

Do you need a break?

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 without worrying, do let us know.

Phone Pat White at the Carers Together office: 10794 519495.

There is a charge of £12.00 per hour for this service.



Carers Together is a charity

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 - at all your favourite shops.

Go to:
www.giveasyoulive.com/join/carerstogether

Shopping for Winter clothes?

Just by shopping online at Giveasyoulive.com

Brands mentioned: Boden, next, M&S, NEW LOOK, DEBENHAMS, TOPSHOP, amazon.co.uk, HOUSE OF FRASER

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

Donations of clothes, household items etc welcome!

Carers Together

www.carerstogether.org.uk

Do you Care?

Take part in a research study - Supporting Family Caregivers in the transition between hospital and home for End of Life Care

National Research Study (funded by the National Institute of Health Research's School of Social Care Research):

We are undertaking a study to support family caregivers in the unpaid work they do:

- whilst a family member (this may also be a friend or neighbour) is in hospital receiving end of life care
- to facilitate discharge to the preferred place of care (either the individual's home or a nursing home)

We want to fully understand the work that family caregivers do such as:

- negotiating and brokering decisions with family/friends
- managing hospital processes and influencing plans
- striving to understand information from healthcare professionals

UNIVERSITY OF Southampton

- re-organising the home environment
- seeking support from the community
- selecting a nursing home
- and much more that is unseen, unrecognised and not known about

If you have had, or are currently having, experience of end of life discharge from hospital and might be happy to take part in a Southampton-based discussion event with other caregivers, please contact:

Natasha Campling, Senior Research Fellow, Faculty of Health Sciences, University of Southampton

T: 023 80 598 228

E: n.c.campling@soton.ac.uk



Jobs at Carers Together

Community Development and Support Worker. £19,250-£22,000 pro rata

Part time 20 hours per week, 1 Year initial contract. Based at our Romsey Office.

Carers Development and Support Worker

£19,250-£22,000 pro rata. Part time 15 hours per week, 1 Year contract covering maternity leave. Based at our Romsey Office.

Further details of both posts are available on our website www.carerstogether.org.uk

Closing date :

11th November

Interviews week beginning 14th November

It is possible to consider combining the posts for the right person.

For further information and an application form please contact us on Tel: 01794 519495 or email: admin@carerstogether.org

Carers Together

October 2016 - Volume 5 Issue 5

October 2016 - Volume 5 Issue 5

Mental Health Courses for Carers at The Recovery College

The Recovery College offers courses designed to increase your knowledge and skills about recovery and self management of your mental health.

Because mental illness can affect anyone, these skills are relevant to all of us whether we're health professionals, service users or carers – the Recovery College welcomes all.

The courses are available in various places around Hampshire. To find out more and see a list of courses you can visit the webpage at: www.southernhealth.nhs.uk/health-and-wellbeing/recoverycollege/

Or telephone for more information:
Tel: 023 8029 4461



When his wife was struck down by a stroke, Stuart Donnan embarked on a journey of learning to understand and manage her needs and the complex side effects of the stroke.



Ten years later a further diagnosis revealed that Beryl was suffering from dementia including some aspects of Alzheimer's disease.

For anyone in a similar situation this book offers comfort and support in your own struggles with caring for stroke and dementia sufferers.

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



A Community Partnership Initiative

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.

New 'Connect to Support' website for Hampshire

Get your first look at 'Connect to Support Hampshire', the new website for care and support information, advice and services in Hampshire.

The site is now available in live test mode, but still undergoing improvement.

It includes an online 'Carer Aware' course - click on the button near the bottom of the page.

Hampshire County Council are keen to hear your feedback on your experiences of using the site.

www3.hants.gov.uk/carers.htm



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