



MONTHLY ACTIVITIES AT HAMPSHIRE CARERS CENTRE JANUARY 2023

Diabetes Aware 1st Wednesday each month
2.15pm - 4.15pm 4th January 2023

Dementia Drop-in 1st Thursday each month
1.30pm - 3.30pm 5th January 2023

Romsey Rendezvous 1st Friday each month
10.00am - 1.30pm 6th January 2023

Andover MIND Wellbeing Every Wednesday
9:30am - 1.30pm

Romsey Carers Café 3rd Friday each month
11.00am - 1.30pm 20th January 2023

Romsey Computer Café Every Tuesday
10.00am - 12.00noon

Macular Society 1st Friday each month
1.30pm - 3.30pm 6th January 2023

Coffee, Craft & Chat 4th Friday each month
10.30am - 12:30pm 27th January 2023

Art Group Every Monday
2.00pm - 4.00pm

Quaker Worship 2nd & 4th Sundays every month
10:45am

Romsey Older People Partnership STOIC Meeting

Friday 27th January 2023, 2.10pm - 4.00pm at
Age Concern Linden Road Romsey SO51 8DB

This month our speaker will be local Funeral Director Michael Peace, who will talk about the 'Life of a Funeral Director'.

All welcome, but as places are limited please book a place by contacting:

Carers Together 9 Love Lane Romsey SO51 8DE

Telephone: 01794 519495

Email: admin@carerstogether.org.uk

Household Support Fund

Supermarket Vouchers

Supermarket Vouchers are available for unpaid carers to support those most in need to help with global inflationary challenges and the significantly rising cost of living.

Funding is available until 31st March 2023 unless spent before then

You need to choose which Supermarket you wish to use with the vouchers from the list: ALDI, ASDA, B&M, Farmfoods, Marks & Spencer, Morrisons, Sainsbury's, Tesco or Waitrose.

Please contact Carers Together to make an application:

Email: support@carerstogether.org.uk

Tel: 01794 519495

Alternatively, please contact Andover MIND or or Princess Royal Trust for Carers Hampshire



Warm Welcome Hub

at Carers Together.

As temperatures fall, we have added our Hampshire Carers Centre to the national register of 'Warm Welcome' venues that are free, warm, welcoming and safe this winter. <https://www.warmwelcome.uk/>

We open 10am - 2pm Monday to Friday with free Wi-Fi and laptop access, board games/colouring books, accessible toilet, hot drinks, soup and other refreshments. Come in and read the paper or a book, chat to friends or join in any of the activities. Child and dog friendly.

Information, advice and support also available to local people.

Just pop into Carers Together, 9 Love Lane Romsey SO51 8DE to find out more or phone: 01794 519495

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



Hitting the cold spots - helping you to stay warm

Help for People struggling to keep their homes in winter. Test Valley Borough Council is working in partnership with the Environment Centre (tec), a local charity specialising in impartial home energy advice. They aim to ensure residents throughout Hampshire are able to access all the support for which they are eligible.

More information is available from: <https://environmentcentre.com/home-energy/>

Useful **Emergency** Contact numbers:

Police/Fire/Ambulance/Coastguard - Emergency: **999** Non-emergency Police: **101**

NHS Non Emergency Helpline - out of hours services, dental and local pharmacies: **111**

Hampshire Adults Health & Care Department: **0300 555 1386**

Electricity: **0800 072 7282**

Power cuts: **0800 3163 105 or 105***

Gas emergency service, 24 hour: **0800 111 999**

Southern Water: **0330 303 0368**

Samaritans, 24 hour, free: **116 123**

Community Information and Services in the south of Test Valley can also be found on Romsey Area Information Network Folder (RAIN): <https://romseyareainfo.net>

105* - Good News Story - an older couple, one with mobility issues, had registered for additional emergency help because of their situation. They had a power cut at 11.45pm on Monday 19th December. They rang the emergency number that was answered immediately by a pleasant, helpful person. She asked a few questions and said she could see that they were registered for support. Within 30 minutes a team arrived to check the power to the house and found it was a problem with high voltage. They worked outside until 2.45am when power was reconnected. On the Tuesday, they arrived just after 9.00am to say they had found the cause of the problem and needed to turn off the power to the house for 2 hours to do a permanent repair. Two hours later the power was back on and the team checked to ensure everything was OK.

At a time when we hear about a lot of bad news, we need to say congratulations to OVO power (formerly Scottish and Southern) on their helpful attitude and excellent service.

Carers Counselling We offer access to free professional counselling for carers and recent former carers - online, face to face or by phone. Contact 01794 519495 for more information.

Community and Health Information Drop-ins

At Carers Together Charity Shop, 4 Market Place, Romsey where there is an Information Folder and leaflet rack for people to advertise their activities.

At Carers Together, 9 Love Lane, Romsey where there is information, a notice board and leaflet rack. Also laptops available for free public use with or without assistance. Please get in touch to book an appointment or find information about health or social care.

Resources to help with Cost of Living and any money worries:

Hampshire:

www.connecttosupporthampshire.org.uk/financesupport

<https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/coldspots>

Test Valley:

<https://www.testvalley.gov.uk/cost-of-living-support>

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-2.00pm

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

Web: www.carerstogether.org.uk

Facebook: www.facebook.com/carerstogetherhampshire