

CAMBRIDGESHIRE & PETERBOROUGH carers

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Photo courtesy of Terry Harris

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.

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We welcome stories from family carers and organisations that support them throughout Cambridgeshire and Peterborough, along with any suggestions for stories you would like included.

Please get in touch on 01480 499090 or comms@carerstrustcambridgeshire.org

Let's all make caring communities

Welcome to Peterborough readers of the Cambridgeshire and Peterborough Carers Magazine, a year after the new format was launched in Cambridgeshire. So many stories from family carers are relevant to others that it makes sense to share (and please keep sharing them). Many of the 'things' that may help you are available locally, from many different organisations; and it's great to see that choice reflected here too.

There are over 80,000 people caring for one or more people in our NHS area of Cambridgeshire and Peterborough and we know lots of statistics about them and what they are likely to need - but often not who they are! That probably reflects our busy, sometimes working, lives these days. They will probably see themselves in their family or friendship role and think the word 'carer' means someone else. Yet someone in a hospital, or GP practice, or community mental health service, or school/college/university, or village or street, or WI or other community group, could so easily do something amazingly helpful: link them in to information such as this magazine or our website.

Carers Week (12-18 June) is a huge annual opportunity to make everyone aware of caring (and the likelihood it will happen to them) and to celebrate all unpaid, informal, family carers too. We hope you take an opportunity to reward yourself by doing something that's important to you - whether it be time out, having fun or receiving coaching (p 40) or giving time to your GP practice Patient Participation Group (p 42). There's a lot of events and activities marking Carers Week to choose from, listed in the pages that follow. Please try to also check the website (or ask someone to help you), as we expect more to be added. We'd love to hear your story if someone or something helped you in Carers Week.

Dr Helen Brown

CEO at Carers Trust
Cambridgeshire



Peterborough Carers Welcome

.....

I am delighted to welcome you to the first edition of the Cambridgeshire and Peterborough Carers Magazine, it could not be more fitting as it is Carers Week. In my eyes it is always 'Carers Week' as carers are the most important people when it comes to supporting vulnerable people.

Carers do such an amazing job, often holding down paid employment as well. It is so important that employers recognise that there will be a significant proportion of their workforce caring for someone at home or in the community.

I want every employer to ask their workers if they are carers and to give them the support they need to continue in paid employment, as well as being able to care for someone else at home or in the community.

Being a carer is rewarding, but it can be tough going at times and we all need to be aware of this and provide as much support as we can. Most vulnerable people are best supported in the community by someone they trust - but this can only happen if carers are given the support they need.

I want to say a big thank you to all carers and those that support them - you are doing a fantastic job.

Wendi Ogle-Welbourn

Director Children, Families and Adults Cambridgeshire & People and Communities Peterborough



Carers Week 12-18 June Building Carer Friendly Communities

.....

Communities throughout Cambridgeshire and Peterborough have rallied to make this year's Carers Week better than ever with dozens of wide ranging events planned to support family carers.

Carers Week is a national annual campaign to raise awareness of caring, highlight the challenges family carers face and recognise the contribution they make to families and communities throughout the UK.

This year's theme is Building Carer Friendly Communities - communities which support carers to look after their loved ones well, while recognising that they are individuals with needs of their own.

More than 50 events will be held throughout Cambridgeshire and Peterborough to mark Carers Week - from a celebratory church service and pampering sessions, to picnics and afternoon tea parties.

The highlight of the week is the Sharing the Caring celebratory event on Tuesday 13 June in Cambridge, when winners of the Pride in Our Carers Awards will be announced.

It is important to remember that while family carers may find themselves under the spotlight during national Carers Week, that they need to be supported throughout the year, and Carers Trust Cambridgeshire and Peterborough are available 24 hours a day, 7 days a week to offer help, information and a respite break.

See page 8 for events and Pride in Our Carers Awards/Sharing the Caring Event on pages 4 and 5.

Carers Week events have the Carers Week logo next to them. More will be listed on the Carers Trust Cambridgeshire website: www.carerstrustcambridgeshire.org



Sharing the Caring

*Celebrate inspiring carers and share
practical support and information*



13 June 2017

10am-4pm

C3 Centre, Coldhams
Lane, Cambridge
CB1 3HR

*Free event, open to all
Lunch is provided*

Tommy Whitelaw

Dementia Campaigner Tommy Whitelaw, who travelled the world for the Spice Girls, Kylie and U2, talks about becoming a full-time carer for his mum, Joan, for six years

Carers Trust Cambridgeshire and Carers Trust Peterborough's Pride in our Carers Awards 2017

Celebrate the valued work of carers and the organisations that support them

Market stalls

Talk to health and care professionals at an interactive, lively market place about the support you need

Triangle of Care

Hear how the Triangle of Care is involving carers since CPFT joined the scheme two years ago to strengthen the involvement of carers and families in care planning

Workshops

Interactive sessions on subjects like recovery, dementia and Tai Chi

To book your place at the event and the workshops visit <https://bookwhen.com/triangleofcare> or phone **01480 499090**. There is a free bus from Peterborough.

If you need assistance to attend, please contact us on the number above.

Sharing the Caring 2017 - with Laughter!

by Carers Trust Cambridgeshire &
Peterborough (CTC&P)

.....

We promise you a bellyful of laughs and many heartwarming true stories about the lives of our fabulous carers at this year's Sharing the Caring celebratory event where winners will be announced for Cambridgeshire and Peterborough's Pride in Our Carers Awards.

We are holding the event during Carers Week on Tuesday, 13 June at the C3 Centre in Coldham's Lane, for the second year running, with Cambridgeshire and Peterborough NHS Foundation Trust (CPFT).



The keynote speaker is Tommy Whitelaw from Dementia Carers Voices (pictured). Tommy is a passionate dementia campaigner who gave up his job to care for his mother. He writes a high profile blog called Tommyontour. In the afternoon is laughter therapist extraordinaire Robin Graham who is guaranteed to have you rolling in the aisles.

Dr Helen Brown, CEO of CTC&P, said: "We are thrilled that Tommy can speak at our event as his experiences will strike a chord with many family carers. As well as celebrating our fantastic family carers, we promise you a good laugh during the day.

We know that laughter is stress releasing, that's why we have booked Robin Graham, co-founder of the World Laughter Pledge."

Aiden Thomas, CEO of CPFT, said: "We know that there are thousands of unpaid family carers in Cambridgeshire and Peterborough and that they are essential partners in support and recovery. So we've joined forces with CTC&P for the second year running to organise a major event during Carers Week to give them the chance to ask questions, get answers and share their experiences."

Sharing the Caring will focus on the carers' voice, carers' rights and what to do in an emergency. The doors open at 9.45am for registration and advance booking is essential. Free transport is available from Peterborough, please book in advance by calling 01484 499090. Marketplace stalls will provide a range of valuable information and activities, some interactive, for family carers, including Tai Chi and Mindfulness workshops, and the chance to join the Labrynth Singing for Health group.

A new fundraising competition called Cash Quest will be launched by CTC&P during the afternoon inviting teams from businesses, groups, and even individuals, to raise money to support Young Carers. We hope you will take up the challenge and spread the word.

The afternoon rounds off with the eagerly anticipated announcement of the winners for the Pride in Our Carers Awards, honouring those who go the extra mile caring for family and friends, as well as carer friendly employers, voluntary organisations and social care professionals.

*** If you could like to attend Sharing the Caring, please see p 4 for booking details**

*** For further information on Cash Quest, see our website**

www.carerstrustcambridgeshire.org
or email fundraising@carerstrustcambridgeshire.org

Pledging to Build a Caring Community

by Ingrid Baldwin, Carer Support Officer,
(pictured) Carers Trust Cambridgeshire
& Peterborough (CTC&P)

.....



Mother Teresa once said "We think sometimes that poverty is only being hungry, naked and homeless. The poverty of being unwanted, unloved and uncared for is

the greatest poverty. We must start in our own homes to remedy this kind of poverty."

The iconic nun and missionary may not have realised it, but her profound words describe the great need for Caring Communities to support family carers. Carer Friendly Communities are places where carers feel supported to look after their family or friends, and are recognised as individuals with needs of their own.

CTC&P is working in partnership with Cambridge and Peterborough NHS Foundation Trust, Cambridgeshire County Council, as well as community groups to provide Carers Friends training to staff and volunteers to support caring communities. *We are helping them understand who family carers are, the issues that affect carers lives, and how vital it is to recognise that they need help and support.*

CTC&P, in association with Cambridge University Hospital, hold monthly Carers Friends training sessions to inform new healthcare and medical staff at Addenbrooke's Hospital about the lives of family carers whose own health and wellbeing can suffer as a result of their caring role. This is part of their new starter induction/continued professional development programme.

The training includes a poignant family carer's personal story in a film 'A day in the life of a Young Carer' created by Young Carers at

CTC&P. This provides the students with a true insight about being a carer and how it makes them feel.

At the end of each training session, the students are asked to make a 'Building A Caring Communities Pledge'. Some are about listening, about recognising the value of what carers do and how just being there for them can make a big difference to their lives. Others provide practical solutions – a smile, a cup of tea or a friendly chat, to ensure carers are recognised for the vital role they play.

Here are some of the pledges we have received to support carers:

"Carers are people first, amazing second and third, not very good about asking for help. This is where I come in! I pledge to support carers and ensure they stay amazing people."

Student Nurse, Addenbrooke's Hospital:

"To be a voice for Young Carers to make sure they receive all the support they need."

Theatre Support Worker, Addenbrooke's Hospital

"To remember to ask if a carer needs support."

Library Assistant, Ely Library

"To smile and offer a listening ear to carers."

Community Psychiatric Nurse, CPFT

- Would you like to make a pledge and share it with us?
- How could you support family carers in your community?
- Sharing your pledges with us will help inspire others to follow suit.

Please tell us about it by writing to comms@carerstrustcambridgeshire.org and we will publish the pledges in our next issue of the magazine.

During Carers Week 12-18 June 2017, we hope many more pledges will be made to enable us to build carer friendly communities. Watch this space!

Interested in participating in a Carers Friends session in your local library? Please see the Events Calendar.

Talking to Jean

.....

David Whitaker, 80, from Ickleton, near Saffron Walden, had to learn to communicate with his wife Jean, 82, in a different way after she was diagnosed with Alzheimer's disease.

They have been married 54 years. Jean was a professional woodturner, at one time only one of three women in the country who did this. This is his story:

The first realisation that Jean had Alzheimer's disease followed a visit to the Memory Clinic in 2011; the confirmation came with a formal diagnosis in 2013 and our worst fears were founded.

Initially everything just slowed down and Jean's confidence and understanding declined. One of the first real differences was how we talked to each other. Any verbal criticism was a sure way to start an argument that always achieved a state of loggerheads. I realised that after talking for over 70 years, I had now got to understand exactly what I was saying and how I spoke and the impact this could have on Jean.

Luckily I knew a few people who spoke for a living, including our son, a college lecturer, and I plied them with many questions. I also began my own research and was surprised with what I discovered. I realised that conversation was made up of at least three main parts, and that the actual words we used came rather down that list.

The first part of conversation is the silent part. How do we stand and what is our body posture? Standing with your hands on your hips and glaring is not friendly. I knew that I could do either of those without thinking.

Secondly, I had to think about how I said my words and the tone I used. Was it clear and simple for Jean to understand? Was I looking Jean in the eye? Sometimes I knelt down as I spoke so as not to tower over her.

Finally, words I had once used, like, 'for gawd's sake, get a move on,' would, often end in an argument. Softer conversation had to be the answer.



Everything I found out required a great deal of thought. I realised that I had to make some drastic changes if life was going to be as easy as I wanted.

As Jean's condition declined, the relationship we once had drifted away and her thoughts and memories were on childhood, so my mind went that way too. I would never speak to her in a critical way. Terms from childhood like 'rascal', 'cheeky' and 'little monkey' became the norm from me and often resulted in either a grin or a lifted eyebrow from Jean.

In addition, if things were not going well, I discovered distraction was the best answer. If I got to the state where I knew I was not winning, battling on was useless. I would give the idea up completely and suggest talking about something totally different.

At times Jean refused point blank to drink tea or eat, but an alternative suggestion about going out for a tea or coffee ended up with her drinking three cups of tea and having a sandwich - success all round!

Jean moved into a nursing home in September 2016, and only a few words are spoken between us now during my visits. Drinking has again become a problem; the question, 'would you like a drink?' is always answered with the response, 'no'. I then ask, 'tea or hot chocolate?' and she chooses one. If I ask, 'is it nice?' the answer again is always 'no' I follow this up by asking, 'are you enjoying it?' and she will reply, 'lovely'.

As a carer I have to smile and think, 'you little rascal, you are teasing me!'

Events Calendar

June 2017

Thursday 1

- **March Breathe Easy Fenland Support Group** St Peter's Church Hall, High Street PE15 9JR 2m to 4pm (see p 22).

Friday 2

- **Ely CPFT Dementia Friday Club** The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm to 4pm (see p 19).
- **Peterborough CTP Living Theatre** Thorpe Hall, Thorpe Road PE3 6LW (see p 22).

Sunday 4

- **Huntingdon CTC Young Carers Sunday Group** Huntingdon Youth Centre, Sallowbush Road PE29 7AF 10.30am to 12.30pm (access by referral).

Monday 5

- **Histon Pinpoint ADHD/ASD Support Group** Histon Early Years Centre, New School Rd CB24 9LL 10am to 12pm (see p 41).
- **Wisbech Alzheimer's Society Dementia Café** Robert Hall Centre, St Augustine's Road PE13 3AH 10am to 12pm.
- **Wisbech CTC Carers Friends Session** Wisbech Library, 5 Ely Place PE13 1EU (am).
- **Peterborough CTP Support for parent carers: information, advice, Carer's Assessments, emergency support, 1:1 support** Family Voice Peterborough, 105 Paynels, Orton Goldhay PE2 5QP 10.30am to 2.30pm.

Tuesday 6

- **Cambridge CPFT Dementia Friendly Drop-In** Sainsbury's Café, Coldham's Lane CB1 3HP 2.30pm (see p 19).
- **Milton Parkinson's Support Group** Barnabas Court, Cambridge Road CB24 6WR 12.15pm to 3pm (see p 21).
- **Fordham CPFT Dementia Carers Lunch** Scotsdales, Market Street CB7 5LQ 12.30pm to 2.30pm (see p 19).
- **Huntingdon CTC Hinchbrook Young Carers School Group** Brampton Road PE29 3BN 3.30pm to 4.30pm (access by referral).

- **Huntingdon CTC Young Carers St Peter's School Group** St Peters Road PE29 7DD 3.05pm to 4.15pm (access by referral).



- **Huntingdon CTC Carers Drop-In** - come along with the person you care for, light refreshments provided - Benefits information, Lasting Power of Attorney, care costs, wellbeing sessions Huntingdon Library, Prince's Street PE29 3PA 10am to 12pm.
- **March Alzheimer's Society Dementia Café** St Peter's Church Hall, 36 High Street PE15 9JR 10am to 12.00pm.
- **Peterborough CTP Support for carers of all ages: information, advice, Carer's Assessments, emergency support, 1:1 support** Gladstone Community Centre, Bourges Boulevard PE1 2AN 1pm to 4pm.
- **Peterborough Why do I need a Power of Attorney? and How do I pay care home fees? Free talk from Eldercare Solutions and Greenwoods Solicitor - refreshments provided** Clayburn Court Care Home, Clayburn Road, Hampton PE7 8LB 5pm to 7pm. Contact: Allison 07483 168366.

Wednesday 7



- **Willingham CTC Carers Friends Session** Willingham Library, Church Street CB24 5HS 2pm to 3.30pm.
- **March Parkinson's Support Group** The Braza Club, Elm Road PE15 8NZ 10am to 1.30pm (see p 21).
- **St Ives Parkinson's Support Group** Dolphin Hotel, London Road PE27 5EP 2pm to 4pm (see p 21).
- **Ramsey Alzheimer's Society Dementia Café** Rainbow Surgery, Stocking Fen Road PE26 1SA 10 am to 12pm.

Thursday 8

- **Great Shelford CTC Shelford Dementia Support Group - Addenbrooke's Art Session 3 - stories, clay, information on benefits for carers** David Rayner Centre CB22 5JT 10am to 12pm (see p 25).
- **Sawtry CARESCO Autism & ADHD Parent Support Group** CARESCO Centre, Green End Road PE28 5UX 7.30pm to 9.30pm (see p 22).
- **Peterborough Pinpoint ADHD/ASD Support Group** Family Voice Peterborough, 105 Paynels, Orton Goldhay PE2 5QP 10am to 12pm (see p 41).





Friday 9

- **Ely Pinpoint ADHD/ASD Support Group**
Ely Children's Centre, High Barns CB7 4RB 12.30pm to 2.30pm (see p 41).
- **Ely CTC Carers Friends Session**
Ely Library, 6 The Cloisters CB7 4ZH.

- **St Ives CTC Young Carers Group**
Broadleas Centre PE27 5QB 3pm to 5pm (access by referral).
- **Ramsey Parkinson's Support Group**
Ramsey Resource Centre, Stocking Fen Road PE26 1SA 2pm to 4pm (see p 21).
- **Wisbech CTC Carers Drop-In - Carers Week Special, Information on Benefits, Lasting Power of Attorney, Care Costs, wellbeing sessions** Wisbech Library, Ely Place PE13 1EU 2pm to 4pm.

Monday 12

- **Cambridge CTC Outpatient Outreach Addenbrooke's Hospital - Give your view on Carer Friendly Hospitals and have coffee and cake** One Place (main reception), Addenbrooke's Hospital, Hills Road CB2 0QQ 12pm to 2pm.
- **Fulbourn CTC Afternoon Tea** Chaplin's Close, Fulbourn CB21 5HU 1pm to 3pm (booking required, see p 18).
- **Sawtry Chatterbox Carers Drop-In** CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p 16).

Thursday 15

- **Cambridge CTC Botanical Garden Visit with guided tour** 1 Brookside CB2 1JE 1pm to 3.30pm (see p 17).
- **Cambridge Age UK Carers Drop-In - coffee, cake and chat, Carer's Assessments and What If? Plans available** Cherry Trees, St Matthews Street CB1 2LT 10am to 12pm.

Tuesday 13

- **Cambridge Sharing the Caring Celebratory Event & Pride in Our Carers Awards** C3 Centre, Coldhams Lane CB1 3HR 10am (see p 4).
- **Cambridge CPFT Dementia Friendly Drop-In** Sainsbury's Café, Coldhams Lane CB1 3HP 2.30pm (see p 19).
- **March CTC Carers Lunch** Trinity Hall PE15 9LH 11am to 3pm (booking required, see p 18).
- **Ramsey CTC Young Carers Group** Youth Centre, Abbey Road, PE26 1DG 3.15pm to 4.15pm (access by referral).

- **Cambridge Age UK Carers Afternoon Tea - also open to Age UK staff/volunteers who are, or have been carers - Carer's Assessments and What If? Plans available** Cherry Trees, St Matthews Street CB1 2LT 2pm to 3pm.

Wednesday 14

- **Cambridge Pinpoint Self Harm Parent Group** (venue to be confirmed, please check our website) 6.30pm to 8.30pm (see p 41).
- **Cambridge CTC Afternoon Tea and entertainment** The Bistro, Arthur Rank Hospice, Cherry Hinton Road, Shelford Bottom CB22 3FB (sat nav CB22 3AB) 1.30pm to 3.30pm.
- **Histon CTC Carers Friends Session** Library, School Hill CB24 9JE 2pm to 3.30pm.
- **Bluntisham Pinpoint Carers Week Celebration** Bluntisham Village Hall, Mill Lane PE28 3LR 10am to 12pm (see p 41).
- **St Neots Making Space Carers Coffee Morning** 4 The Stables, Church Street PE19 2BU 11am to 1pm (see p 17).

- **Cambridge Cambridgeshire Alliance for Independent Living Aware that you Care?** Fen House (Lansyst Building), Fen Road, CB1 1UN 1pm to 3pm (see p 24).

- **Great Shelford Alzheimer's Society Dementia Café - Celebrating Carers Week** David Rayner Centre, Scotsdales Garden Centre, Cambridge Road CB22 5JT 10am to 12pm.

- **Girton Carers Event** Girton Baptist Church Hall, CB3 0QQ 1.30pm to 3pm (see p 17).
- **St Neots Carers Peer Support** St Neots Tesco Community Room 1.30pm to 3.30pm (see p 24).
- **Great Shelford Alzheimer's Society Dementia Café** David Rayner Centre, Scotsdales Garden Centre CB22 5JT 10am to 12pm.

- **March Carers Week Alzheimer's Society Information Stall** Sainsbury's, Mill View PE15 8SY 10.30am to 2.30pm.


- **Peterborough Family Voice Parent Carers Day** 105 Paynels, Orton Golday PE2 5QP (to book see p 24).


Events Calendar


June 2017 continued

Friday 16

- **Sawtry CARESCO Autism & ADHD Parent Support Group** Youth & Community Centre, Green End Road PE28 5UX 10am to 12pm (see p 22).


 **Huntingdon Age UK Carers Drop-In** (also open to Age UK staff/volunteers who are, or have been carers - coffee, cake and chat, Carer's Assessments and What If? Plans available Ambury Road Day Centre PE29 1AD 10am to 12pm.

 **Wisbech Glennfield Care Centre Carers Day - pampering, fun and afternoon tea** Moneybank PE13 2JF 11am to 3pm (booking required, see p 21).

 **Wisbech Age UK Carers Drop-In** (also open to Age UK staff/volunteers who are, or have been carers - coffee, cake and chat, Carer's Assessments and What If? Plans available Oasis Centre, St Michael's Avenue PE13 3NR 10am to 12pm.

 **Peterborough National Care Home Open Day - The Big Lunch £5 per person** Clayburn Court Care Home, Clayburn Road, Hampton PE7 8LB 12pm to 3pm. Contact: Allison 07483 168366. (see p 16).

Saturday 17


 **Huntingdon Family Carers Annual Picnic** Hinchingsbrooke Country Park, Brampton Road PE29 6DB (booking required, see p 16).

- **Peterborough CTP Support for working carers of all ages: information, advice, Carer's Assessments, emergency support, 1:1 support** Thorpe Hall, Thorpe Road PE3 6LW 11am to 1pm

Sunday 18

 **Burwell Service of Thanksgiving and Tea for Carers** St Mary's Church, 14 High Street CB25 0HB 3pm (see p 18).

Monday 19

 **Ramsey CTC Ramsey Carers Hub - come along with the person you care for, light refreshments provided - Benefits information, Lasting Power of Attorney, care costs, wellbeing sessions** Ramsey Library, 25 Great Whyte PE26 1HA 11am to 2pm.

- **St Neots Parkinson's Support Group** Old Market Court, Tebbutts Road PE19 1RQ 2pm to 4pm (see p 21).

Tuesday 20

- **Cambridge CPFT Dementia Carers Lunch** Scotsdales, Market Street CB7 5LQ 12.30pm to 2.30pm (see p 19).

- **Fulbourn CPFT Dementia Friendly Lunch Group** Six Bells Pub, 9 High Street CB21 5DH 12.30pm (see p 19).


- **Ely Parkinson's Support Group** The Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm to 4.30pm (see p 21).

- **Ely Pinpoint/SENDIASS - Home/School Transport meeting** Ely Library, 6 The Cloisters CB7 4ZH 10am to 2pm (see p 41).

- **Huntingdon Pinpoint ADHD/ASD Support Group** Hunts Forum, The Maple Centre, 6 Oak Tree Drive PE29 7HN (sat nav PE29 7LB) 10am to 12pm (see p 41).

- **Huntingdon CTC Hinchingsbrooke Young Carers School Group** Brampton Road PE29 3BN 3.30pm to 4.30pm (access by referral).

- **Huntingdon CTC Young Carers St Peter's School Group** St Peters Road PE29 7DD 3.05pm to 4.15pm (access by referral).


 **Huntingdon CTC Carers Friends Session** Library, Princes Street PE29 3PA (am).


- **St Ives Alzheimer's Society Dementia Café** St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am to 12pm.

- **Peterborough CTP Support for carers of all ages: information, advice, Carer's Assessments, emergency support, 1:1 support** Peterborough Community Radio, 5 Herlington, Orton Malborne PE2 5PN 1pm to 4pm.

Wednesday 21

- **Cambridge Pinpoint/SENDIASS - Home/School Transport meeting** Orchard Park Community Centre, Central Avenue CB4 2EZ 6.15pm to 9pm (see p 41).

 **March CTC Carers Friends Session** Library, City Road PE15 9LT (am).

 **March CTC Carers Drop-In - Carers Week Special, Information on Benefits, Lasting Power of Attorney, Care Costs, wellbeing sessions** March Library, City Road PE15 9LT 10am to 12pm.

- **St Neots** CTC Longsands Academy Young Carers School Group Longsands Parade PE19 1LQ 3pm to 4pm (access by referral).
- **Peterborough** Parkinson's Support Group PJ Care Neurological Centre, Eaglewood PE3 8DE 2pm to 4pm (see p 16).

Thursday 22

- **Great Shelford** CTC Shelford Dementia Support Group - Addenbrooke's Art Session 4 - stories, clay, talk on Wills and Power of Attorney David Rayner Centre CB22 5JT 10am to 12pm (see p 25).

Friday 23

- **Great Shelford** Parkinson's Support Group David Rayner Building CB22 5JT 10.30am to 2pm (see p 21).
- **Needingworth** Carers Tea Party Village Hall 2pm to 4pm (to book see p 25).

Monday 26

- **Girton** CPFT Dementia Carers Meeting St Vincent's Close Community Centre, CB3 OPE 2pm to 3.30pm (see p 19).
- **St Neots** Carers Social Lunch Eaton Oak Pub PE19 7DB 12.30pm (see p 24).
- **Hartford** Rotary Club Memory Café All Saints in the Hollow PE29 1XP 2.30pm to 4.30pm (see p 18).
- **Sawtry** Chatterbox Carers Drop-In CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p 16).

Tuesday 27

- **Huntingdon** Pinpoint/SENDIASS - Home/School Transport meeting Maple Centre, 6 Oak Tree Drive PE29 7HN (sat nav PE29 7LB) 10am to 2pm (see p 41).
- **Eaton Socon** Carers Café Neuro - come along with the person you care for, light refreshments provided - Lasting Power of Attorney, care costs, wellbeing sessions The Marbrook Centre, Phoenix Park PE19 8EP 10.30am to 12.30pm (see p 20).
- **Ramsey** CTC Young Carers Group Youth Centre, Abbey Road, PE26 1DG 3.15pm to 4.15pm (access by referral).
- **Ely** Alzheimer's Society Dementia Café Cathedral Centre, Palace Green CB7 4AW 10am to 12pm.

Wednesday 28

- **St Ives** CTC Young Carers Group Broadleas Centre PE27 5QB 3pm to 5pm (access by referral).
- **Peterborough** Rethink Carers Support Group - chat, refreshment and support Centre 68, 68b Westgate PE1 1RG 1pm to 3pm (see p 19).
- **Cambridge** Rethink Carers Support Group St Laurence's Church, 91 Milton Road CB4 1XB 7.30pm to 9pm (see p 33).

Thursday 29

- **St Ives** CTC Seaside trip to Sheringham 9am to 6pm (see p 21).

Friday 30

- **Wisbech** Pinpoint/SENDIASS - Home/School Transport meeting Papworth Trust CB23 3RG 10am to 2pm (see p 41).
- **Peterborough** CTP Support for carers of all ages: information, advice, Carer's Assessments, emergency support, 1:1 support Dementia Resource Centre, 441 Lincoln Road (access via York Road) PE1 2PE 10am to 2pm.

Carers Hubs offer a warm welcome and opportunities for:

- families to take part in social activities such as Dancing, Singing, Quizzes, Tai Chi, Art and Craft together.
- make friendships and find support with families in a similar situation.
- family carers to have a short break.
- families to talk to professionals and get information and advice that can help them in their caring role.
- take part in workshops and learning opportunities which can improve both family carer and wider family wellbeing.

Carers Hubs are for families where one or more members look after another family member who could not manage without their help.

Why not give Carers Hubs a try ?!

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

www.carerstrustcambridgeshire.org

care@carerstrustcambridgeshire.org

01480 499090

Events Calendar

July 2017

Monday 3

- **Histon** Pinpoint ADHD/ASD Support Group Histon Early Years Centre, New School Rd CB24 9LL 10am to 12pm (see p 41).
- **Papworth** Pinpoint/SENDIASS - Home/School Transport meeting Oasis Centre PE13 3NR 10am to 2pm (see p 41).
- **Wisbech** Alzheimer's Society Dementia Café Robert Hall Centre, St Augustine's Road PE13 3AH 10am to 12pm.
- **Peterborough** CTP Support for parent carers: information, advice, Carer's Assessments, emergency support, 1:1 support Family Voice Peterborough, 105 Paynels, Orton Goldhay PE2 5QP 10.30am to 2.30pm.

Tuesday 4

- **Cambridge** CPFT Dementia Friendly Drop-In Sainsbury's Café, Coldham's Lane CB1 3HP 2.30pm (see p 19).
- **Milton** Parkinson's Support Group Barnabas Court, Cambridge Road CB24 6WR 12.15pm to 3pm (see p 21).
- **Fordham** CPFT Dementia Carers Lunch Scotsdales, Market Street CB7 5LQ 12.30pm to 2.30pm (see p 19).
- **Huntingdon** Pinpoint ADHD/ASD Support Group Hunts Forum, The Maple Centre, 6 Oak Tree Drive PE29 7HN (sat nav PE29 7LB) 10am to 12pm (see p 41).
- **Huntingdon** CTC Carers Drop-In- come along with the person you care for, light refreshments provided - Vintage Tea: memory boxes, nostalgia from local libraries, tea and scones Huntingdon Library, Prince's Street PE29 3PA 10am to 12pm.
- **Huntingdon** CTC Hinchingsbrooke Young Carers School Group Brampton Road PE29 3BN 3.30pm to 4.30pm (access by referral).
- **Huntingdon** CTC Young Carers St Peter's School Group St Peters Road PE29 7DD 3.05pm to 4.15pm (access by referral).
- **March** Alzheimer's Society Dementia Café St Peter's Church Hall, 36 High Street PE15 9JR 10am to 12.00pm.

- **Peterborough** CTP Support for carers of all ages: information, advice, Carer's Assessments, emergency support, 1:1 support Gladstone Community Centre, Bourges Boulevard PE1 2AN 1pm to 4pm.

Wednesday 5

- **March** Parkinson's Support Group The Braza Club, Elm Road PE15 8NZ 10am to 1.30pm (see p 21).
- **St Neots** CTC Longsands Academy Young Carers School Group Longsands Parade PE19 1LQ 3pm to 4pm (access by referral).
- **St Ives** Parkinson's Support Group Dolphin Hotel, London Road PE27 5EP 2pm to 4pm (see p 21).
- **Ramsey** Alzheimer's Society Dementia Café Rainbow Surgery, Stocking Fen Road PE26 1SA 10 am to 12pm.

Thursday 6

- **March** Breathe Easy Fenland Support Group St Peter's Church Hall, High Street PE15 9JR 2m to 4pm (see p 22).
- **Sawtry** CARESCO Autism & ADHD Parent Support Group CARESCO Centre, Green End Road PE28 5UX 7.30pm to 9.30pm (see p 16).
- **Peterborough** Pinpoint ADHD/ASD Support Group Family Voice Peterborough, 105 Paynels, Orton Goldhay PE2 5QP 10am to 12pm (see p 41).

Friday 7

- **Ely** Pinpoint ADHD/ASD Support Group Ely Children's Centre, High Barns CB7 4RB 12.30pm to 2.30pm (see p 41).
- **Ely** CPFT Dementia Friday Club The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm to 4pm (see p 19).

Monday 10

- **Sawtry** Chatterbox Carers Drop-In CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p 16).

Tuesday 11

- **Cambridge** CPFT Dementia Friendly Drop-In Sainsbury's Café, Coldhams Lane CB1 3HP 2.30pm (see p 19).
- **Ramsey** CTC Young Carers Group Youth Centre, Abbey Road, PE26 1DG 3.15pm to 4.15pm (access by referral).



Wednesday 12

- **Huntingdon** Pinpoint Self Harm Parent Group (venue to be confirmed, please check our website) 10am to 12pm (see p 41).
- **St Ives** CTC Young Carers Group Broadleas Centre PE27 5QB 3pm to 5pm (access by referral).
- **Ramsey** Parkinson's Support Group Ramsey Resource Centre, Stocking Fen Road PE26 1SA 2pm to 4pm (see p 21).
- **Wisbech** CTC Carers Drop-In - Dancing/Light Exercise Session Wisbech Library, Ely Place PE13 1EU 2pm to 4pm.
- **Peterborough** Rethink Carers Support Group - chat, refreshment and support Centre 68, 68b Westgate PE1 1RG 1pm to 3pm (see p 19).

Thursday 13

- **Great Shelford** CTC Shelford Dementia Support Group - Dancing with Filipa David Rayner Centre CB22 5JT 10am to 12pm (see p 25).

Monday 17

- **Ramsey** CTC Ramsey Carers Hub - come along with the person you care for, light refreshments provided - Vintage Tea: memory boxes, nostalgia from local libraries, tea and scones Ramsey Library, 25 Great Whyte PE26 1HA 11am to 2pm.
- **St Neots** Parkinson's Support Group Old Market Court, Tebbutts Road PE19 1RQ 2pm to 4pm (see p 21).

Tuesday 18

- **Fulbourn** CPFT Dementia Friendly Lunch Group Six Bells Pub, 9 High Street CB21 5DH 12.30pm (see p 19).
- **Burwell** Carers Support Group Museum Visit (see p 24).
- **Ely** Parkinson's Support Group The Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm to 4.30pm (see p 21).
- **Huntingdon** CTC Hinchingsbrooke Young Carers School Group Brampton Road PE29 3BN 3.30pm to 4.30pm (access by referral).
- **Huntingdon** CTC Young Carers St Peter's School Group St Peters Road PE29 7DD 3.05pm to 4.15pm (access by referral).

- **St Ives** Alzheimer's Society Dementia Café St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am to 12pm.
- **Peterborough** CTP Support for carers of all ages: information, advice, Carer's Assessments, emergency support, 1:1 support Peterborough Community Radio, 5 Herlington, Orton Malborne PE2 5PN 1pm to 4pm.

Wednesday 19

- **St Neots** CTC Longsands Academy Young Carers School Group Longsands Parade PE19 1LQ 3pm to 4pm (access by referral).
- **Peterborough** Parkinson's Support Group PJ Care Neurological Centre, Eaglewood PE3 8DE 2pm to 4pm (see p 16).

Thursday 20

- **Great Shelford** Alzheimer's Society Dementia Café David Rayner Centre, Scotsdales Garden Centre CB22 5JT 10am to 12pm.
- **St Neots** Carers Peer Support St Neots Tesco Community Room 1.30pm to 3.30pm (see p 24).

Friday 21

- **Sawtry** CARESCO Autism & ADHD Parent Support Group Youth & Community Centre, Green End Road PE28 5UX 10am to 12pm (see p 22).
- **Ely** CPFT Dementia Friday Club The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm to 4pm (see p 19).

Monday 24

- **Girton** CPFT Dementia Carers Meeting St Vincent's Close Community Centre, CB3 OPE 2pm to 3.30pm (see p 19).
- **Sawtry** Chatterbox Carers Drop-In CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p 16).
- **St Neots** Carers Social Lunch Eaton Oak Pub PE19 7DB 12.30pm (see p 24)
- **Hartford** Rotary Club Memory Café All Saints in the Hollow PE29 1XP 2.30pm to 4.30pm (see p 18).



Events Calendar

August 2017

Tuesday 1

- **Cambridge CPFT Dementia Friendly Drop-In** Sainsbury's Café, Coldham's Lane CB1 3HP 2.30pm (see p 19).
- **Milton Parkinson's Support Group** Barnabas Court, Cambridge Road CB24 6WR 12.15pm to 3pm (see p 21).
- **Fordham CPFT Dementia Carers Lunch** Scotsdales, Market Street CB7 5LQ 12.30pm to 2.30pm (see p 19).
- **March Alzheimer's Society Dementia Café** St Peter's Church Hall, 36 High Street PE15 9JR 10am to 12.00pm.
- **Huntingdon CTC Carers Drop-In - medicines management** Huntingdon Library, Prince's Street PE29 3PA 10am to 12pm.
- **Peterborough CTP Support for carers of all ages: information, advice, Carer's Assessments, emergency support, 1:1 support** Gladstone Community Centre, Bourges Boulevard PE1 2AN 1pm to 4pm.

Wednesday 2

- **March Parkinson's Support Group** The Braza Club, Elm Road PE15 8NZ 10am to 1.30pm (see p 21).
- **St Ives Parkinson's Support Group** Dolphin Hotel, London Road PE27 5EP 2pm to 4pm (see p 21).
- **Ramsey Alzheimer's Society Dementia Café** Rainbow Surgery, Stocking Fen Road PE26 1SA 10 am to 12pm.

Thursday 3

- **March Breathe Easy Fenland Support Group** St Peter's Church Hall, High Street PE15 9JR 2pm to 4pm (see p 22).
- **Sawtry CARESCO Autism & ADHD Parent Support Group** CARESCO Centre, Green End Road PE28 5UX 7.30pm to 9.30pm (see p 22).

Friday 4

- **Ely CPFT Dementia Friday Club** The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm to 4pm (see p 19).

Monday 7

- **Huntingdon CTC Young Carers Sunday Group** Huntingdon Youth Centre, Sallowbush Road PE29 7AF 10.30am to 12.30pm (access by referral).
- **Wisbech Alzheimer's Society Dementia Café** Robert Hall Centre, St Augustine's Road PE13 3AH 10am to 12pm.
- **Peterborough CTP Support for parent carers: information, advice, Carer's Assessments, emergency support, 1:1 support** Family Voice Peterborough, 105 Paynels, Orton Goldhay PE2 5QP 10.30am to 2.30pm.

Wednesday 9

- **Ramsey Parkinson's Support Group** Ramsey Resource Centre, Stocking Fen Road PE26 1SA 2pm to 4pm (see p 21).
- **Wisbech CTC Carers Drop-In - Vintage Tea: memory boxes, nostalgia from local libraries, tea and scones** Wisbech Library, Ely Place PE13 1EU 2pm to 4pm.
- **Peterborough Rethink Carers Support - chat, refreshment and support** Centre 68, 68b Westgate PE1 1RG 1pm to 3pm (see p 19).

Thursday 10

- **March CTC Carers Drop-In - Vintage Tea: memory boxes, nostalgia from local libraries, tea and scones** March Library, City Road PE15 9LT 10am to 12pm.
- **Great Shelford CTC Shelford Dementia Support Group - Summer Party** David Rayner Centre CB22 5JT 10am to 12pm (see p 25).

Saturday 12

- **Peterborough CTP Support for working carers of all ages: information, advice, Carer's Assessments, emergency support, 1:1 support** Thorpe Hall, Thorpe Road PE3 6LW 11am to 1pm

Monday 14

- **Sawtry Chatterbox Carers Drop-In** CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p 16).



Tuesday 15

- **St Ives Alzheimer's Society Dementia Café** St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am to 12pm.
- **Peterborough CTP Support for carers of all ages: information, advice, Carer's Assessments, emergency support, 1:1 support** Peterborough Community Radio, 5 Herlington, Orton Malborne PE2 5PN 1pm to 4pm.

Wednesday 16

- **Peterborough Parkinson's Support Group** PJ Care Neurological Centre, Eaglewood PE3 8DE 2pm to 4pm (see p 16).

Thursday 17

- **Great Shelford Alzheimer's Society Dementia Café** David Rayner Centre, Scotsdales Garden Centre CB22 5JT 10am to 12pm.
- **St Neots Carers Peer Support** St Neots Tesco Community Room 1.30pm to 3.30pm (see p 24).

Friday 18

- **Sawtry CARESCO Autism & ADHD Parent Support Group** Youth & Community Centre, Green End Road PE28 5UX 10am to 12pm (see p 22).
- **Ely CPFT Dementia Friday Club** The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm to 4pm (see p 19).

Monday 21

- **Ramsey CTC Ramsey Carers Hub - medicines management** Ramsey Library, 25 Great Whyte PE26 1HA 11am to 2pm.
- **St Neots Parkinson's Support Group** Old Market Court, Tebbutts Road PE19 1RQ 2pm to 4pm (see p 21).

Tuesday 22

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

Wednesday 23

- **Peterborough Rethink Carers Support Group - chat, refreshment and support** Centre 68, 68b Westgate PE1 1RG 1pm to 3pm (see p 19).

Thursday 24

- **Great Shelford CTC Shelford Dementia Support Group - Citizen's Advice Bureau** David Rayner Centre CB22 5JT 10am to 12pm (see p 25).

Friday 25

- **Great Shelford Parkinson's Support Group** David Rayner Building CB22 5JT 10.30am to 2pm (see p 19).
- **Peterborough CTP Support for carers of all ages: information, advice, Carer's Assessments, emergency support, 1:1 support** Dementia Resource Centre, 441 Lincoln Road (access via York Road) PE1 2PE 10am to 2pm.

Monday 28

- **Girton CPFT Dementia Carers Meeting** St Vincent's Close Community Centre, CB3 OPE 2pm to 3.30pm (see p 19).
- **Hartford Rotary Club Memory Café** All Saints in the Hollow PE29 1XP 2.30pm to 4.30pm (see p 18).

Tuesday 29

- **Cambridge Eddie's Summer School** Coleridge Community College, Radegund Road CB1 3RJ 10am to 4.30pm (booking required see p 23).
- **Eaton Socon Carers Café Neuro - come along with the person you care for, light refreshments provided** The Marbrook Centre, Phoenix Park PE19 8EP 10.30am to 12.30pm (see p 20).

Wednesday 30

- **Cambridge Eddie's Summer School** Coleridge Community College, Radegund Road CB1 3RJ 10am to 4.30pm (booking required see p 23).

Thursday 31

- **Cambridge Eddie's Summer School** Coleridge Community College, Radegund Road CB1 3RJ 10am to 4.30pm (booking required see p 23).

**Care Home Open Day
and The Big Lunch**

Friday 16 June
12pm to 3pm
Claybourn Court Care Home,
Clayburn Road, Hampton PE7 8LB

We would like to celebrate friendships that have developed between residents, families, friends and staff, as well as with their neighbours, to reinforce how they should be an integral part of their local community.

Good care homes do great things all year round and this one day is to highlight what we do within our local communities. Cost £5 per person.

Allison Purkiss 07483 168366
Email: Allison.purkiss@anchor.org.uk
www.clayburncourt.co.uk

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

Peterborough Support Group

We offer information, friendship and support to local people with Parkinson's, their families and carers. We also organise regular events and social activities. Join us - and meet other people affected by Parkinson's in your area.

Peterborough Support Group meets on the last Wednesday of the month (can be subject to change - please contact us to check before coming) at PJ Care Neurological Centre, Eaglewood, Peterborough PE3 8DE. 2pm to 4pm.

Tel: Ian McKee 0344 225 3614

Chatterbox

DROP-IN SESSIONS FOR FAMILY CARERS

Are you a carer for a family member or friend?
Would you like support or someone to talk to?

Come along to our friendly drop-in to meet other family carers.

Find out about Carers Assessments & Carers Prescriptions.

Every 2nd and 4th Monday
12th & 26th June, 10th & 24th July
14th August (no drop-in on 28th)

Between 2pm – 4pm at The CARESCO Centre,
Green End Road, Sawtry, PE28 5UX

Contact Miranda on 07751 798287 or 01487 832105

Email: carers@caresco.org.uk

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



Caring for your community

Registered charity number 1140728



17 JUNE 2017
FAMILY CARERS
ANNUAL PICNIC
11AM-3PM

**Come along to our family
carers picnic and celebrate the
fantastic roles of family carers**

Spaces are limited. You can confirm your attendance through
Eventbrite: <https://www.eventbrite.co.uk/e/family-carers-picnic-making-memories-tickets-33302086437>

Please call Tania Bingham or Alice Boon for any enquiries on
0345 241 0954 or 01480 499090.



ART AND CRAFTS
GAMES
BOUNCY CASTLE
FACE PAINTING
BBQ
PHOTO BOOTH
BIKEABILITY
RAFFLE
WACKY RACES

**HINCHINGBROOKE
COUNTRY PARK**
Brampton Road,
Huntingdon, PE29 6DB

carerstrust
Cambridgeshire
Crossroads carer servk
action • help • advice



Carers Coffee Morning Wednesday 14 June 11am to 1pm

**Making Space Carers Support Service Office,
4 The Stables, Church Street, St Neots
PE19 2BU**

To celebrate Carers Week 2017 we will be holding a coffee morning for both carers and professionals who would like a chance to meet up, talk to other carers and staff and enjoy a relaxing morning with a cuppa.

This drop-in is open to all, so if you are a carer of a loved one with a mental health condition or a professional who would like to meet carers or staff from our service, please come along.

Contact Pauline, Gill or Christine 01480 211006
Email: pauline.mansfield@makingspace.co.uk

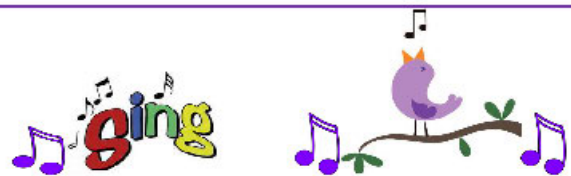


Girton Carers Event

Thursday 15 June
1.30pm to 3pm
Girton Baptist Church

The Huntingdon Road Surgery Patient Group invites all Girton carers to meet with its members to discuss their experiences and find out about support available in our area. Refreshments provided.

Led by Estelle Mitchell of Carers Trust Cambridgeshire and Patricia Johnston, Older Residents Coordinator, Girton.



SING to REMEMBER

From June 2016 we meet every Thursday (except in August)

Coffee at 1045 and sing from 1100 to 1200

Why not come and join us?

This singing group is for those with various forms of memory loss (and their carer), although anyone welcome.

Led by Jan Payne

**We will be meeting at Landbeach Baptist Church
High Street, Landbeach**

For more detailed information contact:

Alix Clark

Care Network Community Development Officer

01954 211 919 email: alix.c@care-network.org.uk



At present there is no cost - we hope that won't have to change

Donations for refreshments and to further our work always welcome



Carers Trust Cambridgeshire
invite you to join us for a
**Botanical Garden visit with
guided tour**

**Cambridge Botanical Gardens
1 Brookside CB2 1JE**

Thursday 15 June

Meet at 1pm at the garden gates

Guided tour starts 1.30pm

**Coffee/Tea and Cakes at
Botanical Café at 3pm**

**Limited spaces available
To book call 01480 499090**

carers week

Carers Trust Cambridgeshire would like to invite you to join us for a

Carers Lunch

At Trinity Hall, March, Cambridgeshire

On Tuesday 13th June 2017

From 11am to 3pm



Lunch

&

Entertainment



RSVP by 1st June 2017

Raising funds for family carers
Any donations gratefully received



www.carerstrustcambridgeshire.org

Charity Registration Number 1091522



Carers Trust Cambridgeshire invite you to join us for

Afternoon Tea

Drop-In day for Carers and their Cared For

carers week



Chaplin's Close, Fulbourn, Cambridgeshire

On Monday 12th June 2017

from 1pm to 3pm



RSVP by Monday 1st June 2017



Please call Kerry Dring on 01480 499090



www.carerstrustcambridgeshire.org

Charity Registration Number 1091522



The Rotary Club of Huntingdon invites you to its

MEMORY CAFÉ



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



carers week

National Carers Week, June 12th—18th 2017

Service of Thanksgiving for Carers

Sunday 18th June, 3pm

St Mary's Parish Church,
Burwell

Followed by tea.
Everyone most welcome!

For further details please contact
Sue Evans 01638 743688 or
sueevans1949@hotmail.com

The Friday Group, Salem Court, Chatteris

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

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.

Meets every Friday 10am-3pm. Costs £6.50 per day including two-course lunch.

Offers interesting and stimulating activities, and entertainment. 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 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.

Contact:

Mike Hill 07910 557199

Anne Chambers 01354 740225

Rethink Peterborough Carers Support Group



A friendly group, giving support to carers of people with serious and enduring mental health illness. Free, all ages, chat, refreshment, support.

Meets on every alternate Wednesday at 1pm to 3pm, Centre 68, 68b Westgate, Peterborough PE1 1RG

(See events calendar).

Contact Pamela 07400 040159

Email thepixmaker@sky.com



Dementia Friendly Drop-In at Sainbury's Café, Coldhams Lane, Cambridge CB1 3HP

For carers and people living with dementia. First Tuesday of the month at 2.30pm. Volunteers from the Dementia Carers Support Service will be there to welcome visitors. Refreshments served at the table.

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

Fourth Monday of the month at 2pm to 3.30pm. Join us for a coffee, cake and a chat in an informal atmosphere.

Lunch Group at Six Bells Pub, 9 High Street, Fulbourn CB21 5DH

Third Tuesday of the month at 12.30pm. For carers and people living with dementia. Book in advance. Contact Sally Kitchin 07432 701833. Email sally.kitchin@cpft.nhs.uk

Lunch Group at Scotsdales, Market Street, Fordham CB7 5LQ

First Tuesday of the month at 12.30pm to 2.30pm. Informal lunch or carers and people living with dementia. Contact Gillian Brady 07767 030722. Email gillybrady@btinternet.com

Friday Club at New Cottages, Princess of Wales Hospital, Lynn Road, Ely CB6 1DN

For carers and people living with dementia. First and third Friday of the month at 2pm to 4pm. Tea and coffee, plus activities run by volunteers from the Dementia Carer's Support Service.

Contact Fe Franklin 01353 652092.

Email fe.franklin@cpft.nhs.uk

(See events calendar for dates).



15 June 2017
Alzheimer's Society
Cupcake Day

Dementia is the number one cause of death in England and Wales. It doesn't discriminate and currently there's no cure. With your help, we aim to change this.

Last year, dedicated Cupcakeakers united to raise a mighty £330,000 against dementia. That's more than enough to fund 11 PhD researchers for a year, giving them the opportunity to undertake vital, potentially lifesaving work. This year we want to raise even more. By joining together for Cupcake Day, you'll help to create a better world for people affected by dementia today, but also to find a cure for tomorrow.

Dementia Support Service

We deliver our Dementia Support Service to people with dementia and/or their carers, to improve understanding of dementia. The service provides individualised information and support.

Information Sessions - March Library

We hold monthly sessions in March Library on the second Tuesday of the month from 10.30am to 12.30pm to provide information on dementia and the local support available. For more details, please check the March Library listings or contact Alzheimer's Society, as below.

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.

Contact: 01954 250322

Email: cambridgeshire@alzheimers.org.uk

Website: www.alzheimers.org.uk

(See events calendar for dates).

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.



This service is free of charge.

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

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

A place for elderly people to meet and enjoy a range of activities and a good meal. Designed to promote, maintain and improve physical, mental and emotional well-being. The staff are professional and very caring. A safe and comfortable and relaxing environment. Transport can sometimes be arranged (subject to assessment and availability).

Glenys Shaw 01480 475274

Email: manager@stneotsvwa.org.uk

Website: www.stneotsvwa.org.uk

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. **Last Tuesday of the month. Marbrook Centre, Phoenix Park, Eaton Socon, St Neots, PE19 8EP 10.30am-12.30pm (See events calendar).**

Phone 0345 241 0954 or 01480 499090.

Email care@carerstrustcambridgeshire.org

Web www.carerstrustcambridgeshire.org

with many thanks for the generosity of



excellence in neurological care and rehabilitation



**Carers Day 16 June 2017
11am to 3pm
Glennfield Care Centre,
Moneybank, Wisbech PE13 2JF**

Carers are invited for some pampering, fun and afternoon tea **just to say thank you!**

For further information and to book a place at the Carers Day, phone Wendy Lincoln 01945 581141 or email wendy.lincoln@excelcareholdings.com

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

We offer information, friendship and support to local people with Parkinson's, their families and carers. We also organise regular events and social activities.

(See events calendar).

**Sheringham Seaside Trip
Thursday 29 June**

Open to carers and the person you care for. This is a free trip for you to come and join us on a relaxing day out. Coach transport is provided and your time in Sheringham is yours to enjoy as you wish.

We will be leaving from St Ives Park and Ride at 9am, returning from Sherringham at 4pm and due back at 6pm.

We may be able to pick up and drop off at The Elme Hall Hotel in Wisbech if there is a requirement.

Booking is essential and places are limited so please call Carers Trust Cambridgeshire on 01480 499090.

* Please note the coach doesn't have accessibility for wheelchairs.



Ely and District Support Group

Third Tuesday of the month (not August).
The Community Centre, Bell Holt,
Off Lisle Lane, Ely CB7 4ED. 2.30pm-4.30pm.
Come along to have a chat and enjoy the entertainment and refreshments.
Contact Brian Hayes 01353 860102 or
Jenny Lowles 01353 861674.

Ramsey Support Group

Second Wednesday of the month. Ramsey
Resource Centre, Stocking Fen Road
PE26 1SA. 2pm-4pm
Contact George Higgins 01480 896735.

St Neots Support Group

Third Monday of the month. Old Market Court,
Tebbutts Road PE19 1RQ. 2pm-4pm.
Contact Ian McKee 0344 225 3614.

St Ives Support Group

First Wednesday of the month. Dolphin Hotel,
London Road PE27 5EP. 2pm-4pm.
Contact Ian McKee 0344 225 3614.

Cambridge Support Group

Fourth Friday of the month. The David Rayner
Building, Scotsdales Garden Centre,
Gt Shelford CB22 5JT. 10.30am-2pm.
Our meetings include speakers and activities,
followed by lunch.
Contact Ian McKee 0344 225 3614.

First Tuesday of the month. Barnabas Court,
Cambridge Road, Milton, CB24 6WR.
12.15pm-3pm. Bring and share lunch with
occasional speakers and activities.
See www.parkinsonscambridge.org.uk

March Support Group

First Wednesday of the month. The Braza Club,
Elm Road PE15 8NZ. 10am to 1.30pm. Contact
Frances Clark 01354 654677 or Ian McKee
0344 225 3614.



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

AUTISM & ADHD PARENT SUPPORT GROUP

Chat & offload with other parents & carers.

Find help & advice. All family & carers of someone with Autism or ADHD welcome. Come along for a cuppa.



Every Third Friday 10am-12 noon
16th June, 21st July, 18th August
At the Youth & Community Centre,
Green End Road, Sawtry
and also

7.30—9.30pm on Thursday's
8th June, 6th July, 3rd August

At The CARESCO Centre,
Green End Road, Sawtry



Call Miranda on 07751 798287 for a chat

or email: carers@caresco.org.uk

CARESCO office 01487 832105 (9am –12 noon)



Your local charity caring for our community

Registered charity number 1140728

"Farming Memories"

WIMPOLE HOME FARM

Agricultural group



Meets every other
Friday between
14.00-16.00 pm at
Wimpoles Home Farm.

This is a group for those in the early stages of dementia, memory loss and their carers who have a background or interest in agriculture. Get involved in farming activities with time for a tea break and a catch up!

Care Network is working with the National Trust.

To find out more about the group and how to join please contact

Care Network on 01954 211919

admin@care-network.org.uk

Do you want to know more about your lung condition and how to manage it?

Breathe Easy Fenland is your local support group for anyone with a lung condition, including carers, friends and family.

You are very welcome to join us at meetings, featuring guest speakers and refreshments on:

We meet on the 1st Thursday of every month from 2pm until 4pm (new members at 1.45) at:

The Church Hall, St Peter's Church (opposite the museum), High St, March, PE15 9JR

EVERYONE WELCOME!

There is no membership fee

For more information, please contact

Derek on 07803 083987

Or email: a60taxi@btinternet.com

Helpline 03000 030 555
blf.org.uk/helpline

blf.org.uk

Organised in aid of the British Lung Foundation
Registered charity in England and Wales (326730), Scotland (038413) and the Isle of Man (1177)

Living Theatre

taking place at Thorpe Hall on

Friday 2 June

Potentially morning and afternoon performances

Free to attend and it will be an exploration into the life of a Young Carer through drama, music, dance, visual art and mediums.

Attendees will be invited to step "through the looking glass" and share the journey.

Call Lisa Masters
Carers Trust Peterborough
Tel: 01733 645234
Mobile: 07956 455680

Cambridgeshire Action for Children

Services for children and young people who have disabilities by providing a range of support to develop their independence, self-esteem, self-care and provide a break for their families and carers in a safe, happy and fun environment.

If one of our services is chosen by you and your family, we receive a referral which instigates us to contact you to arrange a convenient time to discuss what is needed and how we can match that need.

Services available include Homes and Outreach Services which encourage friendships and utilises joined up time for the benefit of those who would like to develop social skills, have a similar interest or just want to make new friends.

To access any of our services you will need to discuss your child's needs with their social worker who will complete an assessment and discuss with you what support they feel would suit both your child and you as a family.

Contact:

linda.simmons@actionforchildren.org.uk
services.actionforchildren.org.uk/disability-cambridgeshire
facebook.com/AfCCamb

The Little Miracles Caravan

The caravan is equipped for disabled children and adults, sleeps 6 with parking for one car. It is close to site facilities, has ramp access and is 15-20 minutes from Cromer.

It is based in Kelling Heath Holiday Park, Weybourne, Holt, Norfolk and was made possible thanks to The Big Lottery Fund.

For full details on the park
www.kellingheath.co.uk/

For more details or to book the caravan
<http://littlemiraclescharity.org/caravan/>
 Or call to discuss your needs
 01733 262226



Do you enjoy performing arts?

**Come along to our Finding
Trouble! Summer School.**



**Tuesday 29, Wednesday 30 and
Thursday 31 August 2017**

10am to 4.30pm

**Coleridge Community College,
Radekund Road, Cambridge CB1 3RJ**

To find out more or to book, contact
 Troublemakers on 01223 883141 or email
troublemakers@eddies.org.uk

Sessions are aimed at young people
 (13-22 years) with learning disabilities.



**YOUNG CARERS PROJECT
CAMBRIDGESHIRE**

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

YOUNG CARER DROP-IN

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

Our Young Carers project can help you by:

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



If you think you, or someone you know is a young carer, get in touch!

E-mail us: youngcarers@centre33.org.uk

Phone us: 01223 307488

For a Young Carers Needs Assessment
 please email: youngcarers@cambridgeshire.gov.uk

@Centre33Camb

www.centre33.org.uk





Thursday 15 June

Parent Carers are invited to come along for a relaxing day with some pampering sessions by local professional holistic therapists, listen to some music, maybe watch a film with lunch included.

Family Voice Peterborough Offices
Goldhay Community Centre, 105 Paynels,
Orton Goldhay PE2 5QP

Phone to book 01733 685510

Email: office@familyvoice.org

St Neots Social Lunch for Carers

Eaton Oak Pub Restaurant PE19 7DB
We meet on the last Monday of the month (except Bank Holidays) for lunch and chatting. (See events calendar).

Run by carers for carers. Everyone welcome. We can provide transport.

Contact: Denise 07547 142939.

We have listened...

We have received a suggestion to have a Question & Answer page in the magazine so will be including this in the future.

Please send your questions through to
comms@carerstrustcambridgeshire.org

Carers Peer Support Group

St Neots Tesco Community Room,
Third Thursday of the month
1.30pm to 3.30pm
Phone Sue Honour on 07510 191353 or
Email: stneotscarersgroup@gmail.com.
(See events calendar).



Save the date!

18th July 2017

Burwell Museum Visit



Do you provide unpaid support to a relative or friend who couldn't manage without you?

Join Carers Trust Cambridgeshire and Burwell Carers for a visit to Burwell Museum.

Come along for a afternoon of fun and a chance to meet other carers as well as an opportunity to find out about support that is available to you.

For further details or to book a place please call Burwell Carers on 01638 743688 or email sueevans1949@hotmail.com.

All welcome. We look forward to meeting you.



Please contact

0345 241 0954 or 01480 499090
care@carerstrustcambridgeshire.org
www.carerstrustcambridgeshire.org

Find us on



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Aware that you Care?

15 June 2017
1pm to 3pm

Tea, coffee and cake provided.

Come and learn more about the work of the Carers Partnership Board, or if you would like to raise an issue about family carers.

Booking essential.

Cambridgeshire Alliance for Independent Living
Fen House (Lansyst Building)
Fen Road
Cambridge
CB1 1UN.
(Parking available)



Phone 0300 111 2301

Email

graham@cambridgeshirealliance.co.uk



Working across Cambridgeshire,
Peterborough and South Lincolnshire

Mind CPSL is a Mental Health charity which aims to support individuals in their recovery. Free service for individuals with diagnoses of Personality Disorder, Psychosis and Affective Disorder who are aged between 18 and 64.



Stepping Forward Service Workshops and One to One sessions

One to one sessions variable times (1 hour session) with the option of fortnightly group workshops on Wednesdays 1pm to 3pm.

Themes of workshops include:

- Stress management and anxiety
- Identity and self-esteem
- Managing emotions
- Trust and relationships
- Self-confidence
- Goal-setting
- Acceptance and moving forward
- Keeping myself well (crisis planning)



HEARING VOICES NETWORK
www.hearing-voices.org

Voices Matter, Hearing Voices Group

Meets fortnightly on Fridays 1pm to 3pm
To access this free group please phone for an initial meeting. For anyone who experiences voices and individuals in the group aim to support each other, speak openly about their voices and share coping strategies.

Meetings at Morley Way, Woodston PE2 7BW
Phone to book 01733 362990
Email leonnie.barlow@cpslmind.org.uk
www.cpslmind.org.uk



Spinney Patients Association

Carers Tea Party

23 June

2pm to 4pm

Needingworth Village Hall

Closed event for patients of any
GP surgery in St Ives.

Carers to let their surgery know
they are attending.

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. (See events calendar).

To book a place and discuss the needs of the person you care for phone Sue Mayes or Rebecca Browne:
01480 499090.



AGE UK
Cambridgeshire and
Peterborough



Orton Day Care Centre
Steve Wooley Court, Orton Malborne,
Peterborough PE2 5HP

Mondays, Wednesdays and Fridays
10am to 3pm

Orton Day Care Centre provides a venue for older people to socialise and enjoy entertainment and a hot meal. Focus is to promote wellbeing and independence. Cost is £6 per day.

Contact Doreen Wallace 01733 231227
Email Doreen.Wallace@ageukcap.org.uk
Website www.ageuk.org.uk

Betty Grimes - a carer's story

.....



Betty, 62, from Hardwick, is the primary carer for her mother Simonne, 86 (pictured above). She has multiple health problems, including arthritis in her lower spine, fibromyalgia, rotary cuff disorder, high blood pressure and memory problems.

Betty says: "I used to care for my late partner Mick who had pancreatic cancer and I gave up my job in a GP surgery to be there for him. After Mick died in 2011 I moved mum in with me as she couldn't be left alone, along with my brother who had split up from his girlfriend and had been looking after mum. I have been mum's carer for 15 years.

"I did nursing many years ago which helps me care for mum. Her pain is affected by the weather. I help get her up in the mornings, bathe her and give her her medicines, as well as doing household chores.

"I feel exhausted most the time, both physically and mentally. I don't get out to see my friends very often, but that's mainly down to me not wanting to leave mum, but I am aware that I should. I do sometimes feel that life is unfair. Having said that, she is my mum and obviously I love her dearly.

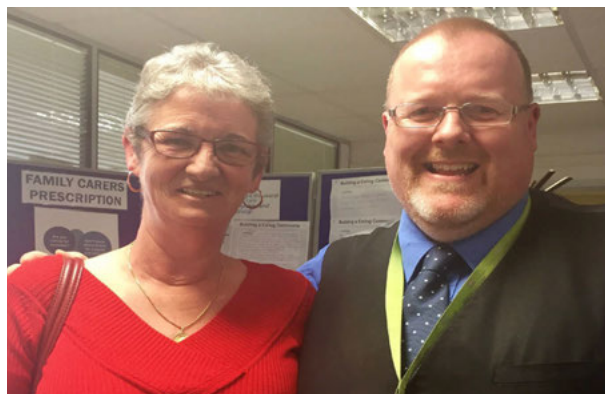
"Being a carer has affected my life considerably. As I don't work, I live on the Carer's Allowance. Commuting to Cambridge to work would not be financially viable. Also, I would constantly be worried about mum and inevitably have to leave early sometimes because she needed care. It means I am stuck between two very hard places.

"My GP put me in touch with Carers Trust Cambridgeshire and although I was sceptical at first, it proved to be a life or death decision. It sounds dramatic, but I'm not sure I could have gone on for much longer if I had not talked to Paul Rhodes, their Customer Relations Team Manager. With his support I completed a What If? Plan to prepare ahead for an emergency and had a Carer's Assessment which enabled me to have a £250 personal budget to spend on my health and wellbeing. I am going to enrol in Pilates because I slipped a disc last year and have and have an arthritic knee and have been told that Pilates will help with those and help relax me too. Paul has also given me lots of emotional advice about not feeling guilty because I couldn't cope. He was a godsend.

"I now feel I have a bit more of a life. I can now talk to mum instead of niggling at her. It sounds awful, but she was really starting to get me down and I couldn't cope. I've got lots of paperwork to sort out, but have not read half of it. I lost a lot of motivation, but I am hoping it will gradually come back and I can start to deal with it.

"My advice to carers? Get in touch with Carers Trust Cambridgeshire, they are a wonderful organisation and offer a huge amount of advice. I just wish I had known about them sooner. It is so important that carers get all the help and support they need. Life is stressful enough without having to cope with what we do and for very little money. We are doing a valuable job and saving the NHS a huge amount of money. It does sometimes feel like a thankful task.

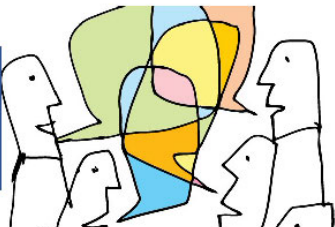
"My plan for the future is simple - to get my life back so that I am better able to cope with mum and myself."



Betty with Paul Rhodes

Make your voice heard!

Help us to create a voice
for the young people of
Peterborough



We want to know the problems and issues young carers and young adult carers in Peterborough are facing today as young people with caring roles.

We are open to any subjects that you would like to discuss such as:

- Health (physical & emotional) • Education/Work • Money/Benefits
- Your caring role • Time for yourself • Being a young person and a carer

For more information, please contact Ella McKenzie by either calling or text 07852 816361.

Please contact

0345 241 0954 or 01733 645234
carers@carerstrustpeterborough.org
www.carerstrustpeterborough.org

Find us on



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Are you aged 16-25
and give support -
whether practically or
emotionally - to a
family member ,
friend or partner with
either an illness,
disability,
mental health issue,
dementia, substance
misuse or alcohol
problem?
Perhaps you care for
your siblings as a
result. You don't have
to live with the person
you care for to be a
carer.

Support is available for:

- **Health** - physical and emotional, leisure activities*
 - **Work** - Employment* Education* and Training*
 - **Financial** knowledge
 - **Caring** role
 - **Managing** the home
 - **Time** for yourself
- * Funding support available—please ask

Stronger Together Respect

Individual Value Equal



STRIVE
PETERBOROUGH



**Need more information?
Want to refer yourself or
someone else?**

Please call or text Lisa on
07956 455680 or visit
www.carerstrustpeterborough.org

funded by
carerstrust

Transition Plans 14-16 Peterborough

WE can help **YOU** plan for
YOUR future!



Are you a Young Carer?

Do you need help with transitioning?

Whether it is choosing your GCSEs or A-Levels,
moving on to college/sixth form, wanting to start a
new hobby or even better engage with our service,
we can help! We can help you to set short, mid and
long term goals to achieve your ambitions.

If you would like more information

maegan.smith@carerstrustpeterborough.org
07956 511 017
www.carerstrustpeterborough.org

Find us on



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Siblings Playing And Caring Everyday

We all need someone to talk to.
We all need a bit of time for ourselves.
We all need to know we are not alone.
We all need SPACE.

Group activities and
sessional 1:1
engagement for those
with a brother or
sister with additional
needs.



The project is open to anyone aged 5 to 17
who has a brother or sister who has a physical
or learning disability or long term illness.
Monthly Saturday group

Interested? Want to find out more?

Don't hesitate to contact Lisa Masters
Siblings Session Worker via

Telephone: 01733 645234 / 0345 2410954
lisa.masters@carerstrustpeterborough.org



Two different perspectives of caring for Jean, a wife and mother with dementia

Geoff's story

.....

When did you realise your wife has dementia?

She had a problem around two years or so ago with remembering things but we did not know it was dementia until Teresa, our daughter, took her to the doctor where it was confirmed.

Did you both make plans for your retirement that you are now unable to do?

Yes we bought a 15 year time share apartment in Majorca which has now been extended to seven other regions of mainland Spain but with my ill health and Jean's condition there is no way that we will ever be in a position to travel abroad again.

What do you do to care for Jean?

I have to do most things although she doesn't think so and insists she would be able to cope if I was not around, but I know that would be an impossibility. She cannot accept she has a problem and it would make things easier if she could.

How does this make you feel – tired, for example, having to learn to do jobs that Jean always did before?

Yes this can be very tiring and frustrating. I have not had to learn to do any things as I always did them previously before she was diagnosed, but more help occasionally would be a bonus. She does sometimes help with the evening meals but this can be limiting.

What did you both do for a living?

Jean's last job was PA to the Chief Executive of the former South Cambs Primary Care Trust and I was a self-employed builder with my own company.

Are you supported by Carers Trust Cambridgeshire (CTC)?

Yes I am. Teresa did arrange a home visit from a lady from the Alzheimer's Society but Jean insisted that she was capable of doing everything which would be an impossibility, so unfortunately she said we were not entitled to any benefits. Teresa is going to go back along this route and hopefully a good outcome will be achieved.

How wonderful is it to have support from Teresa too.

I can truly say that Teresa is a very supportive daughter and is always at the end of a phone if I need her. She understands our needs and has helped with setting up the Power of Attorney for both myself and Jean. She also takes her mum to appointments and I am sure I would struggle without her invaluable help.

What advice would you give other carers?

I think all carers should consider attending a support group if possible. They not only give valuable advice but give us a short break and introduce new people to talk to for the person you care for. My wife does not always want to go, but nevertheless we always do and once she is there she enjoys the company.

Teresa's story

.....

Tell me about your mum, Jean, what kind of lady is she?

Mum had always been a very active and independent person, with her own interests. She is loving and caring and always keen to be useful and help other people. She always had great pride in her appearance.

How has she changed now with dementia?

Mum has recently decided to stop driving which means that she doesn't get out and about as much as she used to. She still likes to go out and loves to meet other people but sometimes gets overwhelmed and agitated in a group, even within a family setting, and can be quite quiet, just listening to the conversations rather than taking part.

Tell us about your life.

I have been married for almost 14 years and work four days a week as a Personal Assistant to a Professor at the University of Cambridge and Administrator for a PhD Programme. For the last 18 months, I have also run the parent volunteer group at my youngest son's primary school. We have two boys, aged 12 and eight. We live about a ten-minute drive from my parents.

How do you support your Dad?

I do feel that it is important to support Dad as he is her main carer and doesn't enjoy the best of health himself, as he has COPD and diabetes. Since November 2016, we have attended the Shelford Dementia Support Group; I take every other Thursday off work and pick up Mum and Dad so that we can go together. This helps me touch base with them regularly and also benefits us all; we meet people in a similar situation to ourselves and dad has been able to talk to other husbands and realise that they are going through the same things as he is.

How different is she in your eyes?

I feel like I have lost my Mum really. I can no longer chat with her on the phone because her short-term memory is bad. Her appearance has changed quite significantly – she no longer wears makeup or does her hair as often and tends to wear the same few outfits even though she has a huge wardrobe of clothes. She can also be much more aggressive and argumentative than before.

How is your father coping?

Dad is doing okay now, better since we have had a diagnosis, I think. He has had to learn to chill out a bit and sometimes just let things go instead of arguing about them. He is getting used to caring for Mum, even though she is often resentful of this.

Who put you in touch with CTC?

Our initial contact was from a leaflet about the Shelford Dementia Support Group that I picked up at the Memory Clinic in Fulbourn. The group has been a lifeline for us all not least because having staff from CTC on hand means that you know you can get information and advice on a regular basis with someone face-to-face. My Dad is registered with them for the 'What If?' Plan as his physical health is not good and this puts his mind at rest if he needs to go into hospital at any time. We are in the process of organising a Carer's Assessment for him too.

How do you feel being your mum's carer; juggling between being a mum with your own family and working too?

I often feel guilty that I don't spend more time with Mum and Dad to take them out and help with day-to-day tasks. My husband works in London so the main bulk of childcare around school and extracurricular activities during the week falls on me. Luckily, my boss is brilliant and gives me whatever flexibility I need.

What advice would you give other carers?

Don't try and cope on your own – get as much information and advice as you can from your GP and other local support groups. Even if you don't need to access the support immediately, I found that knowing what help and services are available makes me feel much more like I am in control and prepared for what the future might bring. Attend whatever dementia groups you can – knowing there are other people in your situation makes you realise that you are not alone, and swapping stories, experiences and ways to cope is invaluable.

If you are a family carer and would like to share your story, please get in touch with us
comms@carerstrustcambridgeshire.org.

Young Carers and Young Adult Carers

Making Memories - Carers Week Picnic Saturday 17 June



Carers Trust Cambridgeshire (CTC) will host a picnic for families from Cambridgeshire and Peterborough at

Hinchingbrooke Country Park on Saturday 17 June from 11am to 3pm. This year marks the second year of the celebration of unpaid family carers and their families, thanks to funding awarded from The Big Lottery which has enabled a wider range of activities including a bouncy castle, photo booth and sumo suits.

Local supporters and volunteers will also come together to take part in a wacky races competition, providing fun for all the family. To attend, phone 01480 499098.



Intergenerational Success at Ramsey Care Home!

Funding from Ramsey Millions has enabled the Intergenerational Project in Ramsey to run for a further year, creating more opportunities for intergenerational friendships and community togetherness.

Encouraging young carers to volunteer their time to 'chat and craft' with residents at the Red House Care Home, they have enjoyed time spent reminiscing, learning new skills and getting to know each other.

In August, they will attend the 1940's Camp in Ramsey to have a real wartime experience. The project receives on-going support from the Norris Museum, St Ives.

The Intergenerational Project will also continue to run throughout the summer holidays in Ramsey and St Ives, so come along and get involved! The residents love having us visit and they have formed some lovely friendships with the young carers. To take part, phone 01480 499098.



Young Carers in Schools (YCiS) Award

CTC has supported 15 schools to achieve the YCiS Award since the launch in November 2015. The awarded schools have been able to demonstrate their commitment to young carers through awareness raising, training for staff and support to identify more hidden young carers in school.

CTC are thrilled to announce that Cromwell Community College, March have just been awarded a GOLD award for supporting young carers in school: huge congratulations to the Young Carer Leads in school! If you know of a school who is interested in the YCiS Award phone 01480 499098 or email tania.bingham@carerstrustcambridgeshire.org.

Sainsbury's Zumba

On 1 June, young adult carers will join Sainsbury's and CTC staff in a Zumba session at Coldhams Lane store, Cambridge. The session is planned to raise awareness of Carers and to raise funds. CTC is Sainsbury's Coldhams Lane Charity of the Year.



Summer Programme

This summer is going to be big and busy! It is jam-packed with trips for young carers to get involved in.

Trips planned to date:

- Visit Hunstanton; play on the beach and have a dip in the sea before a lunch of seaside chips.
- Explore Lady de Ramsey's stunning garden and have a dip in the heated pool!
- Take time out canoeing
- Ride on a longboat with the Ladybird Trust.

There's much, much more to come!

Places are on a first come first served basis and all young carers must complete a consent form. Information and invites will be sent out in the coming weeks.

These trips are for young carers who have been referred to us and assessed so if you think you might be a young carer and would like to access some support like this, phone 01480 499098.

Animating Addenbrooke's

Six young adult carers and six young carers took part in 'Animating Addenbrooke's' in the first week of the Easter break.

The two-day project, in partnership with Cambridge Curiosity and Imagination and Addenbrooke's Hospital, included a visit to the Addenbrooke's Museum and planning and making art from wire. Two artists used their expertise to discuss ideas and thoughts with the group.

Taskforce Project

Young carers and young adult carers were invited to re-design the information leaflet for the Police Crime Commissioner for Cambridgeshire and Peterborough.

A 'Taskforce' of approximately six young carers and young adult carers met in April to work on the content and design of the new information leaflet. Sarah Morgan, the Engagement Officer for the Office of the Police Crime Commissioner also attended.

The Commissioner, Cllr Jason Ablewhite, also visited the STRIVE group. On 2 June the Taskforce will present the leaflet to the Police Crime Commissioner, and have a tour of the Police HQ in Huntingdon.

Transition Plans

It's a busy time of year supporting young adult carers as they make their transition from College and Sixth Form into apprenticeships, university and employment. Support is being given to individuals across the county including Statutory Carer's Assessments, help with writing a CV and support for planning a gap year.

For more information about support available to young adult carers aged 16-25 years, phone Nicky Hornsby on 01480 499098 or email

nicky.hornsby@carerstrustcambridgeshire.org.



Supporting Young Carers Carers Trust Peterborough

STRIVE

Are you a young adult carer in Peterborough aged 16-25? If so, STRIVE can help you. It's Time for Change project has two key elements:

- Support young carers with education, employment and training to achieve their goals
- Improve their mental and physical wellbeing.

STRIVE offers 1:1 support as well as group workshops and peer support and works with Peterborough Regional College where drop-in sessions are held. Throughout the summer STRIVE will be holding a series of drop-ins focusing on physical and emotional wellbeing, with visits planned.

Young Carers Invited to Share their Experiences

The Young Carers and Young Adult Carers team would like to hear the views of carers aged 5-25 living in Peterborough. In a shared project with Peterborough City Council, we are developing a forum for young people to link up with the council through Carers Trust Peterborough (CTP), to share opinions, suggestions and views on current and topical subjects.

One way in which they expressed their feelings, the highs and lows they experience, was to create a colourful Negative/Positive tree (see right).

SPACE Siblings Group

Children and young people aged 5-17 who have a brother or sister with a physical or learning disability, or a long-term health condition, but are not carers, can find this has an impact on their own life.

This is where SPACE comes in. It is a group which meets monthly in Peterborough and arranges holiday activities. These young people are not identified as young carers, but they can still feel a sense of isolation and their confidence and wellbeing can suffer as a result. SPACE enables them to have time and space to be themselves, to be supported and take part in some fun activities.

Time to Transition Plan

Young carers aged 14-16 are at a critical point of their life, making important decisions about their future education and employment. They can be supported by a Transition Plan funded by Peterborough City Council. The Transition Plan is run by CTP and supports young carers in identifying their own goals, helping them overcome barriers and challenges.

*** For information about any of the above groups contact Lisa Masters 01733 645234.**





End of an era in Cambridgeshire and Peterborough Rethink Carer Support

.....



A party was held to thank David Jordan for his incredible contribution to the lives of carers of people with mental health conditions across Cambridgeshire and Peterborough.

David, over 80, stood down after 17 years in the role of co-ordinator.

He built extensively on the work of his predecessor Ron Ryall, who led the Cambridge Group of the National Schizophrenia Fellowship since 1982.

David has shown immense commitment to the role and has supported hundreds of carers by phone, email, support groups, face-to-face, and through his inimitable quarterly newsletters. He has been tireless as a networker and advocate on behalf of mental health carers, building strong relationships with the local Mental Health Trust and with commissioners, amongst many others. He brought his strength and hope into the lives of many carers, often at times when they have felt very much alone – and all this at times when his own caring role has been very demanding.

Philippa Lowe chair of National Rethink Mental Illness, and Eileen Murphy Head of Participation, were present to acknowledge his contribution and to make David an honorary member. Bob who is a long standing member of the Cambridge group spoke powerfully of his personal debt to David on behalf of many other carers. Others present included David's family, Ron Ryall, Richard Taylor former CEO of CPFT, and representatives of the Clinical Commissioning Group, the Friends of Fulbourn Hospital, Mind in Cambridgeshire, Making Space, CTC and many other friends.

Jonathan Wells who organised the event, now takes over from David. Jonathan said: "I've told everyone that I cannot hope to replicate what David has done. But I absolutely share David's main aims, to emotionally and practically support all the families and friends of people with mental health conditions who want our help, and to act as their voice as we continue to campaign for better mental health services. Both these roles are as important as they ever were. The work goes on!"



Rethink Carer Support – Cambridgeshire & Peterborough

Families and friends of people with mental ill health often need information, encouragement and the strength that comes from knowing you are not alone.

We are run by carers for carers. We have a wealth of experience of supporting people with mental health problems and we know our way around the mental health system.

We provide:

- Carer support groups in Cambridge & Peterborough
- Phone support on 07783 267013
- Email support at CambridgeRethinkGroup@rethink.org
- A quarterly newsletter
- A voice for carers – helping local commissioners & Cambridgeshire and Peterborough NHS Foundation Trust improve services



Please contact
Jonathan Wells
on 07342 691768
or use contact
details above if
you want to know
more

Age UK Cambridgeshire and Peterborough

is an independent charity working with and for older people across Cambridgeshire and Peterborough. It provides a wide range of services and support for older people, gives family carers a break and much needed support in caring for their loved one.

Our Information Officers can help carers to understand the often complicated and confusing systems and procedures and can provide fact sheets on a variety of issues including those relating to health, social care, legal matters, housing, income and benefits, consumer, leisure and socialising opportunities.

Our services include:

Day Clubs and Friendship Clubs: providing free time, entertainment, meals and friendship.

Befriender Visitors: home visits to reduce loneliness and social isolation and give support.

Home Help/Support: help with household chores.

Gardening: help with garden maintenance.

How we help

Recently a gentleman in his 80s joined one of our day clubs. He lives with his wife of a similar age. Bill was rather low in spirits and worried for his wife, who is his main carer and he could see she needed a break and some time to herself. He also wanted some time to himself and an opportunity to interact with others outside of his family and to get out of the house. Bill has been attending our club for several weeks and is very happy, joining in with a variety of activities. He has a good selection of friends at the club and worries less about his wife now she also has some time to herself. Bill told us, "Best thing I ever did, I am very happy that I have a place here and would dearly love to come on another day."

Joan (pictured right with her Age UK CAP Volunteer Visitor) recently celebrated her 100th birthday. Her daughter, Carol, is a family carer as Joan struggles with reduced mobility and getting out and about.



Carol told us, "Until I made the initial call to Age UK, I wasn't aware what Age UK did or could do. They gave me lots of useful information and set up a visitor for mum. They get on great together, mum enjoys and looks forward to seeing her volunteer each week. We appreciate and are grateful for all the additional help and advice we have been given. Thank you." Joan is one of many older people who receives a weekly home visit from one of our volunteers who offer their time to help reduce loneliness and isolation.

Beverley Young, Manager at Age UK Cambridgeshire and Peterborough, says "Volunteers have a large role in our organisation and we have a variety of volunteering opportunities. Many volunteers assist in our day centres and friendship clubs. They are also Befriender Visitors and it is a delight to see the often long-term friendships that evolve and some volunteers have visited for many years. Gladys, our oldest volunteer retired last year at the age of 95, having first volunteered for us when she was 80 years old. Gladys had been her husband's main carer and when he died she wanted to continue giving others care and support. As an older person living on her own, Gladys says she has benefited as much as any of those she has supported and told us emphatically that "volunteering is 50% for the volunteer".

For more information on the services offered or to volunteer please phone 0300 666 9860 or see www.ageukcap.org.uk.



New Carers Hub Launched in Ely

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A new Carers Hub has opened in Ely to support family carers in the area. It will meet on the last Friday of the month at Larkfield Community Centre, High Barns, Ely.

It was developed in response to a need being identified for a place where family carers and the people they care for could access a range of support and activities together.

The Hub will offer opportunities for family carers and their friends and families to access a range of support and activities including art, craft, singing and holistic therapies. They can also receive information and signposting on benefits and entitlements, training, speakers on wider health issues, Carer's Assessments, What If? Plans and Family Carers' Prescriptions as well as, opportunities for short breaks, developing friendships, peer support and having fun.

The official opening was performed by the Mayor of Ely, Cllr Ian Lindsay, on 31 March. He said he was looking forward to learning about the new group and that it was important that family carers were supported. He said: "We are all going to know carers and they deserve our support."

The Carers Hub is supported by partners from:

- Cambridgeshire County Council
- Care Network Cambridgeshire
- Age UK Cambridgeshire and Peterborough
- Alzheimer's Society
- Parkinson's UK



- Headway Cambridgeshire
- POS+Ability (providers of chair based exercises)
- MS Society
- Welfare Benefits Service
- Cambridgeshire Library Services
- Cambridgeshire and Peterborough NHS Foundation Trust Dementia Carers Support Services.

Ian Hitch (pictured above), from Ely, cares for his mother Janet, 82, who has memory problems. He said he welcomed the opportunity to have support in a group with other family carers. Ian said: "It is a good idea because it can be lonely caring on your own."

If you would like to go to the Ely Carers Hub, or would like further information, please contact Carers Trust Cambridgeshire on 01480 499090 or email care@carerstrustcambridgeshire.org

Find out about hubs and drop-ins running throughout the county on the events pages.

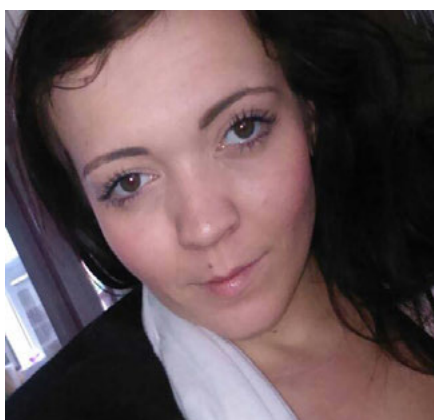
Website www.carerstrustcambridgeshire.org.



1-7 June National Volunteers Week

It's a time to reflect on the valuable contribution of volunteers in the community, to thank them and encourage others to follow suit.

Sarah-Louise Wainwright Oakley (pictured), 24, from St Neots, describes why she became a volunteer for Carers Trust Cambridgeshire (CTC).



Sarah-Louise is a Support Worker in a respite and supported living setting with Cambridgeshire County Council, working with adults with learning difficulties and disabilities. She also recently finished working with a elderly lady with dementia as a personal assistant supporting her in her home and the community.

1. How long have you been volunteering with CTC?

Since September 2015.

2. How did this come about, why did you want to volunteer?

My younger brother, Daniel, 17, had been a member of the local Young Carers group in St Neots. I wanted to give back to a fantastic group of young people that I identify with. Since then I've become involved in helping CTC.

3. What exactly do you do as a volunteer?

My volunteer role is to support the office staff in the completion of What If? Plans which I do by phoning carers and helping them complete the contingency planning form. Often it is because the carer is overwhelmed with paperwork, or so tied up with their caring role, that they haven't got around to it. I also help with Carers Friends co-facilitating - educating groups of professionals and members of the public about the role of carers, as well as working with carers and their cared for person who have neurological conditions at the Carers Café Neuro Hub in St Neots.

4. Why do you feel the What If? Plan is so important?

The plans are incredibly important in offering carers the reassurance that they are not alone. Often the people that I speak to do not have any lasting relatives, or they may live quite a distance away. The plans highlight their support network or lack of one sometimes.

5. How does it feel to be able to help carers?

I really enjoy speaking to carers, some possibly who are feeling quite isolated in their caring situation enjoy the opportunity to be able to speak to someone. Often they will talk about their concerns with 'What If?' potential emergency scenarios, but sometimes they are happy to talk about just about anything!

The majority of people I speak to are of the older generation, where asking if they have an email address is accompanied by a sigh, then followed by the comment, 'what do I need one of them for?' Often the family

carers are so overwhelmed with their caring role that filling out a form is not a high priority so a phone call is an excellent prompt in getting it done.

6. What is your experience as a carer?

My father fell ill when I was around 13. He had multiple heart problems and spinal degeneration. At that point it is safe to say everything changed! My mum had to go into full time employment and I began to take over some of the roles at home; very much beyond my years!

7. What satisfaction do you personally feel from helping as a volunteer?

I feel a great sense of satisfaction in helping people, particularly in giving people a sense of reassurance.

8. Why is volunteering good for you?

Volunteering is a great way to give back to others, which is a really wholesome experience. For me it is also consolidating my university work, having the opportunity to go into different settings, developing understanding and interpreting of situations from a personal account as opposed to ones carefully selected for module resources! The list is endless!

If you would like to volunteer for Carers Trust Cambridgeshire or Peterborough, we would love to hear from you. Call us on 01480 499090.

For more information on national Volunteers Week see <http://volunteersweek.org/>

A What If? Plan provides emergency support for the person you care for in the event of you being unable to care because of a sudden or unplanned event.

To register your What If? Emergency Plan www.carerstrustcambridgeshire.org/support/emergency-planning

Call 01480 499090 for more information on Emergency Planning.

You can help to make a difference to the lives of family carers in the community - come and volunteer with us!

Carers Trust Cambridgeshire and Peterborough have a growing team of local volunteers and we have a variety of volunteer roles to suit peoples' different interests, skills and time availability.

We are particularly keen to hear from people interested in the following volunteer roles:

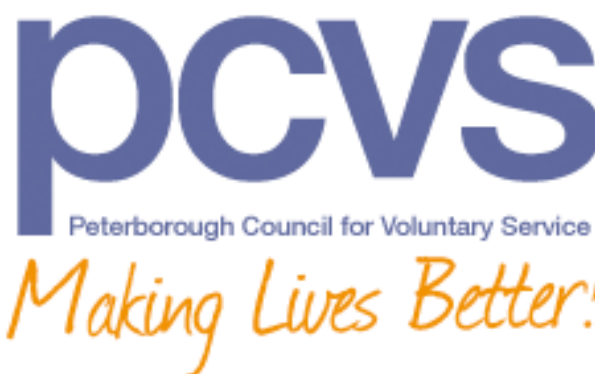
Ambassadors They have experience of being a carer and support other family carers and provide information at carers groups and events.

Day Club Volunteers Our Day Clubs for older people at March and Fulbourn need volunteers to help with refreshments, activities and chat with members.

Events Volunteers We are seeking volunteers to help on an ad hoc basis at fundraising and information events.

For further information about these roles, please call our Volunteer Co-ordinators Kate and Kathy on 01480 499090, email volunteers@carerstrustcambridgeshire.org, see our website www.carerstrustcambridgeshire.org

We need people like you to make a real difference in supporting family carers and we'd love to hear from you.



Peterborough Wellbeing Service

Peterborough Wellbeing Service is a service run by Peterborough Council for Voluntary Service.

It is a free service to help residents of Peterborough that may need help and support to remain independent.

The service works with other Voluntary Sector organisations across the community to provide a wide range of help and support. An example of the services that can be accessed through the wellbeing service are:

- Short term support if someone is poorly
- Support after leaving Hospital
- Support for carers
- Befriending, sitting service and benefits checks
- Replacement boilers and radiators, energy advice and Handy Person support
- Nutrition and exercise classes
- Cleaning and gardening
- Volunteer opportunities
- Managing finances
- Safety and security in the home
- Support for physically disabled people and their carers.

There are many other services that Peterborough Wellbeing Service can help you with. Most services are free, however, some services are charged for or require eligibility.

Contact:
Jan 01733 342683
Website: www.pcvs.co.uk

Five things health and care organisations need to do for you

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Since 31 July 2016, all organisations that provide NHS care or adult social care have been legally required to follow the Accessible Information Standard.

As part of this, there are five things they need to do to make sure their services are accessible for you if you have a disability or sensory loss. This includes being accessible for you as a carer.

Healthwatch Cambridgeshire and Peterborough wants to know if these five things are always happening for local people.

1. Providers must ask you if you need help to contact them, to communicate well or to understand letters or health information.
2. They must record your communication needs so that they know how to support you without you having to ask each time. For example, if you cannot use the telephone and require an accessible alternative such as email or SMS text.
3. They must make sure your communications needs are highly visible or linked to an electronic alert on your care record so they know when to take appropriate action. For example, to make sure a British Sign Language (BSL) interpreter is booked ahead of your check-up.
4. They must share your communication needs if they refer you to another service, for example, a hospital specialist. They need to ask your consent to do this.



5. They must make sure one or more accessible contact and/or communication methods are available for you to use, if you need them. For example, SMS text or Text Relay if you can't use the telephone - and/or access to a BSL interpreter during your appointment.

You have the same right to have privacy, dignity and information as anyone else. It isn't good enough for them to expect you to take your friend along to translate for you.

Healthwatch has been working with Cambridgeshire Deaf Association and Cambridgeshire Hearing Help on this important issue. They also want to hear from people who are blind, partially sighted or who have other communications needs.

As a local Healthwatch, they have the power to challenge health and care decision makers to improve care for you.

But they can only do this when you share your stories with them. Tell them if it works for you/or not!

Call Julie or Heather at Healthwatch Cambridgeshire on 01480 420628, email enquiries@healthwatchcambridgeshire.co.uk

Complete accessible information survey www.healthwatchcambridgeshire.co.uk



Little Miracles, Ramsey

Little Miracles is a charity run by volunteers that supports families who have children with additional needs, disabilities and life-limiting conditions. It organises trips, Saturday family sessions, an after school club, toddler group and a Cuppa and Chat session for parents. They also run family sessions during the school holidays.

One of the mums who attends, Suzanna Taylor (pictured), describes what Little Miracles means to her and her family. She says "Little Miracles has been a lifeline to our family and I can't imagine life without them.

Our six year old boy, Axel, has mild autism, ADHD, verbal dyspraxia and some sensory seeking behaviour. Little Miracles is somewhere we can go as a family where he can play which is safe, fun and supportive. We can relax knowing that he can be himself with people who are understanding and supportive to his needs and we're not being judged.

The team are amazing and make everyone feel welcome, they put a lot of time, consideration and energy into arranging activities that cater to all the family. They have gone above and beyond to help with filling out forms, also putting me in contact with support agencies, offering advice on what may help with his needs.

Every Saturday we attend the organised play sessions that cater to my son's sensory needs. It's taken a while for my son to settle in but they have made adjustments and support him. They allow us to arrive earlier if he's having a bad day, provide a quiet area or tent where he can go if needed and even distract him and step in if he starts to get over excited.

The weekly Cuppa and Chat group is a welcome support to some parents. Agencies or support groups come in and do sessions and the Little Miracles team ensure everyone is aware in advance. The team will relay the information to parents who can't attend and provide details to talk to the speakers directly if needed.



I have made so many friends and find all the parents friendly and supportive, we can relax, chat and share experiences with those who can relate to our situation. It's great to see the children develop and grow and to hear the positive stories as well as the negatives from the parents.

It's also been lovely to see my younger son build friendships and play with other children who have a sibling who has a disability so understands what he's going through and supporting each other.

The group has been a great support to me and my family and journey forward as my little boy grows will not be so hard as I know that the group will be there to support us all the way."

Monday After-School Sports Club at One Leisure Centre, Ramsey, PE26 1DP 5-6pm for children with additional needs and their siblings.

Tuesday Drop-in 9.30am-12pm is a baby/toddler/preschool group for children with additional needs and their siblings. It is also a Cuppa and Chat support group for with regular speakers invited.

Saturday Family Group 10.30am-12pm for parents/carers with children and siblings.

Saturday and Tuesday Groups are held at The Boundary Meeting Room, Abbey Road, Hollow Lane, Ramsey, PE26 1DG.

Contact: Amy Clarke 07715 306112
amy.clarke@littlemiraclescharity.org.uk
www.littlemiraclescharity.org.uk

Little Miracles also runs groups in Ely, St Neots, March and Peterborough.

Thorpe Hall Hospice

Befriending Service

Befriender Lesley shares her story

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With my children having left for university and work, and as a 'natural nurturer', I was feeling a little empty. It was the classic 'children flown the nest syndrome'. I have a busy job as a higher level teaching assistant in a school and I do some tutoring but the only thing waiting for me at home were my two cats. To be frank, I was feeling a little sad. I had some spare time on my hands and lots of care to offer. So I started looking for something positive to fill the gap.



I'd been interested in the work of hospices since my dad passed away in one nearly 30 years ago, so I got in touch with Sue Ryder Thorpe Hall Hospice in Peterborough to see if there was anything I could do to help.

The Befriending Service caught my eye. A team of Volunteer Befrienders offer a 'good neighbour' style service to people living in the community with life-limiting conditions. They spend an hour or two a week offering a friendly ear and a helping hand, stepping in to keep people company and sometimes to give full-time carers a break.

Befriending sounded ideal. When Dad was in the hospice there was a volunteer who used to drop in and spend time with him. It made a big difference to him - having someone outside of the family who wasn't too involved emotionally to share things with that perhaps would have been too difficult for his wife, my mum, and his daughters to hear. That had

been really important to him and I could see how that was something I could offer.

Before being able to sign up as a Befriender, I attended the training course. When pairing Befrienders with clients, personal interests and hobbies are taken into account, as well as geographical location and family situations. A two hour visit after work on Fridays suited me perfectly.

"I feel like I am making a difference"

I crochet and am interested in crafts so was delighted to be paired up with Daphne who used to be a keen knitter, she really just wanted someone to sit and chat with which suits me fine.

Each Friday when I arrive at Daphne's, she insists on making me a cup of tea. We then sit and talk, I show Daphne my latest craft project, Daphne talks about her family and sometimes we just watch television. I've been visiting Daphne for nearly six months and it never feels like a chore, in fact, I think I get as much out of my visits as Daphne does, I really enjoy seeing her and spending time with her.

Daphne Long celebrated her 80th birthday in October 2016. Ill health makes it difficult for her to get out and about.

Daphne said: "My consultant at hospital suggested Thorpe Hall's Befriending Service to me. I have a son and a daughter and some friends that call in but some days I sit at home and I don't see a soul. The idea of having someone come in regularly to see me sounded good. I was worried that my illness might put people off but Jacqui at Thorpe Hall put my mind at rest.

"I really look forward to Lesley's visits. It's a relief to have someone else to talk to but the best thing is that we have so much in common - we try to keep each other out of mischief!"

If you would like to find out more about Thorpe Hall Hospice's Befriending Service please call 01733 225900 or email thorpehall@sueryder.org.

Support for Parents and Carers

Pinpoint offers free information, support and involvement to Cambridgeshire parents and carers, especially those with children with additional needs and disabilities. Find out about events, meet-ups, holiday ideas, local services and support groups on our website.

Home/School transport: help improve the Cambridgeshire service

Pinpoint and SENDIASS (Special Educational Needs and Disabilities Information Advice and Support Service) are hosting meetings with parents and the local authority to discuss transport to and from school for children and young people with additional needs and disabilities. We'll be looking at the whole process, including parent involvement, development of a charter, quality assurance, individual surgeries, and more.

See events calendar for dates.

Bookings: 01480 499043 or email bookings@pinpoint-cambs.org.uk

Carers Week Celebration

Join other Cambridgeshire parent carers and the Pinpoint team for coffee and cakes at Bluntisham Village Hall, Mill Lane PE28 3LR on Wednesday June 14, from 10am to 12 noon. We're celebrating all the amazing work that parent carers do for their families. We'd love to welcome you along.

Bookings: 01480 499043 or email carole@pinpoint-cambs.org.uk if you are free to take a break with us.



Does your child have ADHD/ASD?

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

See events calendar for dates.

Information and Bookings:

For Histon/Huntingdon call Jackie
01480 499043 or

Email jackie@pinpoint-cambs.org.uk

For Peterborough/Ely call Eve 01480 499043

Email eve@pinpoint-cambs.org.uk

Self Harm: parent support

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

See events calendar for dates.

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

Group organiser is Eve Redgrave
01480 499043

Email eve@pinpoint-cambs.org.uk

See events calendar for dates

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Pinpoint contact info

Phone: 01480 499043

Email: information@pinpoint-cambs.org.uk

Website: www.pinpoint-cambs.org.uk

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

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

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

Email: newsletter@pinpoint-cambs.org.uk

Learning to Sign with Lucy

Karen Harris, 47, from Stanground, Peterborough, describes the transformation that a £400 grant made for her and daughter Lucy to communicate.

I am mum to Lucy, aged nine, and Luke, aged 18. Lucy was diagnosed with Down's Syndrome at birth, and at age three she was also diagnosed with autism. Lucy has some very challenging behaviour, but obviously we love her dearly.

Being a carer, I have struggled in the past to have any time to myself and switch off, which has left me exhausted. However, last year I had an opportunity to do something for myself - a course in British Sign Language (BSL) to communicate with Lucy. While doing it I realised how important having some time to myself was, and meeting with other like-minded people.

When the course finished and I had passed Level 1, I was so proud of my achievement and wanted to continue to Level 2. I asked Carers Trust Cambridgeshire & Peterborough if they could help with the funding, as well

as ask their advice about being a family carer. I had a lovely chat with Paul Rhodes, their Customer Relations Team Manager, who helped with this and advised me how to apply to Carers Trust nationally.

"I struggled to have time to myself and switch off until I received a grant from Carers Trust"

Paul gave me some invaluable advice. But more than anything he was a friendly voice at the end of the phone. The day I called I had had a particularly challenging day with Lucy and it was the summer holidays and the change of her usual routine made her feel unsettled. Talking to Paul helped offload some of my stress of the day.

When Paul rang to say that I had been awarded the grant, to say I was ecstatic was an understatement. It meant I could do the course without having to find over £400. The course itself is so much fun, it is engaging and I love learning and improving my new skill. I look forward to my weekly sessions learning to extend my sign language skills.



Photo courtesy of Terry Harris

Signing helps Lucy in lots of ways. It gives her the visual clue she needs and helps her to communicate if she doesn't feel comfortable using words. It can also relieve frustration as I can quickly understand what Lucy is trying to communicate to me.

The other people on my course have similar backgrounds, children with additional needs, so we instantly bonded and often meet for coffee to practise our BSL. My tutor Nicki from MySign Tuition which meets in Goldhay Community Centre, Peterborough also teaches us deaf awareness which is so important. Nicki really keeps us working, but makes the course so much fun, she is down to earth and often has us in stitches.

I would like to thank Carers Trust from the bottom of my heart for the grant - and for the two hours a week I get to be Karen, to put myself first, and that is so important, you really cannot put a price on that."

Paul said he was delighted that the grant had had such a positive impact on Karen's life. "Karen and I discussed what support she felt she needed at the time and I realised that she would be a perfect candidate for the Skills for You grant. I was able to support an application to Carers Trust national head office and Karen was successful in being awarded the full amount for her course. The panel stated that they felt that Karen represented 'the face of caring'.

"In the past we have also successfully helped families receive grants for holidays and essential household equipment. The grants are awarded by a panel that meets quarterly."

Need Support to Speak Up? TotalVoice can help

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Do you know where to turn for help if you struggle to be heard and want support to understand your rights and make decisions about health and social care?

It can be very daunting understanding the legal and statutory procedures involved with social care, but advocacy support for family carers in Cambridgeshire and Peterborough is available from TotalVoice. The service is free, independent and confidential.

An Advocate is a person who puts a case on someone else's behalf. Cambridgeshire County Council and Peterborough City Council have brought together advocacy services for adults, carers, children and young people into one single service. TotalVoice Cambridgeshire and Peterborough (TVCP) is delivered by specialist advocacy providers VoiceAbility, Cambridgeshire Deaf Association and National Youth Advocacy Service (NYAS), to provide statutory and community advocacy services.

Family carers have rights that are engrained in The Care Act 2014 to protect their own health and well-being, putting their needs on the same level as the cared-for person.

TotalVoice will:

- Support you to be heard
- Help you understand your rights, choices and options
- Enable you to make your own decisions about health and social care
- Get support from the people around you in your community
- Give the people around you the skills to support you
- Give you the tools to do as much as you can for yourself.

Dedicated TVCP helpline: 0300 222 5704.

Referral form: www.voiceability.org/services/cambridgeshire-and-peterborough/total-voice-cambridgeshire-and-peterborough

Do you have a story to share about advocacy and support you received?

What advice would you give family carers to overcome these problems?

Email comms@carerstrustcambridgeshire.org with your stories.

Patient Participation Groups How You Can Get Involved

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Did you know you can get involved with your GP practice and have a say on the service it provides by joining its Patient Participation Group (PPG)? And if it doesn't have a group, you can start your own.

From April 2016, it has been a contractual requirement for all English practices to form a PPG and to make reasonable efforts for this to be representative of the practice population. The Care Quality Commission works with PPGs when it inspects surgeries, giving members an empowering role at the surgery and a voice to be heard: www.cqc.org.uk/content/working-local-groups#PPGs

19-24 June 2017 is national Patient Participation Group Awareness Week aimed to promote the role and benefits of these groups to patients, the public and health professionals, to create more understanding of the value of true patient participation also to promote the support available from the National Association for Patient Participation (NAPP). NAPP is an affiliated membership group and its aim is to see an effective PPG in every GP practice. It promotes the role of PPGs as participants in decision making within the NHS.

The first PPG was set up by a GP in 1972 and many general practices in England now have this. Generally made up of a group of volunteer patients, the practice manager and one or more of the GPs from the practice, they meet on a regular basis to discuss the services on offer, and how improvements can be made for the benefit of patients and the practice.

NAPP says that the beauty of these groups is that there is no set way in which they work - the aims and work of each group entirely depends on local needs - making sure that their practice puts the patient, and improving health, at the heart of everything it does. A summary of how PPGs make a difference: www.napp.org.uk/GPP_21Ways_acc.pdf

NAPP says: "We want all PPGs to draw on the experience and views of patients and

carers to work with GPs and other staff in a positive way as equal partners and as a useful resource for the practice. We work with patients and local people to ensure their ideas and experiences influence this project and how PPGs develop in the future as well as reaching wider numbers and different types of patients."

To find out how to set up and run a PPG, email abdullah@patients-association.com

Carers Magazine did a Google search for PPGs in Cambridgeshire and Peterborough. Here's one example: www.huntingdonroadsurgery.co.uk/ppg.aspx

It states: We represent the patient body, keeping the practice informed of our members' concerns, and keep in touch with members by email or post, circulating information about the practice and developments in the NHS at the regional and national level. We support the practice by helping to compile and analyse surveys, by editing and producing the practice's termly newsletters, and by organising the PPGs activities.

Patient Participation Groups
www.napp.org.uk/joiningappg.html

Get involved:
www.napp.org.uk/startingappg.html

NAPP:
www.patients-association.org.uk/projects/our-projects/patient-participation-groups/

Care Quality Commission:
www.cqc.org.uk/content/gp-example-involving-people-and-caring-carers#example-3



Seven day access to GP services in Peterborough

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Patients registered at all GP practices across Greater Peterborough can book appointments seven days a week.

An extra 12,000 GP practice appointments have been offered since last September, made possible by extended health services which have just been secured for at least another year.

As a result appointments can be made as late as 8.30pm Monday-Friday, as well as on Saturday and Sunday mornings.

To book an appointment, patients simply need to phone their own practice as they would do normally and they will be advised which appointments are available and where. Patients may be asked to attend a practice other than their own, but the health professional will still have full access to their health records.

Holiday Information Guide

Specifically designed for people with learning disabilities and packed with information to help choose a holiday.



What's included in the guide?

- Useful advice, guides and information
- Tour operators
- Places to stay - UK/abroad
- Specific interest holidays
- Benefits, insurance and help
- Resources specifically for family carers.

"The holiday information brochure was the most comprehensive I've seen and I wish I'd found it sooner. Fab for info."

Download a copy: <http://www.hft.org.uk/>

Working Carers Group

Do you care for someone and work?

.....

If you find it hard to access information and support during the week at a time that suits you, the Working Carers Group which meets on Saturday mornings (11am to 1pm) in the West Wing, Thorpe Hall, Peterborough, could be just the answer.

Carers Trust Peterborough began the new group for working carers last year and has been delighted to find that it meets an unmet need. ([see events calendar](#)).

Christine Atkinson, Carer's Support Officer, said: "We hope that working family carers in the Peterborough area can come along on a Saturday to have a coffee and chat with other carers, as well as learn about their rights and have a break from their caring role.

"We look forward to welcoming more carers at our group. Do come along to the main reception area and let them know you want to join us."

Information about your rights as a carer in employment, from requesting flexible working and time off for dependants, can be found on the NHS Choices website <http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/employment-rights-for-carers-flexible-working-unpaid-leave.aspx>



An Introduction to the Recovery Coach Team

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The Recovery Coach Team was set up due to a gap in support being identified when people are coming to the end of their journey with community mental health services, or CPFT. A period of great anxiety and change, this has been likened to "being on a cliff edge" with uncertainty around what the next steps may be and what support is available in the community. With this in mind, our team of Recovery Coaches and Peer Support Workers are now supporting people who are about to make the transition from CPFT back to the care of their GP, and have identified that they may find this challenging.

The team is divided into North - Peterborough and Wisbech; Mid - Huntingdon and surrounding areas and South - Cambridge.

We utilise a coaching approach to enable people in setting and achieving goals, which means that the individual receiving our support is encouraged to identify what they need to make the transition successful.

Our service is offered over a six week period with no fixed number of sessions within that time; the pace and approach is decided upon by the individual.

Using coaching techniques as their primary tool, the Recovery Coaches work alongside the Peer Support Workers, deploying a "recovery approach" to their work. This encompasses drawing out a person's strengths and achievements, supporting the person to make their own decisions and encouraging them to develop their own unique skills to grow and learn.

Peer Support Workers, with their own significant lived experience of challenges

around their mental health, are employed within the team to use not only their natural empathy and compassion but also their own knowledge of the process of transitioning from secondary to primary care themselves, which enables them to support people in a holistic and mutual fashion.

As a carer, you may be wondering the best way to support someone through this journey yourself. We believe that asking the person what support they would like is a good starting point, and that nobody can direct their support as well as they can themselves.

The Recovery Coach Team, with an individual's consent, can involve a person's carer/loved one. We recognise that this can also be a challenging time for carers and with this in mind the team also offers coaching to carers, separate from the work we do with the person they care for.

Anyone who is currently receiving and is in the process of being transferred back to the care of their GP or has recently made this transition and is finding this challenging, can be referred to us. We accept self-referrals, as well as referrals from carers, care co-ordinators and GPs.

If you would like to make a referral or would require more information about our services then please contact us:

Phone: 01733 748386

Or write to us:
Recovery College East
(Peterborough)
Gloucester Centre
Morpeth Road
Peterborough
PE2 7JU



Wising up against Scammers

15 June is World Elder Abuse Day. We would like to alert family carers to scammers who have targeted older, vulnerable people. Scams are schemes to con you out of your money. They can arrive by post, phone call, text message or email, or from someone coming to your home.

Every year three million people fall victim to scams, losing an average of £850 each and sometimes a great deal more, warns Cambridgeshire County Council.

Some victims are repeatedly targeted. Yet fewer than five per cent of people report scams to the authorities.

What to look out for:

- They appear official (that is their intention). e.g. claiming to be solicitors/the government and will use legal and formal jargon. Letters will be addressed to you personally to make you feel special.
- Once you have replied to one scam letter you will receive more. If you are receiving three letters a day offering superb prizes it is likely your details have been added to a 'suckers list' being shared between scammers.
- Car matching scams - you place an advert to sell a car and someone contacts you promising to find a buyer if you pay an upfront fee.
- Beware of doorstep sellers offering cut-price electricity.
- Ignore requests to pay fees saying you have won a prize draw, the lottery or been left money in a will.

Often people who have become trapped in a cycle of responding to scams have additional support needs and if you think this is the case, you can also contact your County Council's Adult Safeguarding Team.

How do I avoid them? Age UK advises the following:

- Never give your bank details to someone you don't know
- Keep personal documents in a safe and secure place
- Don't give out any personal information, such as bank and card details
- Check your bank statements regularly and inform your bank if there are any entries you don't recognise
- Get your post redirected straight away if you move house.

Available help and support

Age UK Free guide to Avoiding Scams call 0800 678 1601.

Citizens Advice Bureau

Helpline 03454 04 05 06.

www.citizensadvice.org.uk/consumer/scams/scams/common-scams/common-scams/

www.citizensadvice.org.uk/

Think Jessica

Aims to raise awareness of the danger of replying to deceptive mail and phone calls.

www.thinkjessica.com/

Action Fraud

Report on the Action Fraud website www.actionfraud.police.uk/

Helpline 0300 123 2040.

Victim Support

Gives free and confidential help to victims of crime, witnesses, their family, friends.

www.victimsupport.org.uk/

Cambridgeshire County Council, Safeguarding Adults

www.cambridgeshire.gov.uk/safeguardingmca

Peterborough City Council, Safeguarding Adults

www.peterborough.gov.uk/healthcare/safeguarding/safeguarding-adults/

Carers Trust Cambridgeshire and Peterborough is a charity and the leading provider of carers support for families.

We are there to help by:

- Providing flexible breaks for family carers
- Preparing carers for an emergency including the What If? Plan in Cambridgeshire
- 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.

We also have 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
Web: www.carerstrustpeterborough.org

Charity Reg No. 1091522.
Registered in England & Wales: 4379948.

For information on the sources of references x-x 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 or 0345 241 0954
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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 July 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 on 01480 499090 or email comms@carerstrustcambridgeshire.org

We'd love to hear from you!

