



Dementia Help and Support at Romsey Carers Cafe

Come along and find information about looking after someone with dementia. We also offer advice, support and signposting to the right services for you, including carers and people with dementia. You can book an individual appointment for benefit advice and support with benefit claims. Join us on the 3rd Friday of every month from 11.00am to 12.30pm. An optional fish and chip lunch is available between 12.30pm and 1.30pm.

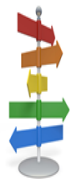


Are you looking for local information about activities in Romsey

This leaflet enables you to access information about a wide range of community, health & care services in Southern Test Valley. Romsey Area Information Network (RAIN) also has a website

which you can look at or refer to www.romseyareainfo.net

Many local organisations hold a hard copy of the information folder. For more information contact Carers Together, contact details overleaf.



'Leaving hospital' leaflet for patients, families and carers

Carers Together has put together a useful contact list of voluntary and statutory organisations that can offer help and support when you or your loved one is discharged from hospital. As well as some other useful contact details, such as hospital phone numbers. Available on request from Carers Together Office, website and our Charity Shops.

Your Choice Your Support

Are you a carer in need of a helping hand? Our 'Take a Break' service offers flexible help should you need short term respite from caring. This service is also available if you live alone and need some help to remain independent.

Your
Choice
Your
Support

Our Support Workers are caring, reliable and experienced. They can assist you, or the person you care for, with daily tasks such as shopping and errands, food preparation, light cleaning duties, laundry, transport and trips out, or simply offer companionship.

Support Workers are fully vetted and DBS checked. The cost of this service is £15 per hour plus 45p per mile if the Support Worker takes you out. A startup fee of £25, payable when the Coordinator first visits, will be offset against your first invoice. Please note, personal care is not provided.

Support Worker Vacancies – Part Time

Are you looking for a flexible job within the community? We are seeking Support Workers to provide personalised support, tailored to the individual client needs.

No personal care is involved. Our clients may need help with daily tasks such as shopping, light cleaning duties, food preparation, transport and trips out or simply companionship. We can offer £9.50 per hour, plus holiday pay and 45 pence per mile should you take the client out. This is a zero-hour contract and hours are arranged directly by support workers with the client as and when required. The ideal candidates will have previous care experience and must be enthusiastic, reliable and trustworthy. The position will be subject to a successful DBS check and references. For more information on how we can help you, please contact:

Mariga Weston on 07920 506338 or email mariga.weston@carerstgether.org.uk



MONTHLY ACTIVITIES AT HAMPSHIRE CARERS CENTRE

Diabetes Aware 1st Wednesday each month
3rd August, 2.15pm - 4.15pm

Dementia Drop-in 1st Thursday each month
4th August, 1.30pm - 3.30pm

Romsey Rendezvous 1st Friday each month
5th August, 10.00am - 1.30pm

Andover MIND Wellbeing Every Wednesday
09:30am - 13:30pm

Romsey Carers Café 3rd Friday each month
19th August, 11.00am - 1.00pm

Romsey Computer Café Every Tuesday
10.00am - 12.00noon

Macular Society 1st Friday each month
5th August, 1.30pm - 3.30pm

Coffee, Craft & Chat 4th Friday each month
26th August 10.30am - 12:30

Art Group Every Monday **2.00pm - 4.00pm**

Quaker Worship 2nd Sunday every month at **10:45am** and 4th Sunday every month at **5pm**

Community and Health Information Drop-in
4, Market Place, Romsey in the Charity Shop
and at Carers Together, 9 Love Lane, Romsey

Carers Active Listening line (confidential helpline) Tel: 08000 3 23456



Monday - Friday: 10.00am - 8.00pm . Bank
Holidays & Weekends: 10.00am - 4.00pm
Available 365 days a year.

Laptops available to use at Hampshire Carers Centre.



New service for local people. We
have two laptops available for
carers and members of the public to use.

If you don't have access to a computer at home or
if you need to access or complete forms online
you are very welcome to drop in from 10.00am -
1.00pm from Monday - Friday. You can use the
laptops on your own or we can provide support.

To book a timed session with support for a
particular reason or for help in using the laptops,
please email: admin@carerstogether.org.uk
or Tel: 01794 519495

***Need help to set up or use your own laptop,
tablet or smart phone?*** You are welcome to
come to our Romsey Computer Café, which is
held every Tuesday 10.00am - 12.00 noon.

Counselling Service for Carers at Carers Together

We provide unpaid carers with a range of free confidential listening
opportunities with qualified counsellors.

This can take place: one-to-one in person, on the telephone or online.

We can also provide sessions in small groups.

**For more information or to register for a counselling session
please contact us:**

Tel: 01794 519495 or email admin@carerstogether.org.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

**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 Mon-Fri 9:30am-1:30pm

Tel: 01794 519495 Email: admin@carerstogether.org.uk

Web: www.carerstogether.org.uk Facebook: www.facebook.com/carerstogetherhampshire