



Is the Hampshire Learning Disability Plan working for you and the person you care for?

Do you provide unpaid care or support for someone with a Learning Disability living in Hampshire?

You are invited to an event on:

Wednesday 21 October, 10.15pm-1.30pm

Hampshire Carers Centre, 9 Love Lane,
Romsey, SO51 8DE

We will be discussing these questions:

1. Is the Learning Disability Plan working for you and the person you care for?
2. Are the 'promises' made in the LD plan being followed and have they made a difference?
3. How can we make the voice of Family Carers more effective on the Learning Disabilities Partnership Board?
How can you influence change, feedback on current services and influence new ones?

Come and tell us what you think!

Please book a place by contacting;
Tel: 01794 519495 or email:
admin@carerstgether.org.uk

Please bring your own snack lunch.
Tea, coffee and water will be provided.

There are three public car parks close by.
If you require a disabled parking space please let us know.

Travel expenses can be claimed from your
Local Implementation Group (LIG).

If you are unable to attend please send your comments in writing, or phone and speak to Bernie.

Our third charity shop has opened in Chandlers Ford!

Our first month has been a great success and we have had some lovely things donated. Why not come along and visit us? We're located at 3 Falkland Court, Chandlers Ford, SO53 3GA. Donations of stock and new volunteers always welcome! Tel: 023 8026 5489



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
4th Wednesday, 9.00am - 12.00noon

Alton Rendezvous, The Assembly Rooms,
2nd Wednesday 10.00am – 12.30pm

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

SO18 BIG LOCAL

Do you live in the SO18 postcode area of Southampton?

Tracey Eldridge from Carers Together is trying to reach unpaid carers in the SO18 area of Southampton to find out what you need to support you in the area.

Do you find it hard to get information and advice about services to help you and benefits?

Do you need help with all those forms that need filling in?

Maybe its difficult to get out when you are caring?

Maybe you could do with a bit of help with computers or your smart phone?

Tracey would love to hear from you.

You can contact her at Tel: 01794 519495 or Email: tracey.eldridge@carerstogether.org.uk or **drop-in to Harefield Surgery**, 21 Exford Ave on the **4th Friday** of every month between 9.30am - 11.30pm and Tracey will be there to chat to you.



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.

Carers Missing Out on NI Credits

The Minister for Pensions is calling on all carers to check they are getting what they are entitled to. Nearly 200,000 people with caring responsibilities could receive a boost to their state pension by claiming **Carers Credit**.

Carers Credit is designed for those who are caring for others for 20 hours or more per week but do not qualify for Carer's Allowance.

Your income, savings or investments won't affect eligibility for Carer's Credit.

Signing up for Carer's Credit for a year means a carer could receive **over £200 extra per year** in State Pension when they retire.

More information on how to apply at:

www.gov.uk/carers-credit/how-to-claim



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 £6.50 per hour plus holiday pay pro rata.

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 laptop computers 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.



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

You are now able to donate to us through our website using your credit or debit card - just look for the 'mydonate' button pictured below.

Donate to our event through



The free online donation service

Contact Carers Together

All enquiries: 01794 519495

9 Love Lane, Romsey SO51 8DE

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

July 2015 - Volume 4 Issue 4