

# CAMBRIDGESHIRE carers

Quarterly Magazine | Issue 4 | Autumn 2016 - Sept • Oct • Nov Edition



## 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.

## Inside this issue:

Caring for Older People

Celebrating our Fabulous Carers

Traumatic Brain Injury Workshop

World Mental Health Day

Living with Loss

What's On?

Young Adult Carers Story

Keep Your Head

Autism Features

New Education, Health & Care  
Plan



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County Council

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

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**To be featured in our next issue please submit articles by 26 September 2016.**

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

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

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

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

# Looking Ahead....

It's been a dramatic and uncertain few weeks, but some things are certain; EU or not, more family and friends – already informally the backbone of our health and social care systems – will be expected to help care for someone. We hope this magazine keeps reaching more and more of them and keeps them informed of what's available for them, please pass it on.

More Older People (does anyone like that title?) will be older carers too. 1 in 7 of the "oldest old" provide some unpaid care and we highlight this in this edition. Increasingly, there are adult children and wider families helping them remain independent, who we also want to reach to help them prepare ahead. Most don't recognise a 'carer' title either.

Should children, families and "oldest old" be **expected** to care and what would help them? Have the new legal rights and choices for carers made any difference locally? Two big national surveys have informed the new national Carers Strategy and locally feedback from Cambridgeshire has been given. There's more about this inside.

We have also included news and images from Carers Week and the inaugural Pride in Our Carers Awards. Dr Jane Hawking chose to talk about autism, and the Education, Health and Care Plan.

The calendar of events for carers is growing and this quarter includes **Carers Rights Day on 25 November 2016**. We hope more community groups stage events relating to this and welcome more submissions from them for future editions.

Remember that unpaid carers aged 18 years or over may be eligible for a free NHS flu vaccination, available from pharmacies or GP surgeries. The winter edition will include events over Christmas. Please let us know what else you would like to see.

## Dr Helen Brown

CEO at Carers Trust  
Cambridgeshire



## Do you know someone who is...

... struggling to pay  
water & heating bills?  
... living in a cold or  
damp home?  
... frequently ill?



### We can help

The Cambridge City Council Home Energy Team can help residents in the city living in any type of property, either renting or homeowners. Our aim is to help residents on low income or benefits. Please contact Philippa Hughes or Elizabeth Bruce on 01223 457676 or email [philippa.hughes@cambridge.gov.uk](mailto:philippa.hughes@cambridge.gov.uk) or [elizabeth.bruce@cambridge.gov.uk](mailto:elizabeth.bruce@cambridge.gov.uk)



## Building a Caring Community Event 22 September 2016

**Thorpe Hall, Peterborough PE3 6LW**

**11am** Start of carers event includes a Market Place, Workshops and Lunch.

**1.45pm** Talk from Gary Swann, Miralife about Infection Control for carers.

**2.30pm** Carers Trust Cambridgeshire AGM where we will showcase the work done by our volunteers.

**3pm** Main event with a special guest speaker and Adrian Chapman from Peterborough City Council talking about how employers can make a pledge to support carers in their employ. This will be followed by pledges from local authorities, health, schools and colleges on how they will help build a Caring Community.

### Please come along and make your own pledge!

Keep an eye on our website for more details as they are confirmed!

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

**In the meantime, to reserve your place, email [events@carerstrustcambridgeshire.org](mailto:events@carerstrustcambridgeshire.org).**



# Caring for Older People

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This is a time to reflect on our older citizens with September 2016 marking the fifth global World Alzheimer's Month, while UK Older People's Day is celebrated on 1 October to coincide with the UN International Day of Older Persons.

The day is a national and international celebration of the achievements and contributions that older people make to our society and to the economy. What better shining example could there be than the Queen who celebrated her 90th birthday this year? And she is still going strong, like her husband, the Duke of Edinburgh, who is 95!

The UN states that almost 1700 million people are now over the age of 60, but by 2050 it is predicted to soar to 2 billion people, which is over 20% of the world's population.

This can bring with it challenges and pressure for their partners who become their carers. Caring can involve anything from helping with washing and dressing to looking after people with dementia. In May this year, <sup>2</sup>Age UK highlighted the plight of a 'hidden army' of carers in their 80s, stating that 1 in 7 of the "oldest old", an estimated 417,000, provide some sort of unpaid care, leaving many of them exhausted and worried about how long they could carry on.

The Department of Health has been consulting on how it can improve support for carers and invited carers to supply their views - the link is <http://bit.ly/22sbYFq>.

The <sup>3</sup>Care Act says that caring for others should not be to the detriment of the carer's own health and wellbeing, and carers can receive help and support in a number of ways, including having a carer's assessment to support them.

Carers Trust says that studies demonstrate the harmful effect that caring can have on a person's health:

- Carers providing high levels of care were associated with 23% higher risk of stroke.
- 33% of local authorities are providing services to less than 6% of carers within their areas.
- Carers providing more than 50 hours of care per week are twice as likely to report ill-health as those not providing care.

# What If? Prize Draw – Alex wins Dinner for Two

.....

The latest What If? prize draw winner, carer Alex Lewton, has a fabulous evening to look forward to - dinner for two at the Marriott Hotel, Huntingdon – after winning the latest draw from Carers Trust Cambridgeshire.



Alex, 55, from Murrow, near Wisbech, has cared for husband Graham, 64, for almost five years following a stroke he suffered after a road accident.

"I am his full-time carer. Graham needs a lot of emotional support. I will take Graham with me for the dinner, it is such a lovely surprise to win this meal out," said Alex.

"The What If? Plan takes a lot of weight off my mind. I know that if anything should happen, an emergency occurred that meant I couldn't be at home caring for Graham, I wouldn't have to worry about getting anything sorted out."

Carers Trust Cambridgeshire would like to thank the Marriott Hotel for its generous prize.

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

**To register a What If? Plan, call Carers Trust Cambridgeshire on 01480 499090.**

**The registration form is also available online: <http://bit.ly/29Brifh>**

## State of Caring Conference 2016

.....

The State of Caring Conference 2016 left Carers Ambassadors Sue and Dave Jones feeling both exhilarated and frustrated.

Whilst on the one hand they were delighted and inspired to hear about how well family carers are being supported in some areas, they felt discouraged that so much still needs to be done to ensure healthcare professionals are better informed.

The conference in May, organised by Carers UK, was aimed at policy makers, carers and carers' organisations, strategic leads on public health and specialist commissioners, e.g. for dementia, stroke and end of life. Issues discussed included the government's new Carers Strategy, how the Care Act 2014 and Children's and Families Act 2014 are working for carers, and how local organisations can set the agenda in prevention, information and advice to improve the health and wellbeing of carers. The 2016 State of Caring report from Carers UK was launched at the event <http://bit.ly/29BHgEk> with the largest ever carer response (6300).

There was a plethora of high profile expert speakers, with Prof David Grayson, Chair of Carers UK, impressing Sue with his passion to improve the wellbeing of family carers, as well as Margaret Dangoor, a dementia champion, who spoke poignantly about her experiences as a carer.

Sue was particularly impressed with healthcare professionals speaking on "Making Carer Friendly Communities, combined assessments across the health and social care – what does the future look like?"

Speakers included Surrey County Council talking about its Health Service Journal award winning programme of support for carers, where the whole family is assessed and given a care plan on the same day.

Sue said, "If they can do it, then surely others can use this model to speed up assessments for carers."

Sue added that despite the introduction of the Care Act, family carers still don't feel valued. They desperately want to be listened to by professionals and she is arranging to meet GP practice managers to tell them about the work of Carers Trust Cambridgeshire.

"What I would like to see is one person appointed to support a carer when they are identified and a package put in place; they need to have a named person that will take them through from beginning to end so they are not going from one professional to another and having to repeat everything over and over again.

"The message from the conference was to lobby MPs to get more carer friendly communities, talk to employers, talk to anybody who can make a difference to the lives of carers.

"It was a fantastic day, with carers coming from all over the country, from Truro and Wales to Scotland. I strongly recommend that carers should go next year if they can. I can't wait for it."

[Sue and Dave Jones are Ambassadors with Carers Trust Cambridgeshire and Carers Trust Peterborough.](#)



## New Law Failing To Deliver For England's Unpaid Carers

A year on from the introduction of The Care Act, a <sup>4</sup>review published by Carers Trust has found that the new act has made little or no difference to the 5.4 million carers in England.

The new Care Act came into force on 1 April 2015 and gave carers rights on an equal footing to the people they care for.

Carers Trust commissioned an independent panel of experts, led by former Care Minister Paul Burstow. The commission surveyed and spoke to unpaid carers looking after their sick or disabled family and friends, and to health and social care professionals to find out how well they thought the new act, which entitles carers to an assessment of their needs, was working.

The report shows a 'mixed picture' with examples of good practice, but in many cases found that the Act had made no difference to carers. In some instances, carers hadn't heard about the measures that had been introduced, which could support their needs and wellbeing as a carer.

It found:

- Only 21% of respondents felt that things had changed as a result of The Care Act 2015
- 65% of carers who responded said they had not had an assessment, while 4% didn't know whether or not they'd had an assessment
- Only 5% of respondents were non-white, suggesting that the act was failing to be implemented in Black and Minority Ethnic groups
- 31% had received an assessment and described the quality as good

Many people don't see themselves as carers which posed a problem identifying and supporting them, said Carers Trust.

Their new rights include taking into consideration the carer's health and wellbeing, family relationships and their need to balance their home life with their education or work. If they are found to be eligible they are entitled

to support, sometimes funded by their local authority. In addition, all local authorities must provide advice and information and prevent carers' needs from getting worse.

Former Care Minister, Prof Paul Burstow said:

“For many of the carers who responded to Carers Trust's calls for evidence, the response was stark - the Act had made no difference. It was news to some that there were new rights as they simply hadn't heard of them.

“We found evidence that when it comes to an assessment, the law is either poorly understood or ignored by those responsible. Too often it appears that carers are fobbed off with a one-off payment by local authorities as if that discharges the obligation to promote the carers' wellbeing.”

As a result of the review the panel has made a number of recommendations, including a call for national and local government, together with the NHS, to urgently invest in the support needed to ensure that the new legal rights for carers are being introduced in all areas. This will ensure carers receive the support and breaks they need.

Carers Trust Cambridgeshire submitted evidence to the commission. Some support for carers in Cambridgeshire is better than the national picture. We hope to have further discussions about how to work towards the recommendations.

A Carer's Assessment will look at the different ways that caring affects your life and works out how you can carry on doing the things that are important to you and your family. As a result of the assessment you may be eligible for support from the Council, and you will be offered advice and guidance to help with your caring responsibilities.

You can have a Carer's Assessment even if the person you care for does not get any help from the Council and they will not need to be assessed.

Contact: Carers Trust Cambridgeshire  
01480 499090 or 0345 241 0954





## Role of carers cannot be overlooked

.....  
Julie Spence, Chair of CPFT

At Cambridgeshire and Peterborough NHS Foundation Trust we aim to put patients at the very heart of everything we do. Our vision is for

truly integrated community, mental health and social care services.

While it is only right for organisations like ours to work to improve the experience of service-users, it is vital carers are also involved. They must be.

- They are the relatives helping a family member every day.
- They are the friends who are assisting a loved one.
- They are the people who are there when the NHS can't be.
- In short, they are the territorial army behind the army.

When I meet carers, what strikes me is that some didn't even know they were carers until it was pointed out to them.

Whether it is looking after a partner, elderly parent or child, they have done so selflessly and without question. In many cases, they didn't have a choice.

You have to be tough to be a carer. It is demanding, it can leave people isolated, and there has been a distinct lack of recognition.

While doubtless very important, recognition is about more than a 'thank you'. When you are a carer you get to know what a person likes and dislikes, and what's best for them and their wellbeing.

That is vital knowledge, but I have no doubt that the caring professionals – and I include CPFT – would have often overlooked that in years gone by. I would like to think that

situation is now changing.

It is one of the reasons the Trust has joined the Triangle of Care. The scheme was set up by Carers Trust and the National Mental Health Development Unit to strengthen the involvement of carers and families in care planning, treatment and support.

The first year of the scheme we focused on support for carers of mental health patients, and we have now moved on to help the carers of the adults and older people accessing our community services.

There is strong evidence that this approach improves the quality of care and has a positive impact on a person's recovery.

Just as importantly, the evidence also shows it improves the wellbeing of the carer.

We are there to support them and to listen to them, and to include them in the planning and developing of our services.

In the 2011 census, it was estimated there were 560,000 people in Cambridgeshire doing some sort of unpaid care.

That number is not going to go down.

We have an ageing population, and the NHS – and the public sector in general – is already dealing with the twin pressures of increased demand and on-going financial concerns.

The role of carers, and that of our third-sector partners, will become even more important in the years to come.

Hence why the partnerships we put in place now between patients, professionals and carers will mean so much for the future."

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Julie Spence is Chair of Cambridgeshire and Peterborough NHS Foundation Trust which provides integrated community, mental health and learning disability services, across Cambridgeshire and Peterborough, and children's community services in Peterborough.



# Thank you for joining us

## Pride in Our Carers Awards 2016

#PrideinOurCarers

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## Celebrating our Fabulous Carers in Cambridgeshire and Peterborough

The dedication and devotion of inspirational carers and the people and organisations who support them have been honoured during the first ever Pride in Our Carers Awards in Cambridgeshire and Peterborough.

A woman who selflessly cares for her husband who has Alzheimer's disease and for her daughter who has cerebral palsy has been named **Carer of the Year**. Helen Hewett was presented with her award by Dr Jane Hawking, former wife of Prof Stephen Hawking, at the Pride in Our Carers Awards to mark national Carers Week.

Helen, 48, from Upwood, near Ramsey, attends to Tom and Lily's personal care needs around the clock each day. She helps her daughter lead as normal a life as possible, taking her shopping and on holiday. She takes her husband to a support group and hospital appointments.

“ She said, The award means recognition for everything I have done and shows that it hasn't gone unnoticed and has been appreciated.”

Lily, 27, nominated her mother, saying: “Mum cares for me and dad 24/7 and is always kind and loves us, and we love her. We couldn't cope without her.”

The judges said: “Helen is a sandwich carer with multiple caring roles. Caring for two people is hard enough for anyone. She clearly makes a positive difference.”

The Pride in Our Carers Awards presentation was held during a major Sharing the Caring event for family carers organised jointly by Carers Trust Cambridgeshire and Cambridgeshire and Peterborough NHS Foundation Trust at the C3 Centre in Cambridge on Tuesday 7 June.

The auditorium at the C3 Centre in Cambridge was packed to hear Dr Hawking speak movingly about the lives of those with autism, the struggles faced by families and her appeal to the public to step in and help if they see a family struggling with an autistic child.





  
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The Awards presentation was hosted by BBC Radio Cambridgeshire presenter Dotty McLeod who described how moved she felt when interviewing carers on her radio show and learning about their selfless lives and dedication to their loved ones.

Other Pride in Our Carers Award winners were:

**Young Carer of the Year:** Margaret Woodward, 16, from near Wisbech, who cares for her two older brothers, despite having a disability herself.

**Carer Friendly Employer:** David Maroto, of Cyrus Audio, Ermine Business Park, Huntingdon, who offers flexibility and understanding to his staff, both carers and the cared-for person.

**Carer Friendly Health Award:** Aileen Regaldo, Hinchingbrooke Hospital Accident & Emergency Department, for understanding the true meaning of person-centred care collaboration.

**Carer Friendly Social Care:** Karen Bennett and Alan Jerom, from Hartford, Huntingdon, for providing respite care for two severely disabled young girls meaning they are often deprived of sleep.

**Carer Friendly Voluntary Organisation:** Lesley Cuthbert of Care Network, who actively searches out carers and refers them to the relevant agencies and follows up to ensure they are supported.

**Carer Friendly School:** Kathy Bradford, Hinchingbrooke School, Huntingdon, who works hard to recognise and support young carers at the school.

**The Outstanding Contribution to Carers Award** given by the CPFT was awarded to Elizabeth Mitchell, lead governor for service users and carers with CPTF.

**A Special Recognition Award** was dedicated to all Ambassadors who support Carers Trust Cambridgeshire and Carers Trust Peterborough.

We want to thank the businesses who provided prizes (see [www.carerstrustcambridgeshire.org](http://www.carerstrustcambridgeshire.org)). If your business would like to contribute prizes for next year's Awards, please get in touch.

**We look forward to next year's event!**



## **Have you had a family member or friend admitted to hospital with a traumatic brain injury?**



Family carers or friends of someone admitted to hospital with a traumatic brain injury have been asked to complete a short survey about their experiences.

The views are sought by the National Institute for Health Research (NIHR) Brain Injury Healthcare Technology Co-operative (HTC) which is delivered in partnership by Cambridge University Hospital NHS Foundation Trust and University Cambridge, based at Addenbrooke's hospital.

The NIHR Brain Injury HTC is committed to 'Patient and Carer Inspired Innovation' to ensure that all perspectives of the care pathway are heard.

**Carers are also invited to participate in the Family & Carer Workshop on Thursday 22nd September 2016 in Cambridge Central Library from 10am to 1pm with lunch and refreshments provided, and travel expenses will be reimbursed.**

The workshop will be an informal discussion with family members, friends and carers to explore the findings of the survey and share their experiences following admission to hospital with a traumatic brain injury.

If you would like to be sent a copy of the survey via email or post, like to attend the workshop, or would like more information please contact the NIHR Brain Injury HTC office (T: 01223 336940 or E: [involve@brainhtc.org](mailto:involve@brainhtc.org)).

The online survey can be found here: <http://bit.ly/29URwVF>

... and please remember there are organisations such as Headway and Carers Trust Cambridgeshire there to help carers.  
Did the professionals tell you this?

## **Family Carers Prescription Available From Your Doctor**



Are you familiar with the Family Carers Prescription? This is a free service for family carers of any age that is available from your doctor.

A Family Carers Prescription will give you access to a specialist worker at Carers Trust Cambridgeshire who will discuss options available to you, support you to access them and give you an information pack. It could help you access a short break that works for you, and they will provide support for this break to happen.

### **How can you get a Family Carers Prescription?**

Go to your surgery or ask for a telephone appointment with your doctor to explain your circumstances. The service is designed to respond quickly to urgent needs.

The surgery will record that you are a family carer so that they can support you appropriately in the future. Your doctor will agree the prescription and send it to Carers Trust Cambridgeshire who will respond quickly and provide information and an agreed break if you choose, without any charge to you.

For further information call Carers Trust Cambridgeshire on 01480 499090.





Ahead of **6<sup>th</sup> World Mental Health Day on 10 October**, the Wellbeing Service at Mind in Cambridgeshire, highlights the impact that caring for someone else can have on your own mental wellbeing and offers some tips on staying well – including details of their upcoming 'I matter too' workshop on **8 November**.

Caring for someone else can often be demanding and, indeed, overwhelming at times. So it is no surprise that carers are at particularly high risk of developing mental health issues such as depression and anxiety. According to Carers Trust (2016), up to 1.5 million people in the UK care for someone experiencing or recovering from mental ill health. Many of those people report having their own particular set of challenges:

- **Stress and worry** – you could spend a lot of time thinking about their illness and the impact it is having on both of your lives. You may also always be thinking about things you need to do as part of your role as carer, and find it hard to switch off.
- **Social isolation** - you may feel guilty if you take time for yourself, that others don't understand how you're feeling, or worry about the person you care for facing stigma.
- **Depression** - you may find that the challenges you face while being a carer make you feel low or depressed (40% of carers experience depression or other psychological problems, <sup>7</sup>Guardian 2013). If you feel very frustrated or hopeless, you may also have thoughts of harming yourself or even of ending your life. If so, visit [www.stopsuicidepledge.org](http://www.stopsuicidepledge.org)

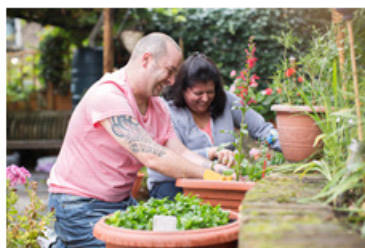
When you are a carer you spend a lot of your time focusing on someone else. But it's important that you look after your own wellbeing too, so you can in turn provide support.

### Top tips on looking after yourself

- **Consider your own needs** – for sleep, family friends, socialising, work, leisure activities, spirituality – and ensuring these are met.
- **Talk about how you are feeling** – whether it's to a good friend, a relative or a counsellor/support line, it will really help to share the challenges you are facing.
- **Set boundaries** – not tolerating abuse from anyone, whatever personal challenges they face.
- **Let go** – of total responsibility for 'caring' by developing a good relationship with professional staff and trusting them to do their bit. Engaging other family members or friends and trusting them also.

If you feel like you need further support, Mind in Cambridgeshire's Wellbeing Service offers a range of six week "Wellbeing Workshops" on a variety of topics related to mental health. "I matter too", is designed specifically for carers who are supporting someone with a mental health issue, and advises how to also look after themselves.

**The next course starts on Tuesday 8 November 2016.** For more information and how to book, please visit [www.mindincambs.org.uk](http://www.mindincambs.org.uk) or phone 01223 311320 or 01480 470480



**Carers Trust Cambridgeshire passes on its condolences to dedicated carer Richard Cross, and thanks him for sharing his poignant story about losing the loved one you cared for.**

## **Richard Cross - Living with Loss**

Richard Cross was his wife Sheila's devoted carer for almost 28 years. Sheila had multiple long-term conditions and mental health problems and sadly passed away earlier this year.

Richard, 72, who lives in Chatteris, and is a Carer Ambassador with Carers Trust Cambridgeshire, felt desolate and alone following Sheila's death. He candidly describes his feelings of loss and the frustrations he experienced, as well as adjusting to life now he is no longer his wife's carer, offering advice to others about this.

### **Richard's story**

"I lost my lovely Sheila on 13 April and miss her dreadfully. My life has now changed from one of being depended on and needed 24/7, to one of emptiness without direction or meaning. From having a home with atmosphere and life, it has now become an empty house where I exist. My salvation is our lovely 'lassie' dog, Danny Boy, who himself misses Sheila so much too.

The experience has been a devastating one which we all have to face at some time or another. The best memories I have of coping with this issue is the fabulous medical and nursing staff at Hinchingbrooke Hospital, Huntingdon. From the moment Sheila was admitted on 2 April, to when she died 12 days later, she was treated like royalty and nothing and no effort was spared by them trying to save her. Added to this, I was cared for, they understood how devastating this was, gave me all the support possible and when I had to make the decision to withdraw her life support, they stayed with me throughout.

The advice I would pass on to other carers from this experience is, obviously, make a Will, but ensure you ask questions regarding every possible outcome. I believe both Sheila and I should have been better informed by solicitors. It was also upsetting to receive cold and impersonal letters from the DWP, with it taking them almost a month to sort out my pension so I knew how much I would be getting. There might be changes in your



Council Tax too, and I urge local authorities to adopt a more humane and sympathetic approach when dealing with someone following a bereavement.

It is essential to know the wishes of the loved one you have lost, particularly if asked about organ or tissue donation. This also applies to how the deceased person wishes you to deal with their ashes if cremated.

In conclusion I advise carers not to leave anything to chance, or not to do nothing at all. Believe me, the easier you can make the transition by forward planning, the better chance you have of respectfully mourning the one you have lost and trying to move forward.

If you have someone in your life you truly love, as I did Sheila, you need good memories and experiences to carry you forward at this heart breaking time. Empathy and understanding from the officials who you have to contact with afterwards when you are grieving your loss, would make this particular journey more bearable."

**Carers:** there are organisations which can help with planning ahead or with advice. Do you know who they are?

**Age UK 0800 169 2081**

**CRUSE Bereavement Care 0808 808 1677**

Look out for Carers Rights Day events. Carers Rights Day is on 25 November 2016





## Do you care for someone with dementia?

Alzheimer's Society provides information and a range of support services for people with any form of dementia and their carers throughout Cambridgeshire.

Our **Dementia Adviser Service** offers information about all aspects of living with dementia and supports people to access services.

Our **Dementia Support Workers** offer information and practical guidance to help people understand dementia, cope with day-to-day challenges and prepare for the future.

The **Carer Information and Support Programme**, known as **CrISP** is a series of workshops for people caring for a family member or a friend with dementia. It provides an opportunity for you to talk in a friendly and confidential environment about your experiences and the impact they are having on you. By understanding more about dementia the course will help people to cope better with caring for the individual. CrISP is run by the Alzheimer's Society in Cambridgeshire and funded by Cambridgeshire County Council via Carers Trust Cambridgeshire.

Our **Activity Groups** provide a supportive environment for people with dementia to engage in activities that they enjoy. 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.

**Singing for the Brain** is 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.

**Dementia Cafés** provide information about living with dementia and other services available locally in an informal and comfortable environment. It is a place to relax, socialise and meet other people with dementia and their carers.

**For more information on any of these support services and groups in Cambridgeshire, please phone 01954 250322 or email [cambridgeandelyoffice@alzheimers.org.uk](mailto:cambridgeandelyoffice@alzheimers.org.uk)**

## CPFT Dementia Carers Support Service

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

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

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

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

**Sally Kitchen 07432 701833**  
(Monday - Wednesday)  
Email: [sally.kitchen@cpft.nhs.uk](mailto:sally.kitchen@cpft.nhs.uk)

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

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

# Events Calendar

## September 2016

### Monday 5

- **Histon Pinpoint ADHD/ASD Support Group** St Andrew's Centre, School Hill CB24 9JE 6.30pm to 8.30pm (see p24).
- **Sawston Alzheimer's Society Singing for the Brain®** Marven Centre, New Road CB22 3BP 10.30am to 12pm (see p13).
- **Wisbech Alzheimer's Society Dementia Café** The Robert Hall Centre, St Augustine's Road PE13 3AH 10am to 12pm (see p13).

### Tuesday 6

- **March Alzheimer's Society Dementia Café** St Peter's Church Hall, 36 High Street PE15 9JR 10am to 12pm (see p13).

### Wednesday 7

- **Cambridge Making Space Carers Support** Meadows Community Centre, St Catherine's Square CB4 3XJ 7.30pm to 9pm (see p21).
- **Willingham Support Group** for carers registered at Willingham Surgery 2pm to 4pm.
- **Huntingdon CTC Adult Carer Support Drop In - find out about Power Network Priority Service** Huntingdon Library ground floor community space (old café), Princes Street PE29 3PA 10am to 12.30pm.
- **Ramsey Alzheimer's Society Dementia Café** Rainbow Surgery, Stocking Fen Road PE26 1SA 10am to 12pm, (see p13).

### Thursday 8

- **Arbury Alzheimer's Society Dementia Café** Church of the Good Shepherd, Mansel Way CB4 2ET 1pm to 3pm (see p13).
- **Great Shelford CTC Shelford Dementia Support Group - dancing for dementia** David Rayner Centre CB22 5JT 10am to 12pm
- **Ely CTC Adult Carer Support Drop In - British Red Cross talk and basic first aid tips** Ely Library, 6 The Cloisters CB7 4ZH 10am to 12pm.
- **Orton Goldhay Pinpoint ADHD/ASD Support Group** Family Voice Peterborough, 105 Paynels PE2 5QP 10am to 12pm (see p24).

### Friday 9

- **Ely Pinpoint ADHD/ASD Support Group** Ely Children's Centre, Spring Meadow Infant & Nursery School, High Barns CB7 4RB 12.30pm to 2.30pm (see p24).

### Monday 12

- **Sawtry Chatterbox Carers Support Group** CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p20).

### Tuesday 13

- **Wisbech CTC Adult Carer Support Drop In -bring and share lunch** Wisbech Library, 5 Ely Place PE13 1EU 12.30pm to 3.30pm.
- **Peterborough Think Autism Information Session for Parents** Bishop Creighton Academy, Vineyard Rd PE1 5DB 1.30pm to 3pm (see p25).

### Wednesday 14

- **Huntingdon Pinpoint Self Harm: Parent Support** Huntingdonshire Regional College, California Road PE29 1BL 10am to 12pm (see p24).

### Thursday 15

- **Great Shelford Alzheimer's Society Dementia Café** David Rayner Centre, Scotsdales Garden Centre CB22 5JT 10am to 12pm (see p13).

### Monday 19

- **Bar Hill CTC Adult Carer Support Drop In - make managing medicines easier, find out what gadgets are available with Marian Rayner, Medicines Management** Tesco Extra Superstore, Community Room CB23 8EL 10.30am to 12.30pm.
- **Sawston Alzheimer's Society Singing for the Brain®** Marven Centre, New Road CB22 3BP 10.30am to 12pm (see p13).

### Tuesday 20

- **Ely Ely & District Parkinson's Group - talk about China** Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm to 5pm (see p20).





## Tuesday 20 contd..

- **Huntingdon Pinpoint Young People's Rights Session** The Medway Centre, Medway Rd PE29 1SF 12pm to 2pm (see p24).
- **St Ives Alzheimer's Society Dementia Café** St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am to 12pm (see p13).

## Wednesday 21

- **Cambridge CTC Adult Carer Support Drop In - Fire Service talk about fire safety in the home** Masonic Hall, Bateman St CB2 1NA 10.30am to 12.30pm.
- **March CTC Adult Carer Support Drop In - Trip down memory lane** March Library, City Road PE15 9LT 10am to 12pm.
- **Ely Pinpoint Benefits Information Session** Ely Library, 6 The Cloisters CB7 4ZH 12.30pm to 2.30pm (see p24).

## Thursday 22

- **Great Shelford CTC Shelford Dementia Support Group - pamper day** David Rayner Centre CB22 5JT 10am to 12pm.
- **Peterborough Building a Caring Community Event** Thorpe Hall PE3 6LW 11am to 5pm (see p3).

## Monday 26

- **St Neots St Neots Social Lunch** Eaton Oak Pub PE19 7DB 12.30pm (see p26).
- **Huntingdon Pinpoint ADHD/ASD Support Group** Huntingdonshire Regional College, California Road, **Huntingdon** PE29 1BL 10am to 12pm (see p24).
- **Hartford Rotary Club Memory Café** All Saints Church in the Hollow PE29 1XP 2.30pm to 4.30pm (see p26).

## Tuesday 27

- **Ely Alzheimer's Society Dementia Café** Cathedral Centre, Palace Green CB7 4AW 10am to 12pm (see p13).
- **Ramsey CTC Adult Carer Support Drop In - find out about Power Network Priority Service** Ramsey Library Meeting Room, 25 Great Whyte PE26 1HA 10am to 12pm.

## October 2016

### Monday 3

- **Comberton Pinpoint Network Meeting - help improve services for children/young people** Comberton Baptist Church, Green End CB23 7DY 6.30pm to 9pm (see p24).
- **Sawston Alzheimer's Society Singing for the Brain®** Marven Centre, New Road CB22 3BP 10.30am to 12pm (see p13).
- **Wisbech Alzheimer's Society Dementia Café** The Robert Hall Centre, St Augustine's Road PE13 3AH 10am to 12pm (see p13).

### Tuesday 4

- **March Alzheimer's Society Dementia Café** St Peter's Church Hall, 36 High Street PE15 9JR 10am to 12pm (see p13).

### Wednesday 5

- **Huntingdon CTC Adult Carer Support Drop In - relax with a hand and arm massage** Huntingdon Library ground floor community space (old café), Princes Street PE29 3PA 10am to 12.30pm.
- **Ramsey Alzheimer's Society Dementia Café** Rainbow Surgery, Stocking Fen Road PE26 1SA 10am to 12pm, (see p13).

### Thursday 6

- **Arbury Alzheimer's Society Dementia Café** Church of the Good Shepherd, Mansel Way CB4 2ET 1pm to 3pm (see p13).
- **Ely CTC Adult Carer Support Drop In - find out about Power Network Priority Service** Ely Library, 6 The Cloisters CB7 4ZH 10am to 12pm.
- **Orton Goldhay Pinpoint ADHD/ASD Support Group - Think Autism Information Session** Family Voice Peterborough, 105 Paynels PE2 5QP 10am to 12pm (see p25).

### Friday 7

- **Cambridge Pinpoint Network Meeting - help improve services for children/young people** Orchard Park Community Centre, Central Avenue CB4 2EZ 10am to 1.30pm (see p24).

# Events Calendar

## October 2016

### Monday 10

- **Sawtry Chatterbox Carers Support Group** CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p20).
- **Huntingdon Pinpoint Network Meeting - help improve services for children/young people** Saxongate Bradbury Place PE29 3RR 6.30pm to 9pm (see p24).

### Tuesday 11

- **Wisbech CTC Adult Carer Support Drop In - find out about Power Network Priority Service** Wisbech Library 5 Ely Place PE13 1EU 1.30pm to 4.30pm.

### Wednesday 12

- **Willingham Support Group** for carers registered at Willingham Surgery 2pm to 4pm.
- **March CTC Adult Carer Support Drop In - find out about Power Network Priority Service** March Library, City Road PE15 9LT 10am to 12pm.
- **Wisbech Pinpoint Network Meeting - help improve services for children/young people** Oasis Centre PE13 3NR 10am to 1.30pm (see p24).

### Thursday 13

- **Great Shelford CTC Shelford Dementia Support Group - Val Freestone talking about issues at night time for carers** David Rayner Centre CB22 5JT 10am to 12pm.

### Friday 14

- **Ely Pinpoint Network Meeting - help improve services for children/young people** Ely Library, 6 The Cloisters CB7 4ZH 10am to 1.30pm (see p24).

### Monday 17

- **Bar Hill CTC Adult Carer Support Drop In** Tesco Extra Superstore, Community Room CB23 8EL 10.30am to 12.30pm.
- **Sawston Alzheimer's Society Singing for the Brain®** Marven Centre, New Road CB22 3BP 10.30am to 12pm (see p13).

### Tuesday 18

- **Ely Ely & District Parkinson's Group - social meeting** Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm to 5pm (see p20).
- **Ramsey CTC Adult Carer Support Drop In - relax with a hand and arm massage** Ramsey Library Meeting Room, 25 Great Whyte PE26 1HA 10am to 12pm.
- **St Ives Alzheimer's Society Dementia Café** St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am to 12pm (see p13).

### Wednesday 19

- **Cambridge CTC Adult Carer Support Drop In - no speaker** Masonic Hall, Bateman St CB2 1NA 10.30am to 12.30pm.
- **Impington Pinpoint Self Harm: Parent Support** Impington Village College, New Road CB24 9LX 1pm to 3pm (see p24).

### Thursday 20

- **Great Shelford Alzheimer's Society Dementia Café** David Rayner Centre, Scotsdales Garden Centre CB22 5JT 10am to 12pm (see p13).

### Tuesday 25

- **Ely Alzheimer's Society Dementia Café** Cathedral Centre, Palace Green CB7 4AW 10am to 12pm (see p13).

### Thursday 27

- **Great Shelford CTC Shelford Dementia Support Group - Simon Hannah - falls prevention and how to get up off the floor safely** David Rayner Centre CB22 5JT 10am to 12pm.

### Monday 31

- **Sawston Alzheimer's Society Singing for the Brain®** Marven Centre, New Road CB22 3BP 10.30am to 12pm (see p13).
- **St Neots St Neots Social Lunch** Eaton Oak Pub PE19 7DB 12.30pm (see p26).
- **Hartford Rotary Club Memory Café** All Saints Church in the Hollow PE29 1XP 2.30pm to 4.30pm (see p26).

Are you planning an event we can help with? Please let us know by contacting us on [care@carerscambridgeshire.org](mailto:care@carerscambridgeshire.org)





## November 2016

### Tuesday 1

- **March Alzheimer's Society Dementia Café** St Peter's Church Hall, 36 High Street PE15 9JR 10am to 12pm (see p13).

### Wednesday 2

- **Cambridge Making Space Carers Support** Meadows Community Centre, St Catherine's Square CB4 3XJ 7.30pm to 9pm (see p21).
- **Huntingdon CTC Adult Carer Support Drop In - come to discuss how support for carers can be improved** Huntingdon Library ground floor community space (old café), Princes Street PE29 3PA 10am to 12.30pm.
- **Ramsey Alzheimer's Society Dementia Café** Rainbow Surgery, Stocking Fen Road PE26 1SA 10am to 12pm, (see p13).

### Tuesday 3

- **Arbury Alzheimer's Society Dementia Café** Church of the Good Shepherd, Mansel Way CB4 2ET 1pm to 3pm (see p13).
- **Ely CTC Adult Carer Support Drop In - come to discuss how support for carers can be improved** Ely Library, 6 The Cloisters CB7 4ZH 10am to 12pm.

### Monday 7

- **Histon Pinpoint ADHD/ASD Support Group - Think Autism Information Session** Histon Early Years Centre, New School Rd CB24 9LL 10am to 12pm (see p24).
- **Wisbech Alzheimer's Society Dementia Café** The Robert Hall Centre, St Augustine's Road PE13 3AH 10am to 12pm (see p13).

### Wednesday 9

- **Willingham Support Group** for carers registered at Willingham Surgery 2pm to 4pm.
- **March CTC Adult Carer Support Drop In - come to discuss how support for carers can be improved** March Library, City Road PE15 9LT 10am to 12pm.

### Thursday 10

- **Great Shelford CTC Shelford Dementia Support Group - dancing for dementia** David Rayner Centre CB22 5JT 10am to 12pm.

### Friday 11

- **Ely Pinpoint ADHD/ASD Support Group - Think Autism Information Session** Ely Children's Centre, Spring Meadow Infant & Nursery School, High Barns CB7 4RB 12.30pm to 2.30pm (see p24).

### Saturday 12

- **Cambridge Open University Psychological Society - Autumn Day Conference** The Royal Cambridge Hotel, Trumpington St CB2 1PY 10am to 4pm (see p26).

### Monday 14

- **Sawtry Chatterbox Carers Support Group** CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p20)
- **Sawston Alzheimer's Society Singing for the Brain®** Marven Centre, New Road CB22 3BP 10.30am to 12pm (see p13).

### Tuesday 15

- **Ely Ely & District Parkinson's Group - exercise session with a Personal Health Trainer** Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm to 5pm (see p20).
- **Wisbech CTC Adult Carer Support Drop In - come to discuss how support for carers can be improved** Wisbech Library 5 Ely Place PE13 1EU 1.30pm to 4.30pm.
- **St Ives Alzheimer's Society Dementia Café** St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am to 12pm (see p13).

### Wednesday 16

- **Cambridge CTC Adult Carer Support Drop In - come to discuss how support for carers can be improved** Masonic Hall, Bateman St CB2 1NA 10.30am to 12.30pm.

## November 2016

### Thursday 17

- **Great Shelford Alzheimer's Society Dementia Café** David Rayner Centre, Scotsdales Garden Centre CB22 5JT 10am to 12pm (see p13).

### Monday 21

- **Bar Hill CTC Adult Carer Support Drop In - come to discuss how support for carers can be improved** Tesco Extra Superstore, Community Room CB23 8EL 10.30am to 12.30pm.

### Tuesday 22

- **Ely Alzheimer's Society Dementia Café** Cathedral Centre, Palace Green CB7 4AW 10am to 12pm (see p13).
- **Ramsey CTC Adult Carer Support Drop In - come to discuss how support for carers can be improved** Ramsey Library Meeting Room, 25 Great Whyte PE26 1HA 10am to 12pm.

### Thursday 24

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

### Monday 28 - Carers Rights Day (see local press and website for more details)

- **Sawston Alzheimer's Society Singing for the Brain®** Marven Centre, New Road CB22 3BP 10.30am to 12pm (see p13).
- **St Neots St Neots Social Lunch** Eaton Oak Pub PE19 7DB 12.30pm (see p26).
- **Hartford Rotary Club Memory Café** All Saints Church in the Hollow PE29 1XP 2.30pm to 4.30pm (see p26).

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

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

01480 499090

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



**Eddies Holiday Home** – following a successful season, we still have availability for September and October at our fully accessible holiday home based on Heacham Beach in Norfolk. The home sleeps up to six people and is located on the Park Resorts complex only a five minute walk to the beach. We offer short breaks including 3, 4 and 7 night breaks.

**To check availability and pricing call 01223 883130**

**or email [holiday@eddies.org.uk](mailto:holiday@eddies.org.uk)**



Listening Books is a national charity that provides a postal and online audiobook library service to children and adults who struggle to read or hold a book due to an illness, disability, mental health issue or learning difficulty, and they have recently received funding to offer a number of FREE memberships to people living in Cambridgeshire who would find the usual membership fees (£20 - £45 per year) a barrier to joining the service.

The library has a huge range of brilliant fiction, non-fiction and educational audiobooks, plus study guides supporting the National Curriculum from Key Stage 2 to A Level. Titles are available across three easily accessible formats: MP3 CDs sent through the post (all postage is included in the membership), downloads from the website which can be transferred to a portable device such as a tablet or smart phone, and online streaming through a Windows PC, Mac or compatible device.

Phone Jo Cord on 020 7407 9417 or email [jcord@listening-books.org.uk](mailto:jcord@listening-books.org.uk)

Apply online: <http://bit.ly/29Ohusb>

See events calendar for dates and details page 14 to 18

## Carers Trust Cambridgeshire Adult Carer Support Drop In

These groups are aimed at adults in a caring role.

They occur across the county and provide an opportunity to talk to a Carer Support Officer about any difficulties you may be experiencing. There will be advice and support to help you to stay independent.

We have also invited speakers to come and talk about relevant issues, support services as well as offering activities and events to help you keep healthy and well. (See [events calendar](#)).

Whether you pop in for 10 minutes for some specific advice, or stay and listen and join in with an organised activity, we look forward to welcoming you! Refreshments provided.

01480 499090 for details or  
email: [care@carerstrustcambridgeshire.org](mailto:care@carerstrustcambridgeshire.org)  
[www.carerstrustcambridgeshire.org](http://www.carerstrustcambridgeshire.org)



## 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. You are welcome to come along to one or all of these sessions. (See [events calendar](#)).

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

01480 499090  
[care@carerstrustcambridgeshire.org](mailto:care@carerstrustcambridgeshire.org)  
[www.carerstrustcambridgeshire.org](http://www.carerstrustcambridgeshire.org)

## Huntingdon Bipolar Groups

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

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



## Rethink Mental Illness Cambridge Carers Group

Rethink  
Mental  
Illness.

The local Rethink Mental Illness voluntary carer support group has monthly meetings - for more information please contact David on: 01354 655786 or email: [d.jordan994@btinternet.com](mailto:d.jordan994@btinternet.com)

Please remember, your contribution to discussions, debates and your questions, are important, the speakers want to hear your concerns.

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



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18



# PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.

## Ely and District Parkinson's Support Group

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

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

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

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

The group meets at The Community Centre, Bell Holt, Off Lisle Lane, Ely CB7 4ED. Our meetings start at 2.30pm to 5pm (see events calendar).

See events  
calendar for  
dates and  
details pages  
14 to 18



## Chatterbox - new carers support group

Come for support, friendship, information and activities for carers.

We meet on the second Monday of the month between 2-4pm at the CARESCO Centre, Green End Road, Sawtry PE28 5UX

Carers Trust Cambridgeshire will be available to carry out Carer's Assessments or Family Carers Prescriptions. Help with transport to and from the group may be possible. Please ask for details.

Call Miranda 07751 798287 or 01487 832105

Website: [www.caresco.org.uk](http://www.caresco.org.uk)

CARESCO are a community services charity based in Sawtry striving to identify and meet the needs of the community.

## St Neots Social Lunch for Carers

Eaton Oak Pub Restaurant, St Neots PE19 7DB  
We meet on the last Monday of the month (except bank holidays) for lunching and chatting. (see events calendar)

This group is run by carers, for carers. We welcome new carers to join us. We can provide transport. Please phone Denise to book a place: 07547 142939.

## 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.

These free sessions are being offered as part of our monthly 'Engage in the Afternoon' programmes, and are open to all. For more details ask at the individual library or phone 0345 045 5225.

Alzheimer's Society  
Leading the fight against dementia

Dementia Friends  
An Alzheimer's Society initiative

## Making Space Cambridgeshire Carer Support Service



- Carer Peer Group Support Meetings in September and November (see events calendar). At the Meadows Community Centre, St Catherine's Square, **Cambridge** CB4 3XJ
- A new peer support group will be starting in **Huntingdon** in October
- We will also be holding another carers information morning with guest speaker in October. The subject at this event will be mental health diagnosis.

Any carer interested in any of these events is welcome. These meetings are for any relatives or friends of people who are experiencing mental ill health.

For more information contact Christine, Gill or Pauline on 01480 211006 email: [christine.burton@makingspace.co.uk](mailto:christine.burton@makingspace.co.uk)

## St Neots Voluntary Welfare Association Community Centre, Church Walk, St Neots 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](mailto:manager@stneotsvwa.org.uk) [www.stneotsvwa.org.uk](http://www.stneotsvwa.org.uk)

Day Centre: Tuesdays, Wednesdays and Fridays 10am to 3pm Lunch Club: Thursdays 12pm.

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. The 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).

## The Rotary Club of Huntingdon invites you to its



where people with various forms of memory loss and their carers can visit to support each other and have some fun



**ON THE LAST MONDAY OF EVERY MONTH  
INCLUDING BANK HOLIDAYS  
2.30 pm to 4.30 pm**

At the Church Room adjoining All Saints Church  
in the Hollow Hartford, Huntingdon  
(next to the river, ample parking,  
and on guided bus route or service 1A -  
alight at bottom of Sapley Road/Barley Mow)

For further information Phone 01480 417001 or  
email [memorycafe@rotary-huntingdon.co.uk](mailto:memorycafe@rotary-huntingdon.co.uk)

## Open University Psychological Society Cambridge

### Autumn Day Conference

12 November 2016 10am to 4pm  
The Royal Cambridge Hotel, Cambridge

### Autism Spectrum Disorders

Speakers:

- Prof Simon Baron-Cohen (University of Cambridge) [title of talk to be confirmed]
- Dr Steven Stagg (Anglia Ruskin University) Diagnosis of ASD in older age
- Dr Rosa Hoekstra (King's College, London) Improving autism awareness and service provision in low resource settings: perspectives from Ethiopia
- David Bottomley A personal perspective of living with Asperger's syndrome

Booking rates: Members £30; Non-members £40  
Book online at [www.oups.org.uk](http://www.oups.org.uk)  
For enquiries email [cambridge@oups.org.uk](mailto:cambridge@oups.org.uk)

OUPS events are open to everyone

This is an autism friendly conference, and a separate quiet room will be available.

The Open University Psychological Society is a not-for-profit registered charity no. 282744) which is run by volunteers and is affiliated to OUSA.

## Cambridge Mother Thankful for her Family of Young Adult Carers

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Cambridge mum Liz Underwood, who suffers from degenerative arthritis and osteoporosis, says she doesn't know how she would cope at home without the help and care provided by her three children.

Carers Trust Cambridgeshire provides support to Alice, 20, and Jamie, 25, as young adult carers and is also arranging support for brother Scott, 19. They all became carers for their mother from a young age – Alice started at the age of seven – and has made personal sacrifices over the years.

Liz, 48, who has limited mobility, praised her children for their dedicated care, and said it was important to make everyone aware about the terrific work of young carers; there are 8700,000 young carers in the UK who work around the clock providing care and support to family and friends.

"I would be absolutely lost without the help and care I have from Jamie, Alice and Scott over the last ten years. If it wasn't for them, I wouldn't be able to manage in the house or get out at all," she said.

"But young carers need to be supported to carry on living their own lives too. The sacrifices they make is tremendous and should be recognised."

The three siblings shop and cook for their mother, do the housework and are always with her when she goes out in her mobility scooter.

"Knowing one of them is here gives me tremendous reassurance. They won't go out unless they know someone is here with me. I really wouldn't be able to manage without them, I don't know how I would cope."

Jamie, an aspiring songwriter who cares for his mother during the day, says being a young carer puts tremendous pressure on young shoulders. He was bullied at school and has lost friends over the years because caring for his mother's needs is a priority for him.

"Both Alice and Scott are at college in the day and I am always with her when they are out as mum is so limited with what she can do. I care for her out of love. I do it because she is my mum," he said.

"Young carers don't get the recognition they deserve. You can't really do a lot with your own life because you have to be there. I really appreciate the one-to-one support I have from Carers Trust Cambridgeshire as they understand what my life is like."



Alice and Scott are both studying Hospitality at Cambridge Regional College. Alice says nobody understands what it is like being a young carer.

"I do it because it is important for mum. While someone else could care for her, I know my mum very well, I know if she is upset and needs help with something," she said.

"The biggest struggle for me is keeping on top of my homework. I can be catching up with homework up to 2am because I have spent spare time in the day caring for mum. I find it hard to juggle and am tired in the day."



Scott added: "It is very draining sometimes looking after mum on top of my college work. I can feel worn out at the end of the day. Some of my friends don't understand what I have to do for mum, if I can't go out with them. Thankfully, I have one or two close friends I can talk to."

Nicky Hornsby, Young Adult Carers Senior Support Co-ordinator with Carers Trust Cambridgeshire, said young carers need continuing support when they become young adults as they still face considerable pressures.

She meets with Jamie and Alice to discuss their future plans, supporting Jamie when he moved into his own flat and with his music career plans, and helping Alice take steps towards achieving her long term goal of running her own business with a friend.

Nicky said: "Jamie, Alice and Scott are inspirational carers for their mother. Young adult carers need continuing support to live a balanced and fulfilled life.

As well as meeting with them one-to-one, we also provide support groups where they share their experiences, as well as arranging residential trips and outings to give them a break."

Carers Trust Cambridgeshire support Young Adult Carers age 16-25yrs in a number of different ways based on individual need and circumstance.

Carer's Assessments help to identify the needs of a Young Adult Carer. The outcomes of these assessments can include signposting to other relevant services, Family Carer Prescriptions, Direct Payments, one to one support and group work.

The Transition Plan supports an individual to achieve their short, mid and long term goals. This may include wanting to find a hobby, to gain employment or to go to college or university. Transition Plans are carried out across the County by Carers Trust Cambridgeshire.

## Young Carers news from Carers Trust Cambridgeshire

### Funds Available For Young Carers/Young Adult Carers

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#### James Griffin Bursary Fund

Are you a Young Carer from St Neots? If so, a bursary is available to support your educational needs.

Young Carers in St Neots have been able to access an educational bursary of up to £80 each towards educational supplies. Requests so far have been for new books, extra tuition and new uniforms for a new school etc. Our team provide the families with help and support to apply for the bursary. This bursary is ongoing and we welcome applications from Young and Young Adult carers in St Neots.

#### Young Carers/Young Adult Carers Explore More funding

Through a generous donation from The Pears Foundation via Carers Trust, we are thrilled to be introducing a new fund for Young Carers up to the age of 17.

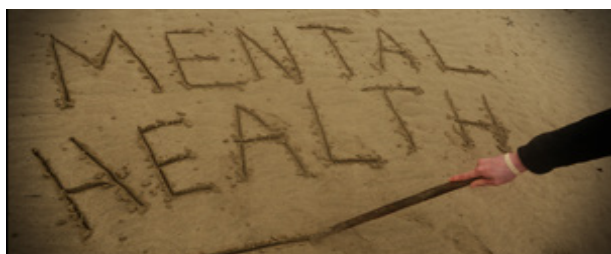
Young Carers supported by Carers Trust Cambridgeshire, Carers Trust Peterborough and Carers Trust Norfolk will have the chance to apply for up to £50 directly from us to enable them to take part in activities that would be otherwise inaccessible to them due to their caring role and/or family's financial situation. It could be a new hobby, extra tuition or a summer course they would be interested in.

The fund is now open. There is a limited amount available, so please get in touch with us asap for more information and an application form to have the best chance of success.

For further information and an application form please phone 01480 499098 or email: [alice.boon@carerstrustcambridgeshire.org](mailto:alice.boon@carerstrustcambridgeshire.org)



## New website helps young people 'keep their head'



A new website is launched to help children and young people across Cambridgeshire and Peterborough tackle mental health issues. Photography students from Cambridge Regional College provided images for the site, and the site's name was voted for via an online poll. The website includes information on how to look after your mental health, links to apps, and information on local services and support.

<sup>9</sup>Half of all mental health problems start before the age of 14, and it is estimated that in an average class of 30 15-year-old pupils, three could have a mental disorder.

The Keep Your Head website collates a range of reliable national and local information and resources that can help young people and their parents to look after their mental health. It also has information for GPs, schools and colleges and parents/carers.

The website has been funded by Cambridgeshire and Peterborough Clinical Commissioning Group (CCG), with support from Cambridgeshire County Council and Peterborough City Council and it is strongly linked to the Stress LESS and STOP Suicide campaigns."

The content of the website will continue to evolve based on local discussions and feedback.

The website can be viewed here:  
[www.keep-your-head.com/CP-MHS](http://www.keep-your-head.com/CP-MHS)

## Call for support for proposed New Special School in Cambridgeshire

Impington Village College is applying to establish a dedicated school for children aged 9-19 with autism spectrum condition (ASC) located on its site which will be called the Cavendish School. If the proposal is approved the new school will provide a highly specialised environment in which up to 70 children will be supported to become appropriately independent, emotionally and socially confident young adults.

There is a real need in Cambridgeshire for this provision, with many pupils currently unable to be educated either in the state sector or within the county. With an excellent track record for supporting young people with a range of special education and complex needs, Impington Village College is in a good position to respond to the need for a new dedicated school in Cambridgeshire. The Village College is working closely with Cambridgeshire County Council who is fully supportive of the application.

The process for establishing a new school is incredibly rigorous and initially involves an in-depth application to the Department for Education before the deadline in September 2016. If the application is approved the proposal will move on to the next stage of development with the ultimate aim of opening in September 2018.

**Support and input from parents of children with ASC will be crucial if the application is to be a successful.**

Anyone wishing to find out more can visit the website to join the mailing list at

**[www.thecavendishschool.org.uk](http://www.thecavendishschool.org.uk)**

# Autism Resources for carers

## Starting or changing school

Information from the National Autistic Society – full details can be found here:  
<http://bit.ly/29Ovh81>



## Feeling isolated?

For all parents, having children changes your life; your priorities change, your lifestyle, your sleep patterns and your social life takes a knock! For some parents of children with autism these changes can leave them feeling isolated.

Some of these reasons are trickier to work on than others, but these tips may help you get back on the right track:

- Schedule in some regular time to socialise and stick to it.
- Join a new club, group, or gym. If you are already a member of some, step it up a notch and ask if they want to do something together on another day or afterwards.
- Call an old friend and arrange to meet up soon.
- Educate friends and family about autism to help them be more accepting, if they are not, let it go.
- Start small; it doesn't need to be a big night out, maybe meet at a café for lunch to catch up.
- Your child and autism might have taken over life, but find something else to talk about with friends, give yourself a break from it.

## What will you do differently to achieve different results in your life?

Elisa Ferriggi, Autism Consultant from Think Autism. Visit [www.thinkautism.co.uk](http://www.thinkautism.co.uk) for more information and details of information sessions, workshops and for further support contact [elisa@thinkautism.co.uk](mailto:elisa@thinkautism.co.uk)

## Help to take a break factsheet

This new factsheet for parents of disabled children explains parents' rights to getting a short break from their local authority. It also explains what sort of short breaks parents may be entitled to, for example someone to come and sit with a child, or a playgroup for them.

<http://bit.ly/1pA7IHv>

## Further Information

The National Autistic Society's has huge range of resources for families and professionals on their website including:

- Education Rights Service
- This is me!
- EHC Plans: education, health and care plans
- Moving from primary to secondary school
- Full spectrum awareness

Autistic Spectrum Disorder Helpline: 0808 800 4104 Mon–Thurs, 10am to 4pm, Fri, 9am to 3pm. For impartial, confidential advice and support on autism for anyone affected by, or researching autism.



## Support for Parents and Carers

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

### Does your child have ADHD/ASD?

Our support groups at Ely, Peterborough and Histon return after the summer break. So if your children are accessing services, are on the waiting list, or have had a referral turned down, come along for practical advice and ideas on how to boost your resilience and work with your children at home and help manage their behaviour. Elisa Ferriggi from Think Autism will be providing Information Sessions for Parents in October/November.

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

### Free Benefits Information Session-Ely

Are you raising young people aged 14-25? The benefit experts from Papworth Trust will be running this free session with Pinpoint at Ely Library. So if you're unsure of what you or your child/YP can claim or need help filling out paperwork, come along.

It's free – just book ahead on 01480 499043.

### Self Harm: parent support

This group offers support to parents and carers whose young people self-harm.

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

### Young People's Rights Session-Huntingdon

Legal expert Caroline Barrett from solicitors Irwin Mitchell will be leading this free session for parents and carers of young people aged 14-25 at The Medway Centre. Lots of practical advice on topics ranging from mental capacity assessments for our children to how to challenge social care plans.

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

## Help improve services for children and young people

Use your voice to help shape key services such as education, health and social care for young people with additional needs and disabilities. Come along to our October network meetings and have your say. Talk to service managers and help us improve things for Cambridgeshire families. Our hot topic will be listed on our website soon.

### See events calendar for dates of all the above groups

#### Pinpoint contact info

Phone: 01480 499043

Email: [information@pinpoint-cambs.org.uk](mailto:information@pinpoint-cambs.org.uk)

Facebook: [/pinpointcambs](https://www.facebook.com/pinpointcambs)

Twitter: [/pinpointcambs](https://twitter.com/pinpointcambs)

Website: [www.pinpointcambs.org.uk](http://www.pinpointcambs.org.uk)

Sign up for Pinpoint's free monthly newsletter - full of good info and ideas - we'll send a copy direct to your inbox every month.

Email: [newsletter@pinpoint-cambs.org.uk](mailto:newsletter@pinpoint-cambs.org.uk)

See events calendar for dates and details page 14, 15 and

## Youth Support Service

It's all about youth



### Job Club

Are you 16 to 18, unemployed or worried about unemployment and need help?

Come along to our drop in sessions – no appointment needed

Huntingdon Library Wednesday 2pm – 4pm

St Neots Library Thursday 2pm – 4pm

We can help young people aged 16–18 with:

Job/apprenticeship search

Applications and CVs

Interview skills

Career planning and guidance

Contact: Alison Betts 07879 431693 or Linsey Ablewhite 07920 275714

Email: [Youthsupport.stneots@cambridgeshire.gov.uk](mailto:Youthsupport.stneots@cambridgeshire.gov.uk)

Appointments are also available in St Neots and Huntingdon please call, text or email for further information



[www.cambridgeshire.gov.uk](http://www.cambridgeshire.gov.uk)



**Think Autism** Website: [www.thinkautism.co.uk](http://www.thinkautism.co.uk)

(see events calendar)

- Information Session for Parents 13 September at Bishop Creighton Academy, Vineyard Road, Peterborough PE1 5DB - To book call 01733 343895 email [office@bishopcreighton.peterborough.sch.uk](mailto:office@bishopcreighton.peterborough.sch.uk)
- Information Sessions at Pinpoint's ADHD/ASD Parent Support Groups. To book, call 01480 499043 or email: [jackie@pinpoint-cambs.org.uk](mailto:jackie@pinpoint-cambs.org.uk)
- Information Session 11 November at Little Miracles Fenland Parent Support Group. Contact Samantha Milliard to book on [luke02sam18@gmail.com](mailto:luke02sam18@gmail.com)
- Professional Training 4 and 5 October in Peterborough / In-house School Staff training available. Please contact 07961 027 007 [elisa@thinkautism.co.uk](mailto:elisa@thinkautism.co.uk) for more information

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## Young Carers in Schools Programme

The Young Carers in Schools programme has successfully supported eight schools through the bronze award since its launch in November 2015. Carers Trust Cambridgeshire have over 20 schools engaged in the programme and have seen incredible commitment and enthusiasm from young carer leads within schools wanting to promote a culture change for young carers, by offering them more support and respite.

The award has seen collaborative working between primary and secondary schools, demonstrating sharing of good practice; and the development of networking groups within schools. We are keen to work with schools to build their knowledge around all unpaid family carers, offering a holistic approach to supporting family carers in employment and education.

Contact Carers Trust Cambridgeshire 0345 241 0954 or email [tania.bingham@carerstrustcambridgeshire.org](mailto:tania.bingham@carerstrustcambridgeshire.org)

If you look after someone ...  
... who looks after you?

## Connecting Carers

Would you like to ...

- Meet more people in a similar situation?
- Build-up confidence?
- Keep yourself emotionally healthy by developing your levels of resilience?

**FREE course for all family carers!**

Connecting Carers is a programme that will be running over 6 weeks. All are welcome, it is an informal and friendly space to enable people to not feel alone, build confidence and support you with your emotional wellbeing.

**Themes Include:**

**Take Notice:** be aware of how you feel and learn how to relax

**Keep Learning:** learn how to share your experiences and learn from each other

**Give, Be Active and Connect.**



Help with providing replacement care can be arranged—contact us.



Contact Jo to sign up now!  
01733 362 990 or email [general@pfmind.org.uk](mailto:general@pfmind.org.uk)



Carers Trust Cambridgeshire is a registered charity - No. 1091522

Peterborough & Fenland Mind is a registered charity - No. 2897789

## Autism, a “hidden” disability

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An estimated 1070m people are affected by autism worldwide and 700,000 people live with it in the UK. Here in Cambridgeshire, over 1,000 school children (around 10% of the pupil population)\* have the lifelong developmental disability that affects social communication, interaction with others and how to make sense of the world around them, characteristics associated with autism.

### What is it?

First identified in the 1940s, autism is a condition that affects the way the brain processes information. It is a “spectrum” condition, so it affects people in different ways – profoundly in some cases. Some have learning disabilities as well, some have normal or high IQ (Asperger’s Syndrome); some do not speak or have limited speech while others have good language skills. Five times as many males as females are diagnosed with autism.

Autism is a “hidden” disability as it is not always immediately apparent that someone has it. For many children and adults with autism, repetitive behaviour and routines help them make sense of a confusing world. Often they have intense and very specific interests, or obsessions. And many have sensory issues causing them to feel overwhelmed by certain sounds, touch, tastes, smells, light, colours, temperatures or pain.

As a result, parents and carers of children and adults with autism often have to deal with very challenging behaviour, sleep and communications issues, meltdowns, restricted diets and much more - which can have a huge impact on day-to-day life and on family relationships.

### What causes autism?

Research continues and, so far, it’s thought to be a mix of genetic and environmental factors. But no exact cause has yet been identified.

### Local help and support

Charity Pinpoint Cambridgeshire supports parents and carers of children and young people with additional needs and disabilities. With parents, it has worked with the county council to shape Cambridgeshire’s autism strategy – covering assessment, diagnosis, support and transition into adulthood and services from the local authority, health, schools and other educational settings and the voluntary and community sector.

It runs monthly support groups in Ely, Histon, Huntingdon and Peterborough for parents with children on the autistic spectrum – diagnosed or waiting for a referral. And offers practical advice with expert guest speakers, information and support.

In addition, Pinpoint is working with Cambridgeshire County Council and the Autism Education Trust to get parents of children with autism to co-deliver autism training to those teaching and supervising children on the spectrum across the region.

Another source of support is the Cambridge branch of the National Autistic Society (NAS), which helps autistic individuals of all ages, and their families and carers, and campaigns for better local services for those living with autism in Cambridgeshire. It offers: information and advice, support via a helpline, drop in sessions in Cambridge and Huntingdon, a social club for adults on the autistic spectrum, a monthly support group in Cambridge for parents and training and events. The NAS Cambridgeshire Adult Support Service based at the Chitra Sethia Autism Centre in Fulbourn provides support and information for young autistic people (16+) and adults. This includes help with accessing and maintaining education, work, housing leisure, vocational and volunteering opportunities. The support is personalised.

**Pinpoint Cambridgeshire** T: 01223 249496 E: [info@pinpoint-cambs.org.uk](mailto:info@pinpoint-cambs.org.uk)

W: [www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk)



**The NAS Cambridgeshire Adult Support Service** Cambridge City and South Cambridgeshire:

T: 07436 542729, E: [joseph.simon@nas.org.uk](mailto:joseph.simon@nas.org.uk)

East Cambridgeshire, Huntingdonshire and Fenland: T: 07795 257179, E: [anna.church@nas.org.uk](mailto:anna.church@nas.org.uk)

**Carers Trust Cambridgeshire** runs groups throughout the county for children and young people with autism and other learning and physical needs. Activities are designed to enhance a range of skills and encourage choice in order to promote independence. T: Alan Whitaker or Vicki Anderson on 01480 499051

\* Government local authority tables, January 2015

Figures supplied by National Autistic Society: [www.autism.org.uk](http://www.autism.org.uk)

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## Sara's\* story, mother of a son with autism

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"I will always remember that shopping trip to Tesco. It was an SOS food run and I wish I could have waited to go alone. Unfortunately, I had to take George\* with me. It was late and the bright lights and noise caused him to have a meltdown in one of the aisles.

"I was giving him space and waiting for him to calm down when this lady marched up and told me off for being a terrible mother and not bringing up my son "properly". I will never, ever, forget it. She knew nothing about us. So I yelled at her to look up the word autism. I was shaking and crying and was as frustrated and upset as George.

"George was diagnosed with Autism at the age of 3. The early years were really hard and our whole family was affected by the difficult behaviour and sleep issues. We never went out, because we couldn't find anyone to babysit and the stress of coping put a massive strain on our relationship. For years, we took it in turns to lie on George's bedroom floor - it was the only way all of us got some sleep. I gave up my job as my husband found it too hard to share the caring and became a full-time mum to George and his younger sister. Financially and emotionally, it was tough. I was on anti-depressants and exhausted. My parents had died and I felt so alone.

"Luckily, when George was about 11, we got a lifeline - the chance of family therapy to learn how to cope and manage. Without it, our family would not have survived.

"George is 18 now. He has big learning disabilities and we don't know what the future holds. But he has become a happy, gentle young man. His behaviour has really changed for the better. I am able to work part-time and that has really helped my confidence and our family's finances. Our son still eats the same rigid diet, still has meltdowns and anxiety attacks, and still has his routines and quirks like his favourite blue spoon and his little pebble in his pocket. But we have learned how to manage, avoid or work around things that could cause difficulties. Although we don't get it right all of the time.

"Talking to other parents has really helped. They understand what you're going through and give you ideas to try. I've also found genuine friendships that have kept me going during the really difficult moments. Above all, I've learned to be grateful. Yes, it's been hard but other families have children or young people with more severe difficulties. And they face bigger struggles and battles for services and support."

\* Names have been changed to protect anonymity  
photo is not the mother and son mentioned in this article



## The new Education, Health and Care Plan (EHC Plan)

At the Pride in Our Carers Awards in June, Dr Jane Hawking highlighted problems some families have experienced in obtaining the new 'Education, Health and Care Plan, which replaced the former Statement of Special Needs in September 2014.

Cambridgeshire County Council provides information about this for parents/carers, young people over the age of 16, early year's settings, schools, colleges and any professionals working with a child or young person. The EHC Plan is for children and young people aged 0 – 25. It intends to ensure that the child or young person and their parents/carers are placed at the centre of a collaborative planning approach, delivering a coordinated assessment within 20 weeks from the date the referral is received.

The main difference between the previous method of assessment and the new EHC Plan is adopting a more integrated approach which is intended to focus on individual outcomes within a shorter timeframe. Those with EHC Plans will have the same protection in law as a Statement of SEN. From September 2014, all existing Statements of Special Needs are gradually being transferred to EHC Plan over a three year period. All new referrals will be for EHC Plans.

Further information and factsheets about applying for the EHC Plan in Cambridgeshire, including frequently asked questions, the criteria and threshold, or how to appeal if your application is not successful, can be found on the Cambridgeshire Council website at:

<http://bit.ly/2a4mr61>

You can contact the Statutory Assessment and Resources Team at:  
Box SC02209, Scott House, Huntingdon, PE29 3AD Telephone: 01480 372 600  
Email: [start@cambridgeshire.gov.uk](mailto:start@cambridgeshire.gov.uk)

Tim Nicholls, Policy Manager at the National Autistic Society, provides support and information for families applying for the EHC Plan. He said: "The Government introduced welcome SEN reforms in 2014, promising to join up services and make it easier for parents to get the right support for their children. Yet many parents tell us that they're still facing long and exhausting battles.

"Earlier this year, the Government announced an extra £35.8m to help local authorities implement the reforms, which we see as recognition of the problems faced in many areas. The additional funding is urgently needed, but must be accompanied by improvements in the way education, health and care services work together, so that each child's plan reflects their full range of needs. Local authorities are in a unique position to be able to take the lead on this and make sure that everyone comes together in the best interests of the child.

"We know how difficult and stressful it can be to navigate the SEN system and would encourage any parents looking for information, advice or support to contact our Education Rights Service. No parents should feel like they have to battle for the right support alone."

Helpful information for parents about EHC Plans and what this means for them can be found at: <http://bit.ly/29SG4MY>

The National Autistic Society also runs an Education Rights Service which offers impartial, confidential information, advice and support on education rights and entitlements for parents and carers: <http://bit.ly/1QsrA50>

Main contacts for the National Autistic Society are: Email: [nas@nas.org.uk](mailto:nas@nas.org.uk)  
website: [www.autism.org.uk](http://www.autism.org.uk) Autism Helpline: 0808 800 4104 Supporter Care: 0808 800 1050.

# Cambridgeshire County Council Young Carers Needs Assessment

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## Who is a young carer?

Young Carers are carers aged up to 18 years. They all have different needs and wishes. We believe that every Young Carer should be able to access the same opportunities as their peers and should receive the right support to achieve those opportunities in order to develop their wellbeing, health and happiness.

## <sup>12</sup>Young Carers Needs Assessment

All Young Carers have a right to be assessed and have their needs and wishes respected. The Young Carer's Assessment Team can offer an assessment to young carers, to identify goals to support your needs.

## We want to know if a young carer:

- is unclear about the care their loved one receives and would like more information;
- feels alone, worried or concerned;
- feels let down, angry or confused;
- thinks that the needs of their loved one have changed; so that we can help.

A Young Carer's Assessment is an opportunity for you to tell us what it's like to live with someone in your family who you care for and who may need additional care, support or treatment.

## How to get an assessment

If you are aged 0-18 and would like a Young Carer's Assessment you can contact us. To do this:

- Phone: 01480 372798 or 01480 727964
- Email: [youngcarers@cambridgeshire.gov.uk](mailto:youngcarers@cambridgeshire.gov.uk)

We can discuss it over the phone and agree to meet you at home or school. If you are under 13 we will have to ask permission from your main carer/parent.

## What happens when you ask for an assessment?

You talk. We listen. The assessment is about your needs and your wishes.

We will consider everything you have to say so that we can agree an action plan to look at solutions and work with other agencies to provide better outcomes for you and your family.

We may look at any existing Care Plan or Assessment to see if this can be changed to support you and your family further.

We will act as your 'Lead Professional' until all your agreed goals have been met.

## Support for young carers

The Young Carer's Assessment Team does not provide support for young carers. We are here to assess your needs if you are a young carer and to explore the support that is available to meet your needs. We work in partnership with agencies such as Centre 33 and Carers Trust Cambridgeshire to provide the best possible support for young carers. This might be support with social groups, themed activities and events, trips away, or specialist services such as counselling or therapy.

## Parents and main carers

If you are concerned about a young carer at home and would like them to have a Needs Assessment please get in contact. We can arrange a home visit if required.

Phone: 01480 372798 or 01480 727964 Email: [youngcarers@cambridgeshire.gov.uk](mailto:youngcarers@cambridgeshire.gov.uk)



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

Carers Trust Cambridgeshire is there to help by:

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

Carers Trust Cambridgeshire also has a team of dedicated Carer Support Workers who are paid the National Living Wage, spending at least an hour with the client when out on call. They can be contacted at:

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

Tel: 01480 499090 or 0345 241 0954  
Email: [care@carerstrustcambridgeshire.org](mailto:care@carerstrustcambridgeshire.org)  
Web: [www.carerstrustcambridgeshire.org](http://www.carerstrustcambridgeshire.org)

For information on the sources of references 1-13 throughout the magazine please go to [www.carerstrustcambridgeshire.org/refs](http://www.carerstrustcambridgeshire.org/refs)



## Did you know?

<sup>13</sup>There are 78,000 carers in Cambridgeshire and Peterborough, with some as young as 8 years old. Most go unrecognised and receive little or no support until a crisis point is reached.