

Carer News Autumn 2014 Issue 23

Welcome to Carers Trust Cambridgeshire News



In July 2014, we were delighted that Peterborough City Council contracted us to provide a range of information, advice and guidance, plus support and carer breaks services for carers, young carers and siblings for the next 3 years

Five staff who already provided this support joined us from other organisations, so there is continuity for unpaid carers. However, we were unable to directly contact family carers, as they had to give separate consent to the previous providers to have their details passed on to us. If you are or know a family carer in Peterborough, please ask them to get in touch.

We are working in partnership with Age UK Peterborough, Peterborough & Fenland MIND, SUN Network and, we hope, others, to identify more family carers in Peterborough and make a wider range of support easily accessible.

We were already offering Family Carers Prescriptions in Peterborough and care breaks and care in the home. The contract has enabled us to look to providing a carers hub of family based support, including young carers and siblings projects.



Millions of £s go unclaimed every year - could this be this you? **Carers Rights Day 28 November 2014**

We will be holding a Carers Rights Day event at our Carers Trust Cambridgeshire (CTC) St Ives office on **Friday 28 November 2014 10am-12 noon**.

The event will provide information and advice for family carers including:

- Village Benefits
- Contact a Family
- Citizens Advice Bureau
- PIE (Preparation Into Employment)
- Papworth Trust
- Tiny Pause Big Sleep initiative

Refreshments served.

Come along, but preferably book your place please by contacting us on: **01480 499090**.

AGM and Annual Report 2013-14



We held our Annual General Meeting on Friday 17 October in Girton, Cambridge, which we chose in recognition of their community support for citizens and family carers and people with support needs in particular.

The event was very well attended and we held it in conjunction with a Britain's Best Breakfast event; Carers Trust's first national fundraising campaign to try and get communities involved in 'raising a toast' to family carers.

At the AGM we paid a fond farewell to Margaret Pearce Higgins who had been a Trustee/Director since 1998 and Chair of the Board since 2010. Margaret has been a great

supporter of carers issues and promoter of the charity within Cambridge and surrounding areas. She had supported us as Crossroads since we formed in 1985. Her knowledge of nursing, caring and vast networking has been a great asset to the charity and will be missed. We wish her well in her retirement.

Dementia

Our AGM had a Dementia focus and we were delighted to welcome Chris Carling, author of "But then something happened: A Story of Everyday Dementia". Chris cared for both her parents who had different forms of Dementia. Chris' book is a moving and highly topical memoir dealing with a subject that is rarely out of the news. It also contains reference information about how the Cambridgeshire health and social care system works.



Annual Report 2013-14

We have had lots of compliments about our Annual Report. It is more detailed than previous years about our aims, progress and many achievements over the financial year to March 2014.

If you haven't read the report it can be found on our website at: <http://www.carerstrustcambridgeshire.org/about-us/annual-report/>.



Britain's Best Breakfast - BBB

This year's Britain's Best Breakfast events were the first of regular annual events. It's too soon to say how much was raised for family carers, but it was successful in raising awareness of carers issues. Over 5 million people heard about the launch of BBB on radio, TV and social media, largely through linking BBB to stories about bullying experienced by young carers due to their caring roles.



It wasn't all about young carers though. Carers Trust President HRH Princess Anne held a BBB and asked some major employers what they were doing to support carers. We'll keep you informed... So far our local (and international in Florida!) Britain's Best Breakfast events have raised over £1200 and we hope to increase this amount over the next four years of the campaign.



Great hope for Carers as Bill supports exemption from Bedroom Tax

In October, MPs voted in favour of the Carers Bedroom Entitlement (Social Housing Sector) Bill¹. The result was 204 votes to 8 against.

Where households have one extra bedroom and a member is entitled to carers allowance, the Bill would exempt the household from the Bedroom Tax. The exemption is also widened to households in which a person needs overnight care.

Many carers organisations campaigned for the change which goes to prove that a collective voice helps! Carers Trust's own Moira Fraser was involved in the campaigning since the introduction of the Bedroom Tax in 2013.

¹ [[Hansard 14 Oct 2014 : Column 162](#)].

Who is Carers Trust Cambridgeshire?



Many people are familiar with Crossroads Care but not Carers Trust.

In September 2013, Crossroads Care Cambridgeshire became Carers Trust Cambridgeshire, to tie in with the national umbrella charity formed from the merger of Crossroads with the Princess Royal Trust for Carers. CQC regulated care breaks are still at the heart of what we do, as we know how important it is for family carers to have reliable carers breaks... and we have greatly expanded the additional information, services and support we are able to offer family carers, with plans to do more. Looking after someone? We can help!

Buying care

Think care, think carer, think family!

Carers Trust have launched a new guide for family members considering care, to ensure that everyone receives the best quality support.

One person said "*When someone in your family needs extra help, it doesn't just affect them, it affects everyone. I gave up work to care for dad when his dementia got worse. I felt isolated, alone and poor. Carers Trust didn't just help dad, they helped me too so that I could carry on, caring for dad at home in familiar surroundings*".

You can read the report at <http://www.carers.org/help-directory/buying-care-questions-carers-and-family-members-should-ask>.

It is important for family carers to get the right support to enable them to continue their caring role. Without this, their own physical and mental health is likely to suffer. Carers Trust have commissioned research and published a report, '**A Road Less Rocky**', highlighting the key issues and times when carers needs are likely to need reviewing. http://www.carers.org/sites/default/files/dementia_executive_summary_english_only_final_use_this_one.pdf.

Young Carers and Young Adult Carers



38%

carers aged 14-25 have a mental health problem because of their caring role



We are delighted to be among the few leading Carers Trust network partners to be piloting a programme of support for young adult carers. The project is funded using 'Time to Change' funding, directly as a result of the Co-operative Charity of the Year partnership with Carers Trust.

Young adult carers fall between the gap of support usually available for young carers and the focus of Adult Social care on older people. Young adult carers need specifically tailored help to enable them to achieve their potential.

Up to 50 Young adult carers aged 16-21 living in Huntingdonshire and Fenland and their families can benefit from our project - named STRIVE by Young adult carers themselves.

STRIVE has four key themes:

- Health and wellbeing
- Training, Education and Employment
- Confidence and Aspiration
- Economic wellbeing

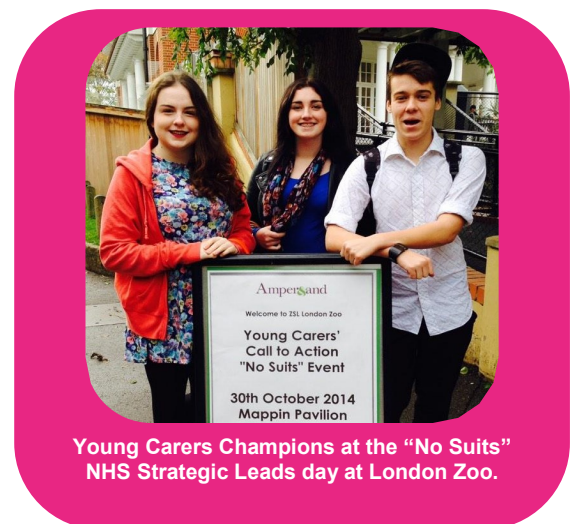
On 30th October at ZSL London Zoo, three of our Young Carers Champions led with other young carers from national projects on the 'No suits' NHS Strategic Leads day. Influential NHS decision makers, including Simon Stevens, Chief Executive of NHS England, were addressed by young carers about their needs in relation to their health and the health of the people they care for. The young carers planned the whole day and asked the NHS decision makers to pledge support by the use of a 'pinky pledge' what they were going to do immediately and 6 months later. It was a fantastic success.

On 6th November Tracy Hyland, YC/YAC Manager, presented a session about STRIVE at the Children and Young People Now National Summit on young carers.

Young Adult Carers can access a safe online place for advice at <https://matter.carers.org/>.

We provide regular group and other support for young carers in Fenland and Huntingdonshire too and are active on Twitter and Facebook. Young Carers can access information and advice and chat through YCNet www.youngcarers.net.

To find out more about the Young Carers and Young Adult Carers projects please telephone **0845 241 2125** or email tracy.hyland@carerstrustcambridgeshire.org.



Young Carers Champions at the "No Suits" NHS Strategic Leads day at London Zoo.

Cambridgeshire Carers Away Day

Cambridgeshire County Council held the annual Carers Away Day at The Marriot Hotel, Huntingdon on 4th October. The event was well attended, with carers coming along who hadn't been before.

Claire Bruin, Service Director of Adult Social Care, introduced the day and mentioned forthcoming changes in support and care due to the Care Act duties on local authorities and implications for carers. Support for young adult carers and STRIVE were mentioned.

Enjoying going to the 'flicks'?

CEA cardholders go free - have you got one?



If you need assistance when visiting the cinema, the Cinema Exhibitors' Association (CEA) card allows the CEA card holder one free cinema ticket for the same performance for the person accompanying them and providing help. Many family carers do provide this assistance. You are eligible to apply for a CEA card if you are registered blind or receive:

- Disability Living Allowance (DLA)
- Attendance Allowance (AA)
- Personal Independence Payment (PIP)
- Armed Forces Independence Payment (AFIP)

If you like the cinema, why not use your flexible break to go along together with your Carer Support Worker? Assistance in the cinema might include:

1. assisting you in moving around the cinema including finding and taking a seat;
2. helping you evacuate the cinema in the event of an emergency;
3. accompanying and/or assisting you in using the cinema's toilets; assisting you in purchasing refreshments.

90% of cinemas accept the CEA card, including our local ones, so it is well worth getting one if you like seeing the latest releases. A full list of participating cinemas is available on their website.

Cards currently cost £6 and can be obtained online from www.ceacard.co.uk or by calling **0845 123 1292**. There is an option to do a part online/part postal application if you are unable to send photographic ID and eligibility documentation electronically.

Carers Know Best!

There will be major changes between now and April 2015 regarding care and services for carers. Please help keep carers at the front of national plans and ensure your expertise influences policies.

Have your say on what is important to you as a family carer and keep up-to-date with the changes. Cambridgeshire County Council are consulting on carers services changes.

To get your opinions heard, please contact:

- **Carers Trust Cambridgeshire/Carers Trust Peterborough** 01480 499090
www.carerstrustcambridgeshire.org
- **Cambridgeshire Alliance for Independent Living** 0300 111 2301
www.cambridgeshirealliance.org.uk
- **Healthwatch** 01480 420628
www.healthwatchcambridgeshire.co.uk

General Election 2015

A General Election will be held on 7 May 2015. It is your chance to make sure MPs are really aware of family carers' issues. The main points Carers Trust wishes to get across on behalf of carers are:

1. Government needs to commit more funding to social care.
2. Give carers a break
3. No charging for carers
4. Dementia carers must be properly supported
5. Carers of people with mental health problems must be identified as key partners
6. Young carers must be identified and supported
7. No cliff edge in support for young adult carers
8. NHS identification of carers

We will be publishing a template letter at www.carerstrustcambridgeshire.org/general-election-2015/. Bookmark the page and remember to check back in the New Year.

Fair Start: give young carers the chance to achieve in school

Carers Trust want the government to give extra funding to schools so they can support young carers to have the same life chances as everyone else.

It is well known that young carers in school need extra help. What form this takes will be different, depending on the pupil and their circumstances, so a great way get young carers the help they need is from something called the Pupil Premium. This is extra money that the government gives each school to give schoolchildren a helping hand who would otherwise struggle.

Young carers aren't included in the groups of children that receive the extra support. That is why Carers Trust launched '[Fair Start](#)' to ask the government to include young carers. Carers Trust wants Pupil Premium to be given to all young carers so they can get the same life chances as everyone else.

Priority Service Register - additional help in a power cut

Carers Trust is delighted to be working with UK Power Networks - one of the UK's largest electricity distribution businesses - to encourage carers and the people they care for in the East of England and elsewhere to sign up to the company's '**Priority Service Register**'.

UK Power Networks owns and maintains electricity cables and lines, making sure your lights stay on. They understand that some customers will need extra support if they experience a power cut and if they know where you are, UK Power Networks can help. That's why they have partnered with Carers Trust to ensure that carers and the people they care for are aware of their Priority Services Register.

You can check whether your home falls within UK Power Networks region [online here](#) and, if it does, you can sign up to the Priority Service Register for free. For more information and details on how to apply visit the [UK Power Networks website](#).

By joining the register, customers will receive a welcome pack with helpful tips and advice about how to prepare for a power cut. Customers also get a priority phone number to call, regular text or phone updates and, if appropriate, assistance from the British Red Cross. They may also consider subsidising meals or hotel accommodation during prolonged cuts.

STOP PRESS!!

Young Carers and Young Adult Carers

On **13th October** a young adult carer supported by Tracy Hyland, spoke at a Carers Trust funding workshop about the impact '**Time for Change**' funding has had for him and also the support he receives from Carers Trust Cambridgeshire. A year ago this would not have been possible for him - can you imagine speaking about yourself in public?

Young Adult Carers have recently taken part in two work experience days – one in London at Goldman Sachs, where three young carers met members of staff from Goldman Sachs who are themselves carers and saw how Goldman Sachs supports carers in the workplace. More recently, a young adult carer spent a day at British Airways and learnt about staff roles at British Airways and how they support staff who identify themselves as carers. The next workshop day is at Deloitte. These experiences have been very beneficial for the young adult carers.

In addition, a group of young carers and young adult carers came together in October to support Carers Trust Policy staff to debate a research report that is to be published nationally on 10th December. The launch will be at the Houses of Parliament with invited MPs and decision makers. Carers Trust Cambridgeshire have been allocated three guaranteed spaces in recognition of the contribution they made to the report.



Our 30th Anniversary

2015 is our 30th Anniversary and we're proud of our heritage.

We are organising many fun events for staff, family carers and friends of Carers Trust Cambridgeshire, so please keep up to date with developments on the "[Events](#)" page of our website or newsletters.

We want to raise £30,000 over the year, to plough back into supporting family carers in Cambridgeshire and Peterborough.

Already planned is a ball on **25 April 2015** in St Ives and a sponsored cycle ride, where staff and friends will be cycling 30km around Grafham Water. We would love to have at least 30 cyclists take part.

Other fundraising ideas, including a Charity Golf Day, are in the pipeline. If you would like to get involved with organising an event or taking part in something like Sky Diving, please put your suggestions forward so we can offer you support organising and attending.

If you would like to know more or join in, please email pauline.lutman@carerstrustcambridgeshire.org for further details.

Investors in People

It is great that we have retained the Investors in People award for the third time since we attained it in 2004.



**INVESTORS
IN PEOPLE**

The award shows our commitment to our staff, including their learning and development, the best terms and conditions possible and a real say in making us who we are.

GIFT SOME TIME FOR CHRISTMAS

Buy a voucher for care to give your family member or friend a break.
Call us on 01480 499090.

FLU JABS

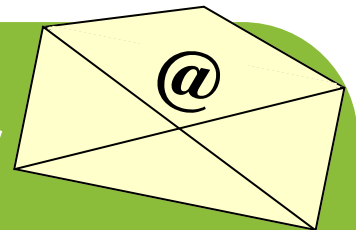
Free for carers!

If you receive Carers Allowance or care for an older or disabled person you are eligible for a free flu jab.

Please ask at your GP surgery.

We will be attending many Flu Clinics so please pop along and see us there!

Newsletter by email



If you do not already receive our newsletter by email and wish to, you will help us make savings on printing, paper and postage.

Please email care@carerstrustcambridgeshire.org with the subject 'Newsletter by email' and include your full name and address in the email so we can take you off our postal mailing list. Thank you!

Diary Dates

10 November	10:00-12:00	Pinpoint Parent Carers Group, Masonic Hall, Cambridge
18 November		Breathe Easy, Cambridge
19 November	10:00-12:00	Card Making, Masonic Hall Carers Group, Cambridge
27 November	10:00-12:00	Shelford Dementia Support Group
28 November	10:00-12:00	Carers Rights Day, CTC Office, St Ives (pg. 1)
28 November	10:00-16:00	Carers Rights Day information stand, Main Concourse, Addenbrooke's Hospital
3 December	19:00-21:00	Beautiful Swagger Christmas Shopping Evening 56B High Street, St Neots in aid of CTC.
3 December	18:30-20:30	STRIVE Young Adult Carer Group, March Town Hall
5 December	10:00-14:00	Information stand, Outpatients Department, Addenbrooke's Hospital
8 December	10:00-12:00	Tai Chi, Pinpoint Parent Carers Group, Masonic Hall, Cambridge
10 December	14:00-16:30	Carers Drop-In, Willingham Medical Practice
11 December	10:00-12:00	Shelford Dementia Support Group
17 December	10:00-12:00	Christmas Party, Masonic Hall Carers Group, Cambridge
17 December	18:30-20:30	STRIVE Young Adult Carer Group, Commemoration Hall, Huntingdon
12 January	10:00-12:00	Pinpoint Parent Carers Group, Masonic Hall, Cambridge
21 January	10:00-12:00	CAB - How to save money on energy bills, Masonic Hall Carers Group, Cambridge
22 January	10:00-12:00	Shelford Dementia Support Group

Please call **01480 499090** for further information on any of the above events.

Next Newsletter

Our next Newsletter will be published in early January 2015. If you would like to suggest any articles, provide photos, etc. please email su.waymont@carerstrustcambridgeshire.org by 18 December. We are keen to include articles written by family carers, young carers or young adults carers about their experiences so please come forward and tell your story.

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