

CAMBRIDGESHIRE carers

Quarterly Magazine | Issue 6 | Spring 2017 - Mar • Apr • May Edition

**Do you look
after someone who
couldn't manage
without your help?**



Looking after someone?

Helping someone with their day to day life?

Are you a working carer supporting older parents and/or children?

Are you an unpaid family carer?

This magazine is for you.

Inside this issue:

Dementia Awareness Special

What is an Admiral Nurse?

Carers' Stories

What's On?

When did you last review your Repeat Prescription?

**NEW! ONLINE Registrations for
Emergency What If? Plan**

Young carers/Young adult carers
news and support

Parkinson's Awareness Week

Continuing Healthcare Funding

**How businesses can retain
experienced staff by becoming
carer-friendly**


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Cambridgeshire
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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 April 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 for any action arising from information given.

If you have a suggestion for a story or would like to have your own story featured in the Carers Magazine, please contact Ellee Seymour 01480 499090. Email: comms@carerstrustcambridgeshire.org

We'd love to hear from you!

For information on the sources of references 1-6 throughout the magazine please go to

www.carerstrustcambridgeshire.org/refs

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

Welcome

The new national Carers Strategy is due for publication around the same time as this edition. It's been a privilege to contribute in a small way personally, through the Independent Carers Advisory Group, having some experience of working and caring for parents at end of life and with dementia. The Department of Health have amassed a wealth of information, including your views submitted from Cambridgeshire.

Some of my own reflections about caring are how much I grew personally from those opportunities, particularly chances to talk to my parents about what they wanted for their care and welfare. I didn't realise I was a family carer then, and now understand the pitfalls, value of help and learning from others, plus the benefits of planning ahead, particularly for emergencies and loss of capacity much better than I did. I'm not alone!

Stories from people in this edition share what helped them as carers; features include emergency planning, repeat prescriptions, help for employers and FAQs about school transport. We have a strong dementia and NHS theme to celebrate Dementia Awareness, but these examples hold parallels for many carers. I certainly wish I'd had the opportunity to plan for emergencies, living so far away.

Find out how you can register a What If? Plan on page 9.

Dr Helen Brown

CEO at Carers Trust
Cambridgeshire



Hoarding £1,600 worth of medicines - a true story

By Pippa Scrimshaw
Specialist Pharmacy Technician – Domiciliary
Medicines Management
Cambridgeshire and Peterborough NHS
Foundation Trust

It is very easy to accumulate too much medication. Reasons can vary, but I removed from one patient three dustbin bags and two carrier bags full of medication no longer prescribed, emptying many cupboards from his kitchen, bedroom and bathroom - all of which you can see in the photo.



Having removed such a large quantity I calculated the value of the medication was £1,608.35, with two of the medicines no longer available as discontinued due to side effects which were too risky (deaths). That is a lot of wasted money. This cost could easily have been much higher as some medications cost much more for one months treatment.

DO remove any medication no longer needed and return it to your pharmacy.

DO NOT keep medication in a cupboard with the thought that you might use it in the future if you feel unwell or think that it might come in useful, chances are you will forget what it was for and take it inappropriately.

DO think about what you request and check your cupboards, hopefully you will never end up with a hoard of medication as in this case.

See article on page 20 for guidance.

Millions of pounds are wasted on medications each year and this could be used to pay for more staff or operations within the NHS.

Local Dementia Strategy



Dr Emma Tiffin (pictured) is a practising GP, the expert voice on dementia and mental health for Cambridgeshire Clinical Commissioning Group (CCG) and presenter of BBC Radio Cambridgeshire's weekly show 'Health Matters'.

Dr Emma Tiffin spoke to Ellee Seymour about the local Dementia Strategy. This is what she said:

Older people are my most loved clinical group. I have a real passion for looking after older people, they have so many stories to tell and so much life experience.

In the last year the CCG has been focusing on developing our first local Dementia Strategy. We've worked hard to come up with a care pathway for dementia care in order to improve both patient and carer experience.

It is estimated there are 8,500 people in Cambridgeshire and Peterborough living with dementia and that 1 in 3 people will care for a person with dementia in their lifetime; it is therefore important that family and carers are included in our plans.

The Dementia Strategy to be published in 2017 will include an action plan with four key pillars: Preventing well, Diagnosing well, Supporting and Living well, Dying well.

In Cambridgeshire we are diagnosing well and close to the government target of 67%, we are diagnosing 64% of patients with dementia. We know the earlier we can make a diagnosis, the more support we can give carers and patients, enabling advance care planning which we know improves both patient and carers quality of life.

The 'Supporting and Living Well' section focuses on the support services that are available locally, including those provided by Carers Trust Cambridgeshire and Alzheimer's Society - e.g. dementia cafés, singing for the brain, and supporting carers so they do not feel isolated. We are also looking at Dementia Friends and encouraging communities to become dementia friendly – that is the bigger picture behind living well.

Prevention is the ideal way to lessen the burden on carers. We know there are vascular risk factors linked to the development of dementia – high blood pressure, diabetes, smoking, obesity, depression and lack of exercise. It's important we do the best we can to reduce these risk factors. It is estimated that if by 2040 these factors are reduced by 10%, that 8.8% of UK cases could be prevented, and if a 20% reduction was achieved, then 16.2% cases could be averted. Most GPs offer vascular health checks as an enhanced service.

Dying well is important too and end-of-life care planning is an area we need to focus on. When carers look back they say they often wished they had had those discussions much earlier in the dementia pathway of their loved one so everyone is clear on the patient's wishes.

An annual GP dementia review is offered by GPs which includes a care plan. We have developed a pre-appointment questionnaire for dementia patients which is sent out two weeks in advance of the annual review appointment so patients and their carers can come in prepared to focus on what matters most to them. Our review process has been shared nationally, we are proud of this.

Many family carers feel unsupported and complain about poor communication when multiple health professionals are involved in a patient's care. The CCG is proactively trying to overcome this problem by using health and social care plans which can be shared between professionals (with consent) e.g. if a patient is admitted to hospital.

We only have one Admiral Nurse (see page 22) who is based at Hinchingsbrooke Hospital, Huntingdon. We would like to have them at all our acute hospitals. We know that at least 1 in 5 older patients in hospital have dementia and the acute hospitals are not always used to dealing with dementia in the way that an older people's mental health unit would. We are looking at the pathways from the acute hospital wards to memory clinic and the older people's mental health services to try and make them much smoother.

Dementia Awareness Week 15-21 May
My message for carers would be that it's all about proactive care, making sure your loved

one is up to date with their reviews e.g. with their GP - to ensure all risk factors are identified and you receive the help, support and advice you need. I see carers who are exhausted from their caring role and they must take care of themselves, ask for a Carer's Assessment, where necessary and take advantage of, for example, the Family Carers Prescription which will give them a respite break which is supported by Carers Trust Cambridgeshire.

A dementia case study from Dr Tiffin's casebook

A woman of 94 came in to see me with her two daughters who were both in their 70s. They were very worried about their mother becoming increasingly muddled and she was very frightened of being alone. She would call them throughout the night, not knowing what time it was, and wander out leaving her flat door open at the sheltered accommodation where she lived, wandering along the corridor. The mother was very thin and frail, and the daughters said she wouldn't make a meal for herself and they had to go in every day to prepare her a meal.

The daughters go in every day and often have to stay overnight because their mother becomes distressed when left alone. I've referred her to the memory clinic, but there is a three month wait and not much they can probably do.

Up until the point I saw her, the mother hadn't been given a diagnosis and the daughters were questioning all sorts of physical illnesses which didn't amount to anything. She was diagnosed with dementia quite late; six months after the daughters had been struggling with the nightly phone calls. I organised care to go in and turning off the gas so the mother couldn't cook, just in case. I am still not able to resolve the problem of the mother calling her daughters at night, and the family have been out looking at care homes. I'm not sure how much longer they can cope, it is so tough for them and they deserve a medal!

We agree with Dr Tiffin - we think all carers deserve medals! To the thousands of local 60 and 70 year olds in the same situation, things could be different. Read the carers stories that follow.

Signpost to Dementia Support

Carers Trust Cambridgeshire are here to help carers find the right support. Our contact details are on the back page.

Memory Clinic

Patients can be referred via their GP for assessment, diagnosis, treatment and a care plan for living with dementia.

CPFT Dementia Carers' Support Service. Page 15.

Carer's Assessment

Looks at the different ways that caring affects your life and works out how you can carry on doing the things that are important to you and your family. Can be arranged via Carers Trust Cambridgeshire.

Alzheimer's Society

Including **Carers Information and Support Programme.** Page 14.

Support Groups, Cafés, Day Clubs, Drop-Ins and Hubs. Pages 7, 10-18.

Alzheimer's Society Dementia Friends Information Session. Page 15.

Emergency & Future Planning

What If? Plan. Page 9.

Powers of Attorney

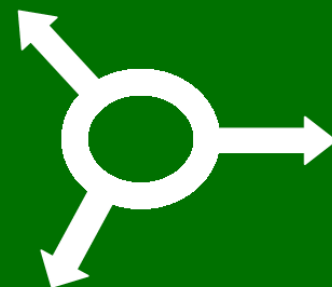
www.ageuk.org.uk/money-matters/legal-issues/powers-of-attorney/power-of-attorney

Cambridgeshire County Council Adult Care and Support Directory

www4.cambridgeshire.gov.uk/careandsupportdirectory

Assistive Technology Telehealthcare Team

Provides a range of gadgets to support people and their carers with the challenges to everyday living and help with their independence, from the most simplistic pill reminder to the more sophisticated activity data monitoring systems.



The joy of Shelford Dementia Support Group

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Attending a supportive dementia group can be a lifeline for those with dementia and their carers. The Shelford Dementia Support Group provides a calm, caring, fun and informative environment for both carers and the person with dementia.



"People light up here," said Gloria Reed (pictured), a volunteer at the group run by Carers Trust Cambridgeshire whose professional staff are there to provide a listening ear – and more. We give carers a break here and we give people with dementia a voice, it's their group. We give people space, and if people struggle with words, we can wait."

Gloria, a former mental health social worker who used to run dementia groups, quickly tunes in to how people feel when they walk through the door at the David Rayner Centre at the Scotsdale's Garden Centre in Great Shelford. The group meets there the second and fourth Thursday of every month.

"I see how the carers feel and let their mood decide what we talk about – the good and the bad, anything they may be worried about. If a carer is upset I steer them towards the Carer Support Officers from Carers Trust Cambridgeshire so they can chat and be supported by them.

"It is important to notice how people feel when they come in. I take their emotional temperature and ask them how they are feeling. **Sometimes we have smiles and sometimes we have tears.**"

The group provides an opportunity for carers to socialise together with their cared-for person, to enjoy activities, with music and dance very popular, as well as hosting professional

speakers, including psychologists, psychiatrists and solicitors.

The group is so special that even when the cared-for person has passed away or moved on, their carer still attends as a volunteer. One such person is Trish Hammett, who cared for her mother Molly with dementia, and now lives in Brighton with her brother.

"Coming to the group was one thing mum really enjoyed. She would call it 'her club'. I found chatting with other carers was really useful, to share experiences and get help and information. Once mum moved away I thought it would be a good thing to come along and help because I understand how dementia affects my mother. I try to give people an enjoyable time, to give carers a break by taking them a separate part of the premises while their cared for person is looked after."

What do people say who attend the group?



Teresa Wallman, 46, helps to care for her mum Jean, 68, who was recently diagnosed with vascular dementia and Alzheimer's disease. She is also supporting her dad Geoff, 71, who has been finding it hard (all pictured).

Teresa said: "It's caring here, not feeling isolated. It is difficult for me, I have got a family with two boys and work 4 days a week. I want to support dad. I feel for dad. He has COPD and diabetes and lives with mum 24/7 and that can be tough for him sometimes.

"Coming to the Shelford group gives mum and dad support. Dad has it hard because they love each other, but sometimes she is difficult to live with and he feels guilty. We have only been here twice, both mum and dad have a great time. Mum will go up to people she has never met before and strike up a conversation."

"I can get advice too. We have spoken about problems in managing mum's personal care, knowing how to cope, and we appreciate that there is someone here we can speak to about these matters."

Geoff added: "Everyone here is so friendly. The first time we came we were welcomed with open arms. It's really nice to have the company of others in the same situation, and to see how much Jean loves talking to other people."



Bob Miles, 90, cares for his partner Frank Ellis, 76, (both pictured) who has early onset Alzheimer's disease. He used to work as a paid carer before becoming ill. They say they like everything about the club – meeting other carers and people with dementia, as well as staff and volunteers.

"Everyone here is wonderful and I enjoy the talks, the singing and poetry," said Frank.

Bob added: "I like being able to talk to other carers as it can be solitary, living in a village and neither of us being able to drive."

"I enjoy the companionship of being with others who have the same problems and understand what it is like."

The Shelford Dementia Support Group is valued by professionals too. Sally Kitchin, Coordinator of the Dementia Carers' Support Service with Cambridgeshire and Peterborough NHS Foundation Trust, has described it as a "rare gem".

When the group celebrated its 5th anniversary last year Sally commented: "I always feel so proud to refer people to the group as I feel confident that everyone will be welcomed and cared for, and that their time there will be well spent. More often than not, those who attend the group walk away feeling lighter and less burdened than when they arrived.

(See events calendar for dates).

For more information call 01480 499090.

Website: www.carerstrustcambridgeshire.org/support/carers-groups

Shelford Dementia Support Group

A friendly, welcoming support group for people with dementia and the people who care for them. Come along for friendship and support. We have a variety of speakers of interest along with some fun 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

Sue Mayes or
Rebecca Browne:
01480 499090.



Dementia awareness for staff at Ely Starbucks

The Starbucks store, in The Cloisters, Ely has been applauded by the Alzheimer's Society for coming to the aid of a carer and her husband who has dementia when he went missing briefly. Thomas King stayed in Starbucks drinking coffee while his wife went to Ely Library and he was happy to sit and wait for her. When she came out of her appointment, Mrs King could not see her husband in Starbucks. Staff immediately offered to help find Mr King who had gone for a walk outside - even though it was pouring with rain.

Mrs King said: "It meant such a lot to me. I was in such a panic and the Starbucks staff calmed the situation down. They didn't hesitate to help me when I explained the situation."

Starbucks Ely has since decided to hold some Dementia Friends awareness sessions. Mr and Mrs King are both members of the Alzheimer's Society Ely Dementia Café. Pauline Meakins, Alzheimer Society Information Worker, said: "We heard about the staff at Starbucks from the couple at the café and after that went and introduced ourselves to them to say well done!"

Caring for a loved one with dementia

Robin and Cynthia's story (pictured)



"It's the love that makes you carry on," said Robin Anderson, who cared for his wife Cynthia for all their married life, for 54 years.

She was diagnosed with rheumatoid arthritis at the age of 18, and with dementia from the age of 66. They married when they were both 22, with Robin taking over the lion's share of caring for their three children as they grew up.

"I was a new dad before they were invented, changing nappies and pushing the pram down the street which in the 1960s men were not supposed to do. I helped with household chores too and bought every gadget that I could to help – washing machines, dishwashers, anything that would make life easier to take the strain off," said Robin, 78, who lives in Eaton Socon.

After an operation to remove the metatarsal bones in Cynthia's feet, Robin gave up his job in a Sainsbury's distribution warehouse to look after his wife full-time as she became unsteady on her feet and risked falling.

"I packed up work at the age of 57 in 1995 and became a full-time carer. I had no hesitation to give up work as we were very close and loving together; we had a good marriage. However, the last 10 years were especially very difficult when Cynthia had dementia," he said.

"When you are close to somebody you don't notice the changes straight away. She was eventually diagnosed with Alzheimer's. Cynthia's father had had Alzheimer's too, though we didn't realise it at the time.

Until someone famous gets it you don't know anything about it.

"Planning for my retirement couldn't be one of putting my feet up. I planned to leave work and retire early, though I knew I would be a full-time carer. I suppose I was a carer most of my married life, but I didn't look on it like that. It was just normal life, something I accepted because I loved Cynthia. We had a good life. We went abroad and did things, but with restrictions which we coped with.

"When Cynthia had dementia I would be up four or five times a night looking after her and I could never relax because I was listening out for her. When respite support came from Crossroads Care (now Carers Trust Cambridgeshire), I would drive off and sit in the riverside car park and have a couple of hours kip in my car as I was so exhausted. It's the love that makes you carry on, not done out of duty, but love. I was supported by Carers Trust Cambridgeshire and had a Carers Assessment. I would go to carers' lunches and someone would come and sit with Cynthia which gave me a break.

"After Cynthia died aged 76 in June 2014, I felt I lost my identity. There didn't seem to be any purpose in life. What I did before, like gardening, didn't mean the same. I took a conscious decision that I wasn't going to be a sad old man and disappear from life, I was going to make a life for myself.

"The first thing I did was help with the Poppy Appeal as a volunteer. Then I saw an advertisement for a local community car scheme and became a volunteer driver taking people to hospital. Since then I haven't looked back. I also go to two friendship groups, so I have plenty of company."

Robin's advice for carers:

1. Take advantage of what help there is. Find out what advice is available from charities like Carers Trust Cambridgeshire.
2. Get a Carer's Assessment.
3. Look after your own health and well being. I lost about 2 stone in weight from the stress. I think stress is an under recognised health problem. If you are not in good health you cannot be a good carer. You must look after yourself. I was too stubborn and thought I could manage. I looked after Cynthia for such a long time as I didn't feel anybody else could look after her.

4. Couples must talk together so you know what the person you are looking after wants. Cynthia's biggest worry was that she would die first and wanted me to have another life afterwards.
5. The importance of having a respite break. I should have asked for help sooner.
6. When your loved one dies, you have to make a new life for yourself – but you have to go and find it, it doesn't come to you. It's no good sitting at home thinking someone is going to come knocking on your door.

Have you heard about Dementia Friendly Screenings?

If you have dementia, you can attend a special viewing of a nostalgic film at the Arts Picturehouse in Cambridge. It costs £4 and accompanying carers are admitted free. Complimentary tea, coffee and biscuits are on offer before the screening and there is a 20-minute interval halfway through the film.

This has been launched around the country in partnership with Dementia Action Alliance.¹

The Cambridge Arts Picturehouse promotional leaflet says: "We aim to provide a relaxing experience to share together and an opportunity to meet other people in similar situations. The lights will be left on low and you are all welcome to move around, talk or sing along as you wish. We're really excited to be able to incorporate showings specially aimed at those impacted by dementia. There has already been a fantastic response to the introduction of these screenings."

Some recent films included favourites; It's A Wonderful Life, 42nd Street and An American in Paris.

For details of Dementia Friendly films on offer: www.picturehouses.com/cinema/Arts_Picturehouse_Cambridge/Whats_On?filter=DementiaFS

Have you signed up for a What If? Plan?

This is a free service delivered by Carers Trust Cambridgeshire and funded by Cambridgeshire County Council to look after adults with care needs during an emergency involving their family carer. If the person you look after lives in Cambridgeshire you can register your What If? Plan with us and apply for an emergency card and key fob.

To request a What If? Plan call Carers Trust Cambridgeshire on 01480 499090.

NEW! You can now register online - go to: www.carerstrustcambridgeshire.org/whatifplan/register-a-what-if-plan

Wine Tasting and Canapes for two – the Spring What If? Plan Prize



Moira Abbott was thrilled to learn she was the winner of the Spring What If? Plan prize draw – and had won wine tasting and canapes for two in The Old Bridge Wine Shop, Huntingdon.

"It's cheered me up no end. That would be lovely, absolutely lovely," she said.

Mrs Abbott, 62, of March, cares for her 97-year-old mother-in-law Phyllis Abbott who lives in assisted living accommodation and has Alzheimer's disease and breast cancer.

"I'm really delighted with the prize and I know my husband John will be too. We rarely have a night out. John recently won a tour of a brewery – there seems to be a theme here!"

"The What If? Plan is to be recommended because there is always the chance that something will happen unexpectedly and you never know when that will be."

To register a What If? Plan see article above. See page 21 for the What If? hamper winner.

Events Calendar

March 2016

Wednesday 1

- **Huntingdon Bipolar Group** Maple Centre, 6 Oak Drive PE29 7HN 2pm (see p17).
- **Huntingdon CTC Adult Carer Support Drop-In** Huntingdon Library upstairs meeting room 2, Princes Street PE29 3PA 10am to 12pm.
- **Ramsey Alzheimer's Society Dementia Café** Rainbow Surgery, Stocking Fen Road PE26 1SA 10am to 12pm (see p14).

Saturday 4

- **Cambridge Parkinson's 'Engage' Dance Activity** Frank Lee Centre, Addenbrooke's Site, Hills Road CB2 0SN 2pm to 4pm (see p18).

Monday 6

- **Histon Pinpoint ADHD/ASD Support Group** Histon Early Years Centre, New School Road CB24 9LL 10am to 12pm (see p28).
- **Wisbech Alzheimer's Society Dementia Café** Robert Hall Centre, St Augustine's Road PE13 3AH 10am to 12pm (see p14).

Tuesday 7

- **Cambridge CPFT Dementia Drop-In** Sainsbury's Café, Coldhams Lane CB1 3HP 2.30pm (see p15).
- **St Ives Pinpoint Information session** co-hosted by Carers Trust Cambridgeshire, Unit 4, Meadow Park PE27 4LG 10am to 2pm (see p28).
- **March Alzheimer's Society Dementia Café** St Peter's Church Hall, 36 High Street PE15 9JR 10am to 12pm (see p14).

Wednesday 8

- **Cambridge Making Space Carers Support** Meadows Community Centre, St Catherine's Square CB4 3XJ 7.30pm to 9pm (see p13).
- **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** Dancing with Filipa, David Rayner Centre CB22 5JT 10am to 12pm (see p7).
- **Peterborough Pinpoint ADHD/ASD Support Group** Family Voice Peterborough, 105 Paynels, Orton Goldhay PE2 5QP 10am to 12pm (see p28).

Friday 10

- **Ely Pinpoint ADHD/ASD Support Group** Ely Children's Centre, High Barns CB7 4RB 12.30pm to 2.30pm (see p28).

Monday 13

- **Huntingdon Pinpoint ADHD/ASD Support Group** Hunts Forum, The Maple Centre, 6 Oak Drive PE29 7HN 10am to 12pm (see p28).
- **Sawtry Chatterbox Carers Support Group** CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p13).

Tuesday 14

- **Wisbech CTC Adult Carer Support Drop-In** Wisbech Library, 5 Ely Place PE13 1EU 2pm to 4pm.
- **Whittlesey Alzheimer's Society Carer Support Group** Methodist Reform Church, Queen Street PE7 1AY 10.30am to 12pm (see p14).

Wednesday 15

- **Huntingdon Pinpoint Self Harm: Parent Support** Huntingdonshire Regional College, California Road, PE29 1BL 10am to 12pm (see p28).

Thursday 16

- **Great Shelford Alzheimer's Society Dementia Café** David Rayner Centre, Scotsdales Garden Centre CB22 5JT 10am to 12pm (see p14).
- **St Neots Carers Peer Support Group** Tesco Community Room 1.30pm to 3.30pm (see p16).

Saturday 18

- **Cambridge Parkinson's 'Engage' Dance Activity** Frank Lee Centre, Addenbrooke's Site, Hills Road CB2 0SN 2pm to 4pm (see p18).

Tuesday 21

- **Fulbourn CPFT Dementia Lunch Group** Six Bells Pub, 9 High Street CB21 5DH 12.30pm (booking required see p15).
- **Ely Ely & District Parkinson's Group** Bell Holt, Off Lisle Lane CB7 4ED 2.30pm to 5pm (see p18).
- **St Ives Alzheimer's Society Dementia Café** St Ives Free Church, Market Hill PE27 5AL 10am to 12pm (see p14).

Thursday 23

- **Great Shelford CTC Shelford Dementia Support Group** DWP Support Worker talk on claiming Carer's Allowance, David Rayner Centre CB22 5JT 10am to 12pm (see p7).

Monday 27

- **Girton CPFT Dementia Carer's Meeting** St Vincent's Close Community Centre CB3 0PE 2pm to 3.30pm (see p15).
- **St Neots Carers Social Lunch** Eaton Oak Pub PE19 7DB 12.30pm (see p15).



- **Hartford Rotary Club Memory Café**
All Saints in the Hollow PE29 1XP
2.30pm to 4.30pm 2.30pm to 4.30pm
(see p14).

Tuesday 28

- **Eaton Socon, St Neots Carers Café Neuro**
Marbrook Centre PE19 8EP
10.30am to 12.30pm (see p16).
- **Ely Alzheimer's Society Dementia Café**
Cathedral Centre, Palace Green CB7 4EW
10am to 12pm (see p14).

April 2016

Saturday 1

- **Cambridge Parkinson's 'Engage' Dance Activity** Frank Lee Centre, Addenbrooke's Site, Hills Road CB2 0SN 2pm to 4pm (see p18).

Monday 3

- **Wisbech Alzheimer's Society Dementia Café**
Robert Hall Centre, St Augustine's Road
PE13 3AH 10am to 12pm (see p14).

Tuesday 4

- **Cambridge CPFT Dementia Drop-In**
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10am to 12pm.
- **Ramsey Alzheimer's Society Dementia Café**
Rainbow Surgery, Stocking Fen Road
PE26 1SA 10am to 12pm (see p14).

Monday 10

- **Sawtry Chatterbox Carers Support Group**
CARESCO Centre, Green End Road PE28 5UX
2pm to 4pm (see p13).

Tuesday 11

- **Cambridge Parkinson's Gretschen Amphlet Memorial Lecture** Fitzwilliam College, Storey's Way CB3 0DG 7.30pm (see p18).
- **Ely Ely & District Parkinson's Group**
Bell Holt, Off Lisle Lane CB7 4ED
2.30pm to 5pm (see p18).
- **Wisbech CTC Adult Carer Support Drop-In**
Wisbech Library, 5 Ely Place PE13 1EU
2pm to 4pm.

- **Whittlesey Alzheimer's Society Carer Support Group** Methodist Reform Church, Queen Street PE7 1AY 10.30am to 12pm (see p14).

Wednesday 12

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

Thursday 13

- **Great Shelford CTC Shelford Dementia Support Group.** Addenbrooke's Art Session, David Rayner Centre CB22 5JT
10am to 12pm (see p7).

Saturday 15

- **Cambridge Parkinson's 'Engage' Dance Activity** Frank Lee Centre, Addenbrooke's Site, Hills Road CB2 0SN 2pm to 4pm (see p18).

Tuesday 18

- **Fulbourn CPFT Dementia Lunch Group** Six Bells Pub, 9 High Street CB21 5DH 12.30pm (booking required see p15).
- **St Ives Alzheimer's Society Dementia Café**
St Ives Free Church, Market Hill PE27 5AL
10am to 12pm (see p14).

Thursday 20

- **Great Shelford Alzheimer's Society Dementia Café** David Rayner Centre, Scotsdales Garden Centre CB22 5JT 10am to 12pm (see p14).
- **St Neots Carer's Peer Support Group** Tesco Community Room 1.30pm to 3.30pm (see p16).
- **Peterborough Pinpoint ADHD/ASD Support Group** Family Voice Peterborough, 105 Paynels, Orton Goldhay PE2 5QP
10am to 12pm (see p28).

Friday 21

- **Ely Pinpoint ADHD/ASD Support Group**
Ely Children's Centre, High Barns CB7 4RB
12.30pm to 2.30pm (see p28).
- **Peterborough Parkinson's Taster Day**
Masonic Centre, 127 Ellindon, Bretton
PE3 8RD 10am to 3.30pm (see p18).

Sunday 23

- **Great Shelford Parkinson's Tulip FunRun**
meet at the David Rayner Centre CB22 5JT
10.30am (see p18).

Monday 24

- **Girton CPFT Dementia Carer's Meeting**
St Vincent's Close Community Centre
CB3 0PE 2pm to 3.30pm (see p15).
- **St Neots Carers Social Lunch** Eaton Oak Pub
PE19 7DB 12.30pm (see p15).

April 2016 continued

Monday 24 continued

- **Histon Pinpoint ADHD/ASD Support Group**
Histon Early Years Centre, New School Rd
CB24 9LL 10am to 12pm (see p28).
- **Hartford Rotary Club Memory Café**
All Saints in the Hollow PE29 1XP
2.30pm to 4.30pm (see p14).

Tuesday 25

- **Eaton Socon, St Neots Carers Café Neuro**
Marbrook Centre PE19 8EP
10.30am to 12.30pm (see p16).
- **Ely Alzheimer's Society Dementia Café**
Cathedral Centre, Palace Green CB7 4EW
10am to 12pm (see p14).
- **Huntingdon Pinpoint ADHD/ASD Support Group**
Hunts Forum, The Maple Centre,
6 Oak Drive PE29 7HN 10am to 12pm
(see p28).

Thursday 27

- **Great Shelford CTC Shelford Dementia Support Group.** Addenbrooke's Art Session,
David Rayner Centre CB22 5JT
10am to 12pm (see p17).

May 2016

Tuesday 2

- **Cambridge CPFT Dementia Drop-In**
Sainsbury's Café, Coldhams Lane CB1 3HP
2.30pm (see p15).
- **Huntingdon CTC Adult Carer Support Drop-In**
Huntingdon Library upstairs meeting room 2,
Princes Street PE29 3PA 10am to 12pm.
- **March Alzheimer's Society Dementia Café**
St Peter's Church Hall, 36 High Street
PE15 9JR 10am to 12pm (see p14).

Wednesday 3

- **Huntingdon Bipolar Group** Maple Centre,
6 Oak Drive PE29 7HN 2pm (see p17).
- **Ramsey Alzheimer's Society Dementia Café**
Rainbow Surgery, Stocking Fen Road PE26
1SA 10am to 12pm (see p14).

Saturday 6

- **Cambridge Parkinson's 'Engage' Dance Activity** Frank Lee Centre, Addenbrooke's Site,
Hills Road CB2 0SN 2pm to 4pm (see p18).

Monday 8

- **Histon Pinpoint ADHD/ASD Support Group**
Histon Early Years Centre, New School Rd
CB24 9LL 6.30pm to 8.30pm (see p28).

- **Sawtry Chatterbox Carers Support Group**
CARESCO Centre, Green End Road
PE28 5UX 2pm to 4pm (see p13).
- **Wisbech Alzheimer's Society Dementia Café**
Robert Hall Centre, St Augustine's Road
PE13 3AH 10am to 12pm (see p14).

Tuesday 9

- **Wisbech CTC Adult Carer Support Drop-In** Wisbech Library, 5 Ely Place
PE13 1EU 2pm to 4pm.
- **Whittlesey Alzheimer's Society Carer Support Group** Methodist Reform Church, Queen
Street PE7 1AY 10.30am to 12pm (see p14).

Thursday 11

- **Great Shelford CTC Shelford Dementia Support Group** David Rayner Centre
CB22 5JT 10am to 12pm (see p7).
- **Peterborough Pinpoint ADHD/ASD Support Group** Family Voice Peterborough, 105
Paynels, Orton Goldhay PE2 5QP
10am to 12pm (see p28).

Friday 12

- **Ely Pinpoint ADHD/ASD Support Group**
Ely Children's Centre, High Barns CB7 4RB
12.30pm to 2.30pm (see p28).

Tuesday 16

- **Ely Ely & District Parkinson's Group** Bell Holt,
Off Lisle Lane CB7 4ED 2.30pm to 5pm
(see p18).
- **St Ives Alzheimer's Society Dementia Café**
St Ives Free Church, Market Hill PE27 5AL
10am to 12pm (see p14).

Wednesday 17

- **Fulbourn CPFT Dementia Lunch Group** Six
Bells Pub, 9 High Street CB21 5DH 12.30pm
(booking required see p15).

Thursday 18

- **Great Shelford Alzheimer's Society Dementia Café** David Rayner Centre, Scotsdales Garden
Centre CB22 5JT 10am to 12pm (see p14).
- **St Neots Carers Peer Support Group** Tesco
Community Room 1.30pm to 3.30pm
(see p16).

Saturday 20

- **Cambridge Parkinson's 'Engage' Dance Activity** Frank Lee Centre, Addenbrooke's
Site, Hills Road CB2 0SN 2pm to 4pm
(see p18).

Monday 22

- **Girton CPFT Dementia Carers' Meeting**
St Vincent's Close Community Centre
CB3 0PE 2pm to 3.30pm (see p15).
 - **St Neots Carers Social Lunch** Eaton Oak Pub
PE19 7DB 12.30pm (see p15).
-

Tuesday 23

- **Ely Alzheimer's Society Dementia Café**
Cathedral Centre, Palace Green CB7 4EW
10am to 12pm (see p14).
 - **Huntingdon Pinpoint ADHD/ASD Support Group** Hunts Forum, The Maple Centre,
6 Oak Drive PE29 7HN 10am to 12pm
(see p28).
-

Thursday 25

- **Great Shelford CTC Shelford Dementia Support Group.** Addenbrooke's Art Session,
David Rayner Centre CB22 5JT
10am to 12pm (see p7).
-

Monday 29

- **Hartford Rotary Club Memory Café**
All Saints in the Hollow PE29 1XP
2.30pm to 4.30pm (see p14).
-

Tuesday 30

- **Eaton Socon, St Neots Carers Café Neuro**
Marbrook Centre PE19 8EP
10.30am to 12.30pm (see p16).

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

www.carerstrustcambridgeshire.org
01480 499090
care@carerstrustcambridgeshire.org

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.

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).

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

Information Programme to help Carers understand dementia

Discovering that a loved one or close friend has dementia can result in mixed emotions as the person caring for them may have little or no understanding about the condition and its progression.

Help and support is available for them through the Carer Information and Support Programme (CrISP). This is a series of workshops for people caring for a family member or a friend with dementia run by the Alzheimer's Society, funded by Carers Trust Cambridgeshire, and provides an opportunity to talk about experiences in a friendly and confidential environment. By understanding more about dementia the course helps people cope better with caring for the individual.

The key benefits of the programme include:

- Enabling carers to have increased knowledge of dementia.
- Providing carers with practical information that they can use in coping with living with dementia day-to-day.
- Help carers to feel better informed and less isolated.
- Empowering carers to access support services and financial benefits and entitlements.
- Enabling carers to plan with and for the person they care for, now and in the future.

Programmes are offered on two levels – CrISP 1 for carers looking after someone who has recently been diagnosed, and CrISP 2, for people who are further down that journey and looking into care.

More information about CrISP is available at: https://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=1710

For further information about the course, please phone 01954 250322 or email cambridgeshire@alzheimers.org.uk.

Alzheimer's Society is the UK's leading support and research charity for people living with dementia, their families and carers.

Alzheimer's Society Dementia Support Service

Delivered to people with dementia and/or their carers, to improve understanding of dementia. The service provides an individualised information and support service.

Activity Group, Wisbech for people affected by dementia at 10am to 12pm is held on alternate Tuesdays.

Carers Support Group, Whittlesey at 10.30am to 12pm, second Tuesday of the month. Designed to support carers of people living with dementia.

Singing for the Brain® currently held on alternate Mondays 10.30am to 12pm in Sawston.

Information Sessions at March Library on the second Tuesday of the month to provide information on dementia and our services. Details in the March Library listings or contact Alzheimer's Society.

Dementia Café's also at Wisbech, March, St Ives, Ely, Ramsey, Great Shelford.

(See events calendar for dates).

For further details phone 01954 250322 or email cambridgeshire@alzheimers.org.uk.

Check our website www.alzheimers.org.uk

The Rotary Club of Huntingdon invites you to its



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



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

**Dementia Friendly
Drop-In at Sainsbury's
café, Coldhams Lane,
Cambridge**

The group for carers and people living with dementia meets on the first Tuesday of every month at the café at 2.30pm. Volunteers from the Dementia Carers Support Service will be there to welcome visitors, refreshments provided. No need to queue, you will be served at the table.

**Dementia Carers Meeting at St Vincent's Close
Community Centre, Girton CB3 0PE**

Join us for a coffee, cake and a chat in a relaxed, informal atmosphere.

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

(See events calendar for dates).

For further information please ring Sally Kitchin 07432 701833 or email: sally.kitchin@cpft.nhs.uk



CPFT Dementia Carers' Support Service

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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.

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, by telephone or email. We also run various groups. If you are interested in the service, or want more information, please contact the co-ordinators:

Sally Kitchin 07432 701833

Email: sally.kitchin@cpft.nhs.uk
(Monday - Wednesday)

Fe Franklin 07506 579367

Email: fe.franklin@cpft.nhs.uk
(Thursday and Friday)

We would also be very interested in hearing from those who may wish to volunteer.

We look forward to your call!

The Friday Group, Salem Court, Chatteris

Our group is run entirely by volunteers who all have long term experience of helping people with dementia. We aim to provide support for sufferers of low to medium dementia and their carers in a loving, respectful, and happy environment.

Although based in Chatteris the group is open to anyone from the local area including March, Ramsey, Somersham, and surrounding villages.

We are a very friendly group intent on having fun and meet every Friday from 10am to 3pm at Salem Court. A range of interesting and stimulating activities, and entertainment take place and we have a two-course lunch for just £6.50 for the day. We also try to have at least two trips out during the year. Carers can stay at the group or leave their loved ones in our care for a few hours and have some "me time".

Introductions are usually made by the care agencies, but you can just turn up on a Friday or give us a call. Your first day is free!

We would also love to hear from you if you can spare a few hours to help.

Mike Hill 07910 557199

Anne Chambers 01354 740225

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 lunch 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.

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.



SAVE THE DATE

Age UK Cambridgeshire & Peterborough

SPRING MEETING 2017

Allia Future Business Centre
Peterborough Football Ground

Thursday March 30th 2017
Arrival from 10.00 am

Special guest - Jason Ablewhite
Police & Crime Commissioner for
Cambridgeshire

Buffet lunch
Afternoon entertainment



St Neots Voluntary Welfare Association, Community Centre, Church Walk, St Neots PE19 1JH

If you wish to know more, or you want to arrange a visit please phone 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.

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

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

(See events calendar).

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.



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 at 10.30am-12.30pm at Marbrook Centre, Phoenix Park, Eaton Socon, St Neots, PE19 8EP (See events calendar).

Unfortunately we cannot provide support with care.

Booking essential please phone 0345 241 0954 or 01480 499090.

Email: care@carerstrustcambridgeshire.org
Website: www.carerstrustcambridgeshire.org

with many thanks for the generosity of



Marbrook

excellence in neurological care and rehabilitation

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 Carer's 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.



SEN Adults Dance Class

Mondays, 6.15pm to 7pm at St Marys School, Wintringham Road, Huntingdon

Katy North Academy of Dance and Cheer.

Established dance school since 1990. Our dance school is a fun and friendly place to learn to dance. Our adult special needs class covers a variety of dance styles including Street Dance, Line Dancing, Ballroom and Latin. Carers and family members are welcome to join in. First lesson is free.

To book your place phone Katy 07500 875060 or email: katynorth.danceacademy@gmail.com

Website: www.katynorthdanceacademy.com

Huntingdon Bipolar Groups

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

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



Rethink Mental Illness Cambridge Carers Group



The local Rethink Mental Illness Carer Support Group has monthly meetings. For more information please phone David 01354 655786
Email: d.jordan994@btinternet.com.

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

Day Clubs



Carers Trust Cambridgeshire has Day Clubs that run twice weekly for people with care needs living in South Cambridgeshire and Fenland.

The Day Clubs are aimed at providing a days' respite for family carers in a relaxed and friendly environment.

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

Trinity Church, March - Monday & Tuesday
10am to 3pm

Chaplin's Close, Fulbourn - Mondays
10am to 3pm

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

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



Ely and District Parkinson's Support Group

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.



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

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

Parkinson's Events (See events calendar).

To mark **Parkinson's Awareness Week 18-24 April**, the Cambridge branch of Parkinson's UK is holding the **Tulip Fun-Run**. Runners will meet on 23 April at the David Rayner Building at Scotsdales Garden Centre, Great Shelford for the four mile run.

'Engage' Dance Activity

This programme is geared specifically to the needs and limitations of those with Parkinson's, for which the instructors have had special training. Activities with a rhythmic component, and exercise with dance-like qualities, are recommended by Parkinson's UK as aids to help with the most common symptoms of the condition. The dance programme runs until the end of June 2017. Two classes are being held each month on the first and third Saturdays, running from 2-4pm, at the Frank Lee Centre on the Addenbrooke's Hospital site, Cambridge.

For more information and to enrol email:
[Romina Vuono at rv254@cam.ac.uk](mailto:Romina.Vuono@rv254@cam.ac.uk).

Gretschén Amphlet Memorial Lecture

11 April at Fitzwilliam College Cambridge.
The focus of the lecture will be on research.
Admission is free. To book a place, go to: <https://www.parkinsons.org.uk/content/gretschén-amphlet-memorial-lecture-2016>

Taster day for carers and persons with Parkinson's

21 April at the Masonic Centre in Bretton, Peterborough.

The free taster day will include exercise classes, demonstrations and presentations from professionals. These will feature Tai Chi, pilates, singing and dance classes. There will also be a variety of free complementary therapies on offer in private rooms. Coffee and tea will be available, as well as a light lunch.

Anybody interested please contact Ruth Brinkler-Long on ruthbrinkler@hotmail.com or 07752 014998.

For details of other events in Cambridgeshire, see the Parkinson's website: <https://www.parkinsons.org.uk/content/parkinsons-awareness-week>

Caring for a loved one with Parkinson's

Penny, 79, cares for her husband David who has Parkinson's. David was an Engineer in the Royal Air Force and Penny trained as a Nurse in London, working for 15 years in geriatric nursing; a job she says now proves to be very useful!!

Penny says, "David is 83 and has had Parkinson's for about seven years, during which time his general ability to look after himself and his mobility has gradually deteriorated.

He still feeds himself but the strength in his hands has got weaker and I have to cut up his food and sometimes have to feed him. Added to this is decreased mobility as he has arthritis of his knees and lower back combined with a scoliosis. So he has difficulty walking and balance is a problem - at first he used a stick now a rollator and whenever we leave the house he is in a wheelchair.

David insists on looking after his own personal washing and this takes increasingly longer, as long as 1½ hrs in the morning. I make sure all his clothes are out and ready to put on and prepare all his meals and clear away afterwards. He never makes tea or coffee as his balance is unpredictable.

If I leave David for an hour or two I put food and drink on a table in front of him and within reach.

I have invaluable practical support from our son and daughter-in-law who live nearby and by phone from our other son and daughter and their spouses who live further away. We have good neighbours too who have come to help when David has fallen! Our GP is very approachable and supportive and takes time to listen.

The pharmacy makes up a dosset box weekly so that every pill is in the right compartment.

David's Parkinson's consultant is happy for us to contact them with any concerns between visits. We are supported by Parkinson's UK, Parkinson's Specialist Nurses and Carers Trust Cambridgeshire. The What if? Plan gives me peace of mind if an unplanned event or emergency occurs and I am unable to look after David as Carers Trust Cambridgeshire arrange for someone to come and cover for me.

My most frequent feeling as a carer is one of frustration at not knowing how to do the many jobs that David did before Parkinson's and

consequently having to learn lots of new things in old age, for example, checking tyre pressures!

The local Cambridge Parkinson's group is very friendly and meets every month for initially coffee and a chat, followed usually by an informative talk, such as the latest research and treatments for Parkinson's and a wide range of interesting topics, then lunch of soup and sandwiches kindly prepared and served by the hard working members of the committee.

My advice to others who care for someone with Parkinson's would be try to be patient, though I find this is not easy with appointment times to be kept - and Parkinson's disease patients CANNOT be hurried!"

* The real names of the couple featured in this story have been changed at their request.

Parkinson's Awareness Week 10-16 April

It is estimated that one person in every 500 has Parkinson's, a complex condition that affects people in different ways. Parkinson's is a progressive neurological condition. People with Parkinson's don't have enough of a chemical called dopamine in their brain because some of the nerve cells that produce it have died.

The symptoms² most often associated with Parkinson's affect movement, which include:

- Tremor (shaking)
- Slowness of movement
- Rigidity (stiffness)

New Cambridgeshire Parkinson's Advisor

The new Cambridgeshire advisor for Parkinson's is Candy Stokes. Candy is available to offer information and support, to people with Parkinson's and their carers.

The service receives a wide range of enquiries, including how to claim disability benefits, who to contact for help with various therapies or activities, and of course, the all-important questions about how carers can obtain the support and services they need to help them stay well.

Phone Candy 0344 225 3618

email cstokes@parkinsons.org.uk

Website <http://parkinsonscambridge.org.uk/>

When did you last review your Repeat Prescription?

.....

By Melanie Drohan, Lead Pharmacist, Isle of Ely and Wisbech LCGs, Medicines Management Team, Cambridgeshire & Peterborough Clinical Commissioning Group

Over 80% of medicines prescribed by General Practice in the United Kingdom are repeat prescriptions and prescribing is the second highest area of spend for the NHS, after staffing costs.

It is recommended that all people over the age of 75 should normally have their medicines reviewed at least annually and those taking four or more medicines should have a review every six months. This is to make sure that the medicines that have been prescribed are still the most appropriate on an individual patient basis. Medication reviews can be performed by Doctors, Pharmacists or Nurses and usually require full access to your records to perform this.

Ordering repeat prescriptions

It is advisable that repeat medication is ordered when 7-10 days supply is left at home; this is to make sure medicines are not ordered unnecessarily. Stock held in the home should be checked carefully, specifically those items that are not used regularly such as creams and pain relief tablets, before ordering. Ensure that only the items needed are clearly marked on the re-order forms. Most Pharmacies will collect repeat prescriptions from Surgeries. Check with your Pharmacy if they can provide this service.

Practices usually require 2-3 working days to issue a repeat prescription and if you are collecting your prescription from the Pharmacy, they will need additional time to prepare. Some Practices are now able to send the repeat prescription electronically to the Pharmacy, therefore no collection would be necessary, but the patient would need to nominate the Pharmacy they wish the prescription to be sent to.

The following methods may* be used to order repeat prescriptions from GP Practices:

- take the repeat slip to the Surgery (most Surgeries have a dedicated box within the Practice)

- post in the letter box (if Surgery is closed)
 - by email to the Surgery
 - post the request to the Practice (include a stamped addressed envelope if you would like the prescription to be sent back to you)
 - order online (to arrange this you will need to ask for a form and details at reception)
- * check with your Surgery which ordering methods they use

On collecting medication from the Pharmacy or dispensary, it is important to check that all of the items are still needed. Items that are no longer needed hand back before leaving to avoid unnecessary waste.

Always store medication at home securely, ensuring that it is away from children and animals. If medication prescribed is changed or stopped, ensure that this medication is returned to the Pharmacy or dispensary for safe disposal.

Self care

On average 40% of GP appointments are for minor ailments and common conditions that could be treated with self-care at home. Aches and pains, colds and flu and upset stomachs are generally not a serious health problem for many patients and your local Pharmacists have the knowledge and skills to advise you on the best treatment.

Pharmacists can also advise on which medicines would be useful to have at home, and what local services are available to you. Pharmacies can be found in local communities, on the high street and in some supermarkets, with many open late nights and at the weekend.

You don't need to make an appointment to see a Pharmacist and you can talk to them in confidence, even about symptoms that are very personal. Many Pharmacies now have a consultation room or area where you can have a conversation in private.

Simple steps such as stocking up on medicine cabinets essentials can also help you treat a number of minor illnesses and injuries at home.

Medicine cabinet essentials include:

- painkillers such as aspirin, paracetamol, and ibuprofen, are highly effective at relieving most minor aches and pains, such as headaches and menstrual pain.
- anti-diarrhoea tablets and rehydration powders can help with a range of things such as food poisoning or a stomach virus.
- indigestion treatment can help with stomach ache, heartburn, or trapped wind.
- bandages and plasters to support injured limbs and for minor cuts.
- a thermometer, preferably digital, to check for fever.
- antiseptic cream or spray to clean cuts before they're dressed (bandaged).
- sterile dressings and medical tape for larger injuries.
- tweezers are useful for taking out splinters; if splinters are left in, they can cause discomfort and become infected.



NHS
Cambridgeshire and Peterborough
Clinical Commissioning Group

OPEN THE BAG

**Before you leave
the pharmacy.**

Approximately **£4.67m*** of unused medicines are wasted every year in Cambridgeshire and Peterborough.

Of this, we estimate that:

- **£1.7m** is returned to pharmacies because it's not needed
- **£1.4m** is kept in the home and is out of date
- **£0.78m** is disposed of in care homes

Once an unwanted medicine has left the pharmacy, it cannot be reissued even if it hasn't been opened.

By reducing the amount of wasted medicines, we could reinvest the funding in other vital health services.

*Based on Department of Health figures for the UK nationally.

Please OPEN THE BAG – if you don't need all the medicine please hand it back at the counter or to the delivery driver.



For more information visit:
www.cambridgeshireandpeterboroughccg.nhs.uk

Roger and Barbara Stearman win What if? Plan Hamper

Roger and Barbara Stearman, both 89, were able to enjoy some delicious treats and a bottle of fizz after becoming the winners of the Winter What If? Plan prize draw.



Barbara was her husband's carer at their home in Cambridge; he suffers a disability in both arms and hands which have little movement; restricted to only 10 per cent in one hand and arm. When Barbara slipped in her bathroom at 3.15am one morning last October, she had to be rushed into hospital with a broken femur and Roger activated his What If? Plan which prepared him for an emergency such as this.

"I called the Carers Trust Cambridgeshire emergency number as they said I could call any time, day or night. They said they would send someone to me within two hours, and the carer came really quickly. I needed someone to help me get dressed, and I had free emergency care for 24 hours, which was really helpful," said Roger.

Barbara returned home for a while when Roger found their roles had been reversed and he became his wife's carer. They purchased private care from Carers Trust Cambridgeshire for support in their home; Roger was worried about the moments he was alone with Barbara in case she fell. Barbara is now recovering in a nursing home.

The couple were both thrilled with the hamper. "This is a fantastic surprise. There are lots of things there I can enjoy," said Roger.

"Everyone should complete their What if? Plan because they never know, like me, when they are going to need it."

See page 9 to find out more about What If? Plans

What is an Admiral Nurse?

Article by
Angela Moore,
Admiral Nurse
(pictured) based
at Hinchingbrooke
Hospital,
Huntingdon.



Admiral Nurses are specialist dementia nurses who give expert practical, clinical and emotional support to families living with dementia to help them cope. We are Registered Nurses, and have significant experience of working with people with dementia before becoming an Admiral Nurse. Core areas of work include:

- specialist practical advice, emotional and psychological support from diagnosis to post bereavement, helping you deal with your feelings and learn coping strategies.
- being your single point of contact, helping to join up different parts of the health and social care system and meeting your needs in a coordinated way.
- giving carers and professionals knowledge to understand dementia and its effects, and the skills to improve how you communicate with someone living with dementia.
- offering advice on referrals to other services and liaise with health and social care professionals, sharing best practice with them so you get the best care possible.
- supporting at difficult times in the dementia journey, including when the condition progresses, or when tough decisions need to be made, such as moving a family member into residential care.

Admiral Nurses have been introduced into the acute sector as part of Dementia UK's ongoing development plans to ensure that Admiral Nurses are available in a variety of settings. I am currently the only Admiral Nurse in the Huntingdon and Cambridgeshire area, however Dementia UK will be scoping further development in the area.

My job is varied and interesting - no two days are the same. In acute care, the role is diverse and includes supporting families, sharing expertise, supporting quality improvements and working closely with the local Dementia Action Alliance and facilitating collaborative working between services. The best part of my job is supporting carers; I see the impact on them and also the person living with dementia. I ensure that people with dementia are seen as individuals and have a voice.

We may see an increase in diagnosis but we must remember that dementia is not a natural part of ageing. Carers need support to ensure that their own health needs are met; carers recently told me that they couldn't overemphasise the importance of someone who is able to listen and provide ongoing support.

Although my work is currently limited to acute hospital care; I have built good relationships with both Carers Trust Cambridgeshire and Alzheimer's Society to ensure that there is some support available following discharge. In March we will be holding a 'time for a cuppa' event to raise vital funds to support the work of Dementia UK and Admiral Nurses. Then in May we will be organising activities to support Dementia Awareness Week.

Phone Angela on 01480 416416 ext. 4840

Admiral Nursing Direct national helpline 0800 888 6678, 9am to 5pm every day and 6pm to 9pm on Wednesdays and Thursdays.

Email: direct@dementiauk.org

See: <https://www.dementiauk.org/how-we-help/admiral-nursing/>

Pride in our Carers Awards 2017

.....
"This is a fantastic opportunity for us all to celebrate family carers and show appreciation for the valuable support they receive from our partners and businesses." **Dr Helen Brown, CEO of Carers Trust Cambridgeshire**

To celebrate Carers Week 2017, we are giving you the opportunity to say 'Thank You' to someone who cares by nominating them for a Carer Award.

The first ever Pride in Our Carers Awards was held in 2016 during national Carers Week and was a great success, celebrating our fabulous carers and carer friendly organisations in Cambridgeshire and Peterborough.

Hearing the personal stories of all the winners and those shortlisted was a very humbling and moving experience and we hope to hear many more stories this year and inspire more employers and community groups to join in and aim higher for carers.

What can be won?

Winners and the two runners-up of the Carer of the Year Award and the Young Carer/Young Adult Carer of the year will all receive a prize. All winners in all categories will also receive a certificate.

All shortlisted nominees will be invited to a ceremony which will be held in Cambridge during Carers Week (12-18 June). This will be run in partnership with Cambridgeshire and Peterborough NHS Foundation Trust, Peterborough City Council and Cambridgeshire County Council.

Who can I nominate?

The Awards are for carers of all ages who have contributed to supporting other carers in their community and makes a difference to someone else's life. The Awards are also for organisations and individuals who are carer friendly and regularly go above and beyond in their support for carers. The Awards are for everyone in Cambridgeshire and Peterborough.

What are the categories?

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

How do I nominate?

To complete a form online go to: www.carerstrustcambridgeshire.org phone 01480 499090, or email care@carerstrustcambridgeshire.org to request a form.

Who will choose who has won?

All entries will be shortlisted and then judged by an independent panel of carers. The decisions of the judging panel are final.

ALL entries must be received by 15 April 2017.

Full details of Carers Week events will be published in the next Carers Magazine.



**Nominate
someone
now!**

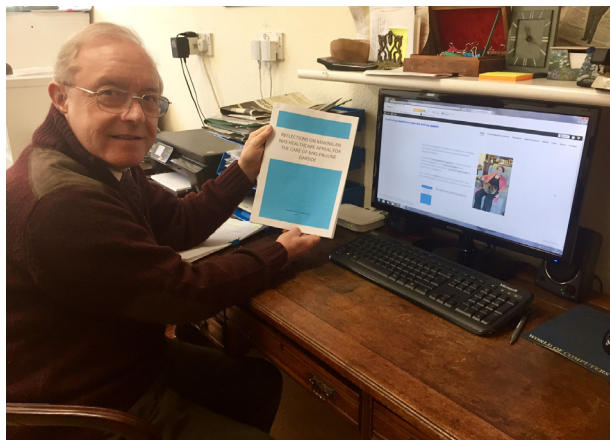
Continuing Healthcare – Cambridgeshire Carers Fight for Funding

.....

A year ago we featured a report in the Carers Magazine about NHS Continuing Healthcare³ funding and asked if you had stories to share about this.

We referred to a family's case taken up by Cambridge MP Daniel Zeichner because of the difficulties they had in accessing the payment. Mr Zeichner described Continuing Healthcare funding as "a postcode lottery" and the family's story was reported in The Sunday Times in December 2015 with the headline, '**At 95, I'm fighting the NHS to fund wife's care.**'

We can report that they have now succeeded in their application and received £94,000⁴ to cover the two years worth of care costs for Vicki Keiller, 90, who has dementia and is in a nursing home near Cambridge.



Around the same time Peter Garside, 67, (above) had been caring for his wife Pauline, 75, at their home in Histon. She had been diagnosed with Alzheimer's in 2013 and her health declined steadily, until her eventual unexpected death in February 2016 from melanoma cancer.

Peter's application to obtain Continuing Healthcare funding was at first refused, but his appeal was successful, just six months before Pauline's death. He has created a website to help others who also wish to apply for the funding.

It includes details of the 12 categories, called 'domains', it covers:

- Behaviour
- Cognition
- Psychological and Emotional Needs
- Communication
- Mobility
- Nutrition
- Continence
- Skin and Tissue Viability
- Breathing
- Drug Therapies and Medication
- Altered States of Consciousness
- and Other Care Needs.

Peter advises "The key is in the preparation and understanding of their requirements which is not readily available to the general public and will take a lot of time discovering on the Internet."

Peter said the main difficulty was getting the NHS to agree that Alzheimer's disease was a "primary health need". He added: "They did not consider that the nature, complexity, intensity and unpredictability of the totality of Pauline's needs warranted this award, believing her needs were predominantly for personal and social care."

Peter's website: <https://continuinghealthcare.wordpress.com/>



In another case, Roy Lawrance (above) from Little Downham contacted Carers Magazine to say his complaint to the Ombudsman against Cambridgeshire and Peterborough CCG had been upheld over their handling of Continuing Healthcare funding for his wife Maureen. She has a history of multiple sclerosis, osteoporosis, brain stem flare up and paralysis to her left side. She has been registered blind since 1990.

Maureen's application for funding had been approved, but there was a 9 month delay in a decision of exactly how much the funding would be for Maureen's Personal Health Budget and Roy had to pay some of the carers' wages out of his own pocket, which has never been repaid. He told the Ombudsman that as a result of the way the funding had been handled by the CCG, he and his wife were VERY distressed and had suffered financial loss. Mr Lawrance was awarded a "derisory" £500 compensation. He is attempting to recover his losses and compensation for stress through legal channels and his solicitor is currently waiting a response from the CCG to his claim.

Continuing Healthcare funding is a topic that arouses strong feelings, and a report published last November by Parkinson's UK concluded it was failing the most vulnerable in society⁵. **Their full report can be read here:** <https://www.parkinsons.org.uk/continuing-healthcare/report>

Are you eligible for NHS Continuing Healthcare funding?

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

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

Who is eligible for NHS Continuing Healthcare?

To be eligible you must be over 18 and have substantial and ongoing care needs. You must have been assessed as having a "primary health need", which means that your main or primary need for care must relate to your health. If you have a disability or if you've been diagnosed with a long-term illness or condition, this doesn't necessarily mean that you'll be eligible for NHS Continuing Healthcare. The only sure way to know if you're eligible is to ask your GP or social worker to arrange an assessment.

For further information about applying for Continuing Healthcare funding see:
<http://www.nhs.uk/chq/Pages/2392.aspx?CategoryID=68>

Help in a mental health crisis

.....

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.

If you are experiencing something that makes you feel unsafe, distressed or worried about your mental health you can now contact the FRS by dialing 111 and selecting option 2. This service is for all ages. If you aren't able to make the call yourself then anyone can call on your behalf.



More information about mental health issues and where to get help can be found on these websites:

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

Keep Your Head

<http://keep-your-head.com/CP-MHS>

If you are a young person, parent/carer or professional looking for tailored advice and support, look at www.youngminds.org.uk and www.wellinformed.org.uk

Top Ten Ranking for CPFT's Support of Carers

.....

Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) has been ranked one of the top ten community NHS Trusts in England for supporting family carers. It was awarded two gold stars by a national scheme.

The Trust signed up to the Triangle of Care in 2015 which was set up by Carers Trust and the National Mental Health Development Unit to strengthen the involvement of carers and families in care planning, treatment and support.

It has developed action plans to demonstrate how it is involving and supporting carers, as well as promoting the important role they play and improving services for carers. Trusts who join the membership scheme and complete the appropriate stages for their organisation receive an award to recognise their commitment.

CPFT is currently one of just ten NHS Trusts with two stars - the first for completing stage one, for self-assessing its mental health inpatient and crisis teams, and then committing to improve. The second is for completing self-assessments for its community mental health services, such as learning disability, older people and dementia and substance misuse.

This year the older people's and adult community services in Peterborough and Cambridgeshire provided by CPFT will be incorporated into the scheme when it is hoped the organisation will be among the first community NHS Trusts to be awarded a third gold star.

Aidan Thomas, Chief Executive said: "Census figures in 2011 show that more than 60,000 people in Cambridgeshire and more than 17,000 people in Peterborough reported they were providing some level of unpaid care.

"We know that carers we come into contact with are often essential partners in support and recovery and we are able to offer support to them, which is why the progress we've made since we joined the scheme is so important."

Ruth Hannan, Policy and Development Manager, from Carers Trust, said: "The scheme offers key principles and resources to improve the links between the professional, carer and service user. There is strong evidence that this approach strengthens the quality of care, has a positive impact on recovery, and improves the well-being of the carer. Congratulations go to CPFT for not only receiving two gold stars, but for completing stage one and stage two at the same time, which is quite an endeavour."

About Triangle of Care

The Triangle of Care is based on six principles (standards) that Trusts can use to include and support carers. These range from identifying and assessing carers and their needs, offering carers a range of support, information and advice both for them and the person they care for to training staff in carer engagement.

The scheme operates at three stages: membership; membership with one star; and two star membership when the organisation has completed a full self-assessment of all its services. Self-assessments are peer reviewed.

See the CPFT press release⁶



Aidan Thomas, Chief Executive

Step into the Moment



Mindfulness is a moment-to-moment awareness of thoughts and feelings. A popular way to let go of stress, and helps to 'find' yourself in the midst of your daily (and often very busy) life. It helps foster positive feelings like contentment, self-awareness, empathy and self-control. It soothes the parts of the brain that produce stress hormones and builds those areas that lift mood. You can practice mindfulness simply by concentrating on your own breathing, or what you are doing at each moment.

There are many mobile apps that have guided processes for mindfulness. They can be a helpful option because they can introduce you to the concepts of mindfulness and they can sit in your pocket for the opportune moment. Practice for 5–10 minutes will still be very beneficial. Find an app that you enjoy using as the practice of mindfulness is more powerful when it becomes a daily habit.

Your relationship with your partner

We all face stressful, difficult and challenging situations. Families with disabled children have to cope with significant emotional, social, physical and financial pressures, and everyone has different coping styles. Mindfulness can help us with our reaction to stressful events. By mentally preparing the mind and the body, we can be less controlled by situations when they occur, and we can handle conflict better. By being truly 'present' with our partners, we can become better listeners and focus on how to improve the problems we face.

Your role as a parent

In a study that was carried out on mothers with disabled children, mindfulness led to 'significant improvements' in stress, depression and anxiety, sleep quality and life satisfaction.

So why not try out some mindfulness today?

Article from Contact a Family Connected Magazine Autumn/Winter 2016

http://www.cafamily.org.uk/media/968622/connected_autum_winter_2016_web.pdf

April is Autism Awareness Month

Think Autism offers individual and tailored programs for families who are dealing with autism every day. Think Autism also offers professional training for schools, residential homes, and other front line staff interacting with those with autism.

Elisa Ferriggi, consultant and director of Think Autism began in the field of autism in June 2003. She originally worked intensively with children on the autism spectrum and then went on to train in a naturally nurturing developmental approach that she continues to offer today.

"I started my journey with RDI® (Relationship Development Intervention) in 2005 and quickly discovered that RDI® made sense. It was a wonderful way to help not only the individual with autism but also help parents feel competent and encourage full healthy family inclusion. I have seen some amazing progress in children, and families are just delighted with the results that they once couldn't even dream of!"

"RDI® is a family-centred parent approach and the goal is to improve quality of life for the individual with autism and the whole family. As many people know, every individual is very unique and has different strengths and weakness. In autism, however, there are some universal features that people have to some extent that affect how they interact, communicate and their quality of life. By addressing each of these core features we are giving children a good opportunity to live in an ever-changing world without being fearful of change, be better connected with other people, build lasting true friendships and relationships as well as become mindful individuals.

Core features of autism:

- 1: Lack of emotional connection
- 2: Difficulty creating meaningful personal memories
- 3: Lack of self and emotional regulation
- 4: Struggles with flexibility
- 5: Challenges with processing and coping in dynamic situations

You can check the Think Autism website events page for free information sessions that will be running throughout the year. Organisations are welcome to arrange a free Think Autism information session for a group of parents to learn and understand more.

www.thinkautism.co.uk
Email: elisa@thinkautism.co.uk
www.facebook.com/ThinkAutismLtd

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, local services and support groups on our website www.pinpoint-cambs.org.uk.

Caring for a young adult aged 18-25?

Come along to our information session for parents and carers of young adults aged 18-25 at St Ives on 7 March from 10am to 2pm. Pinpoint and Carers Trust Cambridgeshire are co-hosting this event which will feature legal and financial advice from Buckles Solicitors and carer advice on topics including assessments, benefits, What If? Plans. The venue is Carers Trust Cambridgeshire, Unit 4 Meadow Park, Meadow Lane, St Ives PE27 4LG.

To find out more or to book a place:
phone 01480 499043
or email jackie@pinpoint-cambs.org.uk

Does your child have ADHD/ASD?

Our support groups in 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.

Information and Bookings:

Histon/Huntingdon groups: phone Jackie on 01480 499043
or email jackie@pinpoint-cambs.org.uk

Peterborough/Ely groups: phone Eve on 01480 499043
or email eve@pinpoint-cambs.org.uk

Self Harm: parent support

This group offers support to parents and carers whose young people self-harm. Our next meeting is at Huntingdonshire Regional College, California Road, Huntingdon PE29 1BL on 15 March, 10am to 12pm.

You can pre-register or drop in on the day.

Call Eve 01480 499043 or email eve@pinpoint-cambs.org.uk

See events calendar for dates

Pinpoint contact info

Phone: 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



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, Salowbush 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

@Centre33Camb www.centre33.org.uk

ALL WELCOME



Cromwell Go for Gold!

Cromwell Community College in Chatteris has submitted a gold award application demonstrating their incredible support for young carers in school. Gold is the uppermost level of award - the best you can be. The college has expanded their provision for young carers, including nominating young carer leads within school, extra drop in sessions, a young carer policy and changes to the school improvement plan. Cromwell Community College's provision for young carers was also commended in their recent OFSTED inspection making specific reference to the range of support in school for young carers.

For Young Carers in Schools support, contact Tania Bingham, Young Carers Policy and Development Officer 0345 241 0954.

1940's Christmas Tea Dance Success!

A group of young carers successfully planned three Christmas Tea Dances in care homes across Ramsey, Huntingdon and St Ives during December. A wonderful time was had by all. A resident at Rheola Care Home in St Ives said "It was a wonderful afternoon; it was a pleasure to meet the Mayor and even have my photo taken with her. It really made me smile having the children around me. It was a lovely afternoon, one that I will never forget." Well done to all of the young carers involved and a big thank you to Ian 'Rosie' Rose who delivered the fantastic entertainment.

Young carers are continuing to host 'chat and craft' sessions in care homes through our Intergenerational Project. If you would like to volunteer to help at one of these sessions contact Tania Bingham, Young Carers Policy and Development Officer 0345 241 0954 or tania.bingham@carerstrustcambridgeshire.org

How to make a referral

Did you know you can self-refer to our young carer groups? We run a respite and support provision in Huntingdonshire for young carers who help to care for someone. Our groups run fortnightly in schools across Huntingdonshire and on the first Sunday of every month at Huntingdon Youth Centre. For more information phone 0345 241 0954.

Young Carer Awareness Day Film

Carers Trust Cambridgeshire celebrated Young Carer Awareness Day by hosting a film showcase, funded through The Big Lottery and the Celebrate Fund. The film featured the inspirational stories of young carers across Cambridgeshire between 1998 and 2017. The film can be found on our YouTube Channel <https://www.youtube.com/user/CarersTrustCambs/featured>

Carers Trust Peterborough hosted a 'Foot in the door' Young Carer Tour around schools in Peterborough, raising awareness of support for young carers and young adult carers.

Care to Create, 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 phone Bisha Mistry 01480 499090 or email bisha.mistry@carerstrustcambridgeshire.org.

If you are interested in applying as a volunteer therapist or creative practitioner phone Kate Bement 01480 499090 or email kate.bement@carerstrustcambridgeshire.org.

Frequently Asked Questions

contact a family
for families with disabled children

The Wheels on the Bus...

My 10 year old daughter is a wheelchair user – I've been told I can't get help with transport as we live within 3 miles of her school.

Incorrect. The law says that free transport help must be provided for eligible children of compulsory school age (5–16). Pupils who cannot be expected to walk to school because of a special educational need, disability or mobility problem are eligible for transport, whatever the distance between home and school.

My local authority says I must use my seven year old daughter's Disability Living Allowance to pay for transport.

The local authority must provide transport to the nearest suitable school for eligible children. It's not lawful to take Disability Living Allowance into consideration when making a decision to provide transport.

My 13 year old son gets transport to his special school but it's an hour long bus journey with several other children. He has sensory difficulties and arrives at school very stressed.

Transport needs to be suitable, and your child needs to arrive at school ready to learn. Some children may need individual transport arrangements: for example, an escort, an individual taxi or a mileage allowance if you want to use your own car. Discuss options with your local authority transport team.

My 15 year old daughter has autism and it's a struggle to get her to school on public transport. But my local authority says they only provide transport to pupils with physical disabilities.

Your daughter is eligible for transport if her special educational needs or disability would prevent her from walking to school – this is the only test that should be applied. It is unlawful for a local authority to have blanket policies which exclude particular groups.

Beware statements such as 'We only provide transport to children with EHC plans/physical disabilities/children attending schools in this local authority'.

I want my son to go to primary school in the next village as they have a good reputation for special educational needs. But my local authority won't provide transport as it's not our nearest school.

The local authority only has to provide transport help to the nearest suitable school. They can refuse transport if they consider that a nearer school could also meet your son's needs.

My son has turned 16 and from next September the local authority are stopping his transport to school.

Transport for young people over compulsory school age is provided at the local authority's discretion and they can charge for this age group. However, local authorities do have a duty to ensure that young people can access education. Your local authority should assess your son's needs and provide transport help if required. Local authorities should provide transport to help disabled adult learners over 18 get to a college if needed.

Taking action

If you are not happy with a transport decision, check the local authority policy and appeal. Every local authority must have a school transport policy and a separate policy for young people over 16. This should set out how decisions are made, and the appeal procedure and deadlines. In challenging a decision it's important to include supporting evidence of your child's need for transport. If an appeal fails there may be further action you can take to resolve the situation.

Call CaF helpline on 0808 808 355 for advice.

Article from Contact a Family Connected Magazine Autumn/Winter 2016

To read the Connected: http://www.cafamily.org.uk/media/968622/connected_autum_winter_2016_web.pdf

Need advice?

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Call Contact a Family: freephone helpline, a 'one-stop-shop' for advice and information on any aspect of caring for a disabled child. 0808 808 3555

Open Monday to Friday, 9.30am–5pm
Email: helpline@cafamily.org.uk

Our education advisers can help you with

- early years and preschool
- getting extra help in school
- statements and EHC plans
- bullying
- exclusion
- transport
- support for medical needs
- education after 16

Our general advisers can help you with

- benefits or tax credits issues
- details of local and national support groups
- information about your child's condition
- how to get help with getting a break
- details of grant-giving charities
- any other aspect of caring for a disabled child

Website: www.cafamily.org.uk
www.facebook.com/contactafamily
www.twitter.com/contactafamily

Supporting Family Carers in the Workplace

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by Tracy Hyland, Head of Services for Young Carers/Young Adult Carers and Engagement, Carers Trust Cambridgeshire.

When people need help with their day-to-day living, including their care, they often turn to their family and friends. Looking after each other is something that we instinctively do.

If you are providing this help regularly on an unpaid basis, you are a carer. It can feel like you are juggling two jobs when you are holding down a paid job and caring for someone at home.

There are six million people in the UK caring unpaid for an ill, frail or disabled family member or friend and so you are not alone;

three million of these carers juggle work and care — that is 1 in 7 in every workplace. These numbers are increasing and we won't know the full scale of carers as many remain hidden.

Caring can be unpredictable, it can happen overnight or it can creep up on you. You could live with the person you care for or you could be caring for someone in another house, town or another part of the country.

For many unpaid carers the prospect of remaining in their work, getting a job and returning to work whilst caring can be daunting. For young carers and young adult carers, they may feel they don't have the skills to get a role, when actually **the skills they have** developed whilst being an unpaid family carer for most of their lives **are wanted by most employers**. Being organised, committed, enabling others, empathetic, being able to talk to a huge range of people etc, the list is endless! They just can't put them down on paper. Although you have rights as a carer, we believe that employers may not always be aware of them or don't know enough to support you to remain in work whilst being a carer.

Carers Trust Cambridgeshire is developing a new **programme of support to businesses** to offer them an opportunity to understand about carers in the workplace, devise policies to support carers, recognise the value of carers in the workplace and how they can ensure the retention of carers. **For employers it has been proven that by adopting some small changes within their organisation to support carers it can:**

- attract and retain staff
- reduce stress
- reduce recruitment and training costs
- increase resilience and productivity
- reduce sick leave and absenteeism
- improve service delivery
- produce cost savings
- improve people management
- increase staff morale.

If you are a small, medium or large business, please get in touch with us to see how we can support you in becoming carer friendly by calling 01480 499090 or email comms@carerstrustcambridgeshire.org

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

Carers Trust Cambridgeshire is there to help by:

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

Carers Trust Cambridgeshire also has a team of dedicated Care Workers who spend at least an hour with the client when out on call. They can be contacted at:

Carers Trust Cambridgeshire
Unit 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 1-6 throughout the magazine please go to

www.carerstrustcambridgeshire.org/refs



Young Carers in Schools

What schools have told us about the impact of the programme

94% said they had identified **more** young carers in their school.



94% said they had noticed improvements in the **wellbeing** and **confidence** of young carers at school.



91% had seen a **positive** impact in the **achievement** of young carers in their school.



74% had noticed **improved** attendance among young carers in their school.



We asked 35 schools who had received a Young Carers in Schools Award about the impact of implementing the programme.

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