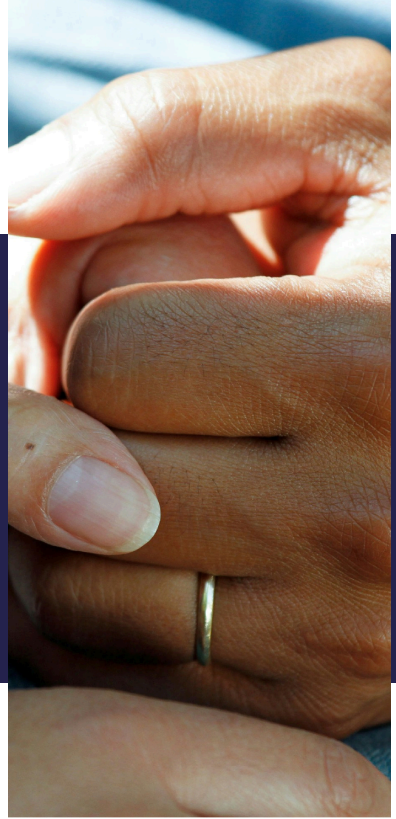




ARE YOU SUPPORTING A RELATIVE OR FRIEND?

If the person you care for couldn't cope without your support, you could be an unpaid carer. Find out about the support available to you.



Contact the Hampshire Carer Support Service

Princess Royal Trust for Carers provide the carer support service for Hampshire County Council.

They can help you with:

- Creating a free emergency plan
- One-to-one support tailored to your needs
- Advice and information
- Energy related support

Contacting them is a great first step to getting information and support so you can understand your rights.

www.carercentre.com

info@carercentre.com

01264 311680



Princess Royal Trust
for Carers in Hampshire



www.hereforharterdirectory.org.uk

A one-stop shop of local organisations, support and useful information for Hart residents.



Get a free carers assessment

A carer's assessment is to find out about your needs and how you may be able to get help.

Anyone who may need support in their caring role has a right to a carer's assessment.

Following the assessment, you may be eligible to receive services which Hampshire County Council will help you access.

Before requesting a carer's assessment you can use Hampshire County Council's online needs checker using the website below.

Apply now

**[www.hants.gov.uk/
socialcareandhealth/
adultsocialcare/
carers
-assessment](http://www.hants.gov.uk/socialcareandhealth/adultsocialcare/carers-assessment)**



0300 555 1386



Take a break

Arrange a break for your own health and wellbeing. As well as these options, you may wish to consider finding an activity on the Here for Hart Directory (www.hereforharterdirectory.org.uk)

**Take a break
(Hampshire County
Council)**



You may be offered up to three hours a week free respite care following your carer's assessment.

**[www.hants.gov.uk/socialcar
eandhealth/adultsocialcare/
respites-break](http://www.hants.gov.uk/socialcareandhealth/adultsocialcare/respites-break)**

**Connect to Support
Hampshire**



You can arrange your own paid-for care. This directory has many providers listed and a wealth of information for carers, such as understanding your rights, online resources, financial support and more.

**[www.connecttosupporthamp
shire.org.uk](http://www.connecttosupporthampshire.org.uk)**



Get financial support

You may be able to access financial support if your caring duties are affecting your finances.



Register with your GP as a carer

Let your GP practice know you are a carer so they can offer the best help, support and information.

Support differs between practices, but it can include:

- free health checks
- an annual flu jab
- access to a social prescriber (or equivalent) for support
- flexibility with doctors appointments
- support for your physical and mental health to enable you to continue to care

Depending on your circumstances, you may be able to:

- claim **carer's allowance** and other benefits
- cut down your household bills with **council tax reductions, home upgrades** to reduce your energy bills or a **free or discounted TV license**
- have contributions towards your **state pension** covered by the government
- get help with **NHS prescriptions** and health costs
- ensure the person you care for is also getting the financial support they are entitled to

Contact your GP directly to register as a carer

Online benefits checker

<https://hart.entitledto.co.uk/home/start>



Citizens Advice Hart

0808 278 7864

www.citizensadvicehart.org.uk





Find Groups and further support in Hart

There are different organisations in Hart that offer different support. Most groups and support are free and it is usually possible to self-refer.

One-to-one support and advice

Princess Royal Trust for Carers

01264 311680

info@carercentre.com

www.carercentre.com

Carers Together Hampshire

01794 519495

admin@carerstogether.org.uk

www.carerstogether.org.uk

Financial advice and support

Citizens Advice Hart

0808 278 7864 (advice line)

01252 878435 (appointments)

www.citizensadvicehart.org.uk

Equipment and adaptations

Hart District Council Disabled Facilities Grants

01252 774420

housing@hart.gov.uk

www.hart.gov.uk

Hampshire Equipment Services

01256 476800

ices@hants.gov.uk

Mental health support

NHS Talking therapies (Northeast Hants) - TalkPlus

01252 533355

frimleyicb.talkplus@nhs.net

www.talkplus.org.uk

NHS Talking therapies (West Hart) - italk

023 8038 3920

info@italk.org.uk

www.italk.org.uk

121 Counselling by Hart Voluntary Action

01252 815652

info@hartvolaction.org.uk

www.hartvolaction.org.uk/cou

nselling/121-adult-counselling

Young carers

Hart and Rushmoor Young Carers

01252 815652

youngcarers@hartvolaction.

org.uk

www.hartvolaction.org.uk/com

munity-services/young-carers



Dementia-focused support groups

Hartley Wintney Dementia cafe and singing groups

0845 5190855

info.hwcaregroup@gmail.com
www.hartleywintneyvoluntarycare.org.uk

Odiham Dementia cafe

coordinatorsunflowercafe@yahoo.com
www.thevinechurch.org.uk/9/5unflower-Cafe

Yateley/Blackwater Dementia cafe

01252 872198
daisychaincafe2@gmail.com
www.facebook.com/dasiychaincafe

Heckfield Dementia cafe

01189 326 266
www.whitewaterchurches.co.uk

Parent carer support

Hampshire Parent Carer Network get togethers

participation@hpcn.org.uk
www.hpcn.org.uk/get-togethers

Mustard Seed Autism Trust

07980 636413
office@mustardseedautism.co.uk
www.mustardseedautism.co.uk

Stepping Stones Down syndrome

01252 417014
enquiries@steppingstonesds.co.uk
www.steppingstonesds.co.uk

National support

Carers UK

020 7378 4999
www.carersuk.org

Carers Trust

www.carers.org

For a full list of carer support organisations in Hart visit the Here for Hart Directory

www.hereforharterdirectory.org.uk





Access discounts for carers

Some places offer services at discounted rates for carers, especially when accompanying the person they care for. The following are some discounts Hart District Council offers.

Council tax discount

Depending on your circumstances, you may be eligible for a discount or exemption from paying your Council Tax.

The types of discounts that may be most applicable to you are:

- Carers discount
- Disabled person reduction
- Severe mental impairment

www.hart.gov.uk/council-tax/discounts-and-exemptions

Free blue badge parking

Blue Badge holders clearly displaying a valid blue badge can park in any marked bay in Hart District Council's pay and display car parks, free of charge.

Apply for a blue badge:
www.hants.gov.uk/transport/parking/bluebadge

Free or discounted leisure access

Everyone Active provide the following discounts for unpaid carers:

1. Free gym and swim while assisting the person they care for
2. Concession membership for when carers use the centre themselves (currently £39.99 for Hart and £26.99 for Frogmore)

There are also additional reduced rates memberships for disabled individuals (advanced rate of PIP) and individuals with Parkinson's.

Hart Leisure Centre

01252 629879

www.everyoneactive.com/centre/hart-leisure-centre

Frogmore Leisure Centre

01252 873434

www.everyoneactive.com/centre/frogmore-leisure-centre

Disclaimer: Please note that the content are suggestions only and are not endorsed by Hart District Council. Hart District Council will not be held responsible for any loss, damage or inconvenience caused as a result of using this leaflet and of any inaccuracy or error within it.

