

CAMBRIDGESHIRE carers

Quarterly Magazine | Issue 5 | Winter Edition - Dec 2016 • Jan • Feb 2017



Looking after someone?

Helping with day to day life?

Are you a working carer supporting
older parents and children?

This magazine is for you.

Inside this issue:

First Response Service to help
those in mental health crisis

Carers Space chatroom

Falls Prevention training

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Carers stories

What's On?

Where is my care coordinator?

Empowering carers to control
infections

Young carers/Young adult
carers news and support



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Cambridgeshire
Crossroads carer service
action • help • advice



Cambridgeshire
County Council

www.carerstrustcambridgeshire.org

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All items are considered for publication, however large or small.

To be featured in our next issue please submit articles by 3 January 2017.

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. Information is correct at the time of going to print.

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!

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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

Are you prepared?

There are heartfelt articles, informative news items and events galore in this edition. Carers Rights Day is an annual event to raise awareness of carers and to raise carers' awareness of what's available for them. The theme of The Right Information at the Right Time holds true every day, because so many people take on caring roles every day.

Governments, NHS and Councils are interested in unpaid carers because you're needed more than ever. Thank you to carers of all ages who have responded to myriad surveys and consultations to try to improve your support. Carers' expertise needs to be shared, as a one-size-fits-all, top-down service won't help.

There's another opportunity to get involved. Carers have said they want more training. CARE (Caregiving and Ageing Reimagined for Europe) CAMPUS is a collaborative educational program to ensure improved quality of care for older people in need, through providing training and educational support and knowledge to existing, new formal and informal carers. CARE CAMPUS really needs to know what would be most useful and relevant to carers and how best this could be delivered. There is more information and a link to a set of questions on our website www.carerstrustcambridgeshire.org and we will be helping arrange some Focus Groups as part of the co-design process. It would be great if you could join in.

Do take the opportunity to book up for Falls Prevention and Back Care Awareness Sessions (see page 20 and events calendar).

On behalf of the team, we wish you the very best for the festive season and for 2017.

Dr Helen Brown

Chief Executive
Carers Trust Cambridgeshire



Falls Awareness help

Everyone Health currently deliver the ChangePoint Lifestyle services commissioned by Cambridgeshire County Council. The Falls Awareness team offer free 1:1 appointments for individuals that are 65+ who may have a fear of falling, have previously had a fall or just would like to increase their physical activity level. Its mission is to provide an accessible service that helps to reduce the risk of falls, trips and slips in the community. The team can help you to identify and address any risks before they become a problem, so that you can continue to enjoy life as you want to.

Qualified instructors also deliver free fun group strength and balance classes. The classes will safely and effectively improve your physical function to reduce the risk of a fall. These social classes have a wide range of benefits such as improved health and well-being, associated with regular exercise. By coming to these classes you can also expect to feel increased confidence completing daily activities.

They work closely with other services in Cambridgeshire to improve access to Falls Prevention Services. They are currently offering appointments for initial screenings at various locations in Huntingdonshire, Fenland, East Cambs and Cambridge City.

Change Point.

If you feel you could benefit and would like an appointment please contact Change Point on 0333 005 0093.



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A Carer's Road to Recovery



The story of Elizabeth Mitchell (pictured), winner of the Outstanding Contribution to Carers Award, Pride in Our Carers Award 2016

People aren't carers first – they are parents, friends, spouses, sons or daughters. It is not a role you apply for, you have it thrust upon you.

Like many parents of young people with mental health problems it took us a while to understand that the fears our daughter was expressing and experiences she was talking about went beyond the normal anxiety of a young person trying to find her way after college. I was working full time in communications in the public sector and commuting to London. I took a redundancy package thinking that if I could spend several months at home I would be able to reassure her and set her on the way to a productive working life. Naïve and optimistic and ignorant that was me.

Many years on and following a diagnosis of schizophrenia she has not been part of the paid workforce for a long time but what we now understand is that it is a job in itself to keep motivated enough to pursue interests and voluntary work. She is immensely brave in the face of continuing symptoms of an

illness that sometimes makes it difficult to understand what is real and what is not. Some days, living a nightmare is not too dramatic a description but she does live on her own with support. We see her most weekends and enjoy our family life and more often than not I am just her mother.

But a lot of the time I do wear a carer's hat. If you are new to the role you will find there are many different styles to adopt. How you respond and where you find support makes the difference to it being an intolerable burden or an extension of family life. It can make you more understanding of challenges others face and develop your own resilience.

Perhaps you are incensed by the struggles your loved one has accessing benefits – campaign for social justice. Maybe you like being part of a social group that makes sense of individual difficulties – contact Rethink or Mind. Maybe you are motivated to fundraise for research and care – you will be welcomed with open arms and find a supportive community. Carers Trust Cambridgeshire can point you in the right direction.

I support all this but have found a purpose in a less known aspect of supporting carers. I am a governor of Cambridgeshire and Peterborough Foundation NHS Trust (CPFT). This means you have direct access to influencing delivery of services for people with mental health problems and those requiring community care. It is a strategic role and we need people who will think about and campaign for people disadvantaged by disease and disability.

The NHS has limited resources. We help CPFT spend theirs as wisely as possible. CPFT is working hard to embed Triangle of Care where the health professional, service user and carer are equal partners. It is a powerful concept. Please think about putting your efforts into making this happen. Email me to talk about it.

elizabeth-mitchell@hotmail.co.uk

See page 28 for Pride in Our Carers Awards 2017.

First Response Service to help those in mental health crisis

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The First Response Service (FRS) puts your mental health first. It provides 24-hour access, seven days a week, 365 days a year, to mental health care, advice and support.

What happens when I call?

The phone will be answered by a trained mental health professional who will be able to listen to your concerns and help you get the support you need. With your permission, they can also access your medical records to better meet your needs and to avoid you repeatedly having to tell us your situation. They can offer advice over the phone, put you in contact with our crisis services or even refer you to a Sanctuary - safe places run by mental health charity, Mind in Cambridgeshire. The Sanctuaries offer short-term practical and emotional support between 6pm and 1am, seven days a week.

Who can call?

If you aren't able to make the call yourself, then anyone can call on your behalf - for example a friend, carer, loved one or even your GP. The service is available to anyone, of any age, currently living in Cambridgeshire and Peterborough in mental health crisis, which could include:

- Changes to your mood
- Withdrawing from people (close family, friends or work colleagues)
- Not taking care of yourself like you usually would
- Having increased thoughts about your life not being worth living
- Excessive worry
- Feeling out of control or unable to cope
- Feeling anxious about leaving the house
- Hearing voices or seeing things that others can't
- Thinking about harming yourself.

By calling 111, and selecting option 2, we can help to get you the support you need.

For more information please visit:

<http://www.cpft.nhs.uk/about-us/mental-health-crisis.htm>



Make the best use of equipment to help with hearing loss

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Hearing loss can be a constant irritant if you are struggling to hear conversation or the television. If you are looking after someone else, you need to be sure that your own hearing is checked, as poor hearing is tiring and can add stress to relationships. Hearing loss can be isolating and lead to loneliness and depression and there are indications that it is a contributing factor in dementia.

Hearing aids go some way to improve the problems but for many people something a bit more is required to get clarity of sound where and when it is needed. There is now a good range of assistive equipment available for many situations, depending on lifestyle. A personal listener can make meetings much easier to follow; a TV listener allows you to listen through your own headset with control over volume; and a doorbell with a flashing light reduces anxiety about missing the caller at the door.

Alerting systems are now wireless and can warn you of any noise that you need to react to quickly. The most important alert is the smoke alarm and everyone with a hearing loss should be equipped with an alarm that will wake them when they are not wearing aids at night. These work with a vibrating pad under the pillow that shakes you awake.

The prices for equipment vary but a good amplified phone will cost no more than the standard product. It is always worth enquiring whether you are eligible for the support of the County Council sensory team. Anyone can refer to this service using the Contact Centre number 0345 045 5202.

Come to Cambridgeshire Hearing Help's demonstration of equipment to find out more. For details call 01223 416141 or see www.cambridgeshirehearinghelp.org.uk Charity Reg 1154071

We do not sell equipment.



Carers Need the Right Information at the Right Time

Carers Rights Day, 25 November 2016

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Carers Trust Cambridgeshire are reaching out to carers in November to remind them of the rights and the benefits they are entitled to while carrying out their caring duties.

The theme of this year's Carers Rights Day is Carers Getting the Right Information at the Right Time, as well as informing them about support available to protect their health and well being. Events are being held around the county to highlight the crucial messages behind Carers Rights Days and provide carers with the information they need.

Being a carer can have financial implications. Carers UK says that almost 1 in 3 (30%) carers had seen a drop of £20,000 or more a year in their household income as a result of caring.¹ Nearly 8 out of 10 families say caring for someone has had an impact on their finances.² People don't plan ahead to become carers, but a chronic illness or sudden accident suffered by a loved one means their life has irrevocably changed, causing financial havoc for some.

Many carers are not aware that they are entitled to benefits and financial support, missing out potentially on hundreds or thousands of pounds. It is crucial they access these funds at a time when it is needed most to reduce worry and stress.

Carers UK has produced a Carers Rights

Guide that outlines the rights of the carer and the person they care for, with information needed for practical and financial support.

This includes:

- The Carer's Allowance
- Carer's Credit, if not entitled to the Carer's Allowance
- Attendance Allowance
- Disability Living Allowance, for children under 16 years old
- Personal Independent Payment, for people aged 16-64 years old
- A Carer's Assessment
- Respite Break
- Council Tax reduction
- Disability Facilities Grant to adapt your home
- Help with fuel costs
- Free NHS health costs, such as prescriptions and eye tests, if your income is below a certain amount.

Cambridgeshire County Council has a benefits factsheet for carers too. Any carer should be offered an assessment by their local authority. Carers Trust Cambridgeshire is the largest provider of support for carers and offers Carer's Assessment, as well as providing information on Carers rights and other support services, such as the What If? emergency planning scheme and Family Carers Prescription to give you a break.

Caring in the Workplace

Many people feel forced to give up work when faced with intensive caring responsibilities which could have implications on their future pension entitlement, as well as their standard of living. The Equality Act 2010 provides carers with protection from some forms of discrimination. You can also ask your employer if they have a carers policy.

If you are an employee but also have caring responsibilities for children, elderly relatives or dependants you:

- can apply for the right to request flexible working
- are entitled to time off for dependants to deal with unforeseen circumstances.

Carers can find out information about the benefits they are entitled to from the following links:

- **Carers UK offers advice on the rights of a carer in the workplace:** www.carersuk.org/help-and-advice/work-and-career
- **Carers Trust:** <https://carers.org/article/money-and-benefits>
- **ACAS, carers rights in the workplace:** <http://www.acas.org.uk/index.aspx?articleid=1362>
- **Cambridgeshire County Council's factsheet on benefits available for carers:** http://www.cambridgeshire.gov.uk/downloads/file/4469/benefits_for_carers_2016
- **Care Act factsheets from the Department of Health:** <https://www.gov.uk/government/publications/care-act-2014-part-1-factsheets/care-act-factsheets>
- **NHS Choices, Employment Rights for Carers:** <http://www.nhs.uk/conditions/social-care-and-support-guide/Pages/employment-rights-for-carers-flexible-working-unpaid-leave.aspx>
- **Skills for Care, Balancing Work and Care, a Carer's guide:** <http://www.skillsforcare.org.uk/Document-library/Skills/Carers/Balancingworkandcare.pdf>
- **Cambridgeshire County Council Benefit Factsheet:** http://www.cambridgeshire.gov.uk/downloads/download/256/benefit_factsheets

If you would like a Carer's Assessment or further information about benefits and support available for carers contact Carers Trust Cambridgeshire (details on back page)

For local events please see Carers Trust Cambridgeshire website at www.carerstrustcambridgeshire.org

Your right to request flexible working

Flexible working can allow you to manage both your work and caring responsibilities.

The following is a brief description on employee rights to flexible working, time off in emergencies and parental leave. The right to request flexible working has now been extended from some carers and parents to cover all employees with 26 weeks service or more. The request can cover changing hours, times or places of work.

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

How do I make a request?

The law gives you the right to make one application a year for flexible working so it is important that you put forward the best case you can. However, your employer may be sympathetic if you find your circumstances have changed and you need to make a further application.

The request to work flexibly must be made in writing, dated and include:

- an outline of the working pattern you would like
- an explanation of the effect, if any, you think the proposed change might have on your job and, how you think this could be dealt with. You should think about how the proposed change could meet the needs your employer
- the date on which you would like the proposed change to start
- a statement that it is a flexible working request
- whether you have made any previous requests, and if so the date of that request.

You are not required to give reasons why you are making the request, but it may help your application if you give as much information as possible. Nor do you have to provide proof of your circumstances, i.e. that you are a carer, but again the more details you can give the better your chances of success may be.

Full details of your rights can be found here:

<http://www.carersuk.org/help-and-advice/work-and-career/your-right-to-flexible-working>

For further information see Carers UK website www.carersuk.org/

Join The Carers Partnership Board

The Carers Partnership Board is looking to recruit new Independent Members who can provide insight to service providers and statutory services to support and improve the services they offer to carers.

The Carers Partnership Board consists of:

- Carers (Independent Members) – 50% of the Board
- Health and social care providers
- Voluntary and charity sector organisations.

During the last year the Carers Partnership Board has:

- Challenged the Clinical Commissioning Group (CCG) about the Wheelchair Service, providing strong evidence to the CCG that what they were being told by 'Provide' did not reflect the lived experience of wheelchair users and their Carers. This evidence will be incorporated in to the tender for the Wheelchair Service which is going out later in 2016
- Co-produced the County Council's Carers Strategy for 2016-2020
- Increased its engagement with, and the inclusion of, young carers in the Partnership Board meetings.

What we offer Independent Members:

- Reimbursement of agreed expenses (travel, care)
- Opportunity to develop new skills
- Support when attending meetings.

If you are interested in finding out more and having a say in how services are developed and delivered in Cambridgeshire contact:

Graham Lewis, Development Officer
Tel: 0300 111 2301 or Email:
graham@cambridgeshirealliance.org.uk

YOUR COUNTY



Are you a Carer?
Do you live in Cambridgeshire?

NEEDS YOU!

Join the **Carers Partnership Board**, a forum for carers of people with disabilities, their representatives and the people that run the services they use. The board works *together* to ensure the highest quality and best value services for carers across Cambridgeshire.



For more information or to apply contact Graham by phone on 0300 111 2301 or by email on graham@cambridgeshirealliance.org.uk www.cambridgeshirealliance.org.uk

Sitting Comfortably

Recommendations made to improve Cambridgeshire's wheelchair services

Healthwatch Cambridgeshire and its partner organisations have reported back with a string of recommendations for improvements to wheelchair services in the county. This followed a review into the service after concerns were raised about how it was run. It is a clear example of the difference carers can make in achieving improvements for the person they care for.

Wheelchair users told the investigation that they felt they often had to wait too long to be assessed and for their chairs to be delivered with all the correct and functioning parts. They also complained that essential repairs took a long time, with the waiting time often significantly affecting their quality of life.

Other concerns were raised about poor coordination between administration and therapists, as well as the wheelchair repair and maintenance staff, which resulted in further frustrations and delays. Too often people felt that the wheelchair they were given did not match their needs.

The following recommendations were made for a wheelchair service that:

- Responds promptly to service users' enquiries
- Ensures that wheelchairs are provided to users as quickly as possible
- Has clear and realistic guidelines for prompt repairs and maintenance
- Ensures wheelchairs meet all the users' individual needs
- Listens to users, their family and carers
- Have clear communication and understanding between staff, wheelchair users and families about when their wheelchair needs will be regularly reassessed
- Provides clear information about who is eligible to use the wheelchair service, and what to expect from it
- Is confident that the system is coordinated effectively.

The review was conducted by Healthwatch Cambridgeshire, Pinpoint and Cambridgeshire Alliance for Independent Living. The concerns had originally been raised by Pinpoint with Cambridgeshire Carers Partnership Board.

Carers missing out on online support because they didn't know it existed

A recent survey by Carers Trust found that 56% of unpaid carers surveyed don't access online support. When asked why, 43% said they didn't know it existed.

Accessing online support can make a real difference to unpaid carers' lives. More than half of the carers (53%) who did access online support said that it had made a difference to their lives, with 58% saying that they used it to access advice.

- Almost one in four unpaid carers (37%) said they used it because they couldn't leave the house much
- 16% of those who accessed online support said it reduced their feelings of isolation
- 17% said it enabled them to communicate with other unpaid carers.

Unpaid carers who didn't access online support said that if they did they would use it to access advice (74%), connect with other carers (41%) and to take a break (27%).

Carers Trust has launched its online resource **carers.org** which features:

- advice pages
- a map to help carers find their local support service
- community pages where unpaid carers can chat to other carers to find advice and support in the forums
- online support team direct help.

The resource enables unpaid carers who are isolated and cannot visit a carers centre or service to still get help, advice and support when they need it. Also see page 25 Carers Space Chatroom.

Gail Scott-Spicer, Chief Executive of Carers Trust, said: "So many unpaid carers are isolated due to their caring roles. Many tell us that they can't get out of the house very much. The new **carers.org** service is available nonstop and can provide much needed support. Often, just knowing that the service exists means they don't feel so alone".

Marie's story

Marie, 44 cares for her daughter Jasmine, 21 who has complex needs. Marie cares 24/7 as Jasmine can do little for herself. With no family close by and a husband who works full time, Marie relies a lot on online support. "I use online support to take a break," she comments. "It gives me some me time. Contact with other carers is so important, especially when you feel quite isolated as I do. I have no family close by and don't really have time to meet with friends."

Website: <https://carers.org/>



Caring For Carers All Year Round

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Christmas is a time of happiness, laughter and joy, spending time with loved ones and enjoying the festive season together. Or is it?

How realistic is that perception for the tens of thousands of selfless people who dedicate their lives to caring for a relative or close friend, putting their needs first? They do this every day, including Christmas Day.

The cosy image of Christmas may be an illusion as many feel lonely or isolated as a result of their caring role. These feelings can be intensified at Christmas when it seems that everyone else is having a good time and they are missing out.

Research by Carers UK reveals that 8 out of 10 carers have felt lonely or isolated, and over half of carers (57%) stated that they have lost touch with family and friends as a result of their caring role, with half admitting to problems with their romantic relationships due to caring for their partner, another family member or friend.³

Chatterbox is a Drop-In Carers group run by CARESCO, an active community charity in Sawtry. On Christmas Day the doors at CARESCO's centre will open to people for the fifth year running who would perhaps spend the day alone. The Christmas Day Community Lunch is organised by Liz Coates, Manager of CARESCO, whose husband and family get roped in to provide entertainment. Not surprising, people come back year after year, anyone who would otherwise be alone at home on Christmas Day, whether they are single or a couple or a single parent with children.

Among those going is Ann Martin, 75, and her husband Tony, who is confined to a wheelchair as a result of a neurological condition, giving her a much appreciated break from the kitchen.

She said: "Christmas Day here is wonderful. You couldn't get better service at a hotel. Everywhere is decorated, you have drinks and nibbles when you arrive and there is a choice on the menu too. After lunch we listen to the Queen's speech and have a sing song and a visit from Santa with a present to take home, and we are given a photo of the day to take home with us. They couldn't do more to make it a special day. It's so nice for us to be here, otherwise we would be home alone on Christmas Day. We are lucky that our village has a strong caring ethos for all sorts of people."

"I've just joined the new Befriending Scheme. I think it's a great idea. Sometimes there are days when I am tired, but you just have to make the best of what you have got and carry on living. You have to learn not to worry about things, like having your house look as pristine as you might like it to be."

Selina Clarke from the Befriending Scheme visits Ann and Tony's home once a fortnight for a chat, talking over any problems they might have and helping with shopping. She said: "I just love helping older people. I enjoy listening and can empathise with how they feel as I worked as a carer, and I am now doing this as a volunteer. I believe we should be caring all year round, not just at Christmas."

Carers Trust Cambridgeshire attends Chatterbox and offers information about benefits for carers, Carer's Assessments, What If? Plan, and Family Carers Prescription.

For information about CARESCO 01487 832105, email office@caresco.org.uk website www.caresco.org.uk

If you live in a community that supports family carers, we would love to hear about it. Email Ellee Seymour: comms@carerstrustcambridgeshire.org



Changing Stations

by Rev David Bush, a Carer's Story

The Rev David Bush from Burwell wrote to the Carers Magazine after reading Richard Cross' moving story in the last issue where he described coping with loss after losing his wife Sheila whom he had cared for almost 28 years.

David, 91, a retired architect and vicar, cared for his wife Anita for eight years who had dementia; she passed away in January 2015. The couple had been married for 64 years and had six children. David describes how making a book of his memories helped him cope with her loss.



This is what he wrote:

Two years ago I determined to go forward positively, even though the love and the loss were so deep. So I started seeking something constructive to do for the benefit of myself and my family and any friends interested.

I put my mind to writing a scrapbook to try and satisfy the family's desire to know more about our background and what our early days were like 70-80-90 years ago... what made us tick.

And then our parish nurse Sue just happened to send a cutting from a carers' magazine entitled 'The Train'. I do not know the author and cannot acknowledge it:

At birth we boarded the train and met our parents, and we believe they will always travel on our side. However, at some station our parents will step down from the train leaving us on this journey alone.

As time goes by, other people will board the train; and they will be significant; ie our siblings, friends, children, and even the love of our life. Many will step down and leave a permanent vacuum. Others will go so unnoticed that we don't realise they vacated their seats. This train ride will be full of joy, sorrow, fantasy, expectations, hello, goodbyes and farewells. Success consists of having a good relationship with all passengers requiring that we give the best of ourselves.

The mystery to everyone is, we do not know at which station we ourselves will step down. So, we must live in the best way, love, forgive and offer the best of who we are. It is important to do this because when the time comes for us to step down and leave our seat empty we should leave behind beautiful memories for those who will continue to travel on the train of life.

I wish you a joyful journey on the train of life. Reap success and give lots of love. More importantly, thank God for the journey. Lastly, I thank you for being one of the passengers on my train.

That was the spur I needed to set me going and I called the book 'Changing Stations,' because Anita and I had enjoyed many different homes and experiences in the UK and the Isle of Man.

Gradually I kept on finding more and more things, large and small, to write about, photos of people and places, sketches and cuttings, until I filled a book of over 150 pages. Then our local print centre, commercially run with help from many trainee disabled people, printed copies of the book. It was a challenge for me, but greatly beneficial to my spirit and well-being, and an enjoyment to my family. All you need to start is a notebook (or several), a pen and pencil, and then enjoy the journey.

Here is a sample of organisations that offer help with bereavement (there are many more):

Much Loved <http://www.muchloved.com/gateway/grief-support-organisations.htm>

NHS.uk <http://www.nhs.uk/Livewell/bereavement/Pages/bereavement.aspx>

Cruse.org <http://www.cruse.org.uk/>

Mind.org <http://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/>

SupportLine.org <http://www.suppowrtline.org.uk/problems/bereavement.php>



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. People with dementia and their carers can contact a Dementia Adviser whenever they need further information or support to find other 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. They offer support face to face, over the phone or in writing.

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. To find out about a CrISP workshop in your local area, please contact us via our details below.

We also run **Dementia Cafés** and from time to time a range of other group activities throughout the county. These groups are designed to help people live well with dementia through peer support, social interaction and valuable information for people with dementia and their carers. To find out if there is a group that would meet your needs in an area near you, check our website **www.alzheimers.org.uk** or contact the area office below.

For more information on any of these support services in Cambridgeshire, please phone 01954 250322 or email cambridgeandelyoffice@alzheimers.org.uk

What is it like to live in your community when you have dementia?

Dementia Action Alliance is asking readers of Cambridgeshire Carers Magazine to participate in a survey asking what it is like for people with dementia to live in their community.

The feedback will be reported back to DAA to either share good news stories and best practice, or consider areas for action. We hope to publish the findings in this magazine too.

The survey co-ordinator Hilary Shepherd, said they hoped to use the findings to encourage businesses to become more dementia friendly by challenging them to act on feedback they have been given by their customers (you!), or by recognising good work they are already doing.

Hilary asks:

- How easy is it to get into town?
- How easy it to go shopping?
- Are staff in shops patient and understanding?
- Is it easy to find your way around the town centre?
- Where are your favourite places to go?
- Are there plenty of places to sit down?

Hilary said: "It is useful to have both positive and negative feedback as we also want to recognise businesses who are already dementia friendly and doing a great job. We encourage you to note down your thoughts when you're out and about in your village or town and send them in to us so we can take them further."

If you are able to help, you can email Hilary at:

Hilary.Shepherd@alzheimers.org.uk

Drop-In at dementia-friendly café in Cambridge

.....

This drop in group in Cambridge helps people living with Dementia and those who care for them. It is a joint initiative between Cambridgeshire and Peterborough NHS Foundation Trust's Dementia Carers Support Service and Sainsbury's, Coldhams Lane.

The group meets on the first Tuesday of every month at the supermarket's café with a start time of 2.30pm. Volunteers from the Dementia Carers' Support Service will be there to welcome visitors, refreshments are provided.

(See events calendar.)

Tricia Worsnip, volunteer said: "We hope this group will be great a chance for people living with dementia, or caring for someone with dementia, to get together. Dementia can often leave people feeling isolated so this is an opportunity to meet on a regular basis.

"The staff at Sainsbury's in Coldhams Lane have been wonderfully supportive. They recently received training in dementia awareness and wanted to do something more to help the local community. The café manager, Sian Grice, has been brilliant in helping make this happen. The café is an ideal place because it's a community space and not a day centre or a hospital. We hope that many friendships will be made through this group."

Dementia Carers Meeting at St Vincents Close Community Centre, Girton CB3 0PE

Join carers for a coffee, cake and a chat in a relaxed, informal atmosphere. Fourth Monday of the month, 2.00pm to 3.30pm. (See events calendar.) We look forward to seeing you there!

Lunch Group for carers and people living with dementia at **Six Bells Pub, 9 High St, Fulbourn CB21 5DH** **book in advance** with Sally Kitchin for two course lunch, third Tuesday of the month at 12.30pm.

(See events calendar.)

For further information about all the groups email Sally Kitchin: sally.kitchin@cpft.nhs.uk or call 01353 652092.

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.

For more information contact the project co-ordinators:

Sally Kitchin 07432 701833

(Monday to Wednesday)

Email: sally.kitchin@cpft.nhs.uk

Fe Franklin 07506 579367

(Thursday and Friday)

Email: fe.franklin@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

December 2016

Monday 5

- **Histon Pinpoint ADHD/ASD Support Group** Histon Early Years Centre, New School Road CB24 9LL 10am to 12pm (see page 26).

Tuesday 6

- **Cambridge CPFT Dementia Carers Support** Sainsbury's Café, Coldhams Lane CB1 3HP 2pm to 4pm, (see page 13).
- **Huntingdon Making Space Carers Support** Trinity Church, Butts Grove Way PE29 1LY 7pm to 9pm (see page 19).

Wednesday 7

- **March CTC Adult Carer Support Drop-In** March Library, City Road PE15 9LT 10am to 12pm.
- **Fenland STRIVE Young Adult Carers** Costa, 5-7 High Street, March PE15 9JA 6.30pm to 8.30pm (see page 31).
- **Huntingdon CTC Adult Carer Support Drop-In - Christmas Party - Festive food, crafts, music** Huntingdon Library, Meeting Room 2 (first floor), Princes Street PE29 3PA 10am to 12pm.

Thursday 8

- **Great Shelford CTC Shelford Dementia Support Group - Christmas Party** David Rayner Centre CB22 5JT 10am to 12pm.
- **Ely CTC Adult Carer Support Drop-In** Ely Library, 6 The Cloisters CB7 4ZH 10am to 12pm.
- **Ely Pinpoint ADHD/ASD Support Group** Ely Community Centre, Larkfields Resource Centre, High Barns CB7 4SB 6.30pm to 8.30pm (see page 26).
- **Peterborough Pinpoint ADHD/ASD Support Group** Family Voice Peterborough, 105 Paynels, Orton Goldhay PE2 5QP 10am to 12pm (see page 26).

Monday 12

- **Sawtry Chatterbox Carers Support Group** CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see page 20).

Tuesday 13

- **Huntingdon Pinpoint ADHD/ASD Support Group** Hunts Forum, The Maple Centre, 6 Oak Drive PE29 7HN 10am to 12pm (see page 26).

Thursday 15

- **Cambridge Pinpoint Self Harm: Parent Support** Trumpington Meadows Primary School, Kestrel Rise, Trumpington CB2 9AJ 10am to 12pm (see page 26).
- **Wisbech CTC Adult Carer Support Drop-In** Wisbech Library, Ely Place PE13 1EU 2pm to 4pm.
- **Huntingdon Centre 33: Young Carer Drop-In** HYC, Sallowbush Lane PE29 7AF 3.30pm to 5pm (see page 27).

Friday 16

- **Cambridge Alzheimer's Society Carol Concert** St John's College, St John's Street CB2 1TP 6.30pm (see page 17). **Tickets essential.**
- **Cambridge STRIVE Young Adult Carers information stand and fundraising** Sainsbury's, Coldhams Lane CB1 3HP 6.30pm to 8.30pm (see page 31).
- **Newmarket Rotary Carols** Tattersall Horse Sales Rotunda, The Avenue CB8 9AU 7.30pm (see page 17). **Tickets essential.**

Monday 19

- **Girton CPFT Dementia Carers' Support** St Vincents Close Community Centre CB3 0PE 2pm to 3.30pm (see page 13).

Tuesday 20

- **Fulbourn CPFT Dementia Carers Lunch** Six Bells, 9 High Street, Fulbourn CB21 5DH 12.30pm (see page 13).
- **Ely Parkinson's Support Group** Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm to 5pm (see page 19).
- **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.
- **Huntingdon Young Adult Carers Drop-In** Huntingdon Regional College, California Road PE29 1BL 12pm to 2pm (see page 31).

Please see CTC website for a full list of events, including some additional groups which are not listed here.
www.carerstrustcambridgeshire.org
01480 499090
care@carerstrustcambridgeshire.org



January 2017

Tuesday 3

- **Cambridge CPFT Dementia Carers Support** Sainsbury's Café, Coldhams Lane CB1 3HP 2pm to 4pm, (see page 13).
- **Huntingdon Making Space Carers Support** Trinity Church, Butts Grove Way PE29 1LY 7pm to 9pm (see page 19).

Wednesday 4

- **Fenland STRIVE Young Adult Carers** Costa, 5-7 High Street, March PE15 9JA 6.30pm to 8.30pm (see page 31).
- **Huntingdon CTC Adult Carer Support Drop-In - A presentation from Everyone Health - stay safe, well and prevent falls** Huntingdon Library, Meeting Room 2 (first floor), Princes Street PE29 3PA 10am to 12pm.

Thursday 5

- **Ely CTC Adult Carer Support Drop-In** Ely Library, 6 The Cloisters CB7 4ZH 10am to 12pm.

Monday 9

- **Histon Pinpoint ADHD/ASD Support Group** Histon Early Years Centre, New School Road CB24 9LL 6.30pm to 8.30pm (see page 26).
- **Sawtry Chatterbox Carers Support Group** CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see page 20).

Tuesday 10

- **Wisbech CTC Adult Carer Support Drop-In** Wisbech Library, Ely Place PE13 1EU 2pm to 4pm.

Wednesday 11

- **March CTC Adult Carer Support Drop-In** March Library, City Road PE15 9LT 10am to 12pm.

Thursday 12

- **Great Shelford CTC Shelford Dementia Support Group - Louis Marks, Carers Trust talk on dementia policy and development** David Rayner Centre CB22 5JT 10am to 12pm.
- **Ely CTC Falls Prevention and Back Care Awareness Sessions** Ely Library, 6 The Cloisters CB7 4ZH 10am to 3.30pm (see page 20). **Booking essential.**

- **Huntingdon Pinpoint Self Harm: Parent Support** Huntingdonshire Regional College, California Road PE29 1BL 10am to 12pm (see page 26).
- **Huntingdon Centre 33: Young Carer Drop-In** HYC, Sallowbush Lane PE29 7AF 3.30pm to 5pm (see page 27).

Friday 13

- **Ely Pinpoint ADHD/ASD Support Group** Ely Community Centre, Larkfields Resource Centre, High Barns CB7 4SB 12.30pm to 2.30pm (see page 26).

Monday 16

- **Huntingdon Pinpoint ADHD/ASD Support Group** Hunts Forum, The Maple Centre, 6 Oak Drive PE29 7HN 10am to 12pm (see page 26).

Tuesday 17

- **Fulbourn CPFT Dementia Carers Lunch** Six Bells, 9 High Street, Fulbourn CB21 5DH 12.30pm (see page 13).
- **Ely Parkinson's Support Group** Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm to 5pm (see page 19).
- **Huntingdon Young Adult Carers Drop-In** Huntingdon Regional College, California Road PE29 1BL 12pm to 2pm (see page 31).

Thursday 19

- **Cambridge CTC Falls Prevention and Back Care Awareness Sessions** Masonic Hall, Bateman Street CB2 1NA 10am to 3.30pm (see page 20). **Booking essential.**
- **Peterborough Pinpoint ADHD/ASD Support Group** Family Voice Peterborough, 105 Paynels, Orton Goldhay PE2 5QP 10am to 12pm (see page 26).

Friday 20

- **Huntingdon STRIVE Young Adult Carers** Tesco Community Room, Abbots Ripton Road, Sapley PE28 2LA 6.30pm to 8.30pm (see page 31).

Monday 23

- **Girton CPFT Dementia Carers' Support** St Vincents Close Community Centre CB3 0PE 2pm to 3.30pm (see page 13).

January 2017

Tuesday 24

- **Ramsey CTC Adult Carer Support Drop-In** - A presentation from Everyone Health - stay safe, well and prevent falls Ramsey Library Meeting Room, 25 Great Whyte PE26 1HA 10am to 12pm.

Thursday 26

- **Great Shelford CTC Shelford Dementia Support Group** - British Red Cross delivering Basic First Aid Training David Rayner Centre CB22 5JT 10am to 12pm.
- **St Ives CTC Back Care and Falls Prevention Awareness Sessions** Carers Trust Cambridgeshire, 4 Meadow Park PE27 4LG 10am to 3.30pm (see page 20).
Booking essential.

Friday 27

- **St Ives Pinpoint Conference** Burgess Hall, One Leisure, Westwood Road PE27 6WU 9.30am to 2pm (see page 26).
Booking essential.

Monday 30

- **St Neots Social Lunch for Carers** Eaton Oak Pub Restaurant, Crosshall Road PE19 7DB 12.30pm (see page 17).
- **Hartford Rotary Club Memory Café** All Saints Church in the Hollow, PE29 1XP 2.30pm to 4.30pm (see page 20).

Tuesday 31

- **Eaton Socon CTC Café Neuro** Marbrook Centre, Phoenix Park PE19 8EP 10.30am to 12.30pm (see p17).

February 2017

Wednesday 1

- **Fenland STRIVE Young Adult Carers** Costa, 5-7 High Street, March PE15 9JA 6.30pm to 8.30pm (see page 31).
- **Huntingdon CTC Adult Carer Support Drop-In** - British Red Cross delivering Everyday First Aid Awareness Huntingdon Library, Meeting Room 2 (first floor), Princes Street PE29 3PA 10am to 12pm.

Monday 6

- **Histon Pinpoint ADHD/ASD Support Group** Histon Early Years Centre, New School Road CB24 9LL 10am to 12pm (see page 26).

Tuesday 7

- **Cambridge CPFT Dementia Carers Support** Sainsbury's Café, Coldhams Lane CB1 3HP 2pm to 4pm, (see page 13).
- **Huntingdon Making Space Carers Support** Trinity Church, Butts Grove Way PE29 1LY 7pm to 9pm (see page 19).

Wednesday 8

- **March CTC Adult Carer Support Drop-In** March Library, City Road PE15 9LT 10am to 12pm.

Thursday 9

- **Great Shelford CTC Shelford Dementia Support Group Art Therapy with Nancy Voak** David Rayner Centre CB22 5JT 10am to 12pm.
- **Ely CTC Adult Carer Support Drop-In** Ely Library, 6 The Cloisters CB7 4ZH 10am to 12pm.
- **Huntingdon Centre 33: Young Carer Drop-In** HYC, Sallowbush Lane PE29 7AF 3.30pm to 5pm (see page 27).
- **Peterborough Pinpoint ADHD/ASD Support Group** Family Voice Peterborough, 105 Paynels, Orton Goldhay PE2 5QP 10am to 12pm (see page 26).
- **Venue TBC Pinpoint Self Harm: Parent Support** 6.30pm to 8.30pm (see page 26).

Friday 10

- **Ely Pinpoint ADHD/ASD Support Group** Ely Community Centre, Larkfields Resource Centre, High Barns CB7 4SB 12.30pm to 2.30pm (see page 26).

Monday 13

- **Sawtry Chatterbox Carers Support Group** CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see page 20).

Tuesday 14

- **Wisbech CTC Adult Carer Support Drop-In** Wisbech Library, Ely Place PE13 1EU 2pm to 4pm.

Friday 17

- **Huntingdon STRIVE Young Adult Carers** Tesco Community Room, Abbots Ripton Road, Sapley PE28 2LA 6.30pm to 8.30pm (see page 31).

February 2017

Monday 20

- **Huntingdon Pinpoint ADHD/ASD Support Group** Hunts Forum, The Maple Centre, 6 Oak Drive PE29 7HN 6.30pm to 8.30pm (see page 26).

Tuesday 21

- **Fulbourn CPFT Dementia Carers Lunch** Six Bells, 9 High Street, Fulbourn CB21 5DH 12.30pm (see page 13).
- **Ely Parkinson's Support Group** Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm to 5pm (see page 19).
- **Huntingdon Young Adult Carers Drop-In** Huntingdon Regional College, California Road PE29 1BL 12pm to 2pm (see page 31)
- **Ramsey CTC Adult Carer Support Drop-In - British Red Cross delivering Everyday First Aid Awareness** Ramsey Library Meeting Room, 25 Great Whyte PE26 1HA 10am to 12pm.

Thursday 23

- **Great Shelford CTC Shelford Dementia Support Group** British Legion talking about **Poppy Calls Service** David Rayner Centre CB22 5JT 10am to 12pm.

Monday 27

- **Girton CPFT Dementia Carers' Support** St Vincents Close Community Centre CB3 0PE 2pm to 3.30pm (see page 13).
- **St Neots Social Lunch for Carers** Eaton Oak Pub Restaurant, Crosshall Road PE19 7DB 12.30pm (see page 17).
- **Hartford Rotary Club Memory Café** All Saints Church in the Hollow, PE29 1XP 2.30pm to 4.30pm (see page 20).

Tuesday 28

- **Eaton Socon CTC Café Neuro** Marbrook Centre, Phoenix Park PE19 8EP 10.30am to 12.30pm (see page 17).

Carers Café Neuro



A welcoming place for carers of adults with acquired or long-term neurological conditions and the people they care for to meet. Come along for tea/coffee and cake.

Meets on the last Tuesday of the month except December at 10.30am-12.30pm at Marbrook Centre, Phoenix Park, Eaton Socon, St Neots, PE19 8EP.

Unfortunately we cannot provide support with care.

With many thanks for the generosity of



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.

Rotary Club of Newmarket



Rotary Carols

at Tattersall Horse Sales Rotunda, The Avenue, Newmarket CB8 9AU

16 December, 7.30pm

Join in the Christmas celebrations with Maestro Rotarian Vernon Place, Carols, Local Choirs, Newmarket Town Band and most of all YOU!

Tickets £7 Concessions £6

From Vernon Smith Carpets, 37 High St, Newmarket CB8 8NA or call 01638 661977 or email info@vscarpets.co.uk.

Proceeds to Carers Trust Cambridgeshire and Suffolk Family Carers.

New Carers Hubs in 2017 for Cambridgeshire and Peterborough

The first six Carers Hubs to be developed will be in Ramsey, Ely, Wisbech, Cambridge, St Neots and Peterborough. Carers Hubs will be available to all carers and offer support and activities that carers and their families have said can make a difference and help them to continue in their caring role. Carers Trust Cambridgeshire and Peterborough are working together with lots of different organisations and community groups to make Carers Hubs a reality. The following will be available at Carers Hubs:

- Access to information on a range of topics including benefits and entitlements, housing, Power of Attorney, debt management and support for working carers.
- Access to Carer's Assessment, Family Carers Prescription and 'What If?' emergency plan.
- Access to training and well-being programme including activities such as mindfulness, using computers, first aid, falls prevention, back care and more.
- Group activities with opportunities for short breaks for carers built in to meet new friends and develop peer support. Activities might include yoga, expert speakers and art/craft.

More information and details will be available in the coming months.



Fenland Older People's Outreach Service

Centra Care and Support Fenland
0800 111 6447 or 0300 333 6557
Email: fenland.support@circle.org.uk

Supporting you or your carer to find and link with the broader range of services available from the service and in your community that can support you to remain at home and safely enjoy your independence.

Anyone 65+ living in the Fenland area can apply to receive this service. In addition, people of any age who live in sheltered housing in Fenland can apply. A Needs and Risk Assessment is carried out on the first visit.

Referrals can be received by self, family, friends, GP or other health professionals via telephone or email.



This service is free of charge.

Day Clubs



Carers Trust Cambridgeshire have a Day Club that runs twice weekly for people with care needs living in Fenland.

The Day Clubs are aimed at providing a day's respite in a relaxed and friendly environment.

All clubs run from 10am to 3pm.



Venues and Days

Trinity Church, March - Monday & Tuesday



- Hot lunch cooked on the premises
- Variety of activities catering for all interests
- Transport may be available - please call for details

For an assessment to determine suitability and availability at the Day Club, please contact Carers Trust Cambridgeshire.

T: 0345 241 0954 or 01480 499090

W: www.carerstrustcambridgeshire.org

Small fee of £6.50 payable per day.

Please note a live-in carer is not a requirement to be able to access this service.



© Carers Trust Cambridgeshire, 2016

Shelford Dementia Support

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.



Making Space Cambridgeshire

Carer Support Service



If you are a relative or friend of someone with mental ill health you are welcome to come along and talk to other carers. This is an opportunity to share experiences and make new friends.

The groups are run by carers for carers. Making Space carers support staff are also there to answer any questions you may have and offer support.

Carer Peer Group Support Group
7.30pm to 9pm at the Meadows Community Centre, St Catherine's Square, **Cambridge** CB4 3XJ.

A new peer group for carers started in Huntingdon in November at Trinity Church, Butts Grove Way, Huntingdon PE29 1LY
7pm to 9pm on the first Tuesday of the month.

For more information call Gill, Christine or Pauline at Cambridgeshire Carers Service on 01480 211006 or email Maxine at graham-sewell@sky.com.
(See events calendar.)

Carers Peer Support Group at St Neots Tesco Community Room, 1.30pm to 3.30pm, third Thursday of the month.
call Sue Honour on 07510 191353 or email stneotscarersgroup@gmail.com

Dementia Friends

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

Ely and District Parkinson's Support Group

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

Our support group meets on the third Tuesday of each month.

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.

Come along to have a chat and enjoy the entertainment, a cup of tea or coffee with cake. Meets at The Community Centre, Bell Holt, Off Lisle Lane, Ely CB7 4ED. 2.30pm to 5pm.

(See events calendar).

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

Huntingdon Bipolar Groups

We hold our meetings the first Wednesday of each month from 2pm at the Maple Centre, Oak Drive 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 well-being. Speakers are invited to help us by working together to find real answers and a positive way forward

Email: huntingdon@bipolarukgroups.org.uk
07985 147 705
www.bipolaruk.org.uk



Rethink Mental Illness Cambridge Carers Group

**Rethink
Mental
Illness.**

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

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

Chatterbox



DROP-IN SESSIONS FOR FAMILY CARERS

Do you care for a family member or friend?

Are you looking for support or someone to talk to?

Come along and meet other family carers. Find out what support is available or get advice. Carer's Assessments and Family Carers Prescriptions will be available.

Everyone welcome - carers and cared for.

No cost - refreshments provided.

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

Do you need help getting to the Drop-In sessions? Sawtry Car Scheme offer an affordable service for those with transport needs.

Call Miranda for details

07751 798287 or 01487 832105

Email: carers@caresco.org.uk

Website: www.caresco.org.uk

Falls Prevention and Back Care Awareness Sessions for Family Carers

Ely Library

Masonic Hall, Cambridge

Carers Trust Cambridgeshire, St Ives

(See events calendar)

10am Meet and greet with refreshments

10.30am Simon Hanna, NHS - Information and interactive session on Falls Prevention

12.30pm Light buffet style lunch and drinks

1.30pm Val Sage, NHS - information and interactive session on Back Care and how to protect your back

3.30pm End of day

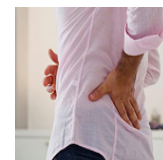
Free lunch. Booking essential.

Please book either all day, morning or afternoon session.

Please contact us if you require support for the person that you care for to enable you to attend.

To book please phone 01480 499090 or

0345 241 0954. Email: care@carerstrustcambridgeshire.org
find us on



The Rotary Club of Huntingdon invites you to its MEMORY CAFE

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



Enjoy free light refreshments,
information,
entertainment,
informal talks,
memorabilia
music and singing
all in very pleasant
surroundings



**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

Fen Tigers Goalball Club

Goalball is a unique sport designed for blind and visually impaired people but, as everyone wears eye shades, sighted people can also play meaning it is ideal for families. The age range is 11yrs+ to approximately 55. It is a really inclusive fun sport.

Playing Goalball can help to build confidence, improve your social network and then there are the obvious health benefits! The coaches are both severely visually impaired proud Team GB goalball athletes and live in March.

Fen Tigers are looking for new people to come and join us. We know that just turning up to a training session can be daunting and requires a lot of confidence. We are happy to meet and chat about the sport on a 1:1 basis and support people to attend the training sessions.

Contact Emma Evans

T: 07415 479203

E: fentigers@outlook.com

Facebook: Fen Tigers Goalball

Twitter: @fentigersgball

Fen Tigers will come out and talk to anyone or any group about goalball to increase knowledge and hopefully participation.

See events
calendar for
dates and
details page
14 to 17



Hunts Blind is an independent, local charity dedicated to supporting Huntingdonshire residents of all ages and who are experiencing sight loss. Our services include social activities, information and advice, outreach and benefits, visual and mobility aids, volunteer visiting and subsidised holiday. We hold monthly club meetings in Bury, St Ives, Huntingdon and St Neots. We also have a bi-monthly arts and craft group, sports and social club, walking group and theatre club.

Door-to-door transport can be provided for all our social activities.

For further information phone 01480 453438 or email info@huntsblind.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
Website: 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).

Day Clubs



Carers Trust Cambridgeshire has a Day Club that runs twice weekly for people living in South Cambridgeshire.

The day club is aimed at providing a great day for people in a relaxed and friendly environment and anyone who cares for them gets an extended break with peace of mind.

- Hot lunch cooked on the premises
- Variety of activities

Mondays
10am-3pm
Chaplin's Close
Fulbourn

Tuesdays
9.45am-2.45pm
St Vigor's
Community Centre
Fulbourn

For details and an assessment to determine suitability and availability please contact:
Carers Trust Cambridgeshire
T: 0345 241 0954 or 01480 499090
E: care@carerstrustcambridgeshire.org
W: www.carerstrustcambridgeshire.org



Cost: £35.50 per day including lunch and refreshments.
Please note a live-in carer is not a requirement to be able to attend.

Carols by candlelight concert

Friday 16 December 2016

at **St John's College**, St John's Street,
Cambridge CB2 1TP

This magical evening will be full of festive readings, sing-along carols and delicious warm winter treats.

Doors open at 6.30pm.
The event starts at 7pm.

Tickets are **£15** for combined ticket for a person with dementia and their carer. **£10** for an adult, **£5** for children under 12.
Tickets are available online at
www.alzheimers.org.uk/carolconcerts

Alzheimer's Society | Leading the fight against dementia



Care Network Cambridgeshire celebration

Care Network Cambridgeshire celebrated its Pearl Anniversary in 2016 – an overwhelming 30 years of supporting local people. Naturally, this called for an afternoon tea in beautiful surroundings! They went to Girton College and used this opportunity to thank their volunteers for the incredible effort, energy and enthusiasm they put into helping others.

It was wonderful to welcome our founders, Sheila and Robert Stephenson, who saw a need in the community and did something about it. We were struck by how a small idea can snowball into something that now supports thousands of isolated, older and vulnerable residents in Cambridgeshire, just three decades later.

So, do you have a bright idea?

Our Community Development Team can help people start up groups, schemes or activities - anything from singing groups to walking groups, intergenerational events, or lunch clubs. We don't run the groups ourselves, but we do give people the skills and confidence to do this for themselves.

There are different ways you could get involved with us:

- You might want to tell a client about a group that we support.



- You might want to get involved in a local group or scheme. For example, we are always helping car schemes to find new drivers, and social clubs to find new helpers.
- You might also want to set up a new group yourself!
- If you don't want to set something up yourself but do want to get involved, you could volunteer for Care Network's other projects, Help at Home or Community Navigators.

If any of this interests you, please contact lynne.m@care-network.org.uk or 01954 211919 and we will put you in touch with the best person in our team to help.

Thank you!

Many Care Network staff and volunteers are Carers Friends too.



Where is my care coordinator?

They say two things in life are certain: death and taxes. But there is a third - the undisputed fact that our future elderly population is soaring, and will continue to do so.

The 2011 Census counted 100,229 residents aged 65 and over in Cambridgeshire, and we can expect to see the number of people that age grow by around a third over the next ten years, with a clear expectation that this will put pressure on services.⁴

Cambridgeshire Insight, a shared research knowledge base for the Cambridgeshire area, states that the number of older people will grow faster than the population as a whole and have increasing levels of need.⁵

It is therefore crucial that their health needs are met in the most effective way, and the reason why having a care coordinator, one person working in a joined-up way with healthcare providers, makes fantastic sense. Many carers want a single point of contact or for someone to take responsibility for co-ordinating the care.

Carers Trust has launched an online campaign called "Where is my care coordinator?" And you can support it too. It is the first phase of a wider campaign called "Speak up for older carers". The campaign aims to appeal for more support to make carers' lives easier.

It makes good sense as all too often carers have been left angry and frustrated because of appointment clashes, difficulties navigating the health and social care system and being sent to locations that are impossible for them to reach.

Gail Scott-Spicer, CEO of Carers Trust, said: "The stories that carers are telling us are shocking. Five different appointments in one week in different locations and stories of not being able to get to their appointment because of difficulties getting to the

location due to lack of transport.

"We've launched our "Where is my care coordinator?" campaign to appeal to health and social care professionals to make life easier for carers by working closer together to help them overcome some of the frustrations they face.

"The life expectancy of older people is increasing and therefore people are caring for longer and for later into their lives, so it is crucial that care is well co-ordinated."

The over 65s are forecast to grow by almost 80% between 2013 and 2036, and within this the over 90s to grow by more than 250%, from 5,600 to 19,700, says Cambridgeshire Insight.⁶

Most older people in Cambridgeshire are in good health, but over a lifetime can expect to spend longer in poor health and with disability than previous generations. As the population ages, it is expected that more people will need more intensive support for longer. We will see a significant increase in the numbers of people aged over 85; older people tend to be at more risk of becoming frail or developing conditions such as dementia.

The Carers Trust campaign was launched following a series of meetings with older carers across England to ascertain the issues they were facing, what would have been helpful for them to know, whether they had a care plan in place and whether they had discussed their future care needs with family and friends and with each other.

To access the online campaign go to:
<https://e-activist.com/ea-action/action?ea.client.id=1813&ea.campaign.id=54025&ea.campaign.mode=DEMO>

Cambridgeshire Insight:
<http://cambridgeshireinsight.org.uk/population-and-demographics/population-forecasts>

Empowering Carers to Control Infections



Garry Swan (pictured), Clinical Director for Advanced Practice with Heart of England NHS Trust, Birmingham feels passionately about empowering carers to take control and adopt a more active role in caring for their health and the person they care for by enabling them to monitor and detect infections as early as possible.

He has devised a health surveillance system for the early detection of infection and deterioration in vulnerable people, including those with long term conditions, to reduce the need for urgent admissions to hospital and keep people healthier for longer. The system has been developed over the last three years to support GPs and their teams and his innovative approach has been commissioned by Nene and Corby CCG in partnership with Northamptonshire Carers.

Garry says: "We have trained many lay carers in other areas of the country to undertake simple physical observations (pulse rate, breathing rate, temperature and urine testing) regularly and then to record these on our website. Doing this regularly allows our system to develop a unique profile for the person with the long-term condition and for us to attach a 'risk of deterioration' early warning score to every set of observations.

"Our system is easy to use and guides the carer on what actions should be undertaken to address any variations, the presenting signs and symptoms and the risk of deterioration early warning score result. If there is a high early warning score, a senior clinician is alerted immediately either by text message or email, who can then discuss their symptoms within seconds. This reassuring and responsive system is available 24/7 and empowers you as a carer in a number of ways.

"Carers quickly become more competent to undertake the observations and for making key decisions about the health and well-being of their loved one. Carer interactions with General Practitioners change and they become more confident when discussing important changes, which would otherwise be overlooked. This, in turn, allows the GP to make better informed decisions more quickly at the start of the person's illness, thereby avoiding many of the problems associated with an acute admission to hospital, including:

- Increased confusion
- Changes in behaviour/increase in agitation and distress
- Increased risk of falls
- Risk of hospital acquired infections and severe life threatening sepsis
- Increased dependency once they are discharged from hospital
- Family distress
- Changes in care provision and medication.

"We feel our approach is ground breaking in terms of shifting the focus away from health care professionals, to the true experts for the person with a long-term condition. This will be facilitated by a supportive network made up of infection champions and professional carers who have greater access to a social network designed specifically to reduce isolation and share good practice. We have already seen evidence of how this system can work to keep people out of hospital and to stay where they are cared for by the people that know them best."

Further information about Garry's innovative system to monitor infections, see his website www.miralife.co.uk.

Online GP Access

Did you know that since April 2015, you don't have to phone your GP surgery to book an appointment?⁷ You can sign up to your GP surgery with Patient Online, and this can be used by carers who wish to make an appointment for the person they care for.

Just like online banking, you can look at your GP records on a computer, a tablet or a smartphone, using a website or an app. You can choose to:

- Book and cancel appointments with your doctor or nurse online.
- Order repeat prescriptions online.
- Look at part of your GP records online.

Patient Online is an NHS England programme designed to support GP practices to offer and promote online services to patients.

One carer who has signed up to it describes how it has helped her:

I I am a carer for my mother and a mother to two small children. It has now become essential for me to access GP appointments online. Having access to the online booking system has allowed me to fit appointments around our family as a whole. I now have the opportunity to plan my time and life better. I can book an appointment for my mother at a time which suits her and her carers whilst at the same

time, I can take my children to football practice. There is no more phoning around for me!"

How to sign-up for Patient Online

1. Tell your GP surgery you would like to start using online services.
2. Your surgery will give you a short form to fill in and sign to confirm you agree with the information on the form.
3. Your surgery will then check you are who you say you are. They will do this in one of three ways:
 - Photo ID and proof of address, for example, a passport or driving licence and a bank statement or council tax statement.
 - If you do not have any ID and are well known to your surgery, a member of staff may be able to confirm your identity.
 - If you do not have any ID and are not well known to your surgery, they may ask you questions about the information in your GP record to confirm the record is really yours.
4. Your surgery will then give you a letter with your unique username and password. It will also tell you about the website where you can log in and start using online services.

For further information, see Patient Online at: <https://www.england.nhs.uk/ourwork/pe/patient-online/>

Carers Space chatroom

A new online community called Carers Space has been launched by Carers Trust. It gives carers the opportunity to share information and advice and chat about issues that are important to their lives.

These include:

- Caring – all the caring stuff, benefits, social care and assessments
- Have your say – an opportunity to join in campaigns, take part in research and surveys or provide any feedback
- Carefree – a chance to chat and get anything else off your chest, not so much carer related
- Events and Q and A: the chance to get invited to special events with a guest to answer questions on various topics.

Access the chatroom at: <https://space.carers.org/>

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

Pinpoint Conference: Friday 27 January 2017 St Ives

Are you raising a child or young person with additional needs or disabilities? Then don't miss our big event especially for Cambridgeshire parents and carers, at Burgess Hall, St Ives. We've got fantastic guest speakers, workshops galore on everything from sleep, autism and family benefits, information stalls and stands from local services and support groups as well as lunch, great company and some lovely relaxation sessions to de-stress hard-working mums, dads and carers. And the best bit? It's all for free! To book your place, email bookings@pinpoint-cambs.org.uk or call 01480 499043.

Does your child have ADHD/ASD?

Our support groups at Ely, Peterborough, Huntingdon and Histon help parents and carers who have children with ADHD and ASD. So if your children are accessing services, are on the waiting list, or have had a referral turned down, come along for practical advice and ideas on how to boost your resilience and work with your children at home and help manage their behaviour. 2017 dates are firm but venues and times may change. Please check our website for details.

For more details or to register your place, email jackie@pinpoint-cambs.org.uk or call 01480 499043.

Self Harm: parent support

This group offers support to parents and carers whose young people self-harm. This year, we have been holding our meetings around Cambridgeshire to reach more families affected by self-harming behaviour. You can pre-register or Drop-In on the day. Group organiser is Eve Redgrave, email eve@pinpoint-cambs.org.uk or call 01480 499043.

Carers' Rights

Do you know how to challenge social care plans, what mental capacity assessments are or what your teenager's legal rights are around education, health and care? We run workshops on helping parent carers understand the rights of young people with additional needs or disability. If you are interested in attending a future date, please contact Jackie King, email jackie@pinpoint-cambs.org.uk or call 01480 499043.

See events calendar for dates of all the above groups

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Pinpoint contact info

Telephone:
01480 499043

Email:
information@pinpoint-cambs.org.uk

Website:
www.pinpointcambs.org.uk

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

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

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

Providing support to Young Carers across Cambridgeshire

Centre 33 offers support to Young Carers aged 8-18 across Cambridgeshire from our Centres in Cambridge, Huntingdon, Ely and Wisbech. We are able to offer Young Carers a variety of support in the summer and throughout the year (see below). **To find out more visit www.centre33.org.uk.**

School support – Are we in your school?

Centre 33 provides fortnightly Drop-In support, one-to-one sessions and group work in secondary schools across Cambridgeshire – no referral required, you can just Drop-In and meet with a worker – information on what day we are in each school is on our website.

We offer training and support to teaching staff, deliver regular assemblies and help raise awareness within schools, this can support schools work towards the Young Carers In Schools Awards.

We work closely with Young Carers to support a smooth transition to secondary school or further education. Working closely with our team Young Carers are offered a 'My Plan' – a planning tool designed by young people to identify need and help set goals.

One-to-One Support

We offer one-to-one sessions and small group sessions to Young Carers within the community. These are offered after completion of a 'My Plan' with our workers.

On Line support

Centre 33, in partnership with NSPCC, provides a weekly live chat on NSpire and offers groups and peer communication space online for Young Carers.

Group Support

Young Carers before Year 7 are offered group support within the community.

These are fun fortnightly sessions delivered at various venues across Cambridgeshire.

Activities and Trips

Throughout the year we offer a variety of activities and trips, this summer over 200 Young Carers enjoyed trips to Hunstanton, Drayton Manor, Woburn Safari Park, Bedford Oasis, Residential trips, surfing, sports days, Grafham Water Centre and much, much more. These trips are chosen by the young people and are always a huge success.

"Thank you for letting me have the BEST experience of my life!!!" 12 year old Young Carer.

We are accepting referrals via our website www.centre33.org.uk or phone **0333 4141809** to find out more.



The poster features a brick wall background. At the top left is the Centre 33 logo. To its right, the text 'YOUNG CARERS PROJECT CAMBRIDGESHIRE' is written in a hand-drawn style. Below this, two questions are listed with arrows pointing to the left: '» Are you aged 8-18?' and '» Do you look after someone in your family who has an illness, a disability, or is affected by mental ill-health or substance misuse?'. A dark blue banner in the middle contains the text 'YOUNG CARER DROP-IN' in large white letters, followed by '2nd Thursday of the month, 3.30pm-5pm' and '@HYC, Sallowbush Lane, Huntingdon, PE29 7AF'. Below the banner, a list of services is provided: 'Our Young Carers project can help you by: » Giving you someone to talk to » Providing you with support in your school » Inviting you on young carers trips and activities outside of school » Working with you to make sure your voice is heard » Making sure you are getting the help and support that you are entitled to » Sending you regular copies of our Juicy News newsletter.' To the right of this list is a circular badge that says 'ALL WELCOME'. At the bottom, contact information is listed: 'If you think you, or someone you know is a young carer, get in touch! E-mail us: youngcarers@centre33.org.uk Phone us: 01223 307488 For a Young Carers Needs Assessment please email: youngcarers@cambridgeshire.gov.uk'. A QR code is located on the right side of the bottom section. At the very bottom, the social media handle '@Centre33Camb' and the website 'www.centre33.org.uk' are displayed.

Centre 33 YOUNG CARERS PROJECT CAMBRIDGESHIRE

» Are you aged 8-18?
» Do you look after someone in your family who has an illness, a disability, or is affected by mental ill-health or substance misuse?

YOUNG CARER DROP-IN
2nd Thursday of the month, 3.30pm-5pm
@HYC, Sallowbush Lane, Huntingdon, PE29 7AF

Our Young Carers project can help you by:

- » Giving you someone to talk to
- » Providing you with support in your school
- » Inviting you on young carers trips and activities outside of school
- » Working with you to make sure your voice is heard
- » Making sure you are getting the help and support that you are entitled to
- » Sending you regular copies of our Juicy News newsletter.

If you think you, or someone you know is a young carer, get in touch!
E-mail us: youngcarers@centre33.org.uk
Phone us: 01223 307488
For a Young Carers Needs Assessment please email: youngcarers@cambridgeshire.gov.uk

www.centre33.org.uk

Pride in Our Carers Awards 2017

Carers Trust Cambridgeshire is now planning ahead to next year's Pride in Our Carers Awards – please think who you can nominate, and ask others to do so too. It's our way of giving them recognition for their dedication and devotion for their caring role that they so richly deserve.

The first ever Pride in Our Carers Awards was held this June during national Carers Week and was a great success, celebrating our fabulous carers in Cambridgeshire and Peterborough. We now want to build on that success and hear from many more carers of all ages.

Hearing their personal stories was a very humbling and moving experience and we hope to reach out to many more carers like them, providing essential unpaid support to someone close to them who may not recognise their caring role. Many people don't identify themselves as carers and are not aware of the support available to them.

The following awards will be made:

- Carer of the Year
- Young Carer of the Year
- Carer Friendly Employer of the Year
- Carer Friendly Health Award
- Carer Friendly Social Care
- Carer Friendly Voluntary Organisation
- Carer Friendly School
- Outstanding Contribution to Carers
- Special Recognition

Further details will be available in the next Carers Magazine and on the website: www.carerstrustcambridgeshire.org
You can also phone 01480 499090 for or email care@carerstrustcambridgeshire.org

* We have published the stories of two winners from this year's awards, see page 4 for Elizabeth Mitchell's story; she was presented with the Outstanding Contribution to Carers Award, and page 28/29 to learn why David Maroto was crowned Carer Friendly Employer of the Year.

Employer of the Year Working in a Caring Environment

Huntingdon businessman David Maroto the Carer Friendly Employer of the Year Award in Cambridgeshire's first ever Pride in Our Carers Awards this year. Yet he remains modest about the support he gives his employee who has a caring role at home.

After meeting Amy Bosse, who nominated David, and her carer, partner Ceri Williamson, an electronics design engineer for Cyrus Audio where David is R & D manager, it is easy to see why Ceri's boss won this outstanding accolade.

Amy, who has an aggressive form of multiple sclerosis, and is confined to a wheelchair, says:

"Cyrus makes it possible for Ceri to still have a full-time job. Quite often in the morning if he helps to get me ready, he might be ten minutes late for work. If he worked for a rigid employer, then he would probably have lost his job by now.

"Thanks to this flexibility, Ceri is still able to go to work and bring home an income which gives us peace of mind. He can also take off time if I need a medical appointment. On top of that, Cyrus are supporting us with fundraising as we want to raise £70,000 for special adaptations in the house, and have helped us raise £11,500 within the first four to five months."

The couple have a 16-month-old daughter, Seren, and Ceri has also been allowed time off work to take his toddler to the doctor's for her jabs. Amy added: "I nominated David because I wanted to say 'thank you' to him for his support which has had a huge impact on our family life, enabling it to run smoothly. Although it should be common sense, I know that is not always the case, so we are very lucky."

Ceri has supported Amy since her diagnosis in March 2011, her care needs increasing in the last two years when her disability worsened after she became pregnant.

He said: "I do get worn out, but that is through a combination of working full-time, being a dad and helping Amy. I wouldn't change any of those things, despite getting tired out. Amy

is my world and I help her as anyone would help their partner.

"It's very important that carers are supported in the workplace. If I wasn't supported, I simply wouldn't be able to continue to work, but I don't take it for granted. If I take time off for Amy's hospital appointment, I make a conscious effort to work these hours back when I am able to. I only take time off for appointments that Amy needs me for. For example, she has physio appointments at home so she does not need me to take her to hospital."

David, who was a Young Carer himself, is modest about his award, saying: "I don't think I did anything too special. Your family and loved ones are your priority and we all have problems at home. Knowing Ceri's personal needs are cared for means he doesn't have the stress of this on his mind at work, he can focus on being more productive and creative."

"I am from Spain and my grandfather would spend three months of the year with four sons and their families. We spent ten years moving my grandfather to different households every three months. I saw my mother having to care and look after my grandfather in the home. I would come home from school and give my grandfather his meals. I saw all the stress this caused."



Identifying Student Carers when applying for University

Thanks to Young Adult Carer Carol Hayward and Carers Trust who successfully championed a national campaign, a change will be made to University application forms asking if an applicant has caring responsibilities, enabling them to be offered extra support during their studies.

As a result UCAS has agreed to add a carer tick box for new applicants by 2018. Since 2014 support has been growing to get UCAS to recognise the role of young carers in the application process. Research has recently highlighted the facts about student carers in the UK, which include that:

- Half of Young Adult Carers in college or University are struggling because of their caring role.⁸
- Young Adult Carers are four times more likely to have dropped out of college or universities than students without caring roles.⁹
- 14% of young carers in school said they would not go to college or University because of their caring role.¹⁰
- 24% of Young Adult Carers in school said

they could not afford to go to college or University,¹¹ while 41% are unsure.¹²

Ben Jordan, a Senior Policy Executive at UCAS, explained:

"We're working to allow applicants to disclose whether they are a carer or have care responsibilities as part of UCAS Apply. Our ambition is that this option is built into our new application form, which is being significantly redeveloped for re-launch in September 2018. Each year, 700,000 people are placed in higher education via UCAS. These students come from a diverse range of backgrounds and circumstances, some of which can be challenging, particularly if you are a carer."

Carers Trust Cambridgeshire supports Young Adult Carers who are considering going to University with information, advice and guidance. We have also recently developed a DVD called "Moving on Up" which highlights the dilemmas faced by Young Adult Carers in continuing their education.

For information about support you can receive as a Young Adult Carer please email Nicky Hornsby, Young Adult Carer Senior Support Coordinator:

Nicky.Hornsby@carerstrustcambridgeshire.org

Young Carers news from Carers Trust Cambridgeshire

Chat and Craft

The Young Carers Team has launched a year-long intergenerational project which encourages Young Carers to buddy with an elderly person, bringing members of the community together. The venture is up and running in three care homes in Huntingdon, St Ives and Ramsey.

Intergenerational does Strictly

Three Christmas Tea Dances are to be held at the three care homes. The Tea Dances will be a celebration of community togetherness and volunteering, strengthening the profile of our existing intergenerational project within these care homes, which are currently being led by a group of Young Carers. The project will be open to residents, care home staff, family members, local supporters, Young Carers and their families to be involved in. It will benefit all of those involved, offering opportunities for the community to help plan, lead and deliver the events to maximise outcomes.

Young Carers Awareness Day

26 January 2017 Who do you think you are?

Take a trip down Memory Lane and reflect on the history of Young Carers with Carers Trust Cambridgeshire. This project will celebrate the incredible role of Young Carers, comparing and contrasting the experiences of Young Carers.

The project will bring together all generations of Young Carers, past and present. It will enable people of all generations and cultures to share their memories as a young carer. These testimonials will help form an historical timeline of Young Carers which will celebrate significant developments and milestones in the support for Young Carers. A film will be produced and launched on Young Carer Awareness Day on 26 January 2017.

We would welcome any memories from former Young Carers or parents of former Young Carers. Please get in touch by calling 01480 499090.

New online support

We are pleased to announce the launch of our new online support for Young Carers and Young Adult Carers which went live in September. Once a week staff will be 'on air' to answer questions and provide support. Check out our STEP Young Carers Facebook for more information:

www.facebook.com/STEPYoungCarers

Visit our website:

www.carerstrustcambridgeshire.org/support/young-carers-step

Note: Over Christmas, there will be no events for Young Carers or Young Adult Carers, but a member of staff will be available every day to speak when the office is open if you need support. You will need to call 01480 499090 and you will be directed to a staff member.

Tracy Hyland, Head of Young Carers/
Young Adult Carers Services, Carers Trust
Cambridgeshire



Young Adult Carers Cambridgeshire

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What's been happening?

- In October we ran three Drop-In sessions in Cambridge, Huntingdon and March. These were a chance for Young Adult Carers to catch up and gain support on a range of issues.
- At the end of September, the 'Moving On Up' DVD was launched at our St Ives Office. The DVD was made by one of Carer Trust Cambridgeshire's dedicated volunteers, Tod Nicol. It features Young Adult Carers talking about their experiences at school and college. Young Adult Carers designed the cover of the DVD, composed and played the soundtrack and contributed to the content of the DVD. The film is part of a training package offered to sixth forms, colleges and Universities in Cambridgeshire.
- Learners and staff at Huntingdon Regional College took part in the Carers Trust "Britain's Best Breakfast" Campaign. Bunting, leaflets and posters were displayed around the college.

Coming up ...

- Members of STRIVE will be in Sainsbury's store, Coldhams Lane, Cambridge on Friday 16 December. This replaces the group meeting; there will be an information stand and fundraising.

Regular events ...

- STRIVE continues to run monthly. In Huntingdon, the group meet on the third Friday of the month at the Tesco Community Space. On the first Wednesday of the month, Young Adult Carers meet at Costa in March. Both sessions run from 6.30pm to 8.30pm.
- Huntingdon Regional College Drop-In. This session is for learners at the college and runs from 12pm to 2pm on the third Tuesday

Support

Young Adult Carers can be supported in a number of ways at Carers Trust Cambridgeshire. We offer statutory Carer's Assessments to over 18's, Transition Plans, Carer's Star and assessments for 15yrs+.

For more information about support for Young Adult Carers, please contact Nicky Hornsby, Carers Trust Cambridgeshire on 07738 806878 or 01480 499090.

Care to Create Project for Young Carers and Young Adult Carers

Carers Trust Cambridgeshire have launched a NEW project Care to Create, which offers a safe, non-pressured space for young people to think about their experiences of being a carer whilst being supported by volunteer arts therapists and creative practitioners. Young Carers and Young Adult Carers will have access to a variety of mediums such as art, drama and music to help encourage self expression, relaxation and reflection upon the things that are important to them.

If you would like more information about this project please contact Bisha Mistry
t: 01480 499090 e: bisha.mistry@carerstrustcambridgeshire.org.

If you are interested in applying as a volunteer therapist or creative practitioner please contact Kate Bement t: 01480 499090 e: kate.bement@carerstrustcambridgeshire.org.



NEW!

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
- Providing Carer's Assessments and Support Plans
- 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
Web: www.carerstrustcambridgeshire.org

For information on the sources of references 1-12 throughout the magazine please go to www.carerstrustcambridgeshire.org/refs



Did you know?

6 in 10 of us will care for someone in our lifetime



1 in 10 people spend over £100,000 on care fees

8 in 10 carers enjoyed a life alongside caring as a result of our support

