



Household Support 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 or support; your relationship to that person (e.g. wife, son, friend) and the support or care you provide. Please name 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.

Apply to: Carers Together on **01794 519495** or email: support@carerstogogether.org.uk

The application form is available at:

www.carerstogogether.org.uk

You can also contact Princess Royal Trust, but only apply to one organisation per round.

This funding will come to an end after 31st March 2026



New Forest Carers Friends (NFCF) are hosting a Relaxation Day for unpaid carers in the New Forest on:



Saturday 18th April 2026 from 10.00am-4.00pm
The Trinity Church, Hazel Farm Road,
West Totton, SO40 8WU.

Places are limited and must be booked in advance.

To receive a booking form **Tel:** 07920 506341 or **Email:** newforest.friends@carerstogogether.org.uk or **Write to:** NFCF 27 De Lucy Avenue Alresford SO24 9EU. When booking please state which treatment or activity you would like, any dietary requirements and if you need transport.

Treatments that may be available include: Head, Neck and Shoulder Massage, Manicures, Facials, Footcare, Movement to Music, Kurling, Jigsaws, Hairdressing, Laughter Sessions, Model Making & Craft activities (e.g. decoupage, card making) plus lunch & refreshments.

There will be information and advice tables from a number of other organisations e.g. Parkinsons NF & Carers Together should you wish to discuss anything with them in confidence.

The Day is free to carers & former carers, but we do ask that you arrange for your dependents to be cared for off-site whilst you attend.

Parking is available by the Doctors/Pharmacy and further down the road by the school.



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

Meet with others in a similar situation to have a chat, make friendships, be heard and access support and information.

We had our 1st session last month and it was lovely to meet other parents and share experiences.

1st Friday of every month - 6th March 2026 10.30am-12.30am face to face or online via zoom access available. Contact us for the login code or for more information at: Carers Together 9 Love Lane, Romsey SO51 8DE Tel: 01794 519495 Email: admin@carerstogogether.org.uk

Can you help? We are often asked if we know of a cleaner in the Romsey area. This to help carers and older adults to clean their homes. If you can help with these tasks one or two hours a week please let us know by calling 01794 519495 or popping in to the Romsey Community Wellbeing Hub.

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 873911





STOIC (Southern Test Older Independent Campaigners)
Romsey Older Peoples Partnership



Meets on the 4th Friday of each month except December.

It is an independent organisation for residents of southern Test Valley aged 55 and over.

Membership is £2 per person per month or you can pay a discounted price for the year.

Refreshments of tea/coffee and cake (by a professional baker) are provided.

Next meeting: Friday 27th March 2026

2.10pm - 4.00pm at:

Romsey Community Wellbeing Hub, 9 Love Lane, Romsey SO51 8DE

Activities at STOIC meetings include, chatting, socialising, meeting friends, games, quizzes, information sharing and interesting speakers.

All welcome! Just turn up on the day, or to book a place or for more information about the meeting: Call: 01794 519495

Please note parking is limited at the location.



Person-centred future planning

A quick guide for practitioners supporting people growing older with learning disabilities

quick guide



Planning for the future helps people with learning disabilities to live healthier and more fulfilled lives for longer

The above Co-produced guidelines by NICE and SCIE on supporting people growing older with a learning disability recommends a person-centred approach to future care planning that involves individuals in decisions about their health, care, housing and support needs, ensuring services are coordinated and responsive to their preferences as they age: www.nice.org.uk/media/default/about/nice-communities/social-care/quick-guides/person-centred-future-planning-quick-guide.pdf

Carers Together

Easter Party

Friday 10th April 2026
12:30pm to 3.30pm
 at: Hampshire Carers Centre
 9 Love Lane Romsey, SO51 8DE

Cream Tea Lunch
 Easter Quiz
 Easter Prize Draw
 Handmade gifts to purchase

£6 per person

To book a place Tel: 01794 519495 or
 email admin@carerstogether.org.uk

Free NHS Health Checks in Hampshire (aged between 40 –74yrs)
 at Romsey Community Wellbeing Hub
 9 Love Lane Romsey SO51 8DE
 Tuesday 3rd March (09.30 – 17.00)

To book an appointment see contact details below

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

Save the Dates 2026

- * World Parkinson's Day 11th April
- * Mental Health Awareness Week 12th May
- * Dementia Information Day from 10.00am-3.00pm on Sunday 17th May at Crosfield Hall Romsey
- * Carers Week 9-14th June www.carersweek.org
- * ROMDAG Demfest 13th September 11.00am-4.00pm at Sir Harold Hillier Gardens, Jermyns Lane, Romsey, SO51 0QA



Just Two Things Survey – for Unpaid Carers



NHS Hampshire and Isle of Wight ICB are committed to working in partnership with people and local communities and delivering the best possible health and wellbeing outcomes for our population. To help achieve this, we want to hear your views, so we are providing you with this quick opportunity to tell us two things:

What is working well in Health and Social Care?

And

What could be better in Health and Social Care?

The survey is for anyone (16 or over) living in Hampshire and Isle of Wight - who is an unpaid carer. That is, you provide unpaid care and support to a family member, friend or neighbour who is disabled, has an illness or long-term condition, (including addiction) or who needs extra help as they grow older.

**Link to survey which closes midnight
Sunday 15th March 2026 :**

[www.survey.ntropydata.co.uk/surveys/
DPJ2TCARERS](http://www.survey.ntropydata.co.uk/surveys/DPJ2TCARERS)



**The Princess Royal Trust for
Carers Hampshire** can assist
you with **Emergency planning**

so that replacement care can be provided for the person you care for in the event of an emergency. They will visit you at your chosen venue to discuss your requirements and put a plan in place.

For more information: www.carercentre.com or

Tel: 01264 311680 **Email:** info@carercentre.com



On Monday 23 February, the Department for Education published its schools white paper 'Every Child Achieving and Thriving', which shares its plan to reform special educational needs and disability (SEND) support in early years, schools and colleges: www.gov.uk/government/publications/every-child-achieving-and-thriving

Alongside the white paper is a national consultation called 'Putting children and young people first', running until **18 May 2026**: www.gov.uk/government/consultations/send-reform-putting-children-and-young-people-first.

The Council for Disabled Children's Participation team is working throughout this consultation period to support disabled children and young people, and those with special educational needs, to share their thoughts, experiences and ideas, and help shape the SEND reforms. They are working with children and adults up to the age of 25 and value your support in facilitating this.

Focus group sessions will be starting across England in the first week of March and will run until **30 April 2026**, limited spaces available.

For more information and to get involved: www.councilfordisabledchildren.org.uk/what-we-do-0/policy/implementing-send-reforms/voices-children-and-young-people-send-reforms



**Parkinsons Café meet on the 2nd Thursday the month,
11.00am-12.30pm at 9 Love Lane Romsey with Carers Together
and Parkinsons UK.**

They met with Caroline Nokes MP, 23rd January to raise the serious concerns regarding the provision and coordination of Parkinson's services in Romsey, and surrounding area. It was highlighted that there is a significant inequality of access, prolonged delays in diagnosis and consultant reviews, poorly coordinated medication management and the continued absence of a Parkinson's Nurse support since COVID. These gaps are impacting emergency admissions and placing additional pressure on primary care.

Urgent ICB action is requested to restore specialist support of providing a Parkinsons Nurse specialist for the area, improve care pathways and ensure safe, equitable provision for people living with Parkinsons to improve their quality of life.



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

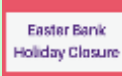
Web: www.carerstgether.org.uk **Facebook:** www.facebook.com/carerstgetherhampshire



Activities at Romsey Community Wellbeing Hub - March 2026



Romsey Community Wellbeing HUB Drop-in for a chat, have a cup of tea or coffee, meet a friend and/or 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 Monday evenings	Every Monday	7.00pm - 9.00pm
Diabetes Aware - 4th March	1st Wednesday	2.15pm - 4.00pm
Dementia Drop-in - 5th March	1st Thursday	1.30pm - 3.30pm
Parkinson's Café - 12th March	2nd Thursday	11.00am - 12.30pm
Macular Society - 6th March	1st Friday	1.30pm - 3.30pm
Unpaid Carers SHARE Group - No March Meeting Next Meeting - 8th April	2nd Wednesday	1.30am - 2.30pm
Parent Carers Support & Chat - 6th March	1st Friday	10.30am - 12.30pm
Romsey Carers Café - 20th March	3rd Friday	10.45am - 1.15pm
Pain Clinic (by referral only)	3 weekly - Tuesday	1.30pm - 3.30pm
Quaker Worship - 8th & 22nd March	2nd & 4th Sunday	10.45am
Free NHS Health Checks - 3rd March By Appointment only - Tel: 0800 2545 452 to book	Tuesdays	9.30am - 5.00pm
STOIC - 27th March Romsey Older Peoples Partnership	4th Friday	2.10pm - 4.00pm
Andover Mind (by referral only) Fortnightly	Alternate Wednesdays	9.30am - 1.30pm



The Romsey Community Wellbeing Hub and Carers Together Office will be closed Good Friday 3rd April & Easter Monday 6th April - Reopen Tuesday 7th April.

Romsey Community Wellbeing Hub is open Tuesday - Friday 9.45am - 2.15pm

- Support from Carers Together and other organisations
- Disabled friendly facilities & access
- Information, Support, Signposting and Advice.
- 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)
- Registered Warm Welcome space. Come in for refreshments and a sit down in our Hub.
- Laptop available to use free of charge (with or without support) and access to free Wi Fi
- Help with tablets and mobile phones (by appointment)
- 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

