

### Contact Points

RESOURCE	CONTACT DETAILS
Carers Line	0808 808 7777 <a href="http://www.carersuk.org">www.carersuk.org</a>
Princess Royal Trust for Carers	Tel: 01962 842 034 <a href="http://www.carercentre.com/">http://www.carercentre.com/</a> Email: <a href="mailto:winchester@carercentre.com">winchester@carercentre.com</a>
<b><u>LOCAL SERVICES:</u></b>	
Carers Together: <i>Information, advice &amp; support</i>	<a href="http://www.carerstogther.org">www.carerstogther.org</a> Email: <a href="mailto:admin@carerstogther.org">admin@carerstogther.org</a> Free listening line 9am – 10pm: 08000 3 23456
Falls Prevention Service	<a href="http://www3.hants.gov.uk/adult-services/bettertime/health-concerns/feeling-safe-balance/betterbalance/prevent-falls.htm">http://www3.hants.gov.uk/adult-services/bettertime/health-concerns/feeling-safe-balance/betterbalance/prevent-falls.htm</a> Email: <a href="mailto:wellbeing@hants.gov.uk">wellbeing@hants.gov.uk</a>
Good Neighbours Support Service <i>Voluntary groups which offer neighbourly help to people in their local communities</i>	<a href="http://www.goodneighbours.org.uk/">http://www.goodneighbours.org.uk/</a>
Hampshire County Council Adult Services	<a href="http://www3.hants.gov.uk/adult-services/care-services/carers.htm">http://www3.hants.gov.uk/adult-services/care-services/carers.htm</a> 0845 603 5630 Email: <a href="mailto:adult.services@hants.gov.uk">adult.services@hants.gov.uk</a>
Occupational Therapy	<a href="http://www3.hants.gov.uk/adult-services/disability/ot.htm">http://www3.hants.gov.uk/adult-services/disability/ot.htm</a> OT Direct - 0845 600 4555 Email <a href="mailto:OTDirect@hants.gov.uk">OTDirect@hants.gov.uk</a>