

Comments, complaints or concerns

If you have any comments about Eastleigh and Romsey Carers Centre, or if you are unhappy about any aspect of the service, please contact the Carers Centre Co-ordinator, contact details below.

Contact details

For further information about the Carers Centre any of the following people will be pleased to help you:

Angie Poole Carers Centre Coordinator

Tel 023 8090 2421

Email apoole@1community.org.uk

Joanne Newcome Carers Centre Assistant

Tel 023 8090 2404

Email jnewcome@1community.org.uk

Jayne Steventon Children and Young Peoples Coordinator

Tel 023 8090 2465

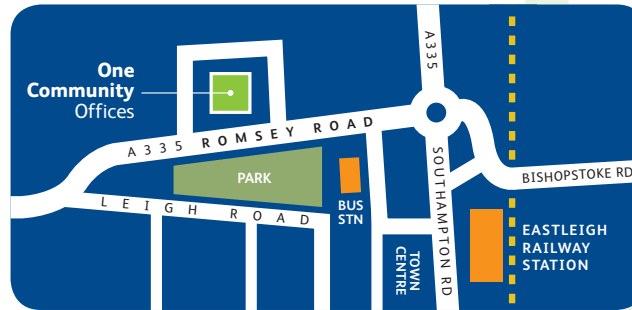
Email jsteventon@1community.org.uk

Please leave a message on our voice mail if we cannot answer your call straightaway, or speak directly to our reception staff at One Community on:

Tel 023 8090 2400

Opening hours

The Carers Centre is open Monday to Thursday 9am to 5pm and Friday 9am to 4.30pm.



One Community's headquarters stands overlooking the Recreation Ground and bandstand in central Eastleigh, just a few minutes' walk from the railway and bus stations. The building is fully accessible and has a small forecourt car park. Pay-and-display parking is available diagonally opposite, to the rear of Sainsbury's, accessed from Romsey Road.

The Carers Centre is managed by One Community.



Published by **One Community**

One Community

16 Romsey Road, Eastleigh
Hampshire SO50 9AL

Telephone 023 8090 2400

Facsimile 023 8090 2413

Email info@1community.org.uk

www.1community.org.uk

One Community Carers Centre Information for Carers

One Community provides a range of Voluntary Sector Support, Community Development, Care, Information and Transport services



One Community Carers Centre Information for Carers

What is One Community Carers Centre all about?

The Carers Centre offers a range of services, including information, support, advice, advocacy and counselling, to people who look after an adult or child, relative, friend or neighbour who needs help because of a mental health condition, a physical or learning disability, long term illness or any adverse effects of ageing.

We also campaign to ensure the future and development of services to carers.

Read on!

Where can I meet other carers for a coffee?

We run a drop-in at Eastleigh where a member of the Carers Centre team will be present and you will have the opportunity to discuss any issues or concerns. Many carers enjoy meeting up with others who are in a similar position, and the support and camaraderie has proved to be invaluable. We have interesting and lively guest speakers who give you information on services or help you to unwind and relax.

Wells Place Centre, Eastleigh

Tuesday 10am-12 noon

(Corner of Wells Place & Desborough Road)

Southern Parishes Lunch Drop-In

We run a different kind of drop in at various locations across the Southern Parishes in order to reach more isolated areas.

This provides the opportunity to meet other carers and visit new surroundings. Many carers treat themselves to lunch or just pop along for a coffee and a chat.

It is held on the 3rd Wednesday of every month. Please contact the Carers Centre for information about the next venue.

We visit Netley, Hamble, Bursledon, Hedge End, West End, Botley and Horton Heath.

I'm feeling frazzled ... who can I talk to?

We offer a FREE Carers Counselling Service. Counselling does provide an opportunity for you to express your views and feelings in a safe, confidential place. The service is run by a qualified and experienced counsellor.

I want to relax and feel like me again!

We offer aromatherapy sessions to our carers. It's a chance to wind down and relieve the daily stresses and strains. This is a free service, however it can only be provided when funding is available. Please call to arrange an appointment.

Carers Craft Group

This runs in term-time and offers a relaxed environment for those who want to try something new and creative. It's a nice way to meet other carers and take your mind off your caring role.

**At One Community
Wednesday 1-3pm**

Beginners Welcome

Carers Training

Check our newsletter for current courses, including beginners IT.

Children and Young People's Services

We offer various support and activities for young people aged 11-18 years who have a caring responsibility for a sibling or parent.

We also offer a special needs PlayScheme for children aged 5-16 years during the school holidays.

Please contact Jayne Steventon for more information on both of these services.

Please visit our website: www.1community.org.uk for information on other One Community projects...