

NEWS

Issue 1 | September 2016



Welcome from the Chief Executive

We are passionate about supporting carers and the ones they love, and helping communities to support them too.

Young and old (we support carers aged 5-102), civilised society couldn't manage without them. But caring for someone can be stressful, isolating and difficult in many ways and an increasing number of us will face this choice. Knowing help is there from people we trust, if and when we need it, can be a lifeline.

That's where we come in - but funding from contracts only covers part of what we do. Each year we need to raise an additional £200,000. So far, we have raised £70,000 this year and it is great that that many

sections of the community have helped us, including businesses, schools, individuals, clubs, staff and volunteers (and their dogs!).

People are starting to make regular donations by Direct Debit or being sponsored to do something on our behalf. Fundraising events, like 'Britain's Best Breakfast' in October and our 2 week online auction from 28 October are other chances to help (could you donate a Lot?). More details are in this newsletter.

Please continue to support us. Without your help, it is impossible to help all the people we do.

Dr Helen Brown


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Crossroads carer service
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Caring for carers
www.carerstrustcambridgeshire.org

THANKS for supporting Charlie and Thomas

Charlie, aged 8, and Thomas, 10, have to care for their sick mum, Sarah, who has needed numerous operations due to her chronic Crohn's disease. This has left her with horrendous fatigue and needing daily medication. As a result the boys have to help with many jobs in the house, much more than other children their age, including preparing dinner and drinks, as well as doing other tasks; it is a routine way of life for them.

At least two kids in every class are a young carer. They have an increased risk of being bullied, underperforming in school, having reduced life chances and poor health. With your help we can improve lives and reduce the harmful effects of caring.

As well as Crohn's disease, Sarah also has rheumatoid arthritis and in 2016 she was newly diagnosed with osteoporosis. She has blood clots in her bowel and osteoporosis in her eyes/legs/skin/mouth and now in her bones.

In May the boys were referred to our Young Carers Service in Cambridgeshire which relies solely on fundraising.

Sarah said "I am so grateful for Young Carers. They are doing complete wonders for my two boys - they love every minute of their time they spend with you all!! Thank you so, so much for making their childhood a little better with a poorly mum. Thank you again xxx 100% angels."



Your support has allowed Thomas and Charlie to have several breaks from caring including visiting Hunstanton beach, Lady De Ramsey's garden party and Wicksteed Park. Our James Griffin Bursary scheme awarded them bursaries enabling Thomas to go on a school trip and new school uniform to be purchased for Charlie.

#BeAGoodEgg

Britain's Best Breakfast

Why not get together with friends, family or colleagues for a fun breakfast, or brunch, while raising funds for us this autumn. Breakfast is a really busy time for carers. Many have to skip their breakfast.

For your free Britain's Best Breakfast pack, containing ideas, invitations and decorations, please call 01480 499090 giving your name and address so we can post it to you or email fundraising@carerstrustcambridgeshire.org.



A big 'Thank You' to...

Everyone who has raised funds for us, including:

£1,977

Steve Ellis for running in the 2016 London Marathon for our Wednesday Club in Scratby which supports those with Dementia and their carers.

£815

Cambridge Rock Choir and all their guests, for putting on their fabulous summer concert in aid of our work.

£339

St Neots Rotary and everyone who gave us donations at St Neots Dragon Boat Festival.

£80

Olga and Warboys WI who support us regularly.

£450

St Ives Rotary who sponsored two activity days for 30 young carers.

Everyone at Sainsbury's Coldhams Lane, Cambridge who are supporting us as their Charity of the Year.

Thanks also to everyone who donated goods for the raffles at the Rock Choir Summer Concert and Luminus Charity Football & Fun Day and prizes for our Pride in Our Carers Awards.



Meet our volunteer...

Richard Reeve, who is starring on our front cover, joined us 5 months ago.

Why did you choose to volunteer for us?

After my wife passed away I wanted to give something back and I felt this was something I could do - helping out as and when I am able to do.

How have you helped?

So far I have chatted to people at a few carers information stands such as at the Sue Ryder fete at Thorpe Hall, handing out information and directing people to where help and support is available. I have also sold programmes at the St Neots Dragon Boat Festival to raise funds and I am training as a Carers Ambassador to promote all that carers do.

What is the best thing about volunteering with Carers Trust Cambridgeshire?

The best thing is I have been able to help people in their caring role. Just listening and speaking to somebody can improve their situation.

What advice would you give to someone thinking about volunteering?

Talk to someone about it, because you get fulfilment helping people. Your situation and experiences may be just what the other person needs to hear about to improve their life. It's flexible and varied - you commit what time you can give without obligation.

To find out more about the volunteering roles available call Kathy or Kate on 01480 499090 or see our website.



Online Auction

Can you donate an item or experience to our online auction? It doesn't have to be local, as people from all over the country will be bidding, and we are looking for items to suit all budgets.

Several Lots have been secured so far (many thanks), which range from Afternoon Tea with a Lord at the House of Lords to X Factor Audition tickets.

However we are looking for more lots. Do you

- know a business which can support us (they can include their logo)
- have a holiday home you'd be willing to let someone use or
- know anyone famous who might be willing to have afternoon tea with someone to support carers?

If you can provide an Auction Lot or want to check if your idea is suitable, please contact Val Garner on 01480 499090 or val.garner@carerstrustcambridgeshire.org by 14 October 2016.

The auction will be live from 28 October to 13 November at www.auction4carers.org.uk.

Please spread the word!

Diary Dates

8 September - 7pm

Psychic Evening

Scratby

In aid of The Wednesday Club supporting Dementia. Tickets £6.50.

Tel: 01493 441222 for tickets and information

Thursday 22 September - 11am

Building a Caring Community

Thorpe Hall, Peterborough

Find out about our plans.

Call Annette on 01480 499041 to find out more and to book your place.

October

Britain's Best Breakfast

See inside.

28 October-13 November

Online Auction

See left.

25 November

Carers Rights Day

16 December - 7.30pm

Carol Concert at Tattersalls

Rotary of Newmarket Christmas Concert in aid of Carers Trust Cambridgeshire and Suffolk Family Carers.

For a full listing of all our events visit

www.carerstrustcambridgeshire.org

Contact Us - Keep in Touch

If you would like to receive this by email instead of by post, please email fundraising@carerstrustcambridgeshire.org.

If you would like to receive this by post or would like to stop receiving this by post please contact us on 01480 499090.

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