

CAMBRIDGESHIRE & PETERBOROUGH

carers

This magazine is for you

Quarterly Magazine | Issue 10 | Spring 2018 - Mar • Apr • May Edition



Inside this issue:

- Family Carers' Prescriptions
- Pride in Our Carers Awards
- Hello from our new CEO
- Digital Resources
- Getting Out and About
- Events Calendar

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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Hello from our new CEO

I am delighted to have been appointed as the new Chief Executive of Carers Trust Cambridgeshire, Peterborough, Norfolk. My experiences have largely been working with people who are blind or partially sighted and I have become struck by the similarities that exist between people who fulfil caring roles and people who live with sight loss. By that I mean the challenges individuals face to access support and information, achieving equivalence of experience in both education and employment and being able to connect with others for support and friendship. It is a similar story too for the organisations seeking to support them; a predicted increase in demand, reduced budgets and a tougher regulatory environment.

I have been inspired by the ambition and people of Carers Trust CPN and relish the opportunity to build on the excellent work of Dr Helen Brown and her team. I am committed to ensuring that family carers of all ages and circumstances receive services which are relevant, of high quality and easily accessible both today and into the future.

Over the coming months I intend to be out an about a lot, getting to know as many carers and industry professionals as I can, really gaining an understanding of the real life issues you have and to help me and the team build the future organisation that you need it to be.

Miriam Martin, Chief Executive
Carers Trust Cambridgeshire,
Peterborough, Norfolk



How a Family Carers' Prescription Can Help You

Do you know what support there is out there to help you in your caring role? If the answer is 'No', or 'I'm not sure', then you're not the only one.

Margaret, 82, from Sawtry was one such person. Margaret cares for her husband John (84) who has a number of health conditions. When his health deteriorated further Margaret was receiving no financial or physical help, apart from family and friends. Margaret said. "I just didn't know where to turn next. Then I met Gemma."

Margaret's GP had told her about Carers Trust Cambridgeshire, Peterborough, Norfolk (CTCPN) and the regular drop-ins for unpaid family carers. Margaret went to the one at Huntingdon Library run by Gemma Whitehouse, Carers Support Officer.

"Gemma asked me what I needed," Margaret said. "Then she gave me advice on where I could get help and support."

Margaret was experiencing a deterioration in her own physical and mental health and was desperate for some relaxation and a break from her caring role, allowing her to spend some time with her family. Gemma was able to help Margaret to access a break through the Family Carers' Prescription service.

The Family Carers' Prescription is a free service provided by CTCPN for family carers of any age. It is funded by the local Clinical Commissioning Group (CCG). The scheme enables staff at local GP surgeries to identify family carers and refer them to CTCPN for advice and support to help maintain health and well being.

Gemma arranged for Margaret's GP to issue a Family Carers' Prescription for John to receive the care that he needed whilst she took a day off with her daughter and granddaughter.

Gemma was also able to help Margaret to complete a Carer's Assessment to look at the situation longer term. The assessment

included looking at what financial help was available for both Margaret and her husband. As a direct result of Gemma's advice, John is now in receipt of Attendance Allowance which is a benefit for people over 65 who may need extra help to stay independent at home, due to an illness or disability.

Gemma also introduced Margaret to the Carers Group at Sawtry run by CARESCO (and supported by CTCPN) and she

continues to go there regularly. She has also attended the Family Carers Hub at Ramsey a couple of times as well.

"Gemma was brilliant. At the time I didn't know where to turn or who to go to. I cannot believe how much help there is out there for carers!"

Finally, Margaret has this to say to any carer who might be reluctant to access support "Absolutely go for it. There is so much help out there."

"Gemma was brilliant. At the time I didn't know where to turn or who to go to. I cannot believe how much help there is out there for carers"

A Family Carers' Prescription can help you to find time to:

- attend your important health appointments
- understand and learn more about your relatives illness through our health and well-being program
- cope with emotions and feelings if you are feeling overwhelmed
- avoid crises
- cope in an emergency
- care for your loved one at the end of their illness
- take a break.

If you think you would benefit from the support available through a Family Carers' Prescription ask at your surgery or contact CTCPN on **01480 499090** to speak to one of our specialist advisors about the help available to you.



Pride in Our Carers Awards 2018



We are delighted to announce the launch of Pride in our Carers Awards 2018 in Cambridgeshire and Peterborough to celebrate the valued work of unpaid Family Carers and the organisations that support them. We are excited to announce that we are hosting this year's event in Peterborough.

Shortlisted finalists will be invited to a special awards ceremony at Kingsgate on Wednesday 13th June. We'll also have plenty of practical information and advice on offer about the support and services available to family carers as well as some interactive sessions and interesting speakers so please hold the date and come along and join us.

Do you know an individual or organisation who is worthy of an award?

There are nine award categories:

- Family Carer of the Year
- Young Carer/Young Adult Carer of the Year
- Carer Friendly Employer of the Year
- Carer Friendly School or College of the Year
- Carer Friendly Social Care Award
- Carer Friendly Health Care Award
- Carer Friendly Voluntary Organisation Award
- Outstanding Contribution to Carers
- Special Recognition Award

Family Carers do a great job looking after their loved ones and we want to celebrate them and those that support them. The event is open to all unpaid Family Carers in Cambridgeshire and Peterborough.

Nomination forms are available by calling 01480 499090, by emailing hello@carerstrustcpn.org or by visiting our website www.carerstrustcpn.org.

The closing date for nominations is Monday 16th April 2018.




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Getting Out and About

As we approach the nicer weather and holidays, many start to think about visiting a place of interest far away. Have you ever explored what is on your doorstep? You might be surprised by what is available closer to home to enjoy. Let us take a look at attractions which are only short distance away, many are FREE.



Peterborough

Peterborough Cathedral

Free admission

The cathedral is celebrating 900 years this year, it is a magnificent building and grounds to explore, including the burial place of two Queens. www.peterborough-cathedral.org.uk

To celebrate the Cathedral's birthday, there is a variety of events taking place throughout the city.

www.peterboroughcelebrates.org.uk

Ferry Meadows

Car parking charges apply
The Ferry Meadow Country Park has many delights to explore. You can also pre-book a mobility scooter to aid in mobility around the park. You can also borrow a Children's Discovery Pack (£10 deposit). www.neneparktrust.org.uk

Sacrewell Farm

Admission applies
Sacrewell is a beautiful working farm. There is plenty to keep your family entertained with animals to meet, outdoor spaces to discover and a restored 18th Century watermill. They also have a complimentary carer ticket policy. www.sacrewell.org.uk

Cambridge

Fitzwilliam Museum

Free admission

Fitzwilliam Museum is full of incredible artwork presenting world history and art from 2500BC to present day.

The Museum has street level access and lifts via the Courtyard Entrance.

www.fitzmuseum.cam.ac.uk

Norris Museum, St Ives

Free admission

The Norris Museum tells the story of Huntingdonshire through the ages. With a number of events and temporary exhibitions taking place throughout the year.

<http://norrismuseum.org.uk>

Wimpole Estate, Arrington

Admission applies

National Trust run Wimpole as an 'all-year-round' place to visit, reflecting the changing seasons. Discover the Hall, acres of parkland, Walled Kitchen Garden and Home Farm.

www.nationaltrust.org.uk/wimpole-estate

National Trust has an 'Access for all Admit One Card' that allows the companion/carer free entry when with the person with the disability.

www.nationaltrust.org.uk/features/visitors-with-disabilities

Discover what else is near you

Visit Peterborough

www.visitpeterborough.com

Visit Cambridge

www.visitcambridge.org

Visit Cambridgeshire Fens

www.visitcambridgeshirefens.org

Getting around

Rail Travel

There are a variety of different Railcards available, which provide 1/3 off rail fares. They include Family & Friends, Disabled Persons, 16-25 Railcard, Senior Railcard and a Limited Trial 26-30 Railcard (valid to those living in East Anglia).



Peterborough Cathedral



*Italian Art Gallery, Fitzwilliam Museum
© Damien Vickers*

Many attractions offer discounts to you and/or the person with care needs. Please visit the attraction's website or call for details and opening hours. If you are a family carer make sure you make this known when you're purchasing your tickets.

This is by no means exhaustive. There are many more places to discover. Let us know where you like to visit locally, and we will add them to our website. Email John at comms@carerstrustcpn.org.



Care for Jean

David Whitaker continues his story about caring for his wife, Jean

The inevitable happened; Jean would have to go into residential care. I had fought against this decision for over a year. Friends and neighbours had been saying I could no longer cope but I was determined to prove them wrong whatever it took.

The first real indication was when Jean's care co-ordinator took me on one side and told me I would be very silly if I did not take her advice, although I was totally entitled to take no notice! She had, however, already arranged for me to have three nights respite the next week. The reason was that all the carers had already said I was not coping!

Grumbling, off I went and slept for nearly 36 hours; pigeons were coming home to roost. I returned refreshed and very reflective, they were right. I was not coping in the way I had in the past.

The next phone call was to the Alzheimer's Society. It was arranged that without Jean I should have a meeting with a Support Worker for what became very useful and sensible advice.

At last I was getting clearer in my own mind about the future, I was also thinking of what I thought Jean would want and need.

The advice was to visit, unannounced, three or four homes that my research had made me feel would be suitable. In the end four proved not enough and I saw another two before a decision was made.

Choosing a residential home is a personal matter. Two almost failed before entering the front door, a third through the questions of 'extras'.

A home was chosen but, of course, there was a waiting list. When a bed became available there was the awful thought of how would Jean accept the situation.

It was cleverly suggested we went for coffee and then as we talked a member of staff would ask Jean if she would like lunch with her, marvellous.

I then completed all the paperwork and the staff arranged Jean's room. I left on my own crossing my fingers, it proved quite unnecessary; Jean settled in quickly and happily.

Eight weeks went well and Jean adjusted to the situation. Then she had an emergency hospital admission. I was told Jean would, from now on, require nursing care. Wanting to be ahead of the situation I immediately spoke with the manager of Jean's care home to find out what would happen next.

Then followed an assessment for Continuing Health Care and discharge panel meetings. Before a decision was reached Jean would have to go to a nursing home. I had already found her a place close to her original care home.

I had to explain to the ward staff that a bed was waiting for Jean and while they kept her in hospital, plus two other beds, it was costing about £7500 a week. Within 24 hours Jean was in her new home, the power of persuasion.

Jean is now well cared for and relatively happy, allowing us to poke fun at each other even with little verbal communication.

Thank you to David for sharing his story with us.

Changing Care Needs

Are you in a similar position to David, having to think about the changing care needs of your loved one?

You may be faced with choosing to continue caring at home with support from carers and some adaptations or concerned about finding the right residential or nursing home. A big worry faced by many is how you will fund the care.

Age UK have some useful information about options before moving into a residential/ nursing home and how to choose the right home if it comes to that stage.

It may be that you can continue to care in your own home with some extra support and adaptations to make your life easier. You could also consider moving to sheltered housing where additional support is available on-site.

Visit www.ageuk.org.uk/information-advice/care/care-homes/finding-a-care-home

Cambridgeshire County Council has comprehensive information about assessing your needs and paying for support at home and self-funding or funding towards residential and nursing home care.

Visit www.cambridgeshire.gov.uk/residents/adults-&-older-people/care-and-support/paying-for-care/funding-your-own-residential-or-nursing-home-care

More specialist information about choosing full-time residential or nursing care for people living with dementia is available on Alzheimer's Society website.

Alzheimer's Society also has a downloadable guide about choosing a care home with lots of tips and things to consider.

Visit www.alzheimers.org.uk/info/20029/daily_living/28/making_decisions_and_managing_difficult_situations/9



Buy With Confidence

15th March marks World Consumer Rights Day and we want to ensure that everyone gets the best service possible when they are looking to have work done in their home, on their car or engage financial or legal services.

In response to concerns about 'rogue traders' which are often highlighted in the media, a partnership of Local Authority Trading Standards Services took the ground-breaking step of putting together the "Buy With Confidence" Scheme.

It is an approved scheme giving residents access to businesses who have been checked and approved by Trading Standards authorities.

The brand has been developed so that people associate the logo with businesses they can trust and rely on, and it is well established, with it now operating in over 50 counties and boroughs.

The scheme applies to most consumer-facing sectors - from garages to home improvements, computer repairs and chimney sweeps.

Visit: www.buywithconfidence.gov.uk



Would you prefer to receive the magazine electronically?

We can save costs and send the magazine to more people if you sign up to receive it via email. Please subscribe by emailing carersmag@carerstrustcpn.org.

Dementia Friendly Swimming

Swimming is unlike any other form of exercise. Gentle on the joints and uniquely calming, it offers multiple benefits for both physical and mental health. Time in the water is proven to reduce anxiety, lift mood and enhance psychological wellbeing, making it ideal for improving the quality of life for people in all stages of dementia.

Vivacity's dementia friendly swimming sessions are designed around the specific needs of those living with the condition. Sessions are held at quieter times of the day in the Regional Fitness and Swimming Centre's teaching pool. The water is warmer and shallower than the main pool, so swimmers remain comfortable and are never out of their depth; it provides a calm and soothing experience.

"Some dementia sufferers may have lost confidence to go in the water. The sessions help take them back to a time when they used to swim and help to reinstate that confidence," says Sarah Leadbetter, Vivacity's Health and Wellbeing Manager. "Swimming is an activity that's easily recalled. Once they are in water it just comes naturally."

Dementia friendly swimming has come to Peterborough with the support of Swim England, the governing body for swimming. "Swim England has seen some encouraging results. People living with dementia have found it really beneficial, and there's been the peer support of coming together," adds Sarah. "Swimming reminds people of happier moments in the past, of something they really enjoyed when they were younger."

- Vivacity's Regional Fitness and Swimming Centre, Bishops Road, Peterborough, PE1 5BW.
- Person living with dementia £2.50; family carers go free.
- Mon & Thurs 12-1pm, Tues 7.30-9pm.



Phone: 01733 864764

Web: www.vivacity-peterborough.com/dementiaswim

Vivacity



Vivacity. A charity that enriches lives.

Council Tax Disregards for those with disabilities

If you are caring for someone with a severe mental impairment you may be eligible for a Council Tax discount.

Alzheimer's Society spokesperson, said: "Many people with dementia and their families are already under devastating financial strain as a result of their condition, with some forced to spend hundreds of thousands to get the essential care they need from the broken social care system.

"Lack of awareness and information about council tax discounts, and other financial support out there, only makes the situation harder. It's crucial that discounts are clearly signposted, and simple to apply for, to make sure people get the support they are entitled to.

"You can find support and advice about dementia by speaking to either our Peterborough office on 01733 893853 or our Cambridgeshire office on 01954 250322. Alzheimer's Society's National Dementia helpline is also available seven days a week on 0300 222 11 22."

For more specific information please see www.gov.uk/council-tax/discounts-for-disabled-people



Enhanced Response Service

Who we are and what we do

What is the Enhanced Response Service (ERS)?

We respond to telecare alerts and people who need non-emergency assistance, 24 hours a day, 7 days a week. Our target response time is 60 minutes.

We can:

- Provide assistance to get a person up from the floor following a fall.
- Provide personal care that is needed in an urgent and unplanned circumstance, i.e. not part of a regular care package.
- Provide reassurance following an incident at home.

The Enhanced Response Service is not an emergency service, nor are we clinical or medical responders.

We are registered with the Care Quality Commission (CQC) to provide social care activities, and we offer a response similar to a good neighbour or family member.

When can we respond

We can act as an alternative or additional responder when:

- Usual key holders are not available or non-contactable.
- Where a suitable person cannot be identified.
- The usual keyholder is unable to complete the care that is needed.

Key outcomes of our service

- We reduce the number of unnecessary ambulance callouts, leaving more resource available for critical issues.
- We help give people the confidence that they are supported, allowing them to live in their own homes
- We support informal family carers to continue in their role.

Who can benefit

- People who have a community alarm, e.g. a Lifeline.
- People who live in sheltered accommodation with integrated alarms or pull cords.

We recommend you have a key safe as it maintains your security and it is a huge benefit to emergency and responding services should they need to gain access to your property.



Our team covers Cambridgeshire and works with the main housing providers and telecare call centres.

Confidentiality - Your personal information

We do not hold any information about a person until an alert is triggered. When it is, information given to the Telecare Call Centre will be shared with us to instigate a response. Once we have attended, we will leave a written summary of the visit with the person. Records of all visits by ERS are maintained securely on the Council's Social Care electronic recording system. We may discuss other services that could be beneficial to you, but will only make a referral with your consent.

Contact us

Phone: Customer Services 0345 045 5202

Email: careinfo@cambridgeshire.gov.uk

Web: www.cambridgeshire.gov.uk/careandsupport



Cambridgeshire
County Council



Action for Brain Injury Awareness Week

8-14 May 2018

A Huntingdonshire family's lives were changed in a split second caused by an accident at a youth football match. It is an example of how caring can be thrust upon a family in the blink of an eye, with no time to get used to their caring role, with no gradual build up that some carers experience.

"It was a game of football that changed our lives. My son, Lewis, had the ball at his feet, dodged the defenders, was sprinting down the pitch towards goal to score. Everyone was hyped that he may score and win the game. The goalkeeper came running out of the box and then there was this almighty thud. Lewis was down and was not moving. At that moment life would change as we all knew it!

The impact had split his head and shook his brain. He didn't know who we were or answers to simple questions like where we lived. We were rushed to A&E and when a scan didn't show any bleed or clot we were sent to the Children's ward for a few hours and then sent home.

We were expecting a full recovery within 24 hours. From the moment we arrived at our door we knew that Lewis didn't know where he was or who our pets were.

Everything about him is different, from the things he likes, to the way he acts and talks, and how egocentric he has become. Every day over the past two years has been a struggle, with fatigue, motivation, memory difficulties, cognitive ability and processing information. Lewis returned to school after a year out but it is unclear at this stage whether he is coping or progressing.

Every day is a challenge and I battle with authorities, from getting Lewis' records corrected, to access to services and support for him at school. The whole family dynamic has changed, by me giving up work and caring for my son, the financial pressure my husband, Mark, feels as being the sole provider and the impact it has had on our daughters, especially the youngest. Ellie was only nine when the accident happened and our eldest daughter, Chloe, had just left for University. She was missing her big sister and now she had seen her brother's accident. Over the next few months Ellie watched her Lewis collapse and have seizure type episodes. On one occasion he was hallucinating and she saw him taken by ambulance unconscious.

She thought he was dead or going to die and she would never see him again. We are mindful that even though she understands why he gets so much attention and support she must feel resentful at times. This has caused her anxiety and some PTSD, especially as Lewis has returned to football.

One of the hardest things about our story has been the lack of understanding from our close friends and family.

When an accident like this happens others lives just carry on as normal, whereas

"The hardest thing is learning the new son we have and accessing services we know he needs"

it's been life changing for us. No-one explains the isolation or limitations we were all feeling. When Lewis was on bed rest for five months, he couldn't be left, so someone always had to be here to care for him. When we did

try to go out, often the trip ended early as Lewis felt ill or collapsed.

The visits/invites from friends and family got less. Most people only wanted to see/hear the positives but often they don't see what challenges we were all facing on a daily basis. Bizarrely the biggest support from friends and extended family were the ones that we least expected or from people we have met along our journey.

As a family unit we persevere to stay strong and support each other, in many ways this has made the five of us closer and not take each other for granted. I don't think people can relate to how big the impact is until they face something like this themselves and again this is why Young Carers has been fundamental for Ellie.

Young Carers have been an absolute asset for Ellie, giving her time away from the situation, doing fun things and meeting people who are in similar situations. Ellie was nominated for the "Young Carer of the Year" Award at the first ever Pride in Our Carers Awards in June 2016 and we were so proud when she was announced as the runner-up.



Lewis is my son and I wouldn't want anyone else to provide the care he needs. My biggest motivation is my son as he has never given up. He gets up every morning and tries, often without success but that fact he keeps going and doesn't give up inspires me. Knowing that our lives are often tough but his is always tougher and harder, but he never feels sorry for himself; he just carries on. Don't get me wrong he has bad days but accepts them and tries again the next. We have all learned to be grateful that he is still alive and things could have been far worse."

Thank you to Sarah for sharing her story with us.



A brain injury not only has a lasting impact on the individual, but also on friends, family and carers. Following what is often a major change in circumstances, relationships can shift and those closest to someone with a brain injury usually require a period of readjustment and support. Headway Cambridgeshire provides practical, focused and emotional help for anyone caring for someone with a brain injury.

At their two hubs in Peterborough and Fulbourn, Headway Cambridgeshire offer a programme of activities and specialist services aimed at recovery and social rehabilitation.

Rachel Heath whose husband developed a brain tumour explains;

"Headway have helped us every step of the way. The support at the Peterborough hub is really good. I can email or ring or we can go to a hub meeting and meet other people who have a brain injury and their partners.

"Headway also offers an emergency fund of up to five hundred pounds for families like ours who need it. A co-ordinator at the hub helped me fill out the form over the phone. They also have a library and lots of information leaflets. Headway provides a really wide range of services.

"We are still on our journey. Michael is back at work and I am job hunting and doing a degree with the Open University in Psychology. Michael's tumour has grown back and he needs another operation and then radiotherapy. I know we can rely on Headway going forward. Thanks to all the staff who have given us so much support and information and for helping us find our way home."

For more information about Headway's support in Cambridgeshire and Peterborough:

Phone: 01223 576550

Website: www.headway-cambs.org.uk

Recovery College East



**Cambridgeshire and
Peterborough**
NHS Foundation Trust

Recovery College East provides a collaborative, educational learning environment and aims to convey messages of hope, empowerment and opportunity to all. It celebrates strengths and successes rather than highlighting deficits or problems.

Whether you want to develop new skills or increase your understanding of mental health and long-term physical health challenges, you will find that the college is a relaxed, friendly place to learn with lots of support on hand if you should need it.

Who can attend?

Recovery College East offers courses to:

- Anyone over the age of 18 who has received, or is currently receiving, services from Cambridgeshire & Peterborough NHS Foundation Trust (CPFT)
- Their carers (family, friends and loved ones)
- CPFT staff, volunteers and students on placement
- Staff and those who receive services from our co-production partner organisations.

There is no fee and no entry requirements, but people need to register and enrol before attending.

How do I register and enrol on a course?

All the information about how to register and enrol is available online. All students should fill in either the New Student Registration Form or the Returning Student Registration Form, as appropriate. Both forms are available to download on the Recovery College East website.

Who runs the courses?

All courses are co-produced and co-delivered, involving at least one person with lived experience. The college values the expertise gained from lived experience equally with that derived from professional training.

What sort of courses are available?

Courses vary in length from one-off workshops to those that take place weekly for a number of weeks. Courses currently on offer come under the headings: moving forward, the road to recovery, and developing knowledge and skills. The range of courses available each term will vary as the college responds to the demands of its students.

Where are the courses held?

The college has two hubs: one in Cambridge and one in Peterborough. We also occasionally run courses at various community and CPFT venues across Cambridgeshire and Peterborough.

Contact us

Recovery College East has offices in Cambridge and Peterborough. Please contact your relevant office.



Phone: Cambridge 01223 227510
Phone: Peterborough 01733 746660
or 01733 746662

Email: recoverycollegeeast@cpft.nhs.uk
Web: www.cpft.nhs.uk/about-us/recovery-college-east.htm

Pride in Our Carers Awards

2018

*Save the date!
Don't forget to nominate!
See Page 4*

Wednesday 13 June • Kingsgate, Peterborough



What If? Draw Winner

Jane Baker was thrilled to learn she was the latest winner of the What If? Plan draw

Jane wins a £25 voucher to use in any shop at Serpentine Green, which was very kindly donated by Serpentine Green.

Jane, 67, lives in Huntingdonshire and looks after her mother 94, who has mobility issues. Jane registered for the What If? Plan in 2015 in case the unthinkable should happen.

"I have got lots of support as we have a lot of family living nearby, but I still registered for a What If? Plan because if the sky falls in and something should happen to us, then someone would know who could go and look after mum. I've not had to activate the plan yet, but I would know she would be in safe hands if I had to.

"Thank you for the voucher I will enjoy spending it."

Find out more about the What If? Plan on page 40.

Volunteering Opportunity - Listening Ear Project

Carers Trust Cambridgeshire, Peterborough, Norfolk (CTCPN) are very excited to be developing additional support for family carers as a result of a successful grant application to Reaching Communities.

A recent consultation with family carers conducted by CTCPN highlighted how isolated family carers aged over 65 can feel, especially those who do not attend a support group. A large proportion of those consulted said they would be interested in receiving support from a befriender. The Listening Ear Service aims to provide just that. The volunteers who will be supporting this project will be current or former family carers who will be able to draw on their expertise, utilising their skills to provide invaluable peer support. The support provided will be time limited.

"The demand for our service continues to grow and now with this successful bid we will be able to support more family carers through the Listening Ear Service. We are delighted that our service to family carers has been recognised as a valued part of the community and are extremely grateful to Reaching Communities for supporting us."

If you are interested in volunteering for this new service, please contact Joanna Crocker on 01480 499090 or email volunteers@carerstrustcpn.org.

We are keen to hear what our readers think of the Carers Magazine. We are holding an event on 2 March 2018 from 10am-12 noon at our offices in St Ives to gain your feedback.

- Have a think about what you like or don't like
- What do you find most useful?
- What it is missing?
- How can we encourage more family carers to share their stories.

If you would like to attend please call or email Annette Reader on 01480 499041 or annette.reader@carerstrustcpn.org by 28 February 2018.

Can't make the meeting? Share your views with us at carersmag@carerstrustcpn.org.





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** making life better for carers. In collaboration with **Cambridgeshire County Council**.

FREE digital resources for carers

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:

Kate's story

Kate has been a carer for a long time. In the past she cared for her husband and mum and she is now helping out her elderly friend. She has been using Jointly to help co-ordinate care.



"I have been supporting a couple of 98 and 100 years. Their daughter lives in Australia and, despite their age, the couple have continued to use both email and Skype to stay in touch with her. Sadly, after 75 years of marriage, Richard died and now technology is even more important to allow Jean to learn to live alone and continue to be in touch with, and see, those who are so important to her, as well as ensuring that all her needs are met.

In supporting this couple, we decided to use Carers UK's app, Jointly. As the likely primary contact in the absence of their daughter, Yvonne, I am frequently the first person to be called in an emergency and I no longer have to worry about having the necessary information to hand as I can access it on Jointly wherever I am.

Previously, I solely had a hard copy of all their conditions and medications which I kept at home. It was always on my mind and once I did have to go straight to the hospital from work and needed the notes to be able to help. Since then, I have felt reassured that I could access those details anytime and that was my primary reason for wanting to use Jointly.

More recently, Jointly proved especially useful. Asked to take Jean to an appointment with a specialist about the use of a potential new drug, which cannot be easily withdrawn once started, I felt extremely responsible and

noted during the conversation a passing comment about the drug's interaction with other drugs.

Jean was encouraged to start the drug with immediate effect, I felt ill at ease and asked for more time. I did some research on the internet and discovered that the drug was not compatible with certain antibiotics. This was incredibly significant as Jean is allergic to penicillin and the use of antibiotics is essential.

It suddenly dawned on me that if I looked at our records on Jointly, I would be able to access the history of the antibiotics most frequently used to treat her and, to my shock, they were those that were incompatible with this drug. Without Jointly, I would never have made that discovery and was able to advise Yvonne in Australia.

Jointly has given me the confidence to be able to give good support at any time, including at a time of crisis and has helped me to stay on top of things and allowed me to access information, including medication anytime, anywhere.

I think it is fair to say that technology has grown beyond anything we could ever have imagined, even five years ago, and sometimes we fear its use but, when it comes to carers, I personally have heard nothing but positives and hope that we will embrace it wholeheartedly."



Names have been changed to protect the identity of individuals



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 calendar for programme of events.](#)


carerstrust
Cambridgeshire & Peterborough
Norfolk
Carer Support and Homecare
action-help-advice

Working in partnership with
**Cambridgeshire
County Council**

PETERBOROUGH
CITY COUNCIL


**NATIONAL
LOTTERY FUNDED**

We have received support from the
**Cambridgeshire
Community
Foundation**



Come and join the Cambridgeshire Carers Partnership Board

If the word "Board" sends you into a cold sweat then I want to persuade you to think again. This is a lively, stand no nonsense Partnership Board. Carer representatives make up half of the members. They bring all their experience and passion to whatever the Board discusses which gives the Board a real energy.

There is always time to say what is going on for you as a carer as well as for other carers that you're in touch with. If something is a problem for you the chances are that others are also going through something similar. Because the Board has representatives from statutory services, as well as voluntary and community services, there is usually someone who knows where to go next for help and advice. Helen Duncan is the new Principal Social Worker and Head of Safeguarding and attended the Carers Partnership Board in October. She chairs the Adult Social Care Forum (ASCF) which Sue Honour, Chair of the Carers Partnership Board, also attends. The point is that issues about social care and practice can be brought forward to this forum with the aim that improvements can be made.

Over the last two years the Board has committed to hearing more about young carers' activities and their aims. This means that young carers who work with Carers Trust Cambridgeshire, Peterborough, Norfolk and Centre 33 come along twice a year to tell the Board what they've been up to. Cambridgeshire & Peterborough NHS Foundation Trust (CPFT) has explained what it is doing to support good mental health in young carers. The Schools Service has spoken about working with schools on identifying and supporting young carers in primary school.

In the past year the Carers Partnership Board has been consulted on the Carer's Assessment form and the review of the Carers Strategy. This is an important piece of work which will cover all ages across Cambridgeshire, Peterborough and the CCG and is still ongoing. We've also talked about Deprivation of Liberty Safeguards (DoLS), how Carer's Assessments are done, the difficulties some people have had renewing their

Blue Badge, how Arthur Rank Hospice supports cared for and carers, Personal Independence Payments and pre-payment cards for those on Direct Payments.

If formal meetings are not your thing you can still contribute by becoming a corresponding member with the opportunity to give your opinion and raise issues that are important to you. So get in touch and come and join us.

I look forward to hearing from you.

Sally Cleghorn
Development Officer
Cambridgeshire Alliance for Independent Living



Phone: 0300 111 2301

Email: sally@cambridgeshirealliance.org.uk



Loneliness and isolation are two 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/

Coping with Stress

Stress is one of the most common problems that people face in this modern hectic world and it is often the precursor to other health issues as well. Coping with stress can seem like a daunting challenge, an impossible battle, but that isn't often the case. Stress can be managed and there are many ways to achieve this. Here at our not for profit Wellbeing Centre - Soul Happy, we have a dedicated team of Therapists and Workshop Leaders who practice a range of therapies and treatments that can help with stress management and the secondary effects caused by it.

Our one-to-one therapies include Massage, Hypnotherapy, Reflexology, Reiki, Solution Focused Coaching, Counselling, Medical Herbalism and more. Anger, anxiety and depression are just some common problems that can be processed and dealt with effectively through counselling, hypnotherapy and coaching. As stress can cause physical problems in the back, neck and shoulders for example, a massage using organic Essential Oils can help to ease or relieve these pains and tensions and the oils can be blended to suit the individual and their needs.

The helping doesn't stop there either. We run workshops to help educate people on how best to take care of themselves both inside and out. Ranging from Confidence Workshops, Meditation, Yoga, Sound Baths, Laughter sessions, Herbs for health, and much more. We have something to suit most needs. Our workshops are a chance for people to learn, energise, contemplate, strengthen, be inspired or empowered, and also come together too to connect with themselves and others.

Earlier this year the centre won a small amount of funding to help cancer sufferers with one free and some discounted treatments and workshops too. Please email kim.coley@soulhappy.org.uk to enquire and book your consultation.

Soul Happy Wellbeing Centre
18 Cowgate, Keebles Alleyway,
Peterborough, PE1 1NA
07814 393099 <http://soulhappy.org.uk>

Housing Options for Older People

Do you care for someone who is aged over 65? Perhaps they are finding their home is too large to manage, in poor condition or too far from friends or family and are not sure what to do?

If so, you may be interested in an exciting new partnership with the Elderly Accommodation Counsel (EAC) offering specialist housing information and advice to people aged over 65.

Cambridgeshire County Council is working with EAC to promote the HOOP service (Housing Options for Older People) which offers specialist housing advice and support to older people.

The customer journey starts with a questionnaire asking older people (over 65s) about their home and how it suits them. This can be completed online or via a leaflet. The answers are then used to put people in touch with local housing options (sheltered housing, extra care schemes), support services and community groups that can provide a mixture of practical support and advice to help people to make informed choices about their housing and wellbeing at an early stage. This includes support for home owners to access grants, advice about moving or services that might help you 'stay put' successfully.

This could be solutions for moving to somewhere that is cheaper and easier to run, more suitably designed or located, closer to friends and family and things you enjoy doing, more security from crime and reassurance in case of an accident.

If you think a relative or someone that you care for could benefit from this service, visit <https://hoop.eac.org.uk> for more information.



Events Calendar March 2018

**Thurs
1**

- **Wisbech Fenland Older People Mail Reading Volunteer Led Group** Wisbech Library, 5 Ely Place PE13 1EU 9.30am-12pm (p 37).
- **March Breathe Easy Fenland Support Group** St Peter's Church Hall, High Street PE15 9JR 2pm-4pm (see p 39).

**Fri
2**

- **Wisbech Fenland Older People Outreach Drop-in Session** for Fenland residents age 65+. General enquiries around housing related support need Wisbech Library, 5 Ely Place PE13 1EU 10am-12pm (p 37).
- **Ely CPFT Dementia Friday Club** The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm-4pm (p 33).

**Mon
5**

- **St Ives Love to Move** Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
- **Histon Pinpoint ADHD/ASD Parent Group** Early Years Centre, New School Road CB24 9LL 10am-12pm (p 29).
- **Peterborough Alzheimer's Society Open Minds Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32).

**Tues
6**

- **Huntingdon CTCPN Family Carers Drop-In** Talk from Norris Museum. Huntingdon Library, Upstairs Meeting Room, Princes Street PE29 3PA 10am-12pm.
- **Huntingdon Pinpoint ADHD/ASD Parent Group** Hunts Forum, The Maple Centre, 6 Oak Tree Drive PE29 7HN (sat nav ref: PE29 7LB) 10am-12pm (p 29).
- **Peterborough Alzheimer's Society Open Carers Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).
- **Cambridge - Milton Parkinson's Support Group** Barnabas Court, Cambridge Road CB24 6WR 12.15pm-3pm (p 35).
- **Fordham CPFT Dementia Carers Lunch** Scotsdales, Market Street CB7 5LQ 12.30pm-2.30pm (p 33).
- **Cambridge CPFT Dementia Friendly Drop-In** Sainsbury's Café, Coldhams Lane CB1 3HP 2.30pm-4.30pm (p 33).

**Weds
7**

- **March CTCPN Family Carers Drop-In** March Library, City Road PE15 9LT 10am-12pm.
- **March Parkinson's Support Group** The Braza Club, Elm Road PE15 8NZ 10am-12pm (p 35).
- **Peterborough Rethink Carer Support Group** Centre 68, 68b Westgate PE1 1RG 1pm-3pm (p 38).
- **St Ives Parkinson's Support Group** Dolphin Hotel, London Road PE27 5EP 2pm-4pm (p 35).
- **St Neots Relaxation, Meditation and Music Group** Tesco Community Room, Barford Road PE19 2SA 3pm-3.50pm (p 36).

**Thurs
8**

- **Huntingdon Rethink Carer Support Group** CPFT, Redshank House, Kingfisher Way PE29 6FN 7.30pm-9.30pm (p 38).
- **Wisbech Fenland Older People Mail Reading Volunteer Led Group** Wisbech Library, 5 Ely Place PE13 1EU 9.30am-12pm (p 37).
- **Great Shelford CTCPN Dementia Family Carers Hub - Talk from Co-Op Estate Planning** David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).
- **Peterborough Pinpoint ADHD/ASD Parent Group** Family Voice, Goldhay Community Centre, 105 Paynells, Orton Goldhay PE2 5QP 10am-12pm (p 29).

**Fri
9**

- **Cambridge C2 M.S. Carer's Club** - Spring Walk around Cambridge Botanical Gardens, 1 Brookside Gardens, Cambridge CB2 1JE followed by coffee and cakes at Garden's Cafe Kitchen. Contact Jackie 10.30pm-12pm (p 36).
- **Ely Pinpoint ADHD/ASD Parent Group** Ely Children's Centre, Spring Meadow Infant & Nursery School, High Barns CB7 4RB 12.30pm-2.30pm (p 29).

**Mon
12**

- **St Ives Memory Lane Singing Café** Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
- **Huntingdon Pinpoint Preparing for Adulthood Group** Hunts Forum, Maple Centre, Oak Drive, Huntingdon, PE29 7HN 10am-12pm (p 29).
- **Peterborough Alzheimer's Society Open Minds Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32).
- **Sawtry Chatterbox Family Carers Drop-In** CARESCO Centre, Green End Road PE28 5UX 2pm-4pm (p 30).

**Tues
13**

- **Peterborough Alzheimer's Society Open Carers Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).

**Weds
14**

- **Ramsey Parkinson's Support Group** Ramsey Resource Centre, Stocking Fen Road PE26 1SA 2pm-4pm (p 35).
- **Cambridge Making Space Cambridgeshire Carers Support Service** Meadows Centre 1 St Catharine's Road CB43XJ 7.30pm-9pm (p 37).
- **Sawtry Autism/ADHD Parent Support Group** CARESCO Centre, Green End Road PE28 5UX 7.30pm-9.30pm (p 30).

**Thurs
15**

- **Burwell Carers Group** Trinity Church, High Street CB25 0HD from 9.15am-12.15pm (p 30).

<p>Fri 16</p>	<ul style="list-style-type: none"> ▪ Wisbech Fenland Older People Mail Reading Volunteer Led Group Wisbech Library, 5 Ely Place PE13 1EU 9.30am-12pm (p 37). ▪ Ely CPFT Dementia Friday Club The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm-4pm (p 33). 	<p>Thurs 22</p>	<ul style="list-style-type: none"> ▪ Wisbech Fenland Older People Mail Reading Volunteer Led Group Wisbech Library, 5 Ely Place PE13 1EU 9.30am-12pm (p 37). ▪ Great Shelford CTCPN Dementia Family Carers Hub - Basic First Aid David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).
<p>Mon 19</p>	<ul style="list-style-type: none"> ▪ St Ives Love to Move Crossways Christian Centre, Ramsey Road 10am-12pm (p 31). ▪ Ramsey CTCPN Family Carers Hub - Easter Art & Crafts and Understanding Basic First Aid Ramsey Library, 25 Great Whyte PE26 1HA 10am-1pm (p 15). ▪ Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32). ▪ St Neots Parkinson's Support Group Old Market Court, Tebbutts Road PE19 1RQ 2pm-4pm (p 35). ▪ St Ives Young Onset Dementia Group Little Acre Kitchen, 7 Crown Street PE27 5EB 2.30pm-4pm (p 33). 	<p>Fri 23</p>	<ul style="list-style-type: none"> ▪ Ely CTCPN Family Carers Hub - Easter Art & Crafts and Emotional Wellbeing & Resilience – coping with stress Larkfields Community Centre, High Barns CB7 4SB 10am-2pm (p 15). ▪ Cambridge Parkinson's Support Group David Rayner Building, Scotsdales, Cambridge Road, Great Shelford CB22 5JT 10.30am-1pm (p 35).
<p>Tues 20</p>	<ul style="list-style-type: none"> ▪ Cambridge CTCPN Family Carers Hub - Wiltshire Farm Foods and Supporting Someone with Medication Meadows Community Centre, Garden Wing, 1 St Catharine's Road CB4 3XJ 10am-12.30pm (p 15). ▪ Peterborough Alzheimer's Society Open Carers Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32). ▪ Fulbourn CPFT Dementia Friendly Lunch Group Six Bells Pub, 9 High Street CB21 5DH 12.30pm (p 33). ▪ Ely Parkinson's Support Group - Andrew Sankey talks about gardens The Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm-4.30pm (p 35). ▪ Cambridge Borderline Personality Disorder Carer's Group The Edge Café, Brookfields NHS Site, 351 Mill Road Cambridge CB1 3NN 7pm-9pm (p 38). 	<p>Mon 26</p>	<ul style="list-style-type: none"> ▪ St Ives Love to Move Crossways Christian Centre, Ramsey Road 10am-12pm (p 31). ▪ Peterborough CTCPN Family Carers Hub - Healthwatch Peterborough and Supporting Someone with Continence Care venue and time TBC, please see our website (p 15). ▪ St Ives Hunts Breathe for Life St Ives Methodist Church, The Waits PE27 5BY 2pm (p 39). ▪ Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32). ▪ Huntingdon Rotary Club Memory Café All Saints in the Hollow PE29 1XP 2.30pm-4.30pm (p 31). ▪ Girton CPFT Dementia Carers Meeting St Vincent's Close Community Centre CB3 0PE 2pm-3.30pm (p 33). ▪ Sawtry Chatterbox Family Carers Drop-In CARESCO Centre, Green End Road PE28 5UX 2pm-4pm (p 30).
<p>Weds 21</p>	<ul style="list-style-type: none"> ▪ Wisbech CTCPN Family Carers Hub - Easter Art & Crafts and Supporting Someone with Medication The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am-2pm (p 15). ▪ Peterborough Rethink Carers Support Group Centre 68, 68b Westgate PE1 1RG 1pm-3pm (p 38). ▪ Hail Weston Rotary Club Carers Coffee Club The Royal Oak, High Street PE19 5JW 2.30pm-4pm (p 30). ▪ St Neots Relaxation, Meditation and Music Group Tesco Community Room, Barford Road PE19 2SA 3pm-3.50pm (p 36). 	<p>Tues 27</p>	<ul style="list-style-type: none"> ▪ Peterborough Alzheimer's Society Open Carers Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32). ▪ Eaton Socon CTCPN Family Carers Neuro Hub - Easter Art & Crafts and Understanding Dementia The Marbrook Centre, Phoenix Park, Great North Road PE19 8EP 10.30am-12.30pm (p 15).
<p>Weds 21</p>	<ul style="list-style-type: none"> ▪ Wisbech CTCPN Family Carers Hub - Easter Art & Crafts and Supporting Someone with Medication The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am-2pm (p 15). ▪ Peterborough Rethink Carers Support Group Centre 68, 68b Westgate PE1 1RG 1pm-3pm (p 38). ▪ Hail Weston Rotary Club Carers Coffee Club The Royal Oak, High Street PE19 5JW 2.30pm-4pm (p 30). ▪ St Neots Relaxation, Meditation and Music Group Tesco Community Room, Barford Road PE19 2SA 3pm-3.50pm (p 36). 	<p>Weds 28</p>	<ul style="list-style-type: none"> ▪ Peterborough Parkinson's Support Group PJ Care Neurological Centre, Eaglewood PE3 8DE 2pm-4pm (p 35). ▪ Cambridge Rethink Carer Support Group St Laurence's Church, 91 Milton Road CB4 1XB 7.30pm-9pm (p 38).
<p>Weds 21</p>	<ul style="list-style-type: none"> ▪ Wisbech CTCPN Family Carers Hub - Easter Art & Crafts and Supporting Someone with Medication The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am-2pm (p 15). ▪ Peterborough Rethink Carers Support Group Centre 68, 68b Westgate PE1 1RG 1pm-3pm (p 38). ▪ Hail Weston Rotary Club Carers Coffee Club The Royal Oak, High Street PE19 5JW 2.30pm-4pm (p 30). ▪ St Neots Relaxation, Meditation and Music Group Tesco Community Room, Barford Road PE19 2SA 3pm-3.50pm (p 36). 	<p>Thurs 29</p>	<ul style="list-style-type: none"> ▪ Wisbech Fenland Older People Mail Reading Volunteer Led Group Wisbech Library, 5 Ely Place PE13 1EU 9.30am-12pm (p 37).

Events Calendar April 2018

**Tues
3**

- **Peterborough Alzheimer's Society Open Carers Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).
- **Cambridge - Milton Parkinson's Support Group** Barnabas Court, Cambridge Road CB24 6WR 12.15pm-3pm (p 35).
- **Fordham CPFT Dementia Carers Lunch** Scotsdales, Market Street CB7 5LQ 12.30pm-2.30pm (p 33).
- **Date TBC Cambridge CPFT Dementia Friendly Drop-In** Sainsbury's Café, Coldhams Lane CB1 3HP 2.30pm-4.30pm (p 33).
- **Cambridge Borderline Personality Disorder Carer's Group** The Edge Café, Brookfields NHS Site, 351 Mill Road Cambridge CB1 3NN 7pm-9pm (p 38).

**Weds
4**

- **March Parkinson's Support Group** The Braza Club, Elm Road PE15 8NZ 10am-12pm (p 35).
- **Peterborough Rethink Carer Support Group** Centre 68, 68b Westgate PE1 1RG 1pm-3pm (p 38).
- **St Ives Parkinson's Support Group** Dolphin Hotel, London Road PE27 5EP 2pm-4pm (p 35).
- **Huntingdon Rethink Carer Support Group** CPFT, Redshank House, Kingfisher Way PE29 6FN 7.30pm-9.30pm (p 38).

**Thurs
5**

- **Wisbech Fenland Older People Mail Reading Volunteer Led Group** Wisbech Library, 5 Ely Place PE13 1EU 9.30am-12pm (p 37).
- **March Breathe Easy Fenland Support Group** St Peter's Church Hall, High Street PE15 9JR 2pm-4pm (see p 39).

**Fri
6**

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

**Mon
9**

- **St Ives Memory Lane Singing Café** Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
- **Peterborough Alzheimer's Society Open Minds Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32).
- **Sawtry Chatterbox Family Carers Drop-In** CARESCO Centre, Green End Road PE28 5UX 2pm-4pm (p 30).

**Tues
10**

- **March CTCPN Family Carers Drop-In** March Library, City Road PE15 9LT 10am-12pm.
- **Peterborough Alzheimer's Society Open Carers Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).

**Weds
11**

- **Peterborough Unite for World Parkinson's Day** Salvation Army, New England PE1 2AU 10am-3.30pm (p 35).
- **Ramsey Parkinson's Support Group** Ramsey Resource Centre, Stocking Fen Road PE26 1SA 2pm-4pm (p 35).

**Thurs
12**

- **Wisbech Fenland Older People Mail Reading Volunteer Led Group** Wisbech Library, 5 Ely Place PE13 1EU 9.30am-12pm (p 37).
- **Huntingdon CTCPN Family Carers Drop-In** - Talk from After Umbrage Huntingdon Library, Upstairs Meeting Room, Princes Street PE29 3PA 10am-12pm.
- **Great Shelford CTCPN Dementia Family Carers Hub** - Talk and 1:1 information and guidance from Sensory Services, Cambridgeshire County Council David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).
- **Ely Ely Dementia Group** Recreational Hall, Militia Way, off Barton Road Car Park 10am-12pm (see p 23).

**Fri
13**

- **Cambridge C2 M.S. Carer's Club** - Drive or catch the Guided Bus to St Ives. Meet at The Golden Lion, Market Square for Pub Lunch at 12.30pm. Contact Jackie in advance (p 36).

**Mon
16**

- **St Ives Love to Move** Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
- **Histon Pinpoint ADHD/ASD Parent Group** Early Years Centre, New School Road CB24 9LL 10am-12pm (p 29).
- **Ramsey CTCPN Family Carers Hub** - Talk from After Umbrage and Falls Prevention Ramsey Library, 25 Great Whyte PE26 1HA 10am-1pm (p 15).
- **Peterborough Alzheimer's Society Open Minds Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32).
- **St Neots Parkinson's Support Group** Old Market Court, Tebbutts Road PE19 1RQ 2pm-4pm (p 35).
- **St Ives Young Onset Dementia Group** Little Acre Kitchen, 7 Crown Street PE27 5EB 2.30pm-4pm (p 33).

**Tues
17**

- **Huntingdon Pinpoint ADHD/ASD Parent Group** Hunts Forum, The Maple Centre, 6 Oak Tree Drive PE29 7HN (sat nav ref: PE29 7LB) 10am-12pm (p 29).
- **Cambridge CTCPN Family Carers Hub** - Talk from Safe & Well and Emotional Wellbeing & Resilience Meadows Community Centre, Garden Wing, 1 St Catharine's Road CB4 3XJ 10am-12.30pm (p 15).

**Weds
18**

- **Peterborough Alzheimer's Society Open Carers Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).
- **Ely Parkinson's Support Group - Caroline Nicklinson "My life as a Nurse"** The Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm-4.30pm (p 35).
- **Wisbech CTCPN Family Carers Hub - Self Care and wellness workshop and Falls Prevention** The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am-2pm (p 15).
- **Peterborough Rethink Carer Support Group** Centre 68, 68b Westgate PE1 1RG 1pm-3pm (p 38).
- **Hail Weston Rotary Club Carers Coffee Club** The Royal Oak, High Street PE19 5JW 2.30pm-4pm (p 30).
- **St Neots Relaxation, Meditation and Music Group** Tesco Community Room, Barford Road PE19 2SA 3pm-3.50pm (p 36).
- **Huntingdon Making Space Cambridgeshire Carers Support Service** Maple Centre, 6 Oak Drive PE29 7HN 7pm-9pm (p 37).
- **Sawtry Autism/ADHD Parent Support Group** CARESCO Centre, Green End Road PE28 5UX 7.30pm-9.30pm (p 30).

**Thurs
19**

- **Wisbech Fenland Older People Mail Reading Volunteer Led Group** Wisbech Library, 5 Ely Place PE13 1EU 9.30am-12pm (p 37).
- **Peterborough Pinpoint ADHD/ASD Parent Group** Family Voice, Goldhay Community Centre, 105 Paynels, Orton Goldhay PE2 5QP 10am-12pm (p 29).

**Fri
20**

- **Ely Pinpoint ADHD/ASD Parent Group** Ely Children's Centre, Spring Meadow Infant & Nursery School, High Barns CB7 4RB 12.30pm-2.30pm (p 29).
- **Ely CPFT Dementia Friday Club** The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm-4pm (p 33).

**Mon
23**

- **St Ives Love to Move** Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
- **Peterborough CTCPN Family Carers Hub - Talk from After Umbrage and Taking Care of your Back** venue and time TBC, please see our website (p 15).
- **St Ives Hunts Breathe for Life** St Ives Methodist Church, The Waits PE27 5BY 2pm (p 39).
- **Girton CPFT Dementia Carers Meeting** St Vincent's Close Community Centre CB3 0PE 2pm-3.30pm (p 33).

**Tues
24**

- **Peterborough Alzheimer's Society Open Minds Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32).
- **Sawtry Chatterbox Family Carers Drop-In** CARESCO Centre, Green End Road PE28 5UX 2pm-4pm (p 30).
- **Peterborough Alzheimer's Society Open Carers Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).
- **Eaton Socon CTCPN Family Carers Neuro Hub - Holistic therapies and Emotional Wellbeing & Resilience** The Marbrook Centre, Phoenix Park, Great North Road PE19 8EP 10.30am-12.30pm (p 15).

**Weds
25**

- **Cambridge C2 M.S. Carer's Club - Discussion on 'Misunderstandings & Miscommunications in Caring'** Church of Good Shepherd Hall, Mansel Way, Arbury CB4 2ET Free parking 2.30pm-3.30pm (p 36).
- **Peterborough Parkinson's Support Group** PJ Care Neurological Centre, Eaglewood PE3 8DE 2pm-4pm (p 35).
- **Cambridge Rethink Carer Support Group** St Laurence's Church, 91 Milton Road CB4 1XB 7.30pm-9pm (p 38).

**Thurs
26**

- **Wisbech Fenland Older People Mail Reading Volunteer Led Group** Wisbech Library, 5 Ely Place PE13 1EU 9.30am-12pm (p 37).
- **Great Shelford CTCPN Dementia Family Carers Hub - Infection Control** David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).
- **Ely Ely Dementia Group** Recreational Hall, Militia Way, off Barton Road Car Park 10am-12pm (see p 23).

**Fri
27**

- **Ely CTCPN Family Carers Hub - Self Care and wellness workshop and Infection Control** Larkfields Community Centre, High Barns CB7 4SB 10am-2pm (p 15).
- **Cambridge Parkinson's Support Group** David Rayner Building, Scotsdales, Cambridge Road, Great Shelford CB22 5JT 10.30am-1pm (p 35).

**Mon
30**

- **St Ives Love to Move** Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
- **Peterborough Alzheimer's Society Open Minds Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32).
- **Huntingdon Rotary Club Memory Café** All Saints in the Hollow PE29 1XP 2.30pm-4.30pm (p 31).

Events Calendar May 2018

**Tues
1**

- **Peterborough Alzheimer's Society Open Carers Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).
- **Cambridge - Milton Parkinson's Support Group** Barnabas Court, Cambridge Road CB24 6WR 12.15pm-3pm (p 35).
- **Fordham CPFT Dementia Carers Lunch** Scotsdales, Market Street CB7 5LQ 12.30pm-2.30pm (p 33).
- **Cambridge CPFT Dementia Friendly Drop-In** Sainsbury's Café, Coldhams Lane CB1 3HP 2.30pm-4.30pm (p 33).

**Weds
2**

- **March Parkinson's Support Group** The Braza Club, Elm Road PE15 8NZ 10am-12pm (p 35).
- **Peterborough Rethink Carer Support Group** Centre 68, 68b Westgate PE1 1RG 1pm-3pm (p 38).
- **St Ives Parkinson's Support Group** Dolphin Hotel, London Road PE27 5EP 2pm-4pm (p 35).
- **St Neots Relaxation, Meditation and Music Group** Tesco Community Room, Barford Road PE19 2SA 3pm-3.50pm (p 36).
- **Huntingdon Rethink Carer Support Group** CPFT, Redshank House, Kingfisher Way PE29 6FN 7.30pm-9.30pm (p 38).

**Thurs
3**

- **Wisbech Fenland Older People Mail Reading Volunteer Led Group** Wisbech Library, 5 Ely Place PE13 1EU 9.30am-12pm (p 37).
- **March Breathe Easy Fenland Support Group** St Peter's Church Hall, High Street PE15 9JR 2pm-4pm (see p 39).

**Fri
4**

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

**Tues
8**

- **Huntingdon Pinpoint ADHD/ASD Parent Group** Hunts Forum, The Maple Centre, 6 Oak Tree Drive PE29 7HN (sat nav ref: PE29 7LB) 10am-12pm (p 29).
- **Peterborough Alzheimer's Society Open Carers Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).
- **Cambridge Borderline Personality Disorder Carer's Group** The Edge Café, Brookfields NHS Site, 351 Mill Road Cambridge CB1 3NN 7pm-9pm (p 38).

**Weds
9**

- **Ramsey Parkinson's Support Group** Ramsey Resource Centre, Stocking Fen Road PE26 1SA 2pm-4pm (p 35).

**Thurs
10**

- **Wisbech Fenland Older People Mail Reading Volunteer Led Group** Wisbech Library, 5 Ely Place PE13 1EU 9.30am-12pm (p 37).
- **Huntingdon CTCPN Family Carers Drop-In** Huntingdon Library, Upstairs Meeting Room, Princes Street PE29 3PA 10am-12pm.
- **Great Shelford CTCPN Dementia Family Carers Hub - Dancing with Filipa (music and movement)** David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).
- **Ely Ely Dementia Group** Recreational Hall, Militia Way, off Barton Road Car Park 10am-12pm (see p 23).
- **Peterborough Pinpoint ADHD/ASD Parent Group** Family Voice, Goldhay Community Centre, 105 Paynels, Orton Goldhay PE2 5QP 10am-12pm (p 29).

**Fri
11**

- **Ely Pinpoint ADHD/ASD Parent Group** Ely Children's Centre, Spring Meadow Infant & Nursery School, High Barns CB7 4RB 12.30pm-2.30pm (p 29).

**Mon
14**

- **St Ives Memory Lane Singing Café** Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
- **Peterborough Alzheimer's Society Open Minds Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32).
- **Sawtry Chatterbox Family Carers Drop-In** CARESCO Centre, Green End Road PE28 5UX 2pm-4pm (p 30).

**Tues
15**

- **Cambridge CTCPN Family Carers Hub - Talk from Community Protection Officer and Understanding Dementia** Meadows Community Centre, Garden Wing, 1 St Catharine's Road CB4 3XJ 10am-12.30pm (p 15).
- **Peterborough Alzheimer's Society Open Carers Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).
- **Ely Parkinson's Support Group** The Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm-4.30pm (p 35).

**Weds
16**

- **March CTCPN Family Carers Drop-In** March Library, City Road PE15 9LT 10am-12pm.
- **Peterborough Rethink Carer Support Group** Centre 68, 68b Westgate PE1 1RG 1pm-3pm (p 38).
- **Hail Weston Rotary Club Carers Coffee Club** The Royal Oak, High Street PE19 5JW 2.30pm-4pm (p 30).
- **St Neots Relaxation, Meditation and Music Group** Tesco Community Room, Barford Road PE19 2SA 3pm-3.50pm (p 36).

- **Sawtry Autism/ADHD Parent Support Group** CARESCO Centre, Green End Road PE28 5UX 7.30pm-9.30pm (p 30).

**Thurs
17**

- **Burwell Carers Group** Trinity Church, High Street CB25 0HD from 9.15am-12.15pm (p 30).
- **Wisbech Fenland Older People Mail Reading Volunteer Led Group** Wisbech Library, 5 Ely Place PE13 1EU 9.30am-12pm (p 37).

**Fri
18**

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

**Mon
21**

- **St Ives Love to Move** Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
- **Histon Pinpoint ADHD/ASD Parent Group** Early Years Centre, New School Road CB24 9LL 10am-12pm (p 29).
- **Ramsey CTCPN Family Carers Hub - Mindfulness & Self Care workshop and Understanding Dementia** Ramsey Library, 25 Great Whyte PE26 1HA 10am-1pm (p 15).
- **St Ives Hunts Breathe for Life** St Ives Methodist Church, The Waits, St Ives PE27 5BY 2pm (p 39).
- **St Neots Parkinson's Support Group** Old Market Court, Tebbutts Road PE19 1RQ 2pm-4pm (p 35).
- **St Ives Young Onset Dementia Group** Little Acre Kitchen, 7 Crown Street PE27 5EB 2.30pm-4pm (p 33).
- **Girton CPFT Dementia Carers Meeting** St Vincent's Close Community Centre CB3 0PE 2pm-3.30pm (p 33).

**Tues
22**

- **Peterborough Alzheimer's Society Open Carers Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).

**Weds
23**

- **Peterborough CTCPN Family Carers Hub - Understanding Dementia** venue and time TBC, please see our website (p 15).
- **Wisbech CTCPN Family Carers Hub - Understanding Dementia** The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am-2pm (p 15).
- **Cambridge C2 M.S. Carer's Club** Church of Good Shepherd Hall, Mansel Way, Arbury CB4 2ET Free parking 2.30pm-3.30pm (p 36).

**Thurs
24**

- **Wisbech Fenland Older People Mail Reading Volunteer Led Group** Wisbech Library, 5 Ely Place PE13 1EU 9.30am-12pm (p 37).
- **Great Shelford CTCPN Dementia Family Carers Hub - How to care for your back** David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).

**Fri
25**

- **Ely Dementia Group** Recreational Hall, Militia Way, off Barton Road Car Park 10am-12pm (see p 23).

- **Ely CTCPN Family Carers Hub - Understanding Dementia** Larkfields Community Centre, High Barns CB7 4SB 10am-2pm (p 15).
- **Cambridge Parkinson's Support Group** David Rayner Building, Scotsdales, Cambridge Road, Great Shelford CB22 5JT 10.30am-1pm (p 35).

**Mon
28**

- **Peterborough Alzheimer's Society Open Minds Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32).
- **Huntingdon Rotary Club Memory Café** All Saints in the Hollow PE29 1XP 2.30pm-4.30pm (p 31).

**Tues
29**

- **Peterborough Alzheimer's Society Open Carers Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).
- **Eaton Socon CTCPN Family Carers Neuro Hub - Taking Care of your Back** The Marbrook Centre, Phoenix Park, Great North Road PE19 8EP 10.30am-12.30pm (p 15).

**Weds
30**

- **Peterborough Rethink Carer Support Group** Centre 68, 68b Westgate PE1 1RG 1pm-3pm (p 38).
- **Peterborough Parkinson's Support Group** PJ Care Neurological Centre, Eaglewood PE3 8DE 2pm-4pm (p 35).
- **Cambridge Rethink Carer Support Group** St Laurence's Church, 91 Milton Road CB4 1XB 7.30pm-9pm (p 38).

**Thurs
31**

- **Wisbech Fenland Older People Mail Reading Volunteer Led Group** Wisbech Library, 5 Ely Place PE13 1EU 9.30am-12pm (p 37).

Ely Dementia Group

Meets fortnightly on a Thursday from 10am-12pm at the Recreational Hall, Militia Way, off Barton Road Car Park.

Meetings are for carers, past and present, and people living with dementia.

The charge is £2 per head which goes towards refreshments and outings.

The next meeting is on 1st March.

For further information please contact Debbie Saberton.



Phone: 01353 777093 or 07546 481175.



Young Carers and Young Adult Carers

Young Carers take on a tree top adventure!

During February half-term, we were fortunate enough to receive funding from the Greggs Community Foundation to take 25 Young Carers to Go Ape in Thetford Forest and WOW - what a few days we had!

Young carers showed determination and strength battling through the high ropes and zip wires! They challenged themselves both physically and mentally whilst taking part in team building activities to help them overcome some of their biggest fears.

Accessing a break from caring is important for many Young Carers who are carrying the responsibility to care for a loved one. If you know of a group or organisation who would be interested in sponsoring a Young Carer group, trip or activity, please get in contact with the Young Carer team at Carers Trust Cambridgeshire, Peterborough, Norfolk on 01480 499090 or by emailing hello@carerstrustcpn.org.

Young Carers in Schools

As we enter the third year of delivering the Young Carers in Schools programme, it seems timely to reflect on the successes of the programme locally. 24 schools have been handed awards at bronze, silver and gold level and over 30 schools have committed to long-term change in their school for the benefit of Young Carers. Six schools have set up independent Young Carer groups; recognising that there is a need to develop a community of Young Carers within their schools.

If you are a school interested in joining the programme please contact Tania Bingham at Carers Trust Cambridgeshire, Peterborough, Norfolk on 01480 499090 or by emailing hello@carerstrustcpn.org.

Would you like to volunteer your time to support Young Carers?

Young Carers tell us that they value spending time with other Young Carers who understand what they are going through; groups in schools and in the community for Young Carers can provide them with an opportunity to relax and catch up with friends.

We are always looking for new volunteers who can support at groups taking place after school and at weekends in Huntingdonshire and Peterborough.

Are you a good listener? Do you enjoy spending time with young people? Are you empathetic? If so, get in touch with us to find out how you can give back by calling 01480 499090 or by emailing hello@carerstrustcpn.org.



Groups for Young Carers and Young Adult Carers in Cambridgeshire and Peterborough

Support for Young Carers and Young Adult Carers living in Cambridgeshire and Peterborough is provided by **Carers Trust Cambridgeshire, Peterborough, Norfolk** and **Centre 33**.

Both organisations provide support within communities and schools/colleges and run various activities and trips during school holidays. Attendance at some groups is by referral only so please contact the relevant organisation.

Centre 33 can offer support to any Young Carer living in Cambridgeshire aged 8+. Please visit their website to find out what package of support best meets your needs.

Below is a list of the regular groups run by the two organisations.

Centre 33

Abbey College, Ramsey
Bassingbourn Village College
Bottisham Village College
Cambourne Village College
Chesterton Community College
Coleridge Community College
Comberton Village College
Cottenham Village College
Cromwell Community College
Ely College
Hinchingsbrooke School
Impington Village College
Littleport and East Cambs Academy
Melbourn Village College
Neale Wade Community College
North Cambridge Academy
Parkside Community College
Sawtry Village Academy
Sir Harry Smith Community College
Soham Village College
St. Bedes Inter-Church School
Swavesey Village College
The Ivo School
The Netherhall School
Thomas Clarkson Academy
Trumpington Community College
Witchford Village College



Centre 33

Phone: 0333 4141809

Email: youngcarers@centre33.org.uk

Website: <http://centre33.org.uk/help/young-carer-project/>

Carers Trust Cambridgeshire, Peterborough, Norfolk

Hampton College
Hinchingsbrooke School
Huntingdon Tesco Community Space (STRIVE)
Huntingdon Youth Centre
Jack Hunt School
Ken Stimpson
Longsands Academy
March (STRIVE)
Ormiston Bushfield Academy
Ramsey Youth Centre
St Ives Broadleas Centre
St Peter's School
Thorpe Hall (12 Plus)
Thorpe Hall (SPACE Siblings Group)
Thorpe Hall (Under 12)



Carers Trust Cambridgeshire, Peterborough, Norfolk

Phone: 01480 499090 or 0345 241 0954

Email: referycyac@carerstrustcpn.org

Website: www.carerstrustcpn.org/support-for-carers/young-carers

To make a referral or find out more about the groups and support available, please contact the relevant organisation.

Free To Be Me

BBC Children in Need is definitely a cause that tugs on the heart strings and I feel very honoured to be able to see the direct impact of the funding and the difference it makes to our young service users.

So far the new grant has enabled us to continue to provide children and young people, siblings, Young Carers and Young Adult Carers access to activities where they have a safe space to grow as individuals and develop aspirations in a fun and enjoyable way. It's also benefited by bringing young people together with other people who are most important to them, so they can all have meaningful and unforgettable experiences. Based on some of the feedback from the young people, the activities through the grant are definitely very important and positive to their lives.

There are many more activities and events in the pipeline for 2018 so if you would like to know more about the 'Free to Be Me' BBC Children in Need Project please visit our website or contact us.

I look forward to hearing from you!

Bisha Mistry

Phone: 01480 499090

Email bisha.mistry@carerstrustcpn.org

Web: www.carerstrustcpn.org/support/free-to-be-me



Supported by
**BBC**
Children in Need
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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

Impington Opportunity Playgroup

St Andrews Centre, School Hill, Histon, Cambridge CB24 9JE (under 5yrs)

Mondays 1pm to 3pm (term time)

This is a pre-school playgroup and parent support group for children with any level of additional needs, disability or social difficulty and their families. We have a lovely bunch of volunteer helpers who offer one-to-one play sessions for the children whilst the adults can have some down time in the café. The support and friendships the parents find from the group are perhaps the most important part of these sessions.

The group is for families throughout Cambridge and its surrounding villages. Parents can relax, have a coffee and chat together while the children are well looked after. Sometimes transport can be arranged, contact the group for more information.

Contact Sally Abbott

Phone: 01223 315024

Email: sallyyabbott@gmail.com

Web: <http://impingtonopportunityplaygroup.btck.co.uk>

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

CHUMS

New Service to Support
Children's Wellbeing
and Mental Health



From January 2018 there is a new service called CHUMS providing emotional health and wellbeing support to children and young people across Cambridgeshire and Peterborough.

The service will support children and young people with mild-moderate mental health issues such as anxiety and depression, as well as offering preventative support for other issues such as self-harm.

It will also support those with significant emotional wellbeing difficulties arising from life events such as bereavement and bullying. There will be a mixture of group and one-to-one support available.

In Cambridgeshire services will be available for primary school aged children up to the age of 25 years.

For more information on CHUMS visit <http://chums.uk.com>

To find out about more services that can support children and young people's mental health across Cambridgeshire and Peterborough visit www.keep-your-head.com/cyp

SCIP

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

Contact:

Joan Adamson - SCIP Co-ordinator

Phone: 01480 379 827

Email: joan.adamson@cambridgeshire.gov.uk

Web: www.cambridgeshire.gov.uk/scip



Disability Sport

Living Sport works with many different organisations to support sport opportunities for people with disabilities and special needs.

We link people with disabilities, disabled people organisations and local charities into the sports networks, so that everybody, regardless of disability or additional needs, can access sport or physical activity that suits them and their aspirations in sport.

One of our main networks is the Ability PLUS Group, the County Disability Sports Forum for Cambridgeshire and Peterborough. Anyone interested in disability sport can join the network.

There are lots of activities which you can join locally. There are many sports clubs in the county that offer either disability specific activities or are mainstream clubs that are inclusive and can offer most people a great sporting experience.

Information about these sporting opportunities can be found on our interactive map available at www.livingsport.co.uk/disability-sport/disability-consultation/stepping-stones

For information on disability sport in Cambridgeshire and Peterborough contact Rebecca who can give you more information and sign post you appropriately.



Phone: 01487 849929

Email: rebecca.evans@livingsport.co.uk

MOMO

MIND OF MY OWN

MOMO makes it easier for children and young people to express their views.

At MOMO we believe that young people should be able to participate fully in their care and it should be easy for them to speak up anytime they want.

Since January 2013 we've been making this happen by blending tech, social work and children's rights expertise to create apps that they can use on their own 24/7, or with a worker or carer. We're able to do this because of the unique mix of people and skills that make up Team MOMO.

Telling people what you want and need can be difficult. MOMO apps help young people organise their thoughts and make it easier to tell their worker what they think. Their worker will get a better insight into what's going on, from the young person's point of view.

For more information about MOMO see <http://mindofmyown.org.uk>

Listen Parent Support Group

Are you worried about your child or young person?

- Eating Disorder
- Anxiety
- Depression
- Drugs and alcohol
- Mental health issues

The support group is on the last Friday of every month.

Huntingdon Youth Centre,
Sallowbush Road, Huntingdon PE29 7AF
11am to 1pm



For further information please
contact Mark.
Phone: 07715 568984

Cambridge Disabled Kids Swimming Club (CDKSC) (0-19 years)

The swimming club is aimed at children of any age from birth to 19 with any disability. As far as possible, sessions are run by a qualified instructor with a number of volunteers. The club is working with Cambridge City Council Sports Development Team to expand the number of sessions available, aiming to provide opportunities for all abilities.

The suggested age ranges are not at all fixed, but for are guidance.

Swimming instruction for improvers/ older children

Chesterton Sports Centre, Gilbert Road,
Cambridge - 6-19 years
Sundays 4.30pm to 5.30pm (term time)
Cost: £2.50 per lesson

A parent, guardian or sibling can go in the pool to assist if necessary. Structured lessons with an instructor for those wanting to further develop their swimming skills in a deeper pool. It is recognised that the Windmill pools may be too shallow for older, larger children, so the Chesterton pool is also aimed at this group of children irrespective of their swimming ability.

Family fun and water confidence in the hydrotherapy pool

Windmill Pool, Hinton Way, Fulbourn
Under 5 years

Saturdays 9.30am to 11am

Cost: £2 per child, one adult carer per child goes free

For young children under 5 years and those that need warmer water or a smaller, secure environment to swim. Siblings are welcome, but in the event of there being too many people (maximum 20 people), priority will be given to those with a therapeutic need. It is hoped that we will have the help of a swimming instructor once a month who can give advice on early swimming skills.

Further information and an up to date timetable is available on the website.



Contact: Sally Abbott
Phone: 01223 315024
Email: sallyyabbott@gmail.com
Web: www.cdksc.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.

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.

Ely & Peterborough Groups



Eve Redgrave
Phone: 01480 877333
Email: eve@pinpoint-cambs.org.uk

Histon & Huntingdon Groups



Jackie King
Phone: 01480 877333
Email: jackie@pinpoint-cambs.org.uk

Pinpoint Preparing for Adulthood Group

For parent carers of young people aged 14-25 with additional needs and disabilities.



Jackie King
Phone: 01480 877333
Email: jackie@pinpoint-cambs.org.uk

See our events calendar for group dates, topics and speakers
www.pinpoint-cambs.org.uk/event-archive/



Pinpoint

Phone: 01480 877333
Email: info@pinpoint-cambs.org.uk
Web: www.pinpoint-cambs.org.uk
Facebook: [/pinpointcambs](https://www.facebook.com/pinpointcambs)
Twitter: [@pinpointcambs](https://twitter.com/pinpointcambs)

Sign up for Pinpoint's free newsletter - full of good info and ideas. We'll send a copy direct to your inbox every month.
Email: newsletter@pinpoint-cambs.org.uk



Let's Get Moving Cambridgeshire aims to improve the health of the Cambridgeshire population, specifically by increasing levels of physical activity. This will be done by promoting existing opportunities, developing new opportunities, and supporting individuals that require support to achieve their goals.

This is a new project which has been commissioned by Cambridgeshire County Council Public Health, working in partnership with the five District Councils across Cambridgeshire (Cambridge City Council, South Cambridgeshire District Council, Huntingdonshire District Council, Fenland District Council and East Cambridgeshire District Council) and Living Sport (the County Sport Partnership for Cambridgeshire and Peterborough).

A district co-ordinator will lead on Let's Get Moving Cambridgeshire in each of the districts; providing support to individuals, communities, clubs and other organisations in order to develop accessible opportunities and engagement in physical activity.

To find out more about the district co-ordinators take a look at the website www.letsgetmovingcambridgeshire.co.uk/meet-the-team

AUTISM & ADHD PARENT SUPPORT GROUP

Do you have a child or family member with Autism or ADHD? Come along for a cuppa. Chat & offload with other parents & carers.

Wednesday's 7.30 - 9.30pm

10th January, 7th February,
14th March, 18th April, 16th May



At The CARESCO Centre,
Green End Road, Sawtry

Call Miranda on 07751 798287 for a chat
or email: carers@caresco.org.uk
CARESCO office 01487 832105
(9am -12 noon)



Your local charity caring for our community

Registered charity number 1140728



A friendly support group for carers living in the Burwell area. Monthly drop-ins for carers to come and have a cup of tea or coffee, chat to other carers and for advice and support.

We meet on Thursday mornings (usually the third Thursday of the month) at the Trinity Church, High St, Burwell CB25 0HD from 9.15am to 12.15pm.

Meeting on 15th March and 17th May.

For further details please contact Janet Parker.



Phone: 01638 741234.

(See events calendar).

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. Carers Assessments, help or advice available.

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

8th & 22nd January

12th & 26th February

12th & 26th March

9th & 23rd April & 14th May



At The CARESCO Centre,

Green End Road, Sawtry, PE28 5UX

Contact Miranda on 07751 798287 or 01487 832105

Email: carers@caresco.org.uk



Your local charity supporting our community

Registered charity number 1140728



the rotary club of Kimbolton Castle

Carers Coffee Club

Are you caring for a loved one with memory loss?



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.



Shelford Dementia Family Carers Hub

A friendly, welcoming support group for people living 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).

carerstrust
Cambridgeshire & Peterborough
Norfolk
Carer Support and Homecare
action · help · advice

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



**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

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
Monday mornings starting Monday 8th January 2018
10am – 12noon

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

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



Taking part is
FREE &
refreshments
are provided

The Friday Group, Salem Court, Chatteris

A friendly group 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 including a 2 course lunch.



Phone: Mike Hill 07910 557199 or
Anne Chambers 01354 740225

Unite against dementia across Cambridgeshire and Peterborough



Alzheimer's Society in Cambridgeshire and Peterborough is here for anyone affected by dementia.

There are more than 10,000 people living with the condition across the county and dementia affects everyone differently.

Alzheimer's Society provides information and support, improves care, funds research, and creates lasting change for people affected by dementia.

Across Cambridgeshire and Peterborough there are a number of ways people can access support networks and speak to professionals. If you need:

Someone to talk to

You can phone at any time during the opening hours to talk in confidence with a member of staff from the Dementia Support Service.

Contact details for Cambridgeshire and Fenland services or Peterborough services can be found below.

Alternatively, at Peterborough's Dementia Resource Centre, come to one of the drop-in peer support groups:

- Mondays, 2pm - 3.30pm, for people living with dementia
- Tuesdays, 10.30am - 12 noon for carers.

Staff are available to listen when you just feel the need to talk, or to offer information and advice on specific issues.

Dementia Advisers and Dementia Support Workers

Dementia Advisers offer information about all aspects of living with dementia and supports people to access services.

Dementia Support Workers give personalised information and support to people with dementia and their carers to help better understand the condition, cope with day-to-day challenges and prepare for the future.

Home visits can be arranged if needed.

The Carer Information and Support Programme (CrISP)

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

Activity Groups

There are various opportunities available to give people affected by dementia the chance to take part in structured activities. These give people the availability to meet others in an informal relaxed setting.

Become a Dementia Friend

Alzheimer's Society's Dementia Friends Programme is a national initiative to improve people's understanding of dementia.

As a Dementia Friend you will learn a little bit more about what it is like to live with dementia during an hour long information session and then turn that understanding into action.

To find your nearest Dementia Friend Information Session, visit www.dementiafriends.org.uk.

Peterborough contact

The Dementia Resource Centre,
441 Lincoln Road, Millfield,
Peterborough PE1 2PE
Phone: 01733 893853
Email: peterborough@alzheimers.org.uk
Open 9am-5pm Monday to Friday

Cambridgeshire and Fenland contact

Phone: 01954 250322
Email: cambridgeshire@alzheimers.org.uk

Dementia Awareness Week 2018 Monday 21 May-Sunday 27 May 2018

Alzheimer's Society needs people to unite against dementia now. Support us this week whether you choose to fundraise, volunteer or campaign, every action makes a difference.

To get involved visit www.alzheimers.org.uk



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, Goldhams Lane, Cambridge CB1 3HP

For carers and people living with dementia. First Tuesday of the month (April TBC) at 2.30pm to 4.30pm. Volunteers from the Dementia Carers Support Service will be there to welcome visitors. Refreshments served at the table. Phone to confirm dates. Phone: 01353 652092

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

Fourth Monday of the month at 2pm to 3.30pm. Join us for a coffee, cake and a chat in an informal atmosphere. Phone to confirm dates. Phone: 01353 652092

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

Third Tuesday of the month at 12.30pm (April & May TBC). For carers and people living with dementia. Book in advance. Phone to confirm dates. Phone: Sally Kitchen 07432 701833 Email: sally.kitchen@cpft.nhs.uk

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

First Tuesday of the month at 12.30pm to 2.30pm. Informal lunch for carers and people living with dementia. Phone to confirm dates. Phone: 01353 652092

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 Carers' Support Service. Phone to confirm dates. Phone: Fe Franklin 01353 652092 Email: fe.franklin@cpft.nhs.uk (See events calendar for dates).

Young Onset Dementia

Do you live with a loved one under the age of 65 years that has been diagnosed with young onset Dementia?

Then come and share a cuppa with others who are in a similar caring role at home.



The group meets on:

When: **Third Monday** of the month

Time: 2.30pm to 4pm

Where: **Little Acre Kitchen**, 7 Crown Street, St Ives, Cambridgeshire, PE27 5EB

No need to book, just turn up.

Everyone will receive a very warm welcome!

For more information, please get in touch with Ruth

Mobile: 07565 845663 or e-mail: ruth.eod@yahoo.com

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 speaks up or acts 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.

Email: tvcp@voiceability.org

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



Day Centre

Social days to enjoy

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

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.

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



**Community Centre
Church Walk
St Neots
Cambridgeshire
PE19 1JH**

Glenys Shaw - Day Centre Manager

01480 475274

Email: manager@stneotsvwa.org.uk

www.stneotsvwa.org.uk

www.facebook.com/groups/stneotsvwa



AGE UK Cambridgeshire and Peterborough

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

Mondays, Wednesdays and Fridays
9.45am to 2.30pm

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.

£7 per day without transport provided
£11 per day with transport

Phone: Doreen Wallace 01733 231227

Email: doreen.wallace@ageukcap.org.uk

Website: www.ageuk.org.uk

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).
2.30pm to 4.30pm.
The Community Centre, Bell Holt, Off Lisle Lane, Ely CB7 4ED.
Come along to have a chat and enjoy the entertainment and refreshments.
Phone: Brian Hayes 01353 860102 or Jenny Lowles 01353 669326.

Ramsey Support Group

Second Wednesday of the month.
2pm to 4pm.
Ramsey Resource Centre, Stocking Fen Road PE26 1SA.
Phone: Marianne Fountain 0344 225 3777.

St Neots Support Group

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

St Ives Support Group

First Wednesday of the month.
2pm to 4pm.
Dolphin Hotel, London Road PE27 5EP.
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).
2pm to 4pm.
PJ Care Neurological Centre, Eaglewood, Peterborough PE3 8DE.
Phone: Ruth Brinkler-Long 07752 014998.

March Support Group

First Wednesday of the month.
10am to 12pm.
The Braza Club, Elm Road PE15 8NZ.
Phone: Frances Clark 01354 654677.

Cambridge Branch Parkinson's UK

Fourth Friday of the month.
10.30am to 1pm.
The David Rayner Building,
Scotsdales Garden Centre, Gt Shelford CB22 5JT.
Meetings include speakers and activities, followed by lunch. For those living with Parkinson's and their carers.
Phone: Trish Carn 01223 363435
Email: trishc@parkinsonscambridge@gmail.com

First Tuesday of the month.
12.15pm to 3pm.
Barnabas Court, Cambridge Road, Milton CB24 6WR.
Bring and share lunch with occasional speakers and activities. For those living with Parkinson's and their carers.
Phone: Gabby 01223 356433
See www.parkinsonscambridge.org.uk
www.facebook.com/parkinsonsukcambridge/

Web: www.parkinsons.org.uk
(See events calendar)

Peterborough Parkinson's

Unite for World Parkinson's Day



#UNITE FOR PARKINSONS

Date: Wednesday 11 April
Time: 10am - 3.30pm
Location: Salvation Army New England PE1 2AU

On 11 April 2018 we are asking everyone, no matter where they are around the world, to unite and raise awareness about Parkinson's to celebrate World Parkinson's Day

All donations & money raised on the day will go to Parkinson's UK

What's on
Refreshments, Stalls (Cakes, Books, Cards, Plants & many more)
Mini Manicures & Hand Massages by Arabellaz & Mini Reflexology Sessions by Sole-Serenity



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

Family Carers Neuro Hub

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



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 holidays.

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



Multiple Sclerosis Carer's Club

Meets on the fourth Wednesday
of the month (subject to change)
2.30pm-3.30pm

The Church of the Good Shepherd
Hall, Mansel Way, Arbury,
Cambridge CB4 2ET

Free parking and refreshments

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

(See events calendar).

Relaxation, Meditation and Music Group

Are you looking for something new? Then come along, relax, de-stress and alleviate the pressures of modern day to day life, whilst enjoying the company of new friends.



When Fortnightly (sessions run term time only)

Time 3pm-3.50pm

Where Tesco Community Room, St Neots Tesco Store,
Barford Road, St Neots, PE19 2SA

Further details please contact Claire Bright on
07890 608465 or email clairemusictime@yahoo.co.uk



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.cpslmind.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 311320 or 01480 470480

Email us on changinglives@cpslmind.org.uk

Download a referral form through our website

www.cpslmind.org.uk



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:

Peterborough
Cambridge Peterborough
and South Lincolnshire Mind
01733 362990

Huntingdon
Cambridge Peterborough
and South Lincolnshire Mind
01480 470480



Wisbech
Cambridge Peterborough
and South Lincolnshire Mind
01733 362990

March
Cambridge Peterborough
and South Lincolnshire Mind
01733 362990

Cambridge
Life Craft 01223 566957

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



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



Making Space

Health & Social Care Services

Making Space Cambridgeshire Carers Support Service

Bi-monthly peer support group meetings in Cambridge and Huntingdon.

Meadows Centre
1 St Catharine's Road
Cambridge CB4 3XJ
Wednesdays 7.30pm to 9pm

Maple Centre
6 Oak Drive
Huntingdon PE29 7HN
Wednesdays 7pm to 9pm

Please contact us for further details.



Phone: 01480 211006

Email: pauline.mansfield@makingspace.co.uk

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 37 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

OPEN 7pm to 9pm

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

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

Rethink Mental Illness. SUN network

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

Rethink Carer Support Group - Cambridge

For families and friends of people with mental health conditions - all welcome.

4th Wednesday of the month 7.30pm-9pm
St Laurence's Church, 91 Milton Road, Cambridge CB4 1XB.



Jonathan Wells Phone: 07342 691768
Email: jfgwells57@gmail.com

Rethink Carer Support Group - Peterborough

Support for carers of people with serious and enduring mental health illness.

Alternate Wednesdays 1pm-3pm
Centre 68, 68b Westgate, Peterborough PE1 1RG.



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

(See events calendar).

Rethink Carer Support Group-Huntingdonshire

For parents and partners of people with mental illness - all welcome.

1st Wednesday of the month 7.30pm-9.30pm
CPFT, Redshank House, Kingfisher Way, Huntingdon, PE29 6FN.



Phone: 01823 365308
Email: huntsrethink@gmail.com



Want to make a difference?

Carers Partnership Board

The Carers Partnership Board is looking to recruit new Independent Members who can provide insight to service providers and statutory services to support and improve the services they offer to people with disabilities, their families and their Carers.

The Carers Partnership Board is made up of:

- Carers (Independent Members) – who make up 50% of the Board
- Health and social care providers
- Voluntary and charity sector organisations

During the last year the Carers Partnership Board has:

- Continued to support its engagement with, and the inclusion of, Young Carers in the Partnership Board meetings
- Supported the County Council in its review of the Carers Strategy
- Raised issues about Carers self-assessments

What we offer Independent Members:

- Reimbursement of agreed expenses (travel, care)
- Opportunity to develop new skills
- Support when attending meetings

If you are interested in finding out more and having a say in how services are developed and delivered in Cambridgeshire contact:

Sally Cleghorn
Development Officer

Tel: 0300 111 2301
Email: sally@cambridgeshirealliance.org.uk

Fen House, Fen Road, Cambridge, CB4 1UN
Tel: 0300 111 2301 Email: admin@cambridgeshirealliance.org.uk
Registered Charity No. 1132290 Company limited by guarantee No 06861653



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

Don't forget to let us know if you would prefer to receive the Carers Magazine via email. Drop us a line at carersmag@carerstrustcpn.org.

Hunts Breathe For Life

Supporting people with lung disease

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

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

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

(See events calendar).



What If? Plan

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 you being unable to care because of a sudden illness, accident or other unplanned event.

You can register for a What If? Plan if:

- The person you look after lives in Cambridge City, 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 completed online or downloaded and posted to us.



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.

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

To be featured in our next issue please submit articles by 9 March 2018.

The editorial team reserves the right to amend or withhold articles where deemed appropriate. We will attempt to contact you in regard to this.

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
carersmag@carerstrustcpn.org

We'd love to hear from you!



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

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



Phone: 01480 499090 or 0345 241 0954

Email: hello@carerstrustcpn.org

Web: www.carerstrustcpn.org

Charity Reg No. 1091522.

Registered in England & Wales: 4379948.



Please pass this magazine on to other family carers that you may know or take it into your local surgery, dentist waiting room, pharmacy, library, community venue or place of worship.

