

CAMBRIDGESHIRE & PETERBOROUGH

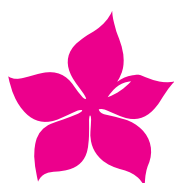
carers

for families, for partners, for supporters... **for you**

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Sharing the Caring & Pride in Our Carers Awards | Family Carers Picnic | Carers Rights Day





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From our CEO

It is hard to believe that another three months have gone since I last wrote for the Carers Magazine and we are already approaching August. It has been an eventful three months and I have been humbled to meet so many family carers, volunteers, supporters and partners in that time.

Nationally, it has also been an eventful time with the publication of the State of Caring 2018 Report, the long awaited Carers Action Plan and CQC highlighting the importance of working together to provide care and support for older people in 'Beyond Barriers'.

In the Carers Trust Cambridgeshire, Peterborough, Norfolk calendar, there have been several highlights. Cheque presentation from the Freemasons (see p 25) gave me the opportunity to attend one of our young carers groups in St Ives and, for me, showed the importance of the work that we do with young people. I would love to do more to help and we are considering how we can do that.

Tea and chat with our Ambassadors left me in no doubt about the valuable contribution they make and Volunteers' Week was an opportunity to get to know our volunteers even better and to understand the importance of volunteers to charities such as ours. We could not be without you.

Indeed, without our volunteers, Ambassadors and supporters, events such as Sharing the Caring and Pride in Our Carers Awards would not be possible and we would not be able to support family carers as we do. Thank you to you all.

Both the Pride in Our Carers Awards and Family Carers Picnic were amazing events and the result of a huge team effort. It was fabulous to meet so many of you, to hear your stories and to learn more about ways that we can help you. We are listening, we will continue to listen and we pledge our support to you. We are always here. Let us know how we can make a difference to you - let us know through the usual channels.

Miriam Martin
Chief Executive



Sharing the Caring and Pride in Our Carers

Our annual event celebrating family carers



Family carers from across the region, partner organisations and professionals all came together on 13th June at the Sharing the Caring and Pride in Our Carers Awards at KingsGate, Peterborough.

It was the first time the event has been held in Peterborough and was jointly organised with Peterborough City Council. It was supported by Cambridgeshire & Peterborough NHS Foundation Trust and Cambridgeshire County Council.

The event was an opportunity for people to learn more about family carers, to meet new people, to learn something new and to find out about the support that is available to family carers of all ages.

In an emotional speech, Miriam Martin, CEO of Carers Trust Cambridgeshire, Peterborough, Norfolk, thanked everyone for attending. She spoke about her admiration for family carers and the amazing job they do for the people they love that involves them wearing so many different hats to fulfil all of their different roles.

Gillian Beasley, Chief Executive of Cambridgeshire County Council & Peterborough City Council, who has personal experience of being a family carer, echoed this. She recognised the enormous contribution of our family carers not only as individuals but collectively and the invaluable difference this makes to the people they support.

Stephen Duffy of Buckles Solicitors LLP demonstrated that not all solicitors are stuffy and charge by the hour (his words) and are in fact human and want to ensure the best for their clients.

The event had great support from local businesses including [Buckles Solicitors LLP](#) who sponsored two awards and [CareRooms](#) who sponsored an award.

[Serpentine Green](#) also sponsored awards and provided gift vouchers for all the winners which were much appreciated by all.

Having support from businesses reflects the importance they give to supporting family carers whether they are part of their workforce or their customer base.

Sharing the Caring

The morning was filled with workshops and a lively marketplace with over 25 stands from organisations including Age UK, Alzheimer's Society, British Red Cross, Care Network, CareRooms, CPFT Recovery College, DeafBlind UK, Family Voice, Guide Dogs, Headway, Healthwatch Cambridgeshire and Peterborough, Little Miracles, Making Space, Pinpoint Cambridgeshire and Rethink.



All organisations focused on showing how they support family carers in practical ways. They included:

- Tax, wills, power of attorney
- Understanding how to support carers
- Advice for cooking simply and healthily
- Prevention of back injuries whilst caring
- Mindfulness & wellbeing
- Power of attorney - Do's and Don'ts.

The cooking session proved to be one of the most popular workshops with many commenting that they had hoped to taste the delicious looking food. The chef really gave people food for thought and talked about ways to make food more appealing.

For example, for someone who has difficulty swallowing or cannot cope with textures, don't puree all the food together; puree it separately to give the plate some colour. He also explained how different spices and flavours stimulate taste buds for people living with dementia. Lots of great tips were shared.

“Love-a-plenty”

*Alistair McHarg
summed up the
awards so succinctly*

2019 Nominations

Information about nominations for next years' awards will be in the next edition of the Carers Magazine.

Follow us on social media and visit our website to ensure you have a chance to nominate those who you think should be on the stage next year.

The judges already comment how difficult their job is to choose the winners - next year we would love to make it even harder for them with more great nominations.

Thank you

CT CPN would like to say a massive thank you to everyone who attended the event, partners who came along and provided information to attendees, people who nominated for the awards, the winners and the runners-up.

We look forward to hosting the event again in 2019.



The Winners

Carer of the Year

Alistair McHarg

Young Carer of the Year

James Simmons

Young Adult Carer of the Year

Chloe Rollings

Carer Friendly School/ College

Christine Branigan
& Ashleigh Wren,
Peterborough Regional
College

Carer Friendly Employer

Her Majesty's Passport
Office, Peterborough

Carer Friendly Health Care Award

Dr Amar Hussain,
Boroughbury Medical
Centre

Carer Friendly Social Care Award

Sandra Abdelgalil,
Philia Lodge

Carer Friendly Voluntary Organisation

Emma Kandjou,
West Norfolk Carers

Special Recognition Award

Mario & Dina Schipani

Outstanding Contribution to Carers Award

North West Anglia NHS
Foundation Trust

Highly Commended

Michael Atkinson and
Amanda Clarke



Above: Winners and shortlisted
Top right: Miriam Martin, Gillian Beasley & Stuart Evans (Chair of Trustees, Carers Trust CPN)

Meet the winners from our area



Carer of the Year

Alistair McHarg

Alistair McHarg, with emotional words of acceptance when presented with his award reflected on there being "love-a-plenty" in the room and his surprise at receiving it. It was completely unexpected.

Alistair, now over 80 years old has looked after his wife for many years, supporting her through thick and thin. In addition, he has used his experience gained working for many years in local authority to support Rethink Carer Support. See page 7 for more.



Young Adult Carer of the Year

Chloe Rollings (top right)

Juggling studying for a degree with caring responsibilities is a big commitment but Chloe has not let that stop her.

She has gained support from the Vice Chancellors, Wellbeing team, Students' Union and local carers organisation. Chloe acts as the liaison between them to create a unified and collaborated approach that will ensure all student carers at her university have access to support.

For the last nine months she has spearheaded changes and taken them beyond the university including speaking on radio stations, and representing carers on national TV. Chloe is also an NHS champion.

Carer Friendly School/College

Christine Branigan & Ashleigh Wren, Peterborough Regional College

As Young Carer Ambassadors at the college, they provide information and advice to groups and individuals.

They raise the profile and issues surrounding young carers every day by wearing t-shirts and talking to people around the college.

They walk in the shoes of young carers every day. They understand. They listen.



Outstanding Contribution to Carers Award

North West Anglia NHS Foundation Trust

The team based at Peterborough City Hospital are acutely aware of the problems facing carers and do everything in their power to support them. They run sessions for staff as well as visitors to the hospital. As well as a bed, they provide packs for anyone who might need to stay overnight with someone they care for and they provide parking when it is needed. Most of all, they take the time to listen and will point people in the right direction to make sure that they receive the support they need.



Carer Friendly Employer

Her Majesty's Passport Office, Peterborough

It is clear from those who have received support from the team at the Passport Office what it means to them. It can be very hard caring for someone. Being able to go to work has been a lifeline for some. It has helped them keep their independence, their identity and has reduced the stress of worrying about money at a time when they already have enough to worry about.

Employees can attend groups or 1-to-1 sessions and there is always someone to talk to. Staff are supported with flexible working hours and supported in emergencies.



Carer Friendly Health Care Award

Dr Amar Hussain, Boroughbury Medical Centre

Dr Hussain sees his role at the practice as just doing his job. He accepted the award for the whole team at Boroughbury Medical Centre. Identifying and supporting carers is a very important part of his work as he is very conscious that carers often put themselves last and their health can suffer.

Dr Hussain spends time with carers to ensure that they receive the support they need from the practice and organisations such as Carers Trust Cambridgeshire, Peterborough, Norfolk.



Carer Friendly Social Care Award

Sandra Abdelgalil, Philia Lodge

Sandra is a firm favourite with the residents of Philia Lodge.

It's not really surprising with all of the extra time she spends working out ways that the residents, most of whom suffer from dementia or mental health conditions, can be a part of the local community.

From fresh flowers and music to organising hydrotherapy sessions and dementia gym, Sandra's first thoughts are with others. And most of all she is a shoulder to cry on and the bearer of comforting words.



Special Recognition Award

Mario & Dina Schipani

Since 2009, Mario and Dina have organised, run and cooked for a lunch club at South Grove Community Centre in Peterborough. A grant from Peterborough City Council is managed carefully to ensure that the lunch club continues and volunteers willingly support it. Mario and Dina even arranged the celebrations for their 50th Wedding Anniversary around the lunch club, with over 70 members in attendance.



Congratulations to all the winners and runners-up.

Carer of the Year

Alistair McHarg shares his thoughts on his award and being "gob smacked"



A letter popped through my letterbox saying that I had been nominated for the "Carer of the Year Award" and I concluded that this was a big joke - no chance of me winning such an award! However, the invite to go was there and it would be nice to see Peterborough again. I made arrangements for Enid for that day and off I went for my "jolly" in Peterborough. All went well and after listening to the "great and good", I watched in wonder as the award winners were presented with their plaques quite confident that there was no way in which I can be compared with this lot. Towards the end I began thinking it was time to go home after a pleasant day, then out of the distance came my name followed by a sharp dig in the ribs from Jonathan sat next to me saying, "it's you!" I was completely taken aback – "it can't possibly be me," I thought, but it was - it just goes to show how wrong you can be. I can't quite remember what happened next.

It is well beyond my remit to advise others in what to do, despite my complaint that no one told me what to do particularly when things are not all they might be. When one calmly considers the problem, there are carers looking after fathers, mothers, husbands, wives, sons, daughters, and even grandparents and

grandchildren suffering from mental illness, physical difficulties and if one is unlucky both! How can one advise how to deal with this sort of problem except in very general terms as each and every case is unique? The only advice one can give is to do the best one can and seek advice from your Community Psychiatric Nurse, GP or social worker when things get difficult.

I won't go into detail about my own situation but suffice to say I have looked after my dear wife since 1988. She has had a range of complicated mental and physical health conditions, which mean she sometimes needs a great deal of personal care and sometimes gets into very unsafe situations. On the day of the Peterborough conference I was greeted on my return with "we have to go to A & E, the nurse at the surgery could not get my catheter out!" we actually went the following morning. Such is the lot of a carer! Over the years we have had some very good support from statutory services mixed with some awful times when we got very little help.

I have found over many years that going to a local carers group, such as my own, 'Rethink Carer Support' can be of great help inasmuch as one meets others in a similar position and the potential to share problems is there.

At such groups you will hear other carers' experiences and realise that you are not alone and very often one hears horrendous tales and one can only conclude that maybe others are worse off than oneself. In addition, such groups from time to time invite specialist guest speakers on all sorts of subjects which will give you a deeper understanding of what you are dealing with. The one thing I would advise most strongly is to be careful with your own health and make room each week for yourself (me time). This time will enable you to unwind a little, make friends and acquaintances just for you and enable you to continue in the wonderful work each and every carer is doing.

At the wedding of Prince Harry and Meghan in May, the US Bishop preaching the sermon talked about love. A good definition of love is:-

Love is patient and kind; love does not envy or boast; it is not arrogant or rude.

It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth.

Love bears all things, believes all things, hopes all things, endures all things.

I would submit, that in any group of carers one can find bucket loads of very active love and in the words of the Beatles "All you need is love".

Young Adult Carer of the Year

Chloe Rollings shares her story about how she became a carer soon after starting university and her lasting legacy for future student carers at university

I became a Carer on 11th October 2015, just 3 weeks into my university journey. For the next two years, I was a struggling student and an exhausted carer. I thought this was a battle I faced alone and very few people knew how tough my life was at times. One difficulty was the guilt that came with living away from home and continuing my University journey whilst my family's lives came to a standstill.

I found myself filling my days with extra-curricular activities to validate my reasons for being away. Two years later I began to share my story with others and I discovered that I was not alone and others

faced the same struggles. I knew then that sharing my experiences could make a difference and empower others. This inspired me to become a Student Carer Champion in September 2017. It has been a long road of progress however for the last academic year, I have been striving for change and the success of my project has transformed my story from one of sadness to one of strength.

From early identification through an enrolment question to the implementation of a support network which includes a Wellbeing Advisor, increased awareness and specific Carer Surgeries in partnership with the local carer organisation, there is now a holistic approach to Student Carer Support.

After co-writing the Student Union's Commitment to Carers policy, there is now a wide range of support available.

When considering Universities, it is worth asking what support they have in place as many incorporate their Wellbeing Teams, Student Services, local GPs, carer organisations, academic staff and Student's Unions.

Caring remains a big part of my life and it is often difficult to maintain that balance but it has taught me resilience, organisation, determination and prioritisation. Knowing that there is support available enabled me to continue to embrace all aspects of my University and caring life and complete my degree.



Want to make sure you receive the magazine on time?

The easiest way to receive the magazine is via email. If you would like to receive it straight in your inbox, please subscribe by emailing carersmag@carerstrustcpn.org. Receiving it electronically enables us to save money too which is a real benefit as it allows us to make a difference in other areas.

Carers Rights Day 30 November



Unpaid carers are missing out on vital support as they are not recognised

Win lived a long way from most of her family. She had cared for her youngest son, now 50, since he was born. Richard has cerebral palsy. Win never saw herself as a family carer, she didn't get much help and there was no support for her.

When Richard went to Australia for two months and Stan her husband had just died, Win went to stay with her older son and his family. They lived some distance away. The family didn't want Win to be on her own.

She arrived with holes in her tights. She had brought odd shoes. Her clothes were smelly. She was smelly. She worried all the time about her purse. She thought it had been stolen. It was usually on her bed. Each time she had a cup of tea, she forgot that she had already put sugar in it and stirred some more in. It was like treacle but she drank it. This strong woman who had always made the decisions, who had always taken such a pride in her appearance, who everyone had always turned to for help, was no longer there. It was heart breaking.

The person who had always taken charge of caring for everyone, now needed care herself.

Her granddaughter helped her shower. Win never really wanted to do it but with gentle coaxing she did. The family made sure that there was always someone with

her, talked to her, went to the local shops with her, brought her crosswords to do (she had always done the Daily Mail crossword), made sure she ate, made sure she drank, included her in everything that they could. They worried about Win and they worried about Richard. Life had changed. It was hard. The family had become carers. But they didn't know. They didn't see it that way.

Friends and neighbours all knew that Win had come to stay but they didn't see the family as carers. Colleagues at work knew Win was staying and they didn't think about the effect this might have on the family or individuals. Teachers at school knew that Gran had come to stay and they didn't think about how this might affect school work.

So why does this matter? This is only one of many stories like this. There was help and support available for Win and her family. They didn't know. By the time they did know, it was too late for them. Win died in 2008.

The research that Carers UK published in November last year (for Carers Rights Day) highlighted one of the biggest issues for family carers: it takes too long for them to recognise themselves in that role. We don't recognise carers in our own families, friendship groups and at work. Even doctors and health professionals fail to recognise

carers. The research showed that only 52% of family carers had pointed friends or family in the right direction for support with caring¹.

This year, Carers Rights Day on 30th November is about making sure that family carers receive the right information at the right time. It can make all the difference to carers and you can help.

Carers Trust Cambridgeshire, Peterborough, Norfolk's **The Big Christmas Cheer Campaign** (p 11) will run through the autumn includes Carers Rights Day and we are asking you all to help by speaking out and helping us speak out. The campaign aims to help identify more family carers of all ages and make sure they receive the right support at the right time.

We would love to talk to you, to groups, to businesses, to schools and to partners about the support that is available.

Win was my mother-in-law.
Win was my best friend.

*Sally Pattinson
Interim Fundraising and
Engagement Manager*

Carers Trust CPN will be holding events to ensure family carers find out about their rights and the financial support and practical help they are entitled to.

Keep an eye on our website or contact us for more information.



Family Carers Picnic

Much fun was had by all at our annual picnic for family carers and their families

The World Cup, Wimbledon, the Tour de France and record temperatures could not stop carers and their families enjoying themselves at our Family Carers Picnic on Saturday 14th July. And what a day it was. With something for everyone at Hinchingsbrooke Country Park, it was certainly a day to remember.

From PEDALS to face painting, from Tai Chi to table crafts, from music to makeovers; the picnic had it all. A bouncy castle, water and sand play, football, rounders, a photo booth, yummy food, ice cream and even a doughnut wall.

The star of the show was Cliff Parisi of EastEnders and Call the Midwife fame who was loved by everyone. Cliff was a great sport who spent time with everyone, posing for photos and signing autographs and throwing himself into the activities on offer. We are so grateful he came along to support the picnic.

It really was a day of fun in the sun and thank you to everyone who came and contributed. To us, you are all stars.



Family Carers Hubs

Do you look after someone?

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

- Friendship and peer support
- Short breaks with Care Worker, registered with CQC
- 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.



Tel: 01480 499090 for more information.

See calendar for further information.



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**

The Big Christmas Cheer



Help us shout louder for carers this Christmas

It seems strange asking you to think about Christmas during a heatwave when it hasn't rained for weeks and winter is the last thing on your mind but we are planning ahead for carers. We hope you will join in with The Big Christmas Cheer.

We know there are lots of people in the region who look after someone but don't necessarily see themselves as a family carer. Carers Rights Day is one way to address this and it is also what The Big Christmas Cheer is all about.

We want to shout out loud on behalf of carers so more people know what it is like to be a family carer.

We have two things to ask:

- Book us in to speak to a group you run in the lead up to Christmas.
- Consider holding an event to raise money or donating to our charity which will help us make a difference to family carers in our region.

The Big Christmas Cheer fundraising packs will be available in September and will be packed full of ideas to get you started.

From a get-together with coffee and Christmas cake to a book club with mulled wine and mince pies, from donating your Secret Santa gift money to donating Christmas card money like Kim. Every donation helps us to help carers and their families by providing them with the best possible care and support.

Take part in The Big Christmas Cheer, get into the Christmas spirit and help us shout louder for family carers at Christmas and beyond. You can help us make a difference. It has the power to change lives.

Find out more Tel: 01480 499090 Web: www.carerstrustcpn.org



Instead of sending Christmas cards this year, Kim is going to donate her Christmas card money to Carers Trust Cambridgeshire, Peterborough Norfolk. Her money will go towards the support we give to schools to help identify young carers and ensure that we can provide help and support to them in their caring role.



Rylan plans to throw a Christmas Party for young carers. He hopes to gain sponsorship from local businesses to support the event and to raise some money to help young carers in our region.



NHS Continuing Healthcare

An overview of the complex ongoing care funded solely by the NHS

The National Framework for NHS Continuing Healthcare and Funded Nursing Care (2012) (Changes in October 2018, to 2018), outlines the process for determining eligibility for NHS Continuing Healthcare (CHC). It is underpinned by legislation, and is a complex area of practice.

NHS Continuing Healthcare is a package of ongoing care provided solely by the NHS to individuals aged 18 or over, to meet needs which have arisen due to accident, illness or disability. Unlike adult social care, NHS Care is free at the point of delivery.

Not everyone with needs outlined above will meet the criteria for NHS CHC Funding. Eligibility is not based on diagnosis, setting or who provides the care, but is determined through multidisciplinary working, and evidence based assessments taking into account legislation and the impact of the individual's needs.

Professionals might complete a checklist when someone moves into a placement, or their needs have increased due a change in their physical or mental health needs. The individual must be at their optimum before a checklist is considered and give their consent.

You can ask your health or social care worker to complete the NHS Continuing Healthcare Checklist. If you do not have a worker involved you can contact your Clinical Commissioning Group (CCG) for advice. In Cambridgeshire and Peterborough you would request to speak with the Complex Cases team on 01223 725429 or email capccg.complexcases-chc@nhs.net.

The NHS Continuing Healthcare Checklist, has 11 domains covering physical and mental health needs. Each domain has three descriptor levels - A, B and C.

Once complete, the professional will identify how many A, B and Cs are selected and determine whether you are eligible for stage 2 of the process. It is important to note that eligibility for stage 2 does not mean you are eligible for NHS CHC Funding. If the checklist has an A in a priority area (identified by an asterisk), two or more As, five or more Bs or four Bs and one A, you are eligible for stage 2. The completed document will be sent to the CCG to progress. You should also receive a copy.

Stage 2 of the process should involve a health care professional (e.g. registered

nurse) and a social care practitioner (e.g. social worker, care coordinator), other professionals may be involved; who will complete the Decision Support Tool (DST) with you or your representative. The DST, covers the 11 domains in the checklist in more detail. There is an additional domain 12; for needs not captured by the other domains. Evidence must be provided, to support the selection of the weighting in the domains. Your views should be recorded in the DST. Once the domains are completed, the professionals will complete the primary health needs test and make a recommendation on eligibility and submit the completed DST and evidence to the CCG, who will make the decision on eligibility. Once the CCG has made its decision it will inform all relevant parties.

More information can be found at:

Tel: Beacon 0345 548 0300
Web: www.beaconchc.co.uk
www.gov.uk/government/publications/national-framework-for-nhs-continuing-healthcare-and-nhs-funded-nursing-care

You may also find this video from NHS England on YouTube helpful www.england.nhs.uk/healthcare/.

Important issues and promises of things to come

Beyond Barriers, the State of Caring Report and the government Carers Action Plan

State of Caring 2018



Beyond Barriers is the Care Quality Commission report highlighting the importance of working together to provide care and support for people as they get older. It is 72 pages long and easily available for anyone interested in reading the whole thing. It examines how older people move between health and social care in England. It recognises experience of care will often depend on how well different services work together for them, their families and their friends and highlights the importance of helping people access the right support at the right time. Most importantly, it recommends an integrated approach to care with everyone working together with people at the centre of their approach.

The State of Caring Report 2018, published by Carers UK in mid-July, includes the results of their survey of 7,000 unpaid family carers. Whilst this is only a fraction of the number of family carers in the UK, it reflects on the pressures felt by many unpaid family carers; shows the impact of cuts and closures and reflects the anxiety amongst family carers about the future and the support they will receive.

In the context of these reports, the long-awaited government Carers Action Plan 2018 to 2020 is a very positive step for family

carers.

It was published earlier this summer with the specific aim of improving support for family carers. In it the government states its commitment to “supporting carers to provide care as they would wish, and to do so in a way that takes account of their own health and wellbeing, access to education, employment and life chances”. This extends to developing awareness of and support to business, local communities, the voluntary sector and individuals.

In short, it wants “to make sure that caring is everybody’s business”.

The government recognises the importance of raising the profile of family carers and caring. It wants everyone to recognise and value the contribution that family carers make within families, communities, workplaces and society. It hopes to achieve this:

- through the health and social care system
- by encouraging flexible working for employees in businesses
- by focussing on the early identification of young carers and ensuring they have the same life chances as other young people through flexible educational opportunities and support that meets their needs

- by recognising and supporting family carers in the wider community and society and partners beyond government to raise awareness of caring amongst the wider population to build carer friendly communities
- by identifying gaps in knowledge to develop future policy

The government wants this action plan to improve the health and wellbeing of carers and to support a better experience for them. In order to do that it will therefore seek to understand the extent to which these actions help to:

- increase the number of employers who are aware of caring and the impact this has on their workforce
- support health and social care professionals to be better at identifying, valuing and working with family carers
- improve access to appropriate support for carers, including respite care and carers breaks
- improve the evidence base on carers to inform future policy and decisions
- ensure that the needs of carers are recognised in relevant government strategies such as *Fuller Working Lives*, *Improving Lives: the Future of Work, Health and Disability and Loneliness*.



Carers Partnership Board

Help improve future adult social care services by becoming a member

As an Independent Member, you could help the Board understand what is important to the people who use adult social care services. You would feedback on existing social care and input into ideas for future services.

During the last year, the Carers Partnership Board worked to include young carers in its meetings. It helped the Cambridgeshire County Council's review of the Carers' Strategy. It also raised issues about carers' self-assessments.

It is one of four Adult Social Care Partnership Boards funded by Cambridgeshire County Council. These are supported by Healthwatch Cambridgeshire and Peterborough to provide an independent voice to everyone who uses services.

Healthwatch is currently recruiting new Independent Members for each Board.

- The Carers Partnership Board
- The Physical Disability and Sensory Impairment Partnership Board,
- The Learning Disabilities Partnership Board
- The Older People's Partnership Board (65+).

Healthwatch pays agreed out of pocket expenses, e.g. travel and care. They provide support when you attend meetings and the opportunity to develop new skills.

For more information please contact:
Graham Lewis,
Partnership Development Manager,
Healthwatch Cambridgeshire and
Peterborough



Tel: 0330 355 1285

Mobile: 07432 865996

Email: [graham.lewis@](mailto:graham.lewis@healthwatchcambspboro.org.uk)

[healthwatchcambspboro.org.uk](mailto:graham.lewis@healthwatchcambspboro.org.uk)

Share your experience to help improve care

You may not have time to join a Partnership Board, but still want to help improve care for people who use the services you are familiar with.

You can do this by sharing your experiences and ideas to help services hear what works, what doesn't and what you want from care in the future. Healthwatch can feed these back through the Partnership Boards and other decision making groups to help make sure that your opinions are considered.

Healthwatch also offers a free, independent information service and can help answer your questions about local health and care services.

Healthwatch Cambridgeshire and Healthwatch Peterborough work together as one organisation.

You can contact us on:



Tel: 0330 355 1285

Text: 07520 635176

Email: enquiries@healthwatchcambspboro.co.uk

Web: www.healthwatchcambridgeshire.co.uk

or www.healthwatchpeterborough.co.uk

healthwatch
Cambridgeshire

healthwatch
Peterborough

Day Clubs



Would your loved one benefit from some time with others in a safe, friendly and relaxed environment where they can try a variety of different activities covering all interests?

Day Clubs are aimed at older people with conditions including dementia, strokes, mental health and being elderly and/or frail.

Family carers get a regular break to enable them to do whatever they choose while their person with care needs is being looked after by our trained Care Workers.

Activities include:

- reminiscence
- board games
- jigsaws
- singing.

Hot cooked lunches are prepared on the premises and other refreshments are provided.

We run Day Clubs in the following locations:

- **Trinity Hall, March**
Mondays & Tuesdays 10am-3pm
Cost: £6.50 per day to cover food and refreshments.
- **Chaplin's Close, Fulbourn**
Mondays 10am-3pm
Tuesdays 9.30 am-2.30pm
Cost: £35.50 per day including lunch and refreshments.
- **Emmerich Court, King's Lynn**
Tuesdays 9.30am-2pm
Cost: £35.00 per day including lunch and refreshments.

Transport may be available - please ask at the time of enquiry.

To discuss your loved one's care needs or for further information, please contact us:



Tel: 01480 499090

Email: homecare@carerstrustcpn.org

Interested in online support for caring for a friend or family member affected by psychosis?

About the online resource COPe-support

The EFFIP Project (E-Support for Families & Friends of Individuals affected by Psychosis) has developed an online resource, called COPe-support (Carers fOr People with Psychosis e-support resource). COPe-support provides peer support, information on psychosis and ways for carers to look after themselves, all online via <http://cope-support.org>.

Inviting carers to help try out COPe-support

We are running a study to find out if COPe-support works to improve carers' wellbeing and how well they cope with caring. We are inviting carers supporting a loved one affected by psychosis to join the study. Carers can be parents, partners, siblings, other relatives or close friends.

If you'd like to find out more

If you are supporting a loved one affected by psychosis, aged 18 or above, living in England, and enjoy using internet resources, we would like to tell you more about COPe-support.

Visit our website <http://cope-support.org>, Twitter [@COPE-support](https://twitter.com/COPE-support), or contact Rachel Harrison on 01223 219520 or email rachel.harrison@cpft.nhs.uk or Dorothy O'Connor dorothy.o'connor@cpft.nhs.uk

You can also contact Jacqueline Sin who is leading the study, on 07817 027035 or email jasin@sgul.ac.uk.

Participants will be paid £30 in total for their time.

This study has been approved by South Central - Oxford C Research Ethics Committee (18/SC/0104) and Health Research Authority (IRAS 240005).





Blind Veterans UK

Blind Veterans UK is the national organisation for ex-Service men and women with severe sight loss

The charity, which believes that no one who has served our country should have to battle blindness alone, provides blind and vision-impaired veterans with the free services and lifelong practical and emotional support they need to lead full and independent lives.

Blind Veterans UK was founded in 1915 and the charity's initial purpose was to help and support soldiers blinded in the First World War. But the organisation has gone on to support more than 35,000 blind veterans and their families, spanning the Second World War to recent conflicts including Iraq and Afghanistan.

Today, Blind Veterans UK provides free services and help to veterans no matter what the cause of their sight loss, be it due to accidents, illnesses or medical conditions such as macular degeneration.

One of the veterans the charity supports is 64-year-old David Atkinson (pictured) from Ely.

In 1972 David joined the Royal Navy and in 1982 he was mobilised aboard HMS Endurance during the Falklands conflict. He was later selected for service aboard Royal Yacht Britannia but retired in 1991 due to his sight loss.

David says, "I first noticed something was wrong in 1985 aboard Britannia. I was later diagnosed with macular degeneration and by 1991 it meant I had to leave the Navy behind.

"The support that Blind Veterans UK has given me from day one has been second to none. At my introductory week in June I had training and received equipment that has enabled me to do everyday tasks that were otherwise impossible before.

"Since then I've been attending the monthly lunch clubs at Girton College in Cambridge where I've met lots of vision-impaired veterans with similar experiences to my own.

"The local staff are absolutely fantastic, always full of information and eager to get you up and running with new equipment or arranging exciting events relating to your personal hobbies and interests."

"I was a keen canoer before my sight loss and so having to quit my hobby



as well as my job meant that I really missed my seafaring escapades. Blind Veterans UK gave me the first opportunity to get back out on the water since then with a sailing taster day in Suffolk, which was absolutely fantastic."

Blind Veterans UK has a dedicated community team in Cambridgeshire and Peterborough who provide support including training, equipment and social events for vision-impaired ex-Service men and women in the local area.

If you provide care for someone who served in the Armed Forces or did National Service and is now battling severe sight loss, get in touch to find out how Blind Veterans UK could help.



Tel: 0800 389 7979

Web: blindveterans.org.uk

Peterborough Low Vision Day 2018

A free event for people with sight loss and their families and carers on 21st September 10.30 to 3.30pm



Each year in Peterborough there is a free Low Vision event sponsored by many different partners including Peterborough Association for the Blind, Guide Dogs, Deafblind UK, RNIB, Macular Society and Peterborough City Hospital.

It is a free, one-day event and there is no need to register, just turn up on the day and take in all that's on offer.

It is a popular event, so to avoid overcrowding we recommend that you come later in the day so that you have more time to talk to the exhibitors and to get the information you might want.

The purpose of the event is to have many different agencies and organisations showcasing their products and services enabling people with sight loss to not only live independently but to also get out and about and know what kind of activities are available to them within their community... of which there are many!

This year there will be over 20 exhibitors including archery, diamond painting and yoga tasters along with low and high tech equipment, agencies offering advice and activities for people to join.

- See a wide range of items that can help with daily life and maintain independence
- Hands-on demonstrations of the latest mobile and desktop equipment from the leading suppliers
- Talk to organisers of activities and services available in Peterborough
- Find out about the latest products, books, magazines and newspapers
- Guide dogs experience with a demo from Guide Dogs
- Try something new like archery or yoga
- Light refreshments throughout the day.

The event can benefit anyone who has any level of sight loss, friends, family, carers, supporters, health professionals and organisations who may have members with sight loss. It is an inclusive and accessible event for all to come along to.

Sighted guides

There will be trained volunteer sighted guides on hand so if you are travelling alone and need some help you won't miss a thing. Other special requirements must be arranged in advance.

Getting there

Deafblind UK, John and Lucille van Geest Place, Cygnet Road, Peterborough, PE7 8FD is located in Hampton (close to Tesco) and free parking is available.

The Stagecoach Citibus service 6 runs nearby.

There will be a bus operating from Peterborough bus station taking people to the venue at scheduled times throughout the day.



For more information about this event please email Mandy Thompson or call and leave a message for someone to contact you.



Tel: 01733 344844

Email: info@mypab.org.uk

Events Calendar • September 2018

Sat
1

Little Paxton [Simply Saturday](#) St James Church High Street, PE19 6NF 12.30-2.30pm (p 38).

Mon
3

St Ives [Love to Move](#) Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
Wisbech [Alzheimer's Society Dementia Café](#) Please call for venue details 01954 250322 10am-12pm (p 32).

Tues
4

March [Alzheimer's Society Dementia Café](#) St Peter's Church Hall, 54 High Street PE15 9JR 10am-12pm (p 32).

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 Bring & Share Lunch](#) 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-4pm (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
5

Ramsey [Alzheimer's Society Dementia Café](#) Rainbow Surgery, Stocking Fen Road PE26 1SA 10am-12pm (p 32).

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
6

Yaxley [Time for Tea Memory Café](#) The Royal British Legion, 210 Broadway PE7 3NR 10.30am-12pm (p 33).

March [Breathe Easy Fenland Support Group](#) St Peter's Church Hall, High Street PE15 9JR 2pm-4pm (p 39).

Peterborough [CT CPN Family Carers Hub - Dogs for you with Marie](#) Lapwing Apartments, Orton Brimbles PE2 5YR (meet in the restaurant area) 2.30pm-4.30pm (p 29).

Fri
7

Girton [Cambridge South Rotary Club Memory Café](#) St Vincent's Close Community Centre CB3 0PD 10am-12pm (p 30).

Peterborough [Alzheimer's Society Open Minds Group](#) Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32).

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

Mon
10

St Ives [Memory Lane Singing Café](#) Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).

Sawtry [Chatterbox Family Carers Drop-In](#) CARESCO Centre, Green End Road PE28 5UX 2pm-4pm (p 29).

Tues
11

Huntingdon [CT CPN Family Carers Hub - Music](#) Huntingdon Library, Meeting Room 2, Princes Street PE29 3PA 10am-12pm (p 10).

Burwell [Burwell Drop-In](#) Ness Court, Baker Drive CB25 0AB 10am-12pm (p 30).

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

Weds
12

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

Thurs
13

Great Shelford [CT CPN Dementia Family Carers Hub - Dancing with Filipa](#) 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 (p 30).

Peterborough [Pinpoint ADHD/ASD Parent Group](#) Family Voice, Goldhay Community Centre, 105 Paynels, Orton Goldhay PE2 5QP 10am-12pm (p 28).

Peterborough [Alzheimer's Society Dementia Café](#) St. Botolph's Church, Longthorpe, Thorpe Road PE3 6LU 2.15pm-3.45pm (p 32).

Fri
14

Ely [Pinpoint ADHD/ASD Parent Group](#) East Cambs Child & Family Centre, Spring Meadow Infant & Nursery School, High Barns CB7 4RB 12.30pm-2.30pm (p 28).

Peterborough [Alzheimer's Society Open Minds Group](#) Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32).

Mon
17

Histon [Pinpoint ADHD/ASD Parent Group](#) Early Years Centre, New School Road CB24 9LL 10am-12pm (p 28).

St Ives [Love to Move](#) Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).

Ramsey [CT CPN Family Carers Hub - Defibrillator demonstration](#) Ramsey Library, 25 Great Whyte PE26 1HA 10am-1pm (p 10).

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
18**

St Ives [Alzheimer's Society Dementia Café](#) St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am-12pm (p 32).
Huntingdon [Pinpoint ADHD/ASD Parent Group](#) Hunts Forum, The Maple Centre, 6 Oak Tree Drive PE29 7HN (satnav PE29 7LB) 10am-12pm (p 28).
Cambridge [CT CPN Family Carers Hub - Royal British Legion Handy Van Service](#) Meadows Community Centre, Garden Wing, 1 St Catharine's Road CB4 3XJ 10am-12.30pm (p 10).
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 - Memories of a Fen Girl](#) The Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm-4.30pm (p 35).

**Weds
19**

Wisbech [CT CPN Family Carers Hub - Voiceability](#) The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am-1pm (p 10).
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).

**Thurs
20**

Burwell [Burwell Carers Group](#) Trinity Church, High Street CB25 0HD 9.15am-12.15pm (p 29).
Great Shelford [Alzheimer's Society Dementia Café](#) David Rayner Building, Scotsdales Garden Centre CB22 5JT 10am-12pm (p 32).
March [Alzheimer's Society Information Drop-in](#) March Library, City Road, PE15 9LT 10.30am-12.30pm (p 32).
Peterborough [Alzheimer's Society Dementia Café](#) Lakeside Meeting Room, Ferry Meadows, Nene Park, Ham Lane PE2 5UU 2pm-3pm (p 32).

**Fri
21**

Peterborough [Peterborough Low Vision Day](#) Deafblind UK Peterborough, John and Lucille van Geest Place, Cygnet Rd, Peterborough PE7 8FD 10.30am-3.30pm (p 17).
Peterborough [Alzheimer's Society Open Minds Group](#) Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32).
Ely [CPFT Dementia Friday Club](#) The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm-4pm (p 33).

**Mon
24**

St Ives [Love to Move](#) Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
Huntingdon [Rotary Club Memory Café](#) All Saints in the Hollow PE29 1XP 2.30pm-4.30pm (p 31).
Sawtry [Chatterbox Family Carers Drop-In](#) CARESCO Centre, Green End Road PE28 5UX 2pm-4pm (p 29).

**Tues
25**

Ely [Alzheimer's Society Dementia Café](#) Cathedral Centre, Palace Green CB7 4AW 10am-12pm (p 32).
Burwell [Burwell Drop-In](#) Ness Court, Baker Drive CB25 0AB 10am-12pm (p 30).
Peterborough [Alzheimer's Society Open Carers Group](#) Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).
Wisbech [Breathe Easy Wisbech Support Group](#) Onyx Court, Norfolk Street PE13 2NE 1.30pm (p 39).

**Weds
26**

Cambridge [C2 M.S. Carer's Club - Workshop with Guide Dogs on 'Puppy Therapy - Simple Interactions with Dogs and Trainers'](#) Church of Good Shepherd Hall, Mansel Way, Arbury CB4 2ET 2.30pm-3.30pm. Open to MS carers and cared for. £2.50/person. Contact jacqueline.tevlin@hotmail.co.uk in advance to attend (p 36).
Cambridge [Rethink Carer Support Group](#) St Laurence's Church, 91 Milton Road CB4 1XB date to be confirmed 7.30pm-9pm (p 38).

**Thurs
27**

Great Shelford [CT CPN Dementia Family Carers Hub - Managing medication](#) 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 (p 30).

**Fri
28**

Ely [CT CPN Family Carers Hub - Buckles Solicitors lasting power of attorney talk](#) Larkfields Community Centre, High Barns CB7 4SB 10am-1pm (p 10).
Cambridge [Parkinson's Support Group](#) David Rayner Building, Scotsdales, Cambridge Road, Great Shelford CB22 5JT 10.30am-1.30pm (p 35).
Peterborough [Alzheimer's Society Open Minds Group](#) Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32).

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

Events Calendar • October 2018

**Mon
1**

St Ives **Love to Move** Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
Wisbech **Alzheimer's Society Dementia Café** Please call for venue details 01954 250322 10am-12pm (p 32).
Bar Hill **Pinpoint - Information session on transferring to PIP benefits from DLA** Tesco Extra Community Room CB23 8EL 10am-12pm (p 28).

**Tues
2**

March **Alzheimer's Society Dementia Café** St Peter's Church Hall, 54 High Street PE15 9JR 10am-12pm (p 32).
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 Bring & Share Lunch** 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-4pm (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
3**

Ramsey **Alzheimer's Society Dementia Café** Rainbow Surgery, Stocking Fen Road PE26 1SA 10am-12pm (p 32).
March **Parkinson's Support Group** The Braza Club, Elm Road PE15 8NZ 10am-12pm (p 35).
Peterborough **Rethink Carers 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
4**

Yaxley **Time for Tea Memory Café** The Royal British Legion, 210 Broadway PE7 3NR 10.30am-12pm (p 33).
March **Breathe Easy Fenland Support Group** St Peter's Church Hall, High Street PE15 9JR 2pm-4pm (p 39).
Peterborough **CT CPN Family Carers Hub - Defibrillator demonstration** Lapwing Apartments, Orton Brimbles PE2 5YR (meet in the restaurant area) 2.30pm-4.30pm (p 29).

**Fri
5**

Girton **Cambridge South Rotary Club Memory Café** St Vincent's Close Community Centre CB3 0PD 10am-12pm (p 30).

**Sat
6**

Peterborough **Alzheimer's Society Open Minds Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32).
Ely **CPFT Dementia Friday Club** The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm-4pm (p 33).

**Sun
7**

Silver Sunday - Celebrating older people - events happening nationwide
<https://silversunday.org.uk/>.

**Mon
8**

St Ives **Memory Lane Singing Café** Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
Sawtry **Chatterbox Family Carers Drop-In** CARESCO Centre, Green End Road PE28 5UX 2pm-4pm (p 29).

**Tues
9**

Huntingdon **CT CPN Family Carers Hub - Guide Dogs** Huntingdon Library, Meeting Room 2, Princes Street PE29 3PA 10am-12pm (p 10).
Burwell **Burwell Drop-In** Ness Court, Baker Drive CB25 0AB 10am-12pm (p 30).
Peterborough **Alzheimer's Society Open Carers Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).

**Weds
10**

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

**Thurs
11**

Great Shelford **CT CPN Dementia Family Carers Hub - Scams and Rogue Traders talk** 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 (p 30).
Peterborough **Pinpoint ADHD/ASD Parent Group** Family Voice, Goldhay Community Centre, 105 Paynels, Orton Goldhay PE2 5QP 10am-12pm (p 28).
Peterborough **Alzheimer's Society Dementia Café** St. Botolph's Church, Longthorpe, Thorpe Road PE3 6LU 2.15pm-3.45pm (p 32).

**Fri
12**

Ely **Pinpoint ADHD/ASD Parent Group** East Cambs Child & Family Centre, Spring Meadow Infant & Nursery School, High Barns CB7 4RB 12.30pm-2.30pm (p 28).
Peterborough **Alzheimer's Society Open Minds Group** Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32).

**Mon
15**

Histon Pinpoint ADHD/ASD Parent Group

Early Years Centre, New School Road CB24 9LL
10am-12pm (p 28).

St Ives Love to Move Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).

Ramsey CT CPN Family Carers Hub - Guide Dogs
Ramsey Library, 25 Great Whyte PE26 1HA
10am-1pm (p 10).

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
16**

St Ives Alzheimer's Society Dementia Café

St Ives Free Church (United Reformed),
Market Hill PE27 5AL 10am-12pm (p 32).

Huntingdon Pinpoint ADHD/ASD Parent Group
Hunts Forum, The Maple Centre, 6 Oak Tree Drive
PE29 7HN (satnav PE29 7LB) 10am-12pm (p 28).

Cambridge CT CPN Family Carers Hub -
Everyone Health talk on falls prevention,
exercises and outline of their services

Meadows Community Centre, Garden Wing,
1 St Catharine's Road CB4 3XJ 10am-12.30pm
(p 10).

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 - Laughter yoga
therapy Bell Holt Community Centre,
Off Lisle Lane CB7 4ED 2.30pm-4.30pm (p 35).

**Weds
17**

Wisbech CT CPN Family Carers Hub - Buckles

Solicitors The Oasis Community & Children's
Centre, St Michaels Avenue PE13 3NR 10am-1pm
(p 10).

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).

**Thurs
18**

Burwell Burwell Carers Group Trinity Church,
High Street CB25 0HD 9.15am-12.15pm (p 29).

Great Shelford Alzheimer's Society Dementia
Café David Rayner Building, Scotsdales Garden
Centre CB22 5JT 10am-12pm (p 32).

March Alzheimer's Society Information Drop-in
March Library, City Road, PE15 9LT
10.30am-12.30pm (p 32).

Peterborough Alzheimer's Society Dementia
Café Lakeside Meeting Room, Ferry Meadows,
Nene Park, Ham Lane PE2 5UU 2pm-3pm (p 32).

**Fri
19**

Peterborough Alzheimer's Society Open Minds

Group Dementia Resource Centre, 441 Lincoln
Road, Millfield PE1 2PE 2pm-3.30pm (p 32).

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

**Mon
22**

St Ives Love to Move Crossways Christian
Centre, Ramsey Road 10am-12pm (p 31).

Sawtry Chatterbox Family Carers Drop-In
CARESCO Centre, Green End Road PE28 5UX
2pm-4pm (p 29).

**Tues
23**

Ely Alzheimer's Society Dementia Café

Cathedral Centre, Palace Green CB7 4AW
10am-12pm (p 32).

Burwell Burwell Drop-In Ness Court, Baker Drive
CB25 0AB 10am-12pm (p 30).

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

**Weds
24**

Cambridge C2 M.S. Carer's Club - Workshop with

Jackie Tevlin on 'Relax and De-stress' Church of
Good Shepherd Hall, Mansel Way, Arbury
CB4 2ET 2.30pm-3.30pm (p 36).

**Thurs
25**

Great Shelford CT CPN Dementia Family Carers

Hub - Continence Care 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 (p 30).

**Fri
26**

Ely CT CPN Family Carers Hub - Defibrillator

demonstration Larkfields Community Centre,
High Barns CB7 4SB 10am-1pm (p 10).

Cambridge Parkinson's Support Group
David Rayner Building, Scotsdales, Cambridge
Road, Great Shelford CB22 5JT 10.30am-1.30pm
(p 35).

Peterborough Alzheimer's Society Open Minds

Group Dementia Resource Centre, 441 Lincoln
Road, Millfield PE1 2PE 2pm-3.30pm (p 32).

**Mon
29**

St Ives Love to Move Crossways Christian
Centre, Ramsey Road 10am-12pm (p 31).

Huntingdon Rotary Club Memory Café All Saints
in the Hollow PE29 1XP 2.30pm-4.30pm (p 31).

**Tues
30**

Peterborough Alzheimer's Society Open Carers

Group Dementia Resource Centre, 441 Lincoln
Road, Millfield PE1 2PE 10.30am-12pm (p 32).

Wisbech Breathe Easy Wisbech Support Group
Onyx Court, Norfolk Street PE13 2NE 1.30pm
(p 39).

Events Calendar • October 2018 Cont. • November 2018

**Weds
31**

Peterborough Rethink Carers Support Group
Centre 68, 68b Westgate PE1 1RG 1pm-3pm (p 38).

Cambridge Rethink Carer Support Group
St Laurence's Church, 91 Milton Road CB4 1XB
date to be confirmed 7.30pm-9pm (p 38).

**Thurs
1**

Yaxley Time for Tea Memory Café The Royal British Legion, 210 Broadway PE7 3NR 10.30am-12pm (p 33).

March Breathe Easy Fenland Support Group
St Peter's Church Hall, High Street PE15 9JR 2pm-4pm (p 39).

Peterborough CT CPN Family Carers Hub - Arts & Crafts Lapwing Apartments, Orton Brimbles PE2 5YR (meet in the restaurant area) 2.30pm-4.30pm (p 29).

**Fri
2**

Girton Cambridge South Rotary Club Memory Café St Vincent's Close Community Centre CB3 0PD 10am-12pm (p 30).

Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32).

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

**Sat
3**

Little Paxton Simply Saturday St James Church High Street, PE19 6NF 12.30-2.30pm (p 38).

**Mon
5**

St Ives Love to Move Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).

Wisbech Alzheimer's Society Dementia Café
Please call for venue details 01954 250322 10am-12pm (p 32).

**Tues
6**

March Alzheimer's Society Dementia Café
St Peter's Church Hall, 54 High Street PE15 9JR 10am-12pm (p 32).

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 Bring & Share Lunch 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-4pm (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
7**

Ramsey Alzheimer's Society Dementia Café
Rainbow Surgery, Stocking Fen Road PE26 1SA 10am-12pm (p 32).

March Parkinson's Support Group The Braza Club, Elm Road PE15 8NZ 10am-12pm (p 35).

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
8**

Great Shelford CT CPN Dementia Family Carers Hub - Dancing with Filipa 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 (p 30).

Peterborough Pinpoint ADHD/ASD Parent Group
Family Voice, Goldhay Community Centre, 105 Paynels, Orton Goldhay PE2 5QP 10am-12pm (p 28).

Peterborough Alzheimer's Society Dementia Café St. Botolph's Church, Longthorpe, Thorpe Road PE3 6LU 2.15pm-3.45pm (p 32).

**Fri
9**

Ely Pinpoint ADHD/ASD Parent Group
East Cambs Child & Family Centre, Spring Meadow Infant & Nursery School, High Barns CB7 4RB 12.30pm-2.30pm (p 28).

Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 2pm-3.30pm (p 32).

**Mon
12**

Histon Pinpoint ADHD/ASD Parent Group
Early Years Centre, New School Road CB24 9LL 10am-12pm (p 28).

St Ives Memory Lane Singing Café
Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).

Sawtry Chatterbox Family Carers Drop-In
CARESCO Centre, Green End Road PE28 5UX 2pm-4pm (p 29).

**Tues
13**

Huntingdon CT CPN Family Carers Hub - Defibrillator demonstration Huntingdon Library, Meeting Room 2, Princes Street PE29 3PA 10am-12pm (p 10).

Huntingdon Pinpoint ADHD/ASD Parent Group
Hunts Forum, The Maple Centre, 6 Oak Tree Drive PE29 7HN (satnav PE29 7LB) 10am-12pm (p 28).

Burwell Burwell Drop-In Ness Court, Baker Drive CB25 0AB 10am-12pm (p 30).

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

Weds
14

Peterborough Rethink Carers Support Group
Centre 68, 68b Westgate PE1 1RG 1pm-3pm
(p 38).

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

Thurs
15

Burwell Burwell Carers Group Trinity Church,
High Street CB25 0HD 9.15am-12.15pm (p 29).
Great Shelford Alzheimer's Society Dementia
Café David Rayner Building, Scotsdales Garden
Centre CB22 5JT 10am-12pm (p 32).

March Alzheimer's Society Information Drop-in
March Library, City Road, PE15 9LT
10.30am-12.30pm (p 32).

Peterborough Alzheimer's Society Dementia
Café Lakeside Meeting Room, Ferry Meadows,
Nene Park, Ham Lane PE2 5UU 2pm-3pm (p 32).

Fri
16

Peterborough Alzheimer's Society Open Minds
Group Dementia Resource Centre, 441 Lincoln
Road, Millfield PE1 2PE 2pm-3.30pm (p 32).

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

Mon
19

St Ives Love to Move Crossways Christian
Centre, Ramsey Road 10am-12pm (p 31).

Ramsey CT CPN Family Carers Hub
Ramsey Library, 25 Great Whyte PE26 1HA
10am-1pm (p 10).

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
20

St Ives Alzheimer's Society Dementia Café
St Ives Free Church (United Reformed),
Market Hill PE27 5AL 10am-12pm (p 32).

Cambridge CT CPN Family Carers Hub - Integrity
Wills and Legal Services - talk on Wills and Power
of Attorney Meadows Community Centre,
Garden Wing, 1 St Catharine's Road CB4 3XJ
10am-12.30pm (p 10).

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 - Animal Tales
Bell Holt Community Centre, Off Lisle Lane
CB7 4ED 2.30pm-4.30pm (p 35).

Weds
21

Wisbech CT CPN Family Carers - Arts & Crafts
The Oasis Community & Children's Centre,
St Michaels Avenue PE13 3NR 10am-1pm (p 10).

Hail Weston Rotary Club Carers Coffee Club
The Royal Oak, High Street PE19 5JW
2.30pm-4pm (p 30).

Thurs
22

Great Shelford CT CPN Dementia Family Carers
Hub - Looking After Your Back 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 (p 30).

Fri
23

Cambridge Parkinson's Support Group
David Rayner Building, Scotsdales, Cambridge
Road, Great Shelford CB22 5JT 10.30am-1.30pm
(p 35).

Peterborough Alzheimer's Society Open Minds
Group Dementia Resource Centre, 441 Lincoln
Road, Millfield PE1 2PE 2pm-3.30pm (p 32).

Mon
26

St Ives Love to Move Crossways Christian
Centre, Ramsey Road 10am-12pm (p 31).

Sawtry Chatterbox Family Carers Drop-In
CARESCO Centre, Green End Road PE28 5UX
2pm-4pm (p 29).

Huntingdon Rotary Club Memory Café All Saints
in the Hollow PE29 1XP 2.30pm-4.30pm (p 31).

Tues
27

Ely Alzheimer's Society Dementia Café
Cathedral Centre, Palace Green CB7 4AW
10am-12pm (p 32).

Burwell Burwell Drop-In Ness Court, Baker Drive
CB25 0AB 10am-12pm (p 30).

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

Wisbech Breathe Easy Wisbech Support Group
Onyx Court, Norfolk Street PE13 2NE 1.30pm
(p 39).

Weds
28

Peterborough Rethink Carers Support Group
Centre 68, 68b Westgate PE1 1RG 1pm-3pm
(p 38).

Cambridge C2 M.S. Carer's Club - Workshop
with CRUSE on 'Losing our Loved One Gradually'
Church of Good Shepherd Hall, Mansel Way,
Arbury CB4 2ET 2.30pm-3.30pm (p 36).

Cambridge Rethink Carer Support Group
St Laurence's Church, 91 Milton Road CB4 1XB
date to be confirmed 7.30pm-9pm (p 38).

Fri
30

Carers Rights Day - please contact us for details
of events in the area.

Ely CT CPN Family Carers Hub - Arts & Crafts
Larkfields Community Centre, High Barns
CB7 4SB 10am-1pm (p 10).

Peterborough Alzheimer's Society Open Minds
Group Dementia Resource Centre, 441 Lincoln
Road, Millfield PE1 2PE 2pm-3.30pm (p 32).



Young Carers and Young Adult Carers...

Infant Carers (aged 5-7)

Over the last ten years, the biggest increase of identified carers nationally has been those aged 5-7 years. As a result, Carers Trust CPN now accepts referrals for young carers in Huntingdonshire, and young carers/siblings in Peterborough from the age of five.

Raising Aspirations Project

Carers Trust CPN is offering support to young carers and young adult carers aged 13-19 across Huntingdonshire and Peterborough to help raise their aspirations to continue studying after school.

Through the NEACO-funded project, we will support young carers to attend college/university open days and interviews. In addition, we will support trips to universities and workshops around topics such as student finance and writing personal statements.

Young carers at Ramsey Junior School get green fingers

Ramsey Junior School have developed a young carers garden at school. The group which meets monthly in school can now enjoy spending time outdoors during the summer months.

The school has worked extensively over the past few years to raise awareness of carers, both young and old, in their school amongst their pupils, families and staff.



Michelle Juniper, the Vice Principal and Young Carers Lead started a young carers group with a handful of young carers. This has now grown to a group of over 10 young carers.

If your school is interested in setting up a support group for young carers please contact Tania Bingham by calling 01480 499090 or email tania.bingham@carerstrustcpn.org.

Drumming up young carers adrenaline to celebrate Carers Week

20 young carers were able to attend a trip to Wicksteed Park as part of the Rotary Clubs KidsOut Day on Wednesday 13th June. Carers Trust CPN were privileged to be allocated spaces from Ramsey and St Neots Rotary Clubs to give young carers a fun day out.

From the rollercoaster to the log flume and on to laser tag; a great day was had by all.

Despite not being able to attend the Pride in Our Carers Awards in Peterborough, we were there in spirit and featured in a film shared during the award ceremony. Thank you again for the incredible support from our local Rotary Clubs; we couldn't do it without you.



Young carers benefit from Freemasons Grant of £30,000

Young carers in Huntingdonshire received funding from Northamptonshire and Huntingdonshire Freemasons through the Masonic Charitable Foundation.

The £30,000 will enable us to provide a wide range of activities for young carers, including trips away from home. They are also helped with their caring responsibilities and supported in their educational, emotional, health and wellbeing.

...the latest news on our support for Young Carers and Young Adult Carers

Young Carers Festival and summer activities

At the end of June we were able to take a group of 30 young carers from Cambridgeshire, Peterborough and Norfolk to the national Young Carers Festival in Southampton.

Young carers took part in activities such as paddle boarding, rock-climbing, arts and crafts and even a planetarium! There was a brilliant fireworks display, silent disco (pictured top left) and a Guinness World Record attempt for the largest number of people standing up simultaneously whilst linking arms.

This is the second year that we have been fortunate enough to be able to take a group and the young people had an amazing weekend.

We are very grateful for the funding that the Norfolk Young Carers Forum receives from The Big-Lottery as it allowed us to go to the festival.

Many other activities took place over the summer thanks to the money raised by Trustee Matthew Lester who took part in the Strictly Agents Dancing in December 2017.

Young carers told us they would like to have trips to the beach, football fun days, bowling and trampolining. So we did!

We were also lucky enough to be invited to a Garden Party hosted by Lady de Ramsey, who kindly opened up her grounds once again for young carers so they could go swimming, have fun on a bouncy castle and play outdoor games.

For many young carers, these activities are their only opportunity to do things in the holidays and really create lasting memories and new friendships.

Andy's Skydive

In the summer our Young Carers Manager, Andy McGowan, braved the skies over Cambridgeshire and jumped out of a plane to raise over £500 for our fantastic charity.



Thank you to everyone who supports us.

Carers Trust Cambridgeshire, Peterborough, Norfolk Young Carers Team

Tel: 01480 499090 or 0345 241 0954

Email: referycyac@carerstrustcpn.org

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

Free to be Me

Our BBC Children in Need funded project for children and young people with disabilities, siblings and young carers

Earlier this year some of our children and young people, including young carers and their families, were invited by the Norris Museum to participate in creating some fantastic historical mosaics.

These are now on display for everyone to see at St Ives Bus Station. A huge thank you to everyone involved.



Photo by Sam Swanick

Want to know more?

If you would like to know more about the 'Free to Be Me' BBC Children in Need project please visit our website or contact me. I look forward to hearing from you.

Bisha Mistry
Tel: 01480 499090
Email bisha.mistry@carerstrustcpn.org


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

Supported by

BBC Children in Need
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Centre 33

Centre 33 offers support to young carers across Cambridgeshire aged 8-18

Centre 33 offers a variety of support to local young carers throughout Cambridgeshire. Young carers are able to access support in their secondary school through drop-in sessions or groups, or by arranging booked appointments via their school Young Carers Champion. Centre 33 also offer one-to-one sessions and small focus group work allowing young carers the space to talk through any worries and concerns they might have.

For young carers aged 8-11, we offer support through community based groups which run throughout the term in various community spaces across county. We also offer support for young carers preparing for a transition to secondary or further education.

For further details about the support we run in secondary schools across Cambridgeshire, information about further support we offer and how to make a referral, please visit our website: www.centre33.org.uk email us at youngcarers@centre33.org.uk or call us on 0333 4141 809.

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.

"I never really get
to talk about Dad's illness
so it's like carrying a rucksack
full of bricks around. **Being able
to talk about it is like having
a weight lifted off my
shoulders.**"

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 4141 809**

@Centre33Camb
www.centre33.org.uk



Spectrum Cambridge



Spectrum Cambridge provide a broad range of events with local and UK venues, days out and SEND support for children with Autism, additional needs, learning difficulties and disabilities alongside their families and carers. We are also a recognised agent for East Anglia for the Max Card and work closely with Clip 'n Climb on their dedicated SEND sessions every month. Our membership is free.

Inclusion is our passion; supporting children to be themselves without judgement to improve their social development and wellbeing. We are based on the Cambridgeshire and Suffolk border, reaching out to Cambridge, Ely, Newmarket, their respective surrounding villages and beyond.

Our range of events, activities and days out for those we support, focuses around social gains, sport, technology, the arts, entertainment and interaction. These have great variance including focus on children, family units and adults only respite events and experiences.

We compliment this with parent-led support, working with the surrounding schools and providing an online community to create an environment supportive of families and making the most from creative imagination and fun.

Tel: 01223 955404

Email: hello@spectrum.org.uk

Web: <https://spectrum.org.uk>

Facebook: www.facebook.com/spectrumcio

Twitter: [@spectrumcio](https://twitter.com/spectrumcio)



Branded Rebound Therapy

Connor Beaumont is a Level 8 Rebound Therapist with a passion to deliver quality teaching and support. His brother Brandon, who has autism, was his inspiration to start **Branded Rebound**. After the family spent some time looking for a group in Cambridgeshire that met his needs, Connor trained and opened up the Rebound Therapy business.

Branded Rebound Therapy now has six groups in Cambridgeshire and over 30 children attend every week. They also offer free sessions made possible by attendees sourcing funding. Further advice can be given on sourcing funding during the first session.

All sessions are 1:1 and for children and adults with disabilities and/or additional needs. They are exclusive to the disabled community and they do not offer any mainstream sessions.

One Leisure, St Neots

Tuesday 3.00-6.00pm

Wednesday 12.00-5.00pm

Cherry Hinton, Cambridge

Thursday 11am-2pm

Chesterton, Cambridge

4.00- 6:30pm

One Leisure, St Ives

Friday 6.00-8.00pm

Saturday 8.30am-12.00pm

Tel: 07935 319290

Email: connorbeaumont18@gmail.com

Facebook: www.facebook.com/Branded-Rebound-Rebound-Therapy-1325047690939397/




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


 Esther Harris
Tel: 01480 877333
Email: esther@pinpoint-cambs.org.uk

Histon & Huntingdon Groups

 Jackie King
Tel: 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
Tel: 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/


Transferring to PIP benefits from DLA

1 October 2018 10am-12 noon
Tesco Extra Community Room,
Bar Hill, Cambridge CB23 8EL

For parent carers of children and young people with additional needs and disabilities who are turning 16 and moving to PIP. Call or email to book.

 Tel: 01480 877333
Jackie@pinpoint-cambs.org.uk

Pinpoint Contact Details

 Tel: 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)



We support **young people** aged 13-25 in **Cambridgeshire and Peterborough** with a range of **free and confidential services** to address your practical and emotional needs

Centre 33

Someone to talk to
You can talk to us about anything such as **sexual health**, housing, **money**, caring and **mental health**. We also offer **free condoms**, pregnancy tests, **chlamydia tests**, foodbank vouchers and **c-card registration and pick-up**.

Friendly, free and non-judgemental drop-ins and appointments in **Cambridge, Peterborough, Ely, Huntingdon and Wisbech**
You can refer yourself to us or an adult can help you.

Contact:
DROP-INS: opening times on our website
HELPLINE: 0333 4141 809
E-MAIL: help@centre33.org.uk
TEXT: 07514 783745
www.centre33.org.uk
[@Centre33Cambs](https://www.facebook.com/centre33cambs)
[facebook.com/centre33cambs](https://www.facebook.com/centre33cambs)

“I don't think I will ever be able to say how **grateful** I am for your help”

“It was such a **relief** that I was being **listened to** and something was **being done**”

“Thank you for **not judging me**, and **allowing me to be just me**”

New Peterborough Family Carers Hub

1st Thursday of the month 2.30-4.30pm
Lapwing Apartments (restaurant area) Orton
Brimbles, PE2 5YR

In Partnership with Cross Keys Homes, we welcome you to join us at our Family Carers Hub. This is open to all carers, the person they care for and their families.

This is an opportunity for you to join in with a variety of activities and listen to various local speakers. You can also access support and comfort from other carers, as well as professional support, information and guidance from our Carer Support Officer.

Light refreshments are provided. No booking is required. We look forward to seeing you!



Tel: 01480 499090

Email: hello@carerstrustcpn.org



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.

20th September

18th October

15th November

For further details please contact
Janet Parker
Tel: 01638 741234



Community Support at Home Service

Free service for people aged 60 and over living in the Peterborough area, to support them to remain independent in their own home.

Regular weekly contact Monday to Friday via a visit or phone call.

Help with small tasks such as making light meals and drinks, collecting prescriptions and shopping.

For further information please email:

Communitysupport@ageukcap.org.uk

or call: **07966 282723**

www.ageukcap.org.uk



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 & advice available.

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

10th & 24th September

8th & 22nd October

12th & 26th November



**At The CARESCO Centre,
Green End Road, Sawtry, PE28 5UX
Contact Miranda on 07751 798287 or 01487 832105**



Your local charity supporting our community

Registered charity number 1140728

Cambridge South Rotary Club Memory Café

A warm welcome for people with dementia or other problems associated memory loss and their families/carers.

We meet on the first Friday of every month from 10am-12 noon at St Vincent's Close Community Centre, Girton, CB3 0PD.

The aim of the group is to evoke old memories that are complete and comfortable through refreshments in china cups, home-made cakes, photos and documents from past years, songs and poems and informal talks, all in a fun relaxed atmosphere.

Parking and disabled access.

Tel: Richard de Horsey 01223 276192

Email: richarddehorsey@gmail.com

Web: www.rotary-ribi.org/clubs/homepage.php?ClubID=500



FOR PEOPLE WITH MEMORY PROBLEMS AND THEIR CARERS



**Every 2nd and 4th Tuesday of the month,
10:00 – 12:00 at Ness Court**

**Contact Sue Evans – 01638 743688
sueevans1949@hotmail.com**

Ely Dementia Group

**Meets fortnightly on a Thursday
10am-12pm**

Recreational Hall
Militia Way
off Barton Road Car Park
Ely

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

£2 charge per person which goes towards refreshments and outings.

For further information please contact
Debbie Saberton.

Tel: 01353 777093 or
07546 481175



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

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



Tel: 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 us on **01480 499090**.

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

The Rotary Club of Huntingdon
invites you to its

MEMORY CAFÉ

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



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



**ON THE LAST MONDAY OF EVERY MONTH
INCLUDING BANK HOLIDAYS**

2.30 pm to 4.30 pm

At the Church Room adjoining All Saints Church
in the Hollow Hartford, Huntingdon
(next to the river, ample parking,
and on guided bus route or service 1A -
alight at bottom of Sapley Road/Barley Mow)



For further information Phone **01480 417001** or
email memorycafe@rotary-huntingdon.co.uk

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 10am – 12noon

For more info: Kim 0771 5081 402 or

kim.hall@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.



Tel: 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 – with someone developing dementia every three minutes across the UK.

Alzheimer's Society is the UK's leading dementia charity, working tirelessly to challenge perceptions, fund research and improve and provide care and support.

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 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 right.

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

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

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 Initiative allows people to learn a little bit more about what it's like to live with dementia and then turn that understanding into action.

Alzheimer's Society is powering the growing dementia movement for change and has already seen over 2.4 million people become Alzheimer's Society Dementia Friends across the UK.

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
Tel: 01733 893853
Email: peterborough@alzheimers.org.uk
Open 9am-5pm Monday to Friday

Cambridgeshire and Fenland contact

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

Time for Tea Memory Café

Join us for conversation, entertainment, activities and refreshments every month!



When First Thursday of the Month
Times 10.30am-12pm
Where The Royal British Legion,
210 Broadway, Yaxley,
PE7 3NR

This group welcomes people with memory loss along with their carers and/or family and friends in safe and supportive environment. You can meet other similar people and find out about other resources in your community.

No need to book, just turn up.

Everyone will receive a warm welcome!

For more information, please get in touch with Susan Bate at Care Network Cambridgeshire on 01480 423085 or email susan.bate@care-network.org.uk

Previously known as Yaxley Dementia Café



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



Cambridgeshire and Peterborough
NHS Foundation Trust

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

First Tuesday of the month
2.30pm to 4pm

For carers and people living with dementia.

Volunteers from the Dementia Carers Support Service will be there to welcome visitors. Refreshments served at the table.

Please telephone to confirm dates.

Lunch Group Scotsdales Market Street Fordham CB7 5LQ

First Tuesday of the month
12.30pm to 2.30pm

Informal lunch group for carers and people living with dementia.

Please telephone to confirm dates.

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

Usually first and third Friday of the month

2pm to 4pm

For carers and people living with dementia.

Tea and coffee, plus activities run by volunteers from the Dementia Carers' Support Service.

Please telephone to confirm dates and times.

Contact

Tel: 01353 652092

Email: dcss@cpft.nhs.uk

TotalVoice

Cambridgeshire and Peterborough

Need Support to Speak Up? TotalVoice can help

Do you know where to turn for help if you struggle to be heard? Would you like 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 is available from Total Voice Cambridge and Peterborough. The service is free, independent and confidential.

An advocate is a person who speaks up or acts on someone else's behalf, or supports you to speak up for yourself.

Family carers have rights under the Care Act 2014, to protect their own health and wellbeing. The legislation puts the family carer's needs on the same level as the person they care for. This includes rights to advocacy, subject to eligibility.

Total Voice can:

- 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
- help you to get support from the people around you in your community
- give you the tools to do as much as you can for yourself.

You will need to be referred for our support by your local adult social services. Contact us for more details.

Helpline: 0300 222 5704

Email: tvcp@voiceability.org

Website: www.totalvoicecp.org

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

Twitter: [@TotalVoiceCP](https://twitter.com/TotalVoiceCP)

Total Voice Cambridge and Peterborough is a partnership between VoiceAbility, Cambridgeshire Deaf Association and the National Youth Advocacy Service (NYAS).

ST NEOTS
VWA
VOLUNTARY WELFARE ASSOCIATION

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

Tel: 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.

Ramsey Support Group

Second Wednesday of the month.
2pm to 4pm.
Ramsey Resource Centre, Stocking Fen
Road PE26 1SA.
Tel: Lisa Lowe 0344 225 3614
Email: llowe@parkinsons.org.uk
Web: www.huntspsds.org.uk

St Ives Support Group

First Wednesday of the month.
2pm to 4pm.
Dolphin Hotel, London Road PE27 5EP.
Tel: Lisa Lowe 0344 225 3614
Email: llowe@parkinsons.org.uk
Web: www.huntspsds.org.uk

St Neots Support Group

Third Monday of the month.
2pm to 4pm.
Old Market Court, Tebbutts Road PE19 1RQ.
Tel: Lisa Lowe 0344 225 3614
Email: llowe@parkinsons.org.uk
Web: www.huntspsds.org.uk

Ely and District Support Group

Third Tuesday of the month (not August).
2.30pm to 4.30pm.
Bell Holt Community Centre, Off Lisle Lane,
Ely CB7 4ED.
Come along to have a chat and enjoy the
entertainment and refreshments. Small fee
applies.
Tel: Jenny Lowles 01353 669326
Email: jlowles3@gmail.com

March Support Group

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

Peterborough Branch Parkinson's UK

Branch meets several times every month for
coffee mornings, walks, exercise classes and
meetings. Full details of events, dates, times &
venue are on the events page on the website.
Tel: Ruth Brinkler-Long 07752 014998
Email: ruthbrinkler@hotmail.com
Web: parkinsons-peterborough.org.uk
Ask to join our Facebook Page /Peterborough
Shakers

Cambridge Branch Parkinson's UK

Fourth Friday of the month.
10.30am to 1.30pm.
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.
Tel: 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.
Tel: Gabby 01223 356433
Web: www.parkinsonscambridge.org.uk
www.facebook.com/parkinsonsukcambridge/

For general information about Parkinson's, please see the
national Parkinson's website: www.parkinsons.org.uk



Charity No: 1154071

Founded in 1978 under the name of Cambridge CAMTAD (Campaign for Tackling Acquired Deafness), our mission is to reduce the impact of hearing loss on people's lives across Cambridgeshire.

Our dedicated team of 5 part-time staff and 115+ volunteers provide a range of services/activities to approx. 6,000 people with hearing loss, and their family and friends each year. These include:

43 free community-based NHS hearing aid maintenance sessions across the county. At these sessions we will clean and re-tube your NHS hearing aids, supply you with NHS hearing aid batteries, and offer information/advice about hearing loss. All you need to do is find out what days and times your local sessions run, and drop-in. You do not need to make an appointment.

Free home/residential home NHS hearing aid visits for those who are housebound. If you are housebound, we can clean and re-tube your NHS hearing aids, supply you with NHS hearing aid batteries, and offer information/advice about hearing loss, in your own home. Please contact us to arrange a visit.

Other free services we offer include:

- NHS hearing aid batteries by post
- Hearing loss awareness-raising talks to community groups
- Lip-reading classes in Cambridge & signposting to other classes
- 'Living Well with Hearing Loss' workshops for those with a newly acquired hearing loss
- Peer support & signposting to other peer support groups
- Rewarding volunteering roles.

Office opening hours: Monday to Friday, 9.30am-1.30pm (closed bank holidays).



Tel: 01223 416141

Text: 07852 699196

Email: enquiries@cambridgeshirehearinghelp.org.uk

Web: www.cambridgeshirehearinghelp.org.uk



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

Tel: 01480 453438

Email: info@huntsblind.co.uk



Multiple Sclerosis Carers 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



THE ROYAL BRITISH LEGION

I'M NOT GOING ANYWHERE.

Martin - Advice and Information Officer - The Royal British Legion

The Royal British Legion has been supporting Service men and women, veterans and their families since 1921. And we're not going anywhere. Find us at rbl.org.uk, call 0808 802 8080 or visit your local Pop In Centre.

FINANCE • INDEPENDENT LIVING • CARE • RECOVERY • RESPITE • EMPLOYMENT

Registered Charity No 219279



Voices Matter



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

The Voices Matter Groups offer you the opportunity to:

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

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

<p>Peterborough Cambridge Peterborough and South Lincolnshire Mind 01733 362990</p>		<p>Wisbech Cambridge Peterborough and South Lincolnshire Mind 01733 362990</p>
<p>Huntingdon Cambridge Peterborough and South Lincolnshire Mind 01480 470480</p>		<p>March Cambridge Peterborough and South Lincolnshire Mind 01733 362990</p>
		<p>Cambridge Life Craft 01223 566957</p>

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

Logos for CPFT, Mind, CPSL, Anglia Ruskin University, and Cambridgeshire and Peterborough Clinical Commissioning Group.



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.

Email: fenland.support@circle.org.uk
Tel: 0300 004 0349
Or request a callback on our website: www.centragroup.org.uk/fopos




Making Space

Health & Social Care Services

Making Space Cambridgeshire Carers Support Service

Making Space Carers Support Service offers support to relatives and friends of adults with mental health challenges.

Covering Cambridge, Huntingdon and parts of Fenland, we offer one-to-one support, information about mental illness and services which may be able to help you or your loved one, Carers groups and events, as well as Carer's Assessments for individuals who are not supported by the CPFT.

Carers can contact the service themselves or we accept referrals from any partner agency.

For more information or to refer to our service, please contact Pauline, Christine or Gill.

Tel: 01480 211006
Email: pauline.mansfield@makingspace.co.uk

Simply Saturday!

Would you welcome some company on a
Saturday lunchtime?

A new venture for adults of all ages at St James Church, Little Paxton.

**Meeting on the First Saturday
of every month, 12.30-2.30**

starting with lunch at 12.30

followed by activities from around 1.30

Future activities to include games, quizzes, music, talks.

Please bring and share some lunch items

Suggested donation towards tea, coffee, heating etc: £1

If you prefer, you may come along for the activity time only.

For more information and future meeting dates please contact:

Leisa Hunt tel. 01480 471748

Helen Young 01480 216255

or email Helen at young_paxton@ntlworld.com

Rethink Carer Support Group- Huntingdonshire

Informal get together 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.



Tel: 01823 365308

Email: huntsrethink@gmail.com

Borderline Personality Disorder CARERS 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 and struggling to cope? Living with
a real Jekyll and Hyde one who is loving and caring then
angry and critical on the flick of a switch.

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 chat and share their
own experiences

NEXT DATES
4th Sept 2018
2nd Oct 2018
6th Nov 2018



LOCATION: THE EDGE CAFE
351 Mill Road, Cambridge, CB1 3NN

For more information please call
Russell on 07710 998 368 or email

russell.bowyer@sunnetwork.org.uk



Rethink Carer Support Cambridgeshire & Peterborough



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

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

We provide:

- Carer support groups in Cambridge 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.

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



Jonathan Wells Tel: 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.



Tel: Pamela 07400 040159

Email: cassie.lives@outlook.com



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

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

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

Last Tuesday of each month

Starting at 1.30pm

Onyx Court, Norfolk Street, Wisbech
Cambridgeshire, PE13 2NE

For further details please contact:
Margaret on 07740 867047
amazingproducts@tiscali.co.uk

Helpline 03000 030 555
blf.org.uk/helpline

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



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

Helpline 03000 030 555
blf.org.uk/helpline

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

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



Hunts Breathe For Life, aka "The Huffers & Puffers Club" is a local support group for those suffering from chronic lung problems along with their carers and family.

This support may be in the form of talks given by professional speakers covering a wide range of health and welfare issues, the main objective of which is to give members a much better understanding of their condition and how best to cope with it.

We also arrange various social events such as lunches and trips to places of interest, all of which are provided at subsidised rates to members.

Membership of the group is free. If you are interested in joining the group and would like more details about when and where the group meets then either visit our web site, send us an email, or better still ring us for a chat. Our contact details are as follows:



01480 860289

Email: huntsbreatheforlife@gmail.com

Web: www.huntsbreatheforlife.org

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 8 September 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 or email 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. Tel: 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

Tel: 01480 499090 or 0345 241 0954

Email: hello@carerstrustcpn.org

Web: www.carerstrustcpn.org

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

Twitter: [@CarersTrustCPN](https://twitter.com/CarersTrustCPN)

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

For information on the source of reference 1 please go to www.carerstrustcpn.org/refs



Cambridgeshire
County Council

