carers.

