

Are you providing care and support for a relative or friend who should not be left alone?

Do you sometimes wish you could find someone reliable to stay with your relative while you go out ?

Would you like someone to take them out while you have some time on your own?

Do you sometimes wonder if someone could support you, as and when you need a change from your normal daily caring activities?

Why not contact us to find out more?

We offer flexible support to help you take some time for yourself.

There is a small fixed hourly rate for the service

The service covers mid Hampshire and nearby surrounding areas

Carers Together

A consortium of carers in Hampshire



Carers Together is an independent organisation run by carers for carers.

It provides a range of services for relatives, friends or neighbours who are caring for, or arranging care, for someone else.

Services include advocacy, information, advice, support groups and services, training and awareness, a free telephone listening line, email support and an internet café for carers.

To find out more about any of these services contact:

Carers Together

9 Love Lane Romsey
Hampshire SO51 8DE

Phone: 01794 519495

Fax: 01794 519895

Email:

admin@carerstogether.org.uk

Website:

www.carerstogether.org.uk

Registered Charity Number: 1051879
Registered Company Number: 6262146

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Carers Together

**CARERS
ACTIVE
SUPPORT
SERVICE**

Do you look after a relative or friend who should not be left alone?

Do you need some time for yourself?

Are you lonely and/or isolated?

The Carers Active Support Service may be able to help you take a short break from caring.

Caring with carers in Hampshire

What does the service offer?

Regular breaks at home from your caring responsibilities

Caring, reliable, trained and experienced staff who provide continuity with the carer and cared-for person

Companionship for people who feel lonely and/or isolated.

What do the staff do?

Companionship - just being there to keep someone company, chatting, listening to music or just sharing a quiet time together

Activities - depending on the wishes and capabilities of the cared-for person - may include a range of pastimes e.g. reminiscing, playing games, doing jigsaws, reading or short trips out.

Refreshments - staff will help the cared for person prepare a drink or light snack or do it for them

They will offer guidance and support but do not provide personal care

Carers Active Support

The Carers Active Support Service (CASS) enables carers to take a short break from caring.

The carer can choose the day and time out and pursue any activity they wish.

Subject to the right members of staff being available, the service can be provided on a regular weekly, two weekly or monthly basis or on a request basis.

You do not need to have an assessment by social services in order to use the service

How to make a referral

Contact the Coordinator who will make an initial visit to find out what you need and discuss how the service may be able to assist you.

If it is agreed CASS can support your needs, you will be introduced to one or more members of staff

If you are happy, ongoing support will be agreed.

Criteria for the service

You must feel that you cannot leave the person you care for, for any significant length of time without worrying about their safety.

You should live in mid Hampshire or in nearby areas

Both you and the cared-for person must be over 18 years of age.

The cared for person should have a disability, illness or medical condition that means they should not be left alone for a significant length of time.

How to find out more or access the service

Write to:

The Coordinator
Carers Active Support Service
9 Love Lane
Romsey
Hampshire
SO51 8DE



Telephone: 01794 519495

Mobile phone: 07921 700502

Email:

cass@carerstogether.org.uk