



# Carers Together



# Carers Together News

## August 2025



### Hampshire County Council (HCC) - Local Government Reorganisation

HCC would like your views on important proposals that could change how local councils are organised across Hampshire, Southampton, Portsmouth and the Isle of Wight.

From schools, roads, social care and housing, to planning, waste and libraries – local councils play a big part in everyday life. The Government has asked councils to come up with new ideas for how local government should be reorganised to work more simply and efficiently in the future.

The proposal would replace the current 15 councils across the Hampshire and Solent area with four new (all-purpose) unitary councils. This would make services easier to access, save around £50 million a year, give local people more of a voice in the decisions that affect them, and help protect the vital support many people rely on – especially to those who are most in need.

Your feedback will help shape the final plans County Councillors will consider this autumn, then submit to Government for a final decision. The engagement period runs until **Sunday 17 August 2025**.

Learn more and have your say at: [www.hants.gov.uk/lgr](http://www.hants.gov.uk/lgr)

From this webpage, you can view, enlarge, download and print the document and survey in both standard and Easy Read format.

You can also listen to the documents using a screen reader or a 'Read Aloud' function.

For a copy in another language or format (e.g. paper, Braille) or if you have any queries, please contact: [insight@hants.gov.uk](mailto:insight@hants.gov.uk) or call 0300 555 1375 (Calls from a landline will be charged at the local rate. Mobile phone charges may vary.)

### Romsey Parkinsons Café



**Second Thursday of the month: 11am-12.30pm**

**Fourth Wednesday of the month: 2pm-3.30pm**

**at Romsey Community Wellbeing Hub 9 Love Romsey SO51 8DE**

**Refreshments available**

Join the newly launched Facebook Page for Parkinson's UK page for the South East where you can find up to date local information, advice and support in Kent, Sussex, Surrey, Berkshire, Buckinghamshire, Oxfordshire, Hampshire and the Isle of Wight.

Follow, like and comment: <https://www.facebook.com/parkinsonsuksoutheast>

#### Useful links and information:

**Parkinson's UK Helpline: 0808 800 0303** free confidential service providing support to anyone affected by Parkinson's.

**Fighting Fit** - a three day residential retreat focusing on physical activity for people newly diagnosed with Parkinson's held in Cookham, Winchester and Canterbury.

**Parkinson's UK website** - find your local services and other useful information and support. [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

### 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 521763
Totton	6 Water Lane, Totton SO40 3DP	Tel: 02380 87 3911





## Support with the digital landline switch over



[www.carersuk.org/get-involved/partner-with-us/corporate-and-strategic-partners/bt/](http://www.carersuk.org/get-involved/partner-with-us/corporate-and-strategic-partners/bt/)

**Carers UK** is working together with **BT** to raise awareness amongst unpaid carers about the move to digital landlines and how this may impact the people they care for.

If you are looking after an elderly relative or someone who uses a telecare device or pendant alarm the Connect Together initiative encourages you to take a few simple steps to support them through the switch.

For more information about the campaign:  
[www.bt.com/about/all-ip/connected-together](http://www.bt.com/about/all-ip/connected-together)

## It Takes A Team

Did you know that GP practices offer a wide range of

specialist roles, alongside GPs, to ensure you get the right help as soon as possible?

The 'It Takes A Team' campaign aims to raise awareness of the range of different specialist roles available in GP practices. Often they may have a more in-depth understanding or knowledge of the kind of support you need, which helps you get advice or treatment more quickly. It also frees up a GP's time to support people with more complex, long-term medical care needs.

The experts available in each practice vary depending on the specialist support needed, At the GP practice as well as your Doctor or practice nurses you may also see: Clinical Pharmacist and Technicians, Physician Associate, First contact Physiotherapists, Nursing Associates, Occupational Therapists, Dieticians, Social Prescribers, Health and Wellbeing Coaches, Care Coordinators, Patient Advisors and Paramedics. You can learn more about their roles at:

[www.hantsiow.icb.nhs.uk/about-us/primary-care/it-takes-team](http://www.hantsiow.icb.nhs.uk/about-us/primary-care/it-takes-team) or <https://youtu.be/vJ7YhEacJDY>



**Hampshire & IOW Constabulary** offers best practice for you to follow alongside

practical crime prevention methods: from basic hints and tips to more detailed strategies. Keeping your home safe, yourself safe, looking after your mobile phone, business and vehicle. Link: [www.hampshire.police.uk/cp/crime-prevention/](http://www.hampshire.police.uk/cp/crime-prevention/)



## Gov.UK - Civil Society Covenant

The Civil Society Covenant is a new principles-based foundation for resetting the relationship between UK Government and civil society.

The Covenant symbolises the government's recognition of civil society as a trusted and independent partner in tackling the deep seated challenges of our time. It underpins a strong, sustainable, and independent civil society capable of collaborating with government alongside a responsive government that works with civil society to achieve its mission.

The Covenant is a living set of principles to help build effective partnerships right across the breadth of civil society and government, without cutting across existing administrative or statutory frameworks. The Covenant is relevant across the UK in policy areas where responsibilities are reserved to the UK Government and not devolved to the governments of Scotland, Wales and Northern Ireland.

For more info: [www.gov.uk/guidance/civil-society-covenant-programme](http://www.gov.uk/guidance/civil-society-covenant-programme)

## Round 7 Grant or Supermarket Voucher for unpaid carers in Hampshire

Are you an unpaid carer who lives in Hampshire or supports/cares for someone in Hampshire? (not in Southampton & Portsmouth). You can apply for a Supermarket Voucher or a grant for essential household items from Round 7 even if you have applied previously from other rounds. Please contact Carers Together on **01794 519495** or email: [support@carerstogether.org.uk](mailto:support@carerstogether.org.uk) You can also contact Princess Royal Trust, but only apply to one organisation per round. The application form is also available on: [www.carerstogether.org.uk](http://www.carerstogether.org.uk)



**ROMDAG**  
Romsey Dementia Action Group

# Demfest

A DAY OF INSPIRATION, INNOVATION AND EDUCATION ON DEMENTIA

**31st Aug 2025**  
11AM - 4PM

FREE EVENT

LIVE MUSIC | INFORMATION | ACTIVITIES  
CHILDREN'S ENTERTAINMENT  
SORRY NO DOGS ALLOWED

Sir Harold Hillier Gardens, Romsey, SO51 0QA

**DemFest** welcomes anyone living with dementia, their families as well as health professionals. Special guest Susan Hampshire, the acclaimed English actress to opening the event this year.

The aim is to provide people with the chance to find out how to live well with dementia, with different activities and wellbeing sessions also on offer. Enjoy live music, performances, creative activities, and information stands offering support and resources.

Carers Together will be in attendance providing support and advice.



Millions more families will get £150 off their energy bills this winter. **The Warm Home Discount** is being expanded so any bill-payer on means-tested benefits will be eligible, easing the

cost of living and putting money back in your pocket.

**More information is available at:**  
[www.gov.uk/the-warm-home-discount-scheme](http://www.gov.uk/the-warm-home-discount-scheme)

The Warm Home Discount Scheme will reopen in **October 2025**.

**RNIB** RNIB are looking for community members with lived experience of sight loss to help 'Shape the Future of Accessible Travel'. This project focuses on imagining a future where travel and transport are accessible and inclusive for everyone. They want to work with blind and partially sighted people from different backgrounds and lived experiences of sight loss to imagine what the future of travel might look like.

To express an interested and more info email: [innovation@rnib.org.uk](mailto:innovation@rnib.org.uk) or Tel: **07517 829785**

The role is also being advertised on the volunteering section of the RNIB website [www.rnib.org.uk/get-involved/volunteer/volunteering-opportunities/opp-100287-lived-experience-community-member/](http://www.rnib.org.uk/get-involved/volunteer/volunteering-opportunities/opp-100287-lived-experience-community-member/)



## £75 Million Boost for Hospices to transform End-of-Life Care

Source: [thecareruk.com/75-million-boost-for-hospices-to-transform-end-of-life-care/](https://thecareruk.com/75-million-boost-for-hospices-to-transform-end-of-life-care/)

The UK government has announced £75 funding, which will be distributed to over 170 hospices, to enhance end-of-life care facilities in hospices across England.

The investment aims to modernise facilities, including specially adapted beds and technology, ensuring patients receive dignified care in comfortable, dignified surroundings.

This cash marks a further step in the delivery of the government's 'Plan for Change', improving care in the community where people need it most.

Minister for Care Stephen Kinnock said: "Hospices play a vital role in our society by providing invaluable care and support when people need it most. At this most difficult time, people deserve to receive the best care in the best possible environment with dignity"

### Romsey Older People's Partnership **STOIC**

**Friday 22nd August 2025 2.10pm - 4.00pm**

Age Concern, Linden Road, Romsey SO51 8DB

For more information or to book a place phone:

Carers Together on 01794 519495 or email: [admin@carerstogether.org.uk](mailto:admin@carerstogether.org.uk)



# Activities at Romsey Community Wellbeing Hub



## August 2025

<b>Romsey Community Wellbeing HUB</b> Drop-in for a chat, meet a friend, have cup of tea or coffee, meet a friend, find information & support	<b>Tuesday to Friday</b> 09.45am - 14.15pm
<b>Warm Welcome Space</b> Warm welcome, dog friendly, refreshments available	<b>Tuesday to Friday</b> 09.45am - 14.15pm
<b>Romsey Knitters &amp; Hookers</b>	<b>Every Monday</b> 19.00pm - 21.00pm
<b>PRTC help with utilities</b>	<b>First Tuesday</b> 10.00am - 2.15pm
<b>Diabetes Aware - 6<sup>th</sup> August</b>	<b>1<sup>st</sup> Wednesday</b> 14.15pm - 16.00pm
<b>Dementia Drop-in - 7<sup>th</sup> August</b>	<b>1<sup>st</sup> Thursday</b> 13.30pm - 15.30pm
<b>Parkinson's Café - 14<sup>th</sup> &amp; 27<sup>th</sup> August</b> Please book place)	<b>2nd Thursday</b> 11.00am - 12.30pm <b>4th Wednesday</b> 14.00pm - 15.30pm
<b>Macular Society - 1<sup>st</sup> August</b>	<b>1<sup>st</sup> Friday</b> 13.30pm - 15.30pm
<b>Romsey Carers Café 15<sup>th</sup> August</b>	<b>3<sup>rd</sup> Friday</b> 10.45am - 1:15pm
<b>Pain Clinic (referral only)</b>	<b>3 weekly - Tuesday</b> 13.30pm - 15.30pm
<b>Quaker Worship - 10<sup>th</sup> &amp; 24<sup>th</sup> August</b>	<b>2<sup>nd</sup> &amp; 4<sup>th</sup> Sunday</b> 10:45am
<b>Free NHS Health checks</b> By Appointment Tel: 0800 2545 452	<b>Telephone for dates</b> 9.30am - 17.00pm

**Look out for new activities starting in September including movement to music, lunch and learn**

You can now drop in to Carers Together to have your **Blood Pressure checked** by a trained member of staff. No appointment required.



### 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 Monday to Friday & 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 of all ages including carers and the people they care for.

- Help with Benefit Forms
- Regular group activities
- Disabled friendly facilities
- Refreshments available
- Free use of Computer with or without assistance, help with tablets and mobile phones
- Meeting rooms (different sizes) and desks to hire.

For more information call 01794 519495 or email: [admin@carerstgether.org.uk](mailto:admin@carerstgether.org.uk)