



CARERS RIGHTS DAY 2ND DECEMBER 2011 'MONEY MATTERS'

Many people looking after sick or disabled relatives at home may be missing out on vital benefits and support.

The Princess Royal Trust for Carers in Hampshire is one of more than 1000 groups across the UK who take part in Carers Rights Day, a national awareness day organised by Carers UK. The aim of the day is to inform carers of the rights, benefits and services they are entitled to.

Kerry Hearsey, Chief Executive of the Princess Royal Trust for Carers in Hampshire says, "Making ends meet is at the top of everyone's agenda at the moment, but carers face a particularly tough battle to get by. On top of the stresses of caring for a loved one, carers often have to cope with higher bills and the costs of caring whilst being unable to work because of their caring responsibilities.

I urge anyone looking after a friend or family member to come along to our events, where you can get advice and information on how to take care of your income."

We will be holding information events across Hampshire, a full list of these can be found on page 3 of this Carers News.

For further information, please contact our Andover Office on
01264 835246
or Winchester on 01962 869929

Dear All

I really can't believe that the time has come around again for us to be thinking of Christmas.

For the charity it has been a busy year in providing support and emergency plans to you all across Hampshire. The staff and I have been delighted to meet so many of you.

In this newsletter there is an opportunity for you to join the charity as a member which will entitle you to vote at our Annual General Meeting next year. All of our services however remain free for all carers to access in Hampshire regardless.

On 2nd December it is National Carers Rights Day and we have information events around the county, please do come and see us and check that you are receiving all of the help that you are entitled to.

I would like to take this opportunity to wish you all a peaceful Christmas and Happy New Year.

Best wishes

Kerry Hearsey

Chief Executive

Every effort is made to ensure that the information provided in this newsletter is accurate. However, The Princess Royal Trust for Carers in Hampshire can accept no liability for errors or omissions. Mention of a product or service does not constitute an endorsement.

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Charity No 1040518
Company No 2955846

The Princess Royal Trust for Carers in Hampshire exists to support the needs of unpaid carers. Amongst the services it provides are:

- Information, advice and guidance
- Support and counselling
- Advocacy and representation
- Assistance with applying for benefits and for help from statutory bodies
- Opportunities for short- and long-term respite
- Access to training and education
- Carers Support Groups
- Counselling
- Emergency Planning for Carers
- Alzheimer's Café

The Centre was set up in 1994 by Winchester City Councillor Susan Glasspool when she was Mayor of Winchester. An independent charity and a limited company, it is managed by twenty paid staff with help from volunteers and is governed by a voluntary Board of Directors, some of whom are or were carers.

The Centre is one of 144 centres in the UK which are run under the auspices of The Princess Royal Trust for Carers, founded by Princess Anne in 1991 to provide representation and support for unpaid carers.

Carers Rights Day Friday 2nd December 2011

“Money Matters”

The Princess Royal Trust for Carers in Hampshire will be holding a number of information events on Friday 2nd December 2011, the details of which are as below.

Area	Location	Time
Andover	The Masonic Hall East Street Andover SP10 1EP	10am - 12.30pm
Basingstoke & Deane	St Michael's Church Cottage Church Square Basingstoke RG21 7QW	1pm - 3.30pm
Eastleigh & Romsey	Wisdom House Romsey SO51 8EL	10am - 2pm
Fareham & Gosport	Fareham Shopping Centre 28 Thackeray Mall Fareham PO16 0PQ	11am - 1.30pm
Rushmoor & Hart	Aldershot Library 109 High Street Aldershot GU11 1DQ	10am - 2.30pm
Winchester	Winchester Discovery Centre Jewry Street Winchester SO23 8RX	10am - 1pm

Please go along to the event in your area for advice, information or just an informal chat.

Basingstoke Discovery Centre has the first Changing Places Toilet in Basingstoke

Whilst standard accessible toilets meet the needs of some disabled and older people, there are others in our community who require help with personal care, including children with disabilities who are too old for the baby change table! We are sure many carers are only too well aware how unsuitable many places are and yet they sometimes have no choice but to make the best of it.

A Changing Places toilet provides the right equipment, plenty of space and a clean, safe environment. Access is by RADAR key and the individual needs to have their own sling to clip to the hoist.

Features include:

- Tracking hoist system
- Height adjustable changing bench
- Adequate space for changing with one or two carers
- Centrally placed toilet with space each side
- Large disposal bin
- Emergency alarm

Basingstoke Discovery Centre is open 7 days a week.

For further information on opening times, general services and accessibility see

<http://www3.hants.gov.uk/library/bsdc.htm>

or telephone 01256 478670

This development was made possible by a grant from the **Big Lottery to improve access to their services.**

HELP NEEDED

THE Princess Royal Trust for Carers in Hampshire is a charity which relies on grants and donations to continue offering its free support service. Membership is not obligatory to be able to access our services. You can help by becoming a member. See the application form below.

October 2011 to September 2012		I would like The Princess Royal Trust for Carers in Hampshire to treat *the enclosed donation *all donations I make from the date of this declaration until I notify you otherwise *all donations I have made since 6 April 2004 and all donations I make from the date of this declaration until I notify you otherwise as Gift Aid donations. <i>*Please tick whichever line applies</i>
I enclose a cheque for: £5		
other amount: £		
TOTAL		

First Name	Last Name	Mr Mrs Miss Ms Other
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Address

Postcode	Telephone
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Signature	Date
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Return **FREEPOST, RSSH-LEEJ-HSXK, The Princess Royal Trust for Carers in Hampshire, Winchester, SO22 6AU** (No stamp required)

Your information will be held under the terms of the Data Protection Act 1998



Enham Changes to your Direct Payments contract

The contract that Enham currently has with Hampshire County Council to provide Direct Payment Support is coming to an end in December this year.

Here is a message from Hampshire County Council explaining why.

“Hampshire County Council is evaluating how Direct Payments support is provided in the county. This means that your existing contract with Enham will be finishing at the end of this year. It will be replaced with a new system which will allow you to choose what support you need and from whichever organisation suits you best.

The aim of this change is to give people greater choice, control and flexibility over which support provider they buy their Direct Payments Support Service from.

If you receive on-going help at the moment from a support service provider there's no need to do anything just yet. Someone from Adult Services will be in touch with you to talk through what support you will receive in the future.”

As you can see from this, HCC want to ensure you get the best DP support by ensuring you can choose which organisation provides this for you.

Enham know that you have valued their expert, friendly advice and support with any difficulties you have faced regarding your Direct Payment. Although, they will no longer have a contract with Hampshire County Council, they are keen to continue to offer this service to you and their team will be happy to talk to you about how they can continue to do so for you, if that's what you would like.

Telephone: 01264 345862 if you would like to talk to them in more detail.



italk is a psychological therapies service for people aged over 16 experiencing mild to moderate anxiety and or depression who are registered with a GP in Eastleigh, Havant, Test Valley, Gosport or the New Forest. From December 2011 they will also be serving Fareham and Winchester. They are part of the national Increasing Access to Psychological Therapies programme and work as a partnership between Solent Mind and Southern Health NHS Foundation Trust.

They are a very busy service, in the year they have been running they received over 9000 referrals! Referral to italk is currently accessed via your GP, italk are looking into other referral options and will update their website to inform people of any changes. So far they are achieving very good rates of recovery and receiving a lot of positive user and GP feedback. If you would like more information on the services they offer take a look at their website

www.italk.org.uk

or tel 02380 383920

Stay Safe at Home with Testway Support

They can help you to stay safe and well at home 24 hours-a-day, every day of the year.

Community Support

Help with things like claiming benefits, taking part in activities or reminding you to take your medication. They can also help with everyday tasks if you're moving into a new home and have no one else around to help.

Telecare

An easy to use alarm that gives you peace of mind 24 hours a day, everyday of the year. Just press the button on your pendant and it'll call for help straight away.

They have lots of different sensors that could help you too.

Home from Hospital

If you've had a stay in hospital, their short-term support will help you to get back on your feet.

They can help with light housework, shopping, picking up prescriptions and much more. They can also put you in touch with other people who can help with gardening, repairs and longer term support.

First on Sight

A 24-hour response service that means they can be there for you when your family can't. So, if your loved ones are away on holiday there's no need to worry about being alone.



They may be able to get you help to pay for the service(s) you choose. But, some of their services are only available in certain parts of Hampshire.

To find out more call them on 0800 694 0303 or e-mail support@testway.co.uk

The Princess Royal Trust for Carers in Hampshire Support Groups



SUPPORT GROUPS OFFER OPPORTUNITIES for carers to get together, to share experiences, raise concerns and hear informative talks by guest speakers. We run **General Carers Groups** for all carers and **Mental Health Carers Groups** specifically for those who look after someone suffering from a mental health problem. No invitation is needed to attend a group meeting, you can just turn up.

The groups meet as follows:

Andover General Carers Group: Second Monday of each month, between 2pm and 3.30pm at The Bridge in Bridge Street, Andover. (No meeting January or August)

Andover Mental Health Carers Group: Second Tuesday of each month, between 7pm and 8.30pm at Andover Mind, Arcade House, Westbrook Close, Andover (No meeting January or August)

Basingstoke Coffee Mornings: Forth Thursday of each month between 10am and 12 o'clock at St Michaels's Hospice (North Hampshire)
Basingstoke RG24 9NB

East Hampshire Carers Support Group: Third Thursday of each month, between 1pm and 3pm at Age Concern, Padnell Road, Cowplain.

Fareham & Gosport Carers Support Group: This group meets next on 29th November from 10am to 12pm and then every four weeks thereafter. Venue Nobes Hall, Nobes Avenue, Gosport.

Romsey Carers Support Group: Third Wednesday of each month, between 10am and 12 pm at The Spirituality Centre, Wisdom House, Romsey.

Winchester General Carers Group: First Monday of each month, between 12.30pm and 2pm at the Friends Meeting House, 16 Colebrook Street, Winchester (no meeting January or August)

Winchester Mental Health Group: First Monday of each month (first Tuesday if it's a Bank Holiday) 7.00pm to 9.30 pm approximately. No meeting January or August. There is a varied programme of events. For more information or to be added to our mailing list please contact: Philippa Redding MH Carer Support Worker on 07747 044432.

We look forward to seeing you

Carers Contacts

Winter 2011

Registered Office
Beaconsfield House
Winchester SO22 6AU
Tel 01962 869929 Fax 01962 841160
Email winchester@carercentre.com

Andover Office
Andover War Memorial Hospital
ANDOVER SP10 3LB
Tel 01264 835246
Email andover@carercentre.com

Advice

Winchester Citizens Advice Bureau	01962 848000
Andover Citizens Advice Bureau	01264 365534
Basingstoke & Deane CAB	01256 322 814
East Hampshire CAB	01420 84399
Eastleigh CAB	023 8061 6046
Fareham CAB	08444 77 22 32
Gosport CAB	08444 77 22 32
Hart CAB	01252 617922
Havant CAB	023 9271 7699
New Forest CAB	0870 126 4089
Rushmoor CAB	0845 120 3765

Benefits

Benefits Enquiry Line	0800 882200
Carer's Allowance Unit	0845 6084321
Online Benefits advice	www.direct.gov.uk

Carer Support

Carers Direct	0808 802 0202
Andover Young Carers	01264 333788
Alzheimer Cafe	01264 835246
Winchester Young Carers Project	01962 808339
The Princess Royal Trust for Carers (HQ)	0844 800 4361
Eastleigh Carers Centre	023 8090 2414
One Community (Eastleigh)	023 8090 2400

Councils

Hampshire County Council Information Centre	0800 028 0888
Hampshire County Council Adult Services	0845 603 5630

Councils of Voluntary Service

Winchester Area Community Action	01962 842293
Test Valley Community Services	01264 362600
Basingstoke Voluntary Services	01256 423816
Community First, New Forest	01425 482773
Community First, East Hampshire	01730 710017
Gosport Voluntary Action	023 9258 3836
Hart Voluntary Action	01252 815652
Rushmoor Voluntary Services	01252 540162

Other Helpful Contact Numbers

NHS Direct	0845 46 47
Patient Advice & Liaison Service (PALS)	023 8047 5265
Winchester Community MH Team (Ages 18-64)	01962 825128
Winchester CMHT over 65	01962 841941
Andover Community Mental Health Team (18-64)	01264 358180
Andover CMHT over 65	01264 835263
East Hants Mental Health Team	02392 482154
Royal Hampshire County Hospital	01962 863535
Andover War Memorial Hospital	01264 358811
MIND	020 8519 2122
Andover District Mencap Society	01264 321840
Winchester & District Mencap Society	01962 848034
Alzheimer's Society Helpline (all dementias)	0845 300 0336
Rethink National Advice Line	0845 456 0455
Winchester Rethink Fellowship	01962 861939
Mencap Learning Disability Helpline	0808 808 1111
Contact a Family Helpline	0808 808 3555
Parkinson's Disease Society	0808 800 0303
Age U.K	0800 169 6565
Age Concern Hampshire	0800 328 7154