

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 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.

Contact Pat White for further details at Carers Together - see below.

Contact Carers Together

All enquiries: 01794 519495

9 Love Lane, Romsey SO51 8DE

Email: admin@carerstgether.org.uk

Our services cover Hampshire, Southampton and Portsmouth.

www.carerstgether.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

www.carerstgether.org.uk

Do you Care?

Being Heard - a self-advocacy guide for carers

Get the skills and confidence you need to face the challenges of caring – from learning how to navigate a confusing system to how to communicate effectively.

Carers UK have produced [Being Heard – a self-advocacy guide for carers](#) to help you get your voice heard and communicate your concerns in a way that gives you the best chance of getting a positive outcome.

The guide includes sections on 'the system', communicating effectively and emotions and thinking.

The guide can be downloaded from:

<https://www.carersuk.org/help-and-advice/get-resources/being-heard-a-self-advocacy-toolkit-for-carers-uk>

Or telephone: 020 7378 4999

carersuk

**Being Heard:
A self-advocacy
guide for carers**



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 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/carerstgether

Support us & Spread a little Love!



HOTEL
Chocolat.

lastminute.com

PANDORA
UNFORGETTABLE MOMENTS

red letter
shops

Just by shopping online at
Giveasyoulive.com



Carers Together

February 2016 - Volume 5 Issue 1

Carers sought to try out a new online support therapy

'Caring for Me and You' is an online therapy package designed specifically to support people caring for someone with dementia. It has been developed by the Alzheimer's Society and psychologists working at Oxford Health NHS Foundation Trust.

Caring for someone with dementia can be stressful and carers can sometimes

feel anxious or depressed.

They are currently conducting a trial comparing different types of online support, to see whether they are helpful in reducing carers feelings of distress.

If you are interested in taking part please go to their website and register your interest.

www.caringformeandyou.org.uk

Alzheimer's Society

**Leading the
fight against
dementia**

February 2016 - Volume 5 Issue 1

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 monthly, 10.00am - 12.00noon

North Baddesley Rendezvous, All Saints
Church, Rownhams Road, North Baddesley
3rd Tuesday monthly, 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.

RNIB Supporting people with sight loss

Need help setting up your device?

Ever returned home excited about trying your new device or service, and it doesn't seem to work as you expected. Don't worry, the RNIB have a dedicated team that can help you.

RNIB's Technology Support Squad (TSS) is a free national service that can set up, fix issues with, and help you use your device.

Get in touch for help with:

- changing your watch battery
- tuning in your digital radio
- setting up audio description on your TV
- setting up a new computer, laptop or printer
- setting up your internet connection
- installing software such as Microsoft Office or JAWS

Call our Helpline on 0303 123 9999 or email the TSS on onlinetoday@rnib.org.uk for more information.

SUPPORT  PLANNING
PARTNERSHIP

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

A Community Partnership Initiative