



## Hampshire Carers Charter

You are a carer if you provide, unpaid, practical or emotional help, support or care to someone else, who may be a partner, parent, son/daughter (any age), other relative, friend or neighbour?

Carers Together follows the Principles of the Hampshire Carers Charter:

1. **We will respond to your needs as a carer**
2. **We will recognise your expertise, knowledge and the important role that you play**
3. **We will welcome your participation in the care of your family member or friend**
4. **We will value your involvement in development, monitoring and review of services.**

Please contact Carers Together if you need help, advice or advocacy in your caring role. A copy of the full Hampshire Carers Charter can be found on the Carers Together website.

We welcome your feedback on our services for and with carers

If you want to know more about us or work with us in partnership to help improve services contact us at Carers Together Tel: 01794 519495 or email: [admin@carerstogogether.org.uk](mailto:admin@carerstogogether.org.uk)

## GP Initiative – Register as a Carer with your GP Surgery

### Do you look after or provide support for a relative, friend or neighbour?

Please let your GP know that you are a carer so you can be directed to the right information, support or services and he/she can compile information about the carers who are registered at the surgery.

You can do this by asking your GP or the receptionist to put this information on your file. We can send you information about the process, a form to use to help you record your information and a Carers Pack with information to help you including '5 Tips for carers' which has health tips and a list of organisations that can support you. Call us: 01794 519495 or go to [www.carerstogogether.org.uk](http://www.carerstogogether.org.uk)

CONNECTED  
LIVING



## Connected Living – help at the touch of a button

We are your local, accredited monitored home alarm and Locator provider - offering solutions to help keep you and your loved ones safe and independent at home or out and about, from £15.50 per month.

**Call us today on 0333 400 8299** for half price installation

## Carers Together welcomes Volunteers!

We have a number of volunteering roles at Carers Together. In particular we are seeking volunteers to work in our **Romsey Charity Shop in the Market Place**. Come and join our friendly team of volunteers. Hours of work can be flexible to suit you. For more information and an application form please contact Cathy or Molly at our Romsey Shop. **Tel: 01794 517459** If you would like to find out more about our range of volunteering opportunities please contact our office **Tel: 01794 519495**



**Romsey Disabled People Partnership** is actively looking for new members to join their friendly and informal group. Open to anyone with different needs and abilities in the area. Aiming to make Romsey an Inclusive place to live and work.

Dates of meetings - Wednesdays **9th November and 7th December 2022, 11am-1pm**  
**Romsey Town Hall**. Contact email: [romseyDPP@gmail.com](mailto:romseyDPP@gmail.com) or Tel: 01794 519495

## MONTHLY ACTIVITIES AT HAMPSHIRE CARERS CENTRE

**Diabetes Aware** 1st Wednesday each month  
**5th October. 2.15pm - 4.15pm**

**Dementia Drop-in** 1st Thursday each month  
**6th October. 1.30pm - 3.30pm**

**Romsey Rendezvous** 1st Friday each month  
**7th October. 10.00am - 1.30pm**

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

**Romsey Carers Café** 3rd Friday each month  
**21st October. 11.00am - 1.00pm**


**Romsey Computer Café** Every Tuesday  
**10.00am - 12.00noon**

**Macular Society** 1st Friday each month  
**7th October. 1.30pm - 3.30pm**

**Coffee, Craft & Chat** 4th Friday each month  
**28th October. 10.30am - 12:30**

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

**Quaker Worship** 2nd and 4th Sundays every month,  
**9th and 23rd October at 10:45am**

**The Warmer Homes Programme**  is open to owner occupiers and private rental tenants. Funding is available until 31st March 2023 - first come first served basis to help improve the energy efficiency of qualifying homes. Eligibility criteria:

- Your home has an EPC rating of E, F or G (limited funding available for EPC D rated properties) and either:
- You have a total household annual income of £30,000 or less (before housing costs/bills).  
or
- You receive a means-tested benefit or meet the eligibility criteria specified in your local authority's ECO flexible eligibility 'statement of intent'.

**For more info:**

**Tel: 0800 038 5737 or go to the website [www.warmerhomes.org.uk/programme](http://www.warmerhomes.org.uk/programme)**

### Carers Active Listening line

**Tel: 08000 323456**  
**(confidential helpline)**

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

### Carers Counselling

We offer free counselling for carers and recent former carers - online, face to face or by phone. Contact **01794 519495** to request a referral

### Community and Health Information Drop-in

4, Market Place, Romsey in the Charity Shop and at Carers Together, 9 Love Lane, Romsey. We have a couple of laptops available at the Hampshire Carers Centre for free public use (assistance is also available if required). Phone **01794 519495** to book a free session.

**LIVING WELL CENTRE** The Living Well Centre in Romsey would appreciate feedback from carers on the two questions below to help with their marketing research:

- 1. If you are looking for a short break (a couple of hours or a day) from caring for a relative, neighbour or a friend what would you search for in Google?**
- 2. Where would you look for more information about that support or break?**

Please contact Tracy Carus with your answers on:  
Tel: 0370 779 8248  
Email: [NightingaleLWC@hants.gov.uk](mailto:NightingaleLWC@hants.gov.uk)



### Community Pantries

There are now 19 Community Pantries in Hampshire providing access to a range of fresh, frozen and general foods at discounted prices. Community Pantries offer access by memberships, where for a small weekly contribution, members receive food to a significantly higher value. For more information: Email [connect4communities@hants.gov.uk](mailto:connect4communities@hants.gov.uk)

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

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

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@carerstgether.org.uk](mailto:admin@carerstgether.org.uk)

**Web: [www.carerstgether.org.uk](http://www.carerstgether.org.uk) Facebook: [www.facebook.com/carerstgetherhampshire](http://www.facebook.com/carerstgetherhampshire)**