

CAMBRIDGESHIRE & PETERBOROUGH

carers

This magazine is for you

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Are you an unpaid family carer?

Do you look after someone?

Do you help someone with their day to day life?

Are you a working family carer supporting a loved one?



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Introduction

Preparation for Carers Rights Day (24th Nov) is well underway as I write this and it has several purposes. Its aims include informing more family carers of their rights and how to access support.

Last year 1000s of groups and organisations were involved, making new connections with family carers to enable them to find the support they need. However, many still struggle to navigate through the maze of services and entitlements, or don't even recognise themselves as a family carer.

This year, the theme is deliberately 'Make Connections, Get Support'. This theme is echoed in several of the articles in this issue, and doesn't stop after 2017.

Sharing knowledge is so important. Did you know that Money Saving Expert report that over 10,000 people are paying too much council tax, including people with dementia and carers? This might be your tip to pass on, or read Zoë's Top Six Tips for Carers on page 6.

Dr Helen Brown CEO,
Carers Trust Cambridgeshire, Peterborough,
Norfolk

Being a Carer - Past, Present and Future

By Dr Helen Brown

It's 12 years since I became involved in the world of caring and I've been thinking about the many changes during that time. Caring for a close friend or family member at some stage will affect almost everyone – and most will never know when it's likely to happen. Can we harness the ever increasing numbers of family carers in order to more quickly change what matters most? Yes, I think so.

In 2005, there were four Crossroads organisations in Cambridgeshire and one in Peterborough, providing breaks for carers. All were independent charities, funded largely by Cambridgeshire County Council (CCC) or NHS (in Peterborough). They supported a

few hundred carers, largely identified by the council's Older People Teams. CCC recruited a Carers Support Team to provide additional help such as groups for family carers. Even amongst social care teams, relatively few family carers were identified.

Fast forward through government initiatives to develop Carers Strategies, Carers Emergency Respite Services - evidence of what works. What has changed? In 2017 in Cambridgeshire and Peterborough, over 11,500 family carers were recognised and now know where to get information or help, if needed. Family carers span all ages and walks of life. Initiatives such as Caring Communities, where family carers have helped train over 1,686 other volunteers, professionals and businesses that are helping turn the tide of recognition and accepting help.

Both CCC, Peterborough City Council (PCC) and Cambridgeshire & Peterborough NHS Clinical Commissioning Group (CCG) have made commitments to continue to identify, navigate and support family carers beyond 2019 and to be more joined-up in their approaches to help – and to gain the best from the expertise of – family carers. However, as we read last issue, Carer’s Assessment numbers are still relatively low.

In future, becoming a family carer is looking less like Russian roulette and more like something to definitely plan ahead for, emotionally, legally and financially. This means our services need to plan ahead differently too, especially around housing and caring at home/in the community.

Person centred health and social care has to have more family carers involved in the design and provision of what matters to them and not just leave it to the professionals. With social media and other means of connection and advocacy, this is becoming easier. It has to, because 6,000 people of all ages become carers every day in the UK.¹

Cambridgeshire and Peterborough are introducing short Carer’s Assessments and Carers Support Needs Assessments, to start more conversations with carers about what matters to them, earlier. National conversations are starting too. A stream of recent reports have shown that:

- People are more conscious of care needs and costs. Only 21% of people believe they won’t need residential social care in their old age (costing on average £31,200-£43,700 p.a.).²
- There’s a huge gap in the workforce of people providing care, with 1.5 million working in care and 90,000 vacancies at any time (reducing carer choice).³
- People at or approaching retirement age are having to take on caring roles, involving progressive conditions such as dementia, when they have their own aspirations and age-related health conditions, such as arthritis.⁴



L-R: Linda Collumbell (former Chair), Stuart Taylor (Chair of Carers Trust) and Dr Helen Brown (Chief Executive)

- Yet family involvement in a person’s care is not seen as central, with less than a quarter of family carers (23%) reporting having had a social care assessment.⁵
- Social care workers saying that family and friends are being expected to provide more to “fill in” where care has been reduced.⁶
- The ‘cap on care fees’ and ‘dementia tax’ ideas were scrapped. A government Green Paper on social care will look for other options to be fairer in paying for care – an opportunity to get involved.⁷

Everyday technology must be adapted to enable more people to help each other and to provide/receive help and support in a less isolating and invasive way.

New options such as the online Carers Digital Resource, Jointly app, Carers Helpline, Hubs, groups and assessments aim to do just this, once people recognise their caring role and become aware of the help. Young mums use social media to share reassurance, humour and information, sometimes in the middle of the night. Might this point the way forward for more people to contemplate and plan how to be unpaid family carers too?



79% of people believe they will need residential social care in their old age



Stuart Evans shares his caring experiences

As the newly elected Chair of Carers Trust Cambridgeshire, Peterborough, Norfolk, Stuart shares his own experiences of being a family carer

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My wife Brenda and I have three mixed-race children, all adopted as infants and now aged 40, 38 and 36. The two younger ones have learning difficulties and face other challenges; Bella also has Type 2 Diabetes. Both live on their own in Cambridge and require significant ongoing support. Bella is pretty gregarious and has already become a familiar face around Carers Trust Cambridgeshire, Peterborough, Norfolk. She accepts she has learning difficulties and reaches out for support. Our middle son is a much harder case; he doesn't accept the need for support, so it's much more difficult to help him.

Brenda's parents Jack and Margaret chose to come to live with us in their late 80s – we adapted two ground floor rooms in our house for them. They both died at home with us; Margaret had a stroke after two years, and Jack had dementia and died of a heart attack after four years. I was a genuinely lucky guy; I actually liked my in-laws!

The key challenges in our caring roles were making sure it didn't grind us down. We have worked hard to make sure we get enough respite time for the two of us to get away for holidays. And we also go away independently from time to time, leaving the other one minding the shop. Having a Personal Budget-funded Personal Assistant/Carer has made that much easier.

Personal Budgets may not be right for everyone and the first aspect is working through the situation with the Local Authority and to agree a Personal Budget might be relevant, what type of activities it should support, and what the level of funding should be. We needed to be an effective and knowledgeable advocate for Bella, and not put off by dealing with 'Officialdom'. We were blessed by having a very supportive social worker as we worked through all this. But in many ways, we were knocking on an open door; it's much more cost effective for the Local Authority if we take this on than to do it themselves.

The second aspect is managing the Personal Budget when you get it. Our biggest cost was employing a Personal Assistant/Carer. We had to find someone, define the job to be done, deal with payroll and the normal employment formalities and supervise things on a daily basis, including through the occasional tricky patch. As a business man, I have plenty of experience as an employer so none of this was unfamiliar, but I can see it might be disconcerting to some family carers, although there is quite a lot of support available.

Brenda and I have been enormously fortunate in that we have been able to share our family care between the two of us as a team. Together we bring a broader range of skills and interests to the task. When one of us is tired or grumpy, the other can be cheerful. This is definitely a case where One + One is more than Two!

No need to be lonely this Christmas

Richard Cross shares his experience of being a family carer at a time of celebration

As every family carer out there knows, whether it's Christmas, New Year, a birthday, anniversary or just a straight forward weekend, every day to them is the same. Celebrations or a relaxing few days off just do not happen!

Every minute of every single day you have to think of the needs of the person for whom you are caring; your mind, time and energy are no longer your own.

During my 25 years as a carer, there were many times when I secretly thought how great it would be to just sit down, put my feet up and think of nothing for as long as I needed. Similarly at Christmas, how wonderful it would be, to be like everyone else and just have a great time with no constraints whatsoever, just like the old days! Did I feel guilty?... You Bet!

So last year after I had lost my beloved Sheila and faced these times of celebration alone for the first time, how did I feel? To begin with in the lead up to Christmas I could not get enthusiastic at all. Cards were coming through the door, but I hadn't sent any. Similarly I had bought no presents or put up any decorations. The house was lifeless in more ways than one!

Then one morning my Granddaughter Jade popped in with her three children and said, "let me help". Sheila loved her lights and Christmas tree, the downstairs used to be decorated throughout, so Jade started helping me. It took most of the day but by the finish we had done it all. Once the lights were done I became slightly more motivated, however, I couldn't face shopping for presents, so once again Jade sorted this.

Christmas arrived and although I was in company, I still felt lonely and if honest, would have preferred to be alone as I didn't want to spoil it for others. I went to my son and daughter-in-law's for dinner and through a misfortunate incident ended up having a laugh. Sarah had just served up dinner when the unforgivable happened, I spilt my red wine and my trousers were soaked!



As I am several sizes larger than Alan, my son, Sarah put the dinner back in the oven and I drove the 10 miles home to change. Dinner was an hour later than planned but nonetheless enjoyable.

We went to the races on Boxing Day and New Years Day. The bookmakers left in a happier frame of mind than we did, but it was still most enjoyable.

12th January would have been our wedding anniversary and the 13th Sheila's birthday, so both passed with a heavy heart. This was the process right through until the first anniversary of Sheila's death on 13th April. Even after that milestone, I didn't start jumping for joy, although gradually my moods improved on the whole. Admittedly there were, and still are some days that are darker than others, often for no apparent reason.

By and large life is beginning to have a deal more optimism, but put plainly, Sheila was the light of my life, we loved each other very much and I consider myself extremely lucky to have had the good fortune to have her as my wife. Like everyone we had our ups and downs, but fortunately never went to bed on a cross word, neither did I ever go out without saying "I love you".

That is why I have one very good memory of our last moments together that will last me for the remainder of my life. Sheila collapsed while sleeping and never regained consciousness, but before I went to bed that night, I tucked her in, kissed her goodnight and said "I love you". Sheila replied saying the same and those were our last words to each other. I can live with that.

If you need support after the loss of a loved one, please contact **Cruse Bereavement Care**
Cambridgeshire 01223 633536
Peterborough 01733 348439
See page 22 for Age UK advert about loneliness.

Six Things Every Family Carer Should Know

By Zoë Nicholas

At the recent Family Carers Day held on 21st September in St Ives, Zoë Nicholas gave a heartfelt and eloquent speech about all the things she wished she had known when she first became a family carer.

“To try to distil everything down to just six points was nigh on impossible,” she told the audience comprised of carers, professionals and voluntary organisations. “But I focussed on some of the areas that would have helped me.”

Zoë told the audience that she had never thought of herself as a carer, even though she had been looking after several family members for many years. She thought of herself as a mother or a daughter or as a partner. This is a familiar situation that many unpaid family carers find themselves in today – they are not aware they are a carer and that help is out there.

Zoë has been a parent carer for her son, and then she looked after her father when he lived in Wales. Zoë currently looks after her mother who still resides in Wales. Zoë has always wanted to highlight the plight that carers face and so decided to become a Carers Ambassador for Carers Trust Cambridgeshire, Peterborough, Norfolk in order to use her own experience and knowledge to help others.

Here are Zoë’s six points:

1. You are not alone. Help is out there.

Zoë told us that if someone had told her this (along with giving her a big hug) then she would have felt like an enormous burden had been lifted from her shoulders. Just having someone recognise her plight would have helped her to better prepare herself to face the world.

2. You are not just a mother, father, sister, daughter, son, brother or even friend but also a carer.

For many, just this simple step of recognising that they are a carer is a massive leap. Many find it hard to admit; “But admit it you must,” says Zoë. “It is the first stage in getting the help you may desperately need.” Zoë said in her speech that she recognises that many carers are torn between the unspoken duty to their family and friends and the realisation of the caring role that had been thrust upon them. “This does not make you any less of a person than you already are,” she added. “We are allowed to feel like this, in fact, we have probably felt this way in the past for something said or done when you were not a carer!”

Zoë went on to tell the audience that they should never feel guilty, especially when carers approach their tipping point – and this point is different for everyone. Some people can handle a mountain of pressure whereas others can only surmount a small mound. You will find yourself tested as well. Zoë admitted that she found it difficult at times coping with her mother’s mood swings, but she had some wise words to offer anyone else who faces this kind of battle. “It is the condition and not the loved one.”

3. Never be afraid to ask or even accept the offer of help.

This help can take any form; it can be as basic as a conversation or as essential as a short respite break from the person you are looking after. Zoë told the audience that the first port of call for anyone identified as a family carer is Carers Trust Cambridgeshire, Peterborough, Norfolk’s (CTCPN) Family Carers Helpline. This dedicated team are all well versed in the support and services available to carers locally. They offer a triage service and can help signpost a carer to the best place where their needs will be supported – even if that support does not come from the charity itself, they have great links to partner organisations such as Alzheimer’s Society, Autism helpline and others.

“Don’t think you need to bottle it up either and that at all costs you have to hold it together,”

Zoë said. "You don't. It is your decision. You are the expert in the care of the person you are looking after and nobody would think any less of you whatever you decide. After all, they are not in your shoes, are they?"

4. Ideas come to all carers so trust your instincts.

Zoë's son has Autism. When he was around five and a half years old he had about 8-12 words in his vocabulary. He had been in a group photo with other children and Zoë pointed to them and asked him if he could name them. He named one boy and so Zoë pointed to the others and helped him by asking him to repeat their names after her. When she pointed to her son, she expected him to say, 'Me! Sam!' But he didn't. Sam didn't know it was him in the photograph. The awful realisation hit Zoë like a sledgehammer and her heart broke. She picked him up and with both of them looking in the mirror, said 'me, Mammy' whom he knew and then she touched him and said 'you, Sam.' They did this over and over again and eventually he did understand.

Recently, a friend of Zoë's was diagnosed with brain tumours which affected the memory part of her brain with the potential to progress over time. Her family were concerned that she wouldn't be able to recognise them. This reminded Zoë of her son, and she suggested that the family make a memory book with photos of friends and family with their names written below them so that her friend would be able to refer to the book and not have the stress of trying to remember who everyone was or put the family under the strain of constantly repeating themselves. This was something her friend could do for herself. Luckily the friend is in recovery and never needed the book, but it is a perfect example of where something which worked for someone with one condition could be used for someone else with a completely different condition but with related symptoms.

5. Work with the person you look after whilst you can.

Zoë's dad was a 'doer' all his life. He dealt with all the financial and monetary aspects

of life. One day when her dad wasn't particularly well, Zoë happened to be at her parents' house when she read a recent bank statement. Her father had been charged over £350 in bank charges which he had happily paid. Zoë spoke to him and suggested that she spoke to the bank as they had clearly made a mistake. They still needed to go through security with him, but she suggested she ask questions to enquire on his behalf. Zoë worked in partnership with her dad. This meant he did not feel as if he was no longer able to do the things he had always done. The monies were refunded and so Zoë asked her dad if there were other things she could help him with.



Zoë Nicholas

They then talked about Power of Attorney ("or as my mother calls it 'Power of Eternity'"). This was all done whilst her dad was still capable of making his own decisions. He told her that a weight had been lifted off his mind and he did not feel undermined in any way.

6. Your caring journey will not be easy.

"No-one will ever tell you your caring journey is easy – it may or may not be". Zoë said; "Just be prepared for doors being closed along the way. You may even have to go into battle with various providers and services, but just remember that with whatever you face, you are the expert when it comes to your loved one."

After all, as Zoë says; "Nobody knows the situation better than you so believe in yourself. You'll get there. You always will."

Carers' Priorities

We were delighted to welcome Cath Mitchell, Director of Community Services and Integration, Cambridgeshire and Peterborough Clinical Commissioning Group (CCG) and Claire Bruin, Assistant Director, Adults, Cambridgeshire County Council to our Family Carers Day in September.

Cath and Claire shared the priorities for local carers support across health and social care, building on the aims of the last National Carers Strategy. Claire described the progress made since The Care Act came into force in April 2015 as a result of a new partnership with Carers Trust Cambridgeshire, Peterborough, Norfolk (CTCPN) resulting in significant improvements in the early identification of family carers and in the delivery of advice to help more family carers to access support before crisis occur and avoid unnecessary and often unwanted referrals to complex services.

Cath spoke of a number of initiatives across the CCG to support carers such as the inclusion of CTCPN amongst other members of the Health and Wellbeing Network in local primary care multi disciplinary team meetings to improve access to community based support and create capacity within primary care. Cath described the benefits of closer working as ensuring discussions were had about wellbeing, ensuring that carer need was assessed and appropriate referrals were made and that carers were supported to create 'What If?' Plans.



Claire Bruin



Cath Mitchell

Claire also highlighted the success of the 'What If?' scheme delivered by CTCPN, on behalf of Cambridgeshire County Council in enabling carers to proactively think about and be prepared for an emergency.

Cath described improvements in the success of the Family Carers' Prescription scheme which enables GPs to offer family carers a prescription providing them with support from a specialist worker at CTCPN and can include a short break, including extending the scheme to enable more members of primary health care teams to prescribe, such as nurse practitioners, and the introduction of a brief Carer Assessment to assist health teams in better identifying and meeting carer need. Claire also spoke of the success of offering statutory Carer's Assessments to carers outside of statutory support services through CTCPN leading to more personalised support.

Both Service Directors accepted that whilst good progress has been made, many challenges remain and stressed the importance of carer engagement in the work that the CCG, Cambridgeshire County Council and Peterborough City Council have been doing on an All Age Carers Strategy (2017-2021) which includes the aspiration to have a single carers contract encompassing carer support across Cambridgeshire and Peterborough.

Please visit our website to view the presentations, including how family carers are embedded within the broader strategies and forward thinking for community support across health and social care.

**Tell us
what you
think the
priorities
should be**



Please visit our website to view the presentations, including how family carers are embedded within the broader strategies and forward thinking for community support across health and social care.

Neighbourhood Cares

Two new teams have recently started work in Soham and St Ives.

They will work with adults over the age of 18 registered with the Staploe Medical Centre (Soham) and the Spinney Medical Practice (St Ives).

The teams are piloting a variation of the Buurtzorg approach pioneered successfully in the Netherlands. The pilot ends in February 2019 and will be evaluated.

Quite simply, the teams aim to help people in the pilot communities lead healthier, happier, more independent lives by building on individual, family, carer and community strengths. The teams will aim to connect people to the right support in the right place at the right time.

The Neighbourhood Cares pilots aim to reduce admissions to hospital and into residential care and increase the community assets in the pilot communities.



Soham Team



St Ives Team

If you would like to talk to either team, please contact them on:



Soham Team

01353 613000

neighbourhood.cares-soham@cambridgeshire.gov.uk

St Ives Team

01480 379680

neighbourhood.cares-stives@cambridgeshire.gov.uk

Volunteer Coach

Penny Jennings has been providing voluntary coaching sessions to family carers. This has helped provide family carers with renewed confidence and the feedback has been very positive.

“When I contacted Carers Trust Cambridgeshire, Peterborough, Norfolk to volunteer my coaching skills, I was amazed how quickly and enthusiastically I received a reply. Becoming a volunteer was very smooth; everyone who worked at the charity was both supportive and friendly.

“The admin support in setting up coaching appointments for me has been very efficient. I have offered individual coaching sessions for family carers over the last six months, personally tailoring each session to meet their needs, lasting approximately an hour and the number of sessions ranged from one to three visits.

“It has been a privilege to work with such amazing clients, helping them tap into their resilience to achieve their personal challenges.”

Living with Jean...

In Issue 7 of the Carers Magazine we met David Whitaker who has been married to Jean for 54 years. Jean has Alzheimer's disease. Here David continues their story.

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A chain of events rapidly started once there had been confirmation of Alzheimer's. Visiting our surgery started processes that evolved throughout the time Jean remained at home. Our GP, with great understanding, arranged for Crossroads (the former name of Carers Trust Cambridgeshire, Peterborough, Norfolk) to visit and I really praise that course of action. The consequence was that two major tasks became apparent. To organise and control the care both Jean and I, as her carer, needed and to remain in control of all the bureaucracy that was beginning to develop.

First was the visit from Crossroads, then case workers from Social Services, the Community Matron, the Mental Health Nurse, plus others, then came applications for Attendance Allowance and various other allowances I cannot even remember!

My problem became how to present the same information every time, so many questions were being asked about Jean's deterioration and my own needs. The answer I arrived at was to have a checklist of all my concerns so I was consistent in what was said. This raised a really difficult moral question to be answered; the thought that I could be criticising my wife of 50 years worried me immensely.

The list, it ranged from "anger" to "understanding" through medication, memory and motivation; 20 headings in total. Produced in 2013 and updated in 2015 I found it took such a weight from my shoulders. It was there but only to be used when needed, I no longer had to worry about what to say or write. That idea took one major worry away, the next one loomed; the Care for Jean.

As she qualified for care from Social Services we went through the regular visits from staff assessing what support both Jean and I as

a carer needed. Then followed the normal process with an assessment of need being produced for me to agree. As Jean's needs became more complex, this formula no longer seemed to work to our advantage.

The problem task was the morning routine, getting up, dressing, medication and breakfast; difficulty with any of these areas could cause a complete impasse. If the simplest thing went wrong at that time the whole day always became extremely difficult for both of us. Speaking with Social Services it was suggested we consider the 'Direct Payment' system. This enabled me, contrary to the official line, to put all Jean's care into one session at the beginning of the day; lunch times and the evenings had never been a real problem.

So the rest of the time Jean remained at home our carers came at 8.30am, gave Jean a cup of tea in bed and started the whole process. I came home after a long walk to find Jean washed, dressed and breakfasted, ready for the day, any problems were with the professional carers and not with me.

Our day then started happily and sometimes ended that way as well!



Do you know who cares in your workplace?

It makes business sense to care for family carers.

The UK has over 3 million working family carers - that is 1 in 9 of the workforce juggling the responsibilities of caring and paid employment.⁸

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 day.⁹

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

The project has two distinct strands:

1 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.

2 The other strand will focus on the employer by supporting the organisation to recognise the value of keeping family 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.



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

Carers Rights Day We Can Help

Friday 24 November 2017

Come along to any of our November Family Carers Hubs across Cambridgeshire and Peterborough for information and advice on your rights as a family carer.

Factsheets and information will be available on benefits and family carers working rights, via Adult Early Help team and Carers Trust Cambridgeshire, Peterborough, Norfolk at all of our November sessions.

Some sessions, as listed below, have additional speakers. All Family Carers Hubs are open to any family carers across Cambridgeshire and Peterborough.

15 November

10am-2pm

The Oasis Centre, St Michaels Ave, Wisbech, PE13 3NR

20 November

11am-2pm

Ramsey Library, Great Whyte, PE26 1HA

21 November

10am-12.30pm

Cambridge Family Carers Hub Launch, Meadows Community Centre, 1 St Catharine's Road, Cambridge, CB4 3XJ
Information stands on site as part of the event. Benefits and working carers factsheets will be available. Information and advice on benefits and carer working rights, via Adult Early Help team and Carers Trust Cambridgeshire, Peterborough, Norfolk.



23 November

10am-12 noon

Shelford Dementia Support Group, David Rayner Centre, Scotsdales Garden Centre, 120 Cambridge Road, Gt Shelford, CB22 5JT

Talk from Department for Work & Pensions on benefits for family carers and the people for whom they are caring.

24 November

10am-2pm

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

Speaker on Lasting Power of Attorney, Wills, care costs and legal advice.

27 November

10.30am-2.00pm

Gladstone Park Community Centre, Bourges Boulevard, Peterborough, PE1 2AN
Information and advice on benefits and carer working rights, via Adult Early Help team and Carers Trust Cambridgeshire, Peterborough, Norfolk. Benefits factsheets and working carers factsheets will be available. Speaker on carers rights may also be arranged.

28 November

10.30am-12.30pm

Carers Café Neuro, The Marbrook Centre, Phoenix Park, Great North Rd, St Neots, PE19 8EP



To find out more about our Family Carers Hubs please call **01480 499090** or see our website www.carerstrustcpn.org.

En-abled Christmas Shopping Event

Thursday 7 December 4pm-8pm

Creating an accessible shopping environment for all this Christmas

For more information email
carol.wakelin@queensgatecm.co.uk

Queensgate
Peterborough



What If? Draw Winner

Wendy Phillips was thrilled to learn she was the latest winner of the What If? Plan draw

Wendy wins a hamper from M&S. "I never win anything!" she said on hearing the news. "And Marks and Spencer is my favourite shop!"

Wendy, 78 lives in South Cambridgeshire and looks after her husband Michael who has Parkinson's. Wendy registered for the plan on the advice of Candice Stokes, Parkinson's Advisor for Cambridgeshire. Wendy has mobility problems herself and Candice recommended that the plan would be a good idea should something happen to Wendy in an emergency situation.

"It's given me peace of mind, really," Wendy explained. "I hardly ever leave Michael on his own and only go as far as the doctors in the village if I do. To know that if anything happens to me I have a number to call and somebody steps in is reassuring."

The What If? Plan encourages family carers to plan ahead for an emergency. The free service delivered by Carers Trust Cambridgeshire, Peterborough, Norfolk is

funded by Cambridgeshire County Council and operates 24 hours a day, 7 days a week, 365 days a year.

It can provide emergency support to the person you care for in the event of your 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, East Cambridgeshire, South Cambridgeshire, Fenland or Huntingdonshire
- 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 our Family Carers Helpline on **01480 499090** or see www.carerstrustcpn.org/whatifplan.



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

Peterborough Wellbeing Service

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. Example of the services that can be accessed through the wellbeing service are:

- short-term support if someone is poorly
- support for family carers
- benefits checks
- nutrition and exercise classes
- volunteer opportunities
- safety and security in the home
- support for physically disabled people and their carers.
- support after leaving hospital
- befriending, sitting service
- Handy Person support
- cleaning and gardening
- managing finances
- replacement boilers/radiators, energy advice

Phone: Jan 01733 342683

Website: www.pcv.s.co.uk

pcvs
Peterborough Council for Voluntary Service
Making Lives Better!

Register for FREE Digital Resources today

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

Carers Trust Cambridgeshire, Peterborough, Norfolk, in partnership with Cambridgeshire County Council, have teamed up with Carers UK to offer family carers in Cambridgeshire a comprehensive solution that brings together Carers UK's digital products and online resources with our own information and support for family carers onto a single web page.

What's included:

About Me: Building resilience for carers, an e-learning resource that helps carers identify and build networks of support and promotes their self-care.

Jointly: Carers UK's care co-ordination app for people sharing care (web, iOS, Android).

The role of good nutrition when caring for someone: An e-learning course that aims to help carers understand the role of nutrition both for themselves as well as the person they are looking after.

Upfront Guide to Caring: A simple assessment tool to guide people new to caring or seeking support for the first time to navigate the Carers UK website.

Looking after someone: Carers Rights Guide which helps carers understand their rights as a carer and where to go for financial or practical help.

Being Heard: A self-advocacy guide for carers which helps carers develop the skills to self-advocate.

Technology and care: Information and resources on how to access products and services that can help with care and caring.

Our own information and support resources for carers.

To create an account and get free access to all the products and support resources visit <https://carersdigital.org/login/signup.php?DGTL3385> or to find out more about the Digital Resource for Carers visit carersdigital.org and create a new account by using code **DGTL3385** (for family carers in Cambridgeshire only).

brought to you by **carersuk** in collaboration with **Cambridgeshire County Council**

FREE digital resources

Looking after someone?

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

Visit **carersdigital.org**

Your Free Access Code is: DGTL3385

Use this code to get free access to all the digital products and online resources, including:

- About Me eLearning Course**
This online course aims to help you identify and find resources, technology and sources of support to prevent your caring responsibilities from becoming overwhelming.
- Jointly Care co-ordination app**
A central place to store and share important information about the person you are caring for. Set up appointments, allocate tasks, save files and notes, manage medication and lots more.
- Free publications Carers UK guides**
Essential reading for carers including: *Upfront guide to caring*, *Looking after someone - Carers Rights Guide 2016* and *Being heard: A self-advocacy guide for carers*.
- Links to more info and local resources**
Access links to further resources and sources of local information and support for people who are looking after a loved one.

Scan to register without using a code:



Olga's story

When I first heard about Carers UK's Jointly app, I was juggling full-time work with caring for my parents.

I was living in London – 170 miles away from their home in Staffordshire. It was a complicated and stressful situation. My mum has a range of conditions, including osteoporosis and arthritis. My dad had been caring for her, until 2015 when he was diagnosed with lymphoma and needed care himself.

My siblings and I tried to co-ordinate it between us, taking turns to travel to their home to help around the house, cook meals and take them to appointments.

Jointly was an excellent way of making sure we had all the information we needed in one place. We only had to enter the information once and all of us had access to it. Up until then we'd been trying to co-ordinate everything through email, phone calls and trying to share calendars.

Each time one of us took mum or dad to an appointment we would make notes in Jointly. The medication list meant we all had up-to-date information to share with the GP – which was essential when dad was prescribed aspirin, which he wasn't allowed to have whilst on his cancer drugs.

Being able to look after my parents has been really important to me. I wanted to return the care and love they gave me during my childhood. After dad passed away in 2016, my siblings and I have continued to share the care for mum, and Jointly helps us do that.



Family Carers Hubs

Looking after someone?

Family Carers Hubs can help you, your family and the people you look after

- Friendship and peer support
- Short breaks with registered CQC Care Worker
- Social activities
- Access to other support organisations
- Health and wellbeing activities
- Legal, financial and benefits advice
- 1-to-1 support and advice
- Help with Family Carer's Assessments
- Emergency and forward planning
- Refreshments.



01480 499090 for more information.

See events calendar for information on programme of events.



Events Calendar December 2017

**Fri
1**

- **Ely CPFT Dementia Friday Club** The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm to 4pm (see p 33).

**Mon
4**

- **Wisbech Alzheimer's Society Dementia Café** Robert Hall Centre, St Augustine's Road PE13 3AH 10am to 12pm (see p 17).
- **St Ives Love To Move - Age & Dementia Friendly Gymnastics Programme** Crossways Christian Centre, Ramsey Road 10am to 12pm (see p 31).

**Tues
5**

- **March Alzheimer's Society Dementia Café** St Peter's Church Hall, 36 High Street PE15 9JR 10am to 12pm (see p 17).
- **Cambridge - Milton Parkinson's Support Group** Barnabas Court, Cambridge Road CB24 6WR 12.15pm to 3pm (see p 35).
- **Fordham CPFT Dementia Carers Lunch** Scotsdales, Market Street CB7 5LQ 12.30pm to 2.30pm (see p 33).
- **Cambridge CPFT Dementia Friendly Drop-In** Sainsbury's Café, Coldhams Lane CB1 3HP 2.30pm (see p 33).
- **Cambridge Think Autism Information Session for Parents** Waterbeach Children's Centre (see p 28).

**Weds
6**

- **Ramsey Alzheimer's Society Dementia Café** Rainbow Surgery, Stocking Fen Road PE26 1SA 10am to 12pm (see p 17).
- **March Parkinson's Support Group** The Braza Club, Elm Road PE15 8NZ 10am to 1.30pm (see p 35).
- **Peterborough Rethink Carers Support Group** Centre 68, 68b Westgate PE1 1RG 1pm to 3pm (see p 39).
- **St Ives Parkinson's Support Group** Dolphin Hotel, London Road PE27 5EP 2pm to 4pm (see p 35).

**Thurs
7**

- **Huntingdon CTCPN Family Carers Drop-In - leisure activities and speakers, as well as an opportunity to access professional or peer support.** Huntingdon Library, Downstairs, main library space, Princes Street PE29 3PA 10am to 12pm.
- **Peterborough Pinpoint ADHD/ASD Parent Group** Family Voice, Goldhay Community Centre, 105 Paynels, Orton Goldhay PE2 5QP 10am to 12pm (see p 29).
- **Yaxley Alzheimer's Society Dementia Café** The Royal British Legion, 210 Broadway PE7 3NR 10.30am to 12pm (see p 32).

**Sun
10**

- **Peterborough En-Abled Christmas Shopping Event** Queensgate Shopping Centre PE1 1NT 4pm to 8pm (see p 12).
- **Fordham C2 M.S. Carer's Club** If you are attending M.S. Society (Cambridge and District Lunch) why not join us on our table?
- **Peterborough Lights of Love** Sue Ryder Thorpe Hall PE3 6LW 6pm (see p 30).

**Mon
11**

- **St Ives Love To Move - Age & Dementia Friendly Gymnastics Programme** Crossways Christian Centre, Ramsey Road 10am to 12pm (see p 31).
- **Sawtry Chatterbox Family Carers Drop-In** CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p 37).

**Tues
12**

- **March Alzheimer's Society Information Session** March Library, City Road PE15 9LT 10.30am to 12.30pm (see p 17).
- **Cambridge Borderline Personality Disorder Carer's Group** The Edge Café, Brookfields NHS Site, 351 Mill Road Cambridge CB1 3NN 7pm to 9pm (see p 38).

**Weds
13**

- **March CTCPN Family Carers Drop-In - Christmas activities including art & craft session, mince pies and other festive treats** 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 39).
- **Ramsey Parkinson's Support Group** Ramsey Resource Centre, Stocking Fen Road PE26 1SA 2pm to 4pm (see p 35).
- **Cambridge Rethink Carers Social Gathering** St Laurence's Church, 91 Milton Road CB4 1XB 7.30pm to 9pm (see p 39).

**Thurs
14**

- **Great Shelford CTCPN Dementia Family Carers Hub - Christmas Party** David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am to 12pm (see p 34).
- **Longthorpe Alzheimer's Society Dementia Café** St Boltolph Church, Thorpe Road PE3 6LU 2.15pm to 3.45pm (see p 32).

**Fri
15**

- **Cambridge Parkinson's Support Group** David Rayner Building, Scotsdales, Cambridge Road, Great Shelford CB22 5JT 10.30am to 2pm (see p 35).
- **Ely CPFT Dementia Friday Club** The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm to 4pm (see p 33).



**Mon
18**

- **Cambridge Alzheimer's Society Carols at Christmas** St John's College, Cambridge CB2 1TP 6.30pm to 8.00pm (see p 17).
- **St Ives Love To Move - Age & Dementia Friendly Gymnastics Programme** Crossways Christian Centre, Ramsey Road 10am to 12pm (see p 31).
- **Ramsey CTCPN Family Carers Hub - Christmas Party** Ramsey Library, 25 Great Whyte PE26 1HA 10am to 1pm (see p 15).
- **St Neots Parkinson's Support Group** Old Market Court, Tebbutts Road PE19 1RQ 2pm to 4pm (see p 35).

**Tues
19**

- **St Ives Alzheimer's Society Dementia Café** St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am to 12pm (see p 17).
- **Cambridge CTCPN Family Carers Hub - Christmas Party** Meadows Community Centre, Garden Wing, 1 St Catharine's Road CB4 3XJ 10am to 12.30pm (see p 15).
- **Ely Parkinson's Support Group** The Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm to 4.30pm (see p 35).

**Weds
20**

- **Wisbech CTCPN Family Carers Hub - Christmas activities including art & craft session, mince pies & festive treats** The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am to 2pm (see p 15).
- **Hail Weston Rotary Club Carers Coffee Club** The Royal Oak, High Street PE19 5JW 2.30pm to 4pm (see p 36).

**Thurs
21**

- **Great Shelford Alzheimer's Society Dementia Café** David Rayner Building, Scotsdales, Cambridge Road CB22 5JT 10am to 12pm (see p 17).
- **Eye Alzheimer's Society Dementia Café** The Spinney, 1 Neath Court PE6 7UB 10.30am to 12pm (see p 32).
- **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 32).

**Weds
27**

- **Peterborough Parkinson's Support Group** PJ Care Neurological Centre, Eaglewood PE3 8DE 2pm to 4pm (see p 35).



Carols at Christmas

Friday 15 December

**6.30-8.00pm
(Doors open 6.00pm)**

St John's College
Cambridge
CB2 1TP

Tickets

- £13.00 per person: concert ticket
- £15.00 per person: combined concert ticket for a person with dementia and their carer
- £6.00 per child aged 9 and under

For more details and to buy tickets
[www.alzheimers.org.uk/
homepage/387/carol_concert_
cambridge](http://www.alzheimers.org.uk/homepage/387/carol_concert_cambridge)

Alzheimer's Society has six Dementia Cafés across Cambridgeshire:

- March
- Ely
- Cambridge
- Wisbech
- Ramsey
- St Ives



Find out more about the cafés and the other support they can provide for people living with dementia and their carers.



01954 250322

cambridgeshire@alzheimers.org.uk

Events Calendar January 2018

**Tues
2**

- **Huntingdon** CTCPN Family Carers Drop-In - leisure activities and speakers, as well as an opportunity to access professional or peer support. Huntingdon Library, Meeting Room 2, Princes Street PE29 3PA 10am to 12pm.
- **March** Alzheimer's Society Dementia Café St Peter's Church Hall, 36 High Street PE15 9JR 10am to 12pm (see p 17).

**Weds
3**

- **Ramsey** Alzheimer's Society Dementia Café Rainbow Surgery, Stocking Fen Road PE26 1SA 10am to 12pm (see p 17).
- **March** Parkinson's Support Group The Braza Club, Elm Road PE15 8NZ 10am to 1.30pm (see p 35).
- **Fordham** CPFT Dementia Carers Lunch Scotsdales, Market Street CB7 5LQ 12.30pm to 2.30pm (see p 33).
- **St Ives** Parkinson's Support Group Dolphin Hotel, London Road PE27 5EP 2pm to 4pm (see p 35).

**Thurs
4**

- **Yaxley** Alzheimer's Society Dementia Café The Royal British Legion, 210 Broadway PE7 3NR 10.30am to 12pm (see p 32).

**Mon
8**

- **Histon** Pinpoint ADHD/ASD Parent Group Early Years Centre, New School Road CB24 9LL 10am to 12pm (see p 29).
- **Sawtry** Chatterbox Family Carers Drop-In CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p 37).

**Tues
9**

- **Huntingdon** Pinpoint ADHD/ASD Parent Group Hunts Forum, The Maple Centre, 6 Oak Tree Drive PE29 7HN (sat nav ref: PE29 7LB) 10am to 12pm (see p 29).

**Weds
10**

- **March** CTCPN Family Carers Drop-In - Variety of speakers and activities each month March Library, City Road PE15 9LT 10am to 12pm.
- **March** Alzheimer's Society Information Sessions March Library, City Road PE15 9LT 10.30am to 12.30pm (see p 17).
- **Peterborough** Rethink Carers Support Group Centre 68, 68b Westgate PE1 1RG 1pm to 3pm (see p 39).
- **Ramsey** Parkinson's Support Group Ramsey Resource Centre, Stocking Fen Road PE26 1SA 2pm to 4pm (see p 35).

**Thurs
11**

- **Great Shelford** CTCPN Dementia Family Carers Hub - Eric Britt (Integrity Wills and Legal Services) - talk on Wills & Power of Attorney David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am to 12pm (see p 34).
- **Peterborough** Pinpoint ADHD/ASD Parent Group Family Voice, Goldhay Community Centre, 105 Paynels, Orton Goldhay PE2 5QP 10am to 12pm (see p 29).
- **Longthorpe** Alzheimer's Society Dementia Café St Boltolph Church, Thorpe Road PE3 6LU 2.15pm to 3.45pm (see p 32).

**Fri
12**

- **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 29).

**Mon
15**

- **Ramsey** CTCPN Family Carers Hub - Entertainment from Ramsey Ukelele Band. Health & Wellbeing Session: Resilience & Emotional Wellbeing Ramsey Library, 25 Great Whyte PE27 3HA 10am to 1pm (see p 15).
- **St Neots** Parkinson's Support Group Old Market Court, Tebbutts Road PE19 1RQ 2pm to 4pm (see p 35).

**Tues
16**

- **St Ives** Alzheimer's Society Dementia Café St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am to 12pm (see p 17).
- **Cambridge** CTCPN Family Carers Hub - Tracy (After Umbrage) Health & Wellbeing Session: Basic First Aid Meadows Community Centre, Garden Wing, 1 St Catharine's Road CB4 3XJ 10am to 12.30pm (see p 15).
- **Fulbourn** CPFT Dementia Friendly Lunch Group Six Bells Pub, 9 High Street CB21 5DH 12.30pm (see p 33).
- **Ely** Parkinson's Support Group The Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm to 4.30pm (see p35).

**Weds
17**

- **Wisbech** CTCPN Family Carers Hub - Talk and food tasting session delivered by Wiltshire Farm Foods. Health & Wellbeing Session: Basic First Aid The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am to 2pm (see p 15).

- **Hail Weston Rotary Club Carers Coffee Club** The Royal Oak, High Street PE19 5JW 2.30pm to 4pm (see p 36).

**Thurs
18**

- **Great Shelford Alzheimer's Society Dementia Café** David Rayner Building, Scotsdales, Cambridge Road CB22 5JT 10am to 12pm (see p 17).
- **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 32).

**Fri
19**

- **Cambridge C2 M.S. Carer's Club - Lunch date!** The Park Restaurant, CRC, Kings Hedges Road CB4 2QT 12.30pm to 2pm.
- **Ely CPFT Dementia Friday Club** The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm to 4pm (see p 33).

**Mon
22**

- **Peterborough CTCPN Family Carers Hub - Variety of speakers and/or social activities. Health & Wellbeing Session: Medicine Management** Gladstone Park Community Centre, Bourges Boulevard PE1 2AN 10.30am to 2pm (see p 15).
- **Sawtry Chatterbox Family Carers Drop-In** CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p 37).
- **Girton CPFT Dementia Carers Meeting** St Vincent's Close Community Centre CB3 0PE 2pm to 3.30pm (see p 33).

**Tues
23**

- **Ely Alzheimer's Society Dementia Café** Cathedral Centre, Palace Green CB7 4AW 10am to 12pm (see p 17).
- **Cambridge Borderline Personality Disorder Carer's Group** The Edge Café, Brookfields NHS Site, 351 Mill Road Cambridge CB1 3NN 7pm to 9pm (see p 38).

**Weds
24**

- **Peterborough Rethink Carers Support Group** Centre 68, 68b Westgate PE1 1RG 1pm to 3pm (see p 39).
- **Cambridge C2 M.S. Carer's Club - Speaker Tony Collett on "Supporting the M.S. Carer"** Church of Good Shepherd Hall, Mansel Way, Arbury CB4 2ET Free parking 2.30pm to 3.30pm (see p 23).

**Thurs
25**

- Young Carers Awareness Day.



- **Great Shelford CTCPN Dementia Family Carers Hub - Richard Curtis (CAB) - Energy Talk. Health & Wellbeing Session: Medicine Management** David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am to 12pm (see p 34).
- **Eye Alzheimer's Society Dementia Café** The Spinney, 1 Neath Court PE6 7UB 10.30am to 12pm (see p 32).

**Fri
26**

- **Ely CTCPN Family Carers Hub - Talk from Safe & Well on daily living aids followed by an art & craft session. Health & Wellbeing Session: Basic First Aid** Larkfields Community Centre, High Barns CB7 4SB 10am to 2pm (see p 15).
- **Cambridge Parkinson's Support Group** David Rayner Building, Scotsdales, Cambridge Road, Great Shelford CB22 5JT 10.30am to 2pm (see p 35).

**Mon
29**

- **Hartford Rotary Club Memory Café** All Saints in the Hollow PE29 1XP 2.30pm to 4.30pm (see p 34).

**Tues
30**

- **Eaton Socon CTCPN Café Neuro Family Carers Hub - coffee, cakes & games. Health & Wellbeing Session: Continence Care** The Marbrook Centre, Phoenix Park, Great North Road PE19 8EP 10.30am to 12.30pm (see p 36).

**Weds
31**

- **Peterborough Parkinson's Support Group** PJ Care Neurological Centre, Eaglewood PE3 8DE 2pm to 4pm (see p 35).
- **Cambridge Rethink Carers Support Group** St Laurence's Church, 91 Milton Road CB4 1XB 7.30pm to 9pm (see p 39).

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

www.carerstrustcpn.org

Events Calendar February 2018

Thurs
1

- **St Ives** Pinpoint Parent Carers Conference Burgess Hall, Westwood Road PE27 6WU 9.30am to 2pm (see p 29).
- **Yaxley** Alzheimer's Society Dementia Café The Royal British Legion, 210 Broadway PE7 3NR 10.30am to 12pm (see p 32).
- **Ramsey** Alzheimer's Society Dementia Café Rainbow Surgery, Stocking Fen Road PE26 1SA 10am to 12pm (see p 17).
- **March** Breathe Easy Fenland Support Group St Peter's Church Hall, High Street PE15 9JR 2pm to 4pm (see p 35).

Fri
2

- **Ely** CPFT Dementia Friday Club The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm to 4pm (see p 33).

Mon
5

- **Histon** Pinpoint ADHD/ASD Parent Group Early Years Centre, New School Road CB24 9LL 10am to 12pm (see p 29).
- **Wisbech** Alzheimer's Society Dementia Café Robert Hall Centre, St Augustine's Road PE13 3AH 10am to 12pm (see p 17).

Tues
6

- **Huntingdon** CTCPN Family Carers Drop-In - leisure activities and speakers, as well as an opportunity to access professional or peer support. Huntingdon Library, Meeting Room 1, Princes Street PE29 3PA 10am to 12pm.
- **Huntingdon** Pinpoint ADHD/ASD Parent Group Hunts Forum, The Maple Centre, 6 Oak Tree Drive PE29 7HN (sat nav ref: PE29 7LB) 10am to 12pm (see p 29).
- **March** Alzheimer's Society Dementia Café St Peter's Church Hall, 36 High Street PE15 9JR 10am to 12pm (see p 17).
- **Cambridge - Milton** Parkinson's Support Group Barnabas Court, Cambridge Road CB24 6WR 12.15pm to 3pm (see p 35).
- **Fordham** CPFT Dementia Carers Lunch Scotsdales, Market Street CB7 5LQ 12.30pm to 2.30pm (see p 33).
- **Cambridge** CPFT Dementia Friendly Drop-In Sainsbury's Café, Coldhams Lane CB1 3HP 2.30pm (see p 33).

Weds
7

- **March** CTCPN Family Carers Drop-In - Art & Craft Session for all carers and their families March Library, City Road PE15 9LT 10am to 12pm.
- **Ramsey** Alzheimer's Society Dementia Café Rainbow Surgery, Stocking Fen Road PE26 1SA 10 am to 12pm (see p 17).

Thurs
8

- **March** Parkinson's Support Group The Braza Club, Elm Road PE15 8NZ 10am to 1.30pm (see p 35).
- **Peterborough** Rethink Carers Support Group Centre 68, 68b Westgate PE1 1RG 1pm to 3pm (see p 39).
- **St Ives** Parkinson's Support Group Dolphin Hotel, London Road PE27 5EP 2pm to 4pm (see p 35).
- **Great Shelford** CTCPN Dementia Family Carers Hub - Sharon Burnett - Wiltshire Farm Foods David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am to 12pm (see p 34).
- **Peterborough** Pinpoint ADHD/ASD Parent Group Family Voice, Goldhay Community Centre, 105 Paynels, Orton Goldhay PE2 5QP 10am to 12pm (see p 29).
- **Longthorpe** Alzheimer's Society Dementia Café St Boltolph Church, Thorpe Road PE3 6LU 2.15pm to 3.45pm (see p 32).

Fri
9

- **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 29).
- **Longthorpe** Alzheimer's Society Dementia Café St Boltolph Church, Thorpe Road PE3 6LU 2.15pm to 3.30pm (see p 32).

Mon
12

- **Sawtry** Chatterbox Family Carers Drop-In CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p 37).

Weds
14

- **March** Alzheimer's Society Information Sessions March Library, City Road PE15 9LT 10.30am to 12.30pm (see p 17).
- **Ramsey** Parkinson's Support Group Ramsey Resource Centre, Stocking Fen Road PE26 1SA 2pm to 4pm (see p 35).

Thurs
15

- **Great Shelford** Alzheimer's Society Dementia Café David Rayner Building, Scotsdales, Cambridge Road CB22 5JT 10am to 12pm (see p 17).
- **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 32).



Mon
19

- **Ramsey** CTCPN Family Carers Hub - Presentation & taster session from Wiltshire Farm Foods. Health & Wellbeing Session: Continence Care Ramsey Library, 25 Great Whyte PE27 3HA 10am to 1pm (see p 15).
- **St Neots** Parkinson's Support Group Old Market Court, Tebbutts Road PE19 1RQ 2pm to 4pm (see p 35).

Tues
20

- **St Ives** Alzheimer's Society Dementia Café St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am to 12pm (see p 17).
- **Cambridge** CTCPN Family Carers Hub - Richard Curtis (CAB) - Energy Talk. Health & Wellbeing Session: Back Care Meadows Community Centre, Garden Wing, 1 St Catharine's Road CB4 3XJ 10am to 12.30pm (see p 15).
- **Fulbourn** CPFT Dementia Friendly Lunch Group Six Bells Pub, 9 High Street CB21 5DH 12.30pm (see p 33).
- **Ely** Parkinson's Support Group The Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm to 4.30pm (see p 35).

Weds
21

- **Wisbech** CTCPN Family Carers Hub - Talk from Safe & Well on daily living aids followed by an art and craft session. Health & Wellbeing Session: Resilience & Emotional Wellbeing The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am to 2pm (see p 15).
- **Peterborough** Rethink Carers Support Group Centre 68, 68b Westgate PE1 1RG 1pm to 3pm (see p 39).
- **Hail Weston** Rotary Club Carers Coffee Club The Royal Oak, High Street PE19 5JW 2.30pm to 4pm (see p 36).

Thurs
22

- **Great Shelford** CTCPN Dementia Family Carers Hub - Peter Jackson - Scotsdales Garden Centre Gardening talk. Health & Wellbeing Session: Resilience & Emotional Wellbeing David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am to 12pm (see p 34).
- **Ely** Alzheimer's Society Dementia Café The Spinney, 1 Neath Court PE6 7UB 10.30am to 12pm (see p 32).

Fri
23

- **Cambridge** Parkinson's Support Group David Rayner Building, Scotsdales, Cambridge Road, Great Shelford CB22 5JT 10.30am to 2pm (see p 35).

Mon
26

- **Peterborough** CTCPN Family Carers Hub - Variety of speakers and/or social activities. Health & Wellbeing Session: Medicine Management Gladstone Park Community Centre, Bourges Boulevard PE1 2AN 10.30am to 2pm (see p 15).
- **Girton** CPFT Dementia Carers Meeting St Vincent's Close Community Centre, CB3 0PE 2pm to 3.30pm (see p 33).
- **Sawtry** Chatterbox Family Carers Drop-In CARESCO Centre, Green End Road PE28 5UX 2pm to 4pm (see p 37).
- **Hartford** Rotary Club Memory Café All Saints in the Hollow PE29 1XP 2.30pm to 4.30pm (see p 34).

Tues
27

- **Ely** Alzheimer's Society Dementia Café Cathedral Centre, Palace Green CB7 4AW 10am to 12pm (see p 17).
- **Eaton Socon** CTCPN Café Neuro Family Carers Hub - Presentation & taster session from Wiltshire Farm Foods. Health & Wellbeing Session: Basic First Aid The Marbrook Centre, Phoenix Park, Great North Road PE19 8EP 10.30am to 12.30pm (see p 36).
- **Cambridge** Borderline Personality Disorder Carer's Group The Edge Café, Brookfields NHS Site, 351 Mill Road Cambridge CB1 3NN 7pm to 9pm (see p 38).

Weds
28

- **Ely** CTCPN Family Carers Hub - Talk and food tasting session delivered by Wiltshire Farm Foods. Health & Wellbeing Session: Continence Care Larkfields Community Centre, High Barns CB7 4SB 10am to 2pm (see p 15).
- **Peterborough** Parkinson's Support Group PJ Care Neurological Centre, Eaglewood PE3 8DE 2pm to 4pm (see p 35).
- **Cambridge** C2 M.S. Carer's Club - Workshop with Jackie Tevlin - "Relax and De-Stress" Church of Good Shepherd Hall, Mansel Way, Arbury CB4 2ET Free parking 2.30pm to 3.30pm (see p 23).
- **Cambridge** Rethink Carers Support Group St Laurence's Church, 91 Milton Road CB4 1XB 7.30pm to 9pm (see p 39).

The Cambridgeshire Bobby Scheme

Making you feel safe in your home



Being the victim of a burglary can make you feel very vulnerable in your home. Help is on offer from the Bobby Scheme, which secures homes of victims aged over 60 within 24 hours.

The Cambridgeshire Bobby Scheme is a charity run by a team of staff based at Yaxley Police Station. They fit security equipment in the homes of elderly people and provide safety advice to help victims feel safe in their homes again.

Our own Carers Ambassador Richard Cross said:

"I found the person who came to me to be extremely helpful, he spoke clearly in a language I could understand, made recommendations and fitted intruder deterrents downstairs throughout. My peace of mind is much better and I would happily endorse this service for anyone who feels they are vulnerable in any way."

The Bobby Scheme works closely with police to offer its security service promptly following a crime and also supports victims of domestic abuse.

They say: *"Because we work closely with Cambridgeshire Police we are able to identify victims of crime aged 60+ within 24 hours and offer our security service immediately. We are then able to target crime hot spots in the county and secure the homes of non-victims aged 65+ in the area, thus reducing the likelihood of thieves returning to the vicinity. This not only makes people safer in their own homes but also reduces the fear of crime and enables elderly people to stay in their own homes longer."*

"As a result, over the last 15 years we have secured over 24,000 homes. Our repeat victimisation rate is still less than 1%."

This means vulnerable people are safer in their own homes and we reduce the fear of crime. By helping elderly people remain independent longer we reduce the cost of care and nursing home facilities.

"Since October 2012 when we started to support victims of domestic abuse we have secured over 1,100 homes helping them to feel safe and allowing them and their children to remain in their own homes rather than go into refuge."



For further information see the Bobby Scheme website www.thebobbyscheme.org or phone **01480 413311** or **07866 602100**.



Loneliness and isolation are one of the biggest issues amongst our older community.

Age UK has a range of support and advice including practical steps you can take to improve your situation.

Their Befriending and Visiting Scheme Services and social opportunities such as their Friendship Clubs and Day Care Centres provide valued contact for those with few or no families and friends - a chance to chat, have a cup of tea, a laugh and to share memories and worries.

Find out more about the local support available.



Helpline 0300 666 9860

Email: infoandadvice@ageukcap.org.uk

www.ageuk.org.uk/information-advice/health-wellbeing/loneliness/

The New Multiple Sclerosis Carer's Club



Family carers and volunteers contribute more than £155 billion to the economy each year¹⁰⁻¹¹, giving their time, commitment, passion and enthusiasm for free to care or help someone. The family carer of someone with Multiple Sclerosis offers an invaluable (yet often undervalued) service and often becomes the lifeblood to the person with MS.



You remain the unpaid carer (perhaps with a token allowance) to provide consistency and stability to the vulnerable MS sufferer where otherwise, there is little. You try your best, many times (and with challenges) to provide happy opportunities, helping to create positive and confident futures for them. For your loved one with MS, knowing that someone is taking a genuine interest in them for who they are is hugely important for their self-worth and confidence. As life can be very transient for those in your care, this stability is a valuable constant.

And yet, being a family carer can often be a very lonely struggle in the daily challenges. Exhaustion, sudden accidents, irritation, hospital emergencies, anger and despair are words that come to mind. Often carers do far more than they realise and by unselfishly giving your loved ones gentle words of encouragement, a little guidance and support can help them to live a big life despite their

situation, not a small life because of it. So never forget that you have done more than what the average person would have done for others in this world.

Hence, the Carer's Club is here to celebrate our unceasingly daunting but invaluable role as a carer of someone with MS. This Club is the only one in the Anglia region and overdue. We are here to support each other in our often lonely role as a family carer – be it emotionally, mentally, socially, spiritually – as family carers need to be cared for too; supported in the knowledge that one is not alone in that seemingly long private journey of caring. One cannot just give, and give; and give. So, a big welcome and HELLO. We would really love to know you out there. We hope you can come to our monthly meetings, helping each other practically to increase self-awareness of MS and family carer issues - through sharing our experiences and information, besides enjoying other social/ fun activities.



Thank you family carers for all you are doing. Keep up the good work.

BE STRONG! and come to meet us too.

The Co-ordinators are jacqueline.tevlin@hotmail.co.uk or paul.msc7@gmail.com

Regular meetings are planned for 2018 on the fourth Wednesday of the month from 2.30pm-3.30pm at the Church of the Good Shepherd Hall, Mansel Way, Arbury, Cambridge CB4 2ET. Free parking.

Young Carers and Young Adult Carers



Young Carers Awareness Day 2018 - Infant Carers

According to the 2011 Census it is thought that there are around 10,000 Infant Carers, aged 5 to 8 in England and Wales¹². These statistics demonstrate just how young children can be when they start taking on caring responsibilities, which in some cases may be expected of an adult. Young Carers Awareness Day takes place on Thursday 25th January 2018 and will focus on raising the awareness of Infant Carers. We have been encouraging local schools, businesses and partners to dress as a superhero for the day to help celebrate the unsung superheroes in many families – Young Carers. Join us and help raise awareness of Infant Carers!

#YoungCarersAwarenessDay2018

Spotlight on Infant Carers in Peterborough

In Peterborough, we have been supporting Infant Carers for a number of years. Infant Carers are Young Carers between the ages of 5 to 8. This is becoming one of our ever-increasing age ranges. We currently have 43 Infant Carers within Young Carers in Peterborough (some 15% of our total project). We work closely with 25 primary schools in order to support these Infant Carers, with one of the primary schools, Hampton College Primary, starting up and running their own Young Carers group and even being awarded our Bronze Young Carers In School Award.

With Young Carers Awareness Day 2018 focusing on Infant Carers, we will be getting

as many of the primary schools in the area as possible involved with awareness raising and fundraising. We will have a presence in many primary schools on the day to support both the school and the Young Carers that attend.

We work closely with Eye Primary School to support Young Carers within their school. Recently we have supported two families with a range of support due to difficult circumstances. Eye Primary, as have others, has welcomed us into school to support these students with identifying themselves as Young Carers and going on to support them on a one-to-one basis every couple of weeks within school. For one of the Young Carers in particular this had a big impact; within only a few one-to-one sessions they were feeling less stressed/anxious and had even started eating properly again.



One-to-one sessions are beneficial as they give us the opportunity to support young people's needs on an individual basis. We can put in strategies to help support at home and within day-to-day as well as linking to members of staff that they can go to in school if they need to off-load or would like to see someone from our project. Included in this support has also been the link between our Young Carers and Adult Carers services to support the whole family with a range of services from signposting to supporting with financial and housing applications, including multiple supporting letters to benefit the whole family.

NHS Health Champions

In 2016, the NHS England Carers Programme worked with some of its partners; Carers Trust, Carers UK and the Children's Society on a pilot project - to create a new team of Young Adult Carers called "Health Champions", to help shape health services and to hold NHS England to account on their services for young and adult carers.

Three Young Carers took part in the project for the year where they had meetings with MPs, national and regional carers leads about the issues that Young Carers are facing nationally and what they think could be done about it. The group also worked on creating media to get their voices heard.

This year we have been asked to take part in the project again and bring back the three Health Champions who are now Health Champion Mentors. We have four Young Carers who are taking part this year and are very keen to work hard to help other Young Carers like themselves. The group will have three residentials to come together as a group but also when they are back in their own communities, they work hard raising awareness for Young Carers and Young Adult Carers.

Key responsibilities:

- Decide on the key objectives for the year.
- Actively participate in relevant meetings through attendance, discussion and review of papers.
- Undertake media engagements as appropriate to promote Young Carers.
- Provide expertise and advice to the national and regional carers' programmes.
- Attend a Commitment to Carers Oversight Group meeting once a year to feedback on the work actioned throughout the year.



Family Carers' Prescriptions for Young Adult Carers

Improving lives and preventing, reducing or delaying the harmful impact of caring is an aim shared for family carers of all ages.

A Family Carers' Prescription did just that for Ben*. Ben is an 18 year old Young Adult Carer who cares for his mum who has a condition called hemiplegic migraine which can cause paralysis, constant pain and impact her speech and movement. He also cares for brother with Autism and his sister.

Ben loved going to the gym. It had become his only source of stress relief and enabled him to improve/manage his physical and mental health and wellbeing as well as allowing him some time to himself. However, his caring role, alongside his increasing college workload meant he had less time to go. This was exacerbated by financial limitations on the family. The Family Carers' Prescription was used to purchase a set of dumbbells for use at home.

** Not his real name.*

"The communication and sorting has been excellent. The difference they have made has been really great. When I have been home unable to leave they have been a great release for myself. Really helps me in so many ways. Thank you for all of your help!"

Ben*

Young Adult Carers

A lot of the work we do through our STRIVE project is to support Young Adult Carers with their plans for the future. This can include talking with them about going to university and addressing the barriers and concerns they may have in relation to their caring role.

Transition Plans are a really valuable tool to support Young Adult Carers considering university or who are already applying to go to university. The plan reflects actual opportunities and resources available and sets achievable short, mid and long-term goals.

We are involved in some great partnership work with Huntingdon Regional College, Cambridge Regional College, Universal Technical College Cambridge, Anglia Ruskin University Cambridge Campus and Peterborough Regional College.



David Walmsley, Deputy Director of Student Services at Anglia Ruskin University, said: "We are committed to ensuring that carers are fully supported throughout their studies and we understand that a caring role means that life can be complicated. We are raising awareness across our campuses, have created specific web pages outlining the support available (arul.ink/student-carers) and we are working alongside local caring charities to ensure that our students receive expert advice which will continue after they graduate."

For more information about support for Young Adult Carers aged 16-25 contact:

Cambridgeshire - Nicky Hornsby
nicky.hornsby@carerstrustcpn.org

Peterborough - Lisa Masters
lisa.masters@carerstrustcpn.org

Please see our website for the full article.

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?

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: 0333 4141809

For a Young Carers Needs Assessment please email: youngcarers@cambridgeshire.gov.uk
 @Centre33Camb www.centre33.org.uk

Cambridgeshire County Council

Things to do
Places to go
Made simple with SCIP...

Mark it on your calendar with the County A-Z 2019

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

Eddie's A Way Out of Loneliness



Eddie's is a learning disability charity based in Waterbeach, which helps people with learning disabilities and autism who live in the Cambridgeshire area. Amongst the myriad services we offer, is a befriending scheme for people from the age of 13 to 25. The befriending service allows young people to go out into the community to take part in activities they enjoy. In research carried out recently, Eddie's established that before having a befriender, 50% of the young people never went out with a friend.

Research is clear: loneliness and social isolation can lead to serious mental health problems and a feeling of worthlessness, so let us help. As one of our benefiting parents said, "Eddie's is prepared to tackle the invisible need, all the things that can't be measured easily." This parent also ended by saying, "I can feel it benefiting me." Not only can having a befriender help the young person, it can also help the parents of those who have a befriender by giving them respite from their caring responsibilities in the knowledge that their child or family member is having fun with someone who has been carefully matched (in terms of interests, age and personality) with the young person. The volunteer befriender will also have completed a volunteer application form, had an interview with our volunteer co-ordinators and completed mandatory training sessions. All volunteers have an enhanced DBS checks.

Befriending can also have huge benefits for volunteers, by helping them feel connected to the wider community. We are always in need of volunteers, so if you know of anyone who can spare two hours every fortnight to go and have fun with a befriender – going to the cinema, playing tennis and going out for meals, are just some of the activities people like to do, please point them in our direction. We refund all expenses. (See Ref: 13)



Tel: 01223 883130
Facebook: [Eddiestrustcambridgeshire](#)
Twitter: [@EddiesCambs](#)
Instagram: [eddiess_cambs](#)

More Link Carers for Disabled Children Needed in Cambridgeshire

Cambridgeshire County Council's Family Link Service offers short break respite care to children with disabilities. A number of families across the county are currently waiting for carers and we are keen to hear from anyone who feels they have the skills and experience needed to join our team. Link carers work depending on their availability, starting from one overnight stay a month. Some of our carers fit their Link work around full or part time jobs, others work for us on a full time, retained basis.

Children receiving Link care have often been diagnosed with conditions such as cerebral palsy and autism/ASD. Many are unable to communicate verbally and can get frustrated. In many cases we require households with two carers, who can offer overnight stays and close supervision to allow children to have fun in a safe environment. This gives parents the opportunity to have a good night's sleep and spend time with other children in the family. All our carers need experience caring for children with disabilities and have the confidence to perform tasks such as safely administering medication.



For more information about becoming a Link carer please call **0800 052 0078** or visit www.cambridgeshire.gov.uk/fostering





Parent to Parent Service

Parent to Parent is the NAS' award winning UK wide confidential emotional support service, provided

over the phone by trained volunteers, who are all parents of autistic children and adults. The volunteers are based across the whole of the UK which means that there is increased anonymity for parents who may not want to share information with someone in their local area.

The volunteers all have personal experience of autism and the impact it has on their own families. They are there to give parents and carers the opportunity to talk through any issues, feelings or problems they're experiencing. They can suggest helpful strategies, signpost them to other sources of information and support, or just provide a non-judgemental listening ear.



Parents and carers can call Parent to Parent on **0808 800 4106**, at any time, day or night, and leave a message on our 24-hour answerphone.

Please be aware that they will not speak to someone immediately as this is not a manned line. If they leave a message, a volunteer will call them back as soon as possible at a time which suits them. Alternatively they can send the service an online enquiry www.autism.org.uk/parent-to-parent-enquiries.

You can find out more information about the service by following this link www.autism.org.uk/services/helplines/parent-to-parent.

Transition Support Service (14yrs+)

NAS Transition Support Service is a free service for young people with autism aged 14 years plus and their parents or carers, looking for information and advice on the transition to adulthood. This includes young people preparing to leave school as well as further and higher education.

What help is available?

- Confidential information and advice by phone and email.

- An explanation of rights and entitlements throughout the transition process.
- Assistance with exploring options so that informed decisions can be made.
- Information about other services that may be useful during the transition process.
- Guidance and support on specific issues such as engaging the young person, finding suitable provision, making a complaint or appealing against a decision.



0808 800 0027 (leave a message and we will call you back) (free from landlines and most mobiles)
transitionsupport@nas.org.uk
www.autism.org.uk/transition

Autism Friendly Cinema Screenings

We work with ODEON, Cineworld, Vue and Showcase to host Autism Friendly Screenings at over 250 cinemas nationwide.

On Sunday mornings throughout the month, films suitable for all audiences are screened in a sensory friendly and inclusive environment.

For information on the latest Autism Friendly Screenings go to: www.dimensions-uk.org/families/autism-friendly-environments/autism-friendly-screenings/



Information Session for Parents

27 November 2017
Papworth Children's Centre, Cambridge
To book call 01954 200473

5 December 2017
Waterbeach Children's Centre, Cambridge



To book call 01954 200473
Web: www.thinkautism.co.uk

Support for Parents and Carers

DO YOU HAVE A CHILD OR YOUNG PERSON WITH ADDITIONAL NEEDS OR DISABILITY?

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.

Come to our St Ives Conference

Pinpoint's annual conference is at Burgess Hall in St Ives on Thursday 1 February 2018. The day is a celebration of Cambridgeshire parent carers and offers one-to-one surgeries with local service managers, an information marketplace and workshops on topics including challenging behaviour, autism communication, sensory issues and wellbeing. And, best of all, it's free to attend!



To book a place, email bookings@pinpoint-cambs.org.uk or call us on **01480 877333**.

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.

Join us on Tuesday 21 November, 10am to 12 noon at Bar Hill Tesco Extra Community Room, 15-18 Viking Way, Bar Hill, Cambridge CB23 8EL.



To find out more or to book a place, email organiser Jackie King jackie@pinpoint-cambs.org.uk or phone us on **01480 877333**.

Autism/ADHD Parent Groups

Do you have a child with suspected/ 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.

See our events calendar for group dates and topics and speakers

www.pinpoint-cambs.org.uk/event/



Pinpoint

Phone: 01480 877333

Email: info@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

PINPOINT CONFERENCE

2018

Save the Date!

THURSDAY FEBRUARY 1 ST IVES

 HEARING VOICES NETWORK
www.hearing-voices.org

Voices Matter



Would you like meet others who hear voices and explore your experiences in a safe and supportive way?

The Voices Matter Groups offer you the opportunity to:

- Meet people with similar experiences
- Challenge social norms
- Share experience, receive support and empathy
- Value your contributions
- Accept that voices and visions are real experiences
- Respect each member as an expert

As part of the regional Cambridgeshire and Peterborough Hearing Voices Network we are launching new Hearing Voices Groups (HVGs). The groups will be based countywide at the following locations:

<p>Peterborough Cambridge Peterborough and South Lincolnshire Mind 01733 362990</p>	<p>Wisbech Cambridge Peterborough and South Lincolnshire Mind 01733 362990</p>	<p>March Cambridge Peterborough and South Lincolnshire Mind 01733 362990</p>
<p>Huntingdon Cambridge Peterborough and South Lincolnshire Mind 01480 470480</p>		

For more information, call Leonnie on 01733 362990 or email leonne.barlow@cpsmind.org.uk

 CPFT
 Mind | CPSL
 Anglia Ruskin University
 Cambridgeshire and Peterborough Clinical Commissioning Group

Sue Ryder

**Thorpe Hall
Hospice**

All welcome at Thorpe Hall Hospice Lights of Love

For hundreds of people across the area, Lights of Love at Sue Ryder Thorpe Hall Hospice has become a key event in the festive calendar. This year's event on 10 December, will focus on giving guests the opportunity to remember, reflect and celebrate the lives of people close to them.

Everyone is welcome at the free open air carol concert at Thorpe Hall Hospice, Peterborough, which will start at 6pm and feature the City of Peterborough Concert Band. Due to popular demand, former BBC Radio Cambridgeshire presenter Jane Smith will once again host the event, and all those attending will be asked to join in the singing of favourite Christmas carols.

The centrepiece will, as usual, be Thorpe Hall's Lights of Love trees, decked with handwritten messages of love, remembrance and inspiration. Guests will be able to add their own dedication during Lights of Love. Refreshments will be on sale.

Event organiser Suzanne Ostler said: "Lights of Love is a favourite with so many people who see it as the start of their festive celebrations. It's a lovely way to remember and celebrate the lives of special people with family and friends in the run up to Christmas.

"The focus at the event will be our Lights of Love trees and the carol concert so we're hoping all our guests will bring their best voices with them – along with scarves, gloves and hats to keep warm."

Thorpe Hall Hospice holds regular bereavement support group meetings bringing bereaved people together supported by trained staff and volunteers..



To find out more please email thorpehall@sueryder.org or call 01733 225900.

 **mind | CPSL**
Working across Cambridgeshire, Peterborough and South Lincolnshire

Changing Lives

Counselling support and therapeutic interventions

What we do...

Psychological Wellbeing Service

We provide 6 sessions of one-to-one low intensity Cognitive Behaviour Therapy (CBT) and guided self-help to people living in Huntingdonshire, March and Wisbech.

Counselling

We offer 12 weeks of counselling to individuals. We offer support to explore problems and challenges they have or currently are experiencing. This service is offered in Cambridge, St Neots, Huntingdon and Wisbech

About Psychological Wellbeing Service

The Changing Lives project is a department of Health Project designed to make evidence-based psychological therapies more accessible to people living with mental health problems such as depression and anxiety disorders.

All services are free of charge.

Please visit our website for further information:
www.cpsmind.org.uk

How can we help you?

Psychological Wellbeing Service can help you:

- Manage anxiety such as; worry, phobia and panic
- Manage your mood
- Identify goals and work towards them
- Positive wellbeing changes

Counselling can help you explore:

- Relationship challenges
- In gaining fresh perspectives
- Expressing your feelings

How you can access our service...

We accept referrals from your GP and local mental health Advice and Referral Centre (ARC) as well as self referrals

Over the phone – 01223 31320 or 01480 470480

Email us on changinglives@cpsmind.org.uk

Download a referral form through our website
www.cpsmind.org.uk

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

Love to Move
Age & Dementia Friendly Gymnastics Programme
& Norris Museum Reminiscence Group



What is it?
A seated exercise & movement programme packed with fun, music & laughter, specially designed to help improve the fitness of your mind and body.

All Welcome!

Love to Move is the first exercise programme of its kind in the UK: proven to have significant physical, emotional and cognitive benefits for all participants, with those living with dementia experiencing the biggest benefits to their well-being.

Sessions run on Mondays 10am – 12noon, starting with a chat over tea and coffee with the Norris Museum Reminiscence Group, followed by the British Gymnastics Foundation Love to Move programme, delivered by an experienced and enthusiastic tutor

Crossways Christian Centre, Ramsey Road, St Ives

2nd Oct 2017	9th Oct 2017**	16th Oct 2017	23rd Oct 2017	30th Oct 2017
6th Nov 2017	13th Nov 2017**	20th Nov 2017	27th Nov 2017	
4th Dec 2017	11th Dec 2017**	18th Dec 2017		

For more info: Kim 01480 891984 or gam.c@britishgymnasticsfoundation.org

** Memory Lane Singing Café is held on second Monday of each month



Taking part is FREE & refreshments are provided

Coming soon a Reminiscence Group!

Share your ideas and memories. Join a new Reminiscence group in South Cambridgeshire or even help set one up!



Contact **Community Development** at Care Network on **01954 211919** or email southcambscd@care-network.org.uk for more information.

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

Yaxley

The Royal British Legion, 210 Broadway PE7 3NR
First Thursday of the month
10.30am to 12 noon
(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 usually 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. Please see our website for dates.

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

Web: 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



Cambridgeshire and Peterborough
NHS Foundation Trust

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

For carers and people living with dementia. First Tuesday of the month (not Jan) 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 (not Dec) 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 (no lunch in Dec). 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 (Jan TBC). 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. Usually first and third Friday of the month at 2pm to 4pm - call to check first. 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).



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



The Rotary Club of Huntingdon
invites you to its

MEMORY CAFE

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

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



No meeting on 25th December

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.

Cost £6.50 per day inc. 2 course lunch.



Phone: Mike Hill 07910 557199 or
Anne Chambers 01354 740225



Day Centre

Social days to enjoy

OPEN:
Tuesdays,
Wednesdays
& Fridays
10 am to 3 pm

Community Centre
Church Walk
St Neots
Cambridgeshire
PE18 1JH

Clare How - Day Centre Manager
01480 475274

Email: manager@stneotsvwa.org.uk
www.stneotsvwa.org.uk
www.facebook.com/groups/stneotsvwa

"I love coming here.
It's so friendly.
Everyone is lovely
and we laugh a lot."

St Neots Day Centre aims to help those who may be frail and elderly to maintain their independence and get the most out of life by providing the opportunity to meet others socially, to engage in activities and enjoy a good lunch.

Our professional, caring staff provide a safe environment for those with physical disabilities and/or memory issues but we also welcome people who simply need to get out of the house.



Shelford Dementia Family Carers Hub

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.



To book a place and discuss the needs of the person you care for phone Rebecca Browne on
01480 499090.

(See events calendar).



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: Marianne Fountain 0344 225 3777.

St Neots Support Group

Third Monday of the month.
Old Market Court, Tebbutts Road PE19 1RQ. 2pm to 4pm.
Phone: Marianne Fountain 0344 225 3777.

St Ives Support Group

First Wednesday of the month.
Dolphin Hotel, London Road PE27 5EP. 2pm to 4pm.
Phone: Marianne Fountain 0344 225 3777.

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)
PJ Care Neurological Centre, Eaglewood, Peterborough PE3 8DE. 2pm to 4pm.
Phone: Ruth Brinkler-Long 07752 014998.

March Support Group

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

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.
Meetings include speakers and activities, followed by lunch.
Phone: Caroline Bent 01223 314279
Email: carolinebent@me.com

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.
Phone: Caroline Bent 01223 314279
Email: carolinebent@me.com
See www.parkinsonscambridge.org.uk
www.facebook.com/parkinsonsukcambridge/

(See events calendar).

Web: www.parkinsons.org.uk



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

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

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

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

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 hello@carerstrustcpn.org
Web www.carerstrustcpn.org

with many thanks for
the generosity of



excellence in neurological care and rehabilitation



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



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 and alcohol.

**Contact Nigel Wildman
Adult Education Co-ordinator
British Red Cross
Phone: 01354 653411**



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.

The group meets every third Wednesday of the month 2.30pm to 4pm at our **NEW VENUE** The Royal Oak, High Street, Hail Weston, St Neots, PE19 5JW
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

A community project of The Rotary Club of Kimbolton Castle and Care Network.



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 December,

8th & 22nd January,

12th & 26th February,

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 1149728



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 carersmag@carerstrustcpn.org.



Fenland Over 65's Free Services

Working with Cambridgeshire County Council, we are offering free support that helps connect you to a range of services including:

- Money & benefit support
- Free assessment to make sure your home suits your needs
- Advice & access to technology which supports you in your home
- Physical & mental wellbeing activities
- Social and cultural events.

Our service is all about offering you more choices and control. We aim to support you to meet your needs to keep you safe and independent in your own home for as long as possible.

Email fenland.support@circle.org.uk or phone 0300 004 0349. Or you can request a callback on our website www.centragroup.org.uk/fopos



Centra

Carers Partnership Board

The Partnership Board is actively looking for new family and unpaid carers to join the Board to give carers a voice and help shape services for carers in Cambridgeshire.

The Board meets every two months and meetings last approximately two hours. Travel and out-of-pocket expenses are paid to independent members.

For more information please contact Sally Cleghorn, Development Officer
Phone: 0300 111 2301

sally@cambridgeshirealliance.org.uk
<https://cail.org.uk/the-partnership-boards/carers-partnership-board/>

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.

Workshops include:

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



HEARING VOICES NETWORK
www.hearing-voices.org

Voices Matter, Hearing Voices Group

See page 24 for information on new groups which have been set-up.



Phone: 01733 362990 to book
Email: leonnie.barlow@cpslmind.org.uk
Website: www.cpslmind.org.uk

BORDERLINE PERSONALITY DISORDER CARER'S SUPPORT GROUP

The group is run by carers for carers. Do you have a family member, friend or loved one with a diagnosis of BPD? Feeling alone, isolated or struggling to cope? If you are wondering how best to offer help and support or wish to learn more about BPD the Carer's Support Group is here for you.

The group has been running for several years now and is a safe place for people to come and chat and share their own experiences.

Free to join! Tea, Coffee & refreshments provided

DATES FOR THE NEXT 6 MONTHS

TUES 17th Oct 2017	TUES 23rd Jan 2018
TUES 14th Nov 2017	TUES 27th Feb 2018
TUES 12th Dec 2017	TUES 20th Mar 2018

OPEN 7pm to 9pm

351 Mill Road, Cambridge, CB1 3NN
On the Brookfields NHS SITE

the
EDGE
café

For more information call Russell on 07710 998 368 or email russell.bowyer@sunnetwork.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.

The next group will start on Monday 20 November at 1.30-3pm at CPSL Mind, The Limes, 24 New Street, St Neots, PE19 1AJ.

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 alternate Wednesdays
1pm to 3pm. Meeting on 13 December
2017 then closed until 10 January 2018.
Centre 68, 68b Westgate, Peterborough
PE1 1RG. (See events calendar).



Phone: Pamela 07400 040159
Email: cassie.lives@outlook.com


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

We are there to help by:

- Providing flexible breaks for family carers, including CQC registered care
- 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 have a team of dedicated Care Workers who spend a minimum of one hour with people, providing care in the home and community. They can be contacted at:

Carers Trust Cambridgeshire, Peterborough, Norfolk
Unit 4, Meadow Park, Meadow Lane, St Ives,
Cambridgeshire PE27 4LG

 **Tel: 01480 499090 or 0345 241 0954**
Email: hello@carerstrustcpn.org
Web: www.carerstrustcpn.org

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For information on the sources of references 1-13 throughout the magazine please go to www.carerstrustcpn.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, Peterborough, Norfolk
Phone: 01480 499090 or 0345 241 0954
Email: carersmag@carerstrustcpn.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 8 December 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.

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 contact us on 01480 499090 or email carersmag@carerstrustcpn.org

We'd love to hear from you!

