

Will you take the £50 challenge?

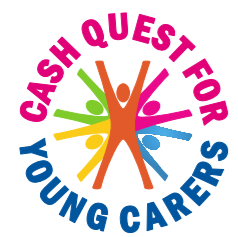
We are hoping that lots of local businesses, community groups and individuals will take part in our **Cash Quest for Young Carers** this summer to raise funds to support our work with young carers.

'Cash Quest for Young Carers' will be launched in June 2017 during Carers Week. Participating teams will be given £50 and 12 weeks to fundraise and get as much return on their money as possible. This is a great way for people to support us with no initial financial outlay.

Teams of any size can take part. Fundraising ideas could include holding a raffle, hosting a dinner party or barbeque, sponsored challenges, a talent contest or cake sale.

Please spread the word and encourage teams to take part.

See our website/social media from April.

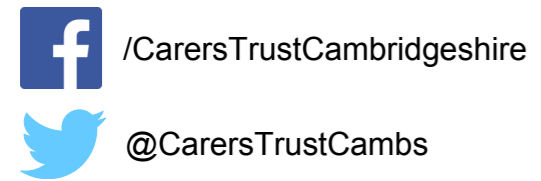


Contact Us

If you would like to receive this by email instead of by post, please email fundraising@carerstrustcambridgeshire.org.

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Calling all crafters!

A team of friends are raising funds for our Wednesday Club in Scratby, Norfolk which supports families with Dementia by holding a monthly stall at a craft fair. If you like to make things or have something you've created that you'd like to donate, please drop it off to Patricia in St Ives or Michelle at our Ketteringham office.

As well as the Wednesday Club we run another group for families with dementia in Great Shelford, Cambridge. Both of these run on donations and are greatly valued.

"These groups are a lifeline to a world behind locked doors."

"It's a haven from the storm of reality. You are not judged or criticised, and you can laugh and cry together because everyone knows there are ups and downs on this journey."

Diary Dates

First Wednesday of the month
Craft Stall
Scratby Village Hall
In aid of The Wednesday Club. See above.

1 April - 7pm
Quiz Night
Warboys Parish Centre
£5 each. Teams of 6. Pay on the door.

June-September
Cash Quest for Young Carers
See above left. Further details will be on our website from April.

30 September - 8pm
Elvis 40th Anniversary Tribute Act
St Ives
In aid of Dementia Support.

October
Britain's Best Breakfast
Why not hold a fundraising breakfast for us?

For a more information give us a call on 01480 499090 or visit our website.



Volunteering Update

Hello I'm Kate, one of our Volunteer Co-ordinators. I love hearing our volunteer stories of how they are making a difference to people's lives, learning new skills and friends whilst having fun along the way!

Read Steph's story of how she helps at a young carers group on the next page.

We now have over 70 volunteers who help in so many ways from helping in the office, cooking to providing support and raising awareness of issues facing family carers. A big THANK YOU to you all.

We are really keen to hear from those who would like to get involved with our fundraising activities - raising money individually, with friends or at work or simply by helping us to raise awareness of the work we do. We can give you the tools and training needed we just need your enthusiasm and drive to make it happen.

There are lots of other ways you can get involved and make difference to the lives of family carers. Details are on our website.

If I can be of any help, please do get in touch on 01480 499090.

Kate Bement (pictured right)



THANKS from Hunts Young Carers

Our work with young carers in Huntingdonshire is completely funded by your generous donations and support.

Since January six new volunteers have started helping at our Sunday Young Carers group playing games, making crafts and baking. This has given staff the opportunity to spend more one-to-one time with young carers who need extra support.

New Volunteer Steph Smith (pictured right) said *"Volunteering for Carers Trust is such an enjoyable experience. It's brilliant spending time with such a lovely bunch of young people; playing games, sports and participating in craft activities. I knew that I would like to begin volunteering for Carers Trust after hearing about the great work that they do and the amazing families that they help. I am glad to be part of the organisation and to be supporting where I can."*



Since April 2016 we have helped 179 young carers in Hunts have a break from caring which is one of the best ways of reducing stress. But with an average of 2 in every class, so many more need our help.

How young carers say we help:

- "I am able to be myself and not judged by anybody regardless of my circumstances."
- "It helps me meet new people and not feel uncomfortable and I know there are others like me."
- "You get me out the house for a break and let me calm down and make me not think about school and things at home."
- "All amazing people and they have improved my life in a way they will never know, so I thank them with all my heart x."



Young Carers raising funds at Christmas

Online Auction

Many thanks to all who helped with this. We raised £4,000.

As this is an annual event we are again on the search for people and businesses to donate an item or experience that we can auction in the autumn. Last year the favourite lots were:

- A stay in a Holiday home
- Guaranteed tickets to The Voice and X Factor
- Hot air balloon flights

If you can provide an Auction Lot please contact Patricia on 01480 499090 or email fundraising@carerstrustcambridgeshire.org.

A big 'Thank You' to...

Everyone who has raised funds for us, including: **Sainsbury's Coldhams Lane, Cambridge who has us as their Charity of the Year**

£1,839 Chase the Train and the North Norfolk Beach Runners on their sponsored run for older people

£400 Women's Institute - The Stukeleys branch

£300 Rotary Club of St Neots St Mary's for holding a Britains Best Breakfast for us

£370 all the shoppers at St Neots Waitrose who voted for us

£200 Earith, Bluntisham and Colne Scout Group who raised funds for our Young Carers

£104 Ramsey Junior School for raising funds for our Young Carers

£62 Ermine Street Church Academy for our Young Carers

Thanks to everyone who donated goods for the Young Carers Christmas hampers which were a great success and welcomed by so many families.



Thank you Luminus and Zoe

A huge THANK YOU to Luminus Group, who have made generous donations to us over the last four years totalling £5,800, from their annual charity football tournament held in memory of their former employee Mark Rebane, who passed away in 2007 aged only 41.

This event is particularly special to us because Mark's partner, Zoe Nicholas, is one of our Carer Ambassadors. Zoe (right) has nominated us for the last four years to be one of her chosen charities to benefit from money raised. We are immensely grateful for this.



Zoe said: *"I wanted to give something back. When I first moved to St Ives, I was supported by Crossroads (the old name of Carers Trust Cambridgeshire), and I would like the money to support those who are alone and have nobody to talk to."*

We are so grateful to Luminus' Phil Rozier (below left with Mark), who organises such a fantastic event for Luminus, that not only benefits local charities, but keeps alive the memory of one of their valued former employees.

None of this would have been possible without Zoe. Thank you for thinking of us and being such a great supporter!

