

CAMBRIDGESHIRE CARERS

QUARTERLY MAGAZINE



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.

CAMBRIDGE CITY &
SOUTH CAMBS

EAST
CAMBRIDGESHIRE

FENLAND

HUNTINGDONSHIRE



Cambridgeshire
County Council


carerstrust
Cambridgeshire
Crossroads carer service
action · help · advice

Contents

Editorial Team

Jo Stubbins (Carer)

Laura Green (Carers Support Team Manager)

Ellee Seymour
(Communications & Content Officer)

Nancy Voak (Carers Business Support Officer)

Joan Adamson (SCIP)

Carers Support Team (Carers Trust Cambridgeshire)

All items are considered for publication, however large or small. Please send in articles by

1 February 2016 for the Apr/Jun 2016 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.

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If you would like to receive a copy of this Carers Magazine in large print, audio, Braille, any other language; if you wish to receive an email copy or if you no longer wish to receive a copy - please contact Carers Trust Cambridgeshire on

01480 499090 / 0345 241 0954

email: care@carerstrustcambridgeshire.org

Editorial

Welcome to the first edition of Cambridgeshire's Carers Magazine in 2016.



The editorial team would like to take the opportunity to wish all of our readers a happy new year. As our thoughts turn to the year ahead Adam Rowles, Chair of Board of Trustees, Carers Trust Cambridgeshire shares his reflections on the challenges faced by family carers and his vision for the future (page 4), whilst Cambridgeshire County Council invite you to have your say on the Children, Families and Adults services strategy for 2016-2021 in which they set out their approach to protect the most vulnerable whilst strengthening the impact of the preventative work done in response to increasing demand and expectation and the need to make £100m savings over the next five years (page 18-19). *Things are clearly changing and it's everyone's responsibility to make sure what's there for carers and families are the right things.*

The new year is also an opportunity to reflect on what has past and 2015 was an eventful year. Find out about Dr Jane Hawking's moving appeal for improved support to be provided to family carers at Carers Trust Cambridgeshire's 30th Anniversary event, entitled Evidence For Supporting Carers (pages 22-23). *Do you ever feel like she did? Let us know.* 2014-2015 saw Carers Trust Cambridgeshire supporting more family carers than ever before and one of these carers has kindly shared his moving experience of the caring role and the help that he has found most useful on page 40. 2015 has also seen some exciting new initiatives aimed at better supporting family carers such as the CPFT Carers Charter (page 39) and the successful roll out of the Caring Communities project (page 29) as well as our new contingency planning service, the "What If" scheme (page 20). The young adult carers involved in the STRIVE project have been busy making a film with NHS England (page 51) and we look forward to hearing about the progress of our newly appointed colleagues during 2016 in developing support for businesses that employ family carers (page 24) and in identifying more young carers in schools (page 58).

It is reassuring to see that during these difficult times there remains a wealth of universally accessible support including groups delivered by those who understand the caring role waiting to welcome new visitors in 2016, so why not check out the What's on pages and make this your new year's commitment for yourself? The Editorial Team.

New Year Message

*Work with us,
before it reaches crisis
point.*

New Year Message from Adam Rowles, Chair of Board of Trustees, Carers Trust Cambridgeshire

When I was first asked to write this piece I wondered about the tone I should take. During the course of 2015 we saw the introduction of statutory rights for carers for the first time - surely a huge step forward in terms of raising the profile and recognising the contribution of unpaid family carers? Overshadowing this step forward, however, has been the continuing pressure on funds from both central and local government - something that is only going to get worse over the coming years. We face a situation where the population is not only rising, it is getting older and long term morbidity is increasing - a perfect storm? This is inevitably going to mean an even greater reliance upon the role of the army of unpaid family carers in their families and communities. Are we ready for this? I would suggest we are not. I think society is still largely in denial about what it is going to take to look after our husbands, wives, children and parents should they need care in the future.

This situation leads me to ask what the role of Carers Trust Cambridgeshire will be in the years to come. Much is spoken of vision, strategy, tactics etc. not to mention process, accountability and sustainability (if we are not here we cannot do). But what exactly does all this mean? Precisely what is it that we are trying to do?

My word limit on this piece does not allow me to answer all these questions, nor am I clever enough to have any or all of the answers. It is a new year. For many, the start of that year will not mean anything new - if they are lucky it will be a continuation of the situation, if unlucky the worsening of their circumstances. What I would like to do with this article is to share a personal aspiration. That aspiration is that during 2016 fewer people will have to leave their homes to go shopping wondering what they might come back to, that fewer people will feel the guilt of being exasperated with a loved one, that fewer people will be trapped in a hospital bed for lack of resource for them to go home, that more people will be supported to remain in their own home, that fewer people will feel isolated within their own communities, that fewer children will have their educational potential blighted by caring responsibilities. I could go on, but the list might be a long one. In short I want the world to be an easier place for unpaid family carers to continue to live their own lives and fulfil their own potential.

To accomplish any of the above we need to reach out to whole communities to say "work with us to identify need before it reaches crisis point". We need volunteers to help out in any way they feel they can. We need people to raise money for us in order that we can continue with our work. We need to recruit more staff dedicated to raising the profile of unpaid family carers. Most of all we need a commitment that one person at breaking point is one person too many. Caring is not something that can be cured but with an acceptance that we are all potential carers or that we will know someone who is we can make a difference to individual lives. My challenge to everyone at the start of 2016 is to ask what small thing you, as an individual, can do to make sure that we make that difference to someone's life.

What's on: Cambridge area



Carers Trust Cambridgeshire Carer Drop-In

Masonic Hall, Bateman Street, Cambridge CB2 1NA

10.30am to 12.30pm

Weds 20 January - *Safe & Well project* – information and advice on choosing daily living aids that might be helpful for you or the person you care for. Where you can buy and try equipment around the county with time to answer questions.

Weds 17 February - *The Cambridgeshire Bobby scheme* - local charity provides a service to older or vulnerable people by improving home security to reduce crime and the fear of crime – the bobbies fit door chains, window alarms and other security devices to make people feel safer in their own homes, provide security advice and reassurance

Weds 16 March - *British Legion Poppy Calls* – provide a *handyman service*, dedicated to those who have served or are serving in the Armed Forces (includes widows, widowers & ex service people) and it is designed to help those unable to carry out small repairs and minor adaptations to their homes.

Tesco Extra Superstore, Community Room, Bar Hill CB23 8EL 10.30am to 1pm

Mon 18 January - Caring & Coping – Angela Whitehead, Carers Trust Cambridgeshire talking from *Caring with Confidence* course - strategies on how to cope.

Mon 15 February - Caring & Me - Angela Whitehead talking from *Caring with Confidence* course - how to maintain your health and well being.

Mon 21 March - Safe & Well project – information and advice on choosing daily living aids that might be helpful for you or the person you care for. Where you can buy and try equipment around the county with time to answer questions.

For more information please contact the Carers Support Team

on: 01480 499090 / 0345 241 0954

Email: care@carerstrustcambridgeshire.org

Have you put off
planning ahead? Don't...

Willingham Carers Group

at Willingham Medical Practice, Long Lane, Willingham CB24 5LB

2pm to 4pm

Weds 9 March

Stephen Duffy from Buckles Solicitors will be giving a talk on Wills, Lasting Power of Attorney and Trusts.

If you are a carer registered with Willingham Medical Practice and are in need of some information, guidance or just a friendly chat and cuppa please come along.

Carers Support group run by Karen Pawley Carers Lead.

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

Jan 14 and 28

Feb 11 and 25

Mar 10 and 24

You are welcome to come along to one or all of these sessions. To book a place and discuss the needs of the person you care for please contact:

Estelle: 01480 499090 estelle.mitchell@carerstrustcambridgeshire.org

Email: care@carerstrustcambridgeshire.org

Website: www.carerstrustcambridgeshire.org



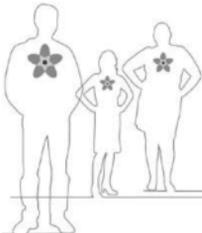
Help create dementia friendly communities

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.

Weds 20 January 2pm to 3pm Great Shelford Library

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



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.

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.

Alzheimer's
Society

Leading the
fight against
dementia

Dementia Café in Shelford

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

Time: Third Thursday of the month 10am to 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 to 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 to 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, Cambridge CB22 3BP

Time: Every Monday 10.30am to 12 noon

A stimulating group activity for people in early or moderate stages of dementia and their carers. If you are interested in attending, please call us first to speak to our dementia support worker.

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 welcome to attend to support the person with dementia. 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 call our dementia support worker who will assess your needs first. Alzheimer's Society Cambridge & Ely Office

Email: cambridgeandelyoffice@alzheimers.org.uk

Tel: 01954 250322

What's on: Cambridge area



Rethink Mental Illness

Cambridge Rethink Carers Group

the local Rethink Mental Illness voluntary carer support group meets at 7.30pm on the last Wednesday of the month. All meetings are held in the offices of:

Mind in Cambridgeshire offices, 100 Chesterton Road.
Cambridge CB4 1ER

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.

Contact: David Jordan 01354 655786 (M) 07860 589758

Email: CambridgeRethinkGroup@rethink.org

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

Making Space Diary Dates

Making Space will be holding the following events for relatives and friends of people with mental ill health.

Carers peer group meetings are held bi-monthly at the Meadows Centre, St Catherine's Square, Cambridge CB4 3XJ from 7.30pm to 9pm on Weds 6 January and Weds 9 March.

For more information about any of these events please contact staff on 01480 211006 or email pauline.mansfield@makingspace.co.uk



Epilepsy Support Group

meets on third Saturday of every month 10.30am to 12.30pm at St Mary's Church, Church Lane, Sawston CB22 3JR. Sat 16 January, 20 February, 19 March

For anyone affected by epilepsy (either directly or through family or friends) the group aims to provide a friendly environment in which people can share their experiences and learn more about epilepsy. Sessions will feature a talk during the first half on a particular aspect of epilepsy, followed by refreshments, chat and peer support in the second half. People will be welcome to attend one or both halves of a session, and there is no commitment to attend every month. You can find more information on our website www.sawstonepilepsysupport.org or on our facebook page: [SawstonEpilepsySupport](https://www.facebook.com/SawstonEpilepsySupport)

What's on: East Cambs & Fenland area



Carers Trust Cambridgeshire Carer Drop-In

Wisbech Library, 5 Ely Place, Wisbech PE13 1EU **2pm to 4pm**

Mon 11 January - *Medicines Management* - Pippa Scrimshaw talks about support available from pharmacies and brings gadgets and storage systems to look at.

Mon 1 February - *Hearing Help* - Come along to talk about your hearing issues with Frances Dewhurst. Selection of aids available to look at.

Mon 7 March - *Easter Crafts* - Come along and enjoy a fun and relaxed time.

March Library, City Road, March PE15 9LT **10am to 12 noon**

Weds 20 January - *Medicines Management* - Pippa Scrimshaw talks about support available from pharmacies and brings gadgets and storage systems to look at.

Weds 10 February - *Hearing Help* - Come along to talk about your hearing issues with Frances Dewhurst. Selection of aids available to look at.

Weds 23 March - *Easter Crafts* - Come along and enjoy a fun and relaxed time.

Ely Library, 6 The Cloisters, Ely CB7 4ZH **10am to 12 noon**

Thurs 14 January - *Safe & Well project* - information and advice on choosing daily living aids that might be helpful for you or the person you care for. Where you can buy and try equipment around the county with time to answer questions.

Thurs 11 February - *Wiltshire Farm Foods* - a frozen meals with home delivery service 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 give nutritional advice and are available for one to one discussions. Tasters, information and advice are free.

Thurs 10 March - *Alzheimer's Society* - a dementia advisor will offer support and information for people who have dementia and their carers.

For more information please contact the Carers Support Team on:

01480 499090 / 0345 241 0954

Email: care@carerstrustcambridgeshire.org

Parkinson's UK March Branch

Meets on the first Wednesday of each month at the BRAZA Club, Elm Road, March PE15 8NZ from 10am

Anyone affected by Parkinson's is most welcome to attend for support, friendship, fun and games.

Contact number - 01354 653761

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

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.

Alzheimer's
Society

Leading the
fight against
dementia

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 Cafe

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

Time: First Monday of the month (except Bank Holidays*) 10am to 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 to 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 to 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: Huntingdonshire



Carers Trust Cambridgeshire Carer Drop-In

Huntingdon Library ground floor community space (old café), Princes Street, Huntingdon PE29 3PA

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

Weds 6 January – an *introduction to Reiki* (a Japanese technique for stress reduction and relaxation that also promotes healing)

Weds 3 February – *Embrace* – free support for Huntingdon residents over the age of 65 to remain independent at home; such as help with paperwork, safety at home, benefits, equipment etc.

Weds 2 March – *Easter Art as Therapy* – relax and unwind with some art therapy (all equipment provided)

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

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

Tues 26 January – *Mindfulness and coping with stress* - Look after your emotional wellbeing; learn to re-connect with your body and your senses and be aware of the present moment.

Tues 23 February - *Embrace* – free support for Huntingdon residents over the age of 65 to remain independent at home; such as help with paperwork, safety at home, benefits, equipment etc.

Tues 22 March - *Easter Art as Therapy* – relax and unwind with some art therapy (all equipment provided)

For more information please contact the Carers Support Team on:

01480 499090 / 0345 241 0954

Email: care@carerstrustcambridgeshire.org

Making Space Diary Date

Making Space will be holding a Carers coffee morning with a guest speaker for relatives and friends of people with mental ill health. This follows on from previous carers mornings held around the county.

Weds 10 February 9.30am to 12.30pm at
Huntingdon Library, Princes Street, Huntingdon PE29 3PA

For more information about events please contact staff on

01480 211006 or email pauline.mansfield@makingspace.co.uk



What's on: Huntingdonshire

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

Alzheimer's
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dementia

Alzheimer 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. Carers are also welcome to attend to support the person with dementia. This is also a valuable opportunity for people with similar challenges, to share their experience and support each other.

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 10am to 12 noon

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 am to 12 noon

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

If you are interested in attending any of the above groups it is important that you call first, so that our dementia support worker can assess your needs.

Alzheimer's Society Cambridge, Ely and Huntingdon Office

Email: cambridgeandelyoffice@alzheimers.org.uk

Tel: 01954 250322

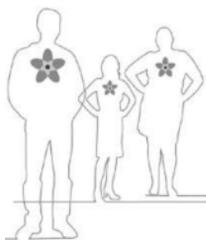
What's on: Huntingdonshire



Cambridgeshire
County Council

Help create dementia friendly communities

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.



Weds 20 January 2pm to 3 pm Yaxley Library

Fri 29 January 2pm to 3 pm St Neots Library

Mon 8 February 2pm to 3pm Warboys Library

Tues 8 March 3pm to 4pm St Ives Library

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

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dementia

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 12.30pm - 25 January, 29 February, 28 March.

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.

Wednesday Walkers

Bluntisham Baptist Church in association with Huntingdon Health Walks.

Meet at Bluntisham Baptist Church Hall at 11.15am for quicker walkers and 11.30am for a more measured pace for 20 – 30 minute walk on the following dates:

27 January, 24 February, 30 March

The walks are suitable for all abilities and are led by our Parish Nurse and team.

You are also welcome to join us afterwards for a light lunch.

For information contact Sheena - 07747 799629

What's on: Huntingdonshire

ST NEOTS



VOLUNTARY WELFARE ASSOCIATION

Community Centre Church Walk St Neots Cambridgeshire PE19 1JH

If you wish to know more about
The VWA Day Centre, or you want
to arrange a visit please contact:

Glenys Shaw

01480 475274

Email: manager@stneotsvwa.org.uk
www.stneotsvwa.org.uk

St Neots Day Centre
offers a place for elderly
people from the area to
meet with others and enjoy
a range of activities and a
good meal.

The work at the Centre is
designed to promote,
maintain and improve the
physical, mental and
emotional well-being of our
clients.

The staff are professional
and very caring. This
ensures a safe and
comfortable environment in

which everyone is able to relax and
enjoy their time at the Centre.

A highlight of the day is the two course
lunch, prepared in our own kitchen.
Ingredients are fresh and special diets
can be catered for.

All attending pay a £6 per day
contribution. Further fees may apply to
clients with means above a certain level
(as determined by Social Services) but
the manager will discuss these, entirely
confidentially, where appropriate.

Transport to and from the Centre can
sometimes be arranged (subject to
assessment and availability).

To find out more, please get in touch.



Days to remember

Day Centre:

Tuesdays, Wednesdays
and Fridays
10 am to 3 pm

Lunch Club:

Thursdays at 12 pm

What's on: Countywide



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

YOUNG ADULT CARERS

Carers Trust Cambridgeshire provides Young Adult Carer services throughout Cambridgeshire. The service is open to 16+ young adult carers and can offer peer support, 1:1's, statutory carers assessments and transition planning.

The service is referral only, but young people who have a caring responsibility can refer themselves to the service.

We also offer other projects to young adult carers, leadership projects, personal development, skills for life, residential. We also support local & national organisations with specific pieces of work. Currently five of our young adult carers are working with NHS England to produce a film about life as a young adult carer.

We are also working with CPFT to develop some resources for staff to support young carers who support a relative with a mental health issue.

For information about any of our projects please contact Tracy Hyland, Young Carer & Young Adult Manager on 01480 499090

You are invited to Clayburn Court's free Pamper Day

Thursday 21 January 2016, 10am to 4pm

As a carer, you work tirelessly to provide excellent care for your loved ones, so we wanted to take the opportunity to say thank you.

Take some time out of your busy schedule to look after yourself for a short while and indulge in a variety of free treatments at Clayburn Court care home. We have massages, reflexology, manicures and beauty treatments all available on the day. Tea and cake will also be provided.

Best of all you can bring your loved one along to be looked after while you relax, so you don't need to worry about a thing! Raffle proceeds to Carers Trust Peterborough.

Spaces are limited so please book in your treat by 4 January 2016.

Call: 0808 278 0072 Allison Purkiss, Clayburn Court care home, Clayburn Road, Peterborough PE7 8LB

Give your views on CFA Strategy

**Cambridgeshire County Council's
Strategy for Children, Families and
Adults services in Cambridgeshire
2016-2021**



**Cambridgeshire
County Council**

Across Cambridgeshire, demand from people who are eligible for adult social care, or children and young people's services continues at a level that exceeds the budget that is available to the Council. There is a rapidly expanding population of frail older people within Cambridgeshire who have increasingly complex needs and support requirements. Older people, particularly those over 85, use health and social care services much more than 65 to 85 year olds on average. Over the next 20 years, we are expecting the over 85s population to grow at an unprecedented rate, doubling from 2001 levels by 2021 and then more than doubling again by 2036.

The number of children in the County is growing and is accompanied by a rising level of need. This includes an increase in the number of Looked After Children and children with statements of Special Educational Need (SEN). For example, there were 2,850 statements of SEN in March 2012 and around 3,150 in March 2015.

There are also increasing expectations on the Council from recent legislation such as the Care Act 2014 that brings new duties to assess and support carers and will widen the number of people we provide assessments for, when responsibilities towards people funding their own services change. Expectations around the newly announced National Living Wage will significantly increase the cost of care for older people, people with disabilities and mental health needs and children and young people, with budget pressures are likely to run to several million pounds of additional costs over the next few years.

Alongside the increasing and changing demands on services, Government funding is reducing and the Council is tasked with making over £100m in savings over the next five years. This is 29% of the gross budget for children, families and adults services over this period. There are no more 'painless' budget reductions to implement, for example, through efficiencies or reducing duplication. Some extremely difficult decisions are having to be made and the sheer scale of the savings needed means the Council won't be able to provide services at levels that it has done in the past.

The Council is setting out its approach to how it will balance these competing challenges in its Children, Families and Adults (CFA) Strategy. The priority is to protect the most vulnerable and we will continue to do this to the best of

Give your views on CFA Strategy

our ability. The impact of making savings will be limited as much as possible but inevitably some services will be reduced, discontinued or delivered in a way that will be different for people. We will strengthen the impact of the preventative work we do with people, working with them to prevent need and to prevent an escalation of need for our high cost services. However, it is recognised that problems cannot always be solved quickly and some people will require ongoing support over the course of their lifetime.

Communities and families will be asked to do more to support vulnerable people. The role of carers in this is vital and this is recognised by the Council, reflected by the protection given to investment for supporting carers over the last five years. A Carers strategy is currently being written which sets out the Council's approach to supporting Carers over the next five years. This builds on the support that has already been put into place to support Carers. For example, Carers Trust Cambridgeshire is currently contracted by the Council to deliver Carer services such as a single point of access for information, advice and signposting. Personal budgets to support Carers' own wellbeing are also available for those Carers assessed as meeting the national eligibility criteria.

To give your views on the CFA Strategy please email Meredith Teasdale, Service Director, Strategy and Commissioning at:

meredith.teasdale@cambridgeshire.gov.uk



'What If?' Contingency Plan

**Are you a Carer?
- Have you registered
for the new 'What If?'
Scheme?**



Cambridgeshire
County Council

Because if as a Carer you are currently registered on the "ICER SCHEME"

You will need to do something

Please note that the ICER Support Scheme will end on 31st March 2016 and you will not automatically transfer to the What If? Scheme

To find out more details of how to register for the new 'What If' Scheme to replace your ICER Plan please contact:

Carers Trust Cambridgeshire
4 The Meadow
Meadow Lane
St Ives
PE27 4LG



01480 499090 / 0345 241 0954

Email: care@carerstrustcambridgeshire.org

What If? Plan available on-line <http://www.carerstrustcambridgeshire.org/our-services/support-for-carers/what-if-plan/>

'What If?' Prize Draw winner

You Too Could Win A What If? Hamper

David Hall is the first winner in Carers Trust Cambridgeshire's What If? prize draw. Like everyone who completes the new emergency plan registration, introduced in April 2015, David's name was entered into the draw a few months ago – and he never gave it another thought.

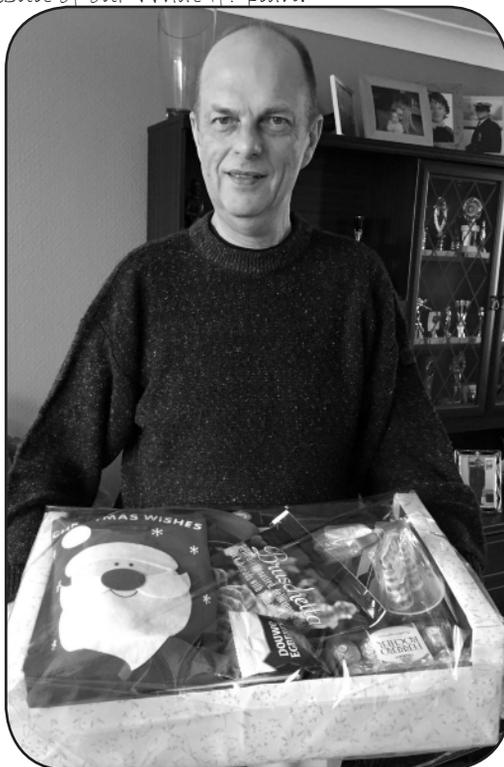
"Hearing I had won came completely out of the blue, it was a very nice surprise," said David, who lives in Cottenham, and is the carer for his wife Chris who suffers from a number of complex conditions and is confined to bed.

David added: "I was told about the What If? plan when I had my carers' assessment. I would certainly encourage other carers to sign up to it. While we have not had cause to use it yet, knowing it is there gives me peace of mind as I know there is some back up if there should be an emergency; I can ring Carers Trust Cambridgeshire and know that Chris will have the help and support she needs as a result of our What If? plan."

Every carers' name is automatically included in the prize draw which will happen at intervals throughout the year, once they have completed the What If? plan. If you would like further information about registering a plan, call Carers Trust Cambridgeshire on 01480 499090.

What If? Plan available on-line <http://www.carerstrustcambridgeshire.org/our-services/support-for-carers/what-if-plan/>

You don't need to have had a Carers Assessment to make a What If? Plan



Jane Hawking Appeals for Improved Support for Family Carers

Author Dr Jane Hawking made a very moving appeal for improved support to be provided for family carers at the Carers Trust Cambridgeshire & Peterborough's 30th anniversary event.

She made seven key recommendations based on her experiences of 25 years as a carer for Professor Stephen Hawking, which she says pushed her to the brink.

They are:

1. Care should be arranged around the needs of a patient, particularly if that patient wants to do a full-time job.
2. A regular provision of care in the home should be provided, perhaps at a specific time of day to relieve the constant burden on the principal carer.
3. A full acceptance of respite care for the carer can only be achieved with a sympathetic, but independent, outsider who can gain the trust of the patient and represent to him or her to the importance of the wellbeing of the carer.
4. The needs of the children of the family must be put first in considering the overall picture and should not be used inappropriately as another pair of hands.
5. Confidential counselling should be available to the family member who is shouldering the huge burden of caring for a disabled person.
6. Advice on technical support should be available to help with equipment that has been provided which can transform lives.
7. When a patient is to be discharged from hospital, the burden of care must not fall on the principal family member. Carers and nurses entering private homes must be properly vetted as people working with children already are. The patient and the family are one unit and should be seen and respected as such.



In a poignant speech, Dr Hawking told the audience of carers and professionals: "Although I was young and full of energy, the physical strain of keeping house, shopping, driving, single-handedly looking after my disabled husband who could do very little for himself, and looking after our two adorable small children unaided, was inescapable. If only there had been someone just

Jane Hawking Appeals for Improved Support for Family Carers

to help spoon feed children at mealtimes when I was looking after the children.

“I had reached the stage where I wanted professional help to see the way forward that seemed to be spiralling down into darkness. I could no longer cope on my own, but any mention of the illness would seem like a personal insult.

I desperately needed to be able to talk about intimate matters, family matters and the future without feeling disloyal. There was no-one I could talk to, I was feeling on the edge, and were it not for my children, I might have thrown myself into the river.”

Dr Hawking was speaking at the Carers Trust Cambridgeshire & Peterborough’s anniversary event entitled Evidence for Supporting Carers, which was held at Murray Edwards College, Cambridge.

She described how she became more and more exhausted in the 1970s and how their young children were called upon to function as their father’s arms and legs.

“This I found worrying as increasingly they, especially my eldest son Robert, were being deprived of their childhood and that of outside help, either from the state or non-existent charitable organisation. I gather that there are still one million children caring for disabled parents in this country. What a disgraceful reflection on our society that is.

“I hope the Carers Trust might be able to, or already has addressed some of the problems that I have outlined and perhaps has independently already adopted some of my suggestions so that today caring for a severely disabled person in a family setting is a happier and easier experience than it once was.”

Dr Helen Brown, CEO of Carers Trust Cambridgeshire & Carers Trust Peterborough, said Jane’s moving speech came straight from the heart and resonated with family carers in the audience who they are supporting.

She said: “We are already providing some of the important services which Jane suggests and are desperately needed. More people are going to have the experience of becoming carers in the future as our elderly population increases, and there isn’t the funding and the budget to support them or the numbers of professional staff that we need.

“We do need to change, and legislation is driving social care to integrate. At present, integration and joined up services for families aren’t very joined up, we need to be doing more than that.”

Two other key speakers described their work in improving support for carers:

Jennifer Kenward, Participation Lead for NHS England and End of Life workstreams, and Amy Baldwin, Carer Lead from the Department of Health.

Jennifer outlined the NHS's Commitment for Carers' progress in the first year, and why carers are central to the NHS 5 Year Forward View, which sets out a vision for the future of the NHS, and Amy spoke about supporting working carers and plans for the government's recently announced new carers' strategy.

Carers Trust Cambridgeshire & Peterborough later held its annual meeting when Helen announced they had supported more family carers than ever before, 5,717 in 2014-15 compared to 3,500 in 2013-14.

In her report, Dr Brown said: "We have had our best year yet, but we are still scratching the surface. We don't want to be Cambridgeshire's best kept secret as people tell us too many times that they wish they had known about us before, often feeling exhausted and very stressed."



Carers Trust Cambridgeshire Offers Support to Businesses

Employers don't realise the financial and HR benefits of supporting carers in their workforce.

Carers Trust Cambridgeshire has appointed a new officer, Bisha Mistry, to support businesses that employ family carers.

Bisha will offer workshops to employers to help them identify carers in the workforce and support them, as well as carers who often struggle to meet demands at home and work.

She said: "This is a very exciting new role. Carers in the workforce often feel they have no choice but to leave to carry out their caring role at home. We can provide support that will ultimately **save recruitment costs and improve staff retention**, as well as result in increased productivity."

Dr Helen Brown, CEO of Carers Trust Cambridgeshire, added: "People are often forced to give up work when a crisis happens around caring, they can see no other option. Better forward planning and support can prevent this, making it a win-win for bosses and their staff who are dedicated employees and devoted carers.

"There are three million people in the UK who combine work and caring, and two million people have given up work to care, yet only 38% of employers monitor their caring responsibilities. We want to reach out to those who are not aware of how they can support their staff with caring duties at home, and to let them know the positive difference it could make all round."

Contact for more info: **01480 499090 / 0345 241 0954**

www.carerstrustcambridgeshire.org/

Supporting Family Carers at Addenbrooke's



When you next visit a loved one at Addenbrooke's Hospital, Cambridge do look out for our dedicated team of Carer Support Officers.

You will find us in the One Place hub close to the main hospital reception. Look to the right before the main entrance doors to the hospital.

Many of the people we meet have *no idea about the type of services that are on offer for them* as unpaid / family carers and the support which is available to them. They nearly always say they wished they had known about us earlier.

Our work there providing information, support or something more long term, makes a *positive difference* to the lives of family carers of people who are in hospital or attending an outpatient clinic, or to members of staff who are family carers.

We recently met one husband during a visit to the hospital who was struggling to look after his wife. He was in despair. Although his wife had care calls three times a day, he still felt unable to leave her as he worried about her safety when he was out. This is a common concern for family carers.

After discussing with us the help he needed, we were able to provide additional support via a sitting service.

He now has one morning each week when care workers stay with his wife so he can catch up with old work colleagues or visit his allotment and have some time to himself. He emailed us to say, *'Again, many, many thanks for all your help and assistance, I would be lost without you.'*

"It is very rewarding to see how we have helped transform his life, enabling him to have precious time to himself to enjoy his own interests and have a well-earned break," says Jo, one of our dedicated Carer Support Officers.

This quality time alone is vital for carers, who *feel refreshed* afterwards as a result of the break. Caring for the wellbeing of family carers cannot be under estimated, especially as more families and friends will be expected to look after their loved ones at home and in the community. Carers can drop into One Place, or we can meet on the wards to *discuss the type of support that is available.*

Carer Support Officers can write a Family Carers Prescription to enable the carer to have a flexible break, receive support or information, and support with planning for emergencies, including registering for a What if? Plan for peace of mind.

Make sure all of your friends and family in similar situations know too!

Please do look out for us when you are next in Addenbrooke's Hospital, call in and say 'hello'. We do not want to be Cambridgeshire's best-kept secret.

Accomable

Meet Accomable - a new travel company offering accessible, family friendly accommodation



Dreaming of a family holiday but need accessible accommodation for a relative with a disability or mobility issue?



Roll up Accomable (www.accomable.com), the new specialist travel company, which offers over 170 specially adapted holiday properties across the UK and worldwide. Ideal for families, individuals and small groups, Accomable offers holiday accommodation to fit all accessibility needs, whether families are looking for step-free access or something more specialist. All of the accessible properties have been handpicked by a dedicated team to fit a range of budgets and include everything from poolside villas in Florida and family-run hotels in the Mediterranean to traditional country houses in Ireland and funky apartments in Barcelona.

The company was set up by disabled entrepreneurs and childhood friends, Srin Madipalli and Martyn Sibley, both of whom have SMA and use motorised wheelchairs. For the pair, it was a case of inspiration born out of personal frustration of travelling with a disability. Martyn Sibley, shares, "We went travelling for three months in 2011, which was a wonderful, life-changing experience. But we were surprised by how difficult it was to find quality wheelchair friendly accommodation that suited our needs while travelling. At times, it was a bit of a nightmare! Some places promised wheelchair access but simply didn't deliver and then we'd have to scramble to find somewhere that was suitable. Not exactly the most fun when you're on your dream trip!

"With Accomable, we promise to remove all the hassle out of planning an accessible holiday. At the moment, families mostly have to choose between booking specialist package tours, which can be very expensive or trawling the internet to find the right accessible accommodation, which can take up too much time. Now you simply need to visit our site and there are lots of fantastic accessible options to choose from.

"I'd also recommend looking at our blog, Disability Horizons, for accessible travel tips.

Srin and I started writing this when we went travelling, and now have a wonderful community of readers and writers who discuss all sorts of disability issues. It's turned into a great resource for anyone with a disability or caring for someone with a disability and we're always looking for new contributors.





Martyn also advises booking early as specially adapted accommodation to some of the most popular destinations can get filled months ahead, especially over peak periods such as the summer holidays.

So, whether you're after a trip abroad for great beaches, poolside shenanigans and balmy evenings on the veranda. Or a relaxing staycation with cosy pubs, rolling countryside and board games by a roaring fire, Accomable can help.

Visit the website at www.accomable.com to book your accessible holiday.

Visit Martyn and Srin's blog

www.disabilityhorizons.com for posts on disability, accessible travel and more.

Tell us how you got on with Accomable - other carers would like to know.

01480 499090 / 0345 241 0954

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

carerstrustcambridgeshire.org

About this year's Carers Week

6-12 June 2016

Carers Week is an annual campaign to celebrate and recognise the vital contribution made by the UK's 6.5 million carers, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

This year the focus is on building Carer Friendly Communities. Communities which support carers to look after their loved ones well, while recognising that they are individuals with needs of their own.

Carers Week is brought to life by the individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

Carersweek.org is a partnership of Age UK, Carers UK, Carers Trust, Independent Age, Macmillan Cancer Support, Multiple Sclerosis Society.

Carers Trust Cambridgeshire would like to invite organisations, businesses and individuals to join in the planning and events during carers week to help put more carers in touch with vital support.

To find out about how you can become involved please contact us.

01480 499090 / 0345 241 0954

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

carerstrustcambridgeshire.org

A Day in the Life of Carer Support Worker



A Day in the Life of

Carer Support Worker Anna Stanke

Anna Stanke, one of Carers Trust Cambridgeshire's dedicated Carer Support Workers, was filmed at work by ITV Anglia News as part of a series of insightful reports on adult social care in the region.

She was trailed by reporter Elodie Harper and a cameraman who wanted to film her typical day at work.

Their report described how Anna works up to 12 hours a day, visiting some of Cambridgeshire's most vulnerable people in their homes, assisting with daily tasks like washing, dressing or preparing meals.

It was a great opportunity for Carers Trust Cambridgeshire to highlight the work of its carer support workers.

Anna's working day ends in the evening when she helps people go to bed. Elodie reported that it can be a tiring job, involving 3 or 4 hours driving a day. Anna described that the most rewarding part of her job is building relationships with people.

"You've got to establish a relationship with someone, because it's a very intimate process providing care, and you've got to have a certain level of trust."

Anna was filmed with one of the families she supports, David and Angela Morris in Ramsey. Angela is suffering from early dementia, and her husband David is her

full-time carer. It's a tough job. They are both in their seventies, and David can no longer leave Angela alone in the house, as she forgets where he has gone, and wanders off looking for him.

This is where Anna comes in. Once a week, she or another carer, looks after Angela, allowing David to go out for a couple of hours. Carers Trust Cambridgeshire ensures Anna spends a minimum of an hour on a home visit.

"For a lot of people, our visit is very important because they might not see anyone else all day, and they want to have some company, maybe just a cup of tea together."

Anna added: *"It felt rather strange being filmed doing my job, but I was happy to do it as I feel it is important to raise awareness of the issues surrounding care and am happy with all the positive feedback."*

"They met me first thing in the morning at my home before doing an interview and getting various shots, like putting shoes on, walking to the car. I was amazed how much filming goes into such a short report. After that, they came to a social/ lunch call with me. So we were together a whole morning."

"What I like about my job is that you can make a positive difference to someone else's day, and it's very varied. It's also very interesting to hear people's stories and experiences."

Caring Communities

Caring Communities in Cambridgeshire

Thousands of people caring for someone in Cambridgeshire aren't accessing the information and support they need in order to help them stay well and continue caring.

Carers Trust Cambridgeshire has been funded by the Cabinet Office to raise awareness of the huge contribution carers make to our society, and help previously unknown carers link in with much needed information and support. *The Cabinet Office will collect evidence about the value of supporting carers.* We are working in partnership with local organisations and community groups providing tailored Carer Friend training to staff and volunteers, helping them understand who carers are, what the issues are that affect carers lives, and how vital it is to recognise and help Carers.

We provide these sessions together with some of our Carer Ambassador Team. Richard, Zoe and Sue have all volunteered their time, bravely telling their stories to staff and volunteers, with hope that they can help make a difference to other Carers lives. We hear over and over again that once carers are linked in with support, they wish they had known about it years ago.

One of Carers Ambassadors Richard tells us *"I was a hidden carer for 12 years, which I would describe as the loneliest and most desperate of my adult life. The people who I would have expected to help me and provide guidance were conspicuous by their absence. I hope to help prevent that kind of thing happening to any other carer."*

We continue to work in partnership with lots of organisations including Care Network Cambridgeshire, Addenbrookes Hospital, Hinchingsbrooke Hospital, CPFT and Library Services. To date we have worked together to create a network of nearly 500 Carer Friends and Champions, doing that bit more!

If you work or volunteer for an organisation you think could benefit from this Carers Awareness session, and would like to join our rapidly growing team of Carer Friends, please contact Estelle Mitchell Caring Communities Manager.

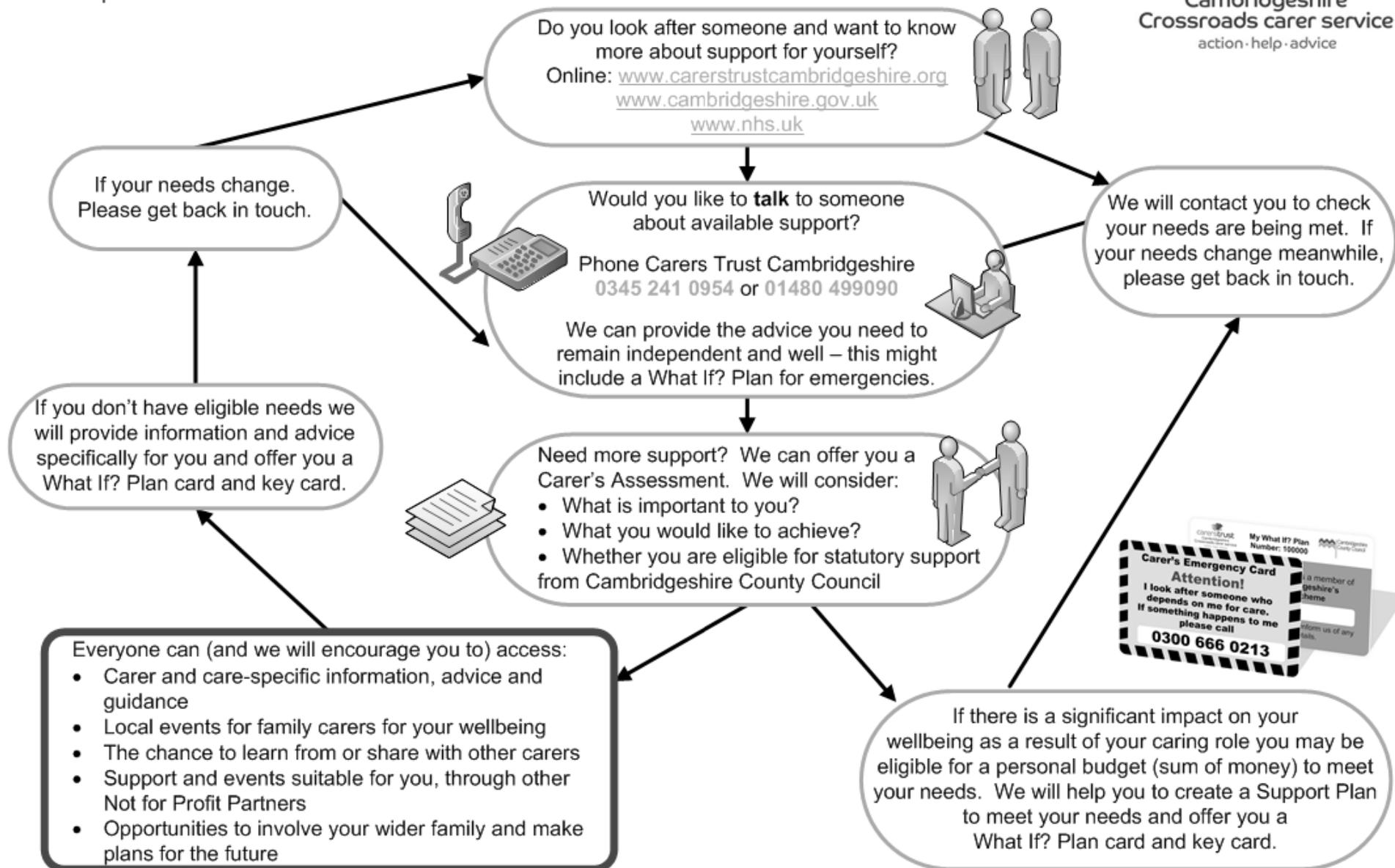
If you would like to volunteer to support carers directly or are interested in becoming a Carers Ambassador please contact Helen Cooke Volunteer Coordinator.

Tel: 01480 499090



Cabinet Office

Caring for Adults in Cambridgeshire



Hearing Help

CAMBRIDGESHIRE HEARING HELP

Do you care for someone with a hearing loss? Or do you struggle to hear? Cambridgeshire Hearing Help has been working with Carers Trust to highlight the need to look after hearing, even when other health needs seem an overwhelming priority.

We need our hearing to communicate with those around us and, when there are other life-limiting illnesses present, it becomes even more important to stay connected to the world, through the phone, TV or radio. What is less well appreciated is that we also need our hearing for balance and orientation and to alert us to danger. Unmanaged hearing loss leads to isolation and loneliness even in the midst of a loving family. It can also contribute to falls and higher levels of anxiety and stress as the person with the condition struggles to adapt to it and strains to hear with diminishing levels of hearing.

For most people, a hearing aid will give some benefit, but the technology at present doesn't cater well for people with other disabilities such as sight loss or loss of dexterity, and in these cases a person may become dependent on a carer to manage the hearing aids. This can be challenging for carers who may not themselves be familiar with how hearing aids work.

At Cambridgeshire Hearing Help, we can assist carers with knowledge about the everyday care of hearing aids and the way they function. We can make home visits to housebound hearing aid users and give advice on other assistive technology to help with hearing. We have drop-in sessions around the County and have recently opened the new session in March and Wisbech to serve the Fens.

And to all carers, please do not neglect your own hearing! Managing your own hearing loss can greatly reduce daily stress in the home.

Contact us on 01223 416141 or
email: enquiries@cambridgeshirehearinghelp.org.uk
or check venues at: www.cambridgeshirehearinghelp.org.uk

Reg Charity No 1154071

Blind Veterans UK

Blind Veterans UK is committed to supporting veterans and their carers in Cambridgeshire



When someone loses their sight, the effects can be devastating for the whole family, especially without the dedicated care, support and services to help them adjust.

Blind Veterans UK believes that no one who has served our country should have to battle blindness alone. That is why Blind Veterans UK provides free and lifelong support to vision impaired Armed Forces veterans and those who care for them including respite to veterans and carers, training, recreational and social activities.”

In Cambridgeshire Blind Veterans UK provides support to around 154 beneficiaries. The veterans and their families are supported through social events, including lunch clubs in Peterborough and Cambridge. They are also offered practical and emotional support, including counselling services and can call upon the support of their welfare officer.

Linda Price, from Eye near Peterborough, is one of the charity’s beneficiaries. She is carer to, and wife of, a blind veteran, Peter. Speaking about her role as a carer she said: “Caring for a vision impaired person is very often more mental than physical. I must be constantly aware of the environment. I must ensure that objects in the home are always in the same place and that nothing is left on the floor to trip over. Life can be a challenge and sometimes a worry but working together most problems can be overcome.

“Fortunately, Blind Veterans UK have made a real difference to me and Peter giving us strategies to live with sight loss and allowing both of us to remain independent and able to live safely in our own home. Sight loss can be devastating but the right support makes life much easier. I also attended a carers’ advice session at the charity’s centre in Brighton which was excellent.”

Speaking about the challenges he faces due to his sight loss Peter said: “Losing my sight was comparable to losing a close friend. Except that the grieving period never really ends as every morning when I open my eyes I am reminded of the fact that my eyes don’t work. I am very grateful though for the help Blind Veterans UK has given me and what their support has allowed me to achieve; from being able to live independently through to competing at international level in archery.”

At each of Blind Veterans UK three centres, in Sheffield, Brighton and Llandudno, and through support at home, the charity provides equipment, training, rehabilitation and emotional support to help families, like the Price’s, to cope. Both carers and veterans

Blind Veterans UK

face challenges associated with sight loss, but with dedicated help these can be overcome.

The charity is reaching out to the tens of thousands of ex-Service men and women who are now battling severe sight loss, who could be eligible for support but who currently do not realise it. It doesn't matter when or how a veteran lost their sight, or when they served, Blind Veterans UK can help.

If you care for a veteran with sight loss, or know someone who does, request Blind Veterans UK's free, lifelong support at: www.noonealone.org.uk or call freephone 0800 389 7979.

Cambridgeshire Local Assistance Scheme

Practical support for people moving into, or remaining in Cambridgeshire, and for families and vulnerable individuals under exceptional pressure.

The Scheme provides one-off practical support and assistance to vulnerable people and families under exceptional pressure that are moving into or remaining in the community.

Applicants to the Scheme must have lived in Cambridgeshire for at least six months unless they have fled to the area for their safety.

Applications can only be made through an authorised agency. This could be a social care worker, health professional, housing officer, a Children's Centre or a recognised local charity eg Women's Aid.

To apply to the Scheme you must have no savings and receive at least one of the following means-tested benefits:

- Income Support
- Income-based Job Seekers Allowance (JSA)
- Income-based Employment and Support Allowance (ESA)
- Pension Credit

If you are working, your total household must be below the HMRC low-income threshold (£16,105 for 2015/16).

For full details see: www.cambridgeshire.gov.uk/clas

Guide Dogs



Would you like your friends and family to have a better understanding of your eye condition, and have more confidence guiding you?

Do you have a friend or family member who is blind or partially sighted? Would you like to have a greater understanding of their eye condition and the techniques to guide them effectively? If so, our My Guide Friends and Family training can help!

We can provide free, bespoke training for friends and family members tailored specifically to your needs. The training is part of the My Guide service provided by Guide Dogs, and consists of a basic introduction to vision impairment awareness, and sighted guiding techniques. It can be carried out in your home, or with a group of other people with sight loss and their friends and family.

“My family were the worst guides ever! I was bumped up and down kerbs, which really hurts!”

The session will make you more confident that your family understands your eye condition. As friends and family, you can be confident you're providing the best support possible.



Rebecca's story

Rebecca has been slowly losing her sight due to a condition called Retinitis Pigmentosa. “My vision has recently taken a dip, and I have had to start addressing the whole sight loss issue head on. With around five degrees of tunnel vision, I really couldn't ignore it any longer!”

Rebecca had to adapt almost everything she does such as how she crosses the road or locates items. She also needed her family and friends to change and adapt around her. “I need them to stop being so ‘sighted’ around me. Saying things like “over there” and pointing or walking off in busy places.”

This is where Friends and Family training from Guide Dogs helped Rebecca. Guide Dogs provided special glasses to replicate Rebecca's eye condition, which gave her family more of an idea of how life is with her sight condition.

“The session has given them more confidence to be open about issues. It

Guide Dogs

gave me a greater sense that people understand what I was going through. Losing your vision is much easier when those around you have the confidence to tackle issues with you.”

To discuss Friends and Family training, or any other ways that the My Guide service can help you or someone you know, please call **0118 983 8741**. Or email: **peterborough@guidedogs.org.uk**

Crack Down on Loan Sharks



Agencies unite to crack down on loan sharks in Cambridge

The England Illegal Money Lending Team in partnership with Cambridge City Council, Cambridgeshire County Council and Cambridge and District Citizens Advice Bureau launched a campaign to raise awareness of the dangers of loan sharks.

Loan sharks operate illegally, without the correct permissions from the Financial Conduct Authority. These criminals usually appear friendly at first but quickly trap their borrowers into spiralling debt. Many lenders will resort to the most extreme and callous methods to enforce repayment including threats, violence and intimidation.

Paperwork is rarely offered, so victims are often in the dark as to how much they are actually paying. Exorbitant extra amounts and interest are added at random- the highest interest seen by an illegal lender was equivalent to 131,000% APR. In some cases, the loan sharks have been known to take items as security including passports, driving licences or even bank or post office cards with the PIN in order to withdraw directly from borrowers' accounts.

An estimated 310,000 households across the country are in debt to a loan shark.

The England Illegal Money Lending Team has so far prosecuted more than 320 illegal money lenders across the country. Many of these criminals have extorted cash from communities, leaving their victims with little or nothing to get by on and often living in fear. Tony Quigley, Head of the England Illegal Money Lending Team, said, "Illegal money lenders are a scourge on our communities, making life a misery for their victims. We would always urge victims of illegal money lenders to seek help by contacting us in confidence". **Telephone 0300 555 2222**

Victim Support

Victim Support – One in three fraud victims, are aged 65 or over



Victim Support states that thirty-five percent of fraud victims were aged 65 or over in the year up to September 2015. The charity had 39,272 fraud referrals in England and Wales in this period. Only 18% of the population are aged 65 or over, which means that they are over-represented in fraud statistics.

People aged 75 or over makeup 8% of the population but 22% of referrals.

There are concerns about a further increase in scammer targeting people approaching retirement due to changes in pension rules, which make it easier for people to access their money.

What can you do?

- If you know an older person who has been scammed, and their mental health is suffering due to this/ they are worried/anxious contact Victim Support on 08 08 16 89 111.
- Make sure that you share attempted scams you come across and experiences of scams with others. Word-of-mouth between family and friends is the best way to prevent scams.
- Visit isolated elderly neighbours who may be at greater risk of scams.
- A care company called Home Instead offer a free toolkit with tips for protecting the elderly from scams.
- See: <http://www.homeinstead.co.uk/stockport/3837.do/protecting-seniors-from-fraud>

Report scams or fraud! Contact the police on 101 or Citizens Advice Consumer helpline on 03454 04 05 06

Scams - Copy-Cat Websites



citizens
advice

Check for copycat websites: are you really using an official website?

Consumerhub has had a report that someone used a non-official website to pay for their TV licence and were scammed out of £290. They thought they were paying £145 for an official TV licence. They found that £290 was deducted from their account. This was when they realised they had used a false website.

Many scammers mimic legitimate government websites such as the TV licencing website, in order to trick people into using these 'services' without realising they aren't the legitimate websites. Official pages will be mirrored as much as possible. They often pay to appear at the top of search engines, which adds to the impression that they are legitimate.

Other people have reported to us that there have been copycat websites for DVLA and UKBA.

Has this happened to you?

- Contact the site and request a refund on the grounds that you have been misled.
- Contact the relevant government department or agency or local government organisation to report the copycat site.

- Contact your bank immediately as they may be able to get your money back.

Report the scam to Action Fraud on 0300 123 2040 Monday to Friday 9am to 6pm.

Report the scam on their website http://www.actionfraud.police.uk/report_fraud.

How can you avoid the scam?

- Take your time to look for the official website. It could be the third or fourth entry in a search engine. You can normally tell that the site is official if it ends in '.gov.uk', it has the department, agency or council's authentic logo and contact details and the prices are cheaper.
- If you knowingly use an unofficial site to purchase official services, make sure that the payment page is secure. Check that the address begins with 'https://' (the 's' is short for 'secure') and there is a locked padlock in the browser window.
- Try to use your credit card for greater protection when paying for goods online. Purchases of more than £100 by credit card are automatically covered by Section 75 of the Consumer Credit Act. This means that if anything goes wrong your card provider can refund you. For smaller transactions, use PayPal for greater protection.

**How can you get further advice?
Phone the Citizens Advice
Consumer Helpline on
03454 04 05 06**

Carers Partnership Board

Run by people with disabilities, for people with disabilities



Partnership Boards

Cambridgeshire Alliance for Independent Living



The Carers Partnership Board works with Cambridgeshire County Council, helping them to support and improve the services they offer to people with disabilities, their families and their carers. The Carers Partnership Board meets every two months and is made up of carers, organisations that provide services to carers and statutory organisations. The Board is facilitated by Cambridgeshire Alliance for Independent Living.

The Partnership Board has also been hosting Carers Reference Group meetings which have been working with the County Council on drafting the new Carers Strategy 2016-2020.

If you would like to know more about the Carers Partnership Board or if you wish to raise your carers issues to be discussed, please contact **Graham Lewis, Development Officer – Carers Partnership Board**
Email: graham@cambridgeshirealliance.org.uk Tel: 0300 111 2301
Cambridgeshire Alliance for Independent Living
Lower Pendrill Court, Ermine Street North, Papworth Everard, Cambridge CB23 3UY

.....
A CHARITY SHOP WITH A DIFFERENCE
1 Princes Street, Huntingdon PE29 3PA

All that you would expect from a
Charity Shop but with two special
features:

- **50 / 50 Scheme (Photo ID and proof of address required)** Join the scheme and donate high quality items. If sold within set time period, the donor receives 50% of the sale price!
- **Surplus Share** Help keep Huntingdonshire families healthy and donate your surplus fruit and vegetables for others to purchase at a low cost. Take advantage of the 'buy one, get one free' offers or share your home grown produce.
- **Find out more from our website: www.huntsvc.org.uk**
- **Huntingdon Volunteer Office 01480 414766**
- **Huntingdon Together Manager Emma 07938 197463**



HUNTINGDON

together

A Carers Tale

A Carer's Tale

My wife was diagnosed with Alzheimer's disease in early summer 2012, although her memory had been deteriorating for months before then.

Initial shock gave way to anger that this had happened to us, and I still allow my irritation to show when she asks a particularly strange question, or does something especially daft, but I quickly remind myself that *she is not in control*, and I shouldn't become frustrated. Instead, the advice from everyone is to '*go with the flow*'. If you don't, you risk your own health being affected.

Another trick is to see the *funny side* of things, which is not often possible, but when it is, it provides real relief.

I used to suffer from waves of self-pity, but less so nowadays. My vision of life post-retirement was for us to continue to explore Europe and enjoy our music and gardening in a more leisurely sort of way.

We do still enjoy listening to music - mainly whilst I cook the evening meal - and the garden and its wildlife are a great source of pleasure, but foreign travel is not possible, at least for the time-being.

My day is filled with jobs – mainly repetitive ones, but luckily I enjoy doing practical things, even if they are unpleasant, and get great satisfaction out of seeing something well done, even if it's relatively trivial, like doing the washing.

If I go out food shopping or dog-walking I leave a notice in front of my wife, telling her where I am and how long I shall be, and this seems to work well. She forgets information instantly now.

The disease has made her almost immobile, so there is no danger of her wandering off, but she has epilepsy and is partially-sighted and, although the seizures are under control I do worry if I am out without having someone sit with her.

The main thing is to try to be positive and get on with life as much as you can, and this is where organisations such as Carers Trust Cambridgeshire can be a great help.

At the outset, shortly after the diagnosis, we had the good fortune to seek the help of the Alzheimer's Society, and a very helpful lady kick-started various schemes and gave advice on how to obtain help in the form of a reduction in Council Tax, applying for a Blue Badge, Attendance Allowance, etc.

This advice and assistance is also available from other organisations, including Carers Trust Cambridgeshire, Age UK, etc. but it just so happened that we went to the Alzheimer's Society first.

Our CPN (Community Psychiatric Nurse) has also *been of great help*, not only from the medical angle, but also by arranging the provision of funding from Social Services to help with respite care, regular personal care for my wife, (provided by Carers Trust Cambridgeshire), and to give me occasional breaks from the daily grind. The

A Carers Tale

CPN has also organized visits to care centres, as possible future respite care providers, and access to services such as Occupational Therapy and Physiotherapy.

After the new Care Act came into force, and the Carer's Grant was no longer available I was re-assessed as a carer and received a direct payment from the County Council, which I put to good use.

Carers Trust operate the 'What if?' scheme whereby *24 hours of free emergency care is provided* should I be indisposed and unable to look after her.

Another organisation in the NHS which has been tremendously helpful is the DCSS (Dementia Carers Support Services) which not only organizes various very enjoyable events and groups, but also provides a 'befriender' in the form of someone who has been, or is, a carer themselves and volunteers to give advice and a shoulder to cry on as and when needed – a vital lifeline when things get tough. The DCSS also support dementia COMPASS, which is a group which meets over a lunch on a regular basis to allow carers to share experiences and information and to enjoy other activities.

In summary, therefore, there is a wealth of financial, practical, and emotional support available and without it, life as a carer would be very difficult indeed.

See pages 6, 8, 10, 11, 13 for support with Alzheimer's/Dementia.

If you'd like to share your own story please contact Ellee Seymour, Content and Communications Officer at Carers Trust Cambridgeshire 01480 499090

Dementia Carers Support Service

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/ e-mail. 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!

CPFT Launches Carers Charter



Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) has launched a new charter to ensure its services meet the needs of thousands of unpaid carers.

The aims of the Carers Charter are to:

- recognise the important role unpaid carers play in supporting patients
- ensure that the carers own needs are met
- explains what carers can expect from the Trust and how they will be supported to get the assistance they need
- reinforces the Trust's commitment to training staff to be aware of carers needs.

The Charter follows CPFT's recent pledge to support the Triangle of Care, which was set up by the Carers' Trust and the National Mental Health Development Unit to strengthen the involvement of carers and families in care planning, treatment and support.

Census figures in 2011 reveal that more than 60,000 people in Cambridgeshire and more than 17,000 people in Peterborough reported they were providing some level of unpaid care.



Aidan Thomas, Chief Executive, CPFT, said: "This initiative could not be more important because carers are so often the main support for people with mental health problems. We know that we need to do more to include carers in the design, planning and delivering of services, so the Charter lays down in writing for the first time what they can expect from us."



Julie Spence, Chair, CPFT, said: "The Carers Charter is an important step forward, but we now have to put it into practice. I know that carers sometimes feel excluded and unheard, despite being key to the patient's well-being and often knowing vitally important information about them. This initiative enables every member of the Trust to recognise the value of carers and work with them for the benefit of their family member and our service user."



Elizabeth Mitchell, CPFT, Lead Governor, said: "The Council of Governors includes two elected carer governors and service user governors. In fact, many public governors also have experience as carers and service users. We are pleased that the Trust is working hard to ensure that carers' needs are properly considered, and they are given opportunities to influence the development and delivery of services for those they care for."

CPFT has a two-year plan that will focus on improving support for carers of its mental health patients this year. Next year the adult and older people's community services in Peterborough and Cambridgeshire it now provides will be incorporated into the scheme.

Psychological Wellbeing Service



Who Cares? - responding to the needs of carers in a changing world

Source: Jon Rouse, Director General, Social Care, Local Government and Care Partnerships Directorate

How are you feeling?

Low?

Stressed?

Anxious?

Worried?

Burnt-out?



The Psychological Wellbeing Service

We offer Cognitive Behavioural Therapy for anxiety (including panic and post-traumatic stress), depression, stress, obsessive compulsive disorder and low self-esteem for people who live in Cambridgeshire and Peterborough.

Options include personal therapy (face-to-face, telephone or through instant messaging), computerised CBT, guided self-help for telephone support.

For persons aged over 17 years. There is no upper age limit.

Refer yourself to our service

Please discuss a referral with your GP, or self-refer directly at:

www.cpft.nhs.uk

phone: 0300 300 0055

Caring has an impact of health.

The intensity of caring is associated with worse self-reported:
....physical health
....mental health
....feelings of stress

If you care and you're feeling like this, refer yourself or tell your GP.

Carers and Health

Jeremy Hunt, Secretary of State for Health said that the new national Carers Strategy will look for best practice internationally and he mentioned the low rate of intergenerational households in the UK compared to other countries. So when a local NHS CCG commissioner mentioned how good the international Carers Conference was to us, we thought we'd feature some news from there.

CARERS ARE INTERNATIONAL NEWS!

The first international carers conference outside the UK was held in Gothenburg, Sweden recently – a sign of how important carers are globally. 30 countries were represented, with 22 leading world authorities on care and caring and over 200 papers being presented, increasing our knowledge. There were 4 themes:

- Health, social care and well-being
- Combining work and care
- Paying for care
- Technology-enabled care and support

Here we pick out 1 important paper: Professor Steven Zarit of The Pennsylvania State University, USA and his team studied the daily health and stress of caregivers. They proved that carers are exposed to care-related stressors every day, which were measured using levels of several stress hormones. He said “when you give carers predictable breaks (like adult day care, in-home or overnight breaks), so they are not constantly on call, it has beneficial effects not just on emotions but on health.” Their studies showed that on the day of day care/respite, stress levels were reduced and carers had lower feelings of anger. The hormonal effects lasted for the day of the break, but the beneficial effects of having regular breaks lasted at least a year. Carers who used more days of breaks were more likely to be stable in functional health and caregivers using fewer days of breaks were more likely to decline in functional health over the one year of study.

Prof Zarit concluded:

1. Respite is not just a compassionate gesture. It has immediate, measurable health benefits for carers.
2. Adult day care is a sustainable intervention for chronic conditions such as dementia.
3. The importance of building bridges of understanding about respite with carers (families need help to understand how to use day care and other forms of respite).

Carers and Health

NHS ENGLAND and CARERS

Carers are central to the NHS 5 year Forward View, their plan until 2020.

NHS England leads the National Health Service (NHS) in England. They set the priorities and direction of the NHS and encourage and inform the national debate to improve health and care.

They want everyone to have greater control of their health and their wellbeing, and to be supported to live longer, healthier lives by high quality health and care services that are compassionate, inclusive and constantly-improving.

The carers support strategy outlines the required combined provision of multi-agency carer support services – to lead to 'integrated' support. To enable this, NHS England are working with academic, social care and Third Sector partners to develop a combined health and social care assurance framework as a basis for commissioning. This would support the monitoring, review, adaption and spread of effective multi-agency carers support services.

4
in 10
carers care
for someone
in their
household

A
third of
carers care for
a PARENT living
in another
household

8
in 100
care for
multiple
people

Next Edition: There will be an update on Cambridgeshire and Peterborough's dementia strategy.

LET US KNOW: *what topics you want to know more about.*

Call 01480 499090 email: care@carerstrustcambridgeshire.org

Carers Rights Day

Carers Rights Day – Our Support Goes On

When you're caring, getting the right information at the right time can make all the difference.

Carers Rights Day is a national campaign encouraging family carers to access the support that they are entitled to. The most recent event on 20 November attracted a great deal of media coverage, many of you may have seen articles in the Hunts Post or Cambridge Evening News highlighting the help and advice that is available to family carers and how Carers Trust Cambridgeshire can help.

But the right advice needs to be given to carers at the right time. This is valuable support that we provide all year round.

Our voice on Carers Rights Day was strengthened by our Carers Ambassador Richard Cross who was interviewed on BBC Radio Cambridgeshire. *Did you hear him describe the difference the right information can make to a carers' life?*

Carers Trust Cambridgeshire highlighted the fact that many family carers could be missing out on vital information, including financial benefits totalling more than £7 million which has been under claimed in Cambridgeshire. Carers Rights Day was also promoted by our staff at 15 different venues across the county including Barclays Banks, several libraries and garden centres to list but a few. Traditionally family carers tend to under-claim, often because they do not recognise themselves as an unpaid carer and do not realise they or their families could be entitled to financial help.

Dr Helen Brown, CEO of Carers Trust Cambridgeshire, said: *"We know that having the right information at the right time can make a huge difference when you are looking after someone, which is this year's Carers Rights Day theme. Many people struggle to navigate the mazes of health and care services and entitlements, and miss out on financial and practical support as a result. And it's not only the thousands of people new to caring every year in Cambridgeshire – even those who have been caring for years sometimes aren't aware of all their entitlements."*

Carers Trust Cambridgeshire has a brochure with advice and information for family carers, including the Carer's Allowance, the Attendance Allowance, Disability Living Allowance, housing benefits, tax credits and other welfare benefits. The document can be viewed here: <http://bit.ly/1NH3PW0>

Carers Rights Day

Here are links to some of the other organisations that may also provide information you need about your rights and remember there's a Carers Support Directory (Call 014800 499090 if you want one).

- Carers UK: <http://www.carersuk.org/news-and-campaigns/campaigns/carers-rights-day>
- Carers Trust: <http://www.carers.org>
- Disability Cambridgeshire: <http://www.disability-cambridgeshire.org.uk/>
- Citizens Advice Bureau: <http://www.cambridgecab.org.uk/>
- Rural CAB Cambs: <http://www.ruralcambscab.org.uk>
- Age UK Cambridgeshire: ageuk.org.uk/cambridgeshire
- Papworth Trust: <http://www.papworthtrust.org.uk/care-and-support>

or your local Housing Association

**If you are a carer and would like to be a media case study and share your story for Carers Trust Cambridgeshire, just like Richard Cross, we would very much like to hear from you.*

Please call 01480 499090

There's a new carers leaflet available from Carers Trust Cambridgeshire



Looking After Someone?
We can help



Information and Advice for family carers



Electoral Review SCDC

ELECTORAL REVIEW OF SOUTH CAMBRIDGESHIRE DISTRICT COUNCIL

The Local Government Boundary Commission for England has formally commenced an electoral review of South Cambridgeshire District Council.

The Commission is carrying out a review to deliver electoral equality for voters across the district. At present, some councillors represent many more, or many fewer, electors than their colleagues elsewhere in the district. The review aims to correct those imbalances.

What is an electoral review?

The electoral review will recommend new electoral arrangements for South Cambridgeshire District Council. In particular, it will propose:

- The total number of councillors elected to the council in the future.
- The number of wards.
- The number of councillors representing each ward.
- Ward boundaries.
- Names of wards.

For parishes, the review can recommend changes to the electoral arrangements of parish and town councils i.e. the number, names and boundaries of parish wards and the number of parish councillors for each parish ward. However, this is only in circumstances where the parished area is to be divided between wards. Even in these circumstances, the Commission will not normally recommend any change to the number of councillors to be elected to a parish or town council. The Commission has no power to consider changes to the external boundaries of a parish or the creation of new parishes.

When?

24 November 2015, was the start of a 10 week public consultation during which the Commission is inviting proposals for new warding arrangements. The consultation will close on 1 February 2016. After considering all representations made during this consultation, the Commission intends to publish draft recommendations in May 2016. There will then be a further period of consultation on the draft recommendations. Final recommendations are expected to be published in September 2016. The new electoral arrangements will come into effect at the local elections in 2018.

How to get involved?

This is a public consultation and we welcome views from individuals and organisations across the district on where they think new ward patterns should be drawn.

The Commission is minded to recommend that 45 councillors should be elected to South Cambridgeshire District Council in the future. It is now inviting proposals to help it draw up a pattern of wards to accommodate 45 councillors.

In drawing up a pattern of wards, the Commission must balance three criteria, which are set out in law, namely:

- To deliver electoral equality where each councillor represents roughly the same number of electors as others across the district.

Electoral Review SCDC

- That the pattern of wards should, as far as possible, reflect the interests and identities local communities.
- That the electoral arrangements should provide for effective and convenient local government.

We are asking local people and organisations for their views as to the best pattern of wards for the district which meet the requirements set out above.

The Commission will treat all submissions equally and will judge each case on its merits and against the statutory criteria. If you wish to put forward a view, we would also urge you to ensure that your submission is supported by evidence. For example, if you wish to argue that two parishes should be included in the same ward, make sure you tell the Commission why they should be together, providing evidence about community facilities, ties, organisations and amenities, rather than simply asserting that they belong together.

There is plenty more advice on our website about how you can get involved in the consultation and put your views forward. **Log on to <http://www.lgbce.org.uk/current-reviews/eastern/cambridgeshire/south-cambridgeshire> to find out more.**

The website includes the technical guidance that explains the process and our policies as well as guidance on how to take part in each part of the process. We have set up a page on our site which is dedicated to the review of South Cambridgeshire District Council where you can find all the relevant information.

You can also access interactive maps of the current ward boundaries across the district on our specialist consultation portal. The portal also allows you to draw your own boundaries, mark areas of interest on the map and upload documents directly to the site. **Log on to <https://consultation.lgbce.org.uk/node/6215> to access the portal or find it via our main website.**

Get in touch

We encourage as many people and organisations as possible to get involved with the consultation and we encourage local organisations and parish councils to engage their local networks and communities in the review.

Email your views to: reviews@lgbce.org.uk.

Follow us on Twitter at: [@lgbce](https://twitter.com/lgbce).

Write to: Review Officer (South Cambridgeshire), Local Government Boundary Commission for England, 14th Floor Millbank Tower, Millbank, London SW1P 4QP

Please note that in the interests of transparency, copies of all representations we receive during this review will be placed on our website. We remove any personal identifying information such as signatures and private residential addresses prior to placing any submissions in the public domain.

Children & Families



CHANGE IN YOUNG CARERS SERVICES

As from 1st December Carers Trust Cambridgeshire will no longer be delivering Young Carer services in Fenland as previously commissioned by Cambridgeshire County Council. The service was put out to tender in August and the new provider will be Centre 33.

Obviously we're disappointed, but our Young Carers support has always been a great partnership of Cambridgeshire County Council and community funding. So, we will continue to raise money and support young carers in Huntingdonshire and will carry on working with the schools there.

We will be supporting schools to become engaged in the Young Carers in Schools (see page 58) national initiative. Schools will be awarded a bronze, silver or gold depending on the levels of support the schools offer to young carers. Its an exciting new project and we are happy to be delivering such a bold new idea.

We are currently developing a Think Young Carer campaign. Working with Young Carers to increase the awareness of carer issues within their communities. If you know of any local community organisations who would wish to become involved with this campaign, please contact us.

For information about your nearest group or how to make a referral, please contact the team on 01480 499090.



Young Carers Support

Cambridgeshire young people's charity, Centre 33, are delighted to have been recently commissioned by Cambridgeshire County Council to extend and enhance our support to Young Carers across

Cambridgeshire from December 2015, reaching more Young Carers across Cambridgeshire and offering support in schools and communities all over the county.

Centre 33 will offer a range of services including: School based support including transitions work, community based group work, one to one support, advocacy, planning and activities, trips and respite.

For more information on our service and how to refer please visit: www.centre33.org.uk or call us on 01223 307488

Children & Families



Online Support for Young Carers/Young Adult Carers

Carers Trust Cambridgeshire and Peterborough young carers and young adult carers teams will be launching a new online forum in the new year. The forum will be managed by staff from the teams and will be 'online' one night a week from 5 to 7pm. It is an opportunity for YC/YACs to skype or instant message if they have any issues or want information.

This service will then be expanded to support more family carers if there is a demand.

For more details contact Tracy Hyland Head of YC/YAC services 01480 499090 or email: Tracy.Hyland@carerstrustcambridgeshire.org

NHS England – film

Carers Trust Cambridgeshire have been delighted to participate in a film for NHS England with young carers and young adult carers. The film was launched at the NHS England national conference in December. The film, entitled '**Do we look like we care?**' focuses on the health issues faced by young carers and young adult carers and what being a carer means to them. *You will be able to view the film on our website after 10 December.* **For more information on the making of the film and how to view** contact Tracy Hyland Head of YC/YAC services 01480 499090 or email: Tracy.Hyland@carerstrustcambridgeshire.org



Carers Trust Cambridgeshire runs a group for Children and Young People with special education needs/disabilities (SEND), *and* their siblings. This group is aimed at:

- Those aged 10-19 years with a disability, additional needs or learning difficulties
- Those without any SEND but who have a sibling with, and are aged 9 years and over
- Those who would like to meet people similar to themselves, to talk about things which they feel are important; issues which they face

Some siblings attend together – sometimes young people with SEND attend by themselves – sometimes siblings attend and act as an advocate for their sibling with SEND or come to meet others experiencing similar situations as themselves.

Kids & Sibs Group

First Thursday of every month, 4pm to 6pm in the Community Room, in Tesco, Barhill.

The group is completely free - please bring a friend who you think would benefit too. We have fun and exciting things to do - including crafts and sensory activities - plus Desktop Computers, Wii and DVD.

For more information email: Victoria.durack@carerstrustcambridgeshire.org or call 0345 2410954 and ask to speak to Vicki, Sam or Bisha in Children's Services.

Children & Families

Sport Works – Changing Lives Through Sport



Sport Works delivers a range of sport-based community services that are targeted at children with a disability or additional need. Each of our programmes is designed to provide opportunities for individuals to have fun, learn new skills and improve health whilst building independence.

Children will take part in multi sport sessions that are tailored to their individual needs. There is an emphasis on having fun, making friends and learning new skills through a range of sport based activities and challenges.

Our work focuses on improving health and social outcomes by using sport as a means of engaging children in a range of physical and social activities.

Current Programmes

Cherry Hinton Sports Centre.

Thursdays during term time (39 wks) 4 - 6pm

These sessions provide opportunities for children with disabilities to engage in a wide range of sporting activities that are adapted to meet their individual needs. Children are divided into groups, which are structured most closely to their developmental age, disability and individual requirements. Each session would normally contain two main activities plus a warm up and warm down exercise.

Meadowgate School, Wisbech.

Tuesdays during term time (39 wks) 3 - 5pm

Participants will join the session straight from school and have a drink and snack before the session begins.

Primarily this group is for children with profound and multiple learning difficulties (PMLD). This session will focus on activities that are managed to ensure low arousal levels, controlled volume and which provide an opportunity for individualised learning. The focus within this session is to provide appropriate opportunities for children to engage in new sensory experiences and to develop skill, understanding and basic competence across a wide range of activities.

Children & Families

Sport Works – Changing Lives Through Sport



Avaddon Club, Wisbech.

Saturdays during term time (39 weeks)

2.15 - 4.15pm

This group is structured for children with a developmental age of eight and above who primarily have moderate support needs. The sessions will be managed to ensure low arousal levels, controlled volume and to provide the opportunity for individualised learning. The focus within this group is to create an environment whereby children feel motivated, engaged and confident to experience new activities, to develop new friendships amongst peers and to enhance their level of understanding of the 'outside' world.

Avaddon Club, Wisbech.

Every Saturday during term time (39 weeks) 4.15 - 6.15pm

This group is structured for children with a developmental age of eight and above who primarily, have mild support needs and/or physical disability. With this group, we look to provide opportunities for moderate/high physical exertion. The focus is to create an environment whereby children feel motivated to develop physical and emotional skills, academic knowledge, self-confidence and to develop social relationships amongst peers. Activities are structured to enhance a child's level of independence (where appropriate) and to develop those social skills that are required within adulthood.

Holiday Programmes – Various geographical areas during state school holidays

Our holiday programmes typically take place over six hours. They follow a multi-sport format with a focus on "World Sports". Traditional and non-traditional sports are included with each activity lasting around 45 minutes. Children are placed into groups, which are structured most closely to their developmental age, disability and individual requirements. Our aim is for the children to have a fun day, learn new skills and build lasting friendships.

(Please note children should bring their lunch and snacks when attending our holiday programmes).

To find out more about the activities we offer contact Sally or Darren on 01638 596522 or email: eainfo@sportworksltd.co.uk

To find out if you are eligible for Short Breaks funding contact your Early Help Coordinator or Social Worker.

Children & Families

Connect

Do you have a child with additional needs aged 5 – 10yrs?

Come and meet other parents and carers and enjoy some arts and crafts with the kids

at the Oak Tree Centre, Room G93 (Ground Floor)
1 Oak Drive,
Huntingdon PE29 7HN

Every Friday during term time 5.30pm to 6.30pm

Just turn up on the day

or for further information call Emma Britton 07798 633 303

Facebook: SOC Huntingdon Twitter: @SOC_Huntingdon

**Cam Sight Pre-School
Group**

camsight
Supporting local people with sight loss

We are running a group for pre-school children with a visual impairment. Siblings are also very welcome. Activities include craft, messy play and singing with the emphasis on particular sensory needs of the children.

Adults have the opportunity to talk to other parents, carers and professionals in a supportive, relaxed environment.

Cam Sight's pre-school group is held fortnightly at Ormiston, Chatteris and Villages Children's Centre, Larham Way, Chatteris PE16 6PH. It runs every other Monday 12.30pm to 2.30pm (term time only)

More information on the activities for pre-school children and young people can be found on our website: www.camsight.org.uk

If you would like more information please contact Paula Bird or Helen Shepherd-Wilson on 01223 420 033 or email: info@camsight.org.uk

Children & Families

pinpoint
for parents by parents

family voice
peterborough

**ADHD / ASD
Monthly Support
Groups for
Parent/Carer**

New!

- Are you the parent / carer of a child that has non-diagnosed ADHD / ASD
- Would you like to meet other parents to share your experiences and gain practical advice and support?

Along with Family Voice Peterborough, Pinpoint has started three new monthly support groups for parents / carers whose children are on the waiting list, have had a referral turned down or are accessing services for ADHD/ASD.

Each month we aim to invite speakers that will offer advice on how to support you, your child and your family. At the first session, we will also agree how you want future sessions to run.

Training courses 2016

**Courses are:
Understanding ASD,
Understanding ADHD and
Understanding Challenging
Behaviour.**

Dates: Jan 19, Feb 25, March 23

The two-hour sessions will be in school hours. Venues and exact times to be confirmed.

**email: jackie@pinpoint-cams.org
or call 01480 499043**

We would like to invite you to attend one of the following sessions:

- **Ely Children's Centre, 12.30pm to 2.30pm Jan 8, Feb 5, Mar 4**
- **The Fleet Peterborough, 10am to 12pm Jan 7, Feb 11, Mar 10**
- **Histon Early Years Centre, 10am to 12pm Jan 4, Feb 1, Mar 7**

**To book or more information:
email: jackie@pinpoint-cams.org
or call 01480 499043**

**We will reimburse your
childcare and travel
expenses.
Refreshments are
provided**

For latest information and directions see the pinpoint website:

www.pinpoint-cams.org.uk/events

Children & Families

Welcome 2 our World

Welcome 2 our World is a new charity set up in Fenland. The charity aims to provide a centre designed and built specific to the needs of disabled children and young adults and to provide an outdoor play area where children with disabilities can access play opportunities and socialise with their peer group while families and carers can have a break.

We also aim to offer support to parents and siblings by offering short break opportunities during the school holidays and at the weekends so that the family members can do other things they are unable to do because of the care needs of the disabled person.

Our objectives are to offer:

- Stay and play opportunities for families
- Sensory areas
- Soft play facilities
- Interactive play areas to be provided to encourage individual and group play
- Outdoor play facilities with a playground to suit all disabilities, and a sensory garden
- Advocacy: To have an advocacy service
- Family support in the form of counselling services, sibling groups, respite sessions and stay and play family sessions. Buddy system as required
- 24hr sessions to offer respite for families whose children/young adults have sleeping problems
- Training: To provide a venue for training sessions for parents, such as Makaton training
- Toy and resource library
- Trips to encourage engagement in the wider community in a supported way

Telephone: 01945 410071 or Mobile: 07922888742

Email: Welcome_2ourworld@outlook.com

Web: <http://welcome2ourworldfenland.weebly.com/>

Like our Facebook page: [Welcome 2 our world-Fenland](#)

Twitter: [@W2OWorld](#)

Children & Families

Contact a Family provides support, advice and information for families with disabled children, no matter what their condition or disability.

contact a family
for families with disabled children

Our East of England team offers:

- free information sessions covering family life and caring for a child with a disability - topics such as behaviour, sleep, siblings, coping and support, money matters and transition. Find details of local events and opportunities to meet other families listed below
- attendance at events and local parent support groups providing information and drop-in sessions, including help with completing welfare benefit and funding application forms
- details of local parent support groups
- help to find out about what's available locally
- guidance for support groups and forums to help them to reach and involve parents
- training for children's centres to help them reach and involve families with disabled children
- workshops for professionals working with families.

We work together with government and voluntary organisations. We also take part in local and regional networks to shape policy and ensure the needs of families with disabled children are represented.

Dawn Stilwell, Parent Advisor, 01733 811 993, eastofengland@cafamily.org.uk
Based in Cambridgeshire.

Children & Families



New Officer appointed to identify more Young Carers in Schools

A Young Carers Policy and Development Officer, Tania Bingham, has been appointed by Carers Trust Cambridgeshire to identify more young carers in schools. It is believed to be the first appointment of its kind in the UK. The project is designed to work with the leadership & school staff to assist schools in identifying young carers & supporting them within the school environment.

It is estimated that there are more than 2,000 young carers aged 5-25 in the region, and identifying them early is vital to provide them with support to safeguard their well-being.

The appointment follows the implementation of the Care Act 2014 which seeks to promote the well-being of carers and give them more control of their lives, as well as the Children & Families Bill, which supports recognition of young carers' rights.

Tania said: "Being a young carer while still at school brings with it many huge responsibilities and it is vital to work closely with schools to help identify them as early as possible so they can be offered support. I will be meeting with staff and sharing details of our Young Carers in Schools programme. This innovative programme aims to support schools through training we provide, helping them to spot the signs which could indicate a pupil is a carer, such as lateness, not completing homework, tiredness, and even bullying on some occasions.

"The selfless role that young carers undertake is a normal way of life for them, and we want to ensure that young carers have access to the right support to empower them to succeed. As well as offering support groups for young carers and one-to-one support, we offer residential trips and breaks for young carers and their families."

For more information call 01480 499090.

YOUNG CARERS


carerstrust
Cambridgeshire
Crossroads carer service
action · help · advice

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 / 0345 241 0954

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

Name: _____

Address: _____

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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) _____

CARERS TRUST CAMBRIDGESHIRE

CARERS SUPPORT OFFICERS COVER THE WHOLE OF
CAMBRIDGESHIRE

They can be contacted at:

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4 The Meadow
Meadow Lane
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Email: care@carerstrustcambridgeshire.org

Web: 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

**The Carers Magazine is produced with funding from
Cambridgeshire County Council**



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