



Do you Care ?

Tell the government what you think about care services

The government is seeking the views of the people who use care and support services about how to improve the system, and what the priorities for change are.

This will help them decide what to do, and feed directly into a White Paper, and a progress report on funding reform, in the spring.

There are two ways can tell them what you think

1. Send your views to Carers Together and we will send in a co-ordinated response from our members.

2. Complete the feedback form (available at www.caringforourfuture.dh.gov.uk) and return it by email to: caringforourfuture@dh.gsi.gov.uk or by post to: Caring for our future, Area 117, Wellington House, 133–155 Waterloo Road, London, SE1 8UG. You can also post your comments directly onto the website.

The deadline for written comments is: 2 December 2011.



New — Woolston Internet Café

If you are new to computers or just need a bit of help with something — come along and ask one of our experienced volunteers. We meet on the **1st and 3rd Thursday** of each month **9.30am to 12.00noon** at **St Marks Institute Church Hall** 37 Victoria Rd, Woolston, SO19 9DY

£1.00 per morning or £1.60 with tea/coffee.

On the 3rd Thursday we will cover a specific topic e.g. digital photos, internet banking or making a greetings card.

For a programme contact: Wendy Stratford

Tel: 023 8020 2623 or Email:

wendy.stratford@carerstogether.org.uk

The **Romsey Internet Café** continues to run on the 2nd and 4th Tuesday, 9.30am—12.00noon at 9 Love Lane, Romsey.

Carers Rights Day — Event

2 December, from 10.00am - 3.00pm

St Mark's Institute Church Hall,
Woolston, Southampton, SO19 9DY

There's something for everyone — all welcome!

Come and find out about:

- Carers Allowance • Carers Assessments
- Advice and Advocacy • Putting People First •
- Emergency Plans • and Respite Opportunities.

Also find out about our • Outings & Events • Pamper Days • Carers Cafes • Activities Club • and Lunch Club.

Follow us on Facebook and Twitter

Keep up with everything that is going on at Carers Together via our Facebook and Twitter pages, online.



NHS Health Checks

Health checks are being offered to help you lower your risk of four common but often preventable diseases: heart disease, stroke, diabetes and kidney disease. It's for adults aged between 40 and 74 who haven't already been diagnosed with any of those diseases. Ask for a Health Check at your GP Surgery.

Worried about rising fuel bills?

Most local councils* in Hampshire are supporting a scheme to help us all get our houses insulated and reduce our fuel bills this winter. The scheme is called Insulate Hampshire.

It is offering **cavity wall insulation for £75** and **loft insulation for £99** — to the first 5000 households that sign up.

This is subject to a free technical survey to check your house is suitable.



Insulation can provide up to £300 in fuel savings per year (figure based on a 3 bed semi-detached house).

This is available to EVERYONE, but if you are over 70 years old or on certain benefits you can get the insulation **free**.

If you have any practical problems with clearing your loft etc. — they can help sort this out too.

Tel: 0800 952 0037

Website: <http://insulatehampshire.co.uk>

* Unfortunately Portsmouth and Southampton cities are not currently part of the scheme but may join later in the year.

Romsey and District Carers Forum

AGM — Friday 2 December, 11.00am

Woodley Village Hall, School Rd, Romsey

Speaker: Mary Henriksen, from the Department of Work and Pensions.

Benefits advice and information for carers and the people they care for.

All carers welcome to come along. Please let us know in advance if you would like lunch. Tel: 01794 515126 Email: admin@romseycarers.org.uk

Christmas Lunch Bunch Munch Club

Come and join us for a good pub meal and some laughter!

Open to all carers in Southampton and the person you care for.

16 December, 1.00pm - 3.00pm, in Highfield

Please call the office first as limited places are available. Tel: 023 8020 2623 Email: pilar.callaby@carerstgether.org.uk



Contact Carers Together

Email: admin@carerstgether.org.uk
www.carerstgether.org.uk

Romsey:
01794 519495

Southampton:
023 8020 2623

Basingstoke:
01256 353290

New Forest:
01794 519495

South East Hampshire:
023 9259 5455

Looking for Part Time Work?

We are still recruiting part-time Support Workers in Basingstoke, Southampton and Winchester. If you are interested in this varied and rewarding role, with flexible hours from one hour per week upwards, please contact Carers Together.



Carers Together

November 2011