

**WHY NOT SUPPORT
YOUR LOCAL CARERS ORGANISATION?**

<http://www.romseycarers.org.uk>

Caring with Carers



in Southern Test Valley



Romsey & District Carers Forum

Unit D6 The Premier Centre . Premier Way . Romsey SO51 9DG

Telephone: 01794 515126

Email: admin@carersromsey.org.uk - www.romseycarers.org.uk

Charity No: 1079112

NEWSLETTER FOR CARERS

January 2005



Issue Nine

ROMSEY & DISTRICT CARERS FORUM

In this issue:

- Information and Consultation Day Report
- Romsey Carers Club - meeting dates
- Carers Awareness Programme
- Romsey Young Carers Befriending Project
- RAIN (Romsey Area Information Network)
- Carers Relaxation Day - 2003
- Romsey Carers Club, December Events

INFORMATION AND CONSULTATION DAY OCTOBER 2003

For disabled people, older people and carers in Southern Test Valley

The Information and Consultation Day was planned by three organizations – Romsey Disability Forum, Romsey Friends and Romsey and District Carers Forum. All known organisations and groups for disabled, older people and carers in the area were invited and requested to pass on the invitation to all their members and clients. Exhibitors came from a number of statutory, voluntary and private agencies and the range of information was interesting, supportive and helpful.

The Day was in direct response to the feedback from the Information and Consultation Day held in March 2002 when people requested:

- A report be made available after the Consultation in March 2002
- That action be seen to take place as a result of the Consultation
- That any proposed action be open to consultation prior to being implemented
- That further Information and Consultation Days take place to review action taken and determine new priorities for action.

The Day was planned around workshops designed to listen to opinions, ideas and suggestions from the people present.

Workshop themes were:

- Consultation on and development of public services
- Health and social services in the community
- Hospitals and hospital treatment

There was an opportunity to share information about action taken since March 2002 and to look at some proposals for the future e.g. draft proposals for a new service, Romsey and District Information, Care and Support (RADICS), to meet identified needs. Participants were invited to look at the proposals and make their comments before any action is taken to implement them.

An essential part of the Day was to give participants time to view the display stands and to mix informally with each other over a relaxed lunch. This interaction was deemed an important part of the Day in 2002 and was much appreciated.

CARERS RELAXATION DAY 14 November 2003

The day was crisp and sunny so the hall was bright and the countryside around looked lovely. I arrived early and Alan Clark came along to help me tidy up and set up the rooms before everyone arrived which was a great help.

We had 8 therapists/helpers who gave up a whole day to help and two aromatherapists who were able to share the day. Without these wonderful helpers there would not be a Relaxation Day so I cannot thank them enough for giving up, in most cases, a day of earnings to selflessly come and look after the Carers.

10 Carers attended the day, I would have liked to see a few more, however those that came had a lovely day and all were able to sample all the treatments and activities. They all enjoyed the day, here are some of the entries in the visitors' book:

"Many thanks for a really lovely day, I have done things that I never thought of trying. Most entertaining."

"Surprised myself, felt very brave and so appreciative of such lovely care."

For myself, I loved seeing all the smiley faces and chilled out folk sitting around and enjoying the 'time out'. I am so pleased that the day was a success.

Vicky Howells - Development Worker for R&DCF Forum

CARERS CLUB MEETINGS December 2003

05 December

Special guest, Hugh Marriott, author of the well-acclaimed book "A Selfish Pig's Guide to Caring", gave a witty talk about his book which was well received by the 30 people at the meeting. All enjoyed the morning and the lunch provided. There were copies of the book for sale and further copies can be obtained from: Romsey Carers Forum, or any Carers Club meeting.

19 December

Another really well attended Christmas meeting, made all the more enjoyable by the celebration of a special birthday on the day. Some people enjoyed helping to make Christmas table decorations that Janet Chierchia, Chair of Carers Together, had brought along. A raffle was also held to boost the funds. A little extra was provided for the lunch including a birthday cake. Thanks also to those who brought special cake and biscuits for the event.

See page three for details and meeting dates for 2004



Romsey Area Information Network (RAIN) enables access to information about a wide range of community and health services within Southern Test Valley from any of the centres listed below.

RAIN CENTRES

Age Concern, Romsey & District	01794 518817
All Saints Church, North Baddesley	Please ask
Alma Road Surgery	01794 513422
Andover Library	Please ask
Carers Forum, Romsey & District	01794 515126
Carers Help Line*	08457 22 1122
Citizens Advice Bureau	01794 516378
Community Mental Health Team	01794 519846
DWP Service	Please ask
Homemead House	01794 517230
Jane Scarth House	01794 830374
Lockerley Post Office	Please ask
Mottisfont Lodge	01794 529300
NHS Direct*	0845 46 47
North Baddesley Health Centre	02380 743401
Post Office Wellow/Parish Council	01794 322840
Red Cross	01794 513202
Romsey Community School	01794 522106
Romsey Hospital - Out Patients	01794 512343
Romsey Library	01794 513299
Romsey Opportunity Group	01794 322877
Romsey Police Station	0845 045 45 45
Romsey Talking Newspapers	01722 338055
Romsey Tourist Information	01794 512987
Social Services	01794 526000
Test Valley Borough Council	01794 527700
Test Valley Community Services	01794 519998
Testway Housing	The Hundred
Town Hall, Romsey	01794 512837
Tytherley Police House	01794 341039
Tytherley Post Office	Please ask
Youth in Romsey	01794 500581

Available normal hours of opening for each Centre * Out of hours service

**RAIN . Unit D6 The Premier Centre . Premier Way . Romsey
Hampshire SO51 9DG
01794 515126 - Email: info@romseyareainfo.net**

Romsey Carers Club

Southern Test Valley

Do you help or support a relative, friend or neighbour?

**Would you like to meet others
who understand how you feel?**

**We meet on 1st and 3rd Friday of each month at the
Red Cross Centre . Great Well Drive . Romsey**

MEETING DATES 2004

02 January	05 March	07 May
16 January	19 March	21 May
06 February	02 April	04 June
20 February	16 April	18 June

We are a friendly local group who meet to share support, experiences, concerns, information and ad-

Anyone who is caring is welcome

Have coffee and/or ploughman's lunch.

Free parking.

**Transport available. For more information please
contact Vicky on 01794 515126
or email admin@romseycarers.org.uk**

We are saddened to lose a loyal and long standing member of the committee. Peg Waller was a founder member of the Forum and will be much missed.

Our thoughts are with her husband Bill, now in a nursing home, but who also contributed much to the committee.

CARERS AWARENESS PROGRAMME

2004

The aim of the programme is to enable Carers to come together and learn more about some of the issues that may be of concern or which may have an impact on their lives

Meetings will be held at
The Red Cross Centre . Great Well Drive . Romsey

On the following Wednesdays - 1.30 pm to 3.30 pm:

11 February . 18 February . 25 February
03 March . 10 March . 17 March

The Programme is free for carers and free parking is available
Vicky Howells 01794 515126 - Email: vicky@romseycarers.org.uk

C
A
R
E
R
S

What would make a difference for you?

Do you have any ideas for future development of the Carers Forum?

For example:

- ◆ Specialist Information Days
- ◆ new services you feel are needed
- ◆ training
- ◆ activities for you or the person you are caring for?

Do please let us know so we can include your requests in our planning for the coming year

C
A
R
E
R
S

Have you thought of joining the Patient and Public Involvement Forum?

This could be the local Primary Carer Group, Southampton University Hospital Trust or West Hampshire NHS Trust. You could make a difference to the way Health Services are managed and developed.

For more information contact the Carers Forum or
CPPIH South East Region . Ground Floor . Victoria House
London Square . Guildford GU1 1UJ - Telephone: 01483 698000

4

ROMSEY YOUNG CARERS BEFRIENDING PROJECT

Romsey & District Carers Forum
Inter-Agency working with the Children's Society

This is a new project for young carers, who are children and young people under 18 who care within their own families. There are many families where someone has a disability or long term illness with children taking on practical and emotional caring that most of us only take on as adults. The Project seeks volunteers of all ages to befriend and take an

interest in a young carer. Maybe taking a young carer out for a trip or treat, shopping, to see a film or supporting a sports interest. But above all, listening to the child and what is important to them.

Could you
befriend a
young carer?



'Maggie aged 12 who together with her 14 year old sister care for Dad who had a series of heart attacks and is now disabled. Mum died two years ago so that Maggie and her sister do all the housework, shopping and looking after dad. Maggie would love to have some carefree time and someone to listen to how she feels.'

'James is eight. He loves football, basketball and magic tricks. His Dad had a series of strokes leaving him highly dependent. Mum is now at home full time caring for her husband. Time and money are in short supply and James would love to have someone to listen to him, chuck a ball around with and take him to footie.'

(Details/names have been changed to preserve privacy of families)

The Project will offer training and support to volunteers whilst working closely with young carers and their families.

We are also looking for people to help organise activities and events for the young carers, and for art materials and sports equipment. If you feel you could help, please contact Mary.

Mary Ward - Young Carers Project Coordinator
01794 515126 - Email: marywardcurran@hotmail.com

5