



Household Support Fund

The 5th round of Household support Fund is now open.



Supermarket Vouchers or Household Grants are available to help unpaid carers in **Hampshire**. Please contact Carers Together

Tel: **01794 519495**

Email: **support@carerstogether.org.uk**

The application form is also available on:

www.carerstogether.org.uk

Alternatively, please contact **Princess Royal Trust for Carers** or **Andover Mind**. Please note: only apply to one organisation. Other support is also available at: www.hants.gov.uk/costofliving/food-essentials



Health and Social Care Act 2008 (Regulated Activities)

Regulations 2014: Regulation 9A CQC Regulation 9A Visiting and accompanying in care homes, hospitals and hospices. This regulation aims to make sure:

*People staying in a care home, hospital or hospice can receive visits from people they want to see.

*People living in a care home are not discouraged from taking visits outside the home

*People attending appointments in a hospital or hospice, that do not require an overnight stay, can be accompanied by a family member, friend or advocate if they want someone with them.

More information can be found at www.cqc.org.uk/guidance-providers/regulations/regulation-9a-visiting-and-accompanying



Thank you to all that supported us during carers Week



Carers UK Survey– State of Caring Survey Have your Say

The survey covers a range of topics which helps to identify what carers need, and what common issues are and provide a really important insight into Caring and Housing and the challenges unpaid carers may be facing.

Link for the Survey can be found at: State of Caring Survey 2024 ([surveymonkey.com](https://www.surveymonkey.com))

The survey closes on 11 August 2024

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

Chandlers Ford

4 Falkland Court, Chandlers Ford SO53 3GA

Tel: 02380 265489

Romsey

4 Market Place Romsey SO51 8YZ

Tel: 01794 517459

Totton

6 Water Lane, Totton SO40 3DP

Tel: 02380 873911

Woolston

16 Victoria Rd, Woolston, Southampton SO19 9DX

Tel: 02380 436964



Activities at Romsey Community Information & Wellbeing Centre July 2024 (not Bank Holidays)

Romsey Community Wellbeing Hub	Tuesday to Friday 9.30am-2.30pm
Romsey Computer Café	Every Tuesday 10.00am-12.00noon
Support and Information	
Andover Mind MH Group	Every Wednesday 9.30am-1.30pm
Support and Information	
Diabetes Aware	1st Wednesday 3rd July 2.15pm-4.15pm
Dementia Drop-in	1st Thursday 4th July 1.30pm-3.30pm
Romsey Rendezvous	1st Friday 5th July 10.00am-1.30pm
Macular Society	1st Friday 5th July 1.30pm-3.30pm
Pain Clinic (SH Referral)	Every 3 Tuesdays 9th & 30th July 1.30pm-3.30pm
Romsey Carers Café	3rd Friday 19th July 11.00am-1.00pm
Coffee, Craft & Chat	4th Friday 26th July 10.30am-12.30pm
Quaker Worship	2nd & 4th Sunday 14th & 28th July 10.45am

Information, Advice & Support for local people including carers, people with long term health conditions and older people.

Assistance with Benefit Forms, regular group activities and free use of computers. Disabled friendly facilities and rooms to hire. Refreshments available.

Free - Carers Active Listening Line available 365 days a year to support & listen to unpaid carers
Tel: 08000 323456 10am-8pm Mon-Fri
10am-4pm Weekends and Bank Holidays



Free - Counselling for carers
We also offer a free counselling service for carers and former carers. Find out more by calling
Tel: 01794 519495



Are you a Carer?
Do you look after someone?



Come along to the Romsey Community Hub and meet the expert support worker who will be attending the **1st Tuesday** of the month from **10.00am - 2.30pm**.

Next Drop-in sessions:

Tuesday 2nd July & 6th August 2024

They offer **debt support and advice** to make sure you're receiving all the benefits to which you are entitled. **Priority Services Register:** are you signed up to get support if there is a power cut, gas leak or water supply problem? They can also help with your energy bills.

Working in Partnership at Romsey Community Information and Wellbeing Hub
9 Love Lane Romsey SO51 8DE

Romsey Older Adults Forum - STOIC on Friday 26th July 2024
2.10pm - 4.00pm



at Age Concern Hall, Linden Road, Romsey

July Topics: Fiona Mackintosh- Health & Independent Living Support (HILS) Meals on Wheels Hampshire-Meals-on-Wheels-Flyer.pdf (hils-uk.org)

And Tom McNulty with his Guide dog Toby. Accompanied also by John Warne
<http://macularsociety.org/>



For more information or to book a place call Carers Together - Tel: **01794 519495** or email: admin@carerstogogether.org.uk

UK General Elections
Thursday 4th July 2024
www.gov.uk

Remember, I need photo ID to vote

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-2.30pm
Email: admin@carerstogogether.org.uk Tel: 01794 519495

Web: www.carerstogogether.org.uk Facebook: www.facebook.com/carerstogogetherhampshire