

CAMBRIDGESHIRE & PETERBOROUGH

carers

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

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Shocking number of young carers | Stay safe this winter | Our plans for the future




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Contents

From our CEO	2
Shocking truth about the real number of young carers	3
Our plans for the future	4
The Big Christmas Cheer	5
Don't get caught out this Christmas	6
Caring for you this winter	8
Improving care for people with sensory and learning disabilities	9
Family Carers Hubs	10
Sharing time and talents	10
Make Time to Talk	11
NHS Continuing Healthcare	12
Award winning Peterborough City Hospital supports carers	13
Cambridgeshire Partnership Boards in action	14
Day Clubs	15
Keeping teenagers healthy	16
Networking in Peterborough	17
Could you be a listening ear?	17
New Carers Group in Bottisham	17
Events Calendar	18-23
Young Carers and Young Adult Carers	24
Support Adverts	26-39
Pinpoint Parent Carers	28
What If? Plan	40

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From our CEO

Welcome to the latest edition of Carers Magazine.

With Autumn passing and the nights drawing in, we've included lots of information to help you stay safe and well this wintertime.

In this issue I have the opportunity to share plans for Carers Trust Cambridgeshire, Peterborough, Norfolk as we seek to support many more family carers in the years ahead. The latest research on the numbers of children and young people caring is just one of the stark reminders of why we need to make this a priority.

Over the coming weeks and months, we will continue to look at these plans to make sure that we are doing all that we can for family carers, now and in the future. We cannot do this alone and the views and opinions of the people we support are vital to make sure that our services respond to their needs.

If you would like to be involved in the development of Carers Trust Cambridgeshire, Peterborough, Norfolk, please send an email to ceo@carerstrustcpn.org or give us a call and someone from the team will be in touch. We'd love you share your ideas and experiences, put forward suggestions for improvement or help us to design, develop and deliver support to family carers. This might include coming along to occasional meetings, taking part in surveys, a quick phone call here and there or more regular volunteering with the charity - whatever suits you best.

It doesn't stop there. As with every edition of Cambridgeshire and Peterborough Carers, we couldn't produce a magazine without your contribution. If you would like to share your experiences as a carer then please do let us know. Lots of carers tell us they feel inspired and don't feel so isolated when they read the stories of others.

However you'd like to get involved, we look forward to hearing from you!

Miriam Martin
Chief Executive Officer



Shocking truth about the real number of young carers

In September, new research carried out by BBC News and Nottingham University, confirmed that the number of young carers in England was much higher than reported in the census in 2011. This endorsed what charities and organisations working with young carers had long thought.

The last census found there were 166,000 young carers in England aged five-17 years but new research presented much higher figures.

The questionnaire was completed by 925 children across England from two year groups - 11 to 12-year-olds and 14 to 15-year-olds.

If the survey was extrapolated across England it would correspond to more than 800,000 secondary-school age children carrying out some level of care.

This equates to six young carers in every secondary school classroom.

Of those, the survey suggests more than 250,000 young

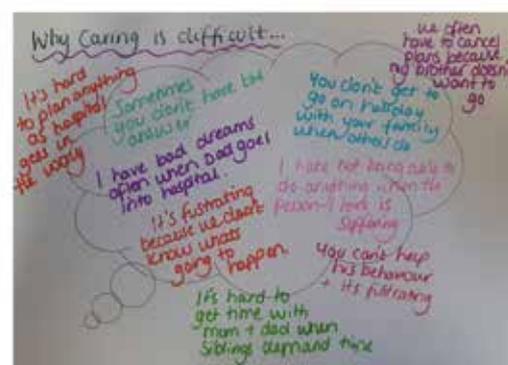
carers are carrying out a high level of care, with 73,000 taking on the highest amount of care.

Young carers are more likely to be bullied at school and on average they cut short or miss 48 school days per year because of their caring role.

Carers Trust carried out their own research and a survey of 350 young carers found that 48% said being a young carer made them stressed and 44% said it made them feel tired¹.

At a time when adolescent mental health is often in the news, the government and communities as a whole, clearly need to be doing more to help these vulnerable young people.

There are many pressures on young people today - from peer pressure to school work to social media - add caring for their parent, sibling or grandparent into the equation, and it is not surprising that the chances of them having mental health issues of their own are much more likely.



Young Carers Awareness Day

Young Carers Awareness Day on 31 January 2019 will focus on mental health.

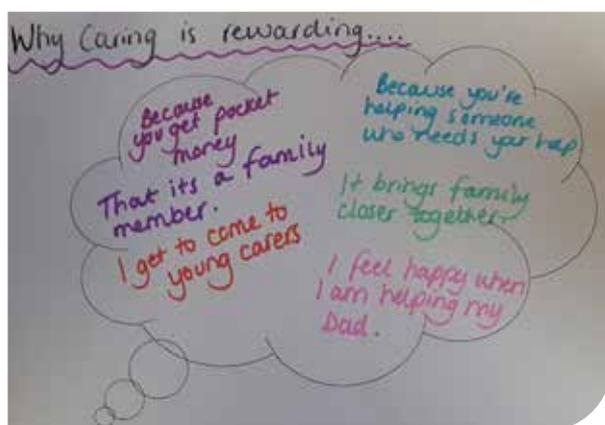
The fifth annual event aims to continue identifying young carers and raising awareness of the vital role they play in caring for their loved ones and their need for support.

72% of young carers say that they feel isolated and lonely during the school holidays because of their caring role².

57% of young carers also worry about talking about what they did in the holidays when back at school³.

Carers Trust Cambridgeshire, Peterborough, Norfolk do as much as we can to help relieve the loneliness of young carers during school holidays offering day time activities to allow them to socialise with friends and have some much needed time to themselves. With no social care funding for this type of support, the charity relies on grants, donations and fundraising to provide these vital services for young people.

Read the BBC article at www.bbc.co.uk/news/resources/idt-sh/Being_a_young_carer ⁴.





Our plans for the future

How we are planning to make caring easier

Here at Carers Trust Cambridgeshire, Peterborough, Norfolk we are looking to the future and the ways in which the charity can best support you. We asked Miriam Martin, CEO, about the charity's ambitious plans to make caring easier.

Q: Carers Trust Cambridgeshire, Peterborough, Norfolk already help 12,000 people every year with practical and emotional support, why do we need to do more?

Because we only support 12,000 people every year. In Cambridgeshire, Peterborough and Norfolk there are an estimated 178,000 people caring for loved ones. This is set to rise to over 250,000 over the next ten years. All of us at some point in our life will be impacted either as carer or the person being cared for. Many carers struggle financially and often put their own health and wellbeing to one side to care for the person they love.

Q: What are we going to do to make caring easier for family carers?

Our Vision is to Make Caring Easier. We know we can't make it easy and we know we can't fix everything, There is however lots we can do; we are going to improve the quality and consistency of our services and make it easier for carers to reach us, whilst raising awareness of what it means to be a carer

and of the work carers do. It is so important that people caring recognise their role and access support early rather than waiting until they reach crisis point.

Q: How are we going to do this?

First and foremost we are an organisation of people for people. Carers come first and will be at the centre of everything we do. Working with carers, together with our experience and knowledge gained over 30 years, we will build our services to be responsive and solution-focussed for each individual carer.

Q: It sounds like there's a lot to do! How can people help?

Of course we can't do this alone. Since joining the organisation I have been overwhelmed by the number of people and organisations wanting to help us. We need volunteers urgently to help us deliver telephone-based support to carers. We are particularly interested in hearing from people who have been carers in the past and would like to support other carers (see p 17).

We need to grow our fundraised income to enable us to grow so that we can achieve our ambition to reach more people. We'd love to hear from anyone who would consider fundraising for us, making a one-off donation or perhaps leaving a legacy in their will. And of course there is The Big Christmas Cheer just around the corner.

Q: What are you most excited about in 2019?

Our new strategy helps us to think about the future and gives an opportunity to look at new ideas and new ways of working. We're looking at how technology can help carers as well as us and planning how we can be more present in local communities to raise awareness. It's all very exciting!

Below: some of our Board



The Big Christmas Cheer



Help us shout loud for carers this Christmas

The chances are if you're reading this, you are a family carer. We know that a lot of people who are looking after someone don't always think of themselves as a family carer. If you are caring for someone who couldn't cope without your support, odds on that you are.

The Big Christmas Cheer is all about spreading the word. We want family carers to recognise their vital role and, more importantly, be able to get the help that they need, when they need it.

Carers Trust Cambridgeshire, Peterborough, Norfolk is a charity that helps family carers and their families by providing support, advice and guidance, as well as opportunities for respite from their caring role.

We want to shout out loud on behalf of carers so that more people can get the support that they deserve when caring for someone.

We need your help to bring Christmas cheer to more family carers this festive season. Help us make a difference to family carers in our region by:

- Inviting us to speak to your community group in the lead up to Christmas or in the new year
- Making a donation to our charity or holding a fundraising event.

The Big Christmas Cheer fundraising packs are available and are 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 giving your spare change in lieu of sending Christmas cards, like Kim pictured below. Every donation helps us to help carers and their families. It doesn't have to be much, just £20 could pay for a young carer to attend an event with friends such as bowling, trampolining or a trip to the cinema, providing a much-needed break.

Take part in the Big Christmas Cheer now and help us to shout for carers at Christmas and beyond.

For more information or to make a charitable donation to Carers Trust Cambridgeshire, Peterborough, Norfolk, contact Kate Bement on kate.bement@carerstrustcpn.org.

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.



Don't get caught out this Christmas

With so many of us wanting to buy presents for our loved ones at Christmas, it can often be difficult to afford everything. We want to encourage people not to succumb to scams in a quest to create a merry Christmas.

The run up to Christmas is a prime time to receive scams through emails, calls, texts and post. The criminals are clever so will prey on people at times when they are busy or out to make some extra money. If it sounds too good to be true, it often is.

Think twice before you get talked into anything, however busy you are. It is important that you safeguard yourself, your family and your finances.

Here are some tips.

Stay safe online

- Make sure you are using a reputable site with the padlock to ensure it is secure.
- Log out when you have finished the transaction, especially if you are using a public computer.



- Make sure you use a complex password not one that is easy to guess.
- Always use an insured payment method such as PayPal when buying from auction sites - never use bank transfer.
- Beware of buying concert or sporting tickets online. Only buy from reputable sites as there are plenty of ticket touts out there making lots of money.
- Make sure your anti-virus and internet security is kept up-to-date.
- Ensure your broadband router is protected so others cannot access it. It is good practice to change it from the standard password that it comes with.
- Do not use a public Wi-Fi for private things such as online banking or online shopping.
- Do not save usernames and passwords on your internet browser - anyone else who uses the computer will be able to access your accounts.

On the telephone

It is not just when you are online that you need to be more aware. You may get calls or even scams in the post.

A much reported telephone scam involves people alleging to be from your broadband provider and

that there is an issue with the service. Never follow the instructions that they give you as it will give them access to your computer where they can gain access to your passwords. Some of these groups use Ransomware and expect you to pay large sums of money to get back into your computer. Often the call will have a UK number but the call originates from overseas. One way to avoid these calls is to get a nuisance call blocker service or handset which allows you to screen calls.

What else you can do

- Ensure you are registered with the Telephone Preference Service (TPS). See: www.tpsonline.org.uk/tps/index.html.
- Never give your card PIN number or online banking details out on the phone even if the caller claims to be calling from your bank or the police. They will never ask for this information.
- Ensure that any printed confidential information such as bank statements, credit card statements, online shopping accounts, etc. is always destroyed securely. We would recommend investing in a home shredder. This will prevent your identity being stolen.

Keep yourself financially safe and your home secure this Christmas



Loan Sharks

Some of us may be tempted to borrow at a time like Christmas when funds are stretched. We may have higher outgoings due to entertaining family and friends, buying presents and possibly going out socialising.

Below are ways to spot the signs of these unscrupulous individuals.

- Minimal or no paperwork is provided, such as a credit agreement or record of payments.
- Interest rates are not provided.
- Information is withheld about how much you owe.
- They may take items such as your bank cards, driving licences and passports.
- They may increase the debt or add charges at any time.
- Sometimes the loan shark may not allow you to pay off your debt.
- Often they resort to violence, intimidation and threats.

The Financial Conduct Authority (FCA) keeps details of all authorised lenders. If a lender isn't listed as having a current authorisation to lend money, don't borrow money from them and don't let them come into your home. Visit: www.fca.org.uk.

Home security

It is also worth mentioning that over winter the number of burglaries tend to increase.

Some tips for staying safe.

- Don't show off Christmas presents in the windows.
- Don't advertise expensive electrical item purchases by leaving packaging by the bins.
- If you have bought an expensive gift, check if your home contents insurance will cover it in the event of theft.
- Valuable items can be registered at www.immobilise.com/. Immobilise works with the police to identify the owners of recovered property thousands of times everyday.
- Remember to lock all windows and doors if you leave your house to visit family or friends.

- Many people are investing in home CCTV. Systems do not have to be expensive and can even work on old mobile phones.
- At the earliest opportunity ensure any bikes are security marked. If you are buying a second-hand bike, you can check if it is stolen on the Bike Register www.bikeregister.com/bike-checker.

If you need advice on home security The Cambridgeshire Bobby Scheme may be able to help. They secure homes of victims aged 60 and over, domestic abuse victims and people who feel at risk who are aged 65 and over or disabled residents.

Tel: 01480 413311 or 07866 602100
Web: www.thebobbyscheme.org.



Consider installing a CCTV system - it doesn't have to be expensive



Caring for you this winter

Winter can be a difficult time for everyone and family carers in particular. We know that their caring role means they are at greater risk, with 8 out of 10 people who are caring for loved ones reporting to have felt lonely or isolated⁵. Darker nights and colder days can mean disruption to their usual routines. They may be unable to attend support groups due to bad weather or visits from friends and family might be fewer due to the social pressures of the festive season.

Whilst isolation is a challenge all year round, the winter months can be even harder. With Christmas traditionally being a time for family and friends, the feeling of loneliness can be made even worse without a strong network of support. This feeling doesn't only affect elderly carers. Family carers of all ages can feel the financial and practical pressures of winter, with young carers hit particularly hard, reporting to find Christmas day "tougher" or "sadder" than the rest of the year⁶.

With carers who have felt lonely or isolated more likely to face damaging effects on their physical and mental health, it is important to take steps to stay connected this winter.

Keep in touch

Whilst the winter weather might put paid to regular visits from family and friends and other carers, make the time for phone and video calls to stay in touch.

Ask for help

Be it from family, friends and neighbours or Carers Trust Cambridgeshire, Peterborough Norfolk and other charities, reach out and find out what support is available to you this winter.

Plan ahead

If you know that some of your everyday tasks are made more difficult during the winter months, arrange them in advance, asking for the help that you need to get them done.

Take a break

If you're unable to attend your regular support sessions, look at different ways to take a break. Why not call our Listening Ear service for a chance to chat?

Big Lottery Fund helps to combat isolation in Cambridgeshire

A Big Lottery funded project delivered across the county, by Carers Trust Cambridgeshire, Peterborough, Norfolk and local partners has helped hundreds of family carers to feel less isolated.

As part of the project, family carers are able to come along to regular hubs where they can meet other people in a similar situation, whilst being able to access a range of help and support, including Listening Ear. This is an opportunity for people to talk to knowledgeable volunteers, who often have first-hand experience of being a family carer, in a safe space or on the telephone, about any concerns or questions they may have.

At the hubs, carers can enjoy activities with the person they are caring for, or have a break and take part with other members of the group. When asked, 85% of family carers attending hubs said that they feel less isolated and better connected to other carers, valuing the support of Carers Trust Cambridgeshire, Peterborough, Norfolk and that of newfound friends.



**NATIONAL
LOTTERY FUNDED**

Improving care for people with sensory and learning disabilities

Last year, Healthwatch Cambridgeshire and Peterborough wrote the Accessible Information Standard report to highlight the big problems that a lot of people with sensory and learning disabilities have with getting information when they use health and care services.

Healthwatch has an important role to play in making sure that local health and care organisations pay attention to the issues that are important to the people who live locally.



We often work closely with other local organisations when we do this, like Cambridgeshire Deaf Association.

In our report, people raised a lot of serious issues about problems getting the information support they were legally entitled to. This includes things like problems getting British Sign Language Interpreters for Deaf people.

People said things like:

"I asked if I could have an interpreter, and they said that they couldn't find one at such short notice." In the end, Jason, who had a serious lung condition, waited over 7 hours for a British Sign Language (BSL) Interpreter at a local Emergency Department.

A person with learning disabilities explained that "I get frustrated when communication doesn't work. Easy read format and an advocate would help as I don't get to know people properly."

One positive story is at North West Anglia Trust, who run Hinchingsbrooke and Peterborough City Hospitals. They have now got something called SignLive in their emergency departments. This is a special BSL online service which gives Deaf people access to a BSL interpreter via a tablet. It runs from 8am to midnight Monday to Friday and 8am to 6pm at weekends. This does not replace having a BSL interpreter for routine appointments, as most Deaf people tell us they prefer an interpreter with them in the room.

Keep sharing your experiences

Carers have a right to accessible information to help them in their caring role. You may also be part of making health and social care services accessible to the person you care for, for example by being a family advocate.

Healthwatch needs to keep hearing about your experiences of getting accessible information, both for yourself and the person you care for. Please do share your story with us.

If it matters to you, it matters to someone else.

What we've done since then

In the last year, we have done a lot of work to try and improve things locally.

One of these is ask each of the local NHS Trusts to tell us what they are doing to improve access. We have been following up with them regularly to find out what progress they are making.

Tel: 0330 355 1285 or Text: 07520 635176

Email: enquiries@healthwatchcambspboro.co.uk

Visit our websites:

www.healthwatchcambridgeshire.co.uk

www.healthwatchpeterborough.co.uk



Sharing time and talents

Find out what's on offer at Arthur's Shed at Arthur Rank Hospice in Cambridge

'Arthur's Shed' is a studio room located in the landscaped gardens at Arthur Rank Hospice which provides an alternative space for all to enjoy.

The shed is for the wider community and people connected to the hospice to come together in a safe, warm and friendly venue.

Project volunteers currently offer their time and talents to deliver a programme of wide-ranging activities from woodwork to flower arranging, to less structured informal sessions where attendees can learn from bespoke sessions on basic budgeting skills, cookery for pleasure, or 1-1 sessions to understand how to email or shop online.

Activities in December to February include card making, still life drawing, air-dried clay craft and the weekly Cambridge Men's Shed on a Tuesday. The Cambridge Men's Shed is a community space for men to come together and enjoy creating things, meeting, chatting or just having a cup of tea. All sessions have a suggested donation of £2 unless otherwise stated.

Arthur's Shed has a dedicated webpage where you can view the activities on offer. Please ask at Reception or telephone to book.

Phone: 01223 675777

Web: www.arhc.org.uk/arthurs-shed



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 Workers, 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.](#)




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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

Make Time to Talk

7 February marks Time to Talk Day 2019



Mental health problems affect one in four of us⁷ yet people are still afraid to talk about it.

Caring for a loved one can affect you in many ways. It can affect you physically which others may notice but if it affects your mental health, it can often be well hidden.

68.8% of older carers say that being a carer has an adverse effect on their mental health⁸ and 45% of young adult carers reported that they have mental health problems⁹.

For people with mental health problems, not being able to talk about it can be one of the worst parts of the illness.

Many carers feel that it is their duty to look after their spouse, parent, child or friend. Many do so with limited support from others but The Care Act 2014 sets out your legal rights to assessments and support so it is important that you access it.

There is a lot of support out there to help you in your caring role from practical assistance in your home to help completing forms, carrying out Carer's Assessments, advice about financial matters and groups where you can meet other carers.

Talk to Us

You can find this support at carers charities like Carers Trust Cambridgeshire, Peterborough, Norfolk and from our specialist partners such as Making Space, Rethink, Centre 33 or Pinpoint.

Our Family Carers Hubs enable carers to talk others in a similar situation over a cup of tea in an informal setting. We organise a programme of events on topics such as financial safety to managing medication to arts and crafts.

Being able to talk and offload works wonders.

Talk to your GP

Talking to your GP can also help. Make sure they know you are a carer and are on the Carers Register in their practice.

Why not speak to your GP about a Family Carers' Prescription? They will put you in contact with Carers Trust Cambridgeshire, Peterborough, Norfolk who can talk to you about:

- What's available to support you
- What's available to support the person you care for
- Planning for and coping with emergencies

- Benefits you could be entitled to
- Your rights.

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

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

Talk to Others

As a carer only you can understand what that means and how it can make you feel. It might also help you to help others.

If you know someone who may be suffering from poor mental health whilst caring for someone, make the time to talk to them or suggest they talk to us so that we are able to give them the information, advice or guidance that they need. Share a copy of the Carers Magazine. Invite them to join you at one of our Family Carers Hubs. Finding time to talk might just make a difference for them... and for you.



NHS Continuing Healthcare

Part 2 of the Guide to the NHS Continuing Healthcare Checklist

Individuals are usually referred by their health or social care professional working with them, for consideration of their eligibility for NHS Continuing Healthcare (CHC) funding.

Where an individual feels that they would like more information on NHS Continuing Healthcare please contact your local health or social care provider. Alternatively you can contact Beacon who will provide 90 minutes of free impartial advice, (N.B. after the initial 90 minutes there is a financial charge which they will inform you of). Beacon can be contacted on 0345 548 0300 or via their website www.beaconchc.co.uk which has free resources and information.

The process is in two parts; the individual needs to give their permission for the process. However, there may be times when a person is not able to give their permission, because their physical or cognitive, psychological needs affect their ability to understand or participate in the process. Where this is the case, the professional involved will talk through the process for proceeding. It may mean that someone else who is involved in your care or a professional advocate may need to support you and act on your behalf.

Part 1 of the NHS Continuing Healthcare process is a Checklist, consisting of 11 areas (physical and mental health needs); an example of which is below.

The professional will discuss with yourself or your advocate how your needs fit into the descriptions listed in each domain. They will discuss how we can identify; through evidence, the description that best describes your needs and will proceed to write a short sentence setting out those needs, and where that information can be found e.g. an assessment, your GP.

Once all of the 11 domains are completed, the professional working with you will advise whether you are eligible for the second stage of the process.

This is determined by the number of A, B, Cs documented in the checklist.

What is referred to as a positive checklist consists of the following selections:

- Two or more domains selected with column A
- Five or more domains selected in column B
- Four domains selected in column B; and one in Column A or;
- One domain selected with an asterisk these are priority areas. (Behaviour, Breathing, Drug therapies and symptom control Altered states of consciousness).

If you have any of those combinations you will be eligible for the second stage of the process.

Name of Patient	Date of completion			Evidence in records to support this level
Please circle statement A, B or C in each domain	C	B	A	
Behaviour*	No evidence of 'challenging' behaviour. OR Some incidents of 'challenging' behaviour. A risk assessment indicates that the behaviour does not pose a risk to self, others or property or a barrier to intervention. The individual is compliant with all aspects of their care.	'Challenging' behaviour that follows a predictable pattern. The risk assessment indicates a pattern of behaviour that can be managed by skilled carers or care workers who are able to maintain a level of behaviour that does not pose a risk to self, others or property. The individual is nearly always compliant with care.	'Challenging' behaviour of type and/or frequency that poses a predictable risk to self, others or property. The risk assessment indicates that planned interventions are effective in minimising but not always eliminating risks. Compliance is variable but usually responsive to planned interventions.	A Mrs X has behaviour that challenges e.g. she will bite carers during personal care interventions. Evidence can be found in daily care plan.

Award winning Peterborough City Hospital supports carers

Donations from local organisations help the hospital support family carers

Often information that is given to individuals can be confusing or misleading. A checklist that takes you to the second stage of the process, means that you are able to proceed to the second stage which when completed, will allow the professionals to make a recommendation on your eligibility for NHS CHC Funding. It does not mean you are eligible for NHS CHC Funding if you proceed to stage 2 of the process.

Once the checklist is completed, you should be given a copy of the checklist for your records.

The professional working with you will send the original checklist to the CCG who will review the information and check that it is completed correctly. If you are unhappy with the outcome of the checklist you are entitled to contact the CCG for a discussion.

Completion of the NHS CHC process should not pass 28 days, from the date that the checklist was completed.

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

Carers of patients at Peterborough City Hospital have recently benefited from a kind donation of 40 emergency wash bags from Kingsgate Community Church in Peterborough which have been distributed around the wards for use. The packs contain a toothbrush, toothpaste, wipes, deodorant, etc.. A simple wash bag can make a huge difference at times of emergency admissions, enabling carers to stay in hospital and continue providing consistent support for those they care for. The Trust is also grateful for donations from local Women's Institutes who have provided carer comfort packs and knitted lap blankets for patients.

North West Anglia NHS Foundation Trust continues to welcome carers, valuing the considerable contribution they bring. The Trust recognises that carers know the patient best and are often

able to give a fuller picture of the medical history and needs of the cared for person which can help the professional to decide on treatment and assist with an effective and timely discharge.

The Trust signed up to John's Campaign for the right to stay with people with dementia in hospital, recognising that patients with dementia can feel particularly anxious when in hospital.

For carers of patients who come into the Trust, we offer:

- Extended visiting hours
- Concessionary parking
- Put-you-up beds
- Volunteer sitting services
- Refreshments (Hinchingbrooke only)
- Carers Passports.

For more information please contact:

Teresa Jude (t.jude@nhs.net)
Carers' Advisor
North West Anglia NHS Foundation Trust





Cambridgeshire Partnership Boards in action

Carers' Partnership Board

Young carers visited the Carers' Partnership Board in the summer to share their experiences as young carers. They told the Board about the issues that made their lives more difficult.

The Board said they would be an extra voice to raise awareness of the needs of young carers in health and social care.

At this meeting, Cambridgeshire County Council Commissioners also asked the Board how it wants to be involved in the upcoming consultation about the recommissioning of carers' services. We will tell you more about this in the next newsletter.

Learning Disability Partnership Board

This Board has been talking with our local health commissioners about their Community First Consultation. Cambridgeshire and Peterborough Clinical Commissioning Group (CCG) want to reduce inpatient beds for people with a learning disability or autism, so they can spend more on community based support.

The Board also talked with the County Council about the importance of community transport schemes and the Total Transport project in East Cambridgeshire.

Wheelchair User Forum

Our local CCG is currently going to tender for the local Wheelchair service. This means they are looking at what should be provided as part of the future wheelchair service and who should provide it.

Members of the forum have shared their experiences with the commissioners, letting them know what a good service would look like. They have also been involved in helping to design tender questions.

Be an Independent Member

Healthwatch Cambridgeshire and Peterborough supports the Independent Members on the Council's four Adult Social Care Partnership Boards in Cambridgeshire.

The Independent Members role is to help the Board understand what is important to the people who use adult social care services.

We are recruiting new Independent Members for these Boards and Forums, as well as our two other boards:

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

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

Tel: 0330 355 1285

Mobile: 07432 865996

Email: graham.lewis@healthwatchcambspboro.org.uk

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



Healthwatch Cambridgeshire and Peterborough Monthly Community Forum 20 December 2018 10am-12.30pm

Willow Room, Nene Valley Community Centre,
Candy Street, Peterborough, PE2 9RE.

Share your experiences and ideas about local health and care services. Healthwatch invites local health and care decision makers along to answer your questions.

We feed your experiences back to the people with the power to make change happen.

Tel: 0330 355 1285

Text: 0752 0635 176

Web: www.healthwatchpeterborough.co.uk

Please advise us of any accessibility requirements.

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).





Keeping teenagers healthy

Anyone with a learning disability aged 14+ is entitled to a free health check with their GP

Check your child or young person is on your GP's learning disability register and book an appointment with your GP for 30 minutes and say it is for the annual health check.

You can view a [YouTube video about the assessments](#) that you may want to share with your young person.

Why are the annual health checks important?

The annual health check programme is designed to decrease the gap between death rates of people with learning disabilities and the general population as historically people with learning disabilities have died 25-29 years earlier than everyone else.

It is an evidence based programme, i.e. proven to help keep the young person you look after as healthy as possible as it is all about proactive healthcare.

What is covered?

The health check is very comprehensive and would pick up health issues not usually covered by a regular visit to a GP.

It covers:

- Screening
- Capacity and Communication
- Bowels
- Foot care
- Any carer concerns

- Chromosomal abnormalities
- Seizures
- Risk i.e. smoking/alcohol/drugs
- Back problems
- Lifestyle and BP
- Dental assessment
- Heart sounds/respiratory
- Bloods
- Swallowing problems
- Mobility
- Mood
- Sleep
- Sense Impairment
- Immunisations
- Behaviour
- Male/female issues
- EVERYTHING!

What is the process?

The GP should send you a letter to invite you to arrange the appointment or call you. If your young person doesn't live with you, it's good to call your GP to ask them to send the letter to you too.

You then arrange a time for the visit (at least 30 minutes). If you can't attend, please call your GP to rearrange the appointment as wasted appointments cost the GPs money.

Who does the check?

In some surgeries it may be just the GP that does the check, in others just the nurse or a combination of both.

What happens afterwards?

Your GP should give you an easy read health action plan to follow with the person you care for.

What if my young person hates going to the GP?

He/she could have a home visit or if there is an aversion to needles, the GP can offer sedation to make the experience as pain free as possible.

Questions about health checks?

Email Emma Stevens at the Learning Disability Partnership Cambridgeshire
emma.stevens@cambridgeshire.gov.uk



Networking in Peterborough

Do you run or attend a group in Peterborough?

We are very keen to link with organisations, groups and clubs in Peterborough to increase awareness of the range of support we offer family carers and people with care needs.

Arda Lavelle from our Communities Team will be continuing to visit existing groups in Peterborough, if you know of any groups that would welcome a visit please contact either:

Gemma Whitehouse
Communities Delivery Manager
Tel: 0345 241 0954
Email: gemma.whitehouse@carerstrustcpn.org

or

Tony Elliott
Community Awareness Manager
Tel: 0345 241 0954
Email: tony.elliott@carerstrustcpn.org

Could you be a listening ear?

Have you had experience of caring for others and can lend a good listening ear?

A consultation highlighted how isolated family carers feel, especially those who do not attend a support group. A large proportion said they would like to receive telephone support from a volunteer befriender.

The Listening Ear project aims to provide just that - by identifying carers who would benefit from support in this way and then matching them to a volunteer.

Could you spare couple of hours a week to support this project by drawing on past carer expertise? The role is flexible and full training and support will be given.

To find out more contact
People Team
Tel: 0345 241 0954

Email: volunteering@carerstrustcpn.org

New Carers Group in Bottisham

Come along to meet other carers in your community and support a great cause

Do you look after a parent, a partner, a child or a friend? Come along to a new Carers Group.

Charity Red2Green which works from both Swaffham Bulbeck and Bottisham, opened a community café in Bottisham this year which is open 9am-3pm on Tuesdays and Thursdays.

Red2Green learners with a learning disability or learners who are on the autistic spectrum, are enjoying preparing and serving refreshments and home-made cakes, scones and sausage rolls whilst learning business and social skills to prepare for future employment opportunities. The café caters for many dietary requirements such as vegetarian, vegan and gluten free.

The charity is keen to use the café for the benefit of all groups within the community.

Working in conjunction with the Patients Participation Group at the Bottisham Surgery, they have set up a Carers Group which will run on the 4th Thursday of the month from 2-3pm.

The newly formed group is hoping to find out what carers would like to do on a regular basis such as:

- Learning more about living with conditions such as dementia, diabetes or heart disease, etc.
- Chatting with other carers, cake and coffee, or
- Relaxing with some crafting activities.

Red2Green looks forward to meeting lots of carers and hearing what they'd like from the new group in future.

The café will be serving the following:

- Tea/coffee £1.50
- Homemade scones £1.50
- Cakes and sausage rolls £2.

No need to book, just turn up.

How to find us

Red2Green Community Café & Garden
Lode Road
Bottisham
CB25 9DL
(Next door/to the left of Bottisham Village College).

For more information call, email or visit our website.

Tel: 01223 811662

Email: info@red2green.org

Web: www.red2green.org

Events Calendar • December 2018

Sat
1

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

Mon
3

Peterborough Think Autism - Effective Communication Workshop Napier Place, Orton Wistow PE2 6XN 10am-11.45am (p 27).

St Ives Love to Move & Norris Museum Reminiscence Group 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).

Peterborough Think Autism - Strategies for Autism Workshop Napier Place, Orton Wistow PE2 6XN 12.15pm-2pm (p 27).

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-4.30pm (p 33).

Cambridge Borderline Personality Disorder Carer's Support Group The Edge Café, Brookfields NHS Site, 351 Mill Road 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).

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

Ely Ely Dementia Group Recreational Hall, Militia Way, off Barton Road Car Park 10am-12pm (p 30).

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

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

Whittlesey Alzheimer's Society Dementia Café Whittlesey Methodist and United Reformed Church, Queen Street PE7 1AY 10am-11.30am (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
12

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

Cambridge Rethink Carer Support Group - Christmas Social St Laurence's Church, 91 Milton Road CB4 1XB date to be confirmed 7.30pm-9.30pm (p 38).

Thurs
13

Great Shelford CT CPN Family Carers Hub - Christmas Party David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).

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

Fri
14

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

Mon
17

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

Ramsey CT CPN Family Carers Hub - Christmas Party 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).
Cambridge [CT CPN Family Carers Hub - Christmas Party](#) 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 - Christmas Social](#) (£2) The Community Centre, Bell Holt, Off Lisle Lane CB7 4ED 2.30pm-4.30pm (p 35).

**Weds
19**

Wisbech [CT CPN Family Carers Hub - Christmas Party](#) 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
20**

Ely [Ely Dementia Group](#) Recreational Hall, Militia Way, off Barton Road Car Park 10am-12pm (p 30).

Peterborough [Healthwatch Cambridgeshire and Peterborough Community Forum](#) Willow Room, Nene Valley Community Centre, Candy Street PE2 9RE 10am-12.30pm (p 14).

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-3.30pm (p 32).

**Fri
21**

Ely [CT CPN Family Carers Hub - Christmas Party](#) 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).

**Mon
24**

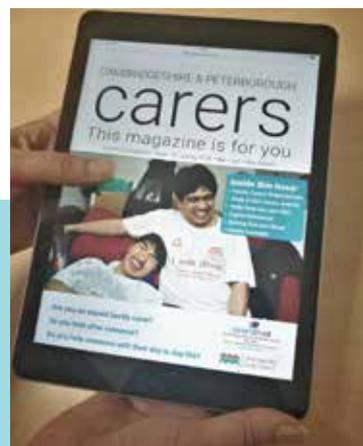
St Ives [Love to Move & Norris Museum Reminiscence Group](#) Crossways Christian Centre, Ramsey Road 10am-12pm (p 31) - please check if the group is running before attending.

**Fri
28**

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

**Mon
31**

St Ives [Love to Move & Norris Museum Reminiscence Group](#) Crossways Christian Centre, Ramsey Road 10am-12pm (p 31) - please check if the group is running before attending.



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.

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

Events Calendar • January 2019

Weds
2

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
3

Ely Ely Dementia Group Recreational Hall, Militia Way, off Barton Road Car Park 10am-12pm (p 30).

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

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

Fri
4

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
5

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

Mon
7

St Ives Love to Move & Norris Museum Reminiscence Group 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
8

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

Whittlesey Alzheimer's Society Dementia Café Whittlesey Methodist and United Reformed Church, Queen Street PE7 1AY 10am-11.30am (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
9

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

Thurs
10

Great Shelford CT CPN Family Carers Hub - Guide Dogs David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).

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

Fri
11

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

Mon
14

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
15

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 - Natural Medicines & Remedies 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 - Members only event Bell Holt Community Centre, Off Lisle Lane CB7 4ED 2.30pm-4.30pm (p 35).

Cambridge Borderline Personality Disorder Carer's Support Group The Edge Café, Brookfields NHS Site, 351 Mill Road CB1 3NN 7pm-9pm (p 38).

Weds
16

Wisbech CT CPN Family Carers Hub - Royal British Legion Handy Van Service 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
17

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

Ely Ely Dementia Group Recreational Hall, Militia Way, off Barton Road Car Park 10am-12pm (p 30).

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-3.30pm (p 32).

**Fri
18**

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
21**

St Ives Love to Move & Norris Museum Reminiscence Group Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
Ramsey CT CPN Family Carers Hub - Quiz Time
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
22**

Ely Alzheimer's Society Dementia Café
Methodist Church, Chapel Street, Ely, CB6 1AD 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
23**

Cambridge C2 M.S. Carer's Club - Our own Mike Kadwell on 'A Survivor's Tale - on MS Caring'
Church of Good Shepherd Hall, Mansel Way, Arbury CB4 2ET 2.30pm-4.00pm (p 36).

**Thurs
24**

Great Shelford CT CPN Family Carers Hub - Dementia Friends David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).
Bottisham Carers Group Red2Green Community Café & Garden, Lode Road CB25 9DL 2pm-3pm (p 17).

**Fri
25**

Ely CT CPN Family Carers Hub - Quiz Time
Larkfields Community Centre, High Barns CB7 4SB 10am-1pm (p 10).
Great Shelford Parkinson's Support Group
David Rayner Building, Scotsdales, Cambridge Road 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
28**

Peterborough Think Autism - Sensory Differences Workshop Napier Place, Orton Wistow PE2 6XN 10am-11.45am (p 27).
St Ives Love to Move & Norris Museum Reminiscence Group Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).

Peterborough Think Autism - Sleep Awareness Workshop Napier Place, Orton Wistow PE2 6XN 12.15pm-2pm (p 27).
Sawtry Chatterbox Family Carers Drop-In
CARESCO Centre, Green End Road PE28 5UX 2pm-4pm (p 29).

**Tues
29**

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
30**

Huntingdon Rotary Club Memory Café Hartford Village Hall, Main Street, PE29 1XU 2.30pm-4.30pm (p 31).
Cambridge Rethink Carer Support Group
St Laurence's Church, 91 Milton Road CB4 1XB date to be confirmed 7.30pm-9.30pm (p 38).



**Thurs
31**

Young Carers Awareness Day
Ely Ely Dementia Group Recreational Hall, Militia Way, off Barton Road Car Park 10am-12pm (p 30).

Carers Awards 2019

Keep an eye on our website and social media in the new year when nominations will open for our annual carers awards.

Categories will include:

- Carer of the Year
- Young Carer of the Year
- Young Adult Carer of the Year
- Carer Friendly Social Care Award
- Carer Friendly Voluntary Organisation
- Care Friendly Healthcare Award
- Carer Friendly School/College of the Year
- Carer Friendly Employer of the Year

Web: www.carerstrustcpn.org

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

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

Events Calendar • February 2019

Fri
1

Girton Cambridge South Rotary Club Memory Café St Vincent's Close Community Centre CB3 0PD 10am-12pm (p 30).
St Ives Pinpoint Parent Carer Conference Burgess Hall, Westwood Road, St Ives PE27 6WU 10am-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).
Ely CPFT Dementia Friday Club The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm-4pm (p 33).

Sat
2

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

Mon
4

St Ives Love to Move & Norris Museum Reminiscence Group 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
5

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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-4.30pm (p 33).

Weds
6

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
7

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).

Fri
8

Peterborough CT CPN Family Carers Hub - 'Tax, Care and Toy Boys' with the Co-op Lapwing Apartments, Orton Brimbles PE2 5YR (meet in the restaurant area) 2.30pm-4.30pm (p 29).

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

Mon
11

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
12

Huntingdon CT CPN Family Carers Hub - Natural Medicines & Remedies Huntingdon Library, Meeting Room 2, Princes Street PE29 3PA 10am-12pm (p 10).
Whittlesey Alzheimer's Society Dementia Café Whittlesey Methodist and United Reformed Church, Queen Street PE7 1AY 10am-11.30am (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).
Cambridge Borderline Personality Disorder Carer's Group The Edge Café, Brookfields NHS Site, 351 Mill Road CB1 3NN 7pm-9pm (p 38).

Weds
13

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

Thurs
14

Great Shelford CT CPN Family Carers Hub - Royal British Legion Handy Van Service 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 Alzheimer's Society Dementia Café St. Botolph's Church, Longthorpe, Thorpe Road PE3 6LU 2.15pm-3.45pm (p 32).

Fri
15

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
18**

St Ives Love to Move & Norris Museum

Reminiscence Group 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
19**

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 - 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 - Personal Safety

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

**Weds
20**

Wisbech CT CPN Family Carers Hub

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
21**

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

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-3.30pm (p 32).

**Fri
22**

Ely CT CPN Family Carers Hub

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

Great Shelford Parkinson's Support Group

David Rayner Building, Scotsdales, Cambridge Road 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
25**

Peterborough Think Autism - Stress & Anxiety

Workshop Napier Place, Orton Wistow PE2 6XN 10am-11.45am (p 27).

St Ives Love to Move & Norris Museum

Reminiscence Group Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).

Peterborough Think Autism - Parenting with

Challenges Yourself Workshop Napier Place, Orton Wistow PE2 6XN 12.15pm-2pm (p 27).

Sawtry Chatterbox Family Carers Drop-In

CARESCO Centre, Green End Road PE28 5UX 2pm-4pm (p 29).

**Tues
26**

Ely Alzheimer's Society Dementia Café

Methodist Church, Chapel Street, Ely, CB6 1AD 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
27**

Cambridge C2 M.S. Carer's Club - 'Bouquets

and Brickbats in M.S. Sharing' Church of Good Shepherd Hall, Mansel Way, Arbury CB4 2ET 2.30pm-4.00pm (p 36).

Huntingdon Rotary Club Memory Café

Hartford Village Hall, Main Street, PE29 1XU 2.30pm-4.30pm (p 31).

Cambridge Rethink Carer Support Group

St Laurence's Church, 91 Milton Road CB4 1XB date to be confirmed 7.30pm-9.30pm (p 38).

**Thurs
28**

Great Shelford CT CPN Family Carers Hub -

Health Q&A 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).

Bottisham Carers Group

Red2Green Community Café & Garden, Lode Road CB25 9DL 2pm-3pm (p 17).



Young Carers and Young Adult Carers

Young Carers in Schools

Carers Trust Cambridgeshire, Peterborough, Norfolk hosted a regional workshop celebrating the successes of the Young Carers in Schools programme so far, as well as looking at the next steps for the identification and support of young carers within education.

Held at the Marriott Hotel in Huntingdon, it brought together a range of stakeholders from key areas such as local authorities, education departments, funding bodies, schools, Department of Education and the voluntary sector.

Coram Children's Charity presented the findings of their independent evaluation of the national programme, which highlighted the fact that the programme had really helped to identify more young carers in schools, with one school going from two identified young carers to over 50!

Three young carers - Beth, Morgan and Tom, attended to talk about why high quality support for young carers in schools is so important.

If you would like more information about the Young Carers in Schools programme, or if you know of a school who might benefit from our help around how to identify and support young carers, please get in touch.

Running the Distance for carers

In September, BRJ Running and Triathlon Club presented Carers Trust Cambridgeshire, Peterborough, Norfolk with a cheque for over £2,400 from their fundraising efforts whilst we were their charity of the year. This added to online donations took the total amount raised to over £3,500.

Our Operations Manager for Communities, Andy McGowan, went along to a local Park Run to collect the cheque from the club and Team GB Pentathlete, Jess Varley. We are really grateful for the support from the running club as it will allow us to provide even more opportunities for young carers and young adult carers.

If you know of a business or organisation who might like to consider us as their charity of the year, please do get in touch with us.

Students at Greater Peterborough UTC ditch the uniforms for carers

Students from Greater Peterborough University Technical College organised a non-uniform day to raise money for young carers and collected £100.

Tania Bingham, Family Carers Support/Awareness Officer, went to collect the cheque in a Year 11 assembly.

The fundraising effort was led by a young carer who had been supported by our team and said "Young carers have helped me through difficult times so I really want to help you help others."

Thank you very much to all of the students who took part in the event - it really does make a big difference.



The latest news on our support for Young Carers and Young Adult Carers in Cambridgeshire and Peterborough



Breaking down barriers to higher education

Those of you who saw our last edition of the magazine will have read about our project designed to help raise aspirations of young carers and young adult carers across Cambridgeshire and Peterborough.

Our Communities Team have been busy arranging a whole range of trips and activities for the young people including a trip for young carers (and their families) to the University of East Anglia, a trip to London for one of the country's biggest University/ Careers fair and a residential at Villiers Park for Years 7-9 students where they will be designing their own university and organising their very own open day.



We have also been able to support individual students with bursaries to cover educational costs such as equipment/resources for college courses, extra music lessons and travel costs to visit University open days.

James Griffin Memorial Fund

Thanks to the generosity of the James Griffin memorial fund, over the past couple of years, we have been fortunate enough to be able to provide bursaries to young carers in the St Neots area to help with educational costs. This year, we were able to provide bursaries to a number of our families which helped with costs such as new school uniforms.

If you know of any young carers in the St Neots area who might benefit from this bursary, please give us a call.

Giving young carers a break

Following on from our action-packed summer programme, (which if you missed the last edition of the magazine, included everything from laser tag to sports fun days to meals out), the Communities Team are busy planning even more opportunities for young carers across Cambridgeshire and Peterborough to spend time with other young carers and have a break from their caring role. These include trampolining, bowling and a trip to the panto (Oh yes they are!).

Promoting the voices of young carers in the community

Carers Trust Cambridgeshire, Peterborough, Norfolk has received funding as part of the #iwill programme in order to help young carers voices in Cambridgeshire to be heard.

The overall aim of our project is to enable young carers to have the opportunity to develop new skills/confidence and to deploy these skills/ confidence for the benefit of the communities. We will be providing young carers with training in areas such as public speaking, presentation skills and telling their story and they will be helping to deliver carer awareness training to various settings within their communities, such as schools, colleges and health organisations and we will be asking the young people who they think need to learn more about carers.

If you know of an organisation, team or group of professionals in Cambridgeshire who might benefit from some carer awareness training which is led by the voices of young carers, contact Ella McKenzie on 01480 499090 or email ella.mckenzie@carerstrustcpn.org.

Carers Trust Cambridgeshire, Peterborough, Norfolk Young Carers

Tel: 01480 499090 or 0345 241 0954

Email: referycyac@carerstrustcpn.org

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



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)



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**.

"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**"

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
 @Centre33Camb
[facebook.com/centre33camb](https://www.facebook.com/centre33camb)

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.

Think Autism WORKSHOPS

Suitable for parents and professionals supporting children/ adults of all ages on the Autism Spectrum

Napier Place, Orton Wistow, Peterborough, PE2 6XN

	Morning (10am - 11.45am)	Afternoon (12.15pm - 2pm)
5/11/18	Core Features of Autism	Strategies for Autism
3/12/18	Effective Communication	Behaviour Management
28/1/19	Sensory Differences	Sleep Awareness
25/2/19	Stress & Anxiety	Parenting with Challenges yourself
25/3/19	Social and Emotional Development	Gender Differences

Booking Information:
 Elisa Ferriggi
elisa@thinkautism.co.uk

More Information:
www.thinkautism.co.uk

Parents:
 1 workshop: £20
 All day ticket £37
 Any 2 day ticket £70
 All 5 Days £165

Professionals:
 1 workshop: £30
 All day ticket £54
 Any 2 day ticket £102
 All 5 Days £240

Lunch included on each all day ticket

Do you have a child or young person with additional needs or disability?

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

Do you have a son or daughter with autism or attention deficit hyperactivity disorder?

Would you like some practical advice on how to help your child or young person with diagnosed or suspected ASD or ADHD?

Come to Pinpoint Cambridgeshire's monthly parent groups in Ely, Histon, Peterborough and Huntingdon run by Pinpoint in conjunction with our counterparts Family Voice Peterborough.

Your child doesn't need a diagnosis for you to come along. They may be accessing services, on the waiting list, or have had a referral turned down.

Come along for practical advice and ideas from our visiting speakers and meet other parents and find out on how to boost your resilience and work with your children at home and help manage their behaviour.

Find out more on our [website](#).

Book a place at one of the groups by calling us on 01480 877333 or emailing jackie@pinpoint-cambs.org.uk or esther@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)



Free conference for Cambridgeshire Parent Carers

1 February 2019

10am-2.30pm

Burgess Hall, St Ives

Are you caring for a child or young person aged up to 25 with additional needs and disabilities? Then don't miss Pinpoint Cambridgeshire's free conference at St Ives on 1 February.

It runs from 10am to 2.30pm at Burgess Hall conference centre and is packed full of information, practical advice and contacts for local SEND families.

We'll have workshops, one to ones with service professionals, and a hall full of stalls offering specialist services, support and products for your son or daughter.

The day is all about celebrating the county's hard-working parent carers who do so much for their children and young people. Do come and join us!

Register online to attend www.eventbrite.co.uk/e/pinpoint-conference-2019-tickets-48123738397

Pictured at the last Pinpoint conference are speakers Bill and Elspeth Jones from the Cambridgeshire Speak Out Council, with Neil and Christian on the VoiceAbility stand.



Peterborough Family Carers Hub

First 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.

17th January 2019

21st February 2019

For further details please contact
Elaine Ellis
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 December

14th & 28th January

11th & 25th February



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.

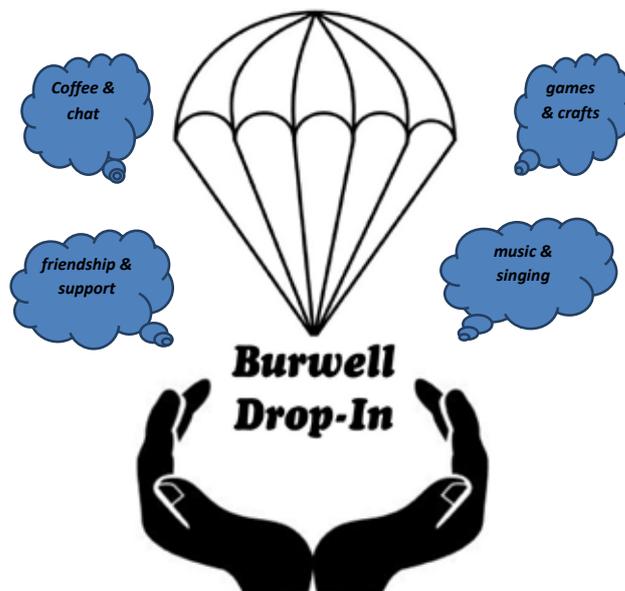
Tel: Richard de Horsey 01223 276192

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 Family Carers Hub

A friendly, welcoming support group for all family carers, including 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 **0345 241 0954**.

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,
informational talks,
memorabilia,
music and singing
all in very pleasant
surroundings



Last Wednesday of every month
(no meeting in December)

2.30pm to 4.30pm

At Hartford Village Hall, Main Street, Hartford



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 and dementia affects everyone differently.

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

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

Someone to talk to

You can phone at any time during 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 ability 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: **07827 159307** or Email: ruth.eod@yahoo.com

CPFT*

Cambridgeshire and Peterborough
NHS Foundation Trust

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

First Tuesday of the month
2.30pm to 4.30pm

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 call before attending to check availability. January date TBC.

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 call before attending to check availability. January date TBC.

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 call before attending to check availability. No meeting 21st December.

Contact CPFT Dementia Carers' Support Service

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.
David Rayner Building, Scotsdales Garden Centre,
120 Cambridge Road, Great Shelford CB22 5JT.
Meetings include speakers and activities,
followed by lunch. For those living with
Parkinson's and their carers.
Tel: Caroline 01223-314279

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

Weekly Hydrotherapy, Yoga and Music therapy
sessions - see the website for further information.

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



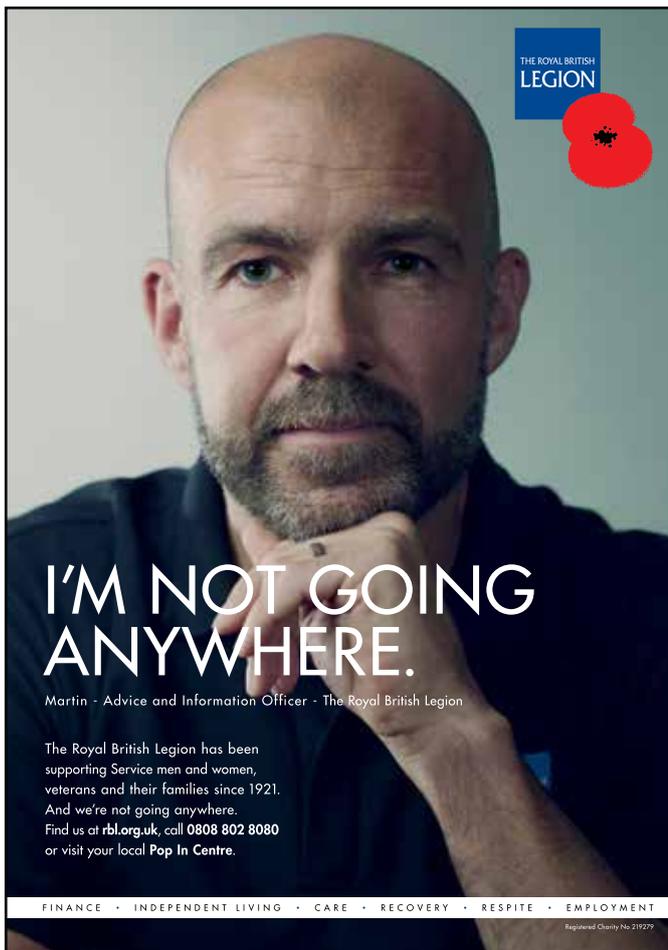
Multiple Sclerosis Carers Club

Meets on the fourth Wednesday of the month (subject to change)
2.30pm-4.00pm

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

Free parking and refreshments

Co-ordinators: Jackie and Paul
Email: cambridge@mssociety.org.uk



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



HEARING VOICES NETWORK
www.hearing-voices.org

Voices Matter

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

The Voices Matter Groups offer you the opportunity to:

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

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

<p>Peterborough Cambridge Peterborough and South Lincolnshire Mind 01733 362990</p>		<p>Wisbech Cambridge Peterborough and South Lincolnshire Mind 01733 362990</p>
<p>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 Leannie on 01733 362990 or email leannie.barlow@cpslmind.org.uk

CPFT, Mind, CPSL, Anglia Ruskin University, CAMHS



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



Centra



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 or EUPD? Feeling alone isolated and struggling to cope?

If you are wondering how best to offer help and support or wish to learn more about BPD or EUPD - 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.

We know the condition causes emotional distress to family and those nearest and dearest - who love and care for them.

DATES

4th December 2018

Tues 15th Jan

Tuesday 12th Feb

March onwards back to the first Tuesday of every month.



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

We are exploring other ways of supporting carers in Peterborough.

Please contact Jonathan Wells for more information.



Jonathan Wells Tel: 07342 691768

Email: jfgwells57@gmail.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 or Information, Advice and Guidance (IAG) Team 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 December 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!

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)

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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 references 1-9 please go to www.carerstrustcpn.org/refs