



CAMBRIDGESHIRE CARERS

QUARTERLY MAGAZINE



CAMBRIDGE CITY
& SOUTH CAMBS

EAST
CAMBRIDGESHIRE

FENLAND

HUNTINGDONSHIRE

INSIDE THIS ISSUE:

What's On Countywide

Carers Strategy 2016 - get involved

Changes to Carers Assessments in Cambridgeshire

Children & Families

Pension Scams - Don't get stung



ARE YOU A CARER?

CARERS look after family , partners or friends in need of help because **they are ill, frail or have a disability**. The care they provide is unpaid.

Contents

Editorial Team

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Carers Business Support
Officer

Joan Adamson
SCIP

Carers Support Team
Carers Trust Cambridgeshire

Editors & Carers Magazine
Coordinators

All items are considered for publication however large or small. Please send in articles by **22 July 2015 for the Oct/Dec 2015 Magazine.**

The Editorial Team reserves the right to amend or withhold articles where it seems appropriate. We will try to contact you if we need to amend.

Every care is taken in compiling the Carers Magazine, and all items are printed in good faith. Responsibility cannot be taken for any action arising from information given.

If you would like to receive a copy of this Carers Magazine in large print, audio, Braille, any other language, or if you no longer wish to receive a copy: please contact Nancy Voak on: **01480 499090 / 0845 241 0954**
email: care@carerstrustcambridgeshire.org

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Editorial

Dear Carers

Welcome to the summer edition of the Carers Magazine. Whilst this issue remains packed with all of our regular features like our “Whats On” listings of local groups and activities for carers, regular articles like our handy updates on welfare reform and benefits (see pages 47-50) and consumer advice including how to stay one step ahead of the fraudsters and avoid pension scams (see Oliver’s story on page 41) **we are also ringing the changes – with you, we hope.**

Find out about how the Care Act 2014, which came into place on 1st April is changing carer support in Cambridgeshire, with practical information about carer assessment, eligibility criteria and support planning for adult carers on pages 37-40; and about changes for young carers, young adult carers and parent carers on pages 57-59.

The Care Act acknowledges that family carers need to be better supported to continue in the highly valued role they undertake, placing a duty on Local Authorities to promote the well being of all carers, ensuring information, advice and support are available to prevent or reduce and delay need from becoming more serious. Cambridgeshire County Council have risen to the challenge, by transferring their adult Carers Support Team to Carers Trust Cambridgeshire and commissioning Carers Trust Cambridgeshire to work with others to further develop support for carers across the county.

The Care Act also includes a statutory requirement for local authorities to **collaborate, cooperate and integrate** with other public authorities e.g. health and housing and a duty on them to co-operate. NHS England published their 5 year Forward View, which commits the NHS to find new ways to support carers, to build on the new rights created by the Care Act and to help the most vulnerable carers – the approximately 225,000 young carers and the 110,000 carers who are themselves aged over 85. They are supporting a national Clinical Commissioning Group (CCG) ‘Commissioning for Carers’ Award, to drive forward integration and carer support. Cambridgeshire & Peterborough NHS CCG and Cambridgeshire & Peterborough Foundation Trust (CPFT) plan to work alongside both Local Authorities and can play a leading role in earlier identification and support for carers, particularly self-funders. There will be lots of opportunities to have a say and help influence future support – we want to hear from you (see page 27)!

Dame Phillipa Russell, former Chair of the Standing Commission for Carers and current Vice Chair of Carers UK, said: “Solidarity and leadership from carers for carers is vital.” “Historically, many carers have felt that their roles and their own well-being have been undervalued and under-supported. Now we have a once in a lifetime opportunity to be truly acknowledged and valued as expert partners in care”.

With best wishes, The Editorial Team

What's on: Cambridge area



Carers Trust Cambridgeshire Carer Drop-In

SAWSTON ADULT SUPPORT DROP-IN

Free Church, 1 High Street, Sawston CB22 3BG

10.30am to 1pm

Tues 14 July - Karen Merritt, Acupuncture and Shiatsu taster sessions.

Tues 18 August - Wiltshire Farm Foods – A leading UK supplier of frozen meals home delivery service will be bringing a selection of their menu for us to try and taste. They provide a range of over 250 meals and desserts and can cater for any diet, such as diabetic, gluten free, pureed food etc. They will also be able to give nutritional advice and be available for one to one discussions. Tasters, information and advice are free.

Tues 15 September - Emma from Village Benefits: Information about what benefits are available and a chance to ask your own questions about benefits.

BAR HILL ADULT SUPPORT DROP-IN

Tesco Extra Superstore, Bar Hill CB23 8EL

10.30am to 1pm

Mon 20 July - Emma from Village Benefits: Information about what benefits are available and a chance to ask your own questions about benefits.

Mon 17 August - Karen Merritt, Acupuncture and Shiatsu taster sessions.

Mon 21 September - Stephen Duffy – Plain talking, jargon free information from a local solicitor on Power of Attorney – what it means, when it can be applied and how to go about arranging it. Stephen will also endeavour to answer any specific questions you may have in this area, where he can. Come along and join us for this free, much sought after, information session.

For more information please contact the Carers Support Team on:

01480 499090 / 0845 241 0954

Email: care@carerstrustcambridgeshire.org

What's on: Cambridge area



Shelford Dementia Support Group

A support group for people with dementia and the people who care for them. Come along for friendship, support, information and activities including poetry and reminiscence.

We meet at:

David Rayner Building
Scotsdales Garden Centre
120 Cambridge Road
Great Shelford
CB22 5JT

On the 2nd and 4th Thursday of the month between 10am and 12 noon

If you would like to come along please contact us on 01480 499090

E: carersgroups@carerstrustcambridgeshire.org

W: www.carerstrustcambridgeshire.org

Programme

9 July - Carers Education (Bitesize) Staying well with Dementia*

23 July - Carers Education (Bitesize) Managing Stress*

13 August - Carers Education (Bitesize) Mindfulness and Red Cross Mini Therapeutic Massage*

27 August - Normal group session

10 September - Red Cross Mini Therapeutic Massage

24 September - Normal group session

***Carers Education (Bitesize) in partnership with the Dementia Carers Support Service (part of CPFT - Mental Health (NHS) Trust)**

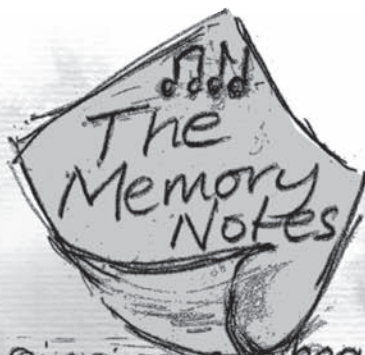
You are welcome to come along to one or all of these sessions if you are not a regular group member. To book a place and discuss the needs of the person you care for please contact:

Sally: 07432 710 833 sally.kitchin@cpft.nhs.uk

Estelle: 01480 499090 estelle.mitchell@carerstrustcambridgeshire.org



What's on: Cambridge area



*Singing for heart
and soul
and memory.*

Wednesdays, 11am – 12.30pm

St Andrew's Centre
School Hill
Histon
Cambridge CB24 9JE



A weekly singing group especially for people with memory loss challenges, & early to mid-stage dementia – and their carers & supporters.



Led by **Rowena Whitehead**, the sessions are structured to welcome all participants – no previous singing experience is necessary. The Memory Notes is about inclusion, building friendships & sharing the joy of music. Singing has proven benefits for health & well-being, particularly for those with dementia.



Each session includes **favourite songs for all tastes** – traditional folk songs, songs from the shows, ABBA & much much more, with the aim of providing a relaxing, uplifting and supportive environment.

Tea, coffee, biscuits and laughter are a major part of the morning!

£5 per session.

We have received support from the



Cambridgeshire
Community
Foundation

Talking
in
Tune

Registered Charity no: 1105061
www.talkingintune.co.uk

For further information contact

Sylvia Dannreuther

☎ 01223 479343

✉ memorynotescambridge@gmail.com

What's on: Cambridge area



At Cambridge Cancer Help Centre, we offer support to anyone with cancer (or other chronic, life-threatening conditions) and their families, carers & friends.

The atmosphere is warm, friendly and informal and everyone is welcome to drop in whether for a cup of tea and a chat or for something more.

To learn more about how we can help, please visit our new website at www.cambridgecancerhelp.org

We are open Mondays from 10am to 1pm and Tuesdays and Wednesdays from 10am to 4pm. Why not drop in and meet us? You can be sure of a warm welcome!

120 Cambridge Road, Great Shelford, Cambridge CB22 5JT

T 01223 840105

E contact@cambridgecancerhelp.org

Caring 2.

An evening resource. **Tools** and support, for people supporting **older relatives, partners or parents** especially those living with a **dementia** including **Alzheimer's** disease or other complex conditions.

Caring2. evening meetings welcome anyone who is caring for someone at home, in a care home or at a distance.

3rd Tuesday of the month (21 July, 18 August, 15 Sept)

Future Business Centre, Kings Hedges Rd, Cambridge
CB4 2HY
5.30pm-7pm

First Meeting **FREE**, £7 thereafter

Call **Edye** on 07876 350 638

Each **Caring2.** meeting hosts a talk from a **guest speaker** on an issue around ageing, dementia, health or the caring role and time to **connect with other carers.**

www.dementiaCOMPASS/resources-and-support/caring2



dementia COMPASS

What's on: Cambridge area

Support services for people with dementia, their families and carers in Cambridge

Alzheimer's Society is the UK's leading care and research charity for people with dementia and those who care for them.

**Alzheimer's
Society**

Leading the
fight against
dementia

We provide support and information for people with dementia and their carers, through our team of Dementia Support Workers, based in our Cambridge and Ely office. Our dementia adviser service offers support and information, focusing on the person with dementia and their needs to make the right decisions about their future.

Dementia Café in Shelford

Location: David Rayner Centre, Scotsdales Garden Centre, Great Shelford CB22 5JT

Time: Third Thursday of the month 10am – 12 noon

We welcome both people with dementia and their carers at this monthly café.

Dementia Café in Arbury

Location: Church of the Good Shepherd, Mansel Way, Arbury, Cambridge CB4 2ET

Time: First Thursday of the month 1pm – 3pm

We welcome both people with dementia and their carers at this monthly café.

Dementia Café in Ely

Location: Cathedral Centre, Palace Green, Ely CB7 4AW

Time: Fourth Tuesday of the month 10am – 12 noon

We welcome both people with dementia and their carers at this monthly café.

Singing for the Brain ®

Location: Marven Centre, Sawston Village College, New Road, Sawston CB22 3BP

Time: Every Monday 10.30am - 12 noon

A stimulating group activity for people in early or moderate stages of dementia and their carers.

Activity Groups

Our activity groups provide a supportive environment for people with dementia to engage in activities that they enjoy. This is an eight or twelve week programme to help people with dementia to build their confidence. Carers are also welcome to attend. This is also a valuable opportunity for people with similar challenges, to share their experience and support each other.

If you are interested in attending any of the above groups or to access our support services, please contact us at:

Alzheimer's Society Cambridge & Ely Office

Email: cambridgeandelyoffice@alzheimers.org.uk

Tel: 01954 250322

What's on: East Cambs & Fenland area



Carers Trust Cambridgeshire Carer Drop-In

MARCH ADULT SUPPORT DROP-IN

March Library, City Road, March PE15 9LT

10am to 12 noon

Weds 8 July - Singing for the Brain: Sally Szbesta leads a session of singing fun to help you relax and enhance your wellbeing.

Weds 12 August - Village Benefits: Information about what benefits are available and a chance to ask your own questions about benefits.

Weds 2 September - Cambridgeshire Fire Safety Team: A short talk about fire safety and prevention in the home.

WISBECH ADULT SUPPORT DROP-IN

Wisbech Library, 5 Ely Place, Wisbech PE13 1EU

2pm to 4pm

Mon 6 July - Village Benefits: Information about what benefits are available and a chance to ask your own questions about benefits.

Mon 3 August - Cambridgeshire Fire Safety Team: A short talk about fire safety and prevention in the home.

Mon 7 September - Singing for the Brain: Sally Szbesta leads a session of singing fun to help you relax and enhance your wellbeing.

ELY ADULT SUPPORT DROP-IN

Ely Library, 6 The Cloisters, Ely CB7 4ZH

10am to 12 noon

Thurs 16 July - Singing for the Brain: Sally Szbesta leads a session of singing fun to help you relax and enhance your wellbeing.

Thursday 20 August - March Craft Sew & So's: A demonstration of simple crafts and an opportunity to have a go.

Thursday 17 September - Cambridgeshire Fire Safety Team: A short talk about fire safety and prevention in the home. Also a member of the village benefits team will be present to give some one-to-one advice on benefits.

**For more information please contact the Carers Support Team on:
01480 499090 / 0845 241 0954 Email: care@carerstrustcambridgeshire.org**

What's on: East Cambs & Fenland area



seventy eight thousand
reasons to care
Cambridgeshire and
Peterborough



STRONG...TOGETHER...REAL...INDIVIDUAL...VULNERABLE...EQUAL

STRIVE offers both individual and group support for young adult carers. Its aim is to meet the needs of the individual in a way that fits in with their circumstances and commitments.

Young People do not come in one size and neither does the support from STRIVE.

Presently we offer young adult carers the opportunity to meet at our group sessions which take place on **the first Wednesday of every month at March Library and Learning Centre, City Road, March, PE15 9LT**
Drop in from 5.30pm, session 6.30pm - 8.30pm.

We have:

- Creatively and sensitively, tackled subjects like risk taking behaviour, finances and budgeting. Physical and mental health welling and personal progression.
- Never shied from asking direct questions to decision makers and recently some young people contacted parliamentary candidates asking what they planned to do for young carers.
- Eaten doughnuts.
- Been involved with parliamentary events linked to Carers Trust.
- Strengthened links to local colleges and raised awareness on the issues that carers face with maintaining caring roles and college deadlines.
- Signposted young people onto vocational and recreational opportunities.
- Visited major companies, such as British Airways and undertaken taster days.
- Been approached to undertake both local and regional studies targeting young adult carers views.
- Had a laugh!!
- Held a family information session around local services for adults.
- Created music and poetry.
- Identified and supported young carers that may have slipped through the gap to adult support services.
- Rekindled or facilitated new friendships developing outside of the group.
- Created volunteering opportunities.

What's on: East Cambs & Fenland area

ELY DEMENTIA GROUP

The Ely Dementia Group welcomes carers for, and sufferers of, Dementia to come along to an informal couple of hours at Militia Way, Ely on alternate Thursday mornings from 10am to noon.

During the meetings, carers get a chance to have an informal chat with other past or present carers whilst sufferers of a range of forms of Dementia join in fun and games with appropriate activities. Entry costs £2.00 per person and includes coffee & biscuits.

Entry fees and much-welcomed donations go towards arranging future activities within the group such as meals and trips.

For more information or details how you could donate to help the Ely Dementia Group please phone Debbie 07546 481175 or 01353 664411



CAMBRIDGESHIRE
Learning Disability



Are you a carer?



Wanting Information?



LDP Drop-In Sessions



Cambridgeshire
County Council

Are you a carer?



At Ely Library
6 The Cloisters, Ely CB7 4ZH



Advice?



10am – 12 noon
First Friday of every month

Special Guests/Topics:

3rd July – Down's Syndrome & Dementia Research

7th August and 4 September

For further information telephone: 01353 652240

What's on: East Cambs & Fenland area

Burwell Carers

Burwell Carers arrange events every 3 months for carers living in and around Burwell village. We also arrange a monthly drop-in/pamper session at the Trinity Church in Burwell where carers can drop in for a coffee and a pamper.



Photo: Burwell Carers having a ride on the little train in the gardens at the Springfields Retail Outlet. Burwell Carers took a group of 30 carers there for the day in April and an enjoyable time was had by all.

For further details and to book a pamper session, please contact Janet Parker.

Phone: 01638 741234

Website: www.carersburwell.org.uk



Calling carers, village groups, voluntary organisations - are there other events in East Cambs and Fenland that male or female carers should know about and would be welcomed? Please TELL US ABOUT THEM.

OR If you are interested in starting a group, have you seen the bursary offer on page 30?

Please contact the Carers Support Team on:

01480 499090 / 0845 241 0954 Email: care@carerstrustcambridgeshire.org

What's on: East Cambs & Fenland area

Support services for people with dementia, their families and carers in Fenland

Alzheimer's Society is the UK's leading care and research charity for people with dementia and those who care for them.



We provide support and information through our services for people with dementia and carers of people living with dementia through our team of Dementia Support Workers throughout Fenland. Our groups are a valuable opportunity for people facing similar challenges to share their experiences and support each other. We also provide support over the phone through our dementia adviser service.

Wisbech Dementia Café

Location: The Robert Hall Centre, St Augustines Road, Wisbech PE13 3AH

Time: First Monday of the month (except Bank Holidays*) 10am – 12 noon

We welcome both people with dementia and their carers at this monthly drop in session.

*Staff will advise alternative dates for bank holidays

Chatteris Carers Support Group

Location: Chatteris Library, Furrowfields Road, Chatteris PE16 6D

Time: Third Monday of the month 10.30am – 12 noon

If you care for someone who has dementia and living in Chatteris, Benwick, Doddington, Manea, Wimblington or surrounding villages and would like to talk about your experiences with others in a similar situation.

Whittlesey Carers Support Group

Location: Whittlesey Methodist & United Reformed Church, Queen Street, Whittlesey PE7 1AY

Time: Second Tuesday of the month 10.30am – 12 noon

If you are caring for someone with dementia and living in Whittlesey or surrounding villages and would like to share or discuss your experiences with others in a similar situation.

Activity Groups in March and Wisbech

We also run two further groups in March and Wisbech which offer social support to people with dementia and their carers through a variety of activities and sharing of information.

If you are a carer and would like to attend any of the above groups or would like to discuss with a members of staff, please drop in (no referral is necessary).

Or contact: Alzheimer's Society Fenland Office, Wisbech

Email: fenland.marshland@alzheimers.org.uk

Tel: 01945 580460

What's on: East Cambs & Fenland area

Here4U Drop-In

CAMBRIDGESHIRE
Learning Disability



March Community Centre, Station Road, March
Wednesdays 10.30am to 12 noon

Providing information, help and support for Adults with Learning Disabilities,
their families and Carers.

A private area will be available if required.

We can:



Support
with reading
mail or other
information.



Support you to
make phone calls



Support you
with forms and
documents



Finding out
information



Finding
someone who
can help you if
we are not able
to



Cambridgeshire
County Council



Cambridgeshire

Organised by
Fenland Day Services

www.cambridgeshire.gov.uk

What's on: Huntingdon area



Carers Trust Cambridgeshire Carer Drop-In

HUNTINGDON ADULT SUPPORT DROP-IN

Huntingdon Library - downstairs community space (old café), Princes Street, Huntingdon, PE29 3PA

10am – 12.30pm (speakers usually between 10.30am and 11.30am)

Light refreshments provided

Weds 1 July - Wiltshire Farm Foods – A leading UK supplier of frozen meals home delivery service will be bringing a selection of their menu for us to try and taste. They provide a range of over 250 meals and desserts and can cater for any diet, such as diabetic, gluten free, pureed food etc. They will also be able to give nutritional advice and be available for one to one discussions. Tasters, information and advice are free.

Weds 5 August - Safe and Well project - information and advice on choosing the best daily living aids that might be helpful for you or the person you care for. Information about where you can buy and try equipment around the county. Time available to answer questions.

Weds 2 September - Stephen Duffy – Plain talking, jargon free information from a local solicitor on Power of Attorney – what it means, when it can be applied and how to go about arranging it. Stephen will also try to answer any specific questions you may have on this issue. Come along and join us for this free, much sought after, information session.

RAMSEY ADULT SUPPORT DROP-IN

Ramsey Library Ground Floor meeting room, 25 Great Whyte, Ramsey PE26 1HA

10am to 12noon (speakers usually between 10.30am and 11.30am)

Light refreshments provided

Tuesday 28 July - Wiltshire Farm Foods (see more detail above)

Tuesday 25 August - Stephen Duffy (see more detail above)

Monday 21 September - Safe and Well Project (see more detail above)

For more information please contact the Carers Support Team on:

01480 499090 / 0845 241 0954 Email: care@carerstrustcambridgeshire.org

What's on: Huntingdon area

Support services for people with dementia, their families and carers in Huntingdon

Alzheimer's
Society

Leading the
fight against
dementia

Alzheimer's Society is the UK's leading care and research charity for people with dementia and those who care for them.

We provide support and information for people with dementia and their carers, through our team of Dementia Support Workers. Our dementia adviser service offers support and information, focusing on the person with dementia and their needs to make the right decisions about their future.

Activity Groups in Huntingdon

Our activity groups provide a supportive environment for people with dementia to engage in activities that they enjoy. This is a twelve week programme to help people with dementia to build their confidence.

We also run the following monthly dementia cafés which are open to both people with dementia and their carers.

Dementia Café in St Ives

Location: St Ives Free Church (United Reformed) Market Hill, St Ives PE27 5AL

Time: Third Tuesday of the month 10.00am – 12.00noon

We welcome both people with dementia and their carers at this monthly café.

Dementia Café in Ramsey

Location: Rainbow Surgery, Stocking Fen Road, Ramsey PE26 1SA

Time: First Wednesday of the month 10.00am – 12.00noon

We welcome both people with dementia and their carers at this monthly café.

If you are interested in attending any of the above groups or to access our support services, please contact us at:

Alzheimer's Society Huntingdon Office

Email: huntingdon@alzheimers.org.uk

Tel: 01480 415235

What's on: Huntingdon area

The Rotary Club of Huntingdon invites you to its

MEMORY CAFÉ

Where people with various forms of memory loss and their carers can visit to support each other and have some fun. Enjoy:

- Free light refreshments
- Information
- Entertainment
- Informal talks
- Memorabilia
- Music and singing

All in very pleasant surroundings

2.30pm to 4.30pm on the last Monday of each month

Venue: Church Room adjoining All Saints Church in the Hollow, Hartford, Huntingdon (next to the river) Ample car parking and on bus route (guided bus or service 1A – alight at the bottom of Sapley/Barley Mow – the Hollow is on the opposite side of the road)

NEW MEMORY CAFÉ

2.30pm to 4.30pm on the third Monday of each month

Venue: Education Department, Hinchingsbrooke Hospital
Free parking available.

For further information phone 01480 417001 or

Email: memorycafe@rotary-huntingdon.co.uk

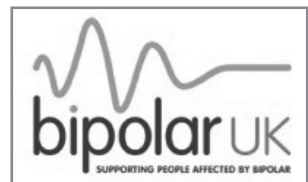


Huntingdon Bipolar Groups

We hold our meetings every 1st Wednesday of each month at the Maple Centre from 2pm, Oak Drive, Oxmoor or meet at another place sometimes. We have a website for further information which will put you in touch with your local Group. We hold two social get togethers a year too to encourage Wellbeing. Speakers are invited to help us by working together to find real answers and a positive way forward.

Email: huntingdon@bipolarukgroups.org.uk

Phone: 07985 147 705



What's on: Huntingdon area

NERVOUS ABOUT EXERCISING FOR THE FIRST TIME? WHAT'S STOPPING YOU?



“I’m not fit enough”

Everyone has varying fitness levels and it's important to work at your own pace. You'll be surprised at how quickly our bodies adapt to exercise and we begin to feel the benefits.

“I’m too old”

You're never too old to be more physically active, our bodies can gain strength and fitness, just as it did when you were younger.

“I don't want to go on my own”

You can contact us to find out who will be leading the session before you attend and rest assured there will be lots of friendly faces to meet once you decide to come to one of our sessions.

“Exercise is too dangerous”

By gradually increasing the amount of physical activity you take part in; it is unlikely that you will get injured. Additionally, all our sessions are led by fitness professionals, registered at a minimum of level 2 on REPS (Register of Exercise Professionals) who will ensure each activity is safe and appropriate.

The Sport and Active Lifestyles Team offer specialist exercise classes for older people and people with medical conditions. Classes are suitable for people wanting to exercise for the first time or who are returning to exercise after a medical condition. It is always advisable to check with a health professional before beginning any exercise programme.

For further information please contact Danielle Sancaster, Sport and Active Lifestyles on 01480 387047

Email: danielle.sancaster@huntingdonshire.gov.uk

Or look on the Website: www.huntingdonshire.gov.uk/activelifestyles



What's on: Huntingdon area

In addition to the regular walks, Huntingdonshire Health Walks Scheme will be holding FREE EVENING Health Walks.

Evening Walks during the summer months provide opportunities to those that cannot make our daytime walks. Health Walks are a great way to help improve physical and mental health, as well as being an excellent social tool for people to meet new people.

Evening Health Walks will take place every Thursday at 6pm, starting from the café at Hinchingbrooke Park. Walks will last roughly an hour.

Health Walks are open to all abilities and ages for anyone wanting to get more active and healthy. New walkers are asked to complete a short health questionnaire either online or to turn up 15 minutes early at the start of their first walk. Children under the age of 16 must be accompanied by an adult.

For more information please have a look at www.huntingdonshire.gov.uk/healthwalks or call the Sports Development Officer on 01480 387047



St Neots Social Lunch for Carers

Eaton Oak Pub Restaurant, St Neots PE19 7DB

The last Monday of the month (where this is not a bank holiday) meeting at 12.30 pm - 27 July, 24 August, 28 September.

This group is run by carers, for carers. We meet at the Eaton Oak Pub Restaurant once a month for lunching and chatting.

We welcome new carers to join us.

Please phone Denise 07547 142939 to book a place.

What's on: Huntingdon area



seventy eight thousand
reasons to care
Cambridgeshire and
Peterborough



strive

STRONG...TOGETHER...REAL...INDIVIDUAL...VULNERABLE...EQUAL

STRIVE offers both individual and group support for young adult carers. Its aim is to meet the needs of the individual in a way that fits in with their circumstances and commitments.

Young people do not come in one size and neither does the support from STRIVE.

Presently we offer young adult carers the opportunity to meet at our group sessions which take place on **the third Friday of every month at The Community Space, Abbots Ripton Road Sapley, Huntingdon, PE28 2LA**
Drop in from 5.30pm, session 6.30pm - 8.30pm

We have:

- Creatively, and sensitively, tackled subjects like risk taking behaviour, finances and budgeting. Physical and mental health welling and personal progression.
- Never shied from asking direct questions to decision makers and recently some young people contacted parliamentary candidates asking what they planned to do for young carers.
- Eaten doughnuts.
- Been involved with parliamentary events linked to Carers Trust.
- Strengthened links to local colleges and raised awareness on the issues that carers face with maintaining caring roles and college deadlines.
- Signposted young people onto vocational and recreational opportunities.
- Visited major companies, such as British Airways, and undertaken taster days.
- Been approached to undertake both local and regional studies targeting young adult carers views.
- Had a laugh!!
- Held a family information session around local services for adults.
- Created music and poetry.
- Identified and supported young carers that may have slipped through the gap to adult support services.
- Rekindled or facilitated new friendships developing outside of the group.
- Created volunteering opportunities.

What's on: Huntingdon area

Parkinson's UK
Huntingdonshire Branch
Diary Dates

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

St Ives Support Group
2pm on the first Wednesday of each month, Broad
Leas Court, Broad Leas, St Ives PE27 5XG

St Neots Support Group
Usually meet at 2pm on the third Monday of each month, Old Market Court, Tebbutt's
Road, St Neots PE19 1RQ

Ramsey Support Group
Meet at 2pm on the second Wednesday of each month, Ramsey Resource Centre,
next to Rainbow Clinic, Stocking Fen Road, Ramsey PE26 1SA

For more information contact Chairman John Hughes 01480 498318

Annual Huntingdonshire Disability Sports Festivals

Don't forget about the Annual Huntingdonshire Disability Sports Festivals.
This year the festivals will be on the 5 July at One Leisure St Ives Outdoor
Centre and the 4 October at One Leisure St Ives indoor Centre.

The festivals are open to anyone with a disability or additional need, family and friends. For £5.00 per person for the whole day you can take part in a range of activities run by our fully qualified and experienced instructors. For a booking form or more information about the activities or what else Huntingdonshire has to offer visit www.huntingdonshire.gov.uk/disabilitiesport

Need something to do every week during term time?

Huntingdonshire run two weekly Multi-Sports Clubs for people with disabilities during term time at:

One Leisure Huntingdon, Thursdays 11am - 12noon

One Leisure St Neots, Fridays 1am - 12noon Cost: £2.20 per person

But if you want to really get out and about, every Monday from 2pm - 3pm there are now leader lead adaptive cycling sessions named PEDALS gives participants the chance to explore Hinchingbrooke County Park whilst incorporating games and challenges, and what's best? It's **FREE!** Just turn up to have a go on one of the 12 cycles suitable for most disabilities.

For more information, or if you would like to be added to their distribution lists please contact the Sports and Active Lifestyles Team on 01480 388469 or email activelifestyles@huntingdonshire.gov.uk

What's on: Countywide

CARERS AWAY DAY

Venue to be confirmed - contact Carers Trust for details
and to book.

22 September 2015 between 11am to 3pm
(arrivals from 10.30am)

LEARN more about changes to support for carers in
Cambridgeshire as a result of the Care Act: Do you understand
eligibility/criteria for support?

Are you prepared for the Cap on Care Costs next April?

QUIZ a panel of experts

ENJOY some wellbeing and fun activities for carers

MEET and MAKE Friends

Lunch provided

To Register:

Phone: 01480 499090 / 0845 241 0954

Email: care@carerstrustcambridgeshire.org



The Besom

The Besom

In our last edition we included an article about The Besom, a part-time Christian charity which started in 2006 and aims to form links between people in churches who want to give time, skills and things and the people who most need help in the community.

The Besom cover the Cambridge area and cannot guarantee to serve other parts of the county. They operate from an Industrial unit where they have painting and decorating, gardening equipment as well as a transit van. The equipment is used by groups from local churches who want to give their time in their local community. They also accept donations of furniture and household items in good condition and buy items to make up starter packs for people moving into accommodation who do not even have the basics.

The value of their project was highlighted when following our article the group were inundated with enquiries from individuals about the support they provide and The Besom have asked us to gently remind readers that they can only accept referrals by email from a professional.

Carers and Mental Health

Carers on the board of CPFT were influential in adopting the Triangle of Care in June, to achieve better partnership working between mental health professionals, service users and their carers. Triangle of Care was developed by Carers Trust and the National Mental Health Development Unit and Carers Trust Cambridgeshire are supporting the initiative locally.

Dementia

There are plans to establish a **Dementia Action Alliance** and to develop Cambridgeshire as a **Dementia Friendly Community**. Come along on 22 September to the Carers Away Day or get in touch to get involved or to find out more.

01480 499090 / 0845 241 0954

Email:

care@carerstrustcambridgeshire.org

Caring Communities in Cambridgeshire



seventy eight thousand
reasons to care
Cambridgeshire and
Peterborough



Caring Communities in Cambridgeshire

There are tens of thousands of “unknown” people caring for someone in Cambridgeshire. No one knows if they are receiving the right information (or other support) right for them, at the right time. How often have we all heard or said, “I wish I had known that years ago?” Well, we have a plan to change this, through developing Caring Communities in Cambridgeshire.

The Government recognises the benefits of supporting carers. Carers Trust Cambridgeshire and some key partners are one of seven prestigious projects chosen in England (from 232 applications). Through our Caring Community project we have developed short training delivered by carers and provided to people volunteering or working in the community. The training explains why it is doubly important to recognise people with caring roles and to support them to do something, such as register for information or make a What If? Contingency plan at an early stage. People become Carer Friends or Carer Champions.

A stitch in time may really save 999 for carers! Although we work closely with Care Network Cambridgeshire, this personalised training really increased their teams’ recognition and referrals of carers for information or support. We also refer carers directly to their services, such as Help at Home or Community Navigators to find out more about something.

By the time you read this, we hope to have trained staff, volunteers and members of the public in Voluntary Organisations, Housing Associations, local Employers and Community Groups.

Caring Communities in Cambridgeshire

This includes collaborative Carers Week events with partners: Care Network, Parkinsons UK, Dementia Carers Support Service, pinpoint, Camsight, Age UK Cambridgeshire and Peterborough, Headway Cambridgeshire, Disability Cambridgeshire, Making Space, Healthwatch Cambridgeshire, Peterborough and Fenland Mind, West Norfolk Carers, Cambridgeshire Alliance for Independent Living, Alzheimers Society. We are particularly aiming to help recognise and involve more young carers, young adult carers, working carers and people from within diverse communities to develop appropriate community-based support for them.

If you already volunteer in your community and are interested in becoming a Carer Friend or Carer Champion or just want to know more, please get in touch.

If you want to volunteer to support carers directly and are interested in becoming a Carer Ambassador with Carers Trust Cambridgeshire or just want to know more about the range of things they can offer do get in touch. Training given and expenses paid.



Helen Cooke 01480 499305

email: helen.cooke@carerstrustcambridgeshire.org

We have a range of roles where you could help make a difference.

If you are someone who does look after someone else and think this applies to you or someone supporting you, or you recognise that a friend is a carer, please encourage them to register with us. Don't let them wait years to find out! All information is held securely with permission and only shared with statutory services such as Cambridgeshire County Council with your agreement, for example to enable you to access statutory support from them.

Carers Partnership Board

HAVE YOU TOLD ANYONE WHAT WORKS WELL OR WHAT DOESN'T FOR CARERS?

CARERS HAVE A VOICE – please use your experience to improve things for all carers.

Cambridgeshire has a Carers Partnership Board, which meets every two months. It is chaired by a carer and about half of the members are or will be carers. There are also other organisations present who support carers, as well as representatives from Cambridgeshire County Council and other services.

Key issues get flagged up to Cambridgeshire's Adult Social Care Board and information is also communicated back to the Carers Partnership Board to share with carers. In April, these included:

- Concerns that Cambridgeshire and Peterborough Foundation Trust had closed its list for young people with ADHD and Aspergers without any communication or notice.
- Questions about the changes to carers support through the new contract for services and the withdrawal of the carers grant (there's an article on page 37 in the magazine about these changes).
- Flagging up the change in law for young carers, who are entitled to an assessment. (See article on page 44 about these changes).
- Wheelchairs and the NHS commissioning of the wheelchair services for adults and children/young people.

Next edition, we will publish responses to the concerns and questions. You will also have a chance to ask questions or have them asked at the Carers Away Day event on 22 September. (See the ad on page 57-59 for this event and please book).

A new introduction is a session for carers issues to be discussed and prioritised prior to the Partnership Board. You can send your questions and concerns to us at: care@carerstrustcambridgeshire.org



seventy eight thousand
reasons to care
Cambridgeshire and
Peterborough



Carers Strategy 2016 - get involved

CAMBRIDGESHIRE'S CARERS STRATEGY 2016 and beyond – needs your help

What should Cambridgeshire's next carers strategy include?

What is important to all carers and what are the plans to achieve it?

Here's your chance to get involved – in person, online or by phone.

This is the first call out to all carers to get involved in co-producing the next Cambridgeshire's Carers Strategy and Action Plan. How often have we said "we are being asked to endorse something that's already decided?" Well, not this time. **Here's your chance to be involved from the start.**

The Carers Strategy 2016+ will be used to produce an Action Plan, which will help Cambridgeshire influence how carers are supported and to introduce or commission future support. It will fit with the Care Act, a new law which changes how carers should be supported and calls for more joined up support from health, mental health and social care.

There is already a national Carers Strategy Second Action Plan 2014-16 which you can view here* https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/368478/Carers_Strategy_-_Second_National_Action_Plan_2014_-_2016.pdf which says, "Put simply the country cannot do without the contribution of carers. We owe it to carers not to take them for granted but to recognise and value what they do, and to support them to have fulfilling lives of their own." It maps out 4 priority areas and key issues. **Do you agree with them and that the key issues apply to Cambridgeshire? If so, how can we make them happen?**

National Carers Strategy:

1: Identification and recognition

"Supporting those with caring responsibilities to identify themselves as carers at an early stage, recognising the value of their contribution and involving them from the outset in designing local care provision and in planning individual care packages"

Key issues:

- Supporting people with caring responsibilities to identify themselves as carers so they can access the information, advice and support that is available.

Carers Strategy 2016 - get involved

- Carers feeling their knowledge and experience are valued by health and social care professionals.
- Involving carers in planning individual care packages and in developing local strategies.

2: Realising and releasing potential

“Enabling those with caring responsibilities to fulfil their education and employment potential”

Key Issues:

- Support for young carers and young adult carers.
- Support for carers of working age
- influencing schools, colleges and businesses to do better.

3: A life alongside caring

“Personalised support both for carers and those they support, enabling them to have a family and community life”

Key Issues:

- Personalising support for carers and the people they support.
- Availability of good quality information, advice and support.

4: Supporting carers to stay healthy

“Supporting carers to remain mentally and physically well”

Key Issues:

- Impact of caring on health and well-being.
- Prevention and early intervention for carers within local communities.
- Supporting carers to look after their own health and well-being.

For 2014-15, Cambridgeshire County Council produced an Adults Carers Interim Strategy which you can find on their website

<http://www.cambridgeshire.gov.uk/> and below.

Cambridgeshire’s Carers Strategy’s Vision: To recognise, value and support unpaid carers and ensure that we provide them with information, advice and help to enable them to carry out their caring roles and lead fulfilling lives.

Cambridgeshire’s desired outcomes for carers:

1. Carers are recognised, valued and supported
2. Carers own health and wellbeing is a priority
3. Carers can enjoy life alongside their caring role
4. Carers are supported to identify and maximise their income

Carers Strategy 2016 - get involved

Cambridgeshire will do this by:

- Providing high quality and accessible information and advice which is timely, appropriate and without jargon.
- Delivering a range of preventative services that will help to prevent, delay or reduce the need for more intensive support
- Supporting carers to develop contingency plans
- Provision of short term intensive support where needed but with the aim of returning to independence without this input as soon as possible
- Carrying out timely statutory Carers assessments to identify support needs and provide personal budgets where eligible using knowledgeable staff where areas of particular expertise or a skills set is required.

There will be a specific focus on:

- Support for young adult carers. We will work closely with partners to ensure that young adult carers needs are met in a way that is appropriate to them.
- Supporting carers to remain in employment or return to employment so they are not financially disadvantaged by their caring role.

Do you agree that these are the right outcomes and focus for Cambridgeshire? If so, how can we make them happen?

If you would like to be involved – at consultation events or through questionnaires or at community groups you attend or online, please tell us and we will send you information. Just come to one of the carer drop-in events listed in this magazine or call 01480 499090 or email care@carerstrustcambridgeshire.org for more details.

*If you want to see the original strategy documents, we have included an online link. If you are reading this in a paper edition, please go to www.Carerstrustcambridgeshire.org and search for 'Carers magazine' or 'carers strategy.' If you have no internet access, please ask at your local library to read the documents or for someone to show you; or can a relative or friend help, or let us know and we will try to help.

A short questionnaire is currently available at : https://www.surveymonkey.com/r/carers_support_june_2015 until 26 June 2015

How to apply for a Carer Bursary

Calling Carers – One Off Bursaries are available from Cambridgeshire County Council



Cambridgeshire
County Council

Do you wish you could start your own peer support group in your local area or village but just don't have the extra money that it costs to start the group which may include venue hire, insurance, tea/coffee and biscuits? Then read on to find out how...

You could apply for a start up bursary of up to £250 to cover your initial first year of Carer Peer Support Group costs. Simple application process.

Find out more:

To be sent an information pack and details of how to apply.

Contact: Elaine.fleet@cambridgeshire.gov.uk
or Maliya.pearce@cambridgeshire.gov.uk



What If? Contingency Plan

A new era of support for Cambridgeshire Carers

From 1 April 2015 the ICER scheme has been replaced by the What If? Scheme. There is no longer a requirement to meet national eligibility or to have a Carers Assessment to qualify and many voluntary sector partners will be involved in helping carers to create these.

Carers currently registered with an ICER will remain supported by the ICER Scheme until they have their annual carers reassessment and will be assisted to transfer to the What If? Scheme then. Carers who would like to register after 1st April 2015 will be supported by the What If? Scheme.

Carers will be supported to think about several situations and what would happen if...? They will then prepare a list of family and friends who have agreed to help out and their information will be stored securely in one place and registered with Carers Trust Cambridgeshire. Carers will be issued with a What If? card which gives peace of mind, knowing that in the event of an emergency their contingency plan can be accessed through an emergency number that is available on a 24/7 basis, 365 days per year. The card will identify them through a unique reference number. Carers will also be given a What If? Uniquely numbered card to attach to keys too, so these can be returned to them if lost.

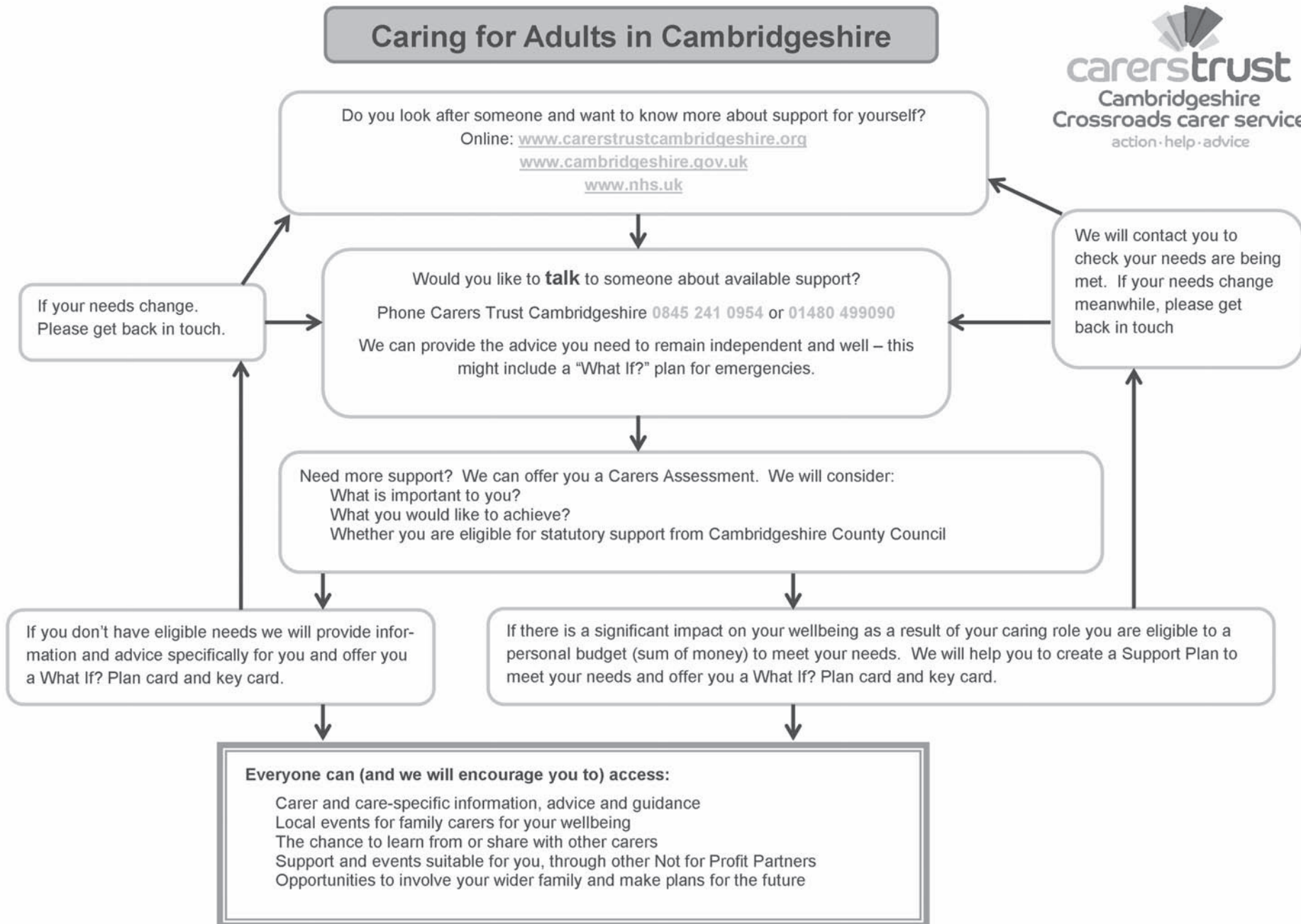
- In an emergency, family and friends will be contacted, so that they can respond.
- In those circumstances where the plan fails and the nominated (informal) individuals are unavailable to respond, then professional Carer Support Workers will respond, to provide cover free of charge for a maximum period of 24 hours until family/more long term arrangements have been put in place. Additional hours can be purchased directly from the provider or other providers, if necessary.
- Where the Cared for is known to Adult Social Care as an existing eligible service user then their local social care team may arrange additional replacement care, if required for a longer period, and this will be subject to existing charging criteria.



If you have any further queries or questions, or need help to access information, advice, support or an assessment, please contact:

Carers Trust Cambridgeshire 0845 241 0954

Caring for Adults in Cambridgeshire



Carers Ambassadors

Carers Ambassadors

Are you a Family Carer?

Do you want to be a local voice for Carers?



Carers Trust Cambridgeshire have a growing team of local Carers Ambassadors who can help represent carers' views and raise awareness of the support and help available to carers.

Many carers do not know there are services and support out there for them, and we hope that Carers Ambassadors can help us raise awareness of family carers and their issues within our local communities.

Would you like to help make a difference to other carer's lives?

We have a variety of different Ambassador roles to meet your interest and skills. You can choose to be involved in:

- Training/facilitating awareness-raising sessions with professionals, local employers, schools, colleges and community groups
- Being a local information point for carers for your community - ensuring leaflets and posters are displayed in your community
- Providing a carer voice at meetings (e.g. becoming a member of the Patient Participation Group at your GP surgery)
- Public and Information events - chatting to the public and giving out information leaflets about carers support
- Fundraising for Carers Trust Cambridgeshire to help improve services to carers locally.



"My name is Zoe Nicholas. I am the sole carer for my elderly parents, who reside in Wales. They have significant health issues and spend up to three months of the year with me. Following the death of my partner in 2007, I became the sole carer for my children. My son Sam is nineteen and has autism and a medical condition. My daughter Georgina is seventeen, with dramatic, pragmatic language disorder.

Carers Ambassadors

I became a Carers Ambassador as I want to offer any help and advice to others by sharing my experiences; good and bad. I want to learn from other carers. Carers need recognition and more importantly have their voices heard. I believe being a Carers' Ambassador and championing other carers will be a starting block to achieve this."

Another of our Carers Ambassadors Christine explains:

"My name is Christine and together with my sister Wilhelmine, we took care of my brother when he was diagnosed with cancer for the second time. I also care for my daughter Terri Anne, who is profoundly deaf. I joined the Ambassador Team to try to make a difference for other carers and to show them that together we CAN make a difference.

We need to use our voices and our knowledge to help others get the help they need."

The skills you'll need...

- personal experience of caring (either as a current or former carer)
- a passion for improving support for carers
- the ability to get on well with people of all ages and backgrounds.

Volunteering with Carers Trust Cambridgeshire will give you the opportunity to make new friends and learn new skills.

We welcome all individuals, for whatever time they can offer us; full training and support will be given.

If you want to know more about being a Carers Ambassador please contact Helen on 01480 499305 or email helen.cooke@carerstrustcambridgeshire.org

If you have other skills, we would also love to hear from you.

- IT or online skills - could you help others this way?
- writing pieces for publication
- Submitting individual grant requests for carers (Carers Trust funds these and we can support people in need to bid in)

Poem

Memories'

I remember that first day I set eyes on you
I was sixteen you were twenty-two
My heart skipped a beat and I knew then
You were the one, it was just a matter of when!

We were married on a cold November day
I wouldn't have wished it any other way
My Dad bought me my wedding dress
It was special and I felt like a fairy princess

We didn't have time for a honeymoon
Put on hold it was to happen in June
Blessed with two children a pigeon pair
One was dark the other one fair

You worked long and hard while I stayed at home
In the blink of an eye our children had grown
Before we knew it the grand-children were here
Filling our lives with laughter and cheer

You are my soul mate of that I am sure
If I had a wish it would be for a cure
As I look back to the life we have made
I will help you remember as your memory fades

By Julie Linney



Changes to Carer Assessments in Cambridgeshire

The Care Act 2015 came into force on April 1st 2015 resulting in significant changes to the way family carers are supported. In this article we hope to explain how carers assessment and support are being delivered in Cambridgeshire.

Message from Claire Bruin, Service Director, Adult Social Care, Cambridgeshire County Council

Carers who have been in receipt of a one-off carers grant or hours of support through Carers Trust prior to April 2015 are being offered an assessment in line with the Care Act to determine eligibility against the new national eligibility and to identify the information, advice and support available to meet identified needs. To support the transition to the new approach described below, we have employed a small team of staff to undertake assessments. Some carers have raised concerns about the lack of communication about the changes and the time taken to undertake assessments. I would like to apologise for these shortcomings. The timeframe for finalising the new approach to support for carers was tight as we had to wait for the final regulations and guidance from the Department of Health published in October 2014. Recognising the need to undertake assessments as quickly as possible, we have expanded the team to give more capacity for this work. If any carer has an urgent need for support before these assessments have been completed, please contact the County Council on 0345 045 5202 or Carers Trust Cambridgeshire on 0845 241 0954 or 01480 499090 or email on care@carerstrustcambridgeshire.

Which Carers?

The Care Act relates mostly to adult carers – people over 18 who are caring for another adult. This is because young carers (aged under 18) and adults who care for disabled children can be assessed and supported under children's law. For more information about Young Carers see page 48.

However, family circumstances must be considered when assessing an adult's need for care, which means, for example, making sure that the position of a young carer within a family is not overlooked. The Act also makes new rules about working with young carers, or adult carers of disabled children, to plan an effective and timely move to adult care and support.

Who can have a carer's assessment?

Any carer who appears to have needs for support can have an assessment regardless of the amount or type of care you provide, your financial means or your level of need for support. This replaces the previous law, which said that

Changes to Carer Assessments in Cambridgeshire

that you must be providing “a substantial amount of care on a regular basis” in order to qualify for an assessment. You can also have an assessment whether or not the person you care for has had a community care assessment and receives adult social care support.

Since April 2015 Cambridgeshire County Council have commissioned Carers Trust Cambridgeshire to undertake carers assessments with carers supporting adults who are not receiving adult social care. If the person that you care for does receive support from an adult social care team they will continue to be responsible for your carers assessment. If you and the person you care for agree, a combined assessment of both your needs can be undertaken at the same time.

If you are sharing caring responsibilities with another person, or more than one person, including a child under 18, you can each have a carer’s assessment. You don’t necessarily have to live with the person you are looking after or be caring full-time to have a carer’s assessment. You may be juggling work and care and this is having a big impact on your life.

How do I get a carer’s assessment?

If you are caring for someone who is receiving adult social care from Cambridgeshire County Council you can request a carers assessment by contacting them on 0345 045 5202. If the person that you support does not receive care through the Council, if you self fund or are just not sure and would like information and advice to help navigate the social care system you can contact Carers Trust Cambridgeshire 0845 241 0954 or 01480 499090, or email: care@carerstrustcambridgeshire

How do you prepare for a carer’s assessment?

The assessment will consider whether or not your caring role impacts on your health or prevents you from achieving outcomes, for example staying in work or having a social life, and what could be done to help you combine these things with caring. It should cover:

- your caring role and how it affects your life and wellbeing
- your health – physical, mental and emotional issues
- your feelings and choices about caring
- work, study, training, leisure
- relationships, social activities and your goals
- housing
- planning for emergencies (Cambridgeshire Carers Trust offer the “What If?

Changes to Carer Assessments in Cambridgeshire

and then being contacted by a social care professional to discuss what you have written on the form.

You could arrange to meet your assessor at your home or at a local Carers Drop-In session (see What's On pages) or at another agreed place. It is your choice about whether the person you care for is present or not. If it helps, you can have a family member or a friend with you. There are some circumstances in which you can be provided with an independent advocate.

Are your needs eligible for support?

The Care Act introduces national rules for deciding who is eligible for support. You will meet the eligibility criteria if there is likely to be a significant impact on your wellbeing as a result of you caring for another person. There are three questions to be considered in making the decision:

- Are your needs the result of you providing necessary care?
- Does your caring role have an effect on you?
- Is there, or is there likely to be, a significant impact on your wellbeing?

If the answer to all three questions is yes, then you will have eligible needs.

Information and advice

Everyone, including those whose needs are considered not to be eligible for statutory support will receive information and advice about the types of support that are available in their area. This may include putting you in touch with local charities or community organisations. The information will be relevant to your individual circumstances.

Support plan

If you are eligible for statutory support from Cambridgeshire County Council you will be informed about the personal budget available to you to use to arrange or buy the services that you need as a carer. Personal budgets are replacing the one off payment of up to £175 often known as the carers grant which was previously available in Cambridgeshire. You have a choice about how to use your personal budget. You may use it to pay for an arranged service that your allocated worker organises on your behalf (this will be a service provided by one of the Council's contracted providers), or you may prefer to have a Direct Payment. Direct Payments are payments from the local council for people who have been assessed as needing help, and who would like to arrange and pay for their own support services. Carers can choose to receive all or part of their personal budget as a Direct Payment.

Your allocated worker will ask if you would like help to create a support plan.

Changes to Carer Assessments in Cambridgeshire

The plan will include information about the level of personal budget that is available to arrange support to meet your eligible needs. You can choose to create your support plan yourself or ask someone else to help you. Your support plan should include: (i) details of the needs identified in your carers assessment and which needs meet the eligibility criteria; (ii) which needs the council is going to meet, and how; (iii) the outcomes that you want to achieve plus information and advice to support you in your role as a carer.

The plan should outline whether you would like to arrange your support using a Direct Payment. A carers direct payment is designed to be used flexibly. The payment is made annually and can be made directly into your own bank account. The payment must be used for the purpose agreed in the support plan and must be used lawfully and in a cost-effective way. Carers are asked to retain receipts for any items or services purchased. You won't be asked to do a financial means test as part of the carers assessment.

Sometimes the best way to support you may be to arrange care for the person that you support. If supporting you involves providing care to the person being cared for then following an assessment of their needs the council must carry out a financial assessment of the person who is being cared for. This is because the care would be provided directly to that adult, and not to you, the carer, this is often referred to as replacement care.

Cambridgeshire County Council have produced a Direct Payment Factsheet available at:

http://www.cambridgeshire.gov.uk/info/20166/working_together/592/care_and_support_fact_sheets

These factsheets can also be provided upon request from Carers Trust Cambridgeshire.

This article is based on information available from the following websites which have a lot of useful links.

www.cambridgeshire.gov.uk - search 'carers'

www.carerstrustcambridgeshire.org

www.carersuk.org

www.gov.uk - search 'carers'

If you have any queries relating to carers assessments or your caring role, staff are available at Carers Trust Cambridgeshire to find the right answers for you.

Pension Scams - Don't get stung

Scamproof your savings



Pension scams. Don't get stung.



What is a pension scam?

Pension scams can be given a number of labels including:

- free pension review
- one-off investment opportunity
- legal loophole
- pension loans
- early pension release
- pension selling
- cashing in your pension
- pension liberation

How to spot the warning signs

Scammers don't care whether you're an inexperienced investor or have never put your money anywhere other than a bank. They will try to flatter, tempt and pressure you into transferring your pension fund into an investment with guaranteed returns.

Once the transfer has gone through, it's too late. Remember, the only people who benefit from scams are the scammers themselves. Here are some of the most common tactics used by pension scammers to trick you out of your savings:

- A cold call, text message, website pop-up or someone coming to your door offering you a 'free pension review', 'one-off investment opportunity' or 'legal loophole'.
- Convincing marketing materials that

promise you returns of over 8% on your investment.

- Paperwork delivered to your door by courier that requires immediate signature.
- A proposal to put your money in a single investment. In most circumstances, financial advisers will suggest diversification of assets.
- They may claim that you can access your pension before age 55.
- Transfers of your money overseas.

Never be rushed into making a decision. Arm yourself with the facts and stop a lifetime's savings being lost. The pension scams booklet - available on the Pensions Advisory Service (TPAS) website - includes examples of real life pension scams.

Protect yourself

The pensions landscape is changing significantly, and the Government has set up a new service called Pension Wise to help members approaching retirement or age 55.

<https://www.pensionwise.gov.uk/>

What to do if you think you're being targeted by a pension scam

- Never be rushed into making a decision.
- Before you sign anything, call TPAS

Pension Scams - Don't get stung

The Pensions Advisory Service on 0300 123 1047.

<http://www.pensionsadvisoryservice.org.uk/>

- If you have already accepted an offer report it to Action Fraud on 0300 123 2040.
- Before you agree to anything, make sure the adviser is approved by the FCA (Financial Services Register).

You can contact FCA Monday to Friday, 8am to 6pm, or Saturday 9am to 1pm, on:

0800 111 6768 (freephone) or 0300 500 8082

Email: consumer.queries@fca.org.uk
<http://www.fca.org.uk/register>

Is 'pension unlocking' a scam?

No. Pension unlocking is not a scam. With pension unlocking, a person aged 55 or over can release up to 25% of their total pension as a tax free lump sum.

Unlocking your pension will almost certainly mean you will have less income in retirement and, as a result, unlocking is only suitable for a very limited number of people and circumstances.



Oliver's story

Tricked into being part of the scam

Age: 45

Length of time in company pension: 15 years

Investment offer: overseas property developments

Oliver is cold called by someone who says his name is Paul, a financial adviser authorised by the government. He asks if Oliver is interested in making the money in his pension pot work harder – as well as releasing some funds for Oliver to spend as he likes.

Paul says he could get Oliver an initial cash back bonus of 30% of the value of his pension pot, and a much better return on his money – around 8%. All he needs to do is sign a document saying he wants to transfer his pension into another scheme, and the money will then get invested in a hotel complex in an up-and-coming area of Spain. Paul tells him that if he agrees to be 'locked in' to the investment for 10 years, he will get an annual cash back payment of £1,000. Oliver is keen to make the most of his money – he's heard that he'll be able to do what he wants with his savings when he's 55, so thinks this could be a good solution to beating the current low interest rates that mean his pension pot isn't growing as quickly as he'd like.

Pension Scams - Don't get stung

Oliver's a bit concerned that it sounds too good to be true, but Paul reassures him. He says he understands there are lots of crooks out there but he's government registered. He promises to send Oliver some marketing material and encourages him to check out the website. He tells Oliver that there are only a few opportunities left and that it's a time-limited offer, so if he wants to make the most of it, he should act quickly.

The next day, Oliver gets a glossy brochure through his door – he has a read through and it looks very slick and professional. The website also seems completely legitimate. Oliver likes to think he's an intelligent person, and Paul seems very nice and credible. In fact, Paul calls back that afternoon, and Oliver decides that you only live once – why not go for it? You have to speculate to accumulate.

Within a couple of hours, a courier comes round with some papers to sign. Oliver has a quick look through them and is surprised to see that the documents say he is now a company director and trustee of his pension scheme. He doesn't remember Paul saying anything about making him a company director, but the courier can't give him any more information and Oliver keeps thinking of the time-limited offer. So he signs on the dotted line.

Later that year, Oliver decides to call up and check on how his investment's doing.

The line is disconnected, so he searches online and finds out that some pension transfer offers are scams. After several more months of trying to locate Paul and the missing money, Oliver calls the police and comes to realise that he has probably lost his whole pension pot. By signing the papers and becoming a company director, he has taken on new legal duties with Companies House and HMRC that he didn't know about. This leads to HMRC fining him for tax-related offences. Not only has Oliver lost 15 years' worth of savings – he's also having to pay thousands of pounds in fines to the authorities.

What should Oliver have spotted?

- Cold call
- Claims of adviser being authorised by government – but not registered with the FCA
- Promises of cash back under the age of 55
- Unrealistic returns of at least 8%
- Promises of higher returns if he agrees to being 'locked in' to a single investment for a number of years
- Being rushed into signing couriered documents with promises of a time-limited offer
- Documents naming him as company director and trustee of the pension scheme



Dementia Research



**YOUR CHANCE TO HELP DEMENTIA
RESEARCH PUSH FORWARD**

**Calling people with dementia interested in
helping with dementia research**

A new nationwide online and telephone service has recently been launched that allows you to register your interest in taking part in research studies. Called 'Join Dementia Research', the new service allows dementia researchers to use the register to find participants for their studies quickly and easily. Join Dementia Research is collaboration between the National Institute for Health Research (NIHR), Alzheimer's Research UK, Alzheimer's Society and Alzheimer Scotland.

Dr Ben Underwood, Consultant Psychiatrist and regional NIHR CRN Eastern Clinical Lead for Dementia said: 'Currently there are plenty of studies but not enough volunteers. I also know that some patients and families keen to take part in research struggle to know where to start. Join Dementia Research is a fabulous idea which has been really well set up to solve these problems. It will better allow researchers, doctors and patients to work together to make progress in beating dementia.'



Sign up today

The new service is looking for people with dementia and their carers as well as people without dementia to provide a comparison. You can sign up either online or by telephone.

**Anyone aged 18 or over can sign up themselves,
or on behalf of someone else. To sign up online, go
to: www.joindementiaresearch.nihr.ac.uk**

To sign up by phone, contact either Alzheimer's

Research UK: 0300 1115111 or Alzheimer's Society: 0300 2221122.

By signing up you give researchers permission to contact you with details of studies in your area that match your profile. You can then decide whether you would like to take part in these studies on a case-by-case basis. There is no obligation to take part in any particular study and you can opt out at any time.

John, a patient with early stage dementia from our region, said: 'I had heard about Join Dementia Research and so decided to register. Not long after doing so I was contacted by a Senior Research Nurse who wrote to me to ask if I'd be willing to take part in some research and I said yes. I really wanted to register because I want to help anyone who might have a similar problem to me in the future.'

Carers Holidays

Carers Holidays



Getting a break away can make a huge difference when you are looking after someone. However, finding suitable accommodation if carers need specific adaptations and facilities for the person they care for can be time consuming and frustrating.

Carers Holidays has researched a range of accommodation with good accessibility features, which you can see on their new website.

They gathered information from carers to find out what service would be most useful to carers wanting to book a holiday. An overwhelming 99% said that it would be useful to have one website they could go to where they could find information about breaks and what special facilities are available.

The website includes accommodation in the UK and abroad from independent owners who have just one holiday home of their own to let, to hotel chains and online directories.

There are also great discounts for carers through the Carers Holidays Membership Scheme. Annual membership costs just £12.50 and you only need one membership per household. This charge is to cover the administration costs of running the scheme, and you will save far more than this with just one booking.

There are lots of benefits for carers from the membership scheme:

- Carers go to one website to find out about a range of breaks.
- Carers get discounted holiday prices (between 5-30% off).
- A high proportion of the accommodation offered is wheelchair accessible and has good/level access or ramped access; wet shower rooms or level entry shower.
- Some of the accommodation can provide care services on site (charged for).

Carers Holidays

Here is a snapshot of what is available:



Carers Holidays Cotswolds 13% off 3 bedroom caravans 10% off 2 bedroom accessible caravans. Located on a flat site in peaceful countryside; indoor and outdoor pools, sauna and steam room, kids club and entertainments programme.

Park House Hotel, Norfolk 10% Off
Specially adapted country house hotel in beautiful countryside. Wheelchair access, wet rooms, in-house care team.



Meadow Lakes Holiday Park, St Austell Cornwall 25% discount. Modern caravans set in meadows, woodland and lakes; including a 2 bed accessible caravan, outdoor swimming pool, cosy café, play areas.

Self-catering 2 bedroom holiday home, Devon up to 30% Discount

Ground floor cottage with decking area and BBQ, heated indoor pool, private coarse fishing lake, children's play area, laundry. 7 nights in May and June £235.



DisabledHolidays.com A whole directory of accessible caravans, hotels, lodges and city breaks throughout the UK. Already competitively priced but there is an additional

5% off for carers. Eg Lancashire: purpose-built wheelchair-friendly cottage set in 6 acres of countryside, with private patio and overlooking fishing lake. 7 night break from £522

Carers Holidays runs as a social enterprise, to provide short breaks for carers. It is run by one of our Carers Trust Network Partners, Carers Support Centre (based in Bristol).

For further information see the website or contact:

Lynette Thoburn-Perrett at Carers Holidays:

0800 999 33 65/ 0117 965 2365

email: info@carersholidays.org.uk

www.carersholidays.org.uk

Benefits Factsheet

Personal Independence Payment – April 2015



Personal Independence Payment (PIP) is the new disability benefit that is going to replace Disability Living Allowance (DLA) for adults of working age – that is for people aged 16–64. There are no plans to change arrangements for children under the age of 16. They will still claim Disability Living Allowance as normal.

Timetable for Change

People who receive DLA and had reached their 65th birthday before 9 April 2013 will stay on DLA as long as they continue to meet the qualifying conditions. They will not have to make a claim for PIP. For other people the timetable is as follows:

- It is no longer possible for working age people to make new claims for Disability Living Allowance. If a person aged 16 - 64 wants to make a new claim for a disability benefit they can only claim Personal Independence Payment (PIP).
- The Department for Work and Pensions (DWP) has said it intends to reassess all existing working age people receiving DLA by 2017 – 2018. However the process has faced some delays.
- At the time of writing some people whose DLA awards are coming to an end, and some children who are about to reach the age of 16, will find that their DLA will not be renewed and they will be invited to claim PIP. In addition, if people report a change in their circumstances they may face being reassessed for PIP. In Cambridgeshire these reassessments are only applying to people in the north of the county, in the Peterborough – PE – postcodes. However from October 2015 all cases will be subject to reassessment.
- October 2015. From this date the Department for Work and Pensions (DWP) will begin reviewing the remaining DLA claims. This includes people who have 'indefinite' or 'life' awards. People will be invited to make a claim for PIP. If they are successful they will move onto PIP. If they are not successful their DLA will end.
- October 2017. The DWP expects that all adults who were getting DLA will have been contacted and invited to claim for PIP.

Benefits Factsheet

Main features of Personal Independence Payment (PIP)

- It does not depend on people having National Insurance contributions.
- It is not means tested.
- People have to be 'habitually resident' in the UK and have been here for two out of the last three years.
- PIP has a 'daily living' component for people who have personal care needs.
- It has a mobility component for people who have problems with getting around.
- A person must have had their problem for at least three months and it must be likely to last for at least another nine months.

How much is PIP?

- The daily living component has two rates – a standard rate at £55.10 per week and an enhanced rate at £82.30 per week.
- The mobility component has two rates – a standard rate at £21.80 per week and an enhanced rate at £57.45 per week.

How to claim PIP

Initial claims are usually made by telephone – 0800 917 2222. The person is then sent a questionnaire about their care and mobility needs – see below.

Most claimants will have an assessment carried out by a medical assessor employed by a company who are under contract to the DWP. In Cambridgeshire there are two companies providing these assessments – ATOS Healthcare and Capita.

The logo for Atos, featuring the word "Atos" in a stylized, lowercase font with a grey-to-white gradient.The logo for Capita, featuring the word "CAPITA" in a bold, uppercase, sans-serif font.

Some of the assessments will be carried out at an office near to where the claimant lives while others may be carried out at the claimant's home.

How PIP is assessed

There are 12 'activities' that are used to decide whether somebody can qualify for PIP. The first 10 are for the daily living component and the remaining 2 are for the mobility component. Each activity has a number of 'descriptors' based on the difficulties the person has. Points are awarded according to the difficulty the person has.

To qualify for PIP a person must get the following number of points:

Daily living component: Standard rate – at least 8 points / Enhanced rate – at least 12 points

Mobility component: Standard rate – at least 8 points / Enhanced rate – at least 12 points

Challenging Decisions

People are not able to appeal as soon as they receive a negative decision. Instead they have to ask the DWP to reconsider the decision – this is known as a ‘mandatory reconsideration’.

If this fails to change the decision in the claimant’s favour then they can appeal. Appeals must be made directly to the Tribunal service, rather than to the DWP. Their appeal must contain a copy of the mandatory reconsideration decision – two copies of this decision will be sent to the claimant.

This factsheet is a general guide. It is not a full statement of the law.

To claim PIP:

Phone 0800 917 2222

Text Phone 0800 917 7777

Monday to Friday 8am to 6pm

Flexible Working

Did you know that as a family carer, you have the right to request flexible working from your employer. This could be working with adjusted start or finish times, working from home or job sharing. This right has been extended to all employees, whether or not they have caring responsibilities.

The procedure to request flexible working has changed.

The right to request flexible working has now been extended from some carers and parents to cover all employees with 26 weeks service or more. The request can cover changing hours, times or places of work.

Some employers provide better rights to flexible working than the basic rights outlined in this guidance so it’s a good idea to check your contract of employment as it may provide you with better entitlement.

Information on flexible working is available from Carers UK Website:

<http://www.carersuk.org/search/your-right-to-flexible-working>

Universal Credit



UNIVERSAL CREDIT TIMETABLE CHANGES

Each time we report on Universal Credit it seems to get further and further away. It was intended to introduce the benefit for new claims nationwide from the spring of 2015.

However the introduction is being phased in. The latest information we have is that Universal Credit will not start in Cambridgeshire for new claims until at least December 2015.

For those who have not been following the saga, Universal Credit is intended to replace the main means tested benefits and roll them all into one single payment. In most areas when Universal Credit is introduced for new claims it is only applying to single jobseekers - so not for families or for people who are unable to work because of sickness or disability.

Universal Credit is for people of 'working age' - that is those who are below the age limit for claiming Pension Credit which is based on the State Pension Age for women. This is currently moving to equalise with men's pension age - it is currently between 61 and 62, but will increase. Where a couple have one member under the relevant age and one above it they would be considered for Universal Credit rather than Pension Credit. This will be a change from current practice where people of similar ages would be able to claim Pension Credit (which is more generous than working age benefits).

For more information see website:

www.gov.uk/jobcentres-where-you-can-claim-universal-credit

Learning Disability - Mental Health

Feeling Down?

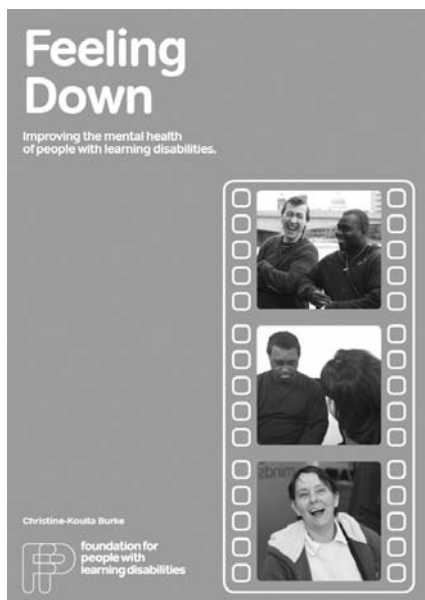


foundation for
people with
learning disabilities

The Foundation for People with Learning Disabilities (FPLD) has produced an easy read resource for people with learning disabilities, to help them find out what mental health might mean for them. It explores what someone can do if they are feeling down, what might get them down and what feeling down might feel like.

'Feeling Down: Looking After My Mental Health' is a great resource that family carers or paid staff can use to help someone with a learning disability understand their mental health.

Download from: www.fpld.org.uk/our-work/health-well-being/improving-access-mental-health



Feeling Down really hones in on the fact that everyone feels down from time to time and that life has its ups and downs as we all go through changes. Mental health problems can occur at any time in someone's life. If you are ever feeling significantly down and would like to talk to someone about it, the Mental Health Foundation has published a useful resource, called 'How to talk to your GP about your mental health':

[www.mentalhealth.org.uk/
publications/gp-visit-guide/](http://www.mentalhealth.org.uk/publications/gp-visit-guide/)

The Foundation for People with Learning Disabilities produce a range of publications, including reports, briefings and information booklets which can be found on their website at: www.fpld.org.uk

Access to Banking

Making Banking Easier

Dosh is an organisation dedicated to supporting people with learning disabilities to manage their money. As well as offering financial advocacy support and corporate appointments for individuals, they have produced a very useful guide, Making Banking Easier.



It helps people understand banking, know what they should be getting and know how to ask for it. It includes:

- Opening, changing and closing an account
- What should banks be doing?
- How can I get support with banking?
- How can I deal with problems?
- What do banking laws say?
- What do equality laws say?

The guide was produced following Dosh's research report Access to Banking for People with a Learning disability, which highlights the obstacles people face, and suggests solutions.

You can find the guide and the report at: www.dosh.org

Dosh is part of the Thera Trust Charity No 1090163

Employ a PA ? - Know about Tax



If you employ a Personal Assistant 'Disability and Tax – A Guide' has helpful information about processing tax and National Insurance contributions. It makes technical information easier to understand and offers tools to help manage the administrative side of employing a PA. The website will also be of interest to people thinking about employing a PA, to help decide whether to process payments and tax themselves, or pay an organisation to do this for them.

The website covers all you need to know about employing a PA from finding a PA to paying them, working out National insurance contributions and filing tax returns

For more information go to: <http://disabilitytaxguide.org.uk/>

Registered Charity No 1037771

Living Sport

LIVING SPORT TO SUPPORT MORE DISABLED PEOPLE TO GET INTO SPORT



Cambridgeshire & Peterborough Sports Partnership

play • achieve • enjoy

Living Sport are now managing the Stepping Stone project on behalf of Cambridgeshire County Council. Stepping Stone aims to encourage regular sports participation for anyone over the age of 14 with a disability or long term health need and covers the full spectrum of additional needs.

The project has been running for the last 2 years and Living Sport is taking over delivery until the end of July. To date, the project has engaged with 140 individuals and successfully supported 79 people to become regular participants in their desired sport at local clubs and sports settings. Five people have received help to become Coaches, two to become Volunteers and one an Official.

Many participants said that they would recommend the project to others and that the activity offered was suitable for their needs. They were able to develop new skills, enjoyed the activity and felt included. Living Sport now hopes to build on the good work that has already been carried out to support more people to try out a new sport with the view to joining a local sports club as a participant, coach, volunteer or official.

The results of Living Sport's recent disability sport consultation said 4 in 10 would like to do sport in a mainstream sports setting with support; over 65% of disabled people who are not currently participating want to get involved in sport or physical activity. This project is perfect for helping those people not already engaged in sport and helping to address any individual challenges as to why they are not currently participating.

Rebecca Gilbertson, Disability Sport Coordinator at Living Sport, who will be leading on Stepping Stone, commented:

'This is an exciting development for us to take on Stepping Stone and see the project continue to engage as many people as possible until the end of July. As a disabled person myself I know first-hand how difficult it can be for someone to have the courage to try something outside of their comfort zone, but I have also seen how sport and leading a healthy active lifestyle can change lives and enable people to become valued members of their community. I hope we can use Stepping Stone to help people make the steps they need to try sport and see the benefits for themselves'

Gary Hughes, Cambridgeshire County Council said:

'I am delighted that we have been able to offer Living Sport the contract to deliver Stepping Stone. With their vast experience in delivering projects as well as knowledge and networks that are already engaging disabled people, I am confident the project will end on a high'

Anyone interested in finding out more about Stepping Stone and how Living Sport can help support people to access new sports activities should contact **Rebecca Gilbertson 01487 849929 or rebecca.gilbertson@livingsport.co.uk**. Living Sport is happy to support and advise individuals and sports clubs.

Do you care 'jointly'?

CARERS UK the voice of carers

Carers UK have recently launched 'Jointly', an app made by carers for carers, aimed to make it easier to organise, coordinate, and communicate with others who support their relative.

Jointly combines group messaging with other features including to-do and medication lists, calendar, contacts and more. You can use it with others, perhaps a circle of support, or on your own.

The app is free to download, but you will need to set up a 'circle of care' to begin using its features. A 'circle of care' can be purchased for a one off payment of £2.99. Once you have purchased a 'circle of care', you can invite as many people as you want to join.

Jointly can be used with iPhone, iPad, Android devices and most modern web browsers.



Download on iPhone, iPad and Android



For more information and a demonstration of how it works visit the website: www.jointlyapp.com

There are several apps for carers coming to market. If you are interested in these or have used one, please let us know.

Safe+Well Service



Safe+Well is an advice and information service about aids for daily living. This service is supported by Cambridgeshire County Council. We can provide information and advice to carers about daily living aids.

Safe+Well is a service suitable for people who need to purchase their own daily living aids, or wish to make their own choice of equipment, and who require information and advice.

We can advise about what aids may help and where these aids can be purchased.

We also offer information and advice about daily living aids that are not usually provided by the NHS such as items for eating or drinking.

Information and advice is available through the following options:

- Free online questionnaire which guides the user through some questions about daily living activities and provides a report with suggested equipment solutions. This includes videos that show brief demonstrations of daily living aids.
- Free telephone advice from an NRS Healthcare Occupational Therapist about daily living aids.
- Free advice and demonstration events attended by an NRS Healthcare Occupational Therapist - these are organised at community venues such as community centres and libraries.
- Information on local daily living aid retailers who are part of the Safe+Well network and can provide a trustworthy service.

Please see this link to our website for further information
www.safeandwell.co.uk/cambridgeshire/

Telephone: 01480 415719





Welcome to Eddie's. Eddie's is a Cambridgeshire based charity that supports many local people with learning disabilities. We provide a wide range of services that enable people to do the things they enjoy most, make new friends and become more independent, in a way that meets their personal needs. We also support parents and carers. Our trained staff and volunteers provide practical help, advice and information.

Our services include:

- Windmill Hydrotherapy Pool – based in Hinton Road, Fulbourn is specifically dedicated to people with learning disabilities and physical support needs enabling easy access into the water. Amongst the services offered include Pool Parties and Physio Exercise sessions five times a week.
- Artworks – also based in Fulbourn. The Artworks group helps people with learning disabilities get involved in a variety of art, craft, drama and music activities. Artworks is a great way to meet people, make new friends, learn new skills, express creativity and improve self-confidence. A free taster session can be arranged.
- Troublemakers – Eddie's performing arts group runs term time every Wednesday from 5pm - 7pm in Fulbourn and gives people with learning disabilities the opportunity to develop their performing arts skills with a variety of genres, styles and techniques used in this service user led group.
- Holiday Home – based in Heacham. Eddie's caravan based on the Park Resorts complex is fully accessible and sleeps up to six people. The caravan features everything that is needed for a holiday break and includes passes to the resort.

To find out more about any of our services, email us at info@eddies.org.uk
Call us on 01223 883130 or visit our website, www.eddies.org.uk

Registered Charity No. 1143944

THE CARE ACT and CHILDREN and FAMILIES ACT working together

CARERS TRUST CAMBRIDGESHIRE YOUNG CARERS

Did you know that under The Care Act, Young Carers have the right to an assessment of their needs where appropriate?

1. Children with caring responsibilities (Young carers)

Children aged under 18 who are providing care do have rights to be assessed for care and support. The Children and Families Act gives carers under the age of 18 the right to an assessment on the appearance of need, they do not have to request one.

The Care Act gives them the right to an assessment as they approach 18 years of age, called a Young Carers Assessment.

The Care Act also provides that where a disabled adult is being cared for, a local authority must consider whether there are any children involved in providing that care, and if so, what the impact is on that child.

2. Child carers: caring for your disabled child

The Children and Families Act gives parents of a disabled child a standalone right to an assessment. The Care Act does not provide a new right to a standalone carers assessment for non-parent carers of disabled children under 18.

The Care Act introduces a new duty on local authorities to carry out Child's Needs Assessments (CNA) for young people where there is 'likely to be a need for care and support' after they reach 18 (even if this will not amount to them having eligible needs). The CNA should look at what adult community care services a young person might qualify for when they turn 18 and should include a predicted personal budget, so that young people can plan and make informed decisions about their future.

Young people or their carers can request a CNA at any time before

Children & Families

a young person turns 18 and it should occur at a time when it is of 'significant benefit' to a young person's preparation for adulthood.

The Care Act also ensures that if the local authority has not carried out a CNA, then they must continue to provide community care services to the young adult until either a decision has been made that they do not qualify for services under the Care Act or the care they have been assessed as needing is actually in place.

Carers Trust Cambridgeshire **supports over 300 Young Carers** across Huntingdonshire and Fenland and Young Adult Carers across the county. [Centre 33 support Young Carers in South and East Cambs and City]. We also support Young Adult Carers across the county.

We run a number of support groups, 1:1's, trips and activities and are present to support the young carer at multi agency meetings such as Child Protection and Child in Need meetings.

Access to young carers is by referral only and we are working closely with our partners and referrers to ensure that the needs of the young carer are taken into account when assessing an adult. We will undertake assessments on young carers where the need has been identified and offer them support through transition planning and health and well being plans.

For more information about Young Carer services or how to make a referral please email:

Tracy.Hyland@carerstrustcambridgeshire.org

Children & Families

Preparing for Adulthood

Preparing for and moving into adulthood is an exciting time and should be a positive process with help available to assist young people who will, or may need Social Care support as adults in achieving their full potential. It can also be challenging and a bit scary for all as young people develop independence and try new things.

Young people and their parents have said that they want to start thinking about their future early on, so Children's Social Workers (or staff who work with young people who do not have a social worker), will begin to talk to the young person and their family about what they want from life and about future support needs.

Professionals will be sharing and signposting to information and support on housing, education, employment, training, money, leisure, support options and much more.

All this information is available on the Cambridgeshire County Council website 'Preparing for Adulthood' and there is a 'Preparing for Adulthood' protocol which gives more details about the process and what young people and their families can expect.

Contact: Siobhan MacBean, Disabled Children's Social Care Service Development Manager

Telephone: 01223 699041

Email: siobhan.macbean@cambridgeshire.gov.uk

Website: http://www.cambridgeshire.gov.uk/info/20136/special_educational_needs_and_disabilities_local_offer/527/disabled_childrens_social_care/8

Children & Families



pinpoint offers information, support and involvement to all Cambridgeshire parents and carers, especially families with children with additional needs and disabilities.

Find out about events, meet-ups, holiday ideas and local services and support on our website www.pinpoint-cambs.org.uk

Come along to our:

- **Well-being & Support sessions**
pinpoint runs regular sessions, with support from the Carers Trust, once a month during term time. Take a break with our speaker/therapist and have a chat with other parents and carers over coffee and cake.
- **Preparing for Adulthood support group**
If your child is aged 14-25, these parent and carer sessions are for you. Info, discussions and ideas to help support your young people as they grow up.
- **Network Meetings**
Our termly roadshow of Network Meetings across the county brings together parents and carers to discuss hot-topics – past meetings have featured EHC plans, bullying and mental health. Find out about our next series, taking place near you in October. See our website for more details.
- **Annual Conference**
Save the date: January 29 2016 - Information galore for SEND parents as well as mini-therapies, great guest speakers, workshops and lunch. - **All for free.**

pinpoint contact info

Email: information@pinpoint-cambs.org.uk

Phone: 01480 499043

Facebook: /pinpointcambs

Twitter: /pinpointcambs

Website: www.pinpointcambs.org.uk

Children & Families

Independent Support

Independent Support is a Government funded scheme running until March 2016. It will give extra help to young people and parents/carers with the changes being introduced to special educational needs and disability from September 2014. A parent's guide to Independent Support has been produced by the Council for Disabled Children (CDC).

View the leaflet on Independent Support in Cambridgeshire at: www.cambridgeshire.gov.uk/download/downloads/id/3493/independent-support-is

Who can use Independent Support?

Support will be offered to:

- Children, young people and their families being assessed for an EHC Plan
- Children with a Statement of Special Educational Needs converting to an EHC Plan
- Young people with an Learning Disability Assessment (LDA) converting to an EHC Plan

Who provides the service in Cambridgeshire?

Independent Support is available from:

- The Parent Partnership Service providing Cambridgeshire's Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS)
- Core Assets who have the contract to deliver independent support from the voluntary sector for Cambridgeshire

SENDIASS, Core Assets, pinpoint (the local parent carer forum) and the local authority will work together to ensure Independent Support is available to parents, carers and young people in Cambridgeshire.

For more information, contact SENDIASS on 01223 699214 or email: pps@cambridgeshire.gov.uk

For information about Independent Support offered by Core Assets, contact 0800 028 8455 or email: isreferrals@core-assets.com

Children & Families

March Pegs



- Does your child struggle?
- Does your child get frustrated?
 - Does your child fit in?
- Is it easier to stay at home?
 - Do you feel isolated?

We understand. We are offering a place to bring your child/children to have a chat or just a chance to get out of your house!

March Pegs is a voluntary organisation which understands children with unique personalities or a child who has been diagnosed with a different way of thinking. In fact four of our volunteer helpers are parents of children with special needs and the other two volunteers have years of experience working with these children.

Seasonal themed activities are planned and supported by our volunteers so the children can join in if they wish or they can just free play. Let your child/children be themselves in a safe and entertaining environment.

Come along to our monthly sessions held at The Burrow, located at Burrowmoor Primary School, Burrowmoor Road, March on then last Saturday of the month (but as volunteers aren't always available we email out closer to the dates to confirm the sessions), 10.30am to 12noon. This group is for all ages and siblings are welcome.

Email: marchpegs@gmail.com

Telephone: 07989 685796 (or text Sharon on this number)

Find us on Facebook under March Pegs.

Carers Magazine Request

REQUEST FOR CARERS MAGAZINE

I would like to receive my FREE copy of the Carers Magazine and I give my permission for the details and other relevant information given below to be held on a database by the Carers Trust Cambridgeshire in accordance with the Data Protection Act 1998. I understand that this means that the information about me will be kept confidential within the Carers Trust Cambridgeshire and is not shared with anyone else without my prior consent.

Signature: _____ Date: _____

- I would like more information about becoming a Carers Representative
- I would like to receive / *cancel free copies of Carers Magazine (please delete)
- I would like to receive large print copies (A4)
- I would like copies in another language (please state) _____
- I would like copies in Braille I would like audio copies
- Please email me a copy of the magazine. My email address is:

If you would like to receive your copy by email please send your request to:
care@carerstrustcambridgeshire.org

Please send completed forms to: Carers Trust Cambridgeshire, 4 The Meadow,
Meadow Lane, St Ives PE27 4LG Phone: 01480 499090 / 0845 241 0954

*For cancellation of copies please complete your name/address and email address.

Name: _____

Address: _____

Post Code: _____ Telephone Number: _____

I would like contact from a Carers Support Manager Yes / No (please circle)

Optional information.

Cared for Name: _____

Address: (if different from above)

Disability/Illness: _____

Relationship to Carer: (ie Parent/Husband etc) _____

**MORE
INFO**

CARERS TRUST CAMBRIDGESHIRE



CARERS SUPPORT OFFICERS COVER
THE WHOLE OF CAMBRIDGESHIRE
They can be contacted at:

CARERS TRUST CAMBRIDGESHIRE
4 The Meadow
Meadow Lane
St Ives
Cambs
PE27 4LG

Tel: 0845 241 0954 or 01480 499090

Email: care@carerstrustcambridgeshire.org

Website: www.carerstrustcambridgeshire.org

Carers Magazine by email

In times when public spending is scrutinised, we are trying to save money and make things more efficient. One way we can do this is to send the Carers Magazine via email.

If you would like to receive the magazine by email, you will help us make savings on printing, paper, time and postage.

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

