

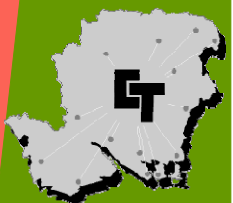
DO YOU CARE?



INFORMATION AND NEWS FOR CARERS

CARERS TOGETHER

Spring 2010



Produced by
Carers Together

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**The views in this
newsletter are not
necessarily those of
Carers Together**

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**PLEASE LET US
KNOW IF YOU
REQUIRE A
LARGE PRINT
COPY**

USEFUL NUMBERS FOR CARERS

AGE CONCERN Hampshire - Information/advice	0800 328 7154
AL - ANON for relatives	020 7403 0888
ALCOHOLICS ANONYMOUS	0845 769 7555
ALZHEIMERS SOCIETY - Helpline	0845 300 0336
BRITISH RED CROSS - Medical Loan	01962 877732
CARERS ACTIVE LISTENING LINE (CALL)	08000 3 23456
CLEAR ACTION PLANNING FOR EVERYONE	01794 519495
CHILDLINE	0800 1111
DWP - Job Seeker Direct	0845 60 60 234
DWP - Pensions Service	0845 60 60 265
ELDER ABUSE	0808 8088 141
HAMPSHIRE COUNTY COUNCIL - Information	0800 028 0888
HAMPSHIRE COUNTY COUNCIL	01962 841841
HEADWAY (Acquired Brain Injury)	023 9273 1931
LOCAL POLICE STATIONS - ALL	0845 045 45 45
MENCAP Helpline (Learning Disability)	0808 808 1111
NHS DIRECT	0845 46 47
PARENTLINEPLUS	020 7284 5500
PARKINSON'S DISEASE SOCIETY HELPLINE	0808 800 0303
SCOPE HELPLINE	0808 800 3333
SOCIAL SERVICES DIRECT	0845 600 45 55
SAMARITANS	0845 790 90 90
SENIORLINE	0808 808 7575

Do you have an issue to raise or a comment to make? LET US HAVE YOUR VIEWS - HAVE YOUR SAY

Why not send in an article, or write to us at **Carers Together?**

We will withhold your name and address from the newsletter at your request, but cannot print anonymous letters/articles.

COPY DATE FOR THE NEXT ISSUE - 11 June 2010

Send your copy by email: info@carerstogogether.org.uk or by post

ADVERTISING IN THIS NEWSLETTER

Carers Together are happy to include some advertising for organisations who offer a service to carers. 'Do You Care?' is distributed to 6,000 addresses across Hampshire. There is a small charge towards our costs and space is limited to half a page or less per advertisement. Should any organisation wish to use this facility please contact Carers Together.

Web Addresses

All appropriate web addresses are given in this newsletter, but to view the web pages online go to www.carerstogogether.org.uk and open the newsletter where the web links are live.

Help us fund raise for Carers Together

Every time you search the web you can raise funds for Carers Together - it costs you nothing and helps the charity. Please go to <https://fundraisers.everyclick.com/myresources>

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Do carers get a fair deal from local authorities and local health services? The government allocates funding to Councils and Primary Care Trusts for carers - but most of the money is not spent on carers. Why is this money not ring-fenced for carers? How can we influence statutory organisations to support carers with the carers funding they have received? Ideas welcome.

This publication is provided by Carers Together in Hampshire

Carers Together is an independent charity run by carers, with carers, for carers.

It is a consortium of individual carers and also groups run by carers for the benefit of carers.

All people who care for a relative, friend or neighbour are welcome to become members.

Carers Together tries to support carers in the way they wish to be supported, responding to their changing needs as required

This newsletter provides independent news, views and items of interest for people who care.

We welcome input from carers - make sure your voice is heard and can influence the future activity of health and social services.

Your support is welcome - why not find out the different ways you can help us to support carers?

Photographs on the front page include participants at the Carers Network Day in November where over 100 carers took part in consultations on the Green Paper 'The Big Care Debate' and discussed Clear Action Planning for Everyone (CAPE[®]) and Lasting Powers of Attorney.

The new year brought snow, viruses and changes.

We have tried to section the newsletter into areas of interest but with such a wide range of issues and topics and interests this is not always possible. Your feedback is always welcome and so are your letters.



We have been looking to see how we can produce the newsletter to the same quality and standards whilst being aware of the continually increasing costs of production, printing and postage. We always put the newsletter on the website so people can download it for themselves and we can send it out by email where we have the email addresses of our members. However this does not touch the costs in any real way so we have reluctantly decided to reduce the number of editions we produce each year. We feel this is a real disadvantage for carers because we try to give them a range of information about all the things and issues that may touch their lives.

An alternative would be to charge for the newsletter or for our other services but we are an organisation of carers working with carers and we are aware of the financial pressures felt by carers and do not want to add to them. If you can think of any other option please let us know.

We are now setting up a Carers Together 100 Club. This is a way to raise funds whilst giving everyone an opportunity to win something for themselves. For £12 per year you can enter into a monthly draw to win a cash prize. Half the money raised goes to Carers Together and half to the prize fund. There is no limit on how many numbers you can purchase and the more you buy the higher your chance of winning. There is a simple form available on the website to download or you can contact the office and they will send you one.

Alternatively you can join the Friends of Carers Together and for a small subscription (you choose how much to pay - minimum £12) you can become a friend of the organisation. Several former carers see this as a way to keep in touch with us and support us. Others find this a good way to make a simple contribution to our work.

We are also actively seeking volunteers to assist us with our carers support. We need people to help at our carers cafes, support our advocacy team with peer advocacy, and willing helpers to do a range of tasks in our office bases and with events and meetings. We are also looking for experienced advocates to help with our out of hours telephone service. Please contact Rory at the office if you would like to help with any of our activities.

Editors

Need to offload stress, chat about your concerns or speak to a friendly person who understands how you feel? Call our Carers Active Listening Line anytime between 9.00am and 11.00pm 365 days per year for an empathetic chat with one of our dedicated listeners.

CALL free phone number - 08000 3 23456

New Director of Public Health for PCT and HCC

NHS Hampshire and Hampshire County Council have appointed Dr Ruth Milton as Director of Public Health, working across the local authority and local NHS.

Ruth has extensive experience in public health within the NHS and a background in clinical medicine. Until her recent appointment, she was the Director of Public Health for NHS Surrey and Surrey County Council and Medical Director for NHS Surrey. Prior to that Ruth was Director of Public Health and Medical Director at Guildford and Waverley PCT and her consultant appointment was at North and Mid Hampshire Health Authority. She starts her new role on 1 June 2010

New director for Southampton City Health and Adult Social Care

Penny Furness-Smith has been selected as the new Executive Director of Health & Adult Social Care in Southampton.

Penny is currently Corporate Director of Housing, Community Living and Adult Services at Luton Borough Council.

Penny has an extensive background in social care and she leads on safeguarding for the Association of Directors of Adult Social Services (ADASS). She has also had direct experience of joint working for a local authority and a PCT.

Penny is expected to start in early May.



Advocacy and Support Manager in Hampshire, Portsmouth and Southampton

Hi Everyone

I have been out and about around the county with CISSI my trusted van attending lots of events promoting the different services Carers Together provide, including attending a Rheumatology Day in Portsmouth, flu jab days in Romsey and Alton as well as many others.

Advocacy has rapidly increased over the last few months; some required one-off advocacy for carers and others lasting longer. These include supporting carers to have a voice and enabling them to have the confidence to say what they would like for the person they are caring for, as well as for themselves. The advocacy support we provide could be anything from attending a carer's assessment to a multi-agency review.

I have been doing a lot of work helping people to complete their benefit forms such as, Disability Living Allowance, Attendance Allowance and Carers Allowance.

We have also re launched Chat to a Group of Friends. The first group started on the 3 February and the second started early in March. Chat to a Group of Friends is a free telephone conference call between a group of people, with a facilitator to coordinate the group. Sessions last 45 minutes and are available for carers and older, lonely isolated people in Hampshire.

Welcome to Wendy Gannon, the new Carers Advocacy and Support worker in Basingstoke, who is doing an excellent job acquainting herself with carers and organisations in her area.

Carers Together are setting up information days in Southern Test Valley, East Hampshire, North Hampshire and the New Forest. One session covers Residential Care, Legal issues and Lasting Powers of Attorney. The second session covers Clear Action Planning for Everyone (CAPE[®]) and Personal Profiles. For more information contact Carers Together.

I am now looking forward to the warmer weather and a bit of sunshine.

Tracey Eldridge

Carers Advocacy and Support Manager Tel: 01794 519495
Mobile: 07921 700498 Email: tracey.eldridge@carerstogether.org.uk



BASINGSTOKE & ALTON

My name is Wendy Gannon. I'm the new Support Worker in North Hampshire and I work from a cosy office in Basingstoke.

We are thinking about some exciting projects to bring to the area this year and the carer's cafes that we run are going from strength to strength. They are as follows:

Alton	Methodist Church	1 st Wednesday of the month	12.30pm-2.30pm
Basingstoke	Carnival Hall	3 rd Thursday of the month	10.30pm-12.30pm
South Ham	St Peters Church Hall	2 nd Tuesday of the month	12.30pm-2.30pm
Whitchurch & Overton	The Cottage	4 th Wednesday of each month	12.00pm-2.00pm
Tadley	Hylton Court	1 st Tuesday of each month	2.00pm-4.00pm
Oakley	Methodist Church	4 th Tuesday of each month	2.30pm-4.00pm

I'd like to thank everyone that I've met since joining Carers Together, especially the carers; they've been so friendly and supportive and I'm happy to be a part of this great team.

Please feel free to drop in to any of our cafes. It would be great to meet you. Alternatively please contact me directly.

Wendy Gannon Glebe Hall Church Square Nr. St Michaels Church Basingstoke RG21 7QW

Tel: 01256 353290 Mobile: 07921 700497 Email: wendy.gannon@carerstogether.org.uk



HAVANT & PETERSFIELD (South East Hampshire)

Hi Everyone

How did you cope with the snow? Hope you all stayed warm and safe. What a start to the year. Is a bad winter followed by a good summer? Let's hope so!

In December we had our Carers Christmas Lunch at Sinah Warren Hotel where 52 Carers enjoyed the good food and good company in lovely surroundings. This was before the bad weather set in. Unfortunately a week later we had to cancel the Christmas Party at Petersfield because the roads were bad and the pavements even worse. Bad weather also meant we had to cancel a number of cafés in January but now the weather is improving we can look forward to a busy and active year ahead.

Crafts and Activities

Why not take up a new hobby or craft in 2010 (or rekindle your love of an old hobby) we will be giving you the opportunity to try things out during this year at either the Craft Club in Bedhampton or the Activities Café in Petersfield.

We also had our usual Coffee Morning, Strawberry Cream Tea and Carers Lunch at the Sinah Warren Hotel. We added an Activities Afternoon to our list of events and Mikala Holland and I had a stand at the Carers Awareness Exhibition which is now held at the Mountbatten Centre in Portsmouth

Carers Craft Club - Bedhampton Social Hall, 2 Bedhampton Road - 2.00pm-4.00pm

Tuesday 2 March - Jewellery Making	Tuesday 6 April - Painting
Tuesday 4 May - Tissue Art	Tuesday 1 June - Flower Arranging
Tuesday 6 July - Cross Stitch	Tuesday 3 August - Glass Painting
Tuesday 7 September - Crochet	Tuesday 5 October - Decoupage
Tuesday 2 November - Jewellery Making	Tuesday 7 December - Xmas Cards

Activities Café – Petersfield United Reformed Church, College Street, - 1.30pm-3.30pm Carers, the cared for person and older people are all welcome

Flower Arranging, Tissue Art, and Card Making plus talks on Simple Gardening, Library Services, Trading Standards, and Pensions Service (dates to be confirmed)

Thursday 25 March	Thursday 22 April	Thursday 27 May	Thursday 24 June
Thursday 22 July	Thursday 26 August	Thursday 23 September	
Thursday 28 October	Thursday 25 November	Thursday 23 December	

We also have activities and talks at our Sunnyside Group on Hayling Island.

Sunnyside Group – Sunnyside Hall, Webb Lane, Hayling Island – 2.00pm to 4.00pm Carers, the cared for person and older people are all welcome

Wed 24 March - Community Psychiatric Nurse	Wed 25 August - Summer outing Earnley Gdns
Wed 28 April - Card Games	Wed 22 September – Pensions Services
Wed 26 May - General Knowledge Quiz	Wed 27 October - Carpet Bowls
Wed 23 June - Trading Standards	Wed 24 November – Bingo
Wed 28 July - Play Wii Tennis/Golf/Bowling	Wed 22 December – Christmas Quiz and Party

Contact **Sylvia Hutchins** Tel: 023 9259 5455 Email: sylvia.hutchins@carerstogether.org.uk



Carers Active Support Service - CASS (formerly the Sitting Service)

This service provides respite for carers, but also provides support to disabled people of any age or isolated older people who need help to undertake activities both at home and out of the home. Some of the things they can do include: chatting, playing a game, reading, taking an older person shopping or to the library, or helping someone with a disability to prepare a menu and then cook their evening meal. No task is too difficult or too simple. The Personal Support Workers, who have all been CRB checked, are a wonderful group of kind, capable, warm and understanding people. At present we cover the Winchester and Southern Test Valley Areas.

Access to the service is as simple as a telephone call to Carers Together or to me. You do not have to go through Adult Services (formerly Social Services) or their Contact Centre. There are no eligibility criteria, only one of need. There is no client or carer's assessment. There is no financial assessment, however there is a charge of £9.25 an hour but with no restriction on the number of hours required. We provide guidance and support, but no personal care can be undertaken.

All carers need to take a break sometimes - this service means they can leave their cared-for person with peace of mind and confidence. Individuals can request the support they require.

Please feel free to contact me about any help you may need - you may be surprised at what we can do. I look forward to hearing from you. I work Tuesday, Wednesday and Friday but you can call me any day on my work mobile or contact my team at the office - 01794 519495.

With kind regards Kim Mobile: 07921 700502 Email: kim.upstill@carerstogether.org.uk

Holistic Hand Massage Course for Carers

Part 1 Friday 19 March 10.00am-12.00noon & Part 2 Thursday 25 March 1.30pm-3.30pm

Venue: Fenwick 2, Community Health & Wellbeing Centre, Pikes Hill, Lyndhurst, SO43 7NG

Contact: Joanna Tel: 01425 674140 Email: joannaschoice@gmail.com



Fee £36.00

HAVANT & PETERSFIELD (South East Hampshire) (also see page 6)

Are you a carer who needs support? We have a number of groups and sessions to help you. Choose the area and the type of support that suits you and either come along or telephone for help to get there.

Carers Cafés

Petersfield	10.00am-12.00noon	First Tuesday of Month
Hayling Island Carers Club	2.00pm-4.00pm	Second Tuesday of Month
Emsworth	1.30pm-3.30pm	Third Thursday of Month
Fareham Carers Café	10.00am-12.00noon	Second Thursday of Month
2nd Tuesday Rovers	10.00am-12.00noon	Second Tuesday of Month

Caring with Confidence

Caring with Confidence finally came to South East Hampshire with a course running on Hayling Island from 15 January. Everyone has said how much they enjoy the course and the opportunity to talk to other carers about the issues raised.

The next course in our area starts in Petersfield on Wednesday 10 March and runs for 7 weeks (you do not have to attend all sessions). For more information Tel: 01794 519495.

Contact **Sylvia Hutchins** Tel: 023 9259 5455 Email: sylvia.hutchins@carerstogether.org.uk



NEW FOREST

Well I've finally emerged from my 'living in a Christmas card' existence! I loved it at first then became fed up with having to cancel things and missed a few good get-togethers! Thankfully most New Forest Carers seem to have managed to avoid sprains and breakages during our icy time. However, judging by the relief when everything started up again I think it was a difficult time for most people.

So what is there to look forward to in the Spring and for the year ahead? The answer to that is lots! First following the success of our Autumn Craft day when we made Christmas cards we're having another day on Saturday 6 March using the same formula, a bring and share lunch, a raffle to help with Room Hire costs. Bring some of your own card making stuff, although hopefully we will have some cards and card making things for sale, so we will be making cards including Easter cards.

Friday 23 April Trip to Exbury Gardens - I am taking bookings now at Carers Cafés/meetings; again we have a Train ride in the gardens booked.

Friday 18 June Trip to Swanage Railway with time in Swanage. I shall be taking bookings from the April Cafés and will only be taking the coach with 50 places, so it will be a case of book early to avoid disappointment.

Dates to follow for Roll and Stroll walk and picnic in July; 2 boat trips for Waterside groups;

19 September Relaxation day - invitations will go out in August;

15 October Milestones booking from the August cafés and lastly the ever popular shopping trip to **Portsmouth on Friday 3 December.**

Following the success of the **Caring with Confidence** course in Lyndhurst we have one starting in Ringwood on **Tuesday 23 March.** Do try to come along as this course, which is entirely aimed at carers, has so much help and advice to offer about how to deal with the day to day aspects of being the main carer; a decision to come will be one which you will not regret. The course is very flexible you can come to every session, do some sessions at home or just pick the sessions you want to come to. My advice would be to come to the first session and find out all about the course before deciding how you want to approach the sessions.

If you would like to come to the Craft Day or Exbury but are unable to get to a Café or meeting in February or March please let me know, otherwise I hope I shall see you soon at one of them.

1st Wednesday Fordingbridge Café 10.30am-12.30pm

1st Thursday Brockenhurst Carers 10.30am-1.30pm and Lyndhurst Café 1.30pm-3.30pm,

2nd Monday Stroke Carers Fenwick2 10.30am-12.00noon; New Milton Carers 2.00pm-3.30pm,

2nd Tuesday Singing Club at Fenwick2 from 1.30pm-3.30pm

2nd Thursday Ringwood Café 10.30am-12.30pm; Stroke Carers 1.30pm-3.30pm Milford on Sea

2nd Friday Mental Health Carers 2.00pm-4.15pm; Dancing in Lyndhurst 1.00pm-3.00pm

3rd Tuesday Lymington Café 10.30am-12.30pm; Hythe Carers 2.00pm-3.30pm

3rd Wednesday Alderholt Café 10.30am-12.30pm

3rd Thursday Totton Café 1.30pm-3.30pm

4th Wednesday Parkinson's Disease Carers at Fenwick2 10.30am-12.00noon

Drop-ins are on the 1st Monday of each month from 9.30am-11.30am in my office at Fenwick2.

Vicky Hamilton Vey Fenwick2 Health and Wellbeing Centre, Pikes Hill, Lyndhurst SO43 7NG
Tel:02380 286342 Email: vicky.hamiltonvey@carerstogether.org.uk



ROMSEY & DISTRICT CARERS FORUM

The Carers Forum covers Southern Test Valley including Nursling, Rownhams, North Baddesley, Valley Park, Romsey and all villages in the area. It continues to go from strength to strength. We run Carers Cafes for carers from all different care groups including a drop-in for carers of people with Dementia. Our Activities Café is proving very popular with all the generations who share it - a wonderful example of intergenerational working with local schools out in the community.

The Romsey Young Carers Project is soon going to become an independent charity after several years of nurturing. It supports over 50 young carers with befriending, Saturday groups and holiday activities.

The Information Folder, available in over 50 venues and on the web, continues to grow and is constantly being updated. If you would like your information to be included please contact the office and let them know.

We run a Good Neighbours group that befriends and supports isolated people in the community undertaking small one-off tasks that make a difference.

Our Dancing sessions once a month are social events that encourage enjoyable exercise for adults of all ages.

The Internet Café is very busy providing individual support for people at all stages of using computers, from beginners who need help deciding what to buy and how to set it up, to people wanting to discuss particular problems or issues. Friendly expert volunteers are there to help and refreshments are available.

We are involved in a number of initiatives locally including the Test Valley South Locality Health Forum where local GPs, health and social care professional, service users, carers and local groups and organisations come together two monthly to discuss local issues, needs and action that can be undertaken to improve what is available.

For more information about any of our activities please see below.

Southern Test Valley

For individual support and advocacy

Tel: 01794 519495 Email: admin@carerstogether.org.uk

For information about the Carers Cafés held twice a month to support carers in the area

Call: 01794 515786 or 368009

To find out about the Games and Activities lunches

Tel: 01794 519495 or Email: admin@carerstogether.org.uk

For 'Romsey Come Dancing'

fun ballroom dancing for carers, older people and people with disabilities in Southern Test Valley

Contact Rory on Tel: 01794 519495 Email: rory.heatley@carerstogether.org.uk

For the Alzheimer's Drop-in - call in any Wednesday morning

For information on all of the above pop into

Hampshire Carers Centre 9 Love Lane Romsey Hampshire SO51 8DE
any weekday between 9.30am and 4.30pm





Fenwick2 Song Club

A group of senior citizens is discovering that singing can be the key to happiness, positivity and enjoyment in later life.

The Fenwick2 Song Club meets every second Tuesday of the month at the Fenwick2 Health and Well-being Centre in Lyndhurst, from 1.30pm-3.30pm.

Organised by Vicky Hamilton Vey from Carers Together, it gives isolated older people, carers and others the chance to get out of the house, meet new friends and have a really good sing song.

Pianist Annette Bruce provides the backing while songs are chosen from a range of everyone's favourites. Members only pay a small fee of £2 per person to help pay for the room/refreshments

To find out more about the Song Club contact Fenwick2 Tel: 023 8028 2862 or visit: www.fenwick2.co.uk

Chat with a Group of Friends

Would you like to be able to chat to a group of friends without leaving your house? Perhaps join a reading group or discuss a favourite topic or hobby? You may be interested in joining one of our telephone groups.

This is a virtual meeting place for older people over the phone. It isn't self-help or a dating agency - just a chance to talk and make new friends without leaving your home.

It is a **free service** using a telephone conference call in the comfort of your own home where you can sit with a cup of tea and talk to a group of other people on the phone.

Call Carers Together Tel: 01794 519495

from 10.00am-4.00pm Monday to Friday for more information.

Relate - The relationship people

Relate in partnership with Hampshire Adult Services offers a new service

Support for Carers

Being listened to is priceless - which is why we are offering free, emotional support **exclusively** for adult carers

Being a carer is emotionally demanding, we understand that family relationships can change when you are a carer, and feelings of guilt, stress and isolation are common. Finding ways to move forward is just one of the ways emotional support can help. Relate has trained counsellors used to dealing with all types of relationship difficulties.

It is a confidential service in a non judgemental environment. An opportunity to discuss the stresses can be invaluable in keeping the relationship strong. Free emotional support for adult carers, come alone or with your partner.

Do you know of a carer that would benefit from this new service?

Available in the Fareham, Gosport, Havant and Portsmouth areas.

For more details Tel: 023 9282 7026 or Email: relate@relateportsmouth.org.uk



You can find Carers information at www.carerstogether.org.uk





SOUTHAMPTON

Dear Carers

Gosh doesn't time fly!

Our year started on a positive note with the Launch of our Thornhill Carers Café. This was on Saturday 23 January 2010 at Thornhill Baptist Church, Thornhill Park Road, from 1.00pm-3.00pm. We had a wonderful time, lots of hot cross buns, crisps and biscuits, as well as information about Carers Together and the support we provide for you all. Following on from this, the first café was held on Monday 1 Feb 2010, where 8 people attended. They all seemed happy with what we offered and expressed how much they would be looking forward to the next meeting. These cafes run on the first Monday of each month 1.00pm-3.00pm at Thornhill Baptist Church. In April and May they will run on the second Monday of the month, due to the Bank Holidays, so please do come along.

Our next event is the Health and Activities Day, set up jointly with Southampton City Council, and will be on 24 February 2010 at Avenue St Andrews Church, The Avenue, Southampton from 10.00am-2.30pm. This event is aimed at promoting healthy eating and exercise for all our carers and dependents. A healthy buffet lunch is provided where carers have to make up their own healthy lunch and there will be a talk on the myths about food and how to prepare a healthy snack, as well as some gentle exercise that can be done from a chair (that's our kind of exercise ha ha!)

Carers Together has really expanded since 2008. Our Carers Cafes have grown from four a month to ten, with two more on the horizon. These include a Healthy Activities Club and our Lordshill Fun Club.

Recently we have become involved in two Dementia Cafes, which we run in conjunction with the Admiral Nurses in Southampton, as well as joint working with Moorgreen Hospital. We have established some valuable contacts and relationships with carers as well as professionals; we are now working with around ten new clients a week, including preparing CAPE plans and providing advocacy

Now the time has come for us to have some fun! Yes it's time to start planning our trips and outings, so come on let's have some ideas.....

Looking forward to hearing from you. As you know, you can ring us any time at the Southampton office Tel: 023 8020 2623

Wendy, Pilar and Susie

Carers Support and Advocacy Southampton

Tel: 023 8020 2623 Email: pilar.callaby@carerstogether.org.uk

Carers Health and Activity Group Links for various activities

Link with Age Concern - live life to the full activity sessions

www.ageconcernsouthampton.org.uk/p_AGEING_WELL.ikml

Southampton City Council: promoting free swimming for under 16's and over 60's

www.southampton.gov.uk/s-leisure/sportleisurecentres/swimfree/default.aspx

Active Southampton: <http://www.activesouthampton.co.uk/> The Activities page lists many activities. The Active City card is completely FREE and gives special offers EVERY month for discounted leisure access across nine Southampton City Council venues!



Family Carers Network - Learning Disability

The government funded Learning Disabilities Project (LDDF) within our organisation is for Family Carers who care for an adult relative or friend (15 plus into adulthood) with a learning disability.

We have progressed extremely well with the project and we are in regular contact with many organisations across the county as well as pre-existing Parent Carer Groups. I have covered the best part of the county and met up with many groups and organisations, if I have not been in touch with you as yet please do not hesitate to contact me.

I have contacted all Parent/Family Carers within our organisation and am in touch and linking existing Support and Parent/Family Carer Groups to try to organise forums within different areas in Hampshire enabling carers to have a voice and influence the development of services and provision for the person for whom they care. If any carer has problems attending any forums or meetings there will be regular contact either by phone, email or personal visits. We will also keep them informed with up to date information in a regular newsletter that we will be compiling over the next few months.

I am attending many of the existing cafés within the county during the whole month of March and the beginning of April. If you are interested in coming along to find out more information about our network and the forums please find the cafes and dates below.

New Forest Cafes

Lyndhurst Café Thursday 4 March 1.30pm–3.30pm Lyndhurst Baptist Church Hall, Chapel Lane, Lyndhurst

Lymington Café Tuesday 16 March 10.30am–12.30pm United Reformed Church, High Street, Lymington

Hythe Café Tuesday 16 March 2.00pm–3.30pm The Community Centre, Jones Lane, Hythe

Totton Café Thursday 18 March 1.30pm–3.30pm Trinity Church, Hazel Farm, Totton

Ringwood Café Thursday 8 April 10.30am–12.30pm The Trinity Centre, Christchurch Road, Ringwood

East of the County Cafes

Parent Carers Café, Thursday 11 February, 10.00am–12.00noon and Thursday 11 March, 10.00am–12.00noon. The Coffee Lounge, Fareham Baptist Church, Gosport Road, Fareham.

Petersfield Café, Tuesday 2 March, 10.00am–12.00pm Winton House Centre, 18 High Street, Petersfield.

Hayling Island Carers Club, Tuesday 9 March, 2.00pm–4.00pm Sunnyside Hall, 14 Webb Lane, Mengham, Hayling.

Horndean Drop-in, Thursday 15 April, 10.00am–12.00 noon Merchistoun Hall, 106 Portsmouth Rd, Horndean.

Emsworth Café, Thursday 15 April, 1.30pm–3.30pm Pastoral Centre, The Square, Emsworth

North of the County Cafes

Alton Café Wednesday 3 March 12.30pm–2.30pm The Methodist Church, Draymans Way, Alton

Basingstoke Café Thursday 18 March 10.30am–12.30pm Carnival Hall, Council Road, Basingstoke

Whitchurch & Overton Café Wed 24 March 12.00noon–2.00pm The Cottage, 13 Winchester Street, Whitchurch

South Hams Café Tuesday 13 April 1.00pm–3.00pm Westside Community Centre, Paddock Road, South Ham

We hope to share information and provide support through the countywide network, on issues such as transition, personalisation, self directed support and person centred planning, as well as any other issues identified by carers.

If you are a carer or know of other carers who would like support in the areas mentioned or are in a similar situation please contact us as we are keen to hear from you.

Beth Rowley Tel: 01794 519495 Mobile: 07920 506341 Email: beth.rowley@carerstogether.org.uk

If you are a parent carer you may also be interested in the 'Consultation on Draft Regulations, and Associated Statutory Guidance, for Local Authorities to Provide Short Breaks for Carers of Disabled Children and Young People' on Page 18. Make sure you have your say.



Contact a Family and Hampshire Parent Partnership Service are pleased to announce that this year's

Special Needs Information Day is on

Saturday 24 April 2010 at

The Connaught School, Tongham Road, Aldershot GU12 4AS.

We have been holding these free events for thirteen years, giving families and practitioners the opportunity to gather information about support and services available across the county.

Visitors can come at any time between 10.00am and 3.00pm to browse the exhibits, or chat to representatives from voluntary organisations and statutory services about a wide range of special needs and related issues.

Alongside the exhibition, a series of workshops and information talks will be on offer. Visitors can pre-book their free places on the sessions of their choice. Parents and carers will be given priority, but if spaces are available then school staff and other professionals are welcome to attend. Details about the workshops and talks on offer this year will be available during the next couple of months.

Parents/carers requiring childcare facilities while they are at the workshops/information talks can book a place with the VIP Mobile Crèche Service, who will be at the event all day. Visitors to the exhibition can also make use of the childcare service, if there are spaces available.

There is ample free parking at the school. Refreshments and sandwiches will be available during the day (for which a small charge will be made).

For further information or to register interest, contact Elaine King at the Parent Partnership Service, on: 01962 845870 or Email: enquiries.pps@hants.gov.uk

Anyone interested in exhibiting at this or future Special Needs Information Days can contact Cay Byford of Contact a Family on: 01252 545345, or Email: cay.byford@cafamily.org.uk

We look forward to seeing you in April.

contact a family
for families with disabled children

Are you caring for a relative with a Learning Disability or do you know someone who is?

The Family Link Service may be of use to you

This is an independent service for family carers of relatives with learning disability

IT IS ALL ABOUT:

- ... Helping you to get in touch with the support and services that you need.
- ... Enabling you to meet up with other family carers.
- ... Keeping you informed about relevant local events.
- ... Letting you know what your rights are as a carer.
- ... Empowering you to have a voice.
- ... Providing you with information on entitlements to support you in your caring role.
- ... Encouraging you to request a Carers Assessment.
- ... Liaising with local authority and other agencies to highlight the needs of carers of all ages to improve services.
- ... Enabling you to have a say in the services you or your relative need, now or in the future.
- ... Offering support when concerned about changes/transitions in your relative's life.
- ... Helping to draw up an 'emergency plan' to support your relative in a crisis e.g. sudden illness, accident, bereavement
- ... Meeting with you at a time to suit you.



The main aim of the Family Link Service is to identify the needs of carers of all ages living in Southampton and build up a comprehensive database on their needs. As well as working with carers already known to services, Family Link aims to identify 'hidden' carers, who do not currently access services for themselves or their relatives.

Evidence from around the UK shows that older family carers in particular are affected by common problems due to their caring responsibilities and some have virtually no contact with services at all.

Please contact us if we can help you or somebody you know - call us on 023 8058 4088



PARENT SUPPORT LINK

023 8039 9764

Supporting and informing those affected by drug use within the family

Are you coping with the affects of drug use in your family?

Parent Support Link (PSL) is a Hampshire Charity based in Southampton. PSL can offer a safe place for you to talk about what is happening to you and your family. Our friendly, knowledgeable team can take telephone calls; offer face to face support either on a 1-2-1 basis or in a group setting and in some cases PSL can offer innovative ways of getting "time-out"

The Charity has been providing support to friends, family members and carers affected by someone else's drug use for over 15 years. This support is offered by a team of professional and volunteer workers. There is a telephone contact line that is available 24/7, with a person at the other end of the phone waiting to take your call. Appointments to see someone in a face to face situation can be arranged to fit in with your day to day life. To that end PSL also works in the evenings and Saturday mornings. The office is on a main bus route, has plenty of parking and is in a calm and welcoming building. Our support groups meet throughout the county so please refer to our web site for current details or call our support line for current details. The groups give people the chance to meet others, give and receive support and to know that you are not alone when dealing with issues and concerns that drug use can bring to friends, family members and carers.

Drop In for Grandparents

PSL recognize that this group of people need a different kind of support due to the multifaceted range of issues that they face when caring for their grandchildren because their own children are drug users. If you would like more information please call: 023 8039 9764.

Ways to contact PSL are: by Email: p.s.l@btconnect.com

our website: www.parentsupportlink.org.uk or on our no charge support line 023 8039 9764

Invitation to Join Discussions About The Contribution Policy

Charging to you and me.

A User and Carer Reference Group is being formed to provide advice and guidance to Hampshire Adult Services on the forthcoming consultation and subsequent implementation of changes to its Contributions policy.

Note: The County Council has already taken the political decision to charge.

Reminder: Anyone receiving adult services has a financial assessment to determine whether or not they are able to contribute towards the cost of meeting their needs.

Why discussions? Currently some services are charged for whilst others are not. This makes it difficult to introduce Self-Directed Support.

What will the group do? They will be looking at how to make the charge fair so that all service options are treated in the same way.

Invitation: If you would like to be a part of the group or be kept in touch with the work please contact one of following for a booking form:

Bernie Vincent: Berni@SouthamptonCIL.co.uk Robert Droy: Robert@SouthamptonCIL.co.uk
Philip Mason: HCIL@pvm.ndo.co.uk

HCIL



Caring with Confidence

Nearly 100 carers already registered for Caring with Confidence in Hampshire!

Its been a busy few months for the Caring with Confidence team as this Department of Health-backed learning experience really starts to pick up momentum across the county.

Despite the disappointment of having to postpone one or two programmes last autumn (both of which we will reschedule in early summer 2010), we had the morale boost of being oversubscribed at our first programme in Fareham at the end of last year – necessitating the commissioning of a successive second course to ensure that no carer who wanted to attend was disappointed.

That second programme is now at its midway point and is being enjoyed by all those attending, as is our programme at Hayling Island. Successful programmes have now been completed in Romsey, Chandlers Ford, Lyndhurst, and two locations in Southampton (Bitterne / Shirley Warren) and we're looking to the future with the following programmes already set up and ready to run:

Aldershot	Princes Hall	Mondays 10.00am–1.00pm	Starts 1 March
Petersfield	United Reformed Church	Wednesdays 1.00pm–4.00pm	Starts 10 March
Ringwood	The Trinity Centre	Tuesdays 1.00pm–4.00pm	Starts 23 March
Basingstoke	The Ark Conference Centre	Thursdays 10.00am–1.00pm	Starts 1 April

During the late spring and early summer we will be setting up programmes in Portsmouth, Andover, Winchester and on the Isle of Wight - please do contact us if you would like to register for any of our programmes. The sessions are open to all adult (over 18) carers, regardless of who they care for or their own personal situation and we can usually help towards the cost of any respite needed for the cared-for person while the carer attends (unfortunately it isn't possible for carers to bring the person they care for with them to the sessions). We can also help with transport costs if necessary and, of course, the sessions are completely free of charge to the carer – even the refreshments!

To make sure that we're offering the very best service we can whilst delivering this programme, I went to the Caring with Confidence Provider Networking Day in Oxford in November. There I got a chance to talk to organisations who are delivering the Caring with Confidence programme in other parts of the country – it was good to catch up with some old friends that I had met on my Facilitator training and to make some useful new contacts with whom I could share information, ideas and best practice. Tracey, Pilar and I also attended the CwC Facilitator Review Day in Birmingham just before Christmas. We were able to re-focus the skills we'd learned during our training and to work on ideas for some particularly challenging parts of the facilitation process.

There have been one or two changes to the Caring with Confidence team over the last few months. Susie Rosie, who was my stalwart administrator and 'runner' at the beginning of the project, was seconded to the Carers Together Southampton office to help run another project, meaning that Joe Llewellyn (with whom I had worked previously) joined us to take up those duties. The project on which Susie was previously working has now finished and she will be returning to some of the Caring with Confidence responsibilities when her other commitments allow.

I was pleased to be able to offer some help to fellow-providers The Alzheimer's Society, who are delivering the Caring with Confidence programme to dementia carers throughout Petersfield and the surrounding region and on the Isle of Wight. Our own programme in Petersfield directly follows the one that The Alzheimer's Society have been presenting, meaning that any carer who missed a session with them can pick up where they left off with us!

If you would like to find out more about the Caring with Confidence programme, or would like me to speak at any group or meeting, please do get in touch. You can also find out more by visiting www.caringwithconfidence.net

I'm looking forward to meeting many more of you over the coming months and to bringing the Caring with Confidence programme to a venue near **YOU!**

Sarah Spencer-Stonehill Caring with Confidence Project Manager
Tel: 01794 519495 Email: sarah.stonehill@carerstogether.org.uk

CONSULTATION

Strategic Review of Adaptations

With a drive towards improving the experience of customers receiving housing equipment and adaptations, the Adult Services Department has identified the need to undertake an end to end review of the customer journey. This will identify improvements to the delivery of adaptations across Hampshire and efficiency savings.

This review will involve a partnership between Hampshire County Council, district and borough councils and NHS Hampshire to drive forward service improvements. The review will include:

- ... evaluating the role of the Occupational Therapy Service and OT Direct,
- ... services and grants provided by district councils,
- ... hospital discharge processes,
- ... services provided by housing associations,
- ... the provision of equipment and adaptations
- ... Home Improvement Agencies.

Service users and the voluntary and community sector will be consulted throughout this review to identify service improvements. The review will be undertaken in 2010 and will report its recommendations in October 2010. Further information about this review can be obtained from Joanne Willis on: 01962 832169 or Email: joanne.1.willis@hants.gov.uk.

Charging arrangements for residential social care: consultation on issues concerning the current charging arrangements for residential social care.

Launch Date: 29 January 2010

Closing Date: 23 April 2010

The Department of Health have begun a 12 week consultation concerning the charging arrangements for residential social care. Views are sought on proposed amendments to the residential charging arrangements suggested by a stakeholder group.

Aimed at Directors of Social Services and Financial Directors it may be of interest to those considering going into residential care.

Contact: CRAG Consultation

Email: CRAGGConsultation@dh.gsi.gov.uk

Alternatively write to: The Dignity and Standards Team Department of Health Room 123 Wellington House 133-155 Wellington Road London SE1 8UG

Adult Social Care - Consultation

The Law Commission has published a consultation paper on Adult Social Care. This sets out the Law Commission's provisional proposals for the reform of the law relating to adult social care, with the objective of providing a new coherent legal structure. Download the consultation paper, as well as supporting documents, from:

www.lawcom.gov.uk/adult_social_care.htm

Publication of the consultation paper marks the start of a four month consultation, open to the public, in which they hope to engage in an extensive debate on their provisional proposals for reform. They are keen to encourage a wide range of comments on their proposals particularly those from service users, carers, advocates and professionals.

Respond by 1 July 2010.

Please do get in touch if you have any further questions about the project. Contact:

Amanda Walker Research Assistant,
Public Law Team Law Commission Steel House (5th Floor) 11 Tothill Street London SW1H 9LJ Tel: 0203 334 0264 Email: amanda.walker@lawcommission.gsi.gov.uk

Your choice of GP practice: a consultation on how to enable patients to register with the GP practice of their choice

Launch date: 4 March 2010

Closing date: 28 May 2010

This consultation is seeking views from the public, from healthcare professionals and from other staff working in the NHS on proposals that give patients a greater choice of GP practice.

The consultation sets out different options for organising healthcare for patients, and the potential implications of their choices if the current system of GP practice boundaries is removed.

It has been developed following a period of initial engagement with NHS colleagues, GPs, practice managers, and professional and patient groups.

Have your say at: www.gpchoice.dh.gov.uk/ or postal responses can be sent to: Your choice of GP Practice Room 2E42 Quarry House Quarry Hill Leeds LS2 7UE

CONSULTATION

Patient View is asking if you would like to take part in a survey of patients on two cardiac care procedures.

Heart care: Study into patients' opinions on two important hospital procedures

This study is asking people with circulatory problems, or a heart condition, or a possible heart condition, for their opinions on two common but important hospital procedures that doctors use in the treatment of heart problems-angiogram and angioplasty. People giving their opinions to the study will be totally anonymous.

The study hopes to find out what choices of treatment, what standards of services, and what quality of care are being given to people in the UK who have circulatory problems, and who have experienced one or other of the two medical procedures. At the moment, very little solid information is known across the UK about the experiences of these people.

The study is being conducted by Patient View (a research/publishing company dedicated to raising awareness of patients' views), and is being sponsored by an educational grant from St Jude Medical (a worldwide medical-devices manufacturer specialising in heart care).

Your experiences, passed to the study, could help future patients. The study results will be sent to all patient groups that help to publicise the study. The results will also allow doctors and manufacturers like St Jude to understand far more about the wants and needs of the people who have to have an angiogram or an angioplasty.

How to offer your views to this study

If you would like to offer your opinions to this study, you need to access the survey's short online questionnaire. The questionnaire has only 12 simple questions, and will probably take at most 15 minutes of your time to complete (depending on how many comments you wish to make).

The study's closing date is Monday 29th March 2010

Take part by going to: www.surveymonkey.com/s/YWFDBJM

If you have any questions about this study, please contact: Louise Oatham, PatientView, Woodhouse Place, Upper Woodhouse, Knighton, Powys, LD7 1NG

Tel: 01547 520965 Email: info@patient-view.com

Consultation on proposed changes to laws governing powered mobility vehicles

Date published: 03 March 2010

Closing date: 28 May 2010

A consultation on the use of mobility vehicles which seeks views on possible changes to the regulations that govern their use. It looks at the difference between mobility scooters and powered wheelchairs. Speed, unladen weight, safety, age of users, information and advice, training and assessment, registration, insurance etc. Find the consultation at: www.dft.gov.uk/consultations/open/2010-10/responseform.doc

Please send consultation responses to:

Mobility Vehicles Consultation

Department for Transport

Zone 2/15

Great Minster House

76 Marsham Street

London

SW1P 4DR

or Email: mobilityvehiclesconsultation@dft.gsi.gov.uk

Choice & Control



CONSULTATION

Consultation on Draft Regulations, and Associated Statutory Guidance, for Local Authorities to Provide Short Breaks for Carers of Disabled Children and Young People

Launch Date: Monday 1 February 2010 Closing Date: Monday 26 April 2010

Consultation on draft Regulations to require local authorities (LAs) in England to provide services designed to assist parents/carers to be able to continue to provide care for disabled children and young people, or to do so more effectively, by giving them access to short breaks from their caring responsibilities. Also consulting on associated draft Statutory Guidance aimed at helping local authorities, and others, to understand the legal context of their duty to provide short breaks; issues related to eligibility for short breaks; the range of short breaks required; local assessment of sufficiency of provision; planning and information.

The draft regulations apply to local authorities in England and require them to:

1. Provide services designed to assist parents/carers in their area to be able to continue to provide day-to-day care for their disabled children, or to do so more effectively, by giving them short breaks from their caring responsibilities.
2. To have regard to the needs of those parents/carers in their area who would be unable to continue to provide care for their disabled children unless short breaks from caring were given to them.
3. To have regard for the needs of parents/carers in their area who would be able to continue to provide care more effectively if a short break was given to them to allow them to undertake education, training, and any regular leisure activities, or carry out essential day-to-day tasks in order to run their household.

The draft regulations also indicate the range and type of short break services that must be provided by LAs, including in particular the need to provide, as appropriate:

- ... day-time care in the home of disabled children or elsewhere;
- ... overnight care in the home of disabled children or elsewhere; and
- ... educational or recreational activities for disabled children outside their homes.

The range of services provided by LA must be available in the evening, at weekends or during the school holidays as appropriate.

The draft regulations also require LAs to undertake, and to publish (linked to the publication of their Children and Young People's Plan through its local Children's Trust Board) a formal assessment of the sufficiency of their short break provision and services, to be informed by:

- ... the extent and demand for short breaks requested by parents/carers in their area;
- ... the extent to which parents/carers and disabled children are given short breaks; and
- ... the range and length of short breaks that are available to parents/carers/disabled children in their area.

The assessment must include details of the arrangement made by the Children Trust Board partners for co-ordinating with each other in respect of short break provision.

The first short break assessment must be published within two months of when the Regulations come into force, and subsequent assessments must be published on the same date as the Children Trust Board publishes their Children and Young People's plan. LAs must also review their short break assessment at the same time as the Board reviews the CYP plan.

In preparing and reviewing their short break assessments the LA must consult locally and have regard to the views of parents/carers and disabled children and young people. The assessment must include details of the arrangement made by the Children Trust Board partners for co-ordinating with each other in respect of short break provision.

Consultation responses can be completed online at: www.dcsf.gov.uk/consultations by emailing shortbreakregulations.consultation@dcsf.gsi.gov.uk or by downloading a response form which should be completed and sent to: John Perryman, Aiming High for Disabled Children (Short Breaks) Team, Department for Children, Schools and Families, Area 1E, Sanctuary Buildings, Great Smith Street, London SW1P 3BT.

Find on:

www.dcsf.gov.uk/consultations/index.cfm?action=consultationDetails&consultationId=1688&external=no

CARERS SUPPORT

Business, Government and charity leaders back better support for staff who balance a job with caring for an older or disabled person 11 March 2010

Ministers also announced that six government departments - Employers for Carers; Department for Business, Innovation and Skills; Department for Children, Schools and Families; Department for Communities and Local Government; Department of Health; Department for Work and Pensions; Government Equalities Office and Carers UK - will sign an agreement with Employers for Carers on how they will work in partnership to develop and promote support for carers in the workplace. This will include guidance for employers and raising awareness of employees' right to request flexible working.

They stressed the importance of retaining experienced staff in the early stages of economic recovery and called on all employers to consider their policy. It is estimated that 1 in 7 people in work also have caring responsibilities. This is set to increase as the number of people needing care will nearly double in the next 20 years.

Care Services Minister Phil Hope said: "Britain's population is ageing. More people will have to juggle a job with caring for an older friend or relative. Support like flexible working and short-term emergency leave can help carers stay in work, retaining their experience in the workforce. I hope all employers will recognise the benefits of being carer friendly."

Caroline Waters, Director of People and Policy for BT Group and Chair of Employers for Carers, said: "Employers for Carers is delighted to be a partner to this landmark agreement. Forward looking employers are already supporting the carers in their workforce to remain in, or return to, employment, but we also need good public services across care and support, education and skills to truly make the choice to work a reality for carers. This Memorandum creates a new model for action-based collaboration between employers and government on social/labour market issues.

Imelda Redmond, Chief Executive, Carers UK, said: "Carers UK warmly welcomes this unique agreement, where, six Government departments have understood the significance of supporting carers in the workplace. A staggering one in six people give up work to care for a relative or friend who becomes disabled, ill or frail not only at great personal cost, but also at significant cost to the economy. Carers UK has been working with employers for many years to help them retain their staff, resulting in demonstrable business benefits. Supporting carers in the workplace is not just about helping families to manage their daily lives but it is also about helping employers to retain talent in their workforce which is vital for a strong economy."

The Memorandum of Understanding sets out how 'Employers for Carers' and the Government can work together to implement the 'Carers Strategy'. The Strategy's commitments include: an awareness-raising campaign to ensure that carers and employers are aware that carers have the right to request flexible working; production of a good practice guide for all employers on the benefits of recruiting carers; reviewing the definition of 'carer' in the flexible working regulations; changes to Jobcentre Plus to ensure it provides a better service to carers, including supporting carers to get into work; encouraging flexible learning opportunities to be made available to carers.

Employers for Carers is a membership forum which identifies/promotes the business benefits of supporting carers in the workplace. It provides advice/support for employers seeking to develop carer-friendly policy and practice and retain skilled workers. Visit: www.employersforcarers.org

More advice and support on flexible working is available at www.businesslink.gov.uk ACAS and Directgov. Carers looking for information/support can visit:

[www.nhs.uk/Carersdirect/Pages/CarersDirect Home.aspx](http://www.nhs.uk/Carersdirect/Pages/CarersDirectHome.aspx) and/or

www.direct.gov.uk/en/CaringForSomeone/CaringAndSupportServices

For more information on NDS Enquiries: ndsenquiries@coi.gsi.gov.uk or find on:

<http://nds.coi.gov.uk/content/detail.aspx?NewsAreald=2&ReleaseID=412111&SubjectId=2>

CARERS SUPPORT

Financial Support

- ... **Carer's Allowance** - You may be able to claim Carer's Allowance if you are aged 16 or over and you spend at least 35 hours a week caring for someone
- ... **Direct payments for carers** - If you have been assessed by your local council as needing support services to help you in your caring role, you can choose direct payments. They allow you to buy in and arrange help yourself instead of receiving it directly from social services
- ... **Caring and your pension** - If you are not working or do not earn enough to pay National Insurance contributions because you are caring for someone, you may still be able to build up an entitlement to additional State Pension. Carers may also qualify for extra Pension Credit.
- ... **Carers Credits** - from 6 April 2010 - A new Carers Credit will be introduced. It is a National Insurance credit which will enable carers to build up qualifying years for the basic State Pension and additional State Pension.
- ... **Income Support** - If you are claiming Income Support and you are also entitled to Carer's Allowance, you may be able to get an extra amount included in your Income Support. This is called a 'carer premium'.
- ... **Community Care Grants** - If you are getting certain benefits or payments and you need financial help to ease exceptional pressure on your family, you may be able to get a Community Care Grant. You could be eligible if you are caring for someone who is ill or disabled.

Caring for a disabled child

- ... **Child Tax Credit** - Child Tax Credit is a means-tested allowance for parents and carers of children or young people who are still in full-time education. You may get an extra amount if you are caring for a disabled child.
- ... **Sure Start Maternity Grant** - This is a one-off payment to help towards the costs of a new baby if you are on a low income and receiving certain types of financial support, including Income Support and Child Tax Credit, with an extra amount for a disabled child.
- ... **Child Maintenance** - If you are a lone parent, you may be able to claim Child Maintenance from your child's other parent through the Child Support Agency. You may get an extra amount if you have extra costs because your child is disabled.
- ... **The Disabled Child Premium** - If you are responsible for a child under 19, or in certain circumstances under 20, you will get this premium if either:
 - the dependant is getting Disability Living Allowance (DLA)
 - the dependant is registered blind
- ... **The Enhanced Disability Premium (child rate)** - If the dependant gets the highest-rate care component of DLA, you may get the enhanced disabled child premium. You do not get either premium if the dependent child has capital of more than £3,000.

Out and about - accompanying a disabled person

- ... **Visiting places of interest**
- ... Many places of interest, including museums, sports venues, National Trust properties and English Heritage sites, offer discounted or free admission to a companion accompanying a disabled person.
- ... **Cinema Exhibitors' Association Card**
- ... The Cinema Exhibitors' Association Card is a national card for disabled people. It entitles the holder to one free ticket for a person accompanying them to the cinema. The card is valid for one year.
- ... **Financial support for the person you care for**
- ... Find out about the financial support available to disabled people, including Disability Living Allowance and direct payments, in the 'disabled people' section of Directgov.

For more information about these benefits contact Carers Together or your local council or the Department of Work and Pensions or call Carers Direct. Find further information on:
http://www.direct.gov.uk/en/CaringForSomeone/MoneyMatters/DG_10037637

CARERS SUPPORT

Home and housing

- ... **Housing Benefit** - If you are on a low income and need financial help to pay your rent, you may be able to get Housing Benefit. You may get extra money if you are caring for a disabled child or adult.
- ... **Help with Council Tax** - If you are on a low income and need financial help to pay your Council Tax, you may be able to get Council Tax Benefit. You may get extra money if you are caring for a disabled child or adult. If you provide at least 35 hours of care a week for someone in your household, you may be able to get a separate reduction on your Council Tax bill. The person you are caring for cannot be your spouse, partner or child. This can be made in addition to Council Tax benefit. There is also a separate Council Tax reduction for disabled people.

Vehicles and transport

- ... **The Motability Scheme** - The Motability Scheme helps disabled people buy or lease a car at an affordable price. If you care for a disabled person who does not drive, they can still apply to buy or lease a car through the Motability Scheme with you as their driver. You can also apply for a car on behalf of a child aged three or over who is entitled to the mobility component of Disability Living Allowance.
- ... **Blue Badge parking scheme** - The Blue Badge parking scheme provides a range of parking benefits for disabled people. If you are caring for a disabled person who does not drive, they can nominate you as their driver so that you can use their Blue Badge when driving them
- ... **Disabled Persons Railcard** - If you are caring for an adult who has a Disabled Persons Railcard, you can receive the same discount as them when you are travelling with them.
- ... If you have a disabled child who has a Disabled Persons Railcard, they will travel at standard child fare, but you will receive a discount of one third off the standard adult fare when you travel with them.

For more information about these benefits contact Carers Together or your local council or the Department of Work and Pensions or call Carers Direct. Find further information on: www.direct.gov.uk/en/CaringForSomeone/MoneyMatters/DG_10037637

Choice & Control

Report of the Standing Commission on Carers 2007 to 2009

Published: 20 October 2009



The Standing Commission on Carers has published its first annual report, 'Carers at the heart of 21st century families and communities – work in progress.'

The report concludes the first stage of the Commission's work (2007 to 2009) and highlights progress made against the main themes of the national Carers Strategy.

It sets out future challenges and opportunities, and contains a number of recommendations and suggestions for the Government, delivery partners and the next phase of the Commission

Find on: www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH_107305

Would you like to support Carers Together? Have you thought of volunteering to help?

We welcome expressions of interest from volunteers to work with us and help develop and expand our services. This help could be at our carers cafes, in our offices, emotional or practical, befriending individual carers, advocacy, helping with our outreach and a range of other tasks. You can do as little or as much as you want to do and you don't need to have previous qualifications or experience as support and training is available

Please contact Anne or Tracey if you would like to know more about the different, wide-ranging volunteering opportunities available. See page 2 for full contact details.

CARERS SUPPORT

Regional Factsheets on Carers - Published by Department of Health 4 March 2010

This is a set of nine regional factsheets on carers commissioned by the Department of Health and produced by the Centre for International Research on Care, Labour and Equalities at Leeds University. They include data on the number and characteristics of carers in each region as well as information about carer health and well-being. Find on: www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_113528

Subjects:

- ... Care;
- ... Employment, jobs and careers;
- ... General health;
- ... Information and communication;
- ... NHS;
- ... Regional policy

Regions:

- ... National;
- ... East Midlands;
- ... East of England;
- ... London;
- ... North East;
- ... North West;
- ... South East;
- ... South West;
- ... West Midlands;
- ... Yorkshire and The Humber

Commissioning for Carers

This new step-by-step guide, published September 2009, aims to assist commissioners in health and social care in supporting carers through the commissioning cycle by providing councils with a new blueprint for buying services to help carers.

The guide was funded by the Department of Health and serves as a blueprint for better commissioning for carers. It is a joint publication by: Association of Directors for Adult Social Services (ADASS), Carers UK, Crossroads Care, Improvement and Development Agency (IDeA), Local Government Association (LGA), National Black Carers and Carers Workers Network (hosted by the Afiya Trust), The Princess Royal Trust for Carers, NHS Confederation.

Accompanying the main guide is a shorter action guide for decision-makers. This is aimed at directors of adult services, chief executives of primary care trusts (PCT) and elected members.

Key recommendations in the guides include:

- ... think 'carer' in all commissioning and joint strategic needs assessments (JSNA)
- ... improve outcomes, independence and choices for both carers and those they care for
- ... involve carers of all groups and communities in decision-making and planning processes
- ... strengthen the carer support provider market, using a variety of funding approaches
- ... meet new NHS and social care inspection expectations and demonstrate that they meet key commissioning competencies

The guide includes: some key questions for commissioners to discuss with carers; challenges for commissioners in areas including social care, health, housing and leisure; how personalising care recognises the individual needs of each carer; the need for capacity building and local infrastructure work which put caring at the heart of the community; developing a sustainable provider market .

It identifies some joint commissioning challenges for health and social care and looks at outcomes and how success is measured. It also identifies that every area needs to commission for different kinds of service, such as: agencies designed to give carers a voice in local decision-making and make sure that all services in the area become more carer-aware and carer-friendly; services with carer expertise able to raise the carer awareness of all agencies in an area and services designed to find carers and help them to identify their needs and entitlements. There are two documents - Commissioning for Carers and an Action Guide for decision makers

Find on: www.idea.gov.uk/idk/core/page.do?pageId=13255730

Dementia awareness campaign kicks off

Launched on 1 March, this campaign aims to help people better understand the condition and encourage more people to seek advice from primary care services. Primarily targeted at 40-60 year olds it is running across TV, radio, print and online and encourages people to request a campaign information pack, containing simple, practical ways to help someone living with dementia.

Five simple ways to help someone living with dementia

- 1 Respect and dignity - Focus on what the person can do, not what they can't.
- 2 Be a good listener and be friendly - Support and accept the person, be patient.
- 3 Do one little thing - Cook a meal or run an errand, it all helps.
- 4 Make time for everyone - Partners, children and grandchildren will be affected.
Could you do something to help one of them?
- 5 Find out more - Understanding dementia makes living with it easier.

What is dementia?

Dementia is not a single illness. It is a group of symptoms caused by specific brain disorders. The most common cause is Alzheimer's disease, but dementia can also be the result of a stroke or mini-strokes.

The information pack provides some useful background information about dementia, advice on what to expect and some practical tips on how to help. Download the booklet and other useful information from NHS Choices website. Also access a forum and links to further advice and support such as

- ... Read tips and advice for caring for someone with dementia
- ... Learn how important it is to communicate well with someone with dementia
- ... Find services for carers, including respite care and mental health services
- ... Watch two carers talk about their experiences of caring for someone with dementia
- ... More from Carers Direct on NHS Choices

Go to: www.nhs.uk/dementia/pages/Supporting-someone-with-dementia.aspx

Welcome to the Dementia Information Portal

This website follows the implementation of the National Dementia Strategy. It offers information and support to members of the National Dementia Strategy Implementation Reference Group and anyone with an interest in improving services for people with dementia. This section will provide useful guidance to commissioners and providers to support their implementation of the National Dementia Strategy.

You'll find a page covering each of the 17 Objectives of the Strategy, along with a series of examples of good practice from around the country, links to related policy areas and other useful information.

You can sign up to register to receive an e-bulletin, download useful leaflets and information or find out what is happening in your region at: www.dementia.dh.gov.uk/userLoginRequired/?pageID=2&referer=%2Flatest%2Fnews%2F&invalidUser=1&restricted=

A problem shared is a problem halved? Dementia: Learning opportunities from Europe - A Policy Brief Sally-Marie Bamford February 2010 ILC-UK

The EU Institutions seem to be carving themselves an enhanced role in the policy field of dementia and the question remains however, if this increased intervention is necessary or indeed welcome? Looking beyond the superficial justification that global problems require global solutions, there are a number of persuasive arguments to support increased EU intervention and equally some to argue the opposite - this paper looks at the issues.

Download the paper from: The International Longevity Centre - UK (ILCUK) www.ilcuk.org.uk .

Updated IAPT implementation guidance

Realising the Benefits details the next steps in the move towards the full roll-out of 'Improving Access to Psychological Therapy' (IAPT) services. The guidance provides support for established and developing services, focusing on quality standards and analysing the progress that has been made in rolling out services to date.

Action: NHS chief executives will wish to discuss the findings with their mental health commissioners and IAPT service providers.

Realising the Benefits details the next steps in the move towards the full roll out of Improving Access to Psychological Therapy services. The guidance provides support for established and developing services, focusing on quality standards and analysing the progress that has been made in rolling out services to date. Find on:

www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/@ps/documents/digitalasset/dh_113139.pdf

It is due to commence in Hampshire in June in six local areas - Rushmoor, Gosport, Havant, Eastleigh, Test Valley and New Forest. The programme will be working together with health and social care providers in the community including Job Centre Plus, Citizens Advice Bureau, Housing Department and debt counsellors etc. A core aim is to target those people who have missed the opportunity for help in the past including travellers, veterans, those with chronic medical illness e.g. COPD, MS etc and those with underlying mental health problems manifesting as undiagnosable physical problems. More information from:

www.hampshire.nhs.uk/listening-to-you/447-improving-access-to-psychological-therapies-iapt

Report on a study of primary care in A&E

In May 2009 the DH commissioned the Primary Care Foundation to study the impact of using primary care within or alongside A&E. The findings of this study are now available in a report on the Primary Care Foundation's website.

The report highlights that use of primary care clinicians in A&E departments can benefit patients if services are integrated and clinicians work together.

Action: NHS chief executives will wish to discuss the findings with their commissioning colleagues
Find at: www.primarycarefoundation.co.uk/page22/page28/page28.html

Age equality in health and social care. A report on the consultation

In April 2009, the Secretary of State for Health asked Sir Ian Carruthers OBE (Chief Executive of NHS South West) and Jan Ormondroyd (Chief Executive of Bristol City Council) to consider what the new measures on age in the Equality Bill would mean for health and social care. The report of their review 'Achieving Age Equality in Health and Social Care' was published in October 2009. It made twenty-eight recommendations. Some of these recommendations were concerned with legislation. The remainder dealt with action that DH, and the National Health Service (NHS) and social care more generally, should take to prepare for the introduction of the new public sector equality duty and of the ban on age discrimination.

The Department of Health (DH) published a consultation paper in November which invited views on the review's non-legislative recommendations and DH's proposals for taking them forward. The consultation closed on 15 February 2010 and on 1 March 2010, they published the report from the consultation on preparing the NHS and social care in England for the age requirements in the Equality Bill that affect the provision of services and exercise of public functions

The responses will be considered and the DH plans to take forward the actions set out in Annex A, in preparation for implementation of the measures on age in the Equality Bill.

Find the report on: www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH_107278

For more information contact: Emma Benson Policy Support Unit Department of Health
79 Whitehall London SW1A 2NS Tel: 0207 2105229

Progress in improving stroke care - 3 February 2010

The Department of Health's strategy for stroke care has increased the priority and awareness of the condition and started to improve patients' care and outcomes, concludes a report by the National Audit Office (NAO) published today. Actions taken since 2006 have improved the value for money of stroke care; but improvements have not been universal and improvements in follow-up care have not matched those of acute care services.

The National Stroke Strategy is a comprehensive response to the concerns raised by the NAO in its 2005 report on stroke. The strategy is underpinned by strong national leadership and performance indicators as well as £59 million of central funding over the first two years, £30 million of which was allocated to local authorities specifically to provide support services to stroke patients and their carers. With this clear focus from Ministers and the Department, the NHS is now starting to deliver better care from stroke services. Outcomes for patients are also improving. The NAO estimates that stroke patients' chances of dying within ten years have reduced from 71 to 67 per cent since 2006.

Patients treated in a specialist stroke unit are more likely to survive, have fewer complications and regain their independence, and all relevant hospitals in England now have such a unit, although the services provided and time spent in the unit vary. Stroke patients should be immediately admitted to a specialist stroke unit; however in 2008 only 17 per cent of stroke patients reached the stroke unit within four hours of arrival at hospital. Brain imaging is also very important for stroke patients but many patients are not given a scan quickly enough and access at weekends and evenings is significantly more limited.

There is better awareness of the symptoms of stroke, and that it is a medical emergency, following the Department's 'Stroke: Act FAST' advertising campaign, launched in February 2009. The number of calls categorised as being a suspected stroke during April to June 2009 increased by 54 per cent in comparison with the same period in 2008.

However, health and social care services are not working as well together as they could. A third of patients are not getting a follow-up appointment within six weeks. Only a half of stroke survivors in the NAO's survey said they were given advice on further stroke prevention when leaving hospital.

Find the report and other useful information at: <http://bit.ly/bggIDx>

Transforming Community Services: The assurance and approvals process for PCT provided community services

This guidance, dated 5 February 2010, supports PCTs and SHAs in an assurance and approvals process for community provider organisational forms. It includes a set of national tests against which proposals for new organisational forms will be assured.

The NHS Operating Framework 2010/14 has set the following requirement: **by 31 March 2010**. PCTs must have agreed with SHAs proposals for the future organisational structure of current PCT provided community services. 'For the avoidance of doubt, "agreed with SHAs" means that PCTs should consult SHAs for proposals for the future *organisational form* of their directly provided community services.

Transforming Community Services, Department of Health, 6th Floor, New King's Beam House, Upper Ground, London SE1 9BW
www.dh.gov.uk/tcstransformingcommunityservices@dh.gsi.gov.uk

LASSL(DH)(2010)1: Provisional Grant Allocations for the Personal Care At Home Grant 2010/11

The purpose of this circular is to advise local authorities of their provisional grant allocations for the Personal Care at Home grant from 1 October 2010 to 31st March 2011. This grant will be paid via Area Based Grant (ABG).

Hampshire	£ 5,380,046.49
Isle of Wight Council	£ 794,439.24
Portsmouth	£ 715,353.90
Southampton	£ 835,649.26

The grant has two elements; reablement and personal care for those with highest need.

The new grant funding has been split between reablement and personal care in line with the expected cost of these policies.

Find on: www.dh.gov.uk/en/Publicationsandstatistics/Lettersandcirculars/Localauthoritiesocialservicesletters/DH_113890

Guidance for Local Authorities on the change in the age of eligibility for Concessionary Travel 10 03 10

These documents provide guidance for local authorities on a change to the age of eligibility for concessionary travel, which brings the age in line with changes that are being made to the state pension age from April 2010.

Until 2002 eligibility for concessionary travel in England was linked to the state pension age, with women becoming eligible at 60 and men at 65. In 2002, the age of eligibility was equalised at 60 for both men and women in response to a challenge in the European Court of Human Rights. This meant that concessionary travel became available to those of working age.

Changes to the age of eligibility

Before 6 April 2010, the age of eligibility for concessionary travel in England will be tied to the pensionable age applying to women and both men and women become eligible for concessionary travel when they attain 60 years of age. This also means that as the pensionable age for women gradually increases from 60 to 65 over the ten-year period from 2010 to 2020 so too will the age of eligibility for concessionary travel increase for both men and women.

The age of eligibility for concessionary travel for those turning 60 after 6 April 2010 is therefore pensionable age for women and for men = pensionable age of a woman born on the same day.

By 2020 the pensionable age for men and women will have harmonised at 65. Beyond 2020, the age of eligibility for concessionary travel will continue to increase in line with any future changes to the state pension age. Find on: www.dft.gov.uk/pgr/regional/buses/concessionary/informationlocalauthorities/guidance-for-la/doc/la-guidance.doc

Prioritising need in the context of Putting People First: a whole system approach to eligibility for social care - guidance on eligibility criteria for adult social care, England 2010

This guidance is issued under section 7(1) of the Local Authority Social Services Act 1970 and **replaces 'Fair access to care services - guidance on eligibility criteria for adult social care 2003'** and will need to be **applied from April 2010**. Although future reform, following the Care and Support Green Paper, may have significant implications for the way in which social care is delivered, there are still important issues to address within the current system, hence the fact that this guidance is now being issued.

Previously, the old CSCI identified evidence that raising eligibility thresholds without putting in place adequate preventative strategies often leads to a short term dip in the number of people eligible for social care, followed soon after by a longer-term rise. Councils should therefore avoid using eligibility criteria as a way of restricting the number of people receiving any form of support to only those with the very highest needs, and invest in prevention and early intervention.

The eligibility bands remain the same, but the guidance is set within the context of personalisation, including a strong emphasis on prevention, early intervention and support for carers. This should be wider than just social care, so encompass things like housing, transport, employment support and advice, community safety, leisure, etc. Therefore, alongside their published eligibility criteria, councils should make available their community wide strategy for prevention/early intervention.

Although final decisions about eligibility remain with councils, to promote greater transparency and clarity, they should consult service users, carers, appropriate local agencies and organisations about their eligibility criteria and how information about the criteria is presented/made available.

The guidance makes clear that:

- ... any assessment of a person's financial situation must not be made until after there has been a proper assessment of needs;
- ... during assessment, no assumptions should be made about the level or quality of support available from carers.

Find on: www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_113154

A cash boost for innovation in Extra Care Housing - March 2010

In February, the government announced that every council with adult social care responsibility will get a slice of a £3.5m fund to support further innovation in Extra Care Housing.

It stated that considerable progress has been made to commission and develop Extra Care Housing in recent years, but the market is still relatively 'embryonic'. Providing housing choices for older people means that councils need to develop more integrated, innovative and sustainable solutions to meet the housing needs/aspirations of older people. There needs to be new and refreshed local housing strategies that promote dignity, respect and choice.

In announcing an allocation to each council with adult social care responsibility, the DH will expect councils to prepare an extra care housing strategy for their area, pinpointing how they will seek to transform the housing with care provision for older people in their areas.

Full details of the allocation arrangements are expected to be published by the DH later in March. Keep an eye on the Housing LIN website for further news: www.dhcarenetworks.org.uk/housing
Housing LIN Tel: 020 7972 1330
Email: info.housing@dh.gsi.gov.uk

Social Work Taskforce - 5 March 2010

Reporting directly to Ministers in the Department of Health (DH) and Department for Children, Schools and Families (DCSF), the Social Work Task Force is being supported by a Joint Unit in the Department of Health and the Department for Children, Schools and Families. It is chaired by Moira Gibb, Chief Executive of Camden Council who is a former Director of Social Services and President of the Association of Social Services. The purpose of the taskforce is to drive and deliver a cross Government Social Work Reform Programme to improve frontline practice/management. More at: www.dh.gov.uk/en/SocialCare/DH_098322

Equal access? A practical guide for the NHS: Creating a Single Equality Scheme that includes improving access for people with learning disabilities

This is a guide to support the NHS to include people with learning disabilities in their equality schemes, with practical examples of reasonable adjustments to achieve equality of access. Find at: www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_109753

Your health, your way – a guide to long term conditions and self care.

Information for social care professionals and information toll for commissioners

A brief overview of 'Your health, your way – a guide to long term conditions and self care' for social care professionals. It introduces the concept of personalised support planning for people with LTCs and supported self care with points for consideration when starting the planning process.

See also

... **Raising the Profile of Long Term Conditions Care** - A Compendium of Information

... **Improving the health and well-being of people with long term conditions. World class services for people with long term conditions – information tool for commissioners.**

More information from: Long Term Conditions 2N16 Quarry House Quarry Hill Leeds LS2 7UE

Find all above papers on: www.dh.gov.uk/en/Healthcare/Longtermconditions/DH_064569

The Commission on the Future of Nursing and Midwifery in England

In its final report, published on 2 March 2010, the Commission says nurses and midwives must renew their pledge to society to deliver high quality, compassionate care – and must be better supported to do so by their employers.

Commission Chair Ann Keen, presenting the report to the Prime Minister at 10 Downing Street, said nurses and midwives were ideally placed to influence health and improve the experiences of service users and families. High quality care must move to the top of the NHS agenda in the challenging times ahead, said Ms Keen.

A strong statement of commitment to high quality care from all concerned would help to restore public trust. Front-line staff and their employers should state how nurses and midwives will enact their values of compassion, maintain their competence, and become champions of care in hospitals and the community.

The Commission held an extensive engagement programme and studied submissions representing the views of many thousands of people – including the public, service users and front-line staff. Its report reflects the major issues raised and sets out a vision for the future of nursing and midwifery, and achievable next steps. It makes a compelling case for change.

Find on: <http://cnm.independent.gov.uk/the-report/>



Information Events 2010 free for carers and older people

Clear Action Planning for Everyone (CAPE®) aims to help carers and older people to prepare for the future by looking at all possible needs - care, community support, safety, respite, emergencies, end of life, finance, benefits, residential care, legal issues and personal planning. Each event lasts two days. You are welcome to attend both days or just the one that interests you.

A: Covers legal issues such as Lasting Power of Attorney, Wills, financial planning and residential care homes. Lunch is provided.

Presented by experts including a solicitor and a financial adviser.

B: Covers clear action planning for everyone (CAPE®) including Message in a Bottle, ICE, care plans, community information, services available to help you and personal profiles.

Presented by Carers Together advocacy and support personnel

	Legal & Financial (A) 10.00am-3.00pm	CAPE (B) 10.30am-12.30pm
Havant St Josephs Church Hall	26 March	30 April
Romsey (CT office)	25 June	28 May
Basingstoke *	27 August	30 July
New Forest Fenwick 2, Lyndhurst	29 October	26 November

* Venue to be confirmed. Please contact the Carers Together Office (Romsey) for details nearer the time.