

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.



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/carerstogether

Get away in 2016
& raise FREE donations for us
when booking your holiday
and travel plans online

In association with Give as you Live®



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 £8.07 per hour including holiday pay pro rata.

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@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



Follow us on Facebook!

www.Facebook.com/SupportforCarers



www.carerstogether.org.uk

Do you Care?

Hants Alerters Safeguarding training video

Hampshire Adult safeguarding have produced a video aimed at the general public and local organisations. It aims to help people understand what sort of things are considered abuse and what you should do if you think someone is being abused.

The video is a stand-alone training course all you need to do is go to the link below and press the button to start, it is about 20 minutes long.

Link to the video:

<https://youtu.be/TC6Ms4gSG3k>

The video is backed up by the Hants booklet on Safeguarding entitled; *Alerters Guide*

It can be downloaded from:
www.hampshiresab.org.uk/wp-content/uploads/Alerters-Guide_3.pdf

Safeguarding Advice Line

If you have some concerns about someone you can discuss them with a member of the safeguarding team at:

Tel: 01962 847214 (Monday-Friday 9am - 5pm)

Email: adult.safeguarding.unit@hants.gov.uk

Walk the Itchen for us!

Why not join the Itchen Valley walk and raise money for Carers Together?

We are a Hampshire charity supporting people who care, unpaid for relatives and friends.

The walk is being organised by the Rotary Club. Please register at:

www.itchenwalk.org/how-to-register

More details about the route can be found in the same website.

Sunday 12th June 2016

10 miles or 7 miles

Adults £10.00
Children £5.00

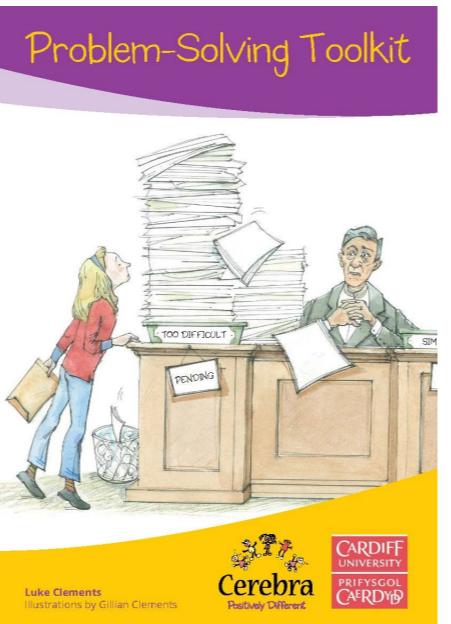
Problems with health or social care?

The Toolkit is a comprehensive, practical and easy to use guide to help families resolve difficulties with their statutory health, social care and education support services. It aims to help unpick commonly experienced problems and to offer effective strategies for resolving them. The Toolkit:

- considers various sorts of dispute, from inter-agency disputes and complex cases to delays and resource issues, and offers detailed advice for resolving them
- identifies key factors that can empower people to claim their rights and to challenge failures when they occur
- offers advice on preparing for, attending and following up on meetings
- sets out a series of template letters that families can use in a variety of situations

It also provides a Jargon Buster, an explanation of what public authorities must do and explores a number of commonly held myths. You can download the Toolkit from:

<http://w3.cerebra.org.uk/help-and-information/guides-for-parents/problem-solving-toolkit/>



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.

For more information about 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.sayitononce.info to download the forms or Tel: 01794 519495 and we can send you paper copies.

Coping with dementia behaviour changes - NHS guide

At Carers Together we often get questions about difficult behaviour, from people caring for someone with dementia.

NHS Choices has an excellent guide to understanding and managing such behaviour - such as:

- repeating questions or carrying out an activity over and over again
- walking and pacing up and down
- aggression, shouting and screaming
- becoming suspicious of other people
- If you are experiencing these kinds of behaviour, or are looking after someone who behaves in this way, it's important to remember that this is **an attempt to communicate how they're feeling**.

You can find the guide at:
www.nhs.uk/Conditions/dementia-guide/Pages/dementia-behaviour.aspx



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