



'Recognising and supporting carers in the community'. 5-11 June 2023

Carers Together is hosting a week of activities to recognise & support unpaid carers. If you wish to book for any of the activities or donate a raffle prize please let us know.

Tel: 01794 519495

Monday	Art Group 2:00pm-4:00pm
Tuesday	Computer Café 10:00am-12:00noon
Wednesday	Andover Mind 09:30am-1:30pm Diabetes Aware 2:15pm-4:15pm
Thursday	Arts & Craft session and Quiz 10:30am-12:30pm
Friday	Cream Tea, Raffle & Music Quiz 1:00pm-3:00pm

During carers week we are also offering **20%** Discount all the week at all our Carers Together Charity Shops. To qualify for discount carers need to be registered with us. You can also complete one of our registration forms at the shop.

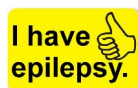
Contact Carers Together for more information or to book into any activity 01794 519495



Helping Hand is a scheme that empowers the holder to discreetly and directly advise of any help they may need. The card can be very helpful for people with hidden disabilities.

The service user led scheme is now being used on the bus as well as in taxis, shops and leisure establishments like the cinema. The card can be bespoke for example, 'Please face me I lip ead' and can help anywhere at any time.

You can either apply online
<https://www.morebus.co.uk/>
Or by calling **01273 886200**



Are you at risk from Cyber Crime?



The Blue Lamp Trust, a registered charity provides a free service called Cyber Bobby, run by police checked volunteers. They will visit local groups or a person in their own home to advise how you can stay safe online. They provide information about:

- Online security
- Cyber and Scam prevention advice
- What is Cyber crime and how to recognise scam emails and text messages
- How to check your privacy settings
- How to report an issue
- Signposting to other advice and resources

Tel: 0300 777 0157 or visit www.bluelamptrust.org.uk

New Community Wellbeing and Information Hub
A new Community Wellbeing and Information Hub will be opening at our Carers Together Carers Centre, 9 Love Lane Romsey SO51 8DE

COMING SOON!

More details to follow soon!

Romsey Older People Partnership - STOIC

Southern Test Older Independent Campaigners
23rd June 2.10pm - 4.00pm

(4th Friday each month) at Age Concern Linden Road Romsey SO51 8DB

Topic: Southern Water - Support available

To book your place Telephone: 01794 519495

NHS Spring COVID Vaccination Update.

People aged 75+ or those with a weakened immune system can now book their spring COVID19 Vaccine.

You can book through the NHS App, by calling 119 or at: <http://nhs.ukCovidVaccination>

You can also visit www.nhs.uk/vaccine-walk-in A PDF guide is available online called 'A Guide to the spring 2023 COVID19 booster'

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
Woolston	- 16 Victoria Rd, Woolston, Southampton, SO19 9DX

Tel: 023 8026 5489
Tel: 01794 517459
Tel: 023 8087 3911
Tel: 023 8043 6964



Monthly Activities at Hampshire Carers Centre

Art Group	Every Monday 2.00pm-4.00pm
Romsey Computer Café	Every Tuesday 10.00am-12.00noon
Andover MIND	Every Wednesday 9:30am-1:30pm
Diabetes Aware 7th June	First Wednesday 2.15pm-4.15pm
Dementia Drop-in 1st June	1st Thursday 1.30pm-3.30pm
Romsey Rendezvous 2nd June	1st Friday 10.00am-1.30pm
Macular Society 2nd June	1st Friday 1.30pm-3.30pm
Romsey Carers Café 16th June	3rd Friday 11.00am -1.00pm
Coffee, Craft & Chat 23rd June	4th Friday 10.30am-12.30pm
Quaker Worship	2nd & 4th Sunday 10:45am



**Warm Welcome at Carers
Together Pop in anytime**
10am-2pm Monday-Friday



<https://www.warmwelcome.uk/>



Romsey Disabled People Partnership
Last Wednesday of each month from
11am-1pm at Romsey Town Hall.

Looking for new members to join this friendly group. Open to anyone with different needs and abilities in the area. Aiming to make Romsey an inclusive place to live and work.

Come along to our next in person get together!

Contact: RomseyDPP@gmail.com
Telephone 07515 823601



Priority Services Register

The Priority Services Register (PSR) is a free confidential support service that makes sure extra help is available to people, in vulnerable situations, who have extra communication, access, safety or health needs. PSR updates your request to energy suppliers to whom you pay your bills and your regional network companies including gas, **electricity and water**.
www.thepsr.co.uk/

Benefits of signing up to the priority service

- Support and information during a power or gas supply interruption
- Connection to local emergency services
- Emergency power
- Emergency gas
- Communication tailored to your needs
- Nominated contact
- Peace of mind

People who can sign up for the service include: (although this list is not exhaustive)

- Disabled
- Chronically sick
- Bedridden
- Living with dementia
- Of pensionable age
- Living with children under 5
- Experiencing mental health issues
- Living with learning difficulties
- Unable to speak English

You can also sign up temporarily if you are experiencing difficulties in your life such as a bereavement, pregnancy or recovering from an operation.

Carers Counselling We offer access to free professional counselling for carers and recent former carers - online, face to face or by phone. Contact 01794 519495 for more information.

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-2.00pm

Email: admin@carerstogether.org.uk

Web: www.carerstogether.org.uk

Facebook: www.facebook.com/carertogetherhampshire