



 **Just for Fun** in this 4 page newsletter see if you can spot all **8 hidden Valentine Penguins** (excluding this one)



Grant or Supermarket Voucher for unpaid carers in Hampshire Round 6

Are you an unpaid carer who lives in Hampshire or supports or cares for someone living in Hampshire? (not in Southampton & Portsmouth). You can apply for a Supermarket Voucher or a grant towards essential household items from round 6 even if you have applied previously from other rounds.



Please contact Carers Together on **01794 519495** or email: **support@carerstogogether.org.uk**

The application form is also available on: www.carerstogogether.org.uk

Alternatively, contact Princess Royal Trust for Carers. **Please note:** Only apply to one organisation.

When completing the application form, please state the Supermarket where you would like to spend a voucher - Aldi, ASDA, B&M, Farmfoods, Iceland, M&S, Morrisons, Sainsbury's, Tesco, Waitrose. Alternatively, please request the household item you would like to purchase.

Please ensure you state the primary care needs/ diagnosis of the person you care for and the support you provide.

Other support is also available at:

www.hants.gov.uk/costofliving/food-essentials

www.connecttosupporthampshire.org.uk

Support with housing costs:

www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities/supportforfamilies/housing-support

List of other grants and funding available:

www.hants.gov.uk/community/grants/grants-list



Parkinson's Support in the Romsey area



Parkinson's Support Group for people with Parkinson's and their carers

Romsey Community Wellbeing Hub
9 Love Lane Romsey

1st meeting Friday 31st January 10.30 to 1pm.

Please let us know if you wish to book in or register your interest

If you would like to know the dates and times of future meetings please get in touch.

Refer to poster below.

Email: admin@carerstogogether.org.uk

Telephone: 01795 519495

www.parkinsons.org.uk

Hampshire County Council

Free Continence Awareness Training session available for unpaid carers, staff or volunteers working with older adults.

Join our free 2-hour online Continence Awareness training session for unpaid carers and volunteers working with older adults. With practical advice and tips, you'll learn how to prevent, manage, and deal with incontinence effectively.

You'll hear about:

- Types and causes of urinary incontinence
- Simple tips to prevent or manage incontinence, including using the Live Longer Better continence checklist
- Basics of continence products and skin care

When: Thursday 27/02/25

Time: **6pm - 8pm** online session.

Click to register: [Virtual Session in Teams](#) or [scan the QR Code](#). We

can arrange for you to take part in the event face-to-face in a Romsey venue - call 01794 519495



Continence Awareness
18:00 - 20:00
Virtual

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

Chandlers Ford	4 Falkland Court, Chandlers Ford SO53 3GA
Romsey	4 Market Place Romsey SO51 8YZ
Totton	6 Water Lane, Totton SO40 3DP

Tel: 02380 265489
Tel: 01794 517459
Tel: 02380 87 3911





Activities at Romsey Community Wellbeing Hub February 2025



- **Romsey Community Wellbeing Hub** **Tuesday to Friday** 09.45am - 14.15pm
- **Warm Welcome Space** Refreshment available **Tuesday to Friday** 09.45am - 14.15pm
- **Romsey Knitters & Hookers** **Every Monday** 19.00pm - 21.00pm
- **PRTC Support for carers** Support with Utilities **1st Tuesday** 10.00 - 2.15pm
- **Andover Mind MH Group** (Referral only) **Every Wednesday** 9.30am - 13.30pm
- **Diabetes Aware** **5th February** **1st Wednesday** 14.15pm - 16.15pm
- **Dementia Drop-in** **6th February** **1st Thursday** 13.30pm - 15.30pm
- **Romsey Carers Café** **7th & 21st February** **1st & 3rd Friday** 10.45am - 1:15pm
- **Macular Society** **7th February** **1st Friday** 13.30pm - 15.30pm
- **Romsey Rendezvous** **14th February** **1st Friday** 10.45am - 13.15pm
- **Pain Clinic** **4th & 25th (referral only)** **3 weekly - Tuesday** 13.30pm - 15.30pm
- **Chat, games & craft** **28th February** **4th Friday** 10.45am - 12.45pm
- **Quaker Worship** **9th & 23rd February** **2nd & 4th Sunday** 10:45am

Pop in any day from Tuesday to Friday between **09.45am to 2.15pm** for a break, a chat, advice or information or to keep warm.

Romsey Older People's Partnership - STOIC

Friday 28th February 2025

from **2.10pm - 4.00pm**

Age Concern, Linden Road,
Romsey SO51 8DB

Topic: To be confirmed

For more information or to book a place phone:

Carers Together on 01794 519495 or
email: admin@carerstogogether.org.uk

**All older people in
the Romsey area welcome**

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 Tue - Fri 9.45am - 2.15pm
Email: admin@carerstogogether.org.uk Tel: 01794 519495

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



Are you a Carer? Do you look after someone?

Please visit the Support Worker

from PRTC available 10am - 2.15pm on the 1st Tuesday of each month to assist you with benefits and energy bills advice. Next session: **4th February 2025** at Romsey Community Wellbeing Hub, 9 Love Lane, Romsey SO51 9AL. All carers welcome.



Support from Carers Together

Free - Carers Active Listening Line

available 365 days a year to support & listen to unpaid carers

Tel: 08000 323456 from 10am-8pm Mon-Fri and 10am-4pm Weekends & Bank Holidays

Free - Counselling for carers

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

Information, Advice & Support

For local people including carers, the people they care for and local people of all ages.

- Help with Benefit Forms
- Regular group activities
- Disabled friendly facilities
- Refreshments available
- Meeting room and desks to hire.

For more information call 01794 519495 or email: admin@carerstogogether.org.uk

Support at the Romsey Wellbeing Hub

Free Warm Welcome Space

Open to all from Tuesday to Friday 09.45am-2.15pm with refreshments.

Please pop in for a coffee and a chat or to keep warm, read the paper, play board games, do a puzzle, colouring, arts & crafts or find support and advice.

Free use of computer/laptops on site

- with or without help, and/or support to set up your phone, tablet or laptop.

Disabled friendly facilities

Refreshments available

Small rooms for confidential chats

Information about local services

Phone **01794 519495** for more information



Care Quality Commission (CQC)

There is a short form online to give feedback and

help improve healthcare in England. Use the form to tell CQC about: any experience of care - it can be good or bad or a concern about a service you work for.

Link: www.cqc.org.uk/give-feedback-on-care

To make a formal complaint please contact the service itself.

Call 999 if there's a immediate risk of harm or abuse. You can get help with the form if it is hard for you to do things online. Tel: 03000 616161 Mon-Fri 8:30-5:30pm (excluding Bank Holidays)



Give feedback on care



Looking for information about activities and services in the Romsey area?

Carers Together, Romsey Community Wellbeing Hub and Test Valley South Locality Health Forum have developed and produced a useful Leaflet that contains contact numbers for local and national services, emergency contacts, transport / driving services, local GP services, Health Care providers and Helplines.

If you would like a copy of this leaflet please email admin@carerstogether.org.uk for a pdf version that you can print as you wish or drop in to the Romsey Community Wellbeing Hub 9, Love Lane Romsey for a hard copy.

The leaflet is also available from a number of other local groups and organisations as well as our Carers Together Romsey Charity Shop and Information Point, 4 Market Place, Romsey.

Volunteering Opportunities

Thank you to the people who came to say 'Hello' to Tracey and Leanne at the Volunteer Fair Romsey and expressed an interest in volunteering with us. We are looking for **Volunteers** to join our friendly team to help in our Wellbeing Hub with social activities, general admin, making tea/coffee and helping to make our clients feel welcome or, maybe you would like to volunteer in our Charity Shop. Training is provided, flexible hours to suit. Even an hour spared makes a difference.

Tel: **01794 519495** or pop in for more information and a chat at Romsey Community Wellbeing Hub 9 Love Lane, Romsey





<https://www.hants.gov.uk/socialcareandhealth/publichealth/livelongerbetter>

Physical activity, including strength and balance, is vital for healthy ageing. Steady and Strong classes for older adults have been developed by experts to increase your strength and balance, helping you to stay stronger for longer and able to keep doing the things you love. Falls are not an inevitable part of getting older and the good news is, falls can often be prevented.

Hampshire County Council (HCC) has produced Steady Strength and Balance simple exercises reminder cards to encourage better physical health and mobility as we age.

There are also a number of exercise classes in Hampshire:

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

If you are not online we can help you to find your local classes if you pop in or telephone Carers Together **Tel 01794 519495**. Your local library may also be able to assist you find the information.



Call 0300 777 0157

Residents are invited to get a **Free** home safety survey from the Bobby Scheme. The Blue Lamp Trust offers a free home visit scheme that provides personalized crime and fire prevention advice to enhance home safety. Residents who are vulnerable due to age (over 60), Disabled, a victim of crime, a victim of burglary, a victim of domestic abuse. They are able to fit and provide Key safes £55 and Ring video doorbells £115. If required items they can fit free of charge include: locks, spy holes, door chains, smoke & carbon monoxide alarms.

Find out more:

<https://www.neighbourhoodalert.co.uk/Alerts/A/231956/Residents-invited-to-get-free-home-safety-survey-from-Bobby-Scheme>

pharmacy first The Government and NHS

launched *Pharmacy First* on Wednesday 31st January 2024, a new scheme put in place to help ease the pressure on GP surgeries across the UK.

Pharmacy First will allow pharmacists to help treat seven common conditions in their communities. This will free up appointments at general practices for more serious illnesses and conditions. Over 10,000 pharmacies across the UK have signed up to be a part of Pharmacy first. The scheme will allow pharmacists to help treat seven common illnesses:

- Sinusitis
- Sore throat
- Earache
- Infected insect bites
- Impetigo
- Shingles
- Uncomplicated urinary tract infections in women

You can also have your blood pressure checked at the pharmacy and access to contraceptive services as well as get advice on common health issues.

More information at:

<https://www.england.nhs.uk/primary-care/pharmacy/pharmacy-services/pharmacy-first/>

DAILY REMINDER

remember to take care of yourself. sometimes you forget because you're too busy taking care of other people. you are important too.

