

CAMBRIDGESHIRE & PETERBOROUGH carers

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Looking after someone?

Helping someone with their day to day life?

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

Are you an unpaid family carer?

This magazine is for you.

Inside this issue:



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- Giving dementia carers a voice
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- Parent Carers and Children & Young People with Disabilities
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We welcome stories from family carers and organisations that support them throughout Cambridgeshire and Peterborough, along with any suggestions for articles you would like included.

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

Welcome

Many people looking after someone don't recognise themselves as unpaid (family) carers and consequently are never aware of the support available. They provide invaluable support, often at a personal cost to their own physical and mental wellbeing, their relationships and own needs. Yet almost three quarters of people nationally said they didn't feel government valued their contribution and fewer than 1 in 6 said their contribution is well valued by health and care professionals¹.

This edition highlights the second annual Sharing the Caring and Pride in Our Carers Awards, created to help increase recognition of carers, demonstrate they are valued and celebrate some inspirational stories by raising awareness of what caring involves and what can help. Next year's celebratory event will be in Peterborough.

There's also a challenge ('The Moral Highground' page 15) that reliable assessments and support would be more helpful. Carers need both. The CEO of CPFT acknowledged that, as well as their good work, he felt they let carers down and supported in a crisis (page 3). Caring will affect most of us at some point and there's a role for everyone to insist on change and to contribute to local initiatives that will provide emotional and practical support. Our Events pages are filling up with examples and we want more.

Carers Rights Day is a time to find out about rights that the state has given carers and young carers, but please get advice in the context of your situation. Carers outcomes are inextricably linked to those they care for.

Finally, I'd like to mention that I will be retiring from Carers Trust Cambridgeshire at the end of November, after 12 years. It's been a privilege to work with and for all of our readers. I'll work on one more edition – please let us have any content suggestions or ideas.

Dr Helen Brown
CEO, Carers Trust
Cambridgeshire





Celebrating our fantastic Carers and those who support them

Cambridgeshire and Peterborough Pride in Our Carers Awards 2017

The dedication and inspirational devotion of unpaid family carers and organisations that support them has been honoured in the Cambridgeshire & Peterborough's Pride in Our Carers Awards 2017.

Once again, it made us all feel proud and humbled as we heard so many moving stories about the lives of family carers who give so much of their time to care for others. It was a joy to hear them at the second Sharing the Caring event in Cambridge, held jointly by Carers Trust Cambridgeshire & Peterborough and Cambridgeshire & Peterborough NHS Foundation Trust (CPFT) to mark national Carers Week in June.

Dr Helen Brown, CEO of Carers Trust Cambridgeshire & Peterborough, who is a carer for her father, spoke from the heart about her experiences of being a carer, saying this was a fantastic opportunity to celebrate with admiration and thanks everything that family carer's, friends and the community do.

"All care takes place in a relationship. Every relationship is different and both parties need to be considered. We started our Caring Communities approach a year before it became the recurring national Carers Week theme, working together and offering more, helping carers to help themselves and each other, Sharing the Caring in every and any sense.

"I heard a carer say, 'Can't we prepare families better about the likelihood of becoming carers? There is no rehearsal, there is no training and it is certainly wasn't something I applied for. Charities were helpful in providing a way through'.

"Another said to me, 'When I was pregnant I had months of preparation and learning and a fabulous support network of young mums. When my mum in Yorkshire became elderly and showed signs of dementia, it couldn't have been more different or more lonely. Can't we prepare better for this?' It is not a weakness to want some help."

Aidan Thomas, Chief Executive of CPFT, said that whilst he was proud of the Triangle of Care, a therapeutic alliance between the service user, social care professional and carer, much more can be done to support unpaid family carers.

He said "I think we sometimes step in when we have let carers down, that is when our services come into play and we have got to find ways of changing that. I think the statutory sector has got to reach out more at earlier stages in order to prevent breakdown in care and I think that is something that is going to have to change.

"To understand what that means we have got to have a much closer link and dialogue with carers at events like this who tell us how to think policy wise and developmentally, but also individually."

To read more on this prestigious event, see page 4 for Pride in Our Carers Awards winners, page 6 for Tommy Whitelaw, the keynote speaker who talked about dementia and caring for his mother, and page 8 for Robin Graham's article on why laughter is so good for us all - he had everyone doubled up at the event with his wacky laughter therapy!



Pride in Our Carers Awards 2017

Carer of the Year Award

Awarded to Emma, from March, who has had two lots of open heart surgery and a heart transplant assessment in the last six years. Emma selflessly devotes her life to caring for her mother who has Alzheimer's, constantly enabling her mum to keep her dignity and thinking of creative ways to care for her. See page 7 for Emma's story.

Young Carer of the Year Award

Awarded to Lily Bell (below right), 10, from Huntingdon. She helps look after her younger sister Daisy, 6, who has had nine brain surgery operations since she was born (a 10th operation was due on the day of the Award presentation) and also cares for twin brother Shay who suffers from severe ADHD.

Lily helps around the house too with domestic chores and also raises money for charity, having completed 5k runs and had all her hair cut for charity, donating it to the Little Princess Trust for Children who have lost their hair to cancer.

Carer Friendly Employer of the Year Award

Awarded to Robert Myers, Head of Care Pathways at The Marbook Centre, St Neots who was nominated for the way he engages with local organisations and for his support in setting up the Carers Café Neuro hub which meets there monthly to support carers and people with neurological conditions.

What is a Carer Friendly Employer? In Robert's own words: "Quite simply, for us it's just doing the right thing. If you could share clinical best practice, break carers' isolation, and support your key local third sector and NHS partners, wouldn't you?"

Carer Friendly Social Care Award

Awarded to Joanne Gibson, who works with Cambridgeshire County Council Family Intervention Partnership, supporting families with complex difficulties.

She prepares assessments for the needs of the whole family, which includes referring young people to the Young Carers team at Carers Trust Cambridgeshire "because I have seen what a valuable resource it is for families. Giving children and young people the chance to be children, have fun, find adventure and make friends is crucial to building their strength and resilience so they can face what life brings to them."



Carer Friendly Health Care Award

Awarded to the Cornerstone GP practice in March. It was praised by judges for creating "a fantastic model for a health organisation" in prioritising identifying carers early, the brainchild of Practice Manager Sarah Fox. It has launched a carers group which is run by a newly appointed Patient Liaison Officer, Ellie Buckton, and is believed to be the only GP practice in Fenland to have a dedicated member of staff working with family carers. See page 14 for more about the practice.

Carer Friendly School or College of the Year

Awarded to Young Carers Support Worker Lynda Johnson at Hampton College, Peterborough for her outstanding work identifying and supporting young carers in the classroom. She has significantly grown the service and increased the number of young carers identified each year.

Lynda was nominated for going the extra mile for young carers by holding regular reviews of their caring role, putting into place a policy to ensure young carers' rights are protected at school, as well as talking to the governors and senior leadership team about what else can be done.



L-R: Lynda Johnson with Tania Bingham of Carers Trust Cambridgeshire & Peterborough

Carer Friendly Voluntary Organisation Award

Awarded to Lucy Perkins, from the Eastern Regional Child Brain Injury Trust, based at Addenbrooke's Hospital, Cambridge, for supporting a family whose son Lewis acquired a life-changing brain injury during a game of football just days before his 16th birthday. Lewis's eldest sister Chloe had just left for university when the accident happened in October 2015, with younger sibling Ellie only nine at the time.

In nominating Lucy, Sarah Rollings, from St Ives, said: "Whenever any problem has presented for either of my children she has stepped in and given them more than we could have imagined, whether it's educating school staff, educating peers or finding grants available to enable the children to attend activities, as well as to help with their with their confidence, create new opportunities or build self-esteem."

Outstanding Contribution to Carers Award

Awarded to Linda Collumbell, Chair of Trustees for Carers Trust Cambridgeshire & Peterborough, for dedicating a lifetime to working in social care and with carers.

Special Recognition Award

Awarded to Estelle Mitchell, Caring Communities Manager at Carers Trust Cambridgeshire & Peterborough, nominated by CPFT for her outstanding work supporting family carers in the community and for working with partners.



L-R: Linda Collumbell, Dr Helen Brown and Estelle Mitchell

Tommy Whitelaw

Hearing the carer's voice

There was barely a dry eye in the audience when Tommy Whitelaw, an active national dementia campaigner, spoke passionately at our Sharing the Caring event in Cambridge.

Tommy is a charismatic advocate with Dementia Carer Voices and gave a fervent speech about listening to the needs of those who live with dementia and their carers.

He described his experiences of giving up his job to care for his mother Joan, from the moment of her diagnosis with dementia in 2007 until her death in 2012. He writes a high profile blog called Tommyontour and is touring the country, pledging to give 632 speeches about dementia to inspire and inform about the best way to communicate with people, collecting pledges of support on his travels. See some of our own Pledges on page 8.

Tommy says: "Carers tell us that a little bit of time, listening and understanding can make an unimaginable difference during what can be a very difficult and lonely journey. No matter what your role, you have the potential to transform the lives and experiences of people with dementia and their carers. At Dementia Carer Voices we aim to ensure that carers have their voices heard, their rights and caring role are recognised by those who play a part in the journey and that real life experience influences health and social care policy, culture and practice.

Dementia Carer Voices works with health and social care professionals to highlight the importance of a person-centred approach to dementia care, with carers as equal partners.

Their aim is to promote a fuller understanding of the carer journey and provide a platform where carers can express their views and experiences of caring for a loved one with dementia by:



- Highlighting the role of carers as experts who should be recognised for the value that they bring to the life of their loved ones and to society as a whole; carers as people with needs; carers as people with independent lives;
- Empower carers by providing information based on the Charter of Rights and Carers Strategy about caring for someone with dementia.

Tommy said: "I thank you nurses, you doctors, you care assistants and volunteers, you incredible unpaid carers out there for dedicating your life to caring for people, but I just ask you two things: take time to find **what** matters and **who** matters to the people you care for or make a decision about the cared-for. If you do, there is a chance you will change their life."

We would like to thank our partner organisations from across the sector showing their support for the campaign, and helping to spread the message.

Dementia Carer Voices: <https://dementiacarervoices.wordpress.com/you-can-make-a-difference/>

Tommy on Tour's blog: <http://tommy-on-tour-2011.blogspot.co.uk>



If you were unable to attend the Pride in Our Carers event and want to see Tommy's talk, you can view it on our YouTube channel at https://youtu.be/5Ba_8m6w_tw

Don't forget to subscribe to our YouTube channel too (it's free).

Emma, Carer of the Year

Emma, an "inspiring" carer who supports her elderly mother with Alzheimer's whilst suffering from a serious heart condition herself, won this year's Carer of the Year Award.

Emma, who lives in March, was nominated by her friend, Dr Wendy Harrison, who praised Emma for putting her mum's needs first and thinking of creative ways to support her.

She said: "Emma has had two lots of open heart surgery and a heart transplant assessment in the last six years. Despite her physical disability she cares for her mum, finding imaginative ways to cope, such as playing the piano when she is distressed or taking her out for a drive in the car."

The judging panel said: "This is a carer with a big heart evidenced by the extra support given outside her primary caring role. Thoughtful and enabling, I found this nomination inspiring."

Emma said afterwards: "I am stunned as I really didn't expect to win. I am stunned, honoured and blessed to be named Carer of The Year. Thank you."

Emma, who has cared for her mother, Maureen, for seven years, says that their journey together, living with Alzheimer's, has taught her a valuable lesson - that of living a moment at a time.

"Caring has taught me to live in the moment with mum. There's a saying 'take one day at a time' but when someone can't remember what happened even a moment ago, then every moment has a value. The emotion of an event remains after the event is forgotten."

Emma attends to her mother's personal care and encourages her to be as independent as possible, but admits she is frequently exhausted, due to her heart condition, exacerbated by climbing stairs too frequently and maintaining the household.

Last September, Emma started to learn to play the piano, an activity that gives them both joy, with her mother clapping and dancing along to the tunes or accompanying Emma on a set of electronic drums.



L-R: Sue Marchant, BBC Radio Cambridgeshire who presented the award, Emma and Tommy Whitelaw, Dementia Voices Campaigner

"I don't always get time to practice but this is about redrawing my life map, about learning something new within my own physical limitations and achieving something for myself; it's the one thing I do for me, a way of looking after myself."

Emma has a break from her caring role when her mother attends the Carers Trust Cambridgeshire day club on Mondays and Tuesdays at the Trinity Church, March which caters for people with care needs.

"Mum loves it there. Quite often those hours are taken up doing the things I can't do when mum is at home. I do try and ring fence the time as much as is possible for rest and me time."

Dr Harrison added: "As her mum's illness progresses, Emma constantly looks for new approaches that will enable them both to stay independent in spite of their disabilities. This is sometimes daunting. Trips to hospital for example are tricky when juggling parking, supervising mum and walking to the appropriate department. Things I take for granted, like nipping upstairs, are a mountain for her.

"She is always there for her friends and neighbours and keen to teach and educate others about Alzheimer's and the challenges of caring. She has been involved through a local GP practice with teaching medical students, informing the next generation of health professionals."



Robin Graham, Laughter Therapist Extraordinaire

It's impossible not to crease up laughing if you are in the same room as Robin Graham, as anyone who saw him at the Sharing the Caring event in Cambridge will vouch. Robin had everyone doubled up in laughter, with huge grins spread on their faces; proof that laughter is stress releasing.

You can read his story here - and why you should try to laugh as much as possible!

"In 1997 I learned some yoga breathing techniques and in 1999 we were encouraged to lead laughter sessions in our communities. It really felt right to me - something I would like to do and also benefit from. It was the beginning of my journey as a Laughter Facilitator. I trained in Laughter Yoga, but my biggest interest remains as to why we laugh, how it benefits us, and how we can use laughter in our lives to help with happiness, lowering stress, and improving health.

"The other day a lady with cancer came up to me after a session, and she said that the year has been very tough for her, and that she hasn't laughed all year - until now. This is how you can embrace laughter therapy:

- gather your 'feel good items' and things that can encourage laughter to create your own Box of Laughter
- have a willingness to laugh, and even sometimes look in the mirror if it feels right for you and smile at yourself or chuckle a bit
- embrace the playfulness of laughter, and the benefits will follow.

Laughter doesn't mean, 'I don't care'. It may mean, 'I am angry, I am sad, I am confused, I am scared, I can't cope.' But laughter and playfulness can help us cope and release the stresses and emotions that are blocking our own wellbeing and happiness.

More about Robin: www.writelaugh.co.uk/laughter.html

Building a Caring Community

**"I pledge to listen with open ears
and an open heart."**

**"I pledge to view the person I care
for as all that they have been,
they are and all that they can be."**

**"I pledge to take the time to speak to
the person's family and provide
support to make their lives
as fulfilling as possible."**

Make your own pledge at www.carerstrustcambridgeshire.org/mycarerpledge

State of Caring – nationally and locally

Dr Helen Brown

Every year Carers UK carries out an annual survey of carers to understand the state of caring in the UK. This also informs the summer annual State of Caring conference.

This year over 7,000 people shared their experience – their biggest ever response – and more than the 6,500 people who responded to the national Carers Strategy's Call for Evidence.

There were some stark figures about impact: on carers' health and wellbeing (affecting sleep, diet, exercise and depression) with over two thirds saying their GP knew they were a carer, but did nothing different as a result.

Breaks are important with 4 in 10 not having a day off from caring in over a year. Nearly three quarters received some kind of practical support to help them care, but almost 4 in 10 said the amount of care arranged by social services had reduced. Two thirds of carers reported having received an assessment, but fewer than half said their ability and willingness to provide care was thoroughly considered. Only a third felt that the support needed to look after their own mental and physical health was considered and reflected in the process.

Hospitals have a duty to consult the patient's carer about the discharge process. Yet the majority said they were either not consulted or consulted only at the last minute. Many carers had been forced to use savings, credit cards or overdrafts to help make ends meet.

A third of carers who responded were in paid work. Many had given up work or reduced hours and 7 in 10 felt this wasn't properly considered in their Carer's Assessment or support. Almost three quarters of people said they felt government does not value or understand their contribution.

Carers UK / State of Caring made six recommendations for everyone to campaign for:

1. Ensure carers and families don't suffer financial hardship as a result of caring.
2. Ensure sufficient funding to get care they need and which is affordable.
3. Ensure carers are able to juggle work and care, returning to work if they wish.
4. Provide funding to enable carers to take the breaks they need.
5. Create a more 'Carer Friendly' NHS.
6. Ensure all are better prepared for caring and get early support for health and wellbeing.

There were examples of good practice throughout the country: integrated commissioning, proactively reaching out into local communities, social prescribing, wellbeing services, prevention through contingency plans and emergency cards, measuring outcomes (what worked), sharing data and maintaining employment. A commissioner concluded that carer services are "Nowhere near where we ought to be, but better than two, three, ten years ago."

Overall, how does Cambridgeshire & Peterborough's support for carers compare? We can't say objectively. Outcome measurement seems ahead of many areas, but with room for development (our work with GPs and outcome measurement was cited to NHS England). Issues seem in common. Some areas complete their own annual State of Caring report, to profile their area against the national picture. This could be considered for 2017-18.

* Carers Trust Cambridgeshire are affiliated to Carers UK.

Statistics in this article are referenced in² www.carersuk.org/for-professionals/policy/policy-library/state-of-caring-report-2017

Carers Rights Day

We Can Help

Friday 24 November 2017



Family carers have rights. These have been enshrined in The Care Act 2014 which places the health and wellbeing of the carer on the same level as the person they care for³.

Carers Rights Day is on Friday 24 November. But at Carers Trust Cambridgeshire & Peterborough, we believe it is important for people to realise that these rights exist every day of the year.

Carers UK tells us⁴:

- 1 in 8 adults (around 6.5 million people) are carers.
- By 2037, it's anticipated that the number of carers will increase to 9 million.
- Every day another 6,000 people take on a caring responsibility – that equals over 2 million people each year.
- 58% of carers are women and 42% are men.
- Over 1 million people care for more than one person.

Carers Trust Cambridgeshire & Peterborough can help by offering the following support and information:

Carer's Assessment

- For carers of all ages and those they care for, the assessment safeguards their health and wellbeing.

Support

- In Cambridgeshire and Peterborough we support carers to take a break using a Family Carers' Prescription or through private purchase of care support across all areas.

Finance

- Welfare benefits - these are wide ranging and can include Council Tax reduction, Housing Benefit, help with



healthcare costs, Tax Credits, Income Support, Personal Independence Payment and Disability Living Allowance.

We would recommend that carers have a welfare benefit check to maximise their income. There are also many grants and sources of charitable funding available for specific needs.

- Carer's Allowance - a state payment of £62.50 is available if you meet the criteria and care for someone for at least 35 hours a week.
- Carer's Credit - a way of protecting pension rights for people who are caring for someone but are not paying NI contributions through paid work and are unable to claim Carers Allowance.
- Attendance Allowance - non-means tested. There are two different rates of £55.10 or £82.30 for the cared-for person who is aged over 65 and physically or mentally disabled, depending on the level of personal care needed. This benefit is intended to enable people to purchase the help they need.
- NHS Continuing Healthcare funding - this is care funded by the NHS for people with primary healthcare needs arranged outside the hospital.

Planning for the future

Caring can be unpredictable, talking to the cared for person about their wishes and having a contingency plan in place can help.

- Lasting Power of Attorney - there are two types of LPA: health & welfare and property & financial affairs, enabling carers to make decisions for the cared-for person when they lose capacity.

- What If? Plan - emergency support planning, is available to carers of people living in Cambridgeshire. [See p 20 for more information.](#)

Employment and Education

- Rights in work - carers in the workplace have statutory rights, from requesting flexible working to time off in emergencies. [See p 12.](#)
- Rights in education - The Care Act 2014 and the Children and Families Act 2014 both enshrine carers rights to access work and education. Young Adult Carers have the right to a transition assessment which will help them achieve their goals.

To read more on Carers Rights, see our website: www.carerstrustcambridgeshire.org/help-advice

The following websites have further information and advice about benefits:

Benefits: www.turn2us.org.uk/Your-Situation/Carers

www.carersuk.org/help-and-advice/financial-support/help-with-household-finances/grants

If you know a carer who needs help regarding any of this, contact us on 01480 499090, email care@carerstrustcambridgeshire.org

If you are a carer and have a story to share about rights and benefits, please do let us know, email comms@carerstrustcambridgeshire.org

Carers Trust Cambridgeshire, Peterborough & Norfolk ANNUAL GENERAL MEETING

Thursday 21st September 2017
4pm

The Corn Exchange, St Ives
PE27 5AD

All welcome

Carers Trust Cambridgeshire & Peterborough Family Carers Day The Corn Exchange, St Ives 21 September 2017 at 10am

Caring can have a harmful impact on unpaid family carers. To help reduce this impact we can help plan for the future and help you to manage and enjoy your caring role.

The event is free and includes refreshments, lunch, activities and workshops designed to improve wellbeing and to give family carers a bit of a well-deserved treat!

Guest speakers from Cambridgeshire and Peterborough's local authorities and NHS will be talking about their ongoing commitment to unpaid family carers. You will have the opportunity to tell us what support/services you need to help you with your caring role.

Planning your current/future caring role. A specialist from the world of finance will give ideas on financial planning. We will also have members from the Carers Support Team to explain how to prepare for unplanned events.

Managing your Caring Role. Practical advice and guidance from experts on a breadth of subjects such as welfare benefits, planning for emergencies and employment will be there to help with managing your caring role alongside other aspects of your life.

Enjoying your caring role. We recognise that caring can be an uplifting and rewarding time in your life. Look after your health and wellbeing by staying connected, having fun and taking time out to spend on yourself.

The event will include the launch of the new **Carers Directory** of local available support, which will also be available online.

Come and chat to partners and professionals we work with, as well as trustees, staff and senior management of Carers Trust Cambridgeshire & Peterborough.

Booking is essential as places are limited. To book your place phone 01480 499090
Email: events@carerstrustcambridgeshire.org
or see our website.

Family Carers in the Workplace

Know Your Rights

Tracy Hyland - Head of Young Carers/Young Adult Carers & Engagement, Carers Trust Cambridgeshire, Peterborough & Norfolk

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The UK has over 3 million working family carers - that is 1 in 9 of the workforce juggling the responsibilities of caring and paid employment⁵.

Family carers have different needs. Caring for a sick or disabled relative or friend can happen overnight - and employers need to be supported to respond to that challenge.

Every year 2 million people become family carers, some overnight, some more gradually so there is a new population of family carers in the workplace every day⁶.

At Carers Trust Cambridgeshire & Peterborough, we have developed a **Carers at Work Project**.

The project has two distinct strands:

- To support the family carer who is struggling to balance work/life whilst still caring. We provide a dedicated web page where information about their rights as a family carer will be available and/or someone to talk to about their rights/entitlements whilst still trying to maintain employment
No family carer willingly gives up work, many take jobs that are lower paid, can be quite transient in their nature and offer more flexibility around hours so they can continue to care. This can place huge emotional and financial strain on the carer and their family.
- The other strand will focus on the employer by supporting the organisation to recognise the value of keeping carers in work - not just to the family carer, but to the business. Recruitment and retention is hugely expensive for employers and to lose valuable dedicated staff because of their caring role is not cost effective.

We can assist with training, developing a Carers policy for your business, help to

develop a carers support group and link the employer in with resources to understand their role in keeping family carers at work.

Undertaking a few small changes can:

- Attract and retain staff
- Reduce stress in the workplace
- Reduce recruitment and training costs
- Increase resilience and productivity
- Reduce sick leave
- Improve people management and staff morale.

It makes business sense to care for family carers.

If you would like more information on the project or would you like to share your experience of being a working family carer, then please get in touch with Tracy Hyland, on 01480 499090 or email tracy.hyland@carerstrustcambridgeshire.org.

More information about the statutory rights of carers in the workplace is available from:

Skills for Life

www.skillsforcare.org.uk/Document-library/Skills/Carers/Balancingworkandcare.pdf

* If you are a family carer and have a story to share about juggling work and being a carer and the support you are given by your employer, please do let us know, email comms@carerstrustcambridgeshire.org



BritishRedCross

The Everyday First Aid course is a new way to deliver first aid training developed by the British Red Cross which focuses on the most important key skills to make an impact when first aid is required.

The course is delivered in a way to make it easy to learn and easy to remember. Free to adult groups and communities, also at risk groups such as clinical - slips, trips, falls over 60, environmental - homelessness & rough sleepers and behavioural - drugs & alcohol.

Contact Nigel Wildman, Adult Education Coordinator, British Red Cross
Phone: 01354 653411

Local Age UK Supports Older Carers



Age UK Cambridge and Peterborough (Age UK CAP) is now enhancing their support for older families in Cambridgeshire by providing Carer's Assessments.

Cambridgeshire has the fastest growing older population with a high growth in the numbers of those aged over 80⁷.

As a result it is anticipated that the number of older carers will soar in the next few years, with many of them suffering poor health themselves. Identifying them early is crucial to reduce or delay the harmful impact of caring.

Carers Trust Cambridgeshire, the lead provider of support for carers in the county, has announced a new partnership working with Age UK CAP to help improve support for family carers. It will refer family carers aged over 80 to Age UK CAP for a Carer's Assessment and support planning. Age UK CAP staff have been trained to complete statutory Carer's Assessments to determine the level of support the carer needs and to understand the impact that caring has on their lives - a requirement of The Care Act 2014.

Laura Green, Carers Support Team Manager with Carers Trust Cambridgeshire, said

"We are extremely pleased to be working in partnership with Age UK CAP who have unique expertise, connections and experience which we know will increase our effectiveness in identifying and supporting more family carers, particularly those aged over 80. As a result carers will feel better heard and understood, they will know more about their rights and benefits and receive support to ensure that their own health and wellbeing is prioritised and they can continue to do the things which are important to them."

In addition, Age UK CAP will continue to raise carer awareness across the community support services and attend Carers Hubs meetings and groups held by Carers Trust Cambridgeshire & Peterborough.

For further information about a Carer's Assessment: <https://carers.org/article/carers-assessment>

Phone: 01480 499090

Email: care@carerstrustcambridgeshire.org

Trumpington Mental Health Walks

On 16th June Christine Burton, Making Space Carer Support Worker, joined Lizzy and eight other people for a walk around Trumpington Meadows Nature Reserve. Lizzy only started the walks at the beginning of May and already they've become very popular.

These popular walks are an opportunity for service users, family and friends who have experienced mental health challenges to get together for a walk around the nature reserve. Fresh air and exercise are acknowledged ways of helping to promote physical and mental wellbeing.

The walk takes about an hour and there's a variety of different routes that can be taken. They walked to the pond, where they watched various dogs playing in the water and then continued into the woods where it was a bit cooler. Continuing on the circular route, they made their way back to Waitrose car park. In such lovely surroundings, you completely forget that you are walking parallel to the M11.

The group meets in Waitrose café (look for the balloons) at 10.30am every other Friday morning, where there's the opportunity for a quick cup of coffee and chat before setting off.

For more information and forthcoming dates please contact Lizzy at mhwt@email.com.



Ellie Buckton has a unique job supporting family carers at a GP practice in March

My name is Ellie (pictured right) and I am a Patient Liaison Officer (PLO) with The Cornerstone Practice in March, Cambridgeshire. This is a relatively new role and one of the reasons that it was established was to provide recognition and support for family carers. I have been the Practice PLO for around 15 months now and enjoy the role immensely.

My role as a PLO covers a variety of things, but the part that I enjoy most and get the most satisfaction from is the role of Care Co-ordinator. I am the point of contact at the surgery for any of our carers that need anything, even if it is just a reassuring chat. I am the person that our carers come to when they need help or advice and if I do not know the answer, I always know someone who does! I feel that having someone within the surgery that can spend time with each individual has made a big difference to everyone concerned.

It is my responsibility to make sure that our carers are recognised as such and that proper records are kept. I send out carers' packs which are personalised to dementia, mental health, etc. and contain the relevant forms to be registered as a carer and also lots of information about other agencies that offer help and advice.

I have recently set up a carers support group which meets fortnightly at the surgery during our lunchtime period, when it is otherwise closed. As well as providing face-to-face access to myself and practice colleagues, I also arrange for outside agencies to come along to the sessions to talk to the group. We currently have assistive technology, Carers Trust Box of Trix and Care Network Cambridgeshire's wellbeing team booked, so we have a busy time ahead.



As a surgery, we were recently nominated for the 'Carer Friendly Health Award' which we are proud to say that we won and received our award on 13 June in Cambridge.

We were delighted to have been shortlisted, but to win was wonderful and I am sure that our carers group will be just as thrilled.

Our carers group has a really good mixture of people with one common purpose and that is to do the very best they can for their loved ones. Our get-togethers have been very well attended, which has just proved to us that we are meeting a real need.

The feedback that we have received is that by coming to the surgery once a fortnight enables carers to gain knowledge and friendship which makes life that little bit easier. It is our way of showing that we care about this frequently overlooked, but vitally important group of people.

Does your GP practice support you as a family carer?

Would your GP practice like to become more carer-friendly?

Please contact us for more information about how we can help.

Phone: 01480 499090

Email: care@carerstrustcambridgeshire.org

The Moral High Ground



Jonathan Wells
from Rethink
Carer Support -
Cambridgeshire
and Peterborough
writes in a
personal capacity

A friend who is also a carer recently said to me that as carers we always occupy the moral high ground. I wasn't sure what she meant at the time, but now I think I understand.

Like some of us, I'm privileged to go to quite a few conferences and meetings where the role of carers is discussed. One thing I notice is how these events tend to start with senior people from local agencies praising family carers to the heights and vowing each year to do more to support us. They do this for two reasons I believe.

One is simply that we should be praised because we are truly doing a fantastic job. But maybe there is another reason too. I think senior health and social care managers (and I've been one myself) feel guilty deep down about their relationships with carers. They know they could and should be doing more to support us, and they know that year on year, despite The Care Act and all sorts of commendable but often small initiatives,

accessible, needs-led, practical and emotional support for all carers who require it, tends not to materialize.

At home, I've noticed that, amongst my many annoying habits, I've begun more and more to praise to the skies the meals that my wife produces, and which I've done hardly anything to produce. I feel guilty about that, but I keep on doing it. I'm desperately keen for her to carry on cooking so well, and so I lavish her with praise so that she will, I hope, feel good about what she's doing and carry on.

This is not a particularly neat comparison with what happens between senior managers and carers, but I do think something similar is happening there. Of course recognition and encouragement for carers are important and very much deserved, but we're not saints, we're simply "ordinary people" (whatever that means) doing the best we can for the people we love.

I don't know about you – but I for one would be happy to exchange some of the lavish praise for more reliability when it comes to carrying out Carer's Assessments and turning them into relevant support plans that enable us all to continue doing what we do.

Editor: What do you think?

Do you agree with Jonathan?

How can we speak up more effectively as carers so that we get what we need to carry on? Please share your ideas with us via comms@carerstrustcambridgeshire.org

Peterborough Wellbeing Service is a service run by Peterborough Council for Voluntary Service to help residents of Peterborough who may need help and support to remain independent. Most services are free, however some services are charged for or require eligibility.

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 family 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.

pcvs
Peterborough Council for Voluntary Service
Making Lives Better!

Phone: Jan 01733 342683

Website: www.pcvs.co.uk

A photograph of a middle-aged couple, Keith and Pat Crofton, sitting on a light-colored sofa in a living room. Keith, on the left, is wearing a red sweater and glasses. Pat, on the right, is wearing a blue and white striped top. They are both smiling at the camera. The background shows a window with curtains and some indoor plants.

Introducing the new Join Dementia Research Champion for East Anglia

Keith and Pat Crofton's lives changed forever when Pat was diagnosed with Early-Onset Dementia two years ago. Like others, the couple found some comfort through participating in NHS research and now they want to help others to benefit too. By helping to champion the National Institute for Health Research's (NIHR) 'Join Dementia Research' service the Norfolk couple have found the perfect way to do this.

Pat, a retired Orthopaedic Practice Manager was diagnosed with Early-Onset Alzheimer's disease in 2014. While the couple struggled to come to terms with this devastating diagnosis, a local support group opened the door to clinical research being carried out by NHS teams. Pat has now been involved in two research trials so far and is not only helping to improve future treatments for dementia, but has also found some benefits from taking part.

Pat said, "I found it brilliant. The nurses have been fantastic and we've been able to see the same people. I feel I can talk to someone about it, they understand my worries, my concerns and they've also given me hope and focus."

In supporting Pat through her journey, Keith, a Sales and Marketing Professional wanted to do more to help others access the same benefits. He discussed it with Kim Clipsham, an NIHR Specialist Research Nurse who is based at Norfolk and Suffolk NHS Foundation Trust. Kim pointed him in the direction of the NIHR's Join Dementia Research Service which is an online service where volunteers can register their interest in taking part in research.

Keith is now taking any opportunity he can to raise awareness of the service along with NHS Dementia research in general as a Join Dementia Research Champion.

He said "I think the whole thing about research is that it provides hope and Join Dementia Research is an easy way to get involved. You just register and if you're contacted by a research team, you can say yes or no to taking it further. It's as simple as that."

"Having two daughters and two young granddaughters, we think it's important to do whatever we can to try to stop this dreadful illness and if we can find a cure for it, it'd be brilliant."

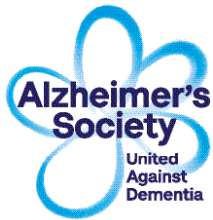
Keith also said, "A friend of ours had Alzheimer's disease and was hugely involved in research and if it hadn't have been for him, the drugs Pat's on now wouldn't exist. So it's not just about us, it's about trying to help future generations as well, if we can".

See the Join Dementia Research website www.joindementiaresearch.nihr.ac.uk or call Alzheimer's Research UK on 0300 111 5 111 for more information.

If you are interested in becoming a Join Dementia Research Champion please email or phone as below:

Phone: 01603 287481 for more information.

Email: CRNEasternCommunications@nihr.ac.uk



Dementia is the biggest health and social care crisis

With more than 10,000 people living with dementia in Cambridgeshire – a condition which is now the biggest health and social care crisis facing society – it's vital that now more than ever before we unite to help find a cure, improve care and offer help and understanding for people affected.

In Cambridgeshire, a Dementia Support Service is provided to people living with dementia and/or their carers, improving their understanding of the condition, maintaining their independence and reducing isolation. Alzheimer's Society's trained team of dementia advisers and support workers provide individualised information and support.

There are six Dementia Cafés across Cambridgeshire in March, Ely, Cambridge, Wisbech, Ramsey and St Ives. This informal setting allows people affected by the condition to share common grounds over a cup of tea. Feedback sought from these events show that people value the useful information they obtain from it. (See [events calendar](#)).

For further information about the support Alzheimer's Society in Cambridgeshire can provide, call 01954 250322 or email cambridgeshire@alzheimers.org.uk.

Alzheimer's Society is the UK's leading dementia charity. We provide information and support, fund research, campaign to improve care and create lasting change for people affected by dementia.

Together we can take on dementia creating a more dementia friendly society, just like the two million people in England, Wales and Northern Ireland registered as **Dementia Friends** – an Alzheimer's Society's initiative launched in 2013. In Cambridgeshire and Bedfordshire there are now 44,487 people registered as Dementia Friends, transforming the way people act, think and talk about the condition.

Anyone can become a Dementia Friend by watching a short online video or attending an Information Session. **Unite with Alzheimer's Society today, visit www.dementiafriends.org.uk or www.alzheimers.org.uk.**

Alzheimer's Society Peterborough celebrates their third birthday

In early September the Alzheimer's Society will be celebrating their third year at the Dementia Resource Centre, Peterborough. We have seen an increase in demand for our activities over the years and are able to offer a wide range of groups including Singing for the Brain, Knit & Knatter, Current Affairs, Cognitive Stimulation and Arts & Crafts. These services give people with dementia the chance to meet others in a relaxed setting.

During opening hours you can phone to talk in confidence with a member of our Dementia Support Service. Alternatively come to one of our drop-in peer support groups: Mondays 2pm to 3.30pm for people with dementia and Wednesdays 10.30am to 12pm for carers. Our staff are there to listen when you just feel the need to talk, or to offer information and advice on specific issues.

Our Dementia Adviser provides individualised information and guidance to people with a diagnosis of dementia. Our Dementia Support Workers give personalised information and support to people with dementia and their carers. We can arrange for you to be visited at home or you can attend the Dementia Resource Centre to discuss your needs further.

Our Carer Information Support Programme (CrISP) is a series of five workshops for carers and family members of people with dementia. This programme aims to offer structured information to inform and support the caring role. Carers do not necessarily have to live with the person with dementia.

Last but not least we run Dementia Cafés. Anyone who has dementia or is caring for a person with dementia is welcome to attend the Cafés which are held on Thursdays at selected venues. (See [events calendar](#)). To find out more please call 01733 893853 or email: peterborough@alzheimers.org.uk.

New Family Carers Hubs to be launched

Ashling Bannon, Carers Hubs Manager with Carers Trust Cambridgeshire & Peterborough

We are thrilled to announce three new Carers Hubs that are to be launched in Cambridge, Wisbech and Peterborough, offering carers a break and the chance to relax and meet other carers too.

Family carers are invited to join us, along with the person they care for, at the following launches where guest speakers and activities are planned:

- **Cambridge:** Tuesday 21 November, 10am to 12.30pm at Garden Wing, Meadows Community Centre, 1 St Catherine's Road.
- **Wisbech:** Wednesday 20 September, 10am to 2pm, at the Oasis Community & Children's Centre, St Michael's Avenue.
- **Peterborough:** Monday 25 September, 10am to 2pm, Gladstone Park Community Centre.

The Hubs will be held monthly and offers the following for carers:

- Friendship and support from other carers.
- Enable family members who take on a caring role to have a short break.
- Hear from expert speakers/seek advice, for example, advice on benefits, finances, Wills, Lasting Power of Attorney, and emergency and forward planning.
- Enable families to have their needs assessed and receive help in creating a support plan.
- Take part in learning and wellbeing workshops.

To book a place at any of these events, please call Carers Trust Cambridgeshire on 01480 499090 or email:

care@carerstrustcambridgeshire.org.

(See events calendar).

Carers Trust Cambridgeshire & Peterborough Family Carer Helpline

Our Family Carer Helpline is open Monday to Friday from 9am to 5pm. We have a team of friendly, skilled and experienced staff to take your calls and provide you with help and support. The staff in our helpline team will firstly establish what you feel you need.

They are there to listen and respond to your needs. Our staff will provide emotional support. We also provide information and guidance on:

- Carer's Assessments and support plans (age 16+)
- Family Carers' Prescription
- Emergency planning
- CQC regulated care at home and out in the community
- Day care
- Benefits and financial advice
- Lasting Power of Attorney
- Family carers rights
- Working carer rights
- Health, wellbeing and learning opportunities
- Opportunities for short breaks
- Community support groups and condition specific support
- Transition planning for Young Carers & Young Adult Carers
- 1 to 1 Support for Young Carers/ Young Adult Carers
- Support groups for Young Carers/ Young Adult Carers, community, school, further education and university based
- Young Carers in Schools project
- Groups and activities for Children and Young People with Disabilities (CYPD)
- BBC Children in Need project for CYPD and Young Carers
- Volunteering opportunities.

For more information phone 01480 499090 or 01733 645234.

National Back Care Week

2-8 October 2017

National Back Care Week is a reminder for family carers to prioritise their health and wellbeing, and to take particularly good care of their backs. Family carers put the needs of the person they care for ahead of themselves, which can have an adverse effect on their own health.

Carers Trust Cambridgeshire (CTC) is running a series of awareness sessions on back care at its Carers Hubs to advise and help family carers about caring for their backs. The following dates and venues are confirmed:

Monday 16 October 11.45am to 12.45pm

Ramsey Library, 25 Great Whyte, Ramsey PE27 3HA

Friday 27 October 11am to 12pm

Larkfields Day Centre and Community Centre, High Barns, Ely CB7 4SB

Sarah Farrow, Trainer with Carers Trust Cambridgeshire & Peterborough, said it was important that family carers were aware of how to take good care of themselves to avoid injuring their back.

"Family carers need to think of themselves and it is our mission to improve lives of carers and to reduce and delay the harmful impact of caring. If a family carer is worn down by back pain, they cannot do their caring role properly, and we hope these awareness sessions will help prevent injury."

BackCare (the National Back Pain Association) says that unpaid carers are a particularly at-risk group due to the physical and psychological factors involved and often present to healthcare services as secondary patients⁸. Added to this is the danger of higher than usual levels of emotional stress, especially if they are caring for a spouse or close family member.

70% of unpaid carers already suffer from back pain⁹ - the world's leading cause of disability. Through research, education and outreach activities, BackCare is working to help prevent and manage back pain in unpaid carers. It offers advice to family carers about preventing this.



NHS Direct offers back care tips. Also see <http://www.nhs.uk/Livewell/Backpain/Pages/Topbacktips.aspx>¹⁰

1. Exercise/strengthen your back regularly: walking, swimming and exercise bikes are excellent.
2. Always bend your knees and hips, not your back.
3. Learn to lift heavy objects correctly.
4. Carry larger loads in a rucksack using both shoulder straps, avoid sling bags.
5. Maintain a good posture in your chair, at a desk, or walking.
6. Get up from sitting every 30 minutes.
7. Stop smoking: to increase blood supply to the discs between the vertebrae, and reduce degeneration.
8. Lose any excess weight. Use the NHS healthy weight calculator to find out if you're a healthy weight for your height.
9. Check your bed provides correct support and comfort for your weight and build, not just firmness.
10. Stress is a major cause of back pain. Learn relaxation techniques i.e. breathing exercises to help.

Websites for information:

Backcare: www.backcare.org.uk

NHS Choices, Moving and handling the person you care for: www.nhs.uk/conditions/social-care-and-support-guide/pages/mobility-problems-carers.aspx

Carers Trust, Taking care of your back: <https://carers.org/article/backcare>

Carers UK, Caring for your back: www.carersuk.org/help-and-advice/health/looking-after-your-health/caring-for-your-back

What If? Plan Draw Winner

Janet Reindorf was overjoyed to learn she was the latest winner of the What If? Plan draw. She wins a wine tasting session and canapes for two in The Old Bridge Wine Shop, Huntingdon. Many thanks to The Old Bridge Wine Shop for donating the prize.

Everyone who has registered their What If? Plan is automatically entered into the draw.

Janet, who lives in St Ives, cares for three sons aged 17, 19 and 21 who have special needs and helps care for her mother with Alzheimer's disease who is 87.

Janet said "It would be really nice to go out with my husband Charlie. That is so lovely; it has made my day. It is important to plan ahead for an emergency, and the What If? Plan gives me peace of mind."

The What If? Plan encourages family carers to plan ahead for an emergency. The free service delivered by Carers Trust Cambridgeshire and funded by Cambridgeshire County Council, operates 24 hours a day, 7 days a week, every day of the year. It can provide emergency support to the person you care for, in the event of you being unable to care because of a sudden illness, accident or other unplanned event.

You can register for a What If? Plan if:

- the person you look after lives in Cambridge City, Huntingdonshire, Fenland, East Cambridgeshire or South Cambridgeshire
- the person you look after is over 18
- you are aged 16 or over.

The form can be downloaded and completed online or by post.

For further information and to register, call Carers Trust Cambridgeshire, 01480 499090 or see www.carerstrustcambridgeshire.org/whatifplan.

If you live in Peterborough please call 01733 747474 and ask for the 'Emergency Support for Carers Service' or visit the Peterborough City Council website for more information and to register.

Jointly App

Making life easier for Carers in Cambridgeshire

Have you tried the new Jointly App?

Developed by Carers UK, and promoted by Carers Trust Cambridgeshire and Cambridgeshire County Council assistive technology team, Jointly is a mobile and online tool designed to support people looking after a loved one.

It aims to make caring a little easier, less stressful and a lot more organised by making communication and co-ordination between the people who share the care as easy as a text message. Jointly combines group messaging with other useful features including to-do and medication lists, calendar and more.

Jointly is only available for free to carers in Cambridgeshire with thanks to Cambridgeshire County Council. It can only be redeemed online by using the code DGT3385.

How does Jointly work?

With Jointly a family carer can create a 'circle of care' for the person they are looking after. Once a Jointly circle has been set up family carers can start using Jointly to organise care. Carers can use it on their own or they can invite others to join them and share the care. Jointly works on iPhone, iPad, Android devices and on most modern web browsers (home computers, laptops, smartphones, tablets, etc.).

Jointly features:

- Simple, intuitive group communication
- Tasks
- Calendar
- Profile page, Medications
- Notes
- Contacts.



For further information see www.carerstrustcambridgeshire.org/support/jointly-app

Available now, the new Box of Trix

Ingrid Baldwin, Carers Support Officer with Carers Trust Cambridgeshire & Peterborough

Trying to source essential gadgets and items that could make a huge difference to the life of family carers and the person they care for is a daunting task.

The new Box of Trix has removed that worry. It comprises around 30 items which we feel could be useful to families. These are aids that can help family carers save time and energy and ensure that the cared for person can retain their independence for as long as possible, including instant fit grab rails, a talking alarm clock, large digit telephones, toothpaste squeezers, reminiscence items and much more.

The Box of Trix is being shown at Carers Hubs throughout Cambridgeshire and Peterborough, at GP surgeries and community groups. Information about where the items can be bought, and pricing, is provided too. However, we cannot endorse any of these products or providers.

Ingrid said "We have purchased inexpensive and readily available items to show family carers what is available for them and put them together as our Box of Trix. They are available on multiple websites or high street shops. Best of all they don't cost a fortune, they start from £1 and could really help family carers and the person they care for.

"The items are not condition specific and can be used in everyday life."

"None of them shout 'disability' or 'illness'; they are just simple gadgets and products that can help save a little time for family carers."

If you would like further information, call Ingrid Baldwin on 01480 499090 or email ingrid.baldwin@carerstrustcambridgeshire.org.



L-R: Ingrid and Estelle launching the Box of Trix at the Sharing the Caring event in Cambridge in June

The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA)



The scheme is one of the ways for participating cinemas to ensure they make reasonable adjustments for disabled guests when they go to the cinema; in particular it ensures a complimentary ticket for someone to go with them.

You don't need to have a CEA Card for a reasonable adjustment to be made. The UKCA's policy is cinema staff should make them for you.

The card is operated under Terms and Conditions. Please refer to the FAQs online: www.ceacard.co.uk/frequently-asked-questions.php#3

Phone: 01244 526 016
Textphone: 18001 01244 526 016
Office Hours: 9am to 5pm Monday to Friday excluding Bank Holidays.

Website: www.ceacard.co.uk
Address: CEA Card, PO Box 199, Deeside, CH5 9BW.

Events Calendar

September 2017

Friday 1

- **Ely CPFT Dementia Friday Club** The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm to 4pm (see p 41).

Monday 4

- **March CTC Carers Drop-In - Why do I need a Power of Attorney? How do I pay for care home fees. Free talk from Buckles Solicitors** March Library, City Road PE15 9LT 10am to 12pm.
- **Wisbech Alzheimer's Society Dementia Café** Robert Hall Centre, St Augustine's Road PE13 3AH 10am to 12pm.

Tuesday 5

- **Cambridge CPFT Dementia Friendly Drop-In** Sainsbury's Café, Coldhams Lane CB1 3HP 2.30pm (see p 41).
- **Cambridge - Milton Parkinson's Support Group** Barnabas Court, Cambridge Road CB24 6WR 12.15pm to 3pm (see p 43).
- **Fordham CPFT Dementia Carers Lunch** Scotsdales, Market Street CB7 5LQ 12.30pm to 2.30pm (see p 41).
- **Huntingdon CTC Adult Carers Support Drop In - variety of speakers and activities each month, light refreshments provided** Huntingdon Library, Meeting Room 2, First Floor, Princes Street PE29 3PA 10am to 12pm.
- **March Alzheimer's Society Dementia Café** St Peter's Church Hall, 36 High Street PE15 9JR 10am to 12pm.

Wednesday 6

- **March Parkinson's Support Group** The Braza Club, Elm Road PE15 8NZ 10am to 1.30pm (see p 43).
- **Ramsey Alzheimer's Society Dementia Café** Rainbow Surgery, Stocking Fen Road PE26 1SA 10 am to 12pm.
- **St Ives Parkinson's Support Group** Dolphin Hotel, London Road PE27 5EP 2pm to 4pm (see p 43).

Thursday 7

- **March Breathe Easy Fenland Support Group** St Peter's Church Hall, High Street PE15 9JR 2pm to 4pm (see p 43).
- **Peterborough Pinpoint ADHD/ASD Parent Group** Goldhay Community Centre, Orton Goldhay PE2 5QP 10am to 12pm (see p 39).

Friday 8

- **Ely Pinpoint ADHD/ASD Parent Group** Ely Cathedral Centre, Palace Green CB7 4EW 12.15pm to 2pm (see p 39).

Monday 11

- **Histon Pinpoint ADHD/ASD Parent Group** Early Years Centre, New School Road CB24 9LL 6.30pm to 8.30pm (see p 39).
- **Sawtry Chatterbox Carers Drop-In** CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p 45).

Tuesday 12

- **Huntingdon Pinpoint ADHD/ASD Parent Group** Hunts Forum, The Maple Centre, 6 Oak Tree Drive PE29 7HN 10am to 12pm (see p 39).
- **March Alzheimer's Society Information Sessions** March Library, City Road PE15 9LT 10.30am to 12.30pm.

Wednesday 13

- **Ramsey Parkinson's Support Group** Ramsey Resource Centre, Stocking Fen Road PE26 1SA 2pm to 4pm (see p 43).
- **Peterborough Rethink Carers Support Group** Centre 68, 68b Westgate PE1 1RG 1pm to 3pm (see p 47).

Thursday 14

- **Great Shelford CTC Dementia Support Group - Talk from Safe & Well on daily living aids** David Rayner Building, Scotsdales, Cambridge Road CB22 5JT 10am to 12pm.
- **Longthorpe Alzheimer's Society Dementia Café** St Boltolph Church, Thorpe Road PE3 6LU 2.15pm to 3.30pm (see p 40).

Friday 15

- **Ely CPFT Dementia Friday Club** The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm to 4pm (see p 41).

Monday 18

- **Ramsey CTC Carers Hub - Wellbeing Activity: mini makeovers/skin care consultation - refreshments & lunch available** 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 43).



Tuesday 19

- **Ely Parkinson's Support Group** The Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm to 4.30pm (see p 43).
- **Fulbourn CPFT Dementia Friendly Lunch Group** Six Bells Pub, 9 High Street CB21 5DH 12.30pm (see p 41).
- **St Ives Alzheimer's Society Dementia Café** St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am to 12pm.

Wednesday 20

- **Cambridge BPD Carers Group** Cambridge Medical Centre, 35 Union Lane CB4 1PX 7pm to 8.30pm (see p 46).
- **Tilbrook Rotary Club Carers Coffee Club** The White Horse, High Street PE28 0JP 2.30pm to 4pm (see p 44).
- **Wisbech CTC Carers Hub - Launch day, guest speakers and activities** The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am to 2pm (see p 18).

Thursday 21

- **Ferry Meadows Alzheimer's Society Dementia Café** John Horrell Room, Visitors Centre, Nene Park Trust, Ham Farmhouse, Ham Lane PE2 5UU 2pm to 3.30pm (see p 40).
- **Great Shelford Alzheimer's Society Dementia Café** David Rayner Building, Scotsdales, Cambridge Road CB22 5JT 10am to 12pm.
- **St Neots Carers Peer Support Group** St Neots Tesco Community Room 1.30pm to 3.30pm (see p 45).

Friday 22

- **Cambridge Parkinson's Support Group** David Rayner Building, Scotsdales, Cambridge Road, Great Shelford CB22 5JT 10.30am to 2pm (see p 43).

Monday 25

- **Bar Hill Pinpoint Preparing for Adulthood Group** Bar Hill Tesco Extra Community Room, 15-18 Viking Way CB23 8EL 10am to 12pm (see p 39).
- **Girton CPFT Dementia Carers Meeting** St Vincent's Close Community Centre CB3 OPE 2pm to 3.30pm (see p 41).
- **Hartford Rotary Club Memory Café** All Saints in the Hollow PE29 1XP 2.30pm to 4.30pm (see p 42).

- **Peterborough CTC Carers Hub - Launch day, guest speakers and activities** Gladstone Park Community Centre PE1 2AN 10am to 2pm (see p 18).
- **Sawtry Chatterbox Carers Drop-In** CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p 45).
- **St Ives Hunts Breathe For Life Support Group** The Methodist Church Hall, 4 The Waits PE27 5BY 2pm to 4pm (see p 40).
- **St Neots Carers Social Lunch** Eaton Oak Pub PE19 7DB 12.30pm (see p 45).

Tuesday 26

- **Eaton Socon Carers Café Neuro - Mini makeovers/skin care consultation** The Marbrook Centre, Phoenix Park PE19 8EP 10.30am to 12.30pm (see p 42).
- **Ely Alzheimer's Society Dementia Café** Cathedral Centre, Palace Green CB7 4AW 10am to 12pm.

Wednesday 27

- **Cambridge Rethink Carers Support Group** St Laurence's Church, 91 Milton Road CB4 1XB 7.30pm to 9pm (see p 47).
- **Peterborough Parkinson's Support Group** PJ Care Neurological Centre, Eaglewood PE3 8DE 2pm to 4pm (see p 43).
- **Peterborough Rethink Carers Support Group** Centre 68, 68b Westgate PE1 1RG 1pm to 3pm (see p 47).

Thursday 28

- **Eye Alzheimer's Society Dementia Café** The Spinney, 1 Neath Court PE6 7UB 10.30am to 12pm (see p 40).
- **Great Shelford CTC Dementia Support Group - Pamper Day, Boots No 7 mini pampering, Reiki and Indian Head Massage** David Rayner Building, Scotsdales, Cambridge Road CB22 5JT 10am to 12pm.

Friday 29

- **Ely CTC Carers Hub - Singing for the Brain. Problems using your tablet? Free information/guidance to get started** Larkfield Community Centre, High Barns CB7 4SB 10am to 2pm.

Saturday 30

- **St Ives CTC Elvis Tribute Act** St Ives Golf Club, Needingworth Road PE27 4NB 8pm to 11.30pm (see p 45).

Events Calendar

October 2017

Monday 2

- **Histon Pinpoint ADHD/ASD Parent Group** Early Years Centre, New School Road CB24 9LL 10am to 12pm (see p 39).
- **Wisbech Alzheimer's Society Dementia Café** Robert Hall Centre, St Augustine's Road PE13 3AH 10am to 12pm.

Tuesday 3

- **Cambridge CPFT Dementia Friendly Drop-In** Sainsbury's Café, Coldhams Lane CB1 3HP 2.30pm (see p 41).
- **Cambridge - Milton Parkinson's Support Group** Barnabas Court, Cambridge Road CB24 6WR 12.15pm to 3pm (see p 43).
- **Fordham CPFT Dementia Carers Lunch** Scotsdales, Market Street CB7 5LQ 12.30pm to 2.30pm (see p 41).
- **Huntingdon CTC Adult Carers Support Drop In - variety of speakers and activities each month, light refreshments provided** Huntingdon Library, Meeting Room 2, First Floor, Princes Street PE29 3PA 10am to 12pm.
- **March Alzheimer's Society Dementia Café** St Peter's Church Hall, 36 High Street PE15 9JR 10am to 12pm.

Wednesday 4

- **March CTC Carers Drop-In - Scam Awareness - Community Protection Officer** March Library, City Road PE15 9LT 10am to 12pm.
- **March Parkinson's Support Group** The Braza Club, Elm Road PE15 8NZ 10am to 1.30pm (see p 43).
- **Ramsey Alzheimer's Society Dementia Café** Rainbow Surgery, Stocking Fen Road PE26 1SA 10 am to 12pm.
- **St Ives Parkinson's Support Group** Dolphin Hotel, London Road PE27 5EP 2pm to 4pm (see p 43).

Thursday 5

- **March Breathe Easy Fenland Support Group** St Peter's Church Hall, High Street PE15 9JR 2pm to 4pm (see p 43).
- **Peterborough Pinpoint ADHD/ASD Parent Group** Goldhay Community Centre, Orton Goldhay PE2 5QP 10am to 12pm (see p 39).

Friday 6

- **Ely CPFT Dementia Friday Club** The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm to 4pm (see p 41).
- **Ely Pinpoint ADHD/ASD Parent Group** Ely Children's Centre, Spring Meadow Infant & Nursery School, High Barns CB7 4RB 12.30pm to 2.30pm (see p 39).

Monday 9

- **Sawtry Chatterbox Carers Drop-In** CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p 45).

Tuesday 10

- **Huntingdon Pinpoint ADHD/ASD Parent Group** Hunts Forum, The Maple Centre, 6 Oak Tree Drive PE29 7HN 10am to 12pm (see p 39).
- **March Alzheimer's Society Information Sessions** March Library, City Road PE15 9LT 10.30am to 12.30pm.

Wednesday 11

- **Peterborough Rethink Carers Support Group** Centre 68, 68b Westgate PE1 1RG 1pm to 3pm (see p 47).
- **Ramsey Parkinson's Support Group** Ramsey Resource Centre, Stocking Fen Road PE26 1SA 2pm to 4pm (see p 43).

Thursday 12

- **Great Shelford CTC Dementia Support Group - Dancing with Filipa** David Rayner Building, Scotsdales, Cambridge Road CB22 5JT 10am to 12pm.
- **Longthorpe Alzheimer's Society Dementia Café** St Boltolph Church, Thorpe Road PE3 6LU 2.15pm to 3.30pm (see p 40).

Monday 16

- **Ramsey CTC Carers Hub - Back Care and Creative Art - refreshments & lunch available** Ramsey Library, 25 Great Whyte PE27 3HA 11am to 2pm.
- **St Neots Parkinson's Support Group** Old Market Court, Tebbutts Road PE19 1RQ 2pm to 4pm (see p 43).

Tuesday 17

- **Ely Parkinson's Support Group** The Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm to 4.30pm (see p 43).
- **Fulbourn CPFT Dementia Friendly Lunch Group** Six Bells Pub, 9 High Street CB21 5DH 12.30pm (see p 41).

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

Wednesday 18

- **Cambridge BPD Carers Group** Cambridge Medical Centre, 35 Union Lane CB4 1PX 7pm to 8.30pm.
- **Tilbrook Rotary Club Carers Coffee Club**
The White Horse, High Street PE28 0JP 2.30pm to 4pm (see p 44).
- **Wisbech CTC Carers Hub - Why do I need a Power of Attorney? How do I pay for care home fees - free talk from Buckles Solicitor plus Medicine Management & Continence Care** The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am to 2pm.

Thursday 19

- **Ferry Meadows Alzheimer's Society Dementia Café** John Horrell Room, Visitors Centre, Nene Park Trust, Ham Farmhouse, Ham Lane PE2 5UU 2pm to 3.30pm (see p 16).
- **Great Shelford Alzheimer's Society Dementia Café** David Rayner Building, Scotsdales, Cambridge Road CB22 5JT 10am to 12pm.
- **St Neots Carers Peer Support Group**
St Neots Tesco Community Room 1.30pm to 3.30pm (see p 45).

Friday 20

- **Ely CPFT Dementia Friday Club** The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm to 4pm (see p 41).

Monday 23

- **Girton CPFT Dementia Carers Meeting** St Vincent's Close Community Centre, CB3 OPE 2pm to 3.30pm (see p 41).
- **Hartford Rotary Club Memory Café**
All Saints in the Hollow PE29 1XP 2.30pm to 4.30pm (see p 42).
- **Sawtry Chatterbox Carers Drop-In**
CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p 45).
- **St Ives Hunts Breathe For Life Support Group** The Methodist Church Hall, 4 The Waits PE27 5BY 2pm to 4pm (see p 43).

Tuesday 24

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

Wednesday 25

- **Cambridge Rethink Carers Support Group**
St Laurence's Church, 91 Milton Road CB4 1XB 7.30pm to 9pm (see p 47).
- **Peterborough Parkinson's Support Group**
PJ Care Neurological Centre, Eaglewood PE3 8DE 2pm to 4pm (see p 43).
- **Peterborough Rethink Carers Support Group**
Centre 68, 68b Westgate PE1 1RG 1pm to 3pm (see p 47).

Thursday 26

- **Eye Alzheimer's Society Dementia Café**
The Spinney, 1 Neath Court PE6 7UB 10.30am to 12pm (see p 40).
- **Great Shelford CTC Dementia Support Group - Talk from Care Network & Continence Care** David Rayner Building, Scotsdales, Cambridge Road CB22 5JT 10am to 12pm.

Friday 27

- **Cambridge Parkinson's Support Group** David Rayner Building, Cambridge Road, Great Shelford CB22 5JT 10.30am to 2pm (see p 43).
- **Ely CTC Carers Hub - Back Care Awareness with preventative guidance and practical support to keep your back strong and healthy. Reiki hand/arm massage** Larkfields Day Centre & Community Centre, High Barns CB7 4SB 10am to 2pm.

Monday 30

- **St Neots Carers Social Lunch** Eaton Oak Pub PE19 7DB 12.30pm (see p 45).

Tuesday 31

- **Eaton Socon Carers Café Neuro - Managing Medication, Tea and Tablets Talk from the library. Make the most of your ipad/digital tablet and the library online service** The Marbrook Centre, Phoenix Park PE19 8EP 10.30am to 12.30pm (see p 42).

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

www.carerstrustcambridgeshire.org

Events Calendar

November 2017

Wednesday 1

- **March Parkinson's Support Group** The Braza Club, Elm Road PE15 8NZ 10am to 1.30pm (see p 43).
- **Ramsey Alzheimer's Society Dementia Café** Rainbow Surgery, Stocking Fen Road PE26 1SA 10 am to 12pm.
- **St Ives Parkinson's Support Group** Dolphin Hotel, London Road PE27 5EP 2pm to 4pm (see p 43).

Thursday 2

- **March Breathe Easy Fenland Support Group** St Peter's Church Hall, High Street PE15 9JR 2pm to 4pm (see p 43).

Friday 3

- **Ely CPFT Dementia Friday Club** The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm to 4pm (see p 41).

Monday 6

- **Histon Pinpoint ADHD/ASD Parent Group** Early Years Centre, New School Road CB24 9LL 10am to 12pm (see p 39).
- **Wisbech Alzheimer's Society Dementia Café** Robert Hall Centre, St Augustine's Road PE13 3AH 10am to 12pm.

Tuesday 7

- **Cambridge CPFT Dementia Friendly Drop-In** Sainsbury's Café, Coldhams Lane CB1 3HP 2.30pm (see p 41).
- **Cambridge - Milton Parkinson's Support Group** Barnabas Court, Cambridge Road CB24 6WR 12.15pm to 3pm (see p 43).
- **Fordham CPFT Dementia Carers Lunch** Scotsdales, Market Street CB7 5LQ 12.30pm to 2.30pm (see p 41).
- **Huntingdon Pinpoint ADHD/ASD Parent Group** Hunts Forum, The Maple Centre, 6 Oak Tree Drive PE29 7HN 10am to 12pm (see p 39).
- **Huntingdon CTC Adult Carers Support Drop In - variety of speakers and activities each month, light refreshments provided** Huntingdon Library, Meeting Room 2, First Floor, Princes Street PE29 3PA 10am to 12pm.
- **March Alzheimer's Society Dementia Café** St Peter's Church Hall, 36 High Street PE15 9JR 10am to 12pm.

Wednesday 8

- **March CTC Carers Drop-In - Benefits, Carers Assessment and Wellbeing information** March Library, City Road PE15 9LT 10am to 12pm.
- **Peterborough Rethink Carers Support Group** Centre 68, 68b Westgate PE1 1RG 1pm to 3pm (see p 47).
- **Ramsey Parkinson's Support Group** Ramsey Resource Centre, Stocking Fen Road PE26 1SA 2pm to 4pm (see p 43).

Thursday 9

- **Great Shelford CTC Dementia Support Group - Talk on holistic therapies by Karen Merritt (KarMer Therapies)** David Rayner Building, Scotsdales, Cambridge Road CB22 5JT 10am to 12pm.
- **Longthorpe Alzheimer's Society Dementia Café** St Boltolph Church, Thorpe Road PE3 6LU 2.15pm to 3.30pm (see p 40).
- **Peterborough Pinpoint ADHD/ASD Parent Group** Goldhay Community Centre, Orton Goldhay PE2 5QP 10am to 12pm (see p 39).

Friday 10

- **Ely Pinpoint ADHD/ASD Parent Group** Ely Children's Centre, Spring Meadow Infant & Nursery School, High Barns CB7 4RB 12.30pm to 2.30pm (see p 39).

Monday 13

- **Sawtry Chatterbox Carers Drop-In** CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p 45).

Tuesday 14

- **March Alzheimer's Society Information Sessions** March Library, City Road PE15 9LT 10.30am to 12.30pm.

Wednesday 15

- **Cambridge BPD Carers Group** Cambridge Medical Centre, 35 Union Lane CB4 1PX 7pm to 8.30pm.
- **Tilbrook Rotary Club Carers Coffee Club** The White Horse, High Street PE28 0JP 2.30pm to 4pm (see p 44).
- **Wisbech CTC Carers Hub - Back Care Awareness with preventative guidance and practical support to keep your back strong and healthy. Reiki hand/arm massage** The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am to 2pm.



Thursday 16

- **Ferry Meadows Alzheimer's Society Dementia Café** John Horrell Room, Visitors Centre, Nene Park Trust, Ham Farmhouse, Ham Lane PE2 5UU 2pm to 3.30pm (see p 40).
- **Great Shelford Alzheimer's Society Dementia Café** David Rayner Building, Scotsdales, Cambridge Road CB22 5JT 10am to 12pm.
- **St Neots Carers Peer Support Group** St Neots Tesco Community Room 1.30pm to 3.30pm (see p 45).

Friday 17

- **Ely CPFT Dementia Friday Club** The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm to 4pm (see p 41).

Monday 20

- **Ramsey CTC Carers Hub - Managing Medication and Reiki, Hand and Arm Massage - refreshments & lunch available** Ramsey Library, 25 Great Whyte PE27 3HA 11am to 2pm.
- **St Neots Parkinson's Support Group** Old Market Court, Tebbutts Road PE19 1RQ 2pm to 4pm (see p 43).

Tuesday 21

- **Bar Hill Pinpoint Preparing for Adulthood Group** Bar Hill Tesco Extra Community Room, 15-18 Viking Way CB23 8EL 10am to 12pm (see p 39).
- **Cambridge CTC Carers Hub** Garden Wing, Meadows Community Centre, 1 St Catherine's Road CB4 3XJ 10am to 12.30pm (see p 18).
- **Ely Parkinson's Support Group** The Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm to 4.30pm (see p 43).
- **Fulbourn CPFT Dementia Friendly Lunch Group** Six Bells Pub, 9 High Street CB21 5DH 12.30pm (see p 41).
- **St Ives Alzheimer's Society Dementia Café** St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am to 12pm.

Wednesday 22

- **Peterborough Rethink Carers Support Group** Centre 68, 68b Westgate PE1 1RG 1pm to 3pm (see p 47).

Thursday 23

- **Eye Alzheimer's Society Dementia Café** The Spinney, 1 Neath Court PE6 7UB 10.30am to 12pm (see p 40).
- **Great Shelford CTC Dementia Support Group - Talk from the Dept of Work & Pensions and Falls Prevention** David Rayner Building, Scotsdales, Cambridge Road CB22 5JT 10am to 12pm.

Friday 24

- **Cambridge Parkinson's Support Group** David Rayner Building, Great Shelford CB22 5JT 10.30am to 2pm (see p 43).
- **Ely CTC Carers Hub - Why do I need a Power of Attorney? How do I pay for care home fees - free talk from Buckles Solicitors** Larkfields Day Centre & Community Centre, High Barns CB7 4SB 10am to 2pm.

Monday 27

- **Girton CPFT Dementia Carers Meeting** St Vincent's Close Community Centre, CB3 OPE 2pm to 3.30pm (see p 41).
- **Hartford Rotary Club Memory Café** All Saints in the Hollow PE29 1XP 2.30pm to 4.30pm (see p 42).
- **Sawtry Chatterbox Carers Drop-In** CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p 45).
- **St Neots Carers Social Lunch** Eaton Oak Pub PE19 7DB 12.30pm (see p 45).
- **St Ives Hunts Breathe For Life Support Group** The Methodist Church Hall, 4 The Waits PE27 5BY 2pm to 4pm (see p 43).

Tuesday 28

- **Ely Alzheimer's Society Dementia Café** Cathedral Centre, Palace Green CB7 4AW 10am to 12pm.
- **Eaton Socon Carers Café Neuro - Falls Prevention, coffee, cakes and chat** The Marbrook Centre, Phoenix Park PE19 8EP 10.30am to 12.30pm (see p 42).

Wednesday 29

- **Cambridge Rethink Carers Support Group** St Laurence's Church, 91 Milton Road CB4 1XB 7.30pm to 9pm (see p 47).
- **Peterborough Parkinson's Support Group** PJ Care Neurological Centre, Eaglewood PE3 8DE 2pm to 4pm (see p 43).

Carers Pack Launched in Huntingdon and Peterborough Hospitals

Family carers who get caught short without a toothbrush for themselves after taking the person they care for to hospital in Huntingdon and Peterborough will now have access to a Carers Comfort Pack which includes all the essential items they need for an unexpected overnight stay.

A toothbrush and toothpaste, deodorant, comb, tissues, facial wipes and a notepad and pen have thoughtfully been packed into a small canvas bag by WI members from the Huntingdon and Peterborough area, who donated all the items themselves. They have made up 300 packs to share between the two hospitals.

The Carers Comfort Pack is supported by Carers Trust Cambridgeshire & Peterborough, Dementia UK and the Alzheimer's Society. It was launched at Hinchingbrooke Hospital and Peterborough City Hospital during national Dementia Awareness Week.

The initiative resulted from a WI resolution campaign to make it easier for carers, particularly of those living with dementia, to stay with their cared for person in hospital, should they choose to. Linda Collumbell, a member of Ramsey St Mary's WI and Chair of Trustees at Carers Trust Cambridgeshire & Peterborough, said carers often go to hospital unprepared for themselves, while packing for the person they care for, and could end up staying longer than planned.

Linda said "The packs provide everything carers need for an overnight stay, or longer, if necessary. It will be available to carers who have signed up for John's Campaign, a scheme that supports family carers in hospitals, and will be available upon request from the hospital ward. The WI went out and bought everything and have done a fantastic job."

Angela Moore, an Admiral Nurse from Dementia UK who is based at Hinchingbrooke Hospital, thanked the WI for their generous packs. "I know this will be greatly valued by carers who end up staying longer than expected. It will be an absolute godsend. Thank you all so much."

A leaflet from Carers Trust Cambridgeshire & Peterborough highlighting how we support family carers is included along with a feedback card (kindly printed by Huntingdonshire District Council) to evaluate the packs.



Teresa Jude, Carers' Advisor with North West Anglia NHS Foundation Trust, and Alison Gray, their Dementia Specialist Nurse, welcomed the packs at their launch.

Alison said "The packs are lovely and at Peterborough City Hospital we have engaged our palliative care team with the launch. They speak to carers regularly so they can promote the packs for carers wanting to stay with their loved ones. It is a terrific WI campaign and we are very grateful for their support with this."

Hilary Shepherd, Dementia Action Alliance Co-ordinator (Cambridgeshire) & Alzheimer's Society, also thanked the WI.

She said "This is a great initiative as staying overnight in hospital can be very distressing for anyone, especially when you feel unprepared and in an unfamiliar environment. Simple items like a toothbrush could help to make the stay just a little more comfortable."

Teresa Jude, Carers Advisor and her 42 Carers' Champions with North West Anglia NHS Foundation Trust

"I have been the Carers' Advisor at North West Anglia NHS Foundation Trust since August 2015, covering both Peterborough City Hospital and Stamford Hospital.

My role is to identify unpaid carers, offer them initial support and signpost them to support services, such as Carers Trust Peterborough, where they can have a Carer's Assessment. As we know, many people do not see themselves as a carer and have subsequently never sought help or support. Most of the people I see have not heard of The Care Act 2014 and unaware they are entitled to a Carer's Assessment.

I have 42 Carers' Champions who help promote this work and I have tremendous support from hospital staff, especially the therapy teams who work closely with patients and their families when planning discharge home. Our Communications Team have also been instrumental in raising carer awareness throughout both hospitals.

The Trust is signed up to John's Campaign which campaigns for the right for people with dementia to be supported by their carers in hospital. The Dementia Specialist Nurse and I are John's Campaign Ambassadors.

The Trust has a Carers Charter and Dementia Friendly Charter which recognise the valuable contribution carers make. Carers are often a great help to staff, being experts in a patient's personal care and knowledgeable about a patient's medical history, resulting in improved quality of care for patients.

Recent research is showing that open visiting for carers is reducing patient falls, anxiety, aggression and complaints.

There is also evidence that extended visiting hours reduces length of stay in hospital because patients are more relaxed and happy with their carer present, and a carer often helps with feeding and personal care. This is particularly important for our patients with Dementia.

We offer carers the following (subject to Ward Managers' discretion):

- Extended visiting
- Concessionary car parking
- Use of a put up Z-bed
- A sitting service
- A Carer's passport.

Our carers' Z-beds are very much in demand and greatly appreciated by carers. Sleep is so important, particularly at a stressful time. We currently have 13 Z-beds on wards with another seven on order.

The Trust has recently merged with Hinchingsbrooke Hospital at Huntingdon and now employs approximately 6,000 staff. Some staff are carers too when they go home and we hold staff carer drop in sessions bi-monthly with a member of Carers Trust to advise and support our staff. Our Occupational Health Department are very carer aware too.

Embracing carers is a win-win for all at NWAFT: carers receive help and support, patients benefit from enhanced quality care, staff benefit from having an extra pair of hands on busy wards and the Trust remains compliant with current legislation and good practice."



Carers - plan ahead for your free flu jab!

Did you realise that carers are eligible for free flu jabs?

It's coming up to that time of year again when carers and the person they care for are reminded about the free annual NHS flu vaccination programme.

Carers Trust tells us a flu jab will help protect you from catching flu and that you need to make sure you have a vaccination every autumn. It is also important to protect the person you care for who may be eligible for a free flu jab too.

By having the vaccination, you will reduce your chance of getting flu and spreading it to person you care for.

If the person you care for is frail, disabled, or have a long-term condition, they may be at higher risk of catching the flu and more likely to develop complications and become seriously ill as a result.

Guidelines issued jointly by the Department of Health, Public Health England and NHS England outlines those who are eligible for free vaccinations in 2017/18. They are:

- all children aged two to eight (but not nine years or older) on 31 August 2017 (with LAIV, a nasal spray)
- all primary school-aged children in former primary school pilot areas (with LAIV)
- those aged six months to under 65 years in clinical risk groups
- pregnant women
- those aged 65 years and over
- those in long-stay residential care homes
- carers.

Cambridgeshire and Peterborough Pharmacies has published a list of pharmacies that offer the free vaccination, it can be found here: www.cambsandpeterboroughlpc.org.uk/advanced-services/where-can-i-get-my-flu-jab/

If you contact your doctor's surgery they will advise you when they are able to offer this too.

"A very big thank you" for the Working Carers Group, Peterborough

A family carer who juggles her caring role with working and goes to the Working Carers Group in Peterborough at weekends has written to say "a very big thank you".

The carer wrote to Christine Atkinson, Carers Support Officer with Carers Trust Peterborough, to describe how invaluable she found the support. She said:

"I have had to work the last 11 years and manage my caring role. Every time I have received information regarding going to a carers event for support it has always been when I am at work (full-time).

"Then, at last, finally, there is something I can attend and get support. I always feel so isolated and the fact that I work puts my caring role under so much pressure. It has always been so frustrating that the very thing I needed, i.e contact, was the one thing, because I choose to work that I felt unable to access. At least when people don't work they have a little more flexibility when they can gain support, but when you are working and caring it is virtually impossible as you are simply spinning so many plates.

"So a very big thank you for putting on these events and addressing what I feel is a marginalised group. The time I spent just talking about my caring role and how lost I felt was invaluable and I will be attending future events which are similarly accessible."

The Working Carers Group meets on Saturday mornings, 11am to 1pm, in the West Wing, Thorpe Hall, Peterborough.

For information about the group:
Phone: 01733 645234

* See p12 for information about Family Carers in the Workplace, Know Your Rights.

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

Carers Trust Cambridgeshire & 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 contact us.

Phone: 01480 499090

Email: volunteers@carerstrustcambridgeshire.org

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.

Need Support to Speak Up? TotalVoice can help

.....

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 wellbeing, 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.

Young Carers and Young Adult Carers

Success at our second Annual Carers Picnic

This year we ended our Carers Week celebrations with our Making Memories Picnic which was attended by over 300 people. We raised £400 and were thrilled with the turn out on the day.

Those of you who attended will have witnessed the 'wackiest' of all races, including a giant caterpillar, inflatable horses and a competitive game of tug of war, as well as a delicious BBQ, Bikeability and sumo suits.

Feedback from the day has been overwhelming, including a parent who said

"Thank you a million for yesterday's events. We don't go anywhere very often due to money and even if we do Mike and Lola can't bear the sound or the amount of people and generally just hate being there. But as they knew everyone (the Little Miracles lot and young carers lot) they actually wanted to go yesterday and we all had such great fun, so thank you a million, it was totally appreciated xxxx"

We were fortunate enough to have secured funding from The Big Lottery and Cromwell Huntingdon Rotary Club to celebrate family carers in the beautiful location of Hinchbrook Country Park. We were supported on the day by The Mayor of Huntingdon, Tesco Huntingdon, The Norris Museum, St John Ambulance, Blossom Felts, Elaine's Beauty, Boots, Kimbolton Flower Ladies, Little Miracles Ramsey and Hunts FA. A huge thank you for everyone who donated, supported or turned up; the day wouldn't have been such a success without you.

For anyone interested in supporting or sponsoring next years' Carers Picnic, please call Alice or Tania on 01480 499098 or email alice.boon@carerstrustcambridgeshire.org or tania.bingham@carerstrustcambridgeshire.org.



Kick-start your school's support for Young Carers with our leading award scheme!

2017 has been an exciting year for the Young Carers in Schools programme, seeing our first school awarded with GOLD. The programme has gone from strength-to-strength.

We are now want to support more schools across Cambridgeshire and Peterborough. We have seen a fantastic increase in young carer referrals meaning we are supporting more young carers than ever before!



Deputy Head Teacher Mrs Juniper with 6 young carers at Ramsey Junior School on their non-uniform day to raise money for young carers.

Since engaging in the YCiS programme, Ramsey Junior School, a bronze awarded school, have set up their own monthly Young Carers group and they have also linked

with their local secondary school to make the transition from Year 6 to 7 a smoother process for Young Carers. This academic year, they have identified 10+ young carers in school - a fantastic outcome, resulting in more support for Young Carers to help them achieve, aspire and thrive in education.

Contact Tania Bingham if you are a parent, governor or work in a school and would like to be involved in the programme phone 01480 499098 or email tania.bingham@carerstrustcambridgeshire.org.

STRIVE supporting peer network building

When Peterborough STRIVE, funded through Carers Trust 'Time for Change' programme, started developing peer network support systems. Bringing the support to the Young Adult Carers directly was high on the agenda. Experience had shown that although caring can lead to social isolation, finding the time to fit in meeting new people, no matter how much they are willing to, wasn't always achievable either. Moving away from the traditional pre-arranged structured group, STRIVE has been looking at linking individual carers together and supporting the young people to help share the support for others themselves.

Peterborough Regional College (PRC) recently introduced such a network of support and awareness raising through the creation of a team of Young Carer Ambassadors. A group of identified young adult carers are voluntarily promoting the support available at the college to fellow students who themselves maybe carers.

Penny Langley Youth Worker and Young Carers Champion at the college says "Our Ambassadors have a greater understanding of these young people's (young carers) roles than myself and the many stresses and pressures they face daily, plus they have knowledge of what support is available to themselves and their loved ones from both PRC and Carers Trust Peterborough. They are well placed to pass on this information



on to any newly identified carers as and when needed." The Ambassadors are easily recognisable to any staff and students in their hoodies and t-shirts.

Another form of this flexible approach has been holding informal introductions or 'chill & chat' opportunities where carers of similar ages can be supported by a known shared worker.

Lisa Masters, Senior Support Coordinator at Carers Trust Peterborough said "Something that I have found during this project that is consistently important is the need to be able to have your feelings and experiences validated. So many of those I support were bullied at school or isolated when they were growing up because of their caring role. Having the opportunity to meet other individuals that already understand those lasting impacts is very cathartic. It also allows for the sharing of practical advice and guidance on how to deal with today's issues between them."

Two Young Adult Carers that did just that were Hannah Bowcutt and Chloe Newman. Chloe said "It was comforting and amazing to meet someone that knows about my struggles and understands my background."

See our website for all Young Carer and Young Adult Carer events.

STRIVE taking a family focussed approach

"My name is Sarah Smalley. I am 18 years old and have been in Peterborough Regional College taking a Health and Social Care Level 3 course. When I started my college course I was on crutches due to an incident at my previous employer. Whilst at college my father lost his licence as a result of a Hypoglycaemic attack because of his Type 1 Diabetes. I spoke with my tutor about how life was at home and she referred me to see Penny and Lisa at the college's Youth Centre.

It was at the Youth Centre that I had a meeting with both Penny and Lisa, this was when I was informed that I am a Young Carer. At the time I didn't know this. After explaining all my worries and stresses including severe money issues at home, Penny and Lisa helped me and my family to obtain eligible benefits that we can access to help us pay for financial payments such as rent and food shopping.

We were also given a Christmas bundle for the holidays, this allowed us to have a full family meal without worrying about the cost. Lisa has given my mother money from the Family Care Plan to help her gain her independence through a driving licence.

At college I had weekly catch-ups with both Penny and Lisa about how things were at home and other family issues such as deaths in the family. I was taught how to control, understand and maintain my emotions. This had many beneficial outcomes in my college work, my attitude towards life in general and my mood, both at home and within college grounds.

I was also made a Young Carers Ambassador*.

I cannot thank Penny and Lisa enough for their help. I truly believe that without the support, guidance and care I was given, I would not be able to contribute to my college course and my family bond would not be as strong as it is now."



* Peterborough Regional College Young Carers Ambassadors promote awareness of:

- Who young carers/young adult carers are
- What they do/what makes them carers
- How caring can impact on them educationally, financially and socially
- Where to go to for support
- To both other students (supporting self-identification) but also to staff (to support identification before crisis) – they have a visible presence within the college through their logo'd sweatshirts and t-shirts to support peer linkage of support
- They hold events and link into the Student Union.

Please contact Lisa Masters, Young Adult Carers Senior Support Co-ordinator, Carers Trust Peterborough for further information.

Phone: 01733 645234

Email: lisa.masters@carerstrustpeterborough.org

Minding Us

Getting young carers involved in re-shaping mental health services for children and adolescents

Young carers are at a higher risk of mental ill-health than other young people because of the extra challenges in their lives caused by caring responsibilities. Making sure that the support is in place to meet their needs in a way that helps them the most, is vital. This is an important part of Healthwatch's role.

Healthwatch Cambridgeshire & Peterborough spoke with Young Carers from two of the Carers Trust Cambridgeshire & Peterborough's Young Carers groups about mental health, their experiences, and how they would best like to get any support they need. This is part of their Minding Us project to help local mental health commissioners re-develop services for children and adolescents. Through Minding Us, they collected the views of more than 90 young people who may be at greater risk of mental ill-health because of extra challenges in their lives, like caring.

A striking finding for Young Carers was that need for extra support when they are introduced to mental health services, because of the 'gap' where perhaps their parent or guardian cannot be there for them.

Caring responsibilities also mean that these young people needed extra flexibility in how they are able to get counselling or other support.

Most of the Young Carers we spoke to preferred the option of face to face counselling, in common with 77% of all the young people; however, a significant number preferred online chat or video options. Being able to trust a therapist and having time to get to know them was very important.

Although the Young Carers had a good understanding of what resilience is compared to many, they tended to use the term 'mental health' to describe mental ill-health. More work is needed to help all young people and those around them to understand that mental health is something we all have and needs to be nurtured.



healthwatch healthwatch
Cambridgeshire Peterborough

If you have a recent experience of using local mental health services, please do share it with Healthwatch. They always want to know how care is working for you. This helps them to influence and improve local services for everyone.

The Minding Us report is available online www.healthwatchcambridgeshire.co.uk or by calling 0330 355 1285.

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.

Email: linda.simmons@actionforchildren.org.uk
<https://services.actionforchildren.org.uk/disability-cambridgeshire>
facebook.com/AfCCambs

Joint local area SEND inspection in Cambridgeshire

Between 20 March 2017 and 24 March 2017, Ofsted and the Care Quality Commission (CQC) conducted a joint inspection of the local area of Cambridgeshire to judge the effectiveness of the area in implementing the disability and special educational needs reforms as set out in the Children and Families Act 2014.

The inspection was led by one of Her Majesty's Inspectors from Ofsted, with a team of inspectors including two Ofsted Inspectors and a children's services inspector from the Care Quality Commission (CQC).

Inspectors spoke with children and young people who have special educational needs and/or disabilities, parents and carers, and local authority and National Health Service (NHS) officers. They visited a range of providers and spoke to leaders, staff and governors about how they were implementing the special educational needs (SEN) reforms. Inspectors looked at a range of information about the performance of the local area, including the local area's self-evaluation. Inspectors met with leaders from the local area for health, social care and education. They reviewed performance data and evidence about the local offer and joint commissioning.

This letter outlines our findings from the inspection, including some areas of strengths and areas for further improvement.

<https://reports.ofsted.gov.uk/provider/files/2699539/urn/80445.pdf>



Many people have a childhood memory of their best-ever birthday cake - I can still remember my excitement at a gingerbread house enjoyed on my sixth

birthday. Not everyone is so fortunate though and some families struggle to provide a cake for their child. Free Cakes for Kids is a community organisation that was founded with this idea in mind, as we believe that every child deserves to feel special on their birthday. Founded in Oxford during 2008, Free Cakes for Kids has now grown to around 60 groups spread across the country. Providing a specially-made cake on their birthday enables children to feel valued and appreciated, as well as allowing families to celebrate together and feel supported by the wider community.

Since being set up by Claire Eudall in 2014, Free Cakes for Kids Cambridge has made over 100 birthday cakes for local children. Our service is completely free, friendly and confidential. The group comprises nearly 30 enthusiastic volunteers – a mixture of professional and home bakers who have a real passion for baking and are looking for an

opportunity to share these skills with their surrounding community. Each cake is made as a personalised request that caters to a child's favourite theme or flavour (as well as any special dietary requirements). Peppa Pig, Frozen and Minions have all been particularly popular choices! We're totally self-funded and cover our costs through our own fundraising, such as running baking stalls at events like Arbury Carnival or Mill Road Winter Fair.

We would love to expand our reach even further during 2017, and we're looking at ways of extending into surrounding towns and rural areas in Cambridgeshire. We also hope to develop parent-and-child baking workshops at local Children's Centres where families can learn new skills and have fun together. Additionally, we're always open to new opportunities to make celebratory cakes in Cambridgeshire. If you would like to get in touch to find out how we can bake for children or families you support, more details are available on our website at freecakesforkidscambridge.weebly.com.





SCIP (Special needs Community Information Point) is an information and advice service for families with 0-25 year olds who have a disability or additional needs.

Join now to get your SCIP Card plus:

- ✓ Email updates on local events and activities
- ✓ Information booklets on local activities by area
- ✓ Carers Magazine
- ✓ Information specific to your family's needs
- ✓ Activity Passport

For more information about all these benefits visit our website

The SCIP card can help to show that your child/young person has a disability or additional need. The SCIP Co-ordinator can be contacted directly by families or professionals. To receive regular information and a SCIP Card, families have to join SCIP.

Join Today www.cambridgeshire.gov.uk/scip

T: 01480 379827 **E:** scip@cambridgeshire.gov.uk

www.cambridgeshire.gov.uk/scip

Presents
Helping Little Hands Play

Does your child:
 Need help to make friends? Feel overwhelmed by groups or noise? Have limited language or English as a second language? Constantly on the move or needs to fidget? Need support and practice in school readiness skills?

This group is for you!
 We welcome all families. Children can play. Parents/carers can chat. We can offer guidance or just a listening ear. We're here to welcome and support children and families in our community.

Tuesday 12.45-2.15pm. Centre E, Barton Rd, Ely.
£3 per family

Call now for an informal chat and more information.
Skye: 07867966949
www.helpinglittlehandslearn.com

Supported by

We at Helping Little Hands Learn believe every child is special and is capable of being outstanding.

Jump Club

One Leisure Huntingdon, St Peter's Road, Huntingdon PE29 7DA (all ages)

Mondays 12.30pm to 1.30pm and 1.30pm to 2.30pm

One Leisure St Ives Indoor Centre, Westwood Road, St Ives PE27 6WU (all ages)

Saturdays 10am to 11am and 11am to 12pm

Jump Club uses trampolines to provide opportunities for movement, therapeutic exercise and recreation. Sessions are for adults and children with learning difficulties, limited mobility or whose physical condition causes muscle rigidity.

Exercises on a trampoline can improve muscle tone, flexibility and provide a host of stimulating sensory experiences. It can also provide improved balance and spatial awareness. You can develop new skills that bring a tremendous sense of achievement or just enjoy the pure sensation that bouncing on a trampoline provides.

Sessions are delivered by a qualified Rebound Therapist and Inclusive Multi Sports Coach. As well as the health and fitness benefits, best of all - Jump Club is fun! 1:1 sessions are available upon request. First session is free. There are limited spaces so pre-booking is essential.

For bookings and further information contact John Beck

Phone: 07866 706539

Email: jumpclub@hotmail.co.uk

Free to be Me

Carers Trust Cambridgeshire has been awarded a grant from BBC Children in Need to offer inspiring opportunities for Children and Young People with disabilities, siblings and Young Carers.

The project means that young people can take part in activities with their brothers and sisters. Things that are fun, and help them to feel more confident, have a great impact their future.

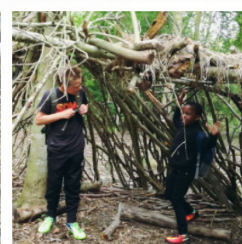
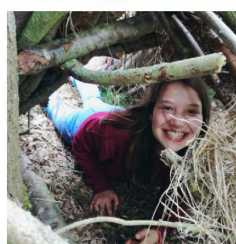
So far the project has kicked off to a great start! During May half term we took the children, siblings and Young Carers out and about. Here's what we got up to...

A visit to Linton Zoo

A group of children and young people had a great time together seeing the different animals, but especially the lions. They also had fun tucking into a picnic lunch box and playing together in the park.



For more details about any aspect of the project please contact Bisha Mistry.
Phone: 01480 499090
Email: bisha.mistry@carerstrustcambridgeshire.org



Exploring at Wicken Fen

Others enjoyed a day of activities in the woods at Wicken Fen, organised by Art Branches.

They enjoyed learning about nature and making art outdoors. The children and young carers told us that the best thing they did was climbing trees and that they will always remember looking at the cool moths.

Following the activities we had some lovely feedback from our parents/carers letting us know what a wonderful time the young people had and also how they enjoyed some much needed time for themselves.

You can find information about our upcoming activities and events at www.facebook.com/groups/CTC.CYP.Notelt

Supported by
BBC
Children in Need
© BBC 2007 Reg. charity England & Wales no. 802052
and Scotland no. SC039557

Support for Parents and Carers

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

Caring for a young adult aged 14-25?

Come along to our Preparing for Adulthood parent carer groups, which run at the Tesco Extra Community Room in Bar Hill. We have practical information to share, useful contacts, interesting speakers and a chance to chat to other parents about raising young adults in Cambridgeshire.

To find out more about our topics, visit our website events calendar www.pinpoint-cambs.org.uk/events/forthcoming
Email: jackie@pinpoint-cambs.org.uk

Autism/ADHD Parent Groups

Do you have a child with un/diagnosed autism or ADHD? Then come along to our parent groups at Ely, Peterborough, Huntingdon and Histon. 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. Please check our website for event details on topics and speakers.

Huntingdon and Ely: Register your place or get more details by phone or
Email: jackie@pinpoint-cambs.org.uk

Peterborough and Histon: For more details or to register your place phone or
Email: eve@pinpoint-cambs.org.uk

Raising the parent voice

Look out for our termly network meetings across Cambridgeshire in October when we invite parent carers to meet in Huntingdonshire, South Cambridgeshire, East Cambridgeshire, Cambridge City and Fenland to comment and give their views to help improve family services such as health, education or social care.

Find out more on our website or phone us.

See events calendar for dates of groups

Pinpoint contact info

Phone: 01480 877333

Email: information@pinpoint-cambs.org.uk

Web: www.pinpoint-cambs.org.uk

Facebook: /pinpointcambs

Twitter: @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



Centre 33 YOUNG CARERS PROJECT CAMBRIDGESHIRE

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

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

Our Young Carers project can help you by:

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

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

ALL WELCOME

@Centre33Camb  www.centre33.org.uk

Join us at one of our monthly Dementia Cafés in Peterborough

Dementia Cafés offer people with dementia and their carers the opportunity to talk openly about living with dementia in a relaxed and informal setting.

The group also hear from a variety of guest speakers including health and social care professionals and representatives from the local community.



Please contact Suzy at:

The Dementia Resource Centre, 441 Lincoln Road, Millfield, Peterborough PE1 2PE

Phone: 01733 893853

Email: peterborough@alzheimers.org.uk



Longthorpe Church

St Boltolph Church, Thorpe Road PE3 6LU
Second Thursday of the month
2.15pm to 3.45pm

Ferry Meadows

John Horrell Room, Visitors Centre, Nene Park Trust, Ham Farmhouse, Ham Lane PE2 5UU
Third Thursday of the month
2pm to 3.30pm

Eye

The Spinney, 1 Neath Court PE6 7UB
Fourth Tuesday of the month
10.30am to 12pm
(See events calendar).

Hunts Breathe For Life

Supporting people with lung disease



We are a local support group for those suffering with lung problems along with their carers/family and friends.

We meet on the fourth Monday of each month (except Bank Holidays, when we meet on the third Monday) at 2pm in The Methodist Church Hall, 4 The Waits, St Ives PE27 5BY.

(See events calendar).

The aim of the group is to provide information and support, not only to patients, but also their carers/family and friends. In addition to talks, the group also arranges a variety of social events.

If you are interested in joining the group or would like further information:

Phone: 01480 860289

Email: huntsbreatheforlife@gmail.com

Website: www.huntsbreatheforlife.org



LANDBEACH SING to REMEMBER

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 is welcome.

Led by Jan Payne

We will be meeting at Landbeach Baptist Church

High Street, Landbeach

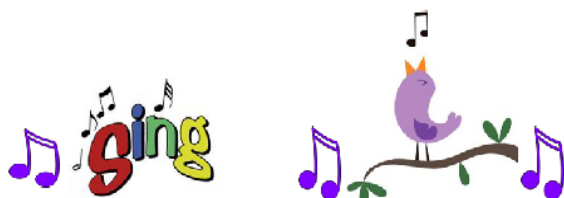
For more detailed information contact:

Care Network Community Development Officer South

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



Donations for refreshments and to further our work always welcome



SAWSTON SING to REMEMBER

We meet every Monday

Coffee at 1030 and sing from 1100 to 1200

Why not come and join us?

This singing group is for those with all forms of memory loss and their carer, although everyone is welcome

£3 each participant

Led by Neil Harris and Barbara Law

We meet at Our Lady of Lourdes Church Hall

135 High Street, Sawston

For more detailed information contact:

Care Network Community Development Officer South

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



Cambridgeshire and Peterborough
NHS Foundation Trust

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. Phone: 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. Phone: 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.

Phone: Fe Franklin 01353 652092.

Email: fe.franklin@cpft.nhs.uk

(See events calendar for dates).

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

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. We offer interesting and stimulating activities, and entertainment. The group is open to anyone from the local area including March, Ramsey, Somersham, and surrounding villages. Meets every Friday 10am to 3pm.
Costs £6.50 per day inc. 2 course lunch
Phone: Mike Hill 07910 557199 or
Anne Chambers 01354 740225

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 wellbeing. The staff are professional and very caring. A safe and comfortable and relaxing environment. Transport can sometimes be arranged (subject to assessment and availability).

Phone: 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.
The Marbrook Centre, Phoenix Park, Eaton Socon, St Neots, PE19 8EP
10.30am to 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



Marbrook

excellence in neurological care and rehabilitation

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 Rebecca Browne on 01480 499090.


carerstrust
Cambridgeshire
Crossroads carer service
action · help · advice

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. Join us and meet other people affected by Parkinson's in your area.

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 to 4.30pm.
Come along to have a chat and enjoy the entertainment and refreshments.
Phone: 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 to 4pm.
Phone: Ian McKee 0344 225 3614.

St Neots Support Group

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

St Ives Support Group

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

Peterborough Branch Parkinson's UK

Peterborough Branch 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.
Phone: Ian McKee 0344 225 3614.

March Support Group

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

Cambridge Branch Parkinson's UK

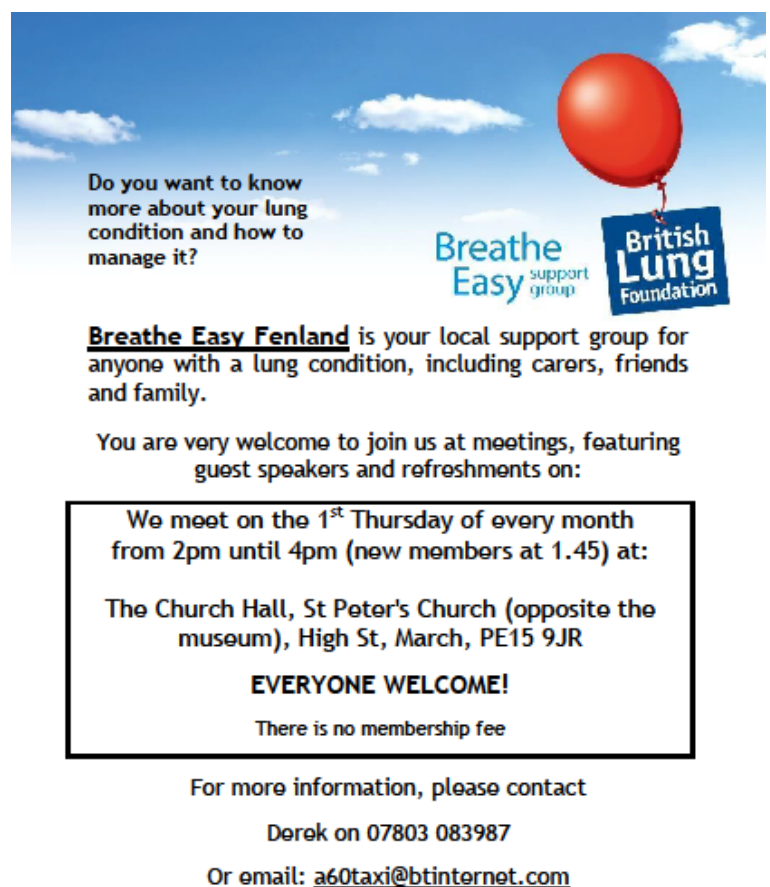
Fourth Friday of the month.
The David Rayner Building,
Scotsdales Garden Centre
Gt Shelford CB22 5JT.
10.30am to 2pm.
Our meetings include speakers and activities, followed by lunch.
Phone: Ian McKee 0344 225 3614.

First Tuesday of the month.
Barnabas Court, Cambridge Road, Milton, CB24 6WR. 12.15pm to 3pm.

Bring and share lunch with occasional speakers and activities.

See www.parkinsonscambridge.org.uk

(See events calendar).



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

Breathe Easy support group

British Lung Foundation

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

Organised in aid of the British Lung Foundation
Registered charity in England and Wales (326730), Scotland (038415) and the Isle of Man (1177)

blf.org.uk

New Carers Ambassadors for Peterborough

New Carers Ambassadors are joining Carers Trust Peterborough to help identify carers and spread the word about the help and support available for unpaid family carers in and around the city.

Carers Ambassadors will strengthen the voice of family carers in Peterborough in both the commissioning, planning and implementing of carer support by sharing their experiences and knowledge of being a carer.

As a result of the event held by Carers Trust Peterborough at The Fleet, Peterborough on 28 June to highlight the role of Carers Ambassadors, nine family carers expressed an interest in becoming a Carers Ambassador and/or becoming a carer's representative on the Carers Partnership Board. They will be provided with training and support and paid expenses. Carers Ambassadors represent the voice of carers across the community ensuring that key issues and challenges for carers are being addressed.

If you are a carer, former carer or interested in carers' issues and would like more information about becoming a Carer Ambassador, please phone 01733 645234.



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

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.



the rotary club of **Kimbolton Castle**

Carers Coffee Club



Are you caring for a loved one with a memory loss? Then come along and enjoy a cup of tea or coffee whilst chatting with others in a similar situation.

Our group meets every third Wednesday of the month 2.30pm to 4pm at The White Horse, High Street, Tilbrook, Huntingdon PE28 0JP. No need to book, just turn up.

Hope to see you there.

For further details contact Neil Silby

Phone: 07889 319888

Email: kimpigfarmer@tiscali.co.uk



Chatterbox

DROP-IN SESSIONS FOR FAMILY CARERS

Come along to our friendly drop-in to meet other family carers, relax and chat over a cuppa.
Find out what help there is for Carers.

Every 2nd & 4th Monday
between 2 - 4 pm

11th & 25th September,
9th & 23rd October,
13th & 27th November,

At The CARESCO Centre,
Green End Road, Sawtry, PE28 5UX

Contact Miranda on 07751 798287 or 01487 832105

Email: carers@caresco.org.uk



Your local charity supporting our community

Registered charity number 1140728



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.

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

We have listened...

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

Please send your questions through to
comms@carerstrustcambridgeshire.org

Join us for a fun filled night celebrating the King of Rock n Roll

40th Anniversary
Elvis Tribute Act with
Rocker Sal



Saturday 30th September 2017

8.00-11.30 pm

St Ives Golf Club,
Needlingworth Road,
St Ives, PE27 4NB

Tickets £12

Tel: 01480 499090

www.sallikeelvis.co.uk



Raising money to support
people with dementia and
their carers

Carers Peer Support Group

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

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.

Phone: Denise 07547 142939

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).



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: 01733 362990 to book

Email: leonnies.barlow@cpslmind.org.uk

Website: www.cpslmind.org.uk



HEARING VOICES NETWORK
www.hearing-voices.org

BPD Carers Group, Cambridge

Our BPD Carers Group is aimed at anyone that cares for someone with personality disorder. The group is run solely by its members, with the aim of providing mutual support and information. There are no professionals involved. We meet on the third Wednesday of every month, 7pm to 8.30pm at Cambridge Medical Centre, 35 Union Lane, Cambridge CB4 1PX.

(See events calendar for dates).

For further information

Email: cambs@bpdcarer.org.uk



Art Therapy for Carers at CPSL Mind

This Autumn, CPSL Mind are offering an exciting new type of group therapy for adult carers, due to receiving some funding from National Mind for a pilot project of Art Therapy.

The Changing Lives team at CPSL Mind found that a lot of carers were making referrals into their service, which provides counselling and Cognitive Behavioural Therapy. Carers were experiencing a wide range of stresses and worries and looking for some additional support.

In offering Art Therapy group work, the team aims to broaden the types of therapy on offer and the chance for the participants to gain some peer support too.

If you're an adult carer and you find yourself stressed, worried or dealing with other difficult emotions, then this group could be for you.

No artistic ability or experience is needed. The groups are a weekly safe space to bring emotions, worries or stresses and use the creative materials to help process them.

The groups will be run by an experienced Art Therapist and are free to access.

To request to take part, contact Kim Davies, Counselling Clinical Lead
Phone: 01480 470480

Email: kim.davies@cpslmind.org.uk



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**

Rethink Cambridge Carers Support Group

Support group for the families and friends of people with mental ill health.

Meets on the last Wednesday of the month
7.30pm to 9pm

St Laurence's Church, 91 Milton Road,
Cambridge CB4 1XB

(See [events calendar](#)).

Phone: Jonathan Wells 07342 691768

Email: jfgwells57@gmail.com

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, support and refreshments.

Meets on every alternate Wednesday from
13 September 1pm to 3pm

Centre 68, 68b Westgate, Peterborough
PE1 1RG

(See [events calendar](#)).

Phone: Pamela 07868 926334

Email: thepixmaker@sky.com

Carers Trust Cambridgeshire & 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.

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For information on the sources of references 1-10 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
Phone: 01480 499090 or 0345 241 0954
Email: care@carerstrustcambridgeshire.org

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

To be featured in our next issue please submit articles by 2 October 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!

