



Carers Together



Carers Together News
February 2024

Carers Together
Easter Party

Thursday 28th March 2024
1:30pm to 3.30pm
at: Hampshire Carers Centre,
9 Love Lane Romsey, SO51 8DE

Cream Tea Lunch
Easter Quiz
Small Raffle

Handmade gifts & cards to purchase
£5 per person

To book a place Tel: 01794 519495 or
email admin@carerstogogether.org.uk



STOIC - Romsey Older People's Partnership

Friday 23rd February 2024

2:10pm-4:00pm

Topics: Sensory Information & Support
Argenti Supplies & Equipment

Tel: Carers Together on **01794 519495** or email:
admin@carerstogogether.org.uk for more information
or to book a place. **Meetings are held at Age Concern Hall, Linden Road, Romsey SO51 8DB**



We are looking for a **Relief Shop Manager** for our Carers Together Charity shops. If you would like more information about the role or to request an



application form please email: admin@carerstogogether.org.uk or call 01794 519495.

We are also seeking **Volunteers** to join our friendly team and help in our Wellbeing Hub, with our social activities or in our Charity Shops. Training provided, flexible hours.



Tel 01794 519495 or pop into 9 Love Lane Romsey SO51 9AL

New offer from local Community Pharmacies.

You can now go to your local **pharmacy** for treatment for several common conditions and they may provide some prescription medicine without needing to see a GP reducing demands on GP surgeries. Pharmacies are a valuable sources of expert advice on a whole range of minor illness and injury. 95% of pharmacies across England, have signed up to offer the expanded service which includes treatment for:

- ◆ sinusitis, sore throat, and earache
- ◆ infected insect bite, impetigo, and shingles
- ◆ uncomplicated urinary tract infections in women



More information from your local pharmacy and at: www.england.nhs.uk/2024/01/over-10000-nhs-pharmacies-begin-treating-people-for-common-conditions/

As part of the **Warm Welcome Campaign** Carers Together is offering a free welcoming Warm Space again this winter - open to all from Tuesday-Friday 9:30am-2.00pm with refreshments & disabled facilities. www.warmwelcome.uk



Our Charity Shops are open 9.30am - 4.30pm Monday - Saturday

| | | |
|----------------|--|---------------------------|
| Chandlers Ford | - 4 Falkland Court, Chandlers Ford SO53 3GA | Tel: 023 8026 5489 |
| Romsey | - 4 Market Place Romsey SO51 8YZ | Tel: 01794 517459 |
| Totton | - 6 Water Lane, Totton SO40 3DP | Tel: 023 8087 3911 |
| Woolston | - 16 Victoria Rd, Woolston, Southampton SO19 9DX | Tel: 023 8043 6964 |



Romsey Community Information & Wellbeing Centre Activities in February 2024

| | | |
|--------------------------------|-------------------|-----------------|
| Romsey Computer Café | Every Tuesday | 10.00am-12.00pm |
| Andover Mind Group | Every Wednesday | 09.30am-13.30pm |
| Diabetes Aware | First Wednesday | 14.30-16.30pm |
| 7th February | | |
| Dementia Drop-in | First Thursday | 13.30pm-15.30pm |
| 1st February | | |
| Romsey Rendezvous | First Friday | 10.00am-13.30pm |
| 2nd February | | |
| Macular Society | First Friday | 13.30pm-15.30pm |
| 2nd February | | |
| Romsey Carers Café | Third Friday | 11.00am-13.00pm |
| 16th February | | |
| Coffee, Craft & Chat | Fourth Friday | 10.30am-12.30pm |
| 23rd February | | |
| Quaker Worship | 2nd & 4th Sunday | 10:45am |
| 11th & 25th | | |
| Romsey Community Wellbeing Hub | Tuesday to Friday | 9.30am-14.30pm |

Information, Advice & Support for local people including carers, people with long term health conditions and older people.

Assistance with Benefit Forms, regular group activities and free use of computers. Refreshments available.

Disabled friendly facilities and rooms to hire.

Household Support Fund

Supermarket Vouchers or Household Support Grants are available to help unpaid carers of any age in Hampshire with the rising cost of living. Please contact Carers Together to make an application. **Tel:** 01794 519495 or **Email:** support@carerstogogether.org.uk or the application form is also available on our website:

www.carerstogogether.org.uk

Alternatively, please contact Andover Mind or Princess Royal Trust for Carers.

Please note: only apply to one organisation.

Further Support is also available at

www.hants.gov.uk/costofliving/food-essentials

Connect to Support Hampshire Homepage (www.connecttosupporthampshire.org.uk)



Hampshire Together Listening Event in Romsey

**13 February 2024.
4pm-6pm**

Come to hear more about a new hospital for Hampshire and

proposed changes to acute hospital services in and around Basingstoke and Winchester.

at: **Abbotswood Community Centre
14 Abbotswood Common Road
Romsey SO51 0BX**

Ask questions and share your views.

All Welcome.

To find out more or to register to attend the event please go to www.hampshiretogether.nhs.uk

Easter Draw

Do you have any unwanted gifts or a grocery item that you can spare or something you have made that you could donate as a prize for our Easter Draw?

Please bring to: Hampshire Carers Centre at: 9 Love Lane, Romsey SO51 8DE or to Romsey Carers Together Charity shop at: 4, Marketplace Romsey SO51 8YZ

Tickets will be sold at the event. The prizes will be drawn at 3pm on Thursday 28th March 2024 at our Easter Party. All welcome.



Counselling Service. Do you look after or support a relative friend or neighbour with additional needs, illness or who is older? Do you feel you may benefit from counselling? We offer free counselling to carers and former carers - find out more by calling Tel: 01794 519495 or

email admin@carerstogogether.org.uk



For more information about anything in this Newsletter, or to book one of our meeting rooms or desk spaces, available to hire at reasonable prices, contact:

Carers Together, 9 Love Lane, Romsey SO51 8DE Open Tue-Fri 9.30am-2.30pm

Email: admin@carerstogogether.org.uk **Tel:** 01794 519495

Web: www.carerstogogether.org.uk **Facebook:** www.facebook.com/carerstogogetherhampshire