



# Do you *Care?*

## Care and Share Time Bank

### What is the Time Bank?

It is a way for people to help others in their community and be rewarded for it – in time. For every hour of time you give helping someone, you receive one time credit. Everyone's time is equal!

The Time Bank will also be running fun, free activities in partnership with the local community. It will be starting in the Alton, Hedge End, Totton and Southern Test Valley areas alongside our 'Rendezvous' (Community Cafes). We hope to expand it to the rest of Hampshire at a later date.

### What can you do with your Time Credits?

You can 'spend' your time credits when you need help from someone else. You can give them to another person who needs help or you can save them. No money is involved.

### Anyone can join the Time Bank!

Age, ability, lack of finance or limited mobility are not barriers to participating in the time bank. Contact us to discuss ways in which you can get involved.



**Care & Share**  
Timebank, Hampshire

### Contact us for more information:

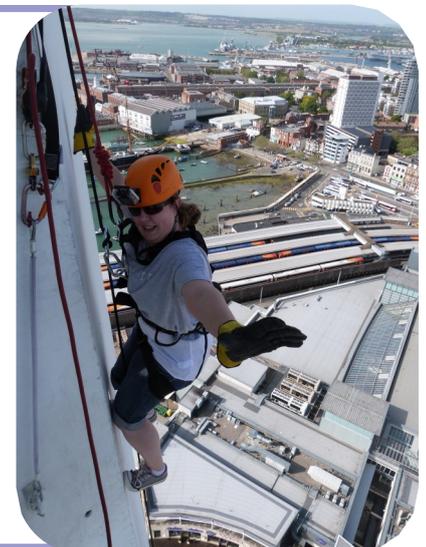
Charlotte Meader

Tel: 01794 519495

Email: [cashampshire@gmail.com](mailto:cashampshire@gmail.com)

## We abseiled the Spinnaker!

Congratulations and many thanks our brave supporters and staff - Alex, Caroline, Cassi, Charlotte, Jayne, Julie, Karen, Kirsty, Laura-Jane, Natasha, Nicola, Vicky and William - who abseiled the Spinnaker Tower and raised over £2000 for us!



## Walking the Itchen

Well done to our walkers - who walked the Itchen Way in June to celebrate Carers Week and raise some money for us. They raised over £500 with more still to be collected.

If you would like to support their efforts and help support carers in Hampshire please send a cheque, payable to 'Carers Together', to the address on the back of this newsletter.

You can also donate online at:

<https://mydonate.bt.com/charities/carertogetherinhampshire>



## Community Cafes and Rendezvous



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

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

**North Baddesley Rendezvous**, All Saints  
Church, Rownhams Road, North Baddesley  
3rd Tuesday 10.00am – 12.00 noon.

**St Francis Rendezvous** (Chandlers Ford),  
St Francis Church Hall, Pilgrims Close,  
Valley Park  
4th Wednesday, 9.00am - 12.00noon

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

**St Johns Cafe - Hedge End**  
1st and 3rd Friday every month  
10.00am - 12.00pm  
Underhill Centre, St Johns Rd, SO30 4AF

### What is a rendezvous?

A Community meeting place and coffee shop offering information and support in an informal setting.

Tea, coffee, cake, board games and newspapers are on offer to enjoy and share with friends - or come alone - you will be welcomed by our friendly volunteers.

There will also be information and support for newly diagnosed people with long term conditions, signposting to other services, current information for carers, opportunities to relieve social isolation, opportunities for people to identify what they can do rather than what they cannot do information and benefits advice available.

For more information call: 01794 519495

- Community Cafés serving tea, coffee and cake
- Chat to friends
- Meet new people
- Local information
- Benefits advice



A Community Partnership Initiative

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](mailto:support@support-partnership.org.uk)

[www.support-partnership.org.uk](http://www.support-partnership.org.uk)



**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](http://www.sayitonce.info) to download the forms or **Tel: 01794 519495** and we can send you paper copies.

## SO18 BIG LOCAL

### Do you live in the SO18 postcode area of Southampton?

Tracey Eldridge from Carers Together is trying to reach unpaid carers in the SO18 area of Southampton to find out what you need to support you in the area.

Do you find it hard to get information and advice about services to help you and benefits?

Do you need help with all those forms that need filling in?

Maybe its difficult to get out when you are caring?

Maybe you could do with a bit of help with computers or your smart phone?

Tracey would love to hear from you.

You can contact her at Tel: 01794 519495 or

Email: [tracey.eldridge@carerstogether.org.uk](mailto:tracey.eldridge@carerstogether.org.uk)

or **drop-in to Harefield Surgery**, 21 Exford Ave

on the **4th Friday** of every month between

9.30am - 11.30pm and

Tracey will be there to chat to you.



### Finding a trusted tradesmen - new government TrustMark

It can be difficult to find tradespeople you can trust and it's even more of a

worry when an older, vulnerable person needs help. That's why the government have set up [TrustMark](http://TrustMark)



If you are a member of the general public and you require information or guidance that you are unable to locate on this website then you may contact our us by:

email: [info@trustmark.org.uk](mailto:info@trustmark.org.uk)

or

tel: 0333 555 1234 (operates 24/7)

Website: [www.trustmark.org.uk](http://www.trustmark.org.uk)

## 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.

## 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  
Carers Together Charity Shop & Carers Centre, 16 Victoria Rd, Woolston SO19 9DX  
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](http://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](http://www.Facebook.com/SupportforCarers)



**Carers Together**

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