



**Carers
Together**

www.carerstogether.org.uk

Do you Care?

End of Life Care - Open Workshops

These workshops are for anyone who is interested. You may be a carer, patient, service user, volunteer or professional from a statutory organisation or the voluntary sector. The workshops cover how people can access better information and support around end of life care - for them and the people they work with.

**Wednesday 25 February,
9.30am – 1.00pm**

Session A – Communicating Effectively
Session B - Planning for End of Life

Tuesday 3 March, 9.30am – 1.00pm

Session A - Practical Information for those
approaching End of Life
Session B - Actions Once Life has Ended

Cost per workshop;

Statutory Sector Professionals: £15.00

Voluntary sector/charities: £5.00

Individuals: free

**Places are limited please contact us to
book a place as soon as possible.**

Further information: Tel: 01794 519495

Email: admin@carerstogether.org.uk

Abseil the Spinnaker



A Challenge for Charity
Once in a lifetime opportunity!

27 June 2015

Would you like to experience
the thrill of abseiling down
the Spinnaker Tower while
at the same time raising
money for Carers Together?

**We need adventurous people
who like a challenge!**

For more information and a registration
pack telephone Pattie or Hayley on
Tel: 01794 519495

or email admin@carerstogether.org.uk

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The Care Act 2014 - Care and support is changing

What is changing?

In April 2015, the Government will be introducing:

- a new national level of eligibility criteria for accessing care and support from your council, to make care and support more consistent across the country
- a new right for carers, giving them the same eligibility for services as the adults they care for, if they meet certain eligibility criteria. This means you may be able to get more help so that you can carry on caring and look after your own wellbeing.
- changes to deferred payment agreements for people who want to use the value of their property to pay for residential care

- people who pay for their own care will be offered support in assessing, planning and managing their care.
- The requirement of Local Authorities to provide information and advice to individuals, helping them make informed decisions about the best way they can receive care.

Further information applicable to **Hampshire** is available at:

www3.hants.gov.uk/adult-services/care-act.htm

For **Southampton** visit:

www.southampton.gov.uk/health-social-care/the-care-act/

Take a Break Service -

That little bit of extra help...

Carers Together runs a service supporting carers and older people in the Winchester, Test Valley and Southampton areas. If you are in need of someone to come and be with the person you care for, so you can take a break, do let us know. There is a fixed hourly charge for this service.

Job Vacancies

We are also recruiting paid support workers for the Take a Break service.

If you are a friendly, reliable person who could provide companionship and support please do contact us.

This role is flexible - you can work from one hour per week upwards. There is no personal care involved. We pay £6.50 per hour plus holiday pay pro rata.



New Community Cafes start in Alton and Chandlers Ford

Carers Together has won funding to extend its Community Cafes or 'Rendezvous' - which we have been successfully running in Romsey over the past couple of years, together with other community partners.

New Rendezvous have recently started in Chandlers Ford and Alton offering a monthly place for people to drop-in for a coffee and be sure of a warm welcome from volunteers. Benefits and community information is on hand as well as newspapers and board games.

Dates for the Rendezvous are available on our website and the back page of this newsletter.

Volunteers are welcome - so if you could help out in any way please get in touch - Tel: 01794 519495 and speak to Rory.

Having difficulty with your energy bills?

Try the **Home Heat Helpline**;

This is a comprehensive advice service aimed primarily at vulnerable householders and others who are facing difficulty in managing their energy costs. Its an expert source of assistance with a wide range of energy-related problems including:

- Help to save money on your gas and electricity bills
- Access to home insulation and heating schemes
- The Priority Service Register — a special service for elderly or disabled people and those living with long-term health conditions that includes bills in easy-to-read larger text or in Braille, as well as security passwords and a free annual gas safety check
- Flexible payment options for customers in fuel debt
- Benefits entitlement checks to see if you are missing out
- Trust funds that some suppliers run for vulnerable customers

The Home Heat Helpline can provide direct advice to energy consumers or to friends, relatives or agencies acting on their behalf.

Home Heat Helpline: **Tel: 0800 336699**

Textphone: 0800 027 2122

Website: www.homeheathelpline.org.uk



Claim your State Pension Online – it's secure and easy to do:

State Pension Online is a service that allows people within four months of their State Pension age to claim their State Pension using the GOV.UK website. It is secure and available at a time that is convenient for the customer. Improved information and prompts are now available for customers when they use the [Claim your State Pension online](#) page on the [GOV.UK](#) website.

For more information contact:

digitalservicesdivision.communicationsgateway@dpw.gsi.gov.uk

Apply for Carers Allowance online - its much faster!

Over 150,000 carers have now used the Carers Allowance on-line form to make their claim or report a change of circumstance.

Key benefits are:

- available any time of day or night
- accessed through mobile or tablet
- fewer questions than paper version
- password or signature not required
- claim arrives immediately at Carers Unit

The form does not have to be printed or saved and has been developed with direct input from carers and carers

organisations. To complete a form go to www.gov.uk/carers-allowance/how-to-claim



The Support Planning Partnership (SPP) supports people who want to choose and control their own personal support.

We can help people:

- With a Personal Budget
- With a Direct Payment
- Looking for support which they will fund themselves
- Who have had a Social Services Assessment
- With a referral from another source e.g. health
- Looking for information to help them become more independent

If you need help, call us **Tel: 07753 498153**

Email: support@support-partnership.org.uk

www.support-partnership.org.uk

The 'say it once' logo consists of the text 'say it once' in a blue, lowercase, sans-serif font, enclosed within a stylized, dark blue oval shape that has a slight 3D effect.

say it once

How many times have you been asked for the same information by health and social care professionals?

The 'Say It Once' website has forms for you to fill in either on your computer or by hand.

You can record key health and social care information and wishes that are important to you. Copies can then be given to health and social care professionals as needed.

Visit: www.sayitonce.info to download the forms or **Tel: 01794 519495** and we can send you paper copies.

Would you or the person you care for like help to write your life story?

My Life and Memories is a small business run by an ex employee of Carers Together.

Angela Bond and her husband can help you to compile a leather bound book of the story of your life, complete with photos and other memorabilia.

Angela, who was previously a social worker, will visit you in your own home and help you to remember and make a permanent record of the events and people who have shaped your life. This will result in a unique and very personal book which can be passed to future generations; and the whole experience usually proves to be enjoyable and therapeutic.

It is of course an entirely confidential service and only those things which you want to be included will appear in your book.

Costs vary according to what is required and the number of visits made, but the average price of a beautiful leather bound book containing 40-80 sides of typescript and photos will be between £400 and £800.

If you would like further information please contact Angela at roseann22@hotmail.com or see her website at www.mylifeandmemories.co.uk.



Community meeting places - Rendezvous dates and times

Romsey Rendezvous, Town Hall,
1st Friday monthly, 10.00am -1.30pm

Woodley Rendezvous, Woodley Village
Hall; 4th Friday 10.00am - 12.00noon

St Francis Rendezvous (Chandlers
Ford), St Francis Church Hall;
4th Wednesday, 9.00am - 12.00noon

Alton Rendezvous, The Assembly
Rooms, 2nd Wednesday
10.00am – 12.30pm

Woolston Community Café,
St Marks Institute Church Hall,
Victoria Road.
1st Tuesday, 11.00am - 2.00pm

Would you like to learn how to use a computer, laptop, tablet or smartphone?



Would you like tips on how to do things better?
Why not pop in to our computer cafés?
Try one of our laptop computers or bring your own.
Friendly volunteers will be there to help you.

Romsey: 2nd or 4th Tuesday each month,
10.00am to 12.00noon
Carers Together, 9 Love Lane, SO51 8DE
Cost: £2.00 with tea/coffee included.

Woolston: 1st and 3rd Thursday each month,
10.00am to 12.00noon
St Marks Institute Church Hall,
37 Victoria Rd, SO19 9DY
Cost: £2.00 with tea/coffee included.



**Carers Together is a charity and
we rely on donations from the public
to continue our work supporting
unpaid carers.**

You are now able to donate to us through
our website using your credit or debit card -
just look for the 'mydonate' button
pictured below.

Donate to our event through



The free online donation service

Contact Carers Together

All enquiries: 01794 519495

9 Love Lane, Romsey SO51 8DE

**Our services cover Hampshire,
Southampton and Portsmouth.**

www.carerstogether.org.uk

Woolston Charity shop

16 Victoria Rd, SO19 9DX

Tel: 023 8043 6964

Totton Charity Shop

6 Water Lane, SO40 3DP

Tel: 023 8087 3911

Donations of
clothes,
household
items etc
welcome!



Follow us on Facebook

Keep up with everything that is
going on at Carers Together via
our Facebook page.

www.Facebook.com/SupportforCarers



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