



UNPAID CARERS SHARE GROUP
Support, Help, Advice, Resources, and Encouragement

Unpaid Carers SHARE Group (Support, Help, Advice, Resources & Encouragement)
14th January 2026, 1.30pm – 3.00pm suggested donation £2. 2nd Wednesday of every month.

A group where unpaid carers of older adults can come for a chat, build friendships, be heard and access support and information.

If you would like to bring your loved one with you, they will be looked after by a member of staff in a different room at the Hub while you are in the carers only group (you will be asked to come and attend to their personal needs if required).

Please book place: Tel: 01794 519495 or Email: admin@carerstogogether.org.uk



We have a computer and laptops available in the Community Wellbeing Hub free for the public to use with or without staff support. We can also assist with tablet, laptop, computer and smartphone enquiries and photocopying (there is a small charge for photocopying).



New Support Group for Parents/Guardians caring for adult children over 18yrs

Meet with others in a similar situation to have a chat, be heard, build friendships & access support and information.
1st Session Friday 6th February 2026 10.30am-12.30pm

at Carers Together 9 Love Lane Romsey SO51 8DE
Tel: 01794 519495 or Email: admin@carerstogogether.org.uk
Access by zoom can be arranged



Romsey Carers Café

Do you support a relative, friend or neighbour who has a long or short term illness or health condition, or is getting older?



Unpaid Carers and the people they care for are warmly welcomed to the Romsey Carers Café where you can chat with others, build friendships, access help with benefits, find support and information. Refreshments provided with the option to stay for a fish & chip lunch from Caught takeaway in Romsey. No booking required. **3rd Friday of every month 10.45am-1.15pm (Friday 16th January)**



Christmas Tree Festival

Thank you to Romsey Methodist Church for the beautiful displays at their Christmas Tree festival and also many thanks for the kind donations from the public for Carers Together and the other charities that took part.

The decorations on the Carers Together tree were handknitted Snowmen with a Santa on top.

Thank you to all who came to our **2025 Carers Together Christmas party**. It was a lovely afternoon with beautiful singing with Charlotte and yummy Cake made by Sue.



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 521763
Tel: 02380 87 3911





STOIC is the Romsey Older People's Partnership



Meetings are held monthly except December to share information and give older people in the area an opportunity to have a voice. Refreshments of tea/coffee and cake (by a professional baker) are provided. Next meeting: Friday 23rd **January 2026** from **2.10pm - 4.00pm** at: **Carers Together, 9 Love Lane, Romsey SO51 8DE**

Topic: **To be confirmed**

To find out more or to book a place, phone: Carers Together on 01794 519495 or email: admin@carerstogether.org.uk

Membership is £2 per person per month

Free NHS Health Checks in Hampshire (aged between 40 –74yrs)
at Romsey Community Wellbeing Hub
9 Love Lane Romsey SO51 8DE
Tuesday 13th January
Tuesday 27th January
Tel: 0800 2545 452 to Book



BOOK YOUR APPOINTMENT TODAY
<https://nhshchamphshire.randox.com>
 or scan our QR Code
 Alternatively call us on **0800 2545 452**



Romsey Knitters & Hookers



at Hampshire Carers Centre
 9, Love Lane Romsey.

Monday Evenings (except Bank Holidays)
7pm-9pm

A friendly, supportive evening Knitting & Crochet Group (non profit) £5 per session attended (to cover costs of room hire and refreshments). All levels of experience welcome from complete beginners to experienced.

For more information see our Facebook page: Romsey Knitters & Hookers or email: leanne.cooper@carerstogether.co.uk



Connect to Support Hampshire is an online resource managed on behalf of Hampshire County Council for adults and carers in Hampshire.

Helping you stay independent for longer by providing you with resources to look after yourself, stay safe, manage your care and connect with your local community.

It provides a local directory of local groups, services, activities and care providers.

It also has some useful resources on looking after yourself:

www.connecttosupporthampshire.org.uk/lookingafteryourself

Winter Wellbeing – Tips for staying warm this winter.



NHS Hampshire Hospital Website:

<https://www.hampshirehospitals.nhs.uk/patients-visitors/use-right-service-winter>

- ◆ Heat your home to at least 18C in the rooms that you regularly use
- ◆ Keep your bedroom window closed at night
- ◆ Check your heating and cooking appliances are safe
- ◆ Contact a Gas Safe registered engineer to make sure there are working properly.

Make sure you are getting all the help you are entitled to. There are grants, benefits and advice to make your home more energy efficient, improve your heating or help with bills.

Hampshire County Council provides help & advice online called Hitting the cold spots: <https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/coldspots>



Find a Warm Welcome Space near you. An opportunity to connect with the community, and make new friends and get a warm drink <https://www.warmwelcome.uk/>



Grants or Supermarket Vouchers 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.

When completing the application form, ensure you state the primary care needs/diagnosis of the person you care for; your relationship to that person (e.g. wife, son, neighbour) and the support/care you provide. Also 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 via a grant.

The application form is available at: www.carerstogether.org.uk Please contact Carers Together on 01794 519495 or email: support@carerstogether.org.uk You can also contact Princess Royal Trust, but only apply to one organisation per round.



Ministry of Housing,
Communities &
Local Government

OPEN CONSULTATION

This statutory consultation seeks views on the proposals that the Ministry of Housing Communities and Local Government (MHCLG) received following the Secretary of State's invitation to councils in Hampshire, Isle of Wight, Portsmouth & Southampton to submit proposals for unitary local government in the area.

The proposals in this consultation were made by different councils on 26 September 2025.

To take part in the consultation: <https://www.gov.uk/government/consultations/local-government-reorganisation-in-hampshire-isle-of-wight-portsmouth-and-southampton/proposals-for-local-government-reorganisation-in-hampshire-isle-of-wight-portsmouth-and-southampton>

**The Consultation closes:
11th January 2026.**



Upstairs Office Space Available For Rent. 9 Love Lane Romsey

Carers Together has a bright upstairs office space available to rent with 4 large desks. The space is accessible via an installed stair lift and includes access to shared facilities, including a kitchen and toilets. The space would be ideal for a small team or organisation seeking a practical and accessible office environment. Please feel free to get in touch if you would like further information or to arrange a viewing.

Contact: 01794 519495 or
email: admin@carerstogether.org.uk



Carers Together

We are seeking **Volunteers** to help in our Charity shop in the centre of Romsey at 4 Market Place

No previous retail experience necessary. Just a willingness to help and work as part of a friendly and supportive team. Flexible working hours and full training given. Duties include: sorting donated goods & steaming clothing, arranging stock, helping on the till and supporting customers. Pop in to the shop for an informal chat and request an application form or contact:

Email: admin@carerstogether.org.uk
Tel: 01795 519495



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@carerstogether.org.uk Tel: 01794 519495**

Web: www.carerstogether.org.uk Facebook: www.facebook.com/carerstogetherhampshire




Activities at Romsey Community Wellbeing Hub January 2026



Romsey Community Wellbeing HUB Drop-in for a chat, have cup of tea or coffee, meet a friend and find information & support	Tuesday to Friday 9.45am - 2.15pm
Warm Welcome Space Warm welcome, dog friendly, refreshments available	Tuesday to Friday 9.45am - 2.15pm 
Romsey Knitters & Hookers 5th January 2026	Every Monday 7.00pm - 9.00pm
Princess Royal Trust for Carers - No session in January. Back in February 2026	First Tuesday 10.00am - 2.15pm
Diabetes Aware - 7th January	1st Wednesday 2.15pm - 4.00pm
Dementia Drop-in - 8th January	1st Thursday 1.30pm - 3.30pm
Parkinson's Café - 8th January at Carers Together & 28th January at Crosfield Hall Romsey - Speaker (Please book place)	2nd Thursday 11.00am - 12.30pm 4th Wednesday 11.00am - 12.00noon
Macular Society - 2nd January	1st Friday 1.30pm - 3.30pm
Unpaid Carers SHARE Group 14th January  Support, Help, Advice, Resources & Encouragement (Please book a place. Details of this group on pg. 3 of this newsletter)	2nd Wednesday 11.00am-12.30pm
Romsey Carers Café - 16th January	3rd Friday 10.45am - 1.15pm
Pain Clinic (referral only)	3 weekly - Tuesday 1.30pm - 3.30pm
Quaker Worship - 11th & 25th January	2nd & 4th Sunday 10.45am
Free NHS Health checks - see page 2 for details By Appointment Tel: 0800 2545 452	9.30am - 5.00pm

◆ Romsey Community Wellbeing Hub is open Tuesday - Friday 09.45am-2.15pm

- ◆ Disabled friendly facilities & access
- ◆ Information, Support, Signposting and advice.
- ◆ You can also make an appointment to receive assistance to complete an Attendance Allowance form or Blue Badge Application or advice on benefits and assistance with some forms.
- ◆ Visit our Free Puzzle & Book exchange in the hub
- ◆ Get a Free Blood Pressure check (no appointment required)
- ◆ We are a Registered Warm Welcome space. Come in for refreshments and a sit down in our Hub.
- ◆ Computer and Laptop available to use - with or without support, help with tablets and mobile phones (and access to free Wi Fi)
- ◆ Free Counselling referral service for unpaid carers
- ◆ Meeting rooms (different sizes) and desks to hire.
- ◆ Regular Groups, activities and events and some training educational days.
- ◆ You can follow us on Facebook & Instagram for updates and information

 Carers Together

