



Hampshire Carers Joint Strategy 2024 - 2029

This strategy was published on 26th February 2024 by Hampshire Carers Partnership after consultation between carers and several organisations that work with carers. It includes a revised Hampshire Carers Charter with principles for use by any organisation that supports carers. It is available on the Carers Together website www.carerstogether.org.uk or by email from admin@carerstogether.org.uk. It will soon be available in 'easy read'. It will also be on Connect to Support Hampshire. An Action Plan is being developed to ensure ongoing work on the key aims. More information in coming months. If any organisation that supports carers would like to adopt the Strategy or the Charter or become a member of Hampshire Carers Partnership please contact 01794 519495 or email info@carerstogether.org.uk.

Easter Party

Thursday 28th March 2024
1:30pm to 3.30pm
at: Hampshire Carers Centre,
9 Love Lane Romsey, SO51 8DE
Cream Tea Lunch
Easter Quiz
Small Raffle
Handmade gifts & cards to purchase
£5 per person
To book a place Tel: 01794 519495 or
email admin@carerstogether.org.uk



Hampshire Together

Proposed changes to acute hospital services in and around Basingstoke and Winchester. Easy read version available.

Closing date **17th March 2024.**

Have your say and help shape tomorrow's hospitals

To read our full consultation document and find out more visit www.hampshiretogether.nhs.uk or scan the QR code



You can also email hiowicb-hsi.mohhs@nhs.net
call 0300 561 0905
or write to us at Freepost HAMPSHIRE TOGETHER

Household Support Fund



Supermarket Vouchers or Household Grants are available to help unpaid carers in Hampshire. Please apply to Carers Together. Tel: 01794 519495 or Email: support@carerstogether.org.uk

The application form is also available on our website: www.carerstogether.org.uk
Alternatively, please contact Princess Royal Trust for Carers or Andover Mind. Please note: only apply to one organisation. **Other support is also available at:** www.hants.gov.uk/costofliving/food-essentials

STOIC - Romsey Older Adults Partnership

Friday 22nd March 2024

2:10pm-4:00pm



at Age Concern Hall, Linden Road, Romsey SO51 8DB

March Topic: Age without Limits - enjoy life, have a voice and change ageism

For more information or to book a place call

Carers Together - Tel: **01794 519495** or email: admin@carerstogether.org.uk

As part of the **Warm Welcome Campaign this winter**, Carers Together has a free welcoming Warm Space, open to all from 9:30am to 2.00pm, Tuesday to Friday with refreshments and disabled facilities. Contact Carers Together: 01794 519495 or email admin@carerstogether.org.uk
Also see www.warmwelcome.uk



Our Charity Shops are open 9.30am - 4.30pm Monday - Saturday

Chandlers Ford	4 Falkland Court, Chandlers Ford SO53 3GA	Tel: 023 8026 5489
Romsey	4 Market Place Romsey SO51 8YZ	Tel: 01794 517459
Totton	6 Water Lane, Totton SO40 3DP	Tel: 023 8087 3911
Woolston	16 Victoria Rd, Woolston, Southampton SO19 9DX	Tel: 023 8043 6964




Activities in March 2024 at Romsey Community Information & Wellbeing Centre March 2024 (not Bank Holidays)

Romsey Computer Café	Every Tuesday 10.00am-12.00pm
Andover Mind Group	Every Wednesday 9.30am-13.30pm
Diabetes Aware 6th March	First Wednesday 14.30-16.30pm
Dementia Drop-in 7th March	1st Thursday 13.30pm-15.30pm
Romsey Rendezvous 1st March	1st Friday 10.00am-13.30pm
Macular Society 1st March	1st Friday 13.30pm-15.30pm
Romsey Carers Café 16th February	3rd Friday 11.00am-13.00pm
Coffee, Craft & Chat 22nd March	4th Friday 10.30am-12.30pm
Quaker Worship	2nd & 4th Sunday 10:45am
Romsey Community Wellbeing Hub	Tuesday to Friday 9.30am-14.30pm

Information, Advice & Support for local people including carers, people with long term health conditions and older people.

Assistance with Benefit Forms, regular group activities and free use of computers.

 Refreshments available. Disabled friendly facilities and rooms to hire.

Carers Together will be closed Good Friday 29th March and 1st April Easter Monday. Reopen 2nd April 2024 at 9:30am.

The free Carers Active Listening Helpline Tel: 08000 323456 will be available over the Easter Weekend and Bank Holiday days from 10am-4pm as usual.

Happy Easter to all our readers

Free Counselling Service

Do you look after or support a relative, friend or neighbour with additional needs, illness or who is older? Do you feel you may benefit from counselling? We offer counselling to carers and former carers - find out more by calling 01794 519495 or email admin@carerstgether.org.uk

For more information about anything in this Newsletter, or to book one of our meeting rooms or desk spaces, available to hire at reasonable prices, contact:

Carers Together, 9 Love Lane, Romsey SO51 8DE Open Mon-Fri 9.30am-2.30pm
Email: admin@carerstgether.org.uk Tel: 01794 519495

Web: www.carerstgether.org.uk Facebook: www.facebook.com/carerstgetherhampshire

What do you think about video and telephone appointments in neurology outpatients?



What:

- Take part in a workshop
- Tell us what you think
- Help create guidelines for the use of video and phone appointments in neurology outpatients

When: • March, April and May 2024

Who:

- Adults living with a long-term neurological condition
- Adults caring for someone with a long-term neurological condition



Scan the QR code for more information or to register your interest

✓ **Travel and parking paid**
 ✓ **Refreshments**

Or contact Patricia on 07876818404 / NeuroLTC@soton.ac.uk

This research is organised by Prof Chris Kipps, Consultant Neurologist at UHS. It is supported and funded by University Hospital Southampton NHS Foundation Trust and is approved by the East of England - Essex Research Ethics Committee (IRAS 324994). <http://www.uhs.ac.uk/OptimisingOutpatients>

Optimising Outpatients Poster/Leaflet v.1.1 5/12/2023



Are you involved in the care of people with multiple long term conditions?

This includes social services, primary and secondary medical care, third sector or charity organisations, care homes, public health, housing, service management, research, database managers etc.

This also includes carers - both paid and family.

If yes, we are interested in hearing your views about a new approach to improving care and support by clustering people together who have similar health, care and support needs.



We'd like to chat with you on the telephone or online for 30 to 60 minutes. This will be on a convenient date and time for you.



If you are interested or have any questions, Please email : s.z.holt@soton.ac.uk or Phone: 02380599063

You can access our website by scanning the QR code



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