



**Carers
Together**

www.carerstogether.org.uk

Do you *Care?*



Parking for Carers at Hospitals - new guidance

Following a Campaign by Carers UK and Julie Cooper MP - the Department of Health has updated its guidance on hospital parking charges to specifically include carers. For the first time it says that carers should get concessions such as free or reduced cost parking.

**PARK THE
CHARGES**
FOR CARERS



These are guidelines and not legal duties on hospitals, however it is a step towards tackling the unfair burden on carers. Carers UK is asking people to contact their local NHS Trust to tell them about the changes and ask what concessions will be now available for carers, in light of the new guidance.

Wishing you all a
Happy Festive Season
from the staff and Trustees
at Carers Together



Carers Together AGM

Wednesday 13 January 2016,
1.30pm for refreshments, start at 2.00pm

Hampshire Carers Centre, 9 Love Lane, Romsey, SO51 8DE
Parking at Alma Road or Lortemore Place - 5 minutes walk.

The AGM will be followed at 2.30pm by a
Talk and discussion about Direct Payments
All welcome - please book by Friday 8 January 2016

Tel: 01794 519495 or
Email: admin@carerstogether.org.uk

Please let us know **in advance** if you have special access needs or require a parking space for a wheelchair user.

**AGM
2016**

December 2015 - Volume 4 Issue 6

Care and Share Time Bank Hampshire

What is the Time Bank?

It is a way for people to help others in their community and be rewarded for it – in time. For every hour of time you give helping someone, you receive one time credit. Everyone's time is equal! The Time Bank will be starting in the Alton, Hedge End, Totton and Southern Test Valley areas alongside our Rendezvous' (Community Cafes). We hope to expand it to the rest of Hampshire at a later date.



What can you do with your Time Credits?

You can 'spend' your time credits when you need help from someone else. You can give them to another person who needs help or you can save them. No money is involved.

Anyone can join the Time Bank!

Age, ability, lack of finance or limited mobility are not barriers to participating in the time bank. Contact us to discuss ways in which you can get involved.

Contact us for more information:

Charlotte Meader

Tel: 01794 519495

Email: cashampshire@gmail.com

Community Cafes and Rendezvous

Romsey Rendezvous, Town Hall,
1st Friday monthly, 10.00am - 1.30pm

Woodley Rendezvous, Woodley Village Hall,
4th Friday 10.00am - 12.00noon

North Baddesley Rendezvous, All Saints
Church, Rownhams Road, North Baddesley
3rd Tuesday 10.00am – 12.00noon.

St Francis Rendezvous (Chandlers Ford),
St Francis Church Hall, Pilgrims Close,
Valley Park
2nd and 4th Wednesday, 9.00am - 12.00noon

Alton Rendezvous,
The Assembly Rooms,
2nd Tuesday 1.30pm – 3.30pm

St Johns Cafe - Hedge End
1st and 3rd Friday every month
10.00am - 12.00noon
Underhill Centre, St Johns Rd, SO30 4AF

What is a rendezvous?



A Community meeting place and coffee shop offering information and support in an informal setting.

Tea, coffee, cake, board games and newspapers are on offer to enjoy and share with friends - or come alone - you will be welcomed by our friendly volunteers.

There will also be information and support for newly diagnosed people with long term conditions, signposting to other services, current information for carers, opportunities to relieve social isolation, opportunities for people to identify what they can do rather than what they cannot do. Information and benefits advice available.

For more information call: 01794 519495

Would you like to learn how to use a computer, laptop, tablet or smartphone?

Would you like tips on how to do things better?

Why not pop in to our computer cafés?

Try one of our laptops or bring your own.

Friendly volunteers will be there to help you.

Romsey: 2nd or 4th Tuesday each month,
10.00am to 12.00noon
Carers Together, 9 Love Lane, SO51 8DE
Cost: £2.00 with tea/coffee included.

Woolston: 1st and 3rd Thursday each month,
10.00am to 12.00noon
Carers Together Charity Shop & Carers Centre,
16 Victoria Rd, Woolston SO19 9DX
Cost: £2.00 with tea/coffee included.

For more information about both of these cafes,
contact Charlotte Meader

Telephone: 01794 519495

Email: charlotte.meader@carerstogether.org.uk



say it once

How many times have you been asked for the same information by health and social care professionals?

The 'Say It Once' website has forms for you to fill in either on your computer or by hand.

You can record key health and social care information and wishes that are important to you. Copies can then be given to health and social care professionals as needed.

Visit: www.sayitonce.info to download the forms or **Tel: 01794 519495** and we can send you paper copies.

Have your say on Wheelchair services in Hampshire

With Millbrook Healthcare and West Hampshire CCG attending. Hosted by Healthwatch Hampshire.

Have a say in how the wheelchair service engages with patients in the future and get responses to your concerns and questions. Millbrook will be available to answer your questions and speak about their plans in the future.

18th December 2015, 10am-12noon

Kent Hall, Velmore Centre. Falklands Rd, Chandlers Ford, S053 3GY

Tea & Coffee provided.

Specific individual concerns should be directed to the service before the meeting as they will not be able to respond to them on the day.

For more information call Health watch on 01962 857 370 or email; enquiries@healthwatchhampshire.co.uk



The Support Planning Partnership (SPP) supports people who want to choose and control their own personal support.

We can help people:

- With a Personal Budget
- With a Direct Payment
- Looking for support which they will fund themselves
- Who have had a Social Services Assessment
- With a referral from another source e.g. health
- Looking for information to help them become more independent

If you need help, call us **Tel: 07753 498153**

Email: support@support-partnership.org.uk

www.support-partnership.org.uk

Take a Break Service -

That little bit of extra help...

Carers Together runs a service supporting carers and older people in the Winchester, Test Valley and Southampton areas.

If you are in need of someone to come and be with the person you care for, so you can take a break, do let us know. There is a fixed hourly charge for this service.

Job Vacancies

We are also recruiting paid support workers for the Take a Break service.

If you are a friendly, reliable person who could provide companionship and support please do contact us. This role is flexible - you can work from one hour per week upwards. There is no personal care involved. We pay £7.51 per hour including holiday pay pro rata - due to increase in April 2016 to £8.07.



Carers Together is a charity and we rely on donations from the public to continue our work - supporting unpaid carers in Hampshire.

You are now able to raise money for us through 'Give as You Live' - at no cost to you! Just by shopping online - all your favourite shops. Go to:

www.giveasyoulive.com/join/carertogether

Support us

this Christmas - Just by shopping online*



In association with Give as you Live®

Christmas closure

The Carers Together office will be closed between Thursday 24 December and Monday 4 January.

However, our Listening Line will be open EVERY DAY over the Christmas period between 9.00am - 8.00pm.

Tel: 0800 3 23456



Contact Carers Together

All enquiries: 01794 519495

9 Love Lane, Romsey SO51 8DE

Email: admin@carerstogether.org.uk

Our services cover Hampshire, Southampton and Portsmouth.

www.carerstogether.org.uk

Woolston Charity shop

16 Victoria Rd, SO19 9DX

Tel: 023 8043 6964

Totton Charity Shop

6 Water Lane, SO40 3DP

Tel: 023 8087 3911

Chandlers Ford Charity Shop

3 Falkland Court, Chandlers Ford, SO53 3GA

Tel: 023 8026 5489

Donations of clothes, household items etc welcome!



Follow us on Facebook!

www.Facebook.com/SupportforCarers



Carers Together

December 2015 - Volume 4 Issue 6