

Registered Office

War Memorial Hospital
Charlton Road
ANDOVER
SP10 3LB
01264 835246

info@carercentre.com
www.carercentre.com



The Princess Royal Trust
for Carers in Hampshire

The Princess Royal Trust for Carers in Hampshire is financed by Hampshire County Council, NHS Hampshire, Southern Health NHS Foundation Trust, and charitable funds. It is managed by a voluntary Board of Directors, some of whom are carers themselves. We are a network member of The Princess Royal Trust for Carers.

There are Carers Support Groups across Hampshire. At these meetings carers give and receive information and support in a relaxed setting among others who share their concerns and experiences.

YOU ARE VERY WELCOME TO JOIN US

What some carers say about the Centre

"I have learnt many things at the Centre of great help to me and my Mother which I would otherwise never have heard of."

"Since becoming involved with the Carer Centre I have realised how much help and advice is available for carers like me. I only wish I had been more aware of the possibilities while my husband was ill."

"The Carers Group is great - everyone is friendly and you know you are not alone"

For more information please enter your name and address and send to:-

FREEPOST, RSYE-ETJT-CBSK,

**The Princess Royal Trust for Carers in Hampshire,
War Memorial Hospital, Charlton Road, ANDOVER SP10 3LB**

No stamp needed.

Name

Address

.....

Post Code

Telephone

6/12

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The Princess Royal Trust
for Carers in Hampshire

DO YOU

help

look after someone?

**(They may not live with you
or require constant care)**



Registered company no. 2955846

Registered charity no. 1040518

As a carer you may be:

- ◆ caring for a spouse, parent, child or friend
- ◆ living with the person for whom you care or your help may enable them to live alone
- ◆ providing nursing care or keeping a "watching brief"
- ◆ offering emotional and practical support, perhaps to someone with a mental health problem
- ◆ feeling responsible for the welfare of someone who relies on you as without your help they could not cope

IF ANY OF THIS APPLIES TO YOU...

You ARE a carer!



The Princess Royal Trust for Carers in Hampshire
also operates the

Emergency Planning for Carers project,

please call 0845 604 1577 for further information.

Contact The Princess Royal Trust for Carers in Hampshire

We can offer, help and information on topics such as:

- ◆ Benefits
- ◆ Housing
- ◆ Transport
- ◆ Help at Home
- ◆ Getting a Break
- ◆ Residential Care
- ◆ Legal Problems
- ◆ Training for Carers

We know that it's not just practical help carers need

WE ARE HERE TO LISTEN

*We have Carer Support Workers across Hampshire
(excl. Southampton, Portsmouth & I.O.W.) and you
can telephone in complete confidence*

Alton	07824 150105	New Forest	07747 015868
Andover	{ 07787 572547 07824 150106	New Forest Mental Health	07824 849101
Andover Mental Health	07500 602500	Rushmoor & Hart	07825 589738
Basingstoke	07769 170686	Winchester	{ 07747 044396 07769 170293
East Hampshire	07824 905373		
Eastleigh & Romsey	07824 995828	Winchester Mental Health	07747 044432
Fareham & Gosport	07795 163556		

Alternatively please call

Andover Office

01264 835246 ◆ info@carercentre.com

Let us save you time and trouble —
if we don't know the answer - WE WILL FIND OUT!

Our website address is

www.carercentre.com