

# CAMBRIDGESHIRE carers

Quarterly Magazine | Issue 3 | Summer 2016 - June • July • August Edition



Carers Trust © All photos posed by models

## 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.

[www.carerstrustcambridgeshire.org](http://www.carerstrustcambridgeshire.org)

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All items are considered for publication, however large or small. To be featured in our next issue please submit articles by 4 July 2016.

The editorial team reserves the right to amend or withhold articles where deemed appropriate. We will attempt to contact you in regard to this.

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

If you have a suggestion for a story or would like to have your own story featured in the Carers Magazine, please contact Ellee Seymour 01480 499090.  
We'd love to hear from you!

If you would like to receive a copy of this Carers Magazine in large print, audio, braille; in another language; by email; or to unsubscribe, please contact Carers Trust Cambridgeshire 01480 499090 | 0345 241 0954 | [care@carerstrustcambridgeshire.org](mailto:care@carerstrustcambridgeshire.org)

# Welcome

Welcome to the Summer edition of the Carers Magazine which is full of news and events for carers, encompassing Carers Week (June 6-12), Volunteers week (June 1-12) and more. We have had some great feedback about the new format, including one from a reader who told us, "It was really good to see the magazine being finally geared towards all carers, including those who are parent carers like myself, and not just those who care for adults."

There were some suggestions for improvement, such as making it easier for readers to find events. We've responded - these are now in a central calendar pull-out section. We want this to be a co-produced magazine that keeps evolving, so keep your suggestions coming please.

Another reader said she would like to read more about practical support and campaigns available for family carers. Carers Week is an opportunity to raise the profile of carers, stage more events and work with others to do more or make their events more accessible for carers. Our highlight this year will include the Pride in Our Carers Awards for the first time. We would like to thank the many people who have been involved in arranging more for carers and hope that we make progress towards every week having the choices of a Carers Week.

Thank you, on behalf of the editorial team.

**Dr Helen Brown**

CEO at Carers Trust  
Cambridgeshire



## All Age Carers Strategy 2016-2020

Elaine Fleet Cambridgeshire County Council

Dear Carers,

Most of us will be a family or unpaid carer for a friend or relative at some point in our lives. Providing that care can sometimes have a serious impact in terms of carers being able to maintain their own health and education needs, or sometimes even their ability to remain employed becomes challenging. Personal relationships and social life can also be difficult.

In recent copies of the Carers Magazine, carers have been told about the new legislation called The Care Act (2014) which provides the legal framework that sets out how support will be given to carers nationally. The legislation places carers on an equal footing with those they care for in terms of 'Assessment of Need' and recognises the importance of maintaining carers' own 'well-being' whilst they continue in their caring role. Cambridgeshire County Council together with its partners who deliver our services is the organisation at the forefront of planning and commissioning to ensure that all our county's carers are supported appropriately.

We have recently published a new five year strategy that covers all ages of the Carer spectrum from 5+ years to no upper age limit which has been put together through extensive partnership and consultation work from carers themselves and the organisations that support them.

If you would like to know more about carer support or read the strategy in full please click on the link below:

<http://bit.ly/1TiN805>

or:

<http://bit.ly/1Y5alav>

t: 01480 499090

e: [care@carerstrustcambridgeshire.org](mailto:care@carerstrustcambridgeshire.org)

## Are you eligible for NHS continuing healthcare funding?

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The NHS continuing healthcare scheme is the name given to a package of care that is arranged and funded solely by the NHS for individuals who are not in hospital and have been assessed as having a "primary health need".

There's no clear-cut list of health conditions or illnesses that qualify for funding. Most people with long-term care needs don't qualify for NHS continuing healthcare or NHS continuing care because the assessment is quite strict. Being frail, for example, isn't enough.

If you are eligible, you can receive NHS continuing healthcare in a variety of settings, for example:

- **in your own home** – the NHS will pay for healthcare, such as services from a community nurse or specialist therapist, and personal care, such as help with bathing, dressing and laundry
- **in a care home** – as well as healthcare and personal care, the NHS will pay for your care home fees, including board and accommodation

NHS continuing healthcare is FREE, unlike social and community care services provided by local authorities. You may be charged for these depending on your income and savings.

### Who is eligible for NHS continuing healthcare?

To be eligible you must be over 18 and have substantial and ongoing care needs. You must have been assessed as having a "primary health need", which means that your main or primary need for care must relate to your health.

If you have a disability or if you've been diagnosed with a long-term illness or

condition, this doesn't necessarily mean that you'll be eligible for NHS continuing healthcare. The only sure way to know if you're eligible is to ask your GP or social worker to arrange an assessment.

There are 62,328 people in England receiving continuing healthcare funding, and the figure is expected to grow because of Britain's increasing elderly population. The issue was highlighted in The Sunday Times which described wide variations in the level of access to this funding across the country. It also referred to the difficulties of a Cambridge family in accessing the payment. The family's case was taken up by Cambridge MP Daniel Zeichner. He told Carers Magazine: "Continuing healthcare is funded locally and the large disparities in funding between areas concerns me – people are rightly unhappy about what is effectively a postcode lottery. It is important that consistent standards are in place and that patients and their families have confidence that assessments are carried out objectively.

"This is often a hidden problem as it is only when you or a member of your family have a serious long term health condition that you find out about the complexities of the system to get NHS funding for the care your loved one needs."

Further information on NHS guidelines for continuing healthcare scheme is available on their website: <http://bit.ly/1rQU0wb1>

\*Do you have a story to share about the continuing healthcare scheme? Have you applied for funding, how did you get on? We welcome your thoughts about this for our next Carers Magazine, please email [ellee.seymour@carerstrustcambridgeshire.org](mailto:ellee.seymour@carerstrustcambridgeshire.org) or phone 01480 499090.



# Healthwatch listens to local Gypsies and Travellers

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Gypsies and travellers make up the largest ethnic minority communities in Cambridgeshire; however, they are more likely to have poor health than other local people. They are also amongst the highest providers of unpaid care.

Healthwatch recently published “Our Health Matters”, the results of a project to find out more about the experiences of local gypsies and travellers. As part of this project, their volunteer Dr Kate D’Arcy, had detailed conversations with 15 local people. Kate works at the University of Bedfordshire and has experience of work and research with gypsy, romany and traveller communities.

Most of the people Kate talked to had complex medical needs; they had experienced a range of different health problems for themselves and within their family. Kate asked each person about their own, and their family’s health experiences. One person told Kate that their heavy caring workload was making them ill.

## Healthwatch Cambridgeshire’s “Our Health Matters” project found:

- Gypsies and travellers are strong and resilient. Most people only ask for help when they are desperate.
- Family support is strong, but older people can be lonely if they don’t have family nearby.
- People often don’t know about organisations that could help them.
- Specialist support from the Traveller Health Team works well, but is often the only way people can get help.
- Healthwatch has an important role to play in listening to the experiences of people who are not always heard by local decision makers. Care needs to work better for local gypsies and travellers.

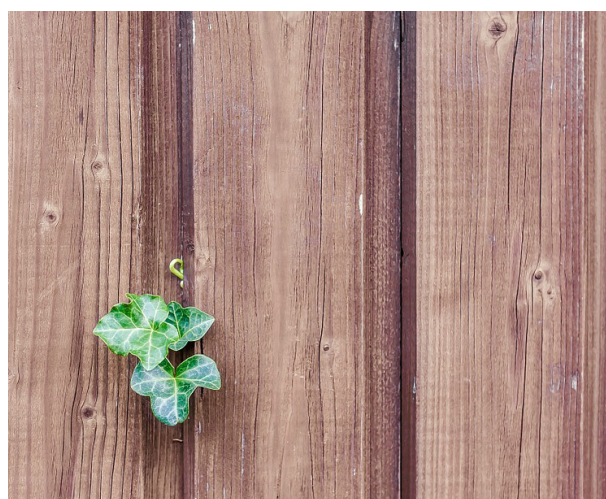
Healthwatch Cambridgeshire has asked local health and care decision makers to tell them what they can do to improve services for local gypsies and travellers. They will report back on the result of this work at their AGM on Wednesday 13 July, 7pm to 9pm at Swavesey Memorial Hall, High Street, Swavesey CB24 4QU.

Get in touch with Healthwatch Cambridgeshire if you have a recent experience of local health or care services. They will listen to your experiences and share them with the people who make decisions about local services, without identifying you.

## Healthwatch also provides an Information Service. They can help you find out about:

- health and social care services near to you
- what to do if you have a concern or complaint
- organisations that can give you help or advice

Call **01480 420628** or visit [www.healthwatchcambridgeshire.co.uk](http://www.healthwatchcambridgeshire.co.uk)



**healthwatch**  
Cambridgeshire

# How Social Media Savvy Are You?

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Have you heard of WhatsApp, Twitter and Instagram? Are you a Facebook follower? A recent study has shown that digital skills can be important for carers, bringing information together in one place and offering flexible support when carers need it – night and day.

The research was carried out by the Tinder Foundation, which is committed to supporting people to gain skills needed to benefit from digital technology and works alongside partners, including Carers Trust and Carers UK to help digitally excluded carers overcome barriers.

Their report entitled, *The Health and Wellbeing of Unpaid Carers: Where Can Digital Skills and Community Support Add Value?* concludes that there is “a really strong case for the huge potential role digital can play for carers.”

**Michele Lambert, Head of Digital at Carers Trust, says:**

- Digital technologies have a powerful role to play in reducing the feelings of isolation that many carers experience, allowing them to connect with others in a similar situation, find friendship and access information and support when they need it most. Carers of all ages tell us this can be a lifeline.
- For those that do not live near a local service or who are unable to leave their home due to the demands of their caring role, the internet can open a new window on the world, giving access to advice and peer support wherever they are in the UK.”

**Tinder Foundation’s key findings were:**

- Carers are benefitting from digital technology and local support. Of the carers surveyed, 92% use the internet several times a day or daily, 81% are

shopping online, 74% are keeping in touch with friends online, and 69% are banking online.

- Digital exclusion is a key issue amongst carers. Although many carers are benefitting from digital technology, digital exclusion is still a key issue, particularly amongst those of low economic status, the elderly and disabled. Many carers fall into these categories.

**It notes carers are using the internet to:**

- Seek information to aid their caring responsibilities via trusted websites and blogs relating to specific health conditions and carers rights, e.g. GOV. UK, the National Autistic Society website and Google for researching and help with decision making
- Access health and fitness websites, apps and tools, such as NHS Choices
- Access emotional support from like-minded people through specific forums on Facebook (of those that use online resources to help manage health and wellbeing, 30% use Facebook) and chat rooms
- Keep in touch with friends and family via social networking, such as Skype
- Entertain themselves and those they care for, e.g. through games, film, music, eBooks and family history.

**A mum aged 35-44 looking after disabled child under 18 years old, says:**

“ I use the internet for aspects of living, buying items, form filling, applications for everything and anything, paying bills, shopping around to get best deals to save time and to still feel like I’m in touch with the world socially, even though I am pretty much restricted to what I can do and where I can go.

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# Preventing falls in Huntingdonshire

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One of the most frequent causes of emergency admissions to hospital is from falls and the cost of unplanned admissions to hospital is a significant burden on the NHS. One of the ways to help reduce the number of falls is to keep older people active and improve their strength and balance. Huntingdonshire District Council's Sport and Active Lifestyles Team run a number of strength and balance classes across the district each week. Some are in One Leisure sites and others are in community venues such as the St Barnabas Church in Huntingdon, the British Legion Hall in Yaxley and the Rainbow Surgery in Ramsey.

As well as improving physical health, the classes are a great social occasion where people can make new friends. The Sport and Active Lifestyles Team can attend existing groups to give demonstrations and suggest home exercise programmes. Exercise bands are also available to purchase from the team allowing people to exercise in the comfort of their own home.

The team run a variety of group exercise classes accross Huntingdonshire for older people and people requiring additional support to exercise. Running at four different levels the classes start at chair based exercise and increase in activity level up to adapted circuit sessions so everyone can work at their own pace.

Freda's story:

"I learnt of the chair exercises from Dan, who came to talk to our Community Health Improvement Programme (CHIP) group to discuss exercise; I was bemoaning the fact that there was nothing for an "oldie" with dodgy knees. How wrong could I be! I started the RightStart classes on 5 January 2015 and under the expert guidance of Ron I have mastered the sit to stand. I have now moved on to working with leg weights; all this has substantially improved my mobility and

health. I also practice the exercises in my daily life.

I have encouraged my friends to come to the class and they are now feeling the benefit; it also has the added benefit of providing social interaction.

The RightStart class is excellent for us older folks; it is a good workout without the need for fancy equipment or getting us hot and sweaty!"

For more information about strength and balance classes in Huntingdonshire, email Danielle Sancaster on [activelifestyles@huntingdonshire.gov.uk](mailto:activelifestyles@huntingdonshire.gov.uk)

This article is shared courtesy of the Cambridgeshire Health and Wellbeing Board.



# Dementia Week 2016

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This year's Dementia Awareness Week is 15 – 21 May. Dementia is a disease that will impact on the lives of many more people as we live longer. The Alzheimer's Society predicts that there will be one million people with dementia in the UK by 2025.

A diagnosis of dementia can come as a shock. Even if it has been expected, it will be a worrying and upsetting time. It can also be especially hard for those close to the person living with the disease.

The word dementia describes a set of symptoms that may include memory loss and difficulties with thinking, problem-solving or language. Dementia is caused when the brain is damaged by diseases, such as Alzheimer's disease or a series of strokes. Dementia is progressive, which means the symptoms will gradually get worse, and the carer can become exhausted and feel isolated if not supported.

Estelle Mitchell is Caring Communities Manager with Carers Trust Cambridgeshire and runs the thriving Shelford Dementia Support Group.

She believes early diagnosis for dementia is crucial, saying: "A particularly challenging period for carers is when they are aware of the changes taking place with their loved-one, but they have difficulty understanding why this is happening and do not know who to turn to, or how to access support services."

The Alzheimer's Society website offers information about symptoms and diagnosis of dementia:

<http://bit.ly/1OUNUnn>

Or visit: [www.alzheimers.org](http://www.alzheimers.org)

Cambridgeshire and Peterborough Foundation Trust has a Dementia Carers Support Service, which has strong links with the Shelford Dementia Group, offering a buddy service to support carers.

The Dementia Carers' Support Service is an innovative new project that aims to link former carers with current carers of people with dementia to offer regular and consistent support as a befriender or buddy.

Experienced dementia carers support volunteers will be able to share their extensive hands on knowledge and skills. They will have time to listen, give practical advice and help to signpost services in the community when needed.

For further information, call Fe Franklin or Sally Kitchen on 01353 652092  
Website: <http://bit.ly/1TtsISk>

Carers and the person they care for are welcome to attend the Shelford Dementia Group. It meets on the second and fourth on Thursday of the month 10am-12 noon at the David Rayner Centre at Scotsdale's Garden Centre, Great Shelford.

One carer described her experience at the group, saying, "My dad finally made it along to his first meeting there which I've been prompting for such a while now. He found it really supportive to meet others in similar situations and the talk was of real interest.."

The varied programme includes poetry, reminiscence, singing, and dancing and talks by experts providing information to carers on a range of topics including managing stress, finances and funding, and managing falls. On 12 May the group will mark its 5th anniversary with a celebratory party.

[www.carerstrustcambridgeshire.org](http://www.carerstrustcambridgeshire.org)



# Thank you Jo!

The Cambridgeshire Carers Magazine team said a big “thank you” to Jo Stubbins who is stepping down after 15 years of invaluable support and hard work on the magazine.

During that time the magazine has appeared in many different shapes and sizes, and has just had another revamp to give it a more contemporary look.

Jo, a family carer, was presented with flowers, vouchers and cards and recalled how the magazine was launched as an A4 photocopied document as a result of parent-carers campaigns and discussions.

She told of the challenges of caring for her daughter during the day, squeezing in the magazine work late in the evening to early hours of the morning, with just a couple of hours sleep, and then starting all over again with her caring role.

Over the years, Jo would meet up with the editorial team, always with coffee, a heart to heart, laughter and occasionally managing to have lunch and a few hours shopping, a welcome break from her caring role. She would patiently help out at the last minute with cover design and sort out the photographs, coming up with great ways to format the magazine.

Without Jo’s input the magazine wouldn’t have had a carers voice, she knew that putting in a crossword puzzle or heartfelt poem to fill in the gaps was just what was needed at times.

Jo has now started working for Inclusion East, her daughter is supported to live independently and settling into a new routine and Jo is no longer supporting her 24/7. There are still challenges, but it is great to see Jo less tired and to hear she has

more time to be grandma and more time for herself.

Thank you Jo, for all you have done, your work for the Carers Magazine will not be forgotten.



Photograph, back row, from left: Joan Adamson, SCIP; Ruth Young, Duty Carers Support Officer at Carers Trust Cambridgeshire ; Dr Helen Brown, CEO at Carers Trust Cambridgeshire.

Front row, from left, Jo Stubbins and Elaine Fleet, Service Development Manager for Children, Families and Adults, Cambridgeshire County Council.

## Look after your back

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NHS Occupational Therapists and SENDIASS (formerly Parent Partnership) are running a FREE course to help parents, carers and family members who have to move and handle family or friends do this safely.

The session will look at what posture is and why it is important to ensure good posture, ways to use specialist equipment and the types of equipment used and within the different positions.

### The course will cover:

- What is Moving and Handling and what the Law says about it.
- Anatomy of the Spine.
- The Importance of Back Care including contributing factors to back pain.
- Efficient Moving Principles in order to protect yourself from injury.
- Moving and Handling Children and support available.
- Poor Handling Techniques (Controversial Techniques).
- Risk Assessments and why are they necessary.
- Equipment available.

### The course will run once in three different places:

- Monday 13 June 2016 – OASIS Centre, Wisbech 10am-12pm
- Thursday 7 July 2016 – Wood Green, Godmanchester 7pm-9pm
- Monday 10 October 2016 – CPDC, Trumpington 10am-12pm

To book a place or for further information please call Bob Wilson on 01223 699211 or email [robert.wilson@cambridgeshire.gov.uk](mailto:robert.wilson@cambridgeshire.gov.uk)

## Evidence of Caring needed for new National Carers Strategy

One year after the Care Act came into force on 1 April 2015, the Department of Health has launched a survey as part of its consultation for a new national Carers Strategy.

Their call for evidence invites participants to respond to an online survey, or to contact them via email with their response. They state:

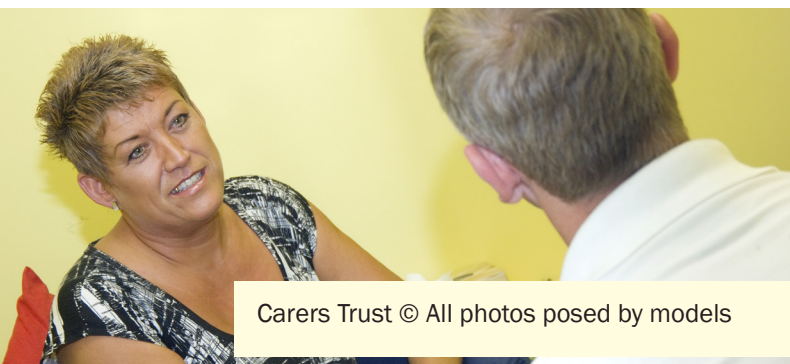
“We think that we need a new strategy for carers setting out how we can do more. One which reflects their lives now, the health and financial concerns they have, and gives them the support they need to live well whilst caring for a family member or friend.

“To help us develop the strategy, we want to hear from carers, those who have someone care for them, business, social workers, NHS staff and other professionals that support carers.”

The consultation runs until Thursday, 30 June. The survey will take 30-40 minutes to complete. If you don't have time to complete the whole survey, you can just complete those sections most relevant to you. Throughout this consultation, 'carer' means carers of all ages except where we specifically refer to young carers (carers under the age of 18).

The survey can be found at: <https://consultations.dh.gov.uk/carers/how-can-we-improve-support-for-carers/consultation/subpage.2016-03-08.6836342440/view>

If you would like to submit a separate response, or if you have any questions about this call for evidence, please contact [Carers@dh.gsi.gov.uk](mailto:Carers@dh.gsi.gov.uk)



# A REAL HIT! NEW

## Welcome 2 Our World

### Family Fun Sessions

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Family support group Welcome 2 Our World (W2OW) is organising family fun sessions throughout 2016. The sessions are for any families who have a child with special educational needs or a disability (SEND) to come and enjoy. The project is being delivered in partnership with Living Sport and supported by Comic Relief local communities funding through Cambridgeshire Community Foundation. Since the sports club started in January over 40 families have joined.

Thanks to support from Fenland District Council the sessions will be held at New Vision – Wisbech (Hudson Leisure Centre) every fortnight on a Saturday afternoon 4pm to 6pm. There are lots of activities on offer for the whole family to enjoy doing together. Sessions alternate between using the sports hall and the swimming pools for family swimming. Each session also has the use of the soft play area and the sensory room. In the sports hall activities include trampolining, cricket, football and fun games, these alternate each week.

W2OW aims to offer activities and support for the whole family. Parents MUST stay at the sessions and are responsible for their children at all times. This is also a chance for families to meet other families in similar circumstances and support each other, as well as the children being able to meet new people and join in with fun activities together. The cost is only £6 for every child with a SEND and £1 for every sibling. Parents go free.

Jayne Denby Chair of W2OW said:

“This project has been developed by W2OW over two years with many families throughout Fenland contributing to it's

development. Families have faced challenges and barriers to accessing sporting opportunities within their community. With the help of Living Sport, Cambridgeshire Community Foundation and Fenland District Council, those barriers are being overcome. Our next challenge will be to continue to engage with our families and develop this project with a view to making sport work for all.”

“ This project demonstrates how working together can deliver opportunities for all of the family to participate in sport and give each young person, whatever their level of SEND, the chance to gain from the many benefits doing sport offers. We are grateful to all of the families who have participated so far, and to all those who have helped get the project off the ground. Together we can make life healthier and more enjoyable for all, regardless of their impairments, and give all of our young people a sporting chance.

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To join the sessions families need to become members of W2OW; for more details or to sign up contact Jayne Denby at [jayne.denby@w2ow.org.uk](mailto:jayne.denby@w2ow.org.uk) or [info@w2ow.org.uk](mailto:info@w2ow.org.uk) or telephone 01945 410071.

Details of the sports club activities and other activities can be found on our website [www.w2ow.org.uk](http://www.w2ow.org.uk) which has all the details of activities the group organise.

If any sports coaches /providers would like to offer to deliver sessions please contact Jayne Denby at W2OW.





## **Carers Week 2016**

### **Creating Caring Communities Together**

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The theme of this year's Carers Week is building carer-friendly communities – helping all types of communities to support carers and their families better.

Carers Week is an annual national campaign which aims to raise awareness of caring, highlighting the challenges that carers face and recognising the contribution they make to families and communities.

We aim to build on the success of last year's Carer Friendly Communities campaign which was supported by health organisations, local authorities, employers, schools, politicians, volunteers and pharmacies who all got involved.

Every day, 6,000 people in the UK become carers. Many don't know how or where to get help.

At Carers Trust Cambridgeshire we have built a dedicated network of volunteer Carer Friends and Champions across Cambridgeshire and Peterborough by offering free carers awareness training to professionals and community groups with the aim of building Carer Friendly Communities to identify carers and link them to support as early as possible.

By doing this we can provide carers with advice and guidance, and enable family carers to make informed choices to help reduce the ill-health, social isolation, loss of education and work and poverty which carers can experience.

### **Carer Champion Story**

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Sandra is one of our Carers Champions from Care Network Cambridgeshire. She is a former carer herself, and told us about her experience of being involved with Carers Trust Cambridgeshire's Caring Communities work:

"I had hit 70 years and was newly retired and knew that I wanted to do something that would help and benefit others. I heard of Care Network Cambridgeshire and their volunteer roles of being a Local Community Navigator and the Help at Home Scheme. This was something that I knew that I could do as I had cared for my parents for many years.

"My volunteer role with Care Network has now led me to becoming aware of the work of the Carers Trust Cambridgeshire. By my own experience, I am passionate about the roles that carers have and I am very supportive of the work that Carers Trust Cambridgeshire do. I have now got involved as a Carers Champion in the Caring Communities Project. What happened to me, someone may say was very negative, BUT I know that something very positive has happened too. The knowledge of my experience, gives me the ability to





6 - 12 June 2016

communicate with people and when they realise that I KNOW a bit of what they are going through it helps them to open up.

“The project and training has re-enforced my passion of trying to help. By spreading information and being available in the community, I hope that I can help. Even if it makes a difference to just one person’s life, it will be worthwhile.”

If you would like to volunteer to support carers and their families, are interested in becoming a Carer Friend, or are a carer yourself and would be interested in joining our Carers Ambassador Team please contact Helen Howlett, Volunteer Manager, on 01480 499090.

If you would like support as a carer or information about caring in the community, you can contact Carers Trust Cambridgeshire on the same number.

**For details of Carers Week events in Cambridgeshire, see p14 & 15**

## Sharing the caring

Join us on Tuesday, 7 June to celebrate inspiring carers and share practical support and information

### Are you caring for someone?

- Meet health professionals from CPFT
- Hear how the Triangle of Care is involving carers of people with mental health problems
- Ask questions, get answers and share your experiences
- Learn more about the support you can get
- Tips on how to look after yourself
- How technology can help
- Help the Department of Health develop a new carers strategy and make sure your voice is heard.



Join a celebration of all inspiring carers with Carers Trust Cambridgeshire and Carers Trust Peterborough's Pride in Carers Awards 2016.



Date: Tuesday 7 June 2016

Time: 10.30am-4.30pm

Venue: The C3 Centre, 2 Brooks Road, Cambridge, CB1 3HR

To book your place email [triangleofcare@cpft.nhs.uk](mailto:triangleofcare@cpft.nhs.uk) or go to [sharingthecaring.eventbrite.co.uk](http://sharingthecaring.eventbrite.co.uk)

### Your invitation to attend the



**Tuesday 7 June 2016 from 2pm – 6pm**  
The Burgess Hall, Westwood Road, St Ives, PE27 6WU

Are you involved in community projects in your town or village? Or do you have a project in mind, but don't know where to start?

This event will help you fund, build and do more in *your* community, by putting you in touch with those who can help.

Browse a marketplace of stalls from voluntary and community sector organisations, funders, local authorities and local programmes.

Learn from our 'Community Stars', local community projects and groups who have successfully taken on challenges like those you are facing.

Book to attend one or more workshops on topics that interest you most.

Find out more and book for workshops at:  
[www.cambscommunityfair.wordpress.com](http://www.cambscommunityfair.wordpress.com)  
Search for us on Twitter #CommFair16

# Carers Week Events Calendar June 2016

Carers and groups that support them are pulling out all the stops during Carers Week 6-12 June to host events throughout Cambridgeshire. There are dozens of fantastic events being held every day of the week to celebrate and highlight the valuable work of family carers in our community.

## Monday 6

- [CTC Carer Awareness Stand](#) at Barclays Bank, Market Square, St Ives 9am to 2pm.
- [CTC Carers Week Stand](#) at Addenbrookes Hospital, main concourse 9am to 4pm, with Care Network.
- [CTC Drop-In with Wiltshire Farm foods](#) at Wisbech Library, 5 Ely Place, Wisbech PE13 1EU 2pm to 4pm.
- [Alzheimer's Society Wisbech Dementia Cafe](#) at The Robert Hall Centre, St Augustine's Road, Wisbech PE13 3AH 10am to 12pm, (see p20).
- [Alzheimer's Society Singing for the Brain®](#) at Marven Centre, Sawston Village College, New Road, CB22 3BP 10.30am to 12pm (see p20).
- [Young Carers Lunch](#) at Hampton College, Peterborough 1.25pm to 2.05pm.
- [CTC Information Stand](#) at Sainsburys, March.
- [CTC #ThinkYoungCarers Celebration](#) Huntingdon Youth Centre 4pm to 6pm [by invitation](#).
- [CTC Afternoon Tea Drop-In for Carers and their Cared For](#) at the Community Centre, Chaplins Close, Fulbourn 1.30pm to 3.30pm; call Kerry Dring on 01480 499090 for details.
- [Pinpoint ADHD/ASD Support Group](#) at Histon Early Years Centre, New School Road, CB24 9LL 10am to 12pm (see p24).
- [Pinpoint Self Harm: Parent Support Group](#) at March Library, City Road PE15 9LT 12.30pm to 2.30pm (see p24).

## Tuesday 7

- [Carer Awareness Stand](#) at Hampton College, Peterborough 9am to 2pm.
- [CTC Information Stand](#) at Sainsburys, March 9am to 4pm.

- [Carers Week Staff Event](#) at Addenbrookes Hospital, main concourse 8am to 4pm; with Care Network.
- [CTP Pamper Day](#) at Clayburn Court 10am to 4pm [by invitation](#)
- ['Sharing the Caring' Conference with Cambridgeshire and Peterborough Foundation Trust \(CPFT\) and presentations of the Pride in our Carers Awards](#) (see p13).
- [Carers & Members Lunch](#) at Trinity Hall, March 12pm to 4pm; call 01480 499090 for details.
- [ACRE Cambs Community Fair](#) at Burgess Hall, St Ives 2pm to 6pm (see p13).

## Wednesday 8

- [Coffee Morning](#) at Paston Health Centre, 8am to 12pm.
- [Pinpoint Parent Carer Pampering & Cake](#) at Hunts Sailing Club, St Ives PE27 4YA 10am to 12pm (see p24).
- [Parkinson's Support Group for friendship, fun and games](#) at 2 Ramsey Resource Centre, next to Rainbow Clinic, Stocking Fen Road, PE26 1SA 2pm; call Chairman John Hughes 01480 498318 for details.
- [CTC Information Stand](#) at Market place, March, 10am to 3pm.
- [CTC Rotary Kids Day Out](#) at Wicksteed Park [by invitation](#)
- [Support Group](#) for carers registered at Willingham Surgery 2pm to 4pm.
- [Cream Tea](#) at Arthur Rank Hospice, Cambridge 1.30pm to 3.30pm.
- [CTC Volunteers Cream Tea](#) at Anglesey Abbey, Lode 2pm to 4pm; places are limited, call by 20 May on 01480 499090.
- [Making Space Information Morning](#) in the Training Room at Tesco, Newmarket Road, Cambridge 10am to 12pm.

## Thursday 9

- [CTC Information Stand](#) at Sainsburys, Coldhams Lane, Cambridge.
- [CTC Great Shelford Dementia Carers Group](#) at David Rayner Centre, Great Shelford 10am to 12pm.
- [CTP Information stand](#) Peterborough City Hospital 10am to 3pm.
- [CTP Information stand](#) Peterborough Prison 12pm to 4pm.



- **CTC Young Carer Cake Sale** at Hinchingsbrooke School 1.15pm to 2pm.
- **CTC Staff Training** at Hinchingsbrooke School 3.30pm to 4.30pm.
- **CTC Mad Hatters Tea Party** at Huntingdon Regional College.
- **CTC Young Carers Coffee & Cake Parent Drop-In** at Witchford Village College.
- **Pinpoint ADHD/ASD Support Group** at The Fleet, Peterborough PE2 8DL 10am to 12pm (see p24).

### Friday 10

- **Cambridgeshire County Council's Library Roadshow** at Wisbech Library.
- **CTC Carers Cupcake Day/Message Tree** outside main entrance at Addenbrookes, 8am to 4pm.
- **CTC Information stand Sainsburys** at Coldhams Lane, Cambridge.
- **CTC Information stand** at Addenbrookes Hospital with Care Network 9am to 4pm.
- **Making Space Information morning for carers and relatives of friends of people with mental ill health** at Training Room, Tesco, Newmarket Road, Cambridge 10am to 12pm; email christine.burton@makingspace.co.uk or call 01480 211006 to confirm attendance.
- **CTC Information stand** at Brookfields Hospital 10.30am to 1.30pm.
- **Peterborough Carer Awareness Cake Sale & Lunch** at Hampton College, Peterborough.
- **CTC Carer Awareness Cake Sale** at St Peters School.
- **CTP Pamper Session** at Thorpe Hall 4pm to 8pm.
- **CTP Carers Family Picnic** at Thorpe Hall 6pm to 8pm.
- **Carers Vintage Tea Party** for carers registered at St Ives GP Surgeries at Needingworth Village Hall 2pm to 4pm **by invitation**.
- **Parkinson's Session** at Brookfields for patient/carer; call 01223 723014 to attend.
- **Pinpoint ADHD/ASD Support Group** at Ely Children's Centre CB7 4RB 12.30pm to 2.30pm (see p24).

### Saturday 11

- **Parent Carers Information Day with Buffet** at Family Voice Offices, 105 The Paynells, Orton Goldhay 11am to 2pm.
- **CTC Information Stall** at Ely Market Square 10am to 4pm.
- **Carers Picnic** at Hinchingsbrooke Country Park, Huntingdon 11am to 2pm (see p25).

## What else is on in JUNE...

### Wednesday 1

- **Alzheimer's Society Dementia Café in Ramsey** at Rainbow Surgery, Stocking Fen Road, Ramsey PE26 1SA 10am to 12pm, (see p20).
- **CTC Drop-In about Fire Safety at Home** at Huntingdon Library ground floor community space (old café), Princes Street, PE29 3PA 10am to 12.30pm.
- **Parkinson's Support Group for friendship, fun and games** at Dolphin Hotel, London Road, St Ives PE27 5EP 2pm; call Chairman John Hughes on 01480 498318 for details.
- **Parkinson's Support Group for friendship, fun and games** at the BRAZA Club, Elm Road, March PE15 8NZ 10am; call 01354 653761 for details.

### Thursday 2

- **Alzheimer's Society Dementia Café in Arbury** at Church of the Good Shepherd, Mansel Way, Arbury, Cambridge CB4 2ET 1pm to 3pm, (see p20).

### Saturday 4

- **CTC Information Market Stall** at Guildhall, Cambridge; Pop along to find out what help might be available for you.

Please see our website for a full list of events, including some additional groups which are not listed here.

**[www.carerstrustcambridgeshire.org](http://www.carerstrustcambridgeshire.org)**

01480 499090

[care@carerstrustcambridgeshire.org](mailto:care@carerstrustcambridgeshire.org)

## Sunday 5

- [Celebration and Thanksgiving Service for Carers](#) at Church Service at Thorpe Hall 2.30pm to 3.30pm; everyone welcome.
  - [Burwell Carers Group Church Service](#) at St Mary's Church, Burwell 3pm to 5.30pm.
- .....

## Monday 13

- [Pinpoint Parent Carer Wellbeing Session](#) at Masonic Hall, Bateman St, Cambridge 10am to 12pm (see p24).
  - [Pinpoint Network meeting](#) South Cambs, Papworth Trust CB23 3RG 10am to 1.30pm (see p24).
- .....

## Tuesday 14

- [CTC Wellbeing Session - Laughter, Yoga & Lunch](#) at Ely Community Centre 10am to 1pm (see p22).
  - [Pinpoint Network meeting](#) Hunts, Medway Centre PE29 1SF 10am to 1.30pm (see p24).
- .....

## Thursday 16

- [CTC Wellbeing Session - Laughter, Yoga & Lunch](#) at Ely Community Centre 10am to 1pm (See p22).
  - [CTC Drop-In about Medicines Management](#) at Ely Library, 6 The Cloisters, CB7 4ZH 10am to 12pm.
  - [Alzheimer's Society Dementia Café](#) at David Rayner Centre, Scotsdales Garden Centre, Great Shelford CB22 5JT 10am to 12pm, (see p20).
  - [Carer Peer Support Group](#) at St Neots Tesco Community Room 1.30pm to 3.30pm, call Sue Honour on 07928464309 or email [stneotscarersgroup@gmail.com](mailto:stneotscarersgroup@gmail.com).
  - [Creative Minds Group](#) at St. John's Church, Church Street, Somersham PE28 3EG 2.30pm to 4pm, (see p22).
  - [Pinpoint Network meeting](#) Fenland, Oasis Centre PE13 3NR 6.30pm to 9pm (see p24).
- .....

## Saturday 18

- [Ely Dad's Group](#) at Wicken Fen 10.30am to 12pm (see p25).
- .....

## Monday 20

- [Alzheimer's Society Singing for the Brain®](#) at Marven Centre, Cambridge CB22 3BP 10.30am to 12pm, (see p20).
  - [CTC Drop-In](#) CAB talking about 'free energy' scheme at Tesco Extra Superstore, Community Room, Bar Hill CB23 8EL 10.30am to 12.30pm.
  - [Pinpoint Network meeting](#) Cambridge City, Ross St, CB1 3UZ 6.30pm to 9pm (see p24).
  - [Parkinson's Support Group](#) for friendship, fun and games at Old Market Court, Tebbutt's Road, St Neots PE19 1RQ 2pm; call Chairman John Hughes on 01480 498318 for details.
- .....

## Tuesday 21

- [Alzheimer's Society Dementia Café](#) at St Ives Free Church (United Reformed) Market Hill, PE27 5AL 10am to 12pm, (see p20).
  - [Parkinson's Ely District Support Group](#) Garden Party 2.30pm to 5pm (see p21).
- .....

## Wednesday 22

- [The Learning Disability Partnership Board Meeting Involving Carers](#) in Ely 11am to 3pm; call Beth McCabe on 0300 111 2301 or 07982 752243, or email [beth@cambridgeshirealliance.org.uk](mailto:beth@cambridgeshirealliance.org.uk) (see p22).
  - [CTC Drop-In about First Aid](#) at March Library, City Road, PE15 9LT 10am to 12pm.
  - [CTC Drop-In CAB](#) talking about 'free energy' scheme at Masonic Hall, Bateman St, Cambridge CB2 1NA 10.30am to 12.30pm.
- .....

## Friday 24

- [Pinpoint Network meeting](#) East Cambs, Ely Library CB7 4ZH 10am to 1.30pm (see p24).
- .....

## Monday 27

- [Pinpoint ADHD/ASD Support Group](#) at Hunts Forum, The Maple Centre, 6 Oak Drive PE29 7HN 10am to 12pm (see p24).
  - [St Neots Social Lunch](#) at Eaton Oak Pub, St Neots PE19 7DB 12.30pm (see p26).
- .....





## Tuesday 28

- **Alzheimer's Society Dementia Café** at Cathedral Centre, Palace Green, Ely CB7 4AW 10am to 12pm, (see p20 ).
- **CTC Drop-In** about Fire Safety at Home at Ramsey Library meeting room, 25 Great Whyte, PE26, 1HA 10am to 12pm.
- **Pinpoint Benefits Update session** Hunts Medway Centre PE29 1SF 10am to 12pm (see p25).

## Wednesday 29

- **Parkinson's Support Group for friendship, fun and games** at PJ Care, Eagle Wood Neurological Centre, Bretton Way, Peterborough PE3 8DE times vary; call Sue McNally 01733 229190 for details.
- **Rethink Mental Illness Voluntary Carer Support Group** at Mind in Cambs Offices, 100 Chesterton Road, Cambridge CB4 1ER 7.30pm; call David Jordan on 01354 655786 / 07860 589758, (see p23).
- **Pinpoint Young People's Rights session** Ely Library CB7 4ZH 12pm to 2pm (see p25).

## Thursday 30

- **CTC Wellbeing Session - Laughter, Yoga & Lunch** at Ely Community Centre 10am to 1pm (see p22).

## What's happening in JULY...

### Monday 4

- **Alzheimer's Society Singing for the Brain®** at Marven Centre, CB22 3BP 10.30am to 12pm.
- **Alzheimer's Society Dementia Cafe** at The Robert Hall Centre, St Augustine's Road, Wisbech PE13 3AH 10am to 12pm, (see p20)

### Wednesday 6

- **Alzheimer's Society Dementia Café** at Rainbow Surgery, Ramsey PE26 1SA 10am to 12pm, (see p20).
- **Parkinson's Support Group** for friendship, fun and games at Dolphin Hotel, London Road, St Ives PE27 5EP 2pm.
- **CTC Adult Support Drop-In** doing Screen Printing at Huntingdon Library, Meeting Room 2 (lift at back of library), Princes

Street, PE29 3PA 10am to 12.30pm; call 01480 499090 for details.

- **Parkinson's Support Group** for friendship, fun and games at the BRAZA Club, Elm Road, March PE15 8NZ 10am.
- **Making Space Peer Support Meeting** at The Meadows Community Centre, St. Catherine's Square, Cambridge CB4 3XJ 7.30pm to 9pm; call Christine Burton 01480 211006, (see p23).
- **Pinpoint Self Harm: parent support group** at Ely Library CB7 4ZH 10am to 12pm (see p24).
- **Pinpoint Preparing for Adulthood Group** Bar Hill Community Room Tesco Extra, Viking Way, CB23 8EL 12.30pm to 2.30pm (see p25).

## Thursday 7

- **Alzheimer's Society Dementia Café** at Church of the Good Shepherd, Mansel Way, Arbury, Cambridge CB4 2ET 1pm to 3pm, (see p20).

## Sunday 10

- **Ely Dad's Group** your choice (see p25).

## Tuesday 12

- **CTC Drop-In** about Caring with Confidence at Wisbech Library, 5 Ely Place PE13 1EU 2pm to 4pm.

## Wednesday 13

- **CTC Carers Discussion Group** in March, 10am to 12pm; call Angela Whitehead on 01480 499090 for details.
- **Parkinson's Support Group for friendship, fun and games** at 2 Ramsey Resource Centre, next to Rainbow Clinic, Stocking Fen Road, Ramsey PE26 1SA 2pm.

## Thursday 14

- **CTC Drop-In** about Caring with Confidence at Ely Library CB7 4ZH 10am to 12pm.
- **Creative Minds Group** at St. John's Church, Church Street, Somersham PE28 3EG 2.30pm to 4pm (see p22).
- **CTC Great Shelford Dementia Carers Group - Talking about Lasting Power of Attorney, Mental Capacity and Wills** at David Rayner Centre CB22 5JT 10am to 12pm; call 01480 499090 for details.

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### Monday 18

- Alzheimer's Society Singing for the Brain® at Marven Centre, CB22 3BP 10.30am to 12pm, (see p20).
- Parkinson's Support Group for friendship, fun and games at Old Market Court, Tebbutt's Road, St Neots PE19 1RQ 2pm.
- CTC Drop-In about Carers Assessments & Support Planning at Tesco Extra Superstore, Community Room, Bar Hill CB23 8EL 10.30am to 12.30pm.
- Pinpoint ADHD/ASD Support Group at Hunts Forum, The Maple Centre, 6 Oak Drive PE29 7HN 10am to 12pm (see p24).

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### Tuesday 19

- Alzheimer's Society Dementia Café in St Ives PE27 5AL 10am to 12pm.
- Parkinson's Ely District Support Group return visit to Lode Gardens 2.30pm to 5pm (see p21).

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### Wednesday 20

- CTC Drop-In about Medicines Management at Masonic Hall, Bateman St, Cambridge CB2 1NA 10.30am to 12.30pm.

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### Thursday 21

- Alzheimer's Society Dementia Café in Shelford at David Rayner Centre CB22 5JT 10am to 12pm, (see p20).
- Carer Peer Support Group at St Neots Tesco Community Room 1.30pm to 3.30pm

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### Monday 25

- St Neots Social Lunch at Eaton Oak Pub, St Neots PE19 7DB 12.30pm (see p26).

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### Tuesday 26

- Alzheimer's Society Dementia Café at Cathedral Centre, Ely CB7 4AW 10am to 12pm, (see p20).
- CTC Adult Support Drop-In a Trip Down Memory Lane - bring a baby photo of yourself at 25 Great Whyte, Ramsey PE26 1HA 10am to 12.00pm; call 01480 499090 for details.

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### Wednesday 27

- Parkinson's Support Group for friendship, fun and games at PJ Care, Eagle Wood Neurological Centre, Bretton Way, Peterborough PE3 8DE times vary.
- Rethink Mental Illness Carer Support Group at Mind in Cambs offices, 100 Chesterton Road, Cambridge CB4 1ER 7.30pm.

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### Thursday 28

- CTC Great Shelford Dementia Carers Group - Talking about Direct Payments at David Rayner Centre, CB22 5JT 10am to 12pm, (see p23).

## What's happening in AUGUST...

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### Monday 1

- Alzheimer's Society Singing for the Brain® at Marven Centre, CB22 3BP 10.30am to 12pm.
- Alzheimer's Society Dementia Café at The Robert Hall Centre, Wisbech PE13 3AH 10am to 12pm, (see p20).

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### Wednesday 3

- Alzheimer's Society Dementia Café at Rainbow Surgery, Ramsey PE26 1SA 10am to 12pm, (see p20).
- CTC Adult Support Drop-In a Trip Down Memory Lane - bring a baby photo of yourself at Huntingdon Library, Meeting Room 2 (lift at back of library), Princes Street, PE29 3PA 10am to 12.30pm; call 01480 499090 for details.
- Parkinson's Support Group for friendship, fun and games at Dolphin Hotel, London Road, St Ives PE27 5EP 2pm.
- Parkinson's Support Group for friendship, fun and games at the BRAZA Club, Elm Road, March PE15 8NZ 10am.

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### Thursday 4

- Alzheimer's Society Dementia Café at Church of the Good Shepherd, Arbury CB4 2ET, 1pm to 3pm, (see p20).

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### Wednesday 10

- CTC Carers Group - Take a journey down Memory Lane in March, 10am to 12.00pm; call Angela Whitehead on 01480 499090 for details

- **Parkinson's Support Group** for friendship, fun and games at 2 Ramsey Resource Centre, Ramsey PE26 1SA 2pm.

#### Thursday 11

- **CTC Great Shelford Dementia Carers Group** at David Rayner Centre, CB22 5JT 10am to 12pm.

#### Monday 15

- **Alzheimer's Society Singing for the Brain®** at Marven Centre, CB22 3BP 10.30am to 12pm.
- **Parkinson's Support Group** for friendship, fun and games at Old Market Court, Tebbutt's Road, St Neots PE19 1RQ 2pm.

#### Tuesday 16

- **Alzheimer's Society Dementia Café** in St Ives PE27 5AL 10am to 12pm.
- **CTC Drop-In Journey Down Memory Lane** at Wisbech Library, 5 Ely Place PE13 1EU 2pm to 4pm
- **CTC Adult Support Drop-In** with Screenprinting at 25 Great Whyte, Ramsey PE26 1HA 10am to 12.00pm; call 01480 499090 for details.

#### Thursday 18

- **CTC Drop-In Journey Down Memory Lane** at Ely Library CB7 4ZH 10am to 12pm.
- **Alzheimer's Society Dementia Café** in Shelford at David Rayner Centre CB22 5JT 10am to 12pm.
- **Carer Peer Support Group** at St Neots Tesco Community Room 1.30pm to 3.30pm.

#### Tuesday 23

- **Alzheimer's Society Dementia Café** in Ely at Cathedral Centre CB7 4AW 10am to 12pm, (see p20).

#### Thursday 25

- **CTC Great Shelford Dementia Carers Group** - Talking about Driveability at David Rayner Centre CB22 5JT 10am to 12pm.

#### Monday 29

- **Alzheimer's Society Singing for the Brain®** at Marven Centre, Cambridge CB22 3BP 10.30am to 12pm, (see p20).

#### Wednesday 27

- **Parkinson's Support Group** for friendship, fun and games at PJ Care, Eagle Wood Neurological Centre, Bretton Way, Peterborough PE3 8DE, times vary.

#### Wednesday 31

- **Rethink Mental Illness Voluntary Carer Support Group** at Mind in Cambs offices, 100 Chesterton Road, Cambridge CB4 1ER 7.30pm.

**Please tell us what you think about the events calendar?**

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**We would like to know what you think of the events in this calendar and how they are featured? We think that with your feedback we can improve your Carers Magazine and make it even better.**

**We have posted a survey at: [www.carerstrustcambridgeshire.org](http://www.carerstrustcambridgeshire.org).**

**If you prefer, you can write to:**

**Carers Trust Cambridgeshire  
4 Meadow Park  
Meadow Lane  
St Ives  
PE27 4LG**



## **Do you care for someone with dementia? Come to our Alzheimer's Society workshops for information and support.**

People caring for someone with dementia are being offered the chance to learn more about the condition and how it affects the individual in a course run by Alzheimer's Society in Cambridgeshire and funded by the Carer's Trust Cambridgeshire.

The Carer Information and Support Programme, known as CrISP is a series of workshops for people caring for a family member or a friend with dementia. It provides an opportunity for you to talk in a friendly and confidential environment about your experiences and the impact they are having on you. By understanding more about dementia the course will help people to cope better with caring for the individual.

March Community Centre, 34 Station Road, March PE15 8LE

Monday morning from 6 June to 11 July

To attend, please phone 01945 580460 or email: [fenland.marshland@alzheimers.org.uk](mailto:fenland.marshland@alzheimers.org.uk)

Sawston Free Church, 3 High Street, Sawston CB22 3BG

Wednesday morning from 8 June to 13 July

To attend, please phone 01954 250322

or email: [cambridgeandelyoffice@alzheimers.org.uk](mailto:cambridgeandelyoffice@alzheimers.org.uk)



Are you planning an  
event we can list here?  
Please let us know,  
contact us on:  
[care@carerstrust  
cambridgeshire.org](mailto:care@carerstrustcambridgeshire.org)



## **Ely and District Parkinson's Support Group**

Our support group meets on the third Tuesday of each month with the exception of the month of August where there will be not be a meeting.

This group is aimed at people suffering with Parkinson's and their carers and we have a very varied Programme to suit everyone, some meetings we have Speakers and some are purely social. Outside meetings are also arranged with visits to Gardens or National Trust properties and also for meals out.

At present we have an average of 18 members and their carers from people living in Ely and outlying Villages who enjoy these meetings have a chat and enjoy the entertainment, a cup of tea or coffee with cake.

Anyone wishing to join the Group should contact either Brian Hayes on 01353 860102 or Jenny Lowles on 01353 861674

The Group meets at The Community Centre, Bell Holt, Ely, Cambridgeshire. Our meetings commence at 2.30pm to 5pm (see events calendar).

## **Caring for someone with Dementia? We can help!**

The Dementia Carers Support Service is an award winning service that aims to link current carers of people with dementia, with those who already have this experience, with a view to offering regular support as a befriender or buddy.

Former carers become volunteer befrienders, supporting current carers of those with dementia throughout their caring journey.

The service covers Ely and villages, Cambridge City, East and South Cambridgeshire.

We currently have a team of volunteers supporting carers in various ways varying from face to face contact, or by telephone/email. We also run various groups. If you are interested in the service, or just want more information then please contact the co-ordinators:

**Sally Kitchin 07432 701833**  
 (Monday - Wednesday)  
 Email: sally.kitchin@cpft.nhs.uk

**Fe Franklin 07506 579367**  
 (Thursday and Friday)  
 Email: fe.franklin@cpft.nhs.uk

**Terry Dellar 01353 652092** (Fridays only)  
 Email: terry.dellar@cpft.nhs.uk

We would also be very interested in hearing from those who may wish to volunteer. We look forward to your call!

## Carers Wellbeing Sessions

### Laughter Yoga Playshops!

HA HA HA!

Our playshop will be presented by  
Simon McKibbin, a certified Leader Practitioner

Laughter yoga sessions are a mixture of:

- Breathing
- Simulated laughter exercises
- Laughter
- Basic yoga postures
- Movement
- Short reflective quotes
- Meditation

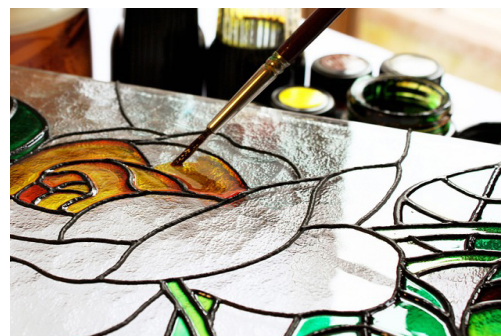
They are conducted in a fun, no pressure way, where a lighter hearted and playful atmosphere is cultivated to support the manifestation of happier and more upbeat beings.

*"Thoroughly enjoyed the session.  
Haven't laughed until I cried for ages".*

- ★ **14th June 10am-12 noon**  
Huntingdon Library, Princes Street, Huntingdon, PE29 3PA  
(Nearest car park Princes Street)
- ★ **16th June 10am-12 noon**  
Ely Community Centre, Larkfields Resource Centre, High Barns, Ely,  
CB7 4SB (Free car parking)
- ★ **30th June 10am-12 noon**  
Masonic Hall, Bateman St, Cambridge CB2 1NA (Free car parking)

Carers and Cared For all welcome  
Free light refreshments and lunch provided

For further information or to book a place please contact us on  
01480 499090 or alternatively email us  
care@carerstrustcambridgeshire.org



## Creative Minds Drop-In

A safe and supportive space where people can meet others, have a coffee and where there is an organised creative activity. Led by Janine Pike the activities can include collage, painting stones, making cards, using pastels, therapeutic colouring.

Meeting at St.John's Church, Church Street, Somersham, PE28 3EG (see events calendar for dates)

Email:  
sue-simpson@somershamparishes.org

## Are you a family carer for an adult with a Learning Disability?

Would you like the opportunity to be involved in the decisions made by Cambridgeshire County Council that affect you and the person you care for?

The Learning Disability Partnership Board offers the chance to be involved in shaping services in Cambridgeshire and is currently looking for family carers to join the Board



There are four meetings per year, on Wednesdays from 11am—3pm.  
The next meeting will be on 22nd June 2016 in Ely  
(meetings alternate between Cambridge and Ely)

If you would like to get involved or find out more please contact  
Beth McCabe [beth@cambridgeshirealliance.org.uk](mailto:beth@cambridgeshirealliance.org.uk)  
0300 111 2301 / 07982 752243

## Huntingdon Bipolar Groups

We hold our meetings the first Wednesday of each month from 2pm at the Maple Centre, 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.

[huntingdon@bipolarukgroups.org.uk](mailto:huntingdon@bipolarukgroups.org.uk)  
07985 147 705  
[www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

## Shelford Dementia Support Group

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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. You are welcome to come along to one or all of these sessions. (see events calendar)

To book a place and discuss the needs of the person you care for please contact Estelle Mitchell:

01480 499090

[care@carerstrustcambridgeshire.org](mailto:care@carerstrustcambridgeshire.org)

[www.carerstrustcambridgeshire.org](http://www.carerstrustcambridgeshire.org)



## Making Space Cambridgeshire Carer Support Service

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We will be holding another information morning for carers of relatives and friends of people with mental ill health. The guest speaker will be a Pharmacist from Fulbourn Hospital. (See events calendar for more details.)

It would be helpful if you could confirm your attendance by email:

[christine.burton@makingspace.co.uk](mailto:christine.burton@makingspace.co.uk)



## Rethink Mental Illness Cambridge Carers Group

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Rethink  
Mental  
Illness.

The local Rethink Mental Illness voluntary carer support group meets in the offices of Mind in Cambridgeshire. Parking can best be found in the side streets off Chesterton Road.

Please remember, your contribution to discussions, debates and your questions, are important, the speakers want to hear your concerns. Email: [CambridgeRethinkGroup@rethink.org](mailto:CambridgeRethinkGroup@rethink.org) (see events calendar).

Rethink Mental Illness is the operating name of National Schizophrenia Fellowship - Charity No. 271028b

## Help create dementia friendly communities



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Come to a Dementia Friends Information Session in your local library, to learn more about what it is like to live with dementia and turn your understanding into action.

These free sessions are being offered as part of our monthly 'Engage in the Afternoon' programmes, and are open to all.

For more details ask at the individual library or phone

0345 045 5225

**Alzheimer's Society** | Leading the fight against dementia

**Dementia Friends**  
An Alzheimer's Society initiative

## Support for Parents and Carers

Pinpoint offers free information, support and involvement to Cambridgeshire parents and carers, especially those with children with additional needs and disabilities. Find out about events, meet-ups, holiday ideas and local services and other local support groups on our website [www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk)

### Does your child have ADHD/ASD?

Our support groups at Ely, Peterborough and Histon help parents and carers who have children with ADHD and ASD. So if your children are accessing services, are on the waiting list, or have had a referral turned down, come along for practical advice and ideas on how to boost your resilience and work with your children at home and help manage their behaviour.

(see [events calendar for dates](#))

To book, call 01480 499043 or email: [bookings@pinpoint-cambs.org.uk](mailto:bookings@pinpoint-cambs.org.uk)

### Self Harm: parent support

This group offers support to parents and carers whose young people self-harm. This year, we have been holding our meetings around Cambridgeshire to reach more families affected by self-harming behaviour.

(see [events calendar for dates](#))

Contact Eve Redgrave 01480 499043 or email [eve@pinpoint-cambs.org.uk](mailto:eve@pinpoint-cambs.org.uk)

### Carers' Week: Cake & Pampering at Hunts Sailing Club in St Ives

Parents and carers are invited to join the Pinpoint team for coffee, great home-made cakes and a mini-pamper session at our special Carers' Week event on June 8 (see [events calendar](#)). If it's possible to take

the morning off please come along. Our wonderful team of therapists are here to give you a bit of "me" time. And it's all for free!

If you'd like to join us call 01480 499043 or email: [bookings@pinpoint-cambs.org.uk](mailto:bookings@pinpoint-cambs.org.uk)  
Online booking: <http://bit.ly/1Nzabay>

### Take a break at our well-being sessions

All parent carers are welcome to come along (see [events calendar for dates](#)). We usually have a speaker/therapist and you can chat with other parents and carers over coffee and cake. Parking available. To book, email Jackie King: [jackie@pinpoint-cambs.org.uk](mailto:jackie@pinpoint-cambs.org.uk)

### June network meetings:

These termly sessions across the county bring together parents and carers to discuss hot-topics – and have a say to help improve services and support. Our past meetings have featured EHC plans, bullying and mental health. We provide refreshments (plus lunch at daytime meetings). (See [events calendar](#).)

### Benefits Update Session

The benefit experts from Papworth Trust will be running this session, so if you're unsure of what you or your child/YP can claim or need help filling out paperwork, come along. It's free – just book ahead on 01480 499043. (See [events calendar for date](#).)

### Young People's Rights session-Ely

Legal expert Caroline Barrett from solicitors Irwin Mitchell will be leading this session for parents and carers of young people aged 14-25. Lots of practical advice on topics ranging from mental capacity assessments for our children to how to challenge social care plans. (See [events calendar](#).)

To book call Jackie King 01480 499043 or email: [jackie@pinpoint-cambs.org.uk](mailto:jackie@pinpoint-cambs.org.uk)

### Preparing for Adulthood Group

Raising young people aged 14-25? Then come along to our support group for parents and carers (see [events calendar for dates](#)).





**Strive** is a peer support group for Young Adult Carers ages 16-25 years. Meeting at Fenland and Huntingdon **(see events calendar)** drop in at both venues available for anyone wanting to come and chat individually from 5.30pm to 6.30pm. Group meetings 6.30pm to 8.30pm.

For more information call Nicky Hornsby, Senior Support Co-ordinator for Young Adult Carers 07738 806878

## Ely Dad's Group

- Sunday 22 May - meet at Pocket Park, Ely entrance 10.30am to 12pm. Then off to Sainsbury's for a hot chocolate afterwards.

(see events calendar for more dates)

Cost of £3 per child per activity.

This group is for all dads who have a child with additional needs. You can bring other siblings with you. However each parent/carer has to be responsible for their children. If you want another male person to come with you that is absolutely fine.

Please contact Jane Tuck on 07827 309394 for further information or to book a place.



**Carers Trust Cambridgeshire invite you to join us for a Carers Picnic**

**Saturday 11th June 2016**

**11am-2pm**

**Hinchingbrooke Country Park,  
Huntingdon**

**Please bring a picnic, picnic blanket and join in an intergenerational day with Family Carers from across all our services.**

Disabled access available

All family - all ages welcome

Bouncy castle on the day and other fun games with the staff

Contact Carers Trust Cambridgeshire for further information on 0345 241 0954  
care@carerstrustcambridgeshire.org



Come rain or shine we will be there!

Charity Registration No. 1091522



## Trampolining for Young People with Additional Needs

Calm, supportive and encouraging environment.

Tuesday 5.15pm - 6.15pm (term time). Impington Village College Sports Centre.

First taster session is free. The cost is then £4.50 per session.

Spaces currently available. Phone Maria on 07922 571351

## Libraries Roadshow

Carers Trust Cambridgeshire in partnership with Cambridgeshire Libraries are running a Libraries Roadshow in the run up to Carers Week 2016 to raise awareness of family carers and the support available. Why not call in and find out about the support which may be available to you and your family? Our Carers Support Officers will be available to provide information and advice ([see events calendar](#)).

## St Neots Social Lunch for Carers

Eaton Oak Pub Restaurant, St Neots PE19 7DB ([see events calendar](#))  
The last Monday of the month (where this is not a bank holiday)

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. We can provide transport.

Please phone Denise 07547 142939 to book a place.

## Peterborough Disability Sports

We are entering the outdoor season for sports and exercise. Details of Vivacity's activities can be found on the website: [www.vivacity-peterborough.com/disabilitysports](http://www.vivacity-peterborough.com/disabilitysports)

There is a full and exciting programme – something for everyone.

## Adapted Cycling

Ferry Meadows sessions are;

- Thursdays 10am - 3pm and 4pm - 6pm (staffed)
- Saturdays 12.30pm - 2.30pm (staffed), £2 per session, guaranteed 30 mins cycle use but can be more depending on numbers of participants
- Self-serve usage - £2 per hour. This can be arranged so you can use the cycles at a more convenient time, when coaches aren't available, and will involve having an induction and completing membership forms.



Carers Trust Cambridgeshire would like to invite you to join us for a

# Carers Lunch

at Trinity Hall, March, Cambridgeshire  
on Tuesday 7th June 2016  
from 11am to 3pm  
Entertainment

RSVP by Monday 16th May 2016  
Please call Kerry Dring on 01480 499090

Raising funds for family carers  
Any donations gratefully received

 [www.carerstrustcambridgeshire.org](http://www.carerstrustcambridgeshire.org)   
Charity Registration Number 1091522



# Talking about stress and suicide

AHEAD of Carers Week, 6-12 June 2016, Dominika Karpowicz, Mental Health Campaigns Officer at Mind in Cambridgeshire, tells us more about two exciting mental health promotion campaigns running across Cambridgeshire and Peterborough - and how they can help support carers.



Nearly a quarter of a million children in England and Wales are caring for a relative (Office for National Statistics 2013). This in turn can prove very stressful and affect young people's education and job prospects - that's where the Stress LESS campaign could help...

Stress LESS is a stress-busting, stigma-tackling pilot campaign that launched across the county in April 2016 and culminates at the end of Mental Health Awareness Week (16-22 May 2016). The campaign seeks to empower students (aged 12-18) to find positive ways of coping with school/college and exam stress. There is a focus on the message 'Take five; feel better', equipping students with simple strategies they can use over five weeks to feel less stressed. Students are also encouraged to get creative and share their own strategies on social media using the hashtag #Take5challenge.

A key part of the campaign is Stress LESS Champions – students (aged 14-18), passionate about mental health and wellbeing, who promote the 'Take five' strategies to other students, share their own and signpost their peers to help and support as and when required. With a number of active Champions already in place across the county, the campaign will be looking to recruit more from September 2016 – watch this space!

Stress LESS is a Mind in Cambridgeshire project, funded by Cambridgeshire County Council and Peterborough City Council until March 2017. For more information and how to get involved see [www.mindincambs.org.uk](http://www.mindincambs.org.uk) or follow the campaign on Facebook and Instagram.



Caring for someone else can often be challenging, which may leave carers feeling stressed, isolated or even depressed. These feelings of frustration or hopelessness may also lead to thoughts of self-harm or suicide – that's why we need to talk about it...

STOP Suicide is an award-winning suicide prevention campaign, that seeks to empower communities and individuals across Cambridgeshire and Peterborough, to help stop suicides by being alert to the warning signs, asking directly about suicide and helping those who are feeling suicidal to stay safe.

As well as the STOP Suicide Pledge, resources and Applied Suicide Intervention Skills Training (ASIST), volunteer Campaign Makers are central to the campaign. Campaign Makers help support and spread the campaign message by distributing STOP Suicide resources within their community, raising awareness on social media or at various events across the community. If you'd like to join this exciting social movement and really make a difference, see how to get in touch below.

This campaign started life as an NHS England-funded pilot and is now funded by Cambridgeshire County Council and Peterborough City Council. It is being led by the charities Mind in Cambridgeshire, Peterborough and Fenland Mind and Lifecraft, supported by local NHS and public health teams.

For more information and how to get involved visit [www.stopsuicidepledge.org](http://www.stopsuicidepledge.org) or follow the campaign on Twitter and Facebook.

If you want to get in touch about either campaign, please email: Dominika Karpowicz, Mental Health Campaigns Officer at [dominika.karpowicz@mindincambs.org.uk](mailto:dominika.karpowicz@mindincambs.org.uk) or phone: 01223 311320





## An inspirational Young Carer - Beth West

Beth West, 20, is an inspirational young carer for her mother Camilla who has multiple sclerosis. She became her young carer at the age of seven.

Beth, who comes from Chatteris, is currently living in Luton and studying Psychology, Counselling and Therapies Degree at the University of Bedfordshire.

Beth recently won the Young Citizen of the Year Award in the Pride In Fenland Awards. The awards are held to recognise and celebrate volunteers in Fenland.

Beth, who is supported by Carers Trust Cambridgeshire, volunteering at their young carers group, describes her life as a young carer:

**Q:** What is your experience of being a young carer?

**A:** I have had good times and bad times. I do all sorts, including housework, such as cooking, helping mum transfer e.g. getting on her stairlift, helping her into bed.

Photograph from left to right: Philip West (dad), James (brother), Camilla (mum), Beth and Chloe (sister)

**Q:** How has being a young carer affected your life?

**A:** I've lost friends from being a young carer so I don't really tell people now. I think this is because they don't understand. The friends I do have are really supportive. I don't know any different life other than being a young carer.

**Q:** What do you struggle with most?

**A:** Juggling university coursework when I'm at home in the holidays as I care for mum. This was the same at college and school. When I qualify I want to work as a counsellor specialising in children's mental health.

**Q:** What kind of support do young carers need?



**A:** More recognition nationally in order to get support. Schools could be doing more, for example, offering pupils a place to go and a specialist teacher who pupils can go to. Definitely groups they can go to in the evening as this is something that benefited me.

**Q:** How important is it for young carers to be identified early on?

**A:** Really important so support can go in early. I didn't get support until I was 16. Earlier help would have been good as I felt alone. A group to go to means you have people you can talk to about it and who understand.

**Q:** What help and support are you given by Carers Trust Cambridgeshire?

**A:** I used to go to the young carers group. I then volunteered at the group. I have been on residentials with other young carers, for example, going to Grafham Water as part of a project called Take The Lead. I am an ambassador with Carers Trust Cambridgeshire. I still receive one-to-one support via email and telephone when I am away and over a cup of coffee when I'm home!

**Q:** Do you have any advice for other young carers?

**A:** Don't be afraid to ask for help because there are always people out there that are willing to listen and support you.

If you have a suggestion for a story or would like to have your own story featured in the Carers Magazine, please contact Ellee Seymour 01480 499090. We'd love to hear from you!

## Do you want to #ThinkYoungCarer!



The young carer team are looking for organisations that want to #ThinkYoungCarer!

A group of young carer champions in Huntingdon are passionate about raising the profile of young carers and in order to do this the champions have designed a window sticker and have produced a film.

If you are interested in supporting our project please contact us and you will receive a free window sticker and a link to our awareness raising film. Should your organisation feel they would benefit from additional training regarding young carers then our champions can help!

Contact Alice Boon or Tania Bingham for more information: [tania.bingham@carerstrustcambridgeshire.org](mailto:tania.bingham@carerstrustcambridgeshire.org) or [alice.boon@carerstrustcambridgeshire.org](mailto:alice.boon@carerstrustcambridgeshire.org)

## Have you been watching 'The A Word' on BBC One?

### Have you noticed a hidden Young Carer?

The popular BBC One drama 'The A Word' followed a family trying to fight the stigma attached to autism. Their son Joe has been displaying eccentric behaviours since the age of 5 and has been diagnosed with Autism. This new diagnosis has taken over Joe's mother's life as she struggles to come to terms with it. It follows her ambition to get Joe the support he needs in his community.

This main storyline shows the struggle the family faces trying to avoid labelling their child at such a young age but the background storylines are equally as important. Joe has an older sister Rebecca, who is undoubtedly a hidden young carer.

Programmes like this help us to understand the importance of raising awareness of young carers to make sure none go unrecognised. In the programme, Joe's sister helps look after him. She helps him with everyday tasks along with her parents. The sister is also one of the few individuals who understand Joe's behaviours. Despite Joe's parents gaining recognition for acting as his carers, Rebecca does not. There are many young people who just like Rebecca are in need of support. Siblings may not take on the primary caring role but they may be expected to take on more responsibility than other young people their age. This level of duty can have a big impact on their lives.

Charities like Carers Trust Cambridgeshire does raise awareness of hidden young carers. They help young carers get the recognition they deserve, but also provide support and respite. Programmes like 'The A Word' highlights the need for a holistic approach to support, to make sure no one is going unrecognised.

## James Griffin Bursary Fund Supports Young Carers in St Neots

Young Carers and Young Adult Carers in St Neots are invited to submit applications for up to £100 funding to support their educational needs. It follows a new bursary that has been created by Carers Trust Cambridgeshire from a memorial fund in honour of James Griffin.

Mr Griffin died tragically at the St Neots Dragon Boat Race last year. His widow, Rebecca Griffin has donated £2,000 collected in his memory to Carers Trust Cambridgeshire. Carers Trust Cambridgeshire, with the full permission of Mr Griffin's family, created the James Griffin Bursary Fund in celebration of James' life.

The funds will be used to support an educational bursary scheme for young and young adult carers in the St Neots area to support the educational needs of young carers, such as books, educational supplies, school trips and required kit.

Tracy Hyland, Head of Young and Young Adult Carer services, said:

"To say we are overwhelmed by the generosity of the Griffin family is an understatement. The money raised in James' memory will provide countless opportunities for young carers and young adult carers in St Neots and support them in their educational endeavours.

"Carers Trust Cambridgeshire is committed to supporting young and young adult carers to achieve their aspirations and dreams who are often economically disadvantaged due to their caring role. This fund will go a long way to support that. We are indebted to the kindness of the Griffin family for thinking of us at this time."

For information about the fund email: [Alice.Boon@carerstrustcambridgeshire.org](mailto:Alice.Boon@carerstrustcambridgeshire.org) or call 01480 499090

## A Memorandum of Understanding for Carers

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A new and broader Carers Memorandum of Understanding has been published by NHS England. It provides "an integrated approach to the identification and assessment of carers' health and wellbeing needs" for carers of all ages.

Dr Helen Brown, CEO of Carers Trust Cambridgeshire, who participated in a consultative regional workshop for the new MoU, described it as an "historic" moment. She said:

"It may be bordering on hyperbole to describe this as historic, but actually, many think it is. The document gives a clear framework for local whole system working for carers, something many have craved for a long, long time. It is also clear about the need to include consideration of young carers."

The new MoU promotes the duty of NHS organisation to co-operate with local authorities and encourages whole family approaches, as well as understanding requirements arising from NHS Policy and legislative change requiring improved support for carers, including young carers. The guide has been developed through a very participative process, including four regional workshops supported by the ADASS Carers Policy Network.

It acknowledges that whilst formally allocating the duties within the Care Act to Local Authorities, other bodies also have a duty to co-operate.

## You Too Could Win A What If? Hamper

Carer Jacqueline Donaldson was thrilled to learn she had won a hamper in a What If? prize draw from Carers Trust Cambridgeshire. All carers who complete the emergency plan registration are automatically entered into the competition.

"I was having a bad morning until I heard this news. You have cheered me up no end," said a delighted Jacqueline, who lives in Wyton, near Huntingdon. Jacqueline cares for her husband David who suffers from multiple sclerosis. "I'm pleased I have completed the What If? plan. I think it will really help me if something unexpected should happen. My daughter's details are listed as an emergency contact and this gives me great peace of mind."

All carers are urged to complete the What If? registration. The What If? service operates 24 hours a day, 7 days a week, every day of the year and is available to family carers in Cambridgeshire. It can provide urgent support to the cared-for person in the event of the carer being unable to care because of a sudden illness, accident or other unplanned event. This is done by getting in touch with nominated contacts listed by the carer, with back-up support available if needed.

**If you would like further information or assistance about registering a What If? plan, call Carers Trust Cambridgeshire on 01480 499090. The registration form is also available online: <http://bit.ly/1MgLWXb>**



  
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Crossroads carer service  
action · help · advice



Photograph:  
Winner's  
What if? Hamper



Carers Trust Cambridgeshire are the leading provider of carers support for families in Cambridgeshire.

Carers Trust Cambridgeshire is there to help by:

- Providing flexible breaks for family carers
- Preparing carers for an emergency with its unique What If? plan
- Offering training, support and information for family carers
- Providing carer awareness training for professionals
- Supporting young carers and young adult carers
- Providing groups, activities and individual support for children and young people with disabilities

Carers Trust Cambridgeshire also has a team of dedicated carer support workers who are paid the national Living Wage, spending at least an hour with the client when out on call.

They can be contacted at:

Carers Trust Cambridgeshire  
4 Meadow Park, Meadow Lane, St Ives,  
Cambridgeshire, PE27 4LG



## Did you Know?

There are 78,000 carers in Cambridgeshire and Peterborough, with some as young as 8 years old. Most go unrecognised and receive little or no support until a crisis point is reached.