

Please complete this short form and post to us at the address below.

WE OPERATE WITHIN THE CODE OF COMPLETE CONFIDENTIALITY.

CAPITAL LETTERS PLEASE

Mr/Mrs: .....

First name: .....

Surname: .....

Address: .....

.....

.....

Telephone: .....

Mobile: .....

## MEON VALLEY CARERS GROUP

Meon Valley Carers Group provides support for people living with dementia and their Carers. We operate throughout the Meon Valley and base our meetings at Swanmore.

We maintain links with the Princess Royal Trust for Carers, Dementia Advice, Winchester and Andover Mind.

We do not know all the answers, but we will make certain we contact an organisation or person who does.

Meon Valley Carers Group

The Paterson Centre  
Church Road  
Swanmore SO32 2PA

Tel: 01489 895444

Email: [meon-valley@btconnect.com](mailto:meon-valley@btconnect.com)

MEON VALLEY



Registered Charity No: 1107865

# Meon Valley Carers Group

ARE YOU CARING FOR A  
PERSON LIVING WITH  
DEMENTIA?

Do you need  
information, help,  
support or signposting?

Are you providing or arranging care and support for a relative, friend or neighbour with dementia?

Do you sometimes wonder where you can find information that shows the services and support available for you to access?

Do you sometimes wish that you could talk to someone who understands how it feels to be a carer?

We offer a confidential contact point providing information, support and signposting for carers.

When the office is closed, please leave your name and telephone number on our answerphone.

**Tel: 01489 895444**

Each month there is a pub lunch and a support group meeting. We encourage the carers to bring the person they care for to both meetings.

We organise activities to stimulate the mind including music therapy, singing and arrange 3 or 4 outings each year.



Registered Charity No: 1107865

**Membership is free.**

# Meon Valley Carers Group

Listens to Carers and gives them an opportunity to be heard.

Gathers information to make available to Carers as and when they need it.

Refers Carers to the appropriate services for ongoing support.

Provides an essential support group for those living with dementia and their Carers.

The office is open every  
Monday 09:15 to 13:15