



**CARERS CENTRE and
COMMUNITY INFORMATION DROP-IN**

We are open Monday to Friday 9.30am - 3.30pm

**Carers Together supports unpaid carers and the people they care-for
with information, advice, support, advocacy & signposting**

LATEST NEWS

Carers Grant Scheme available till 31st March

There is still time to apply for the one-off grants scheme for Carers in Hampshire (not Southampton or Portsmouth) until 31st March 2022 or until funds are used). For more information about the carers grant programme and other organisations offering the grant, please contact Carers Together, Princes Royal Trust for Carers or Andover MIND or go to www.connecttosupporthampshire.org.uk/news

New Community Information Point at Romsey Charity Shop

A new 'manned' Community Information Point will be available at the Carers Together Romsey Charity Shop on Tuesday every week from 10.30am to 2.30pm during March. We will be providing information about local groups and organisations, where you can find advice and support and what local groups and activities are available in the area. Pop in any day Mon - Sat to find out more and pick up information leaflets and fliers.

Southern Health Event 25th March

An interactive event is being held by Southern Health on Friday 25th March 10:15am - 2:30pm at the Crosfield Hall, Romsey. Meet the Chief Executive of Southern Health and hear about their plans for the future. Ask questions, have your say, find out more about services provided. Lunch and refreshments provided. Booking essential. Please contact Carers Together (see below) to book a place.

Nightingale Lodge Open Days - 21st and 23rd March

Nightingale Lodge Extra Care Scheme in Romsey is holding open days on 21st and 23rd March 2022 for its Living Well Community Hub. It is a 'one stop' approach offering a range of support, activities and opportunities for older adults. For more information please email: nightingaleLWCH@hants.gov.uk or [Tel: 03707 798248](tel:03707798248)

Andover Mind - Tuesday afternoons & Wednesday mornings - Love Lane Romsey

A mental health service providing a range of therapeutic and social groups to help you manage and improve your mental health. It offers recovery-focussed 1 to 1 appointments alongside groups to help set goals and work through your difficulties. Please contact us to self-refer. well-being@andovermind.org.uk / 01264 332297

For more information about anything on this News Sheet contact:

Carers Together, 9 Love Lane, Romsey SO51 8DE

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

Website: www.carerstogether.org.uk

Facebook: www.facebook.com/carertogetherhampshire

Activities at the Hampshire Carers Centre - March 2022

9 Love Lane, Romsey, Hampshire SO51 8DE Tel 01794 519495 for more information.

Diabetes Aware

**1st Wednesday of each month
2.15pm - 4.15pm**

Run by people with diabetes. Receive support, information or just to get in contact with people who have the same condition. Occasional speakers on topics related to diabetes.

March Date: Wednesday 2nd March 2022

Dementia Drop-in

**1st Thursday of each month.
1.30pm - 3.30pm**

A café for carers and their loved ones. Make friends and get support and information about Dementia from professionals. The drop-in is run in partnership by Andover MIND, Southern Health and Carers Together.

March Date: Thursday 3rd March 2022

Romsey Rendezvous

**1st Friday of each month.
10.00am - 1.30pm**

A local community café for anyone to drop-in for a chat, refreshments, information or advice.

You can play games, do some craft or just sit and chat. Optional Soup lunch available for £3.

March Date: Friday 4th March 2022

Romsey Carers Café

**3rd Friday of each month.
11.00am - 1.00pm**

A support group for carers and their loved ones to attend for support, information and advice.

Refreshments and optional Fish & Chip lunch available - approx. £5.00 each.

March Date: Friday 18th March 2022

Macular Society

**1st Friday of each month.
1.30pm - 3.30pm**

Tel: 01264 560259 for more information

A peer support group for people with Macular Degeneration. A welcoming and compassionate place to learn about the support available, build your confidence and better understand your own condition.

March Date: Friday 4th March 2022

Coffee, Craft & Chat

**4th Friday of each month.
10.30am - 12.30pm**

Beginner friendly crafts or bring your own small project to work on. Board/card games also available. Meet up with others for a chat and to share ideas.

Free session, refreshments available for small donation.

March Date: No session in March 2022

Romsey Computer Café

**Every Tuesday.
10.00am - 12.00noon**

For more information phone 01794 519495 Help & support available for laptop, tablet or phone. Try one of our laptops or bring your own laptop or device.

Free session, refreshments available for small donation.

Art Group

**Every Monday
2.00pm-4.00pm**

Run by Molly Haeri

molly.haeri@carerstogether.org.uk

Experience preferable but not essential.

Covers a range of processes and techniques. £10 per session

Our Charity Shops and Carers Centres Open 9.30am - 4.30pm Monday - Saturday

Any profits from the shop go to Carers Together and help support local people caring for a family member or friend who has an illness or disability.

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