

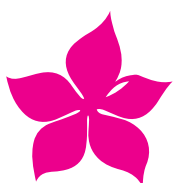
# CAMBRIDGESHIRE & PETERBOROUGH carers

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

Quarterly Magazine | Issue 14 | Spring 2019 - Mar • Apr • May Edition



Making caring easier | Carers Week & Pride in Our Carers Awards



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



# Contents

From our CEO	2
Making caring easier	3
Carers Week 2019 and Pride in Our Carers Awards	4
Power Priority Service	6
Guide Dogs brings the community closer	7
How you can help us make a difference	8
Day Clubs for older people	8
Empowering People at End of Life	9
NHS Continuing Healthcare	10
Family Carers Hubs	12
Age UK Cambridgeshire and Peterborough	12
Benefits of exercise	13
The Cambridgeshire Partnership Boards in action	14
Arthur's Shed	15
Community cancer care in Huntingdonshire	16
Networking in Peterborough	17
Could you be a listening ear?	17
Peterborough City Hospital supports carers	17
Events Calendar	18-23
Young Carers and Young Adult Carers Centre 33	24
Pinpoint Parent Carers	26
What If? Plan	28
	40

## Liability

Carers Trust Cambridgeshire, Peterborough, Norfolk (CT CPN) (the "publisher") takes no responsibility for the content of external websites whose addresses are published in this magazine.

We do not endorse any organisations, services or products contained in this magazine.

Whilst every care was taken preparing this magazine, the publisher cannot be held responsible for the accuracy of the information or any consequence arising from it.

Any written material or pictures supplied by contributors are published in good faith and on the understanding that they are free from copyright or other restrictions.

The opinions expressed in this magazine are not necessarily those of the publisher.

## Permissions

Material may not be reproduced in any form without the written consent of the publisher.

## From our CEO

Welcome to the Spring edition of your Carers Magazine.

In this edition we share our plans to work even harder to 'Make Caring Easier.' Everything we do has to make a difference to you so please do let me know what you think.

One example of the way we support carers is through our Listening Ear project. This is a telephone-based emotional support service which is run by volunteers, many of whom have been carers themselves. The service is in high demand and we are looking for more volunteers who can spare a few hours each week to help other carers cope with the anxieties and stresses of their particular situation. Sharing lived experiences can be hugely reassuring and as we all know, sometimes just having someone to talk to means everything. Please do get in touch if you would like to find out more.

We are fast approaching the time of year when we acknowledge the role of family carers of all ages, thanking them and the many organisations and individuals that help. Do get nominating for the Pride in our Carers Awards which will take place during Carers Week in June this year. On page five you can read about previous winner, Chloe Rollings, and how winning our Young Adult Carer of the Year Award in 2018 has inspired her to take action to champion the rights of young carers and young adult carers across the country.

I hope you enjoy this edition and as always, if you have suggestions for future articles then please do let us know.



Miriam Martin  
Chief Executive Officer

# Making caring easier

Your chance to let us know what you think about our strategic plan



Here at Carers Trust Cambridgeshire, Peterborough, Norfolk we have been working hard to develop our plan for the coming years, focussing on the areas that we can impact the most and the things you've said are the most important to you.

We have taken time to research and understand the issues that are affecting family carers at an individual level, but also across the country as a whole, and what we can do

that would most help them to overcome these.

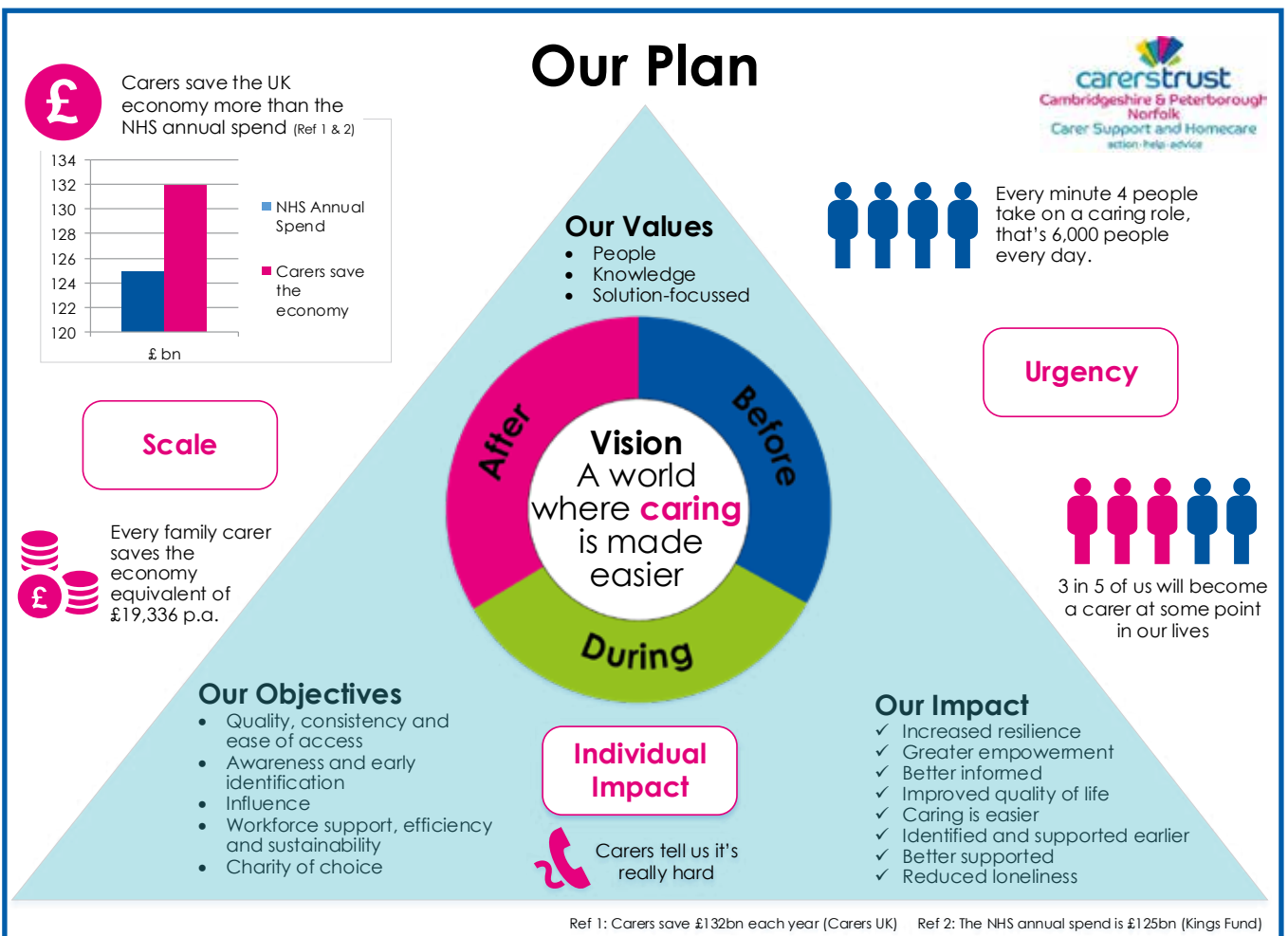
Speaking and listening to carers, as well as the partners that we work with, we have identified our new vision, values and objectives as a leading charity providing vital support to carers across the region.

Our plan is about making sure we are able to provide the best support to as many carers as possible to help make caring easier.

Before we put our plans into action, we want to make sure that the people who are most important to us understand what we're trying to achieve.

## We need your help!

Please visit [www.carerstrustcpn.org/our-plan-2019](http://www.carerstrustcpn.org/our-plan-2019) to read our draft strategic plan and answer a short survey to share what you think.





# Carers Week 2019 and Pride in Our Carers Awards

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

Taking place from Monday 10th to Sunday 16th June 2019, the campaign is brought to life by thousands of individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

To find out more information about the Carers Week activities going on in your local area, please visit [www.carerstrustcpn.org](http://www.carerstrustcpn.org).

## **Pride in Our Carers Awards**

In 2019, Carers Week sees the return of Carers Trust Cambridgeshire, Peterborough, Norfolk's annual Pride in Our Carers Awards, celebrating the valued work of unpaid family carers and the people and organisations that support them.

Do you know an individual or organisation who deserves a thank you for what they do?

Award nominations are now open and there are nine categories that people can enter.

Short-listed nominees will be invited to a special awards ceremony during Carers Week 2019. Nominations are not limited and you are able to nominate more than one person in more than one category.

## **Family Carer of the Year**

Nominate the family member, friend or neighbour you know who goes out of their way to help and support others and who makes a difference in someone's life (this category is for unpaid family carers only).

## **Young Carer of the Year**

Nominate the young carer (5-18 years) you know who goes out of their way to help and support others and who makes a difference in someone's life.

## **Young Adult Carer of the Year**

Nominate the young adult carer (16-25 years) you know who goes out of their way to help and support others and who makes a difference in someone's life.

## **Carer Friendly Employer of the Year**

Nominate a local business or organisation who supports their employees or customers in their caring role. This can include an individual who has made a difference by going the extra mile on behalf of the business/organisation.

## **Carer Friendly School or College of the Year**

Nominate a school or college who has demonstrated a carer friendly approach to their students. This can include an individual who has made a difference by going the extra mile on behalf of the school/college.

## **Carer Friendly Social Care Award**

Nominate the Social Care team, care manager, youth worker or individual who has demonstrated the most carer friendly approach in their working role and who has made a difference by going the extra mile (this category includes paid care workers).

## **Carer Friendly Health Care Award**

Nominate the GP, GP surgery, Consultant, District Nurse, Health Care team, hospital ward or individual who has demonstrated a carer friendly approach in their working role and who has made a difference by going the extra mile.

## **Carer Friendly Voluntary Organisation Award**

Nominate the voluntary organisation, team or individual who has demonstrated a carer friendly approach in their working role and who has made a difference by going the extra mile.

## Chloe Rollings: Carer Champion

I became a Young Adult Carer on Sunday 11 October 2015 following my brother's football accident.

I have been a Carer Champion since August 2017.

### Carer Champion Achievements:

- o A caring responsibilities question on the University of Lincoln online enrolment form
- o Implementation of an emergency fund to assist students to get home in a crisis situation
- o Partnership with Carers First to hold monthly clinics in the University of Lincoln Student Wellbeing Centre
- o Inclusion of 'Supporting Students in Distress' training explaining how to identify a Carer and the support in place on campus
- o An open day guide for Student Carers and further information documents
- o Students Union Commitment to Carers Policy created
- o Establishment of Learning Support Plans for carers to ensure that their learning is not interrupted due to a caring role.
- o Key speaker at events for Carers Rights Day and Carers Week
- o HSJ Awards Judging Panel Member 2018



### Awards:

Young Adult Carer of the Year 2018

Award for Outstanding Contribution to Student Engagement Finalist 2018

Carer Champion Award 2018

District Judge Richard Toombs Award for Outstanding Engagement 2018

Rising Star Award Finalist 2019


### Online Content:

Law Graduate Case Study:  
<https://www.youtube.com/watch?v=UiaKr0Q8syo>

Pride in our Carers Awards:  
<https://www.carerstrustcpn.org/news/family-carers-what-would-we-do-without-them-pride-in-our-carers-awards-2018>

Students Union Commitment to Carers Policy:  
<https://lcdn.sumsmanagement.com/documents/asm/190418/Student+Carers+2.pdf>

University of Lincoln College of Social Science Blog:  
<http://uolcss.blogs.lincoln.ac.uk/tag/chloe-rollings/>

 Chloe Rollings (@RollingsChloe)



### Current Involvement:

- o Organiser of the Young Carers Day at the University of Lincoln: 31 January 2019
- o Young Adult Carer Champion for Carers Trust Cambridgeshire, Peterborough and Norfolk
- o Young Adult Carer and Student Carer Champion for Carers FIRST
- o University of Lincoln Student Carer Consultant
- o Children's Society: Transitions and 'Shaping Our Future'
- o Children's Society: Include Youth Committee
- o College of Social Science Student Experience and Engagement Graduate Intern at the University of Lincoln

## Outstanding Contribution to Carers

This category is for the individual, team, group or organisation who deserves special recognition for everything they do to support unpaid family carers. Your nomination can be for a specific event or action which has led to an improvement/change to several peoples' lives or a contribution over the years that has led to significant changes to unpaid family carers and the way they are supported.

## Why nominate?

The Awards are designed to show appreciation for the contribution that family carers make to our local community, raising awareness of the vital role they play, along with acknowledging the valuable people and organisations who support them. In doing so we hope to encourage others to help make caring easier.

## Nominate Now!

Nominating is quick and easy and can be completed online at [www.carerstrustcpn.org/pioc-2019](http://www.carerstrustcpn.org/pioc-2019).

Alternatively, get in touch by calling 01480 499090 or emailing [engagement@carerstrustcpn.org](mailto:engagement@carerstrustcpn.org) for a nomination form.

The closing date for award nominations is

**Monday 15th April 2019 at 5pm.**

## News from a previous winner

Chloe, the Young Adult Carer of the Year 2018, became a young adult carer in October 2015 as a result of her brother having an accident at football. Chloe said, "Since being awarded Young Adult Carer of the Year in June 2018, I have had the opportunity to be a Carer Champion for a wide variety of projects across the country.

"Being a Carer Champion has been an incredibly rewarding experience that has enabled me to expand my carer network, represent carer views and be inspired by the young carers and young adult carers I have the pleasure of working with.

"Some of the work I am undertaking includes organising a 'Raising Aspirations Day' for 60 young carers, working with the Children's Society on two national projects and developing and expanding my University project for Student Carers. It has been an incredible year and I look forward to continuing my Carer Champion role in 2019."



# Power Priority Service

Find out about the UK Power Networks' service for vulnerable people in the event of a power cut

Power cuts can be worrying particularly if you or a family member relies on electricity supply for medical reasons or communication needs.

Community charity Groundwork East works with local people to improve their lives. Groundwork is working in partnership with UK Power Networks to promote a free priority service that supports people in the event of a power cut.

UK Power Networks own and maintain the electricity cables across South East England, the East of England and London making sure that homes and businesses have power. They deliver your electricity locally regardless of which company you pay your energy bill to.

UK Power Networks Priority Service Register is free to join and offers support in the following ways:

- Information about the service can be translated, in large print, audio, braille or easy read.
- A priority number that you can call 24 hours a day.

- A dedicated specialist team who will contact you by phone or text message, to keep you updated during a power cut.
- Tailored support if you need this, such as home visits, hot meals, advice and keeping your friends and relatives updated.

If you would like to speak to someone about eligibility, call Groundwork on 01480 587140. Groundwork is also able to complete the application form for you.

To apply for priority registration visit [www.ukpowernetworks.co.uk/priority](http://www.ukpowernetworks.co.uk/priority), or alternatively you can email [psr@ukpowernetworks.co.uk](mailto:psr@ukpowernetworks.co.uk) or call 0800 169 9970.



## Power cut? Would you, or someone you know need extra support?

### Who are UK Power Networks?

We own and maintain electricity cables and lines across London, the South East and East of England, making sure that homes and businesses have power.

We deliver your electricity locally, regardless of which company you pay your energy bill to.

We understand that power cuts can be worrying, especially if you or someone you look after needs electricity for medical reasons, are unwell, or have specific communication needs.

### Our Priority Services Register is FREE to join and offers support:

- Information about of services translated, in large print, audio, braille or Easy Read
- A priority number that you can call 24 hours a day
- A dedicated specialist team who will contact you by phone or text message, to keep you updated during a power cut
- Tailored support if you need this such as home visits, hot meals, advice and keeping your friends and relatives updated

### To register, please visit:

[www.ukpowernetworks.co.uk/priority](http://www.ukpowernetworks.co.uk/priority)

email: [psr@ukpowernetworks.co.uk](mailto:psr@ukpowernetworks.co.uk)

or call: 0800 169 9970

using your telephone dial:

18001 0800 31 63 105



 Search UK Power Networks



# Guide Dogs brings the community closer



If you lose your sight what would you miss most? Research shows 70,000 people who are blind or partially sighted never leave their home, due to loss of confidence.

Guide Dogs offer services which really change lives. **My Guide** and **Friends and Family Training** are just two services they offer to people with sight loss who want to get out independently or to people supporting people with sight loss.

## My Guide

A volunteer-led service which helps people with sight loss get out of their homes and back into the community. Maggie recently received help from this service.



Maggie has suffered from a condition called Retinitis Pigmentosa from a young age - a condition that has caused her eyesight to gradually deteriorate.

Her condition meant that she found it hard to continue in her job as

a sewing machinist, and after her son was born she didn't return to work. As her condition became worse, Maggie found she was losing her confidence and was becoming increasingly housebound.

The My Guide service stepped in. With the help of Dawn, who is a trained My Guide volunteer, Maggie has grown in confidence by going out doing activities she used to do independently. Not only has she joined a theatre group, she has also joined a support group, which she now is co-running and planning a wide range of social activities for next year. Maggie says, "The sky really is the limit. Everything has snowballed as a result of My Guide with new opportunities emerging all the time."

The service has not only been life changing for Maggie, it's enhanced volunteer Dawn's life too. She says the service has been "life changing for both me and Maggie - it has changed her life so much and seeing Maggie grow in confidence has been amazing."



## Friends and Family Training

Do you, or do you know anyone who supports someone with sight loss? Have you ever felt awkward when speaking or trying to guide someone with sight loss safely?

Guide Dogs can offer free sight loss awareness and sighted guiding training to people who support people with sight loss. This training can make all the difference to someone with sight loss but also to the person guiding.

Helen has worked in sight loss for many years, however, she received Friends and Family Training from Guide Dogs and says "it was common sense friendly training but I needed someone to show and tell me so I appreciated the other persons' world, and what they needed to know to make them feel safer. It was so enlightening. Although I used this for work, it was a life skill I used within my own family which became invaluable as my grandma started to lose her sight."

If you would like to find out more about **My Guide** or the **Friends and Family Training** service or volunteering, please visit [www.guidedogs.org.uk/myguide](http://www.guidedogs.org.uk/myguide), phone 0345 143 0217 or email [peterborough@guidedogs.org.uk](mailto:peterborough@guidedogs.org.uk).

# How you can help us make a difference

Christmas may seem to be a faint memory now, but this is our first opportunity to thank everyone who supported The Big Christmas Cheer during the festive season.

We had some generous donations thanks to our readers of this magazine, along with support from local community groups, organisations and volunteers. We raised nearly £2,500 which will enable us to help even more carers in the future.

Last year, because of the donations and funding we received, we were able to offer a range of support for carers of all ages, across the region. It meant we could host regular family carers hubs, providing opportunities for carers to share concerns or seek information, advice and guidance - or just a listening ear. And for young carers, we could offer them the chance to go on day trips and outings with family or friends, giving them the opportunity to just enjoy being a child.

Like every charity, any donations we receive make all the difference. Please do get in touch if you would like to show your support either through a one-off donation or a fundraising challenge and we'll make it as easy as possible.

Contact Kate Bement:

T: 01480 499090

E: [engagement@carerstrustcpn.org](mailto:engagement@carerstrustcpn.org)



# Ever considered our Day Clubs for older people?

**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?**

Our 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  
£6.50 per day to cover food & refreshments.
- **Chaplin's Close, Fulbourn**  
Mondays 10am-3pm  
Tuesdays 9.30 am-2.30pm  
£35.50 per day including lunch & refreshments.
- **Emmerich Court, King's Lynn**  
Tuesdays 9.30am-2pm  
£35.00 per day including lunch & 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](mailto:homecare@carerstrustcpn.org)

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



# Empowering People at End of Life

Come along for free workshops and discussions



Making sure that family, friends and any medical staff know what is important can help you have a good death or support someone to achieve this for themselves.

Cambridgeshire Partnership Boards will be hosting a free event with a key note speech from Doctor Philip Hartropp, a retired Cambridgeshire GP, who works hard to improve care for people and their families at the end of life.

As a carer you may be supporting someone you care for to make their own end of life decisions. Alternatively, you may be making your own end of life plan, including how to make sure the person you care for has the help they need after you have died.

The event includes workshops and discussions about:

## **Power of Attorney Leeds Day Solicitors**

This is a legal document that lets you appoint one or more people to make decisions on your behalf if you are not able to make these decisions yourself.

## **The Mental Capacity Act**

This law protects people who may not have the mental capacity or understanding to make their own decisions about their care and treatment.

**27 March 2019**

**10am to 4pm**

**Registration from 9.30am**

**Burgess Hall, Westwood Road, St Ives  
Cambridgeshire, PE27 6WU**

**Free workshops and discussions to help make decisions about your end of life care or support someone else with their choices.**

**Booking essential.**

## **Safe and Secure Thera Trust**

Making sure that support is in place for the person you care for after you have died. This was developed for carers of people with learning disabilities but would help many carers.

## **Supporting someone at the end of their life Skills for Care**

There will be an information marketplace with stalls from different local health and care organisations.

Refreshments will be served throughout the day by Turtle Dove Cambridge and lunch will be provided.

Speech-to-Text Reporting and British Sign Language Interpreters available.

Entrance is free, but you must book your place in advance.

Event hosted by Cambridgeshire Partnership Boards, supported by Healthwatch Cambridgeshire and Peterborough.

**healthwatch**  
Cambridgeshire

**healthwatch**  
Peterborough

**To book your place, contact Debbie Drew at Healthwatch.**

**Tel: 0330 355 1285**

**Text: 07520 635176**

**Email: [debbie.drew@healthwatchcambspboro.co.uk](mailto:debbie.drew@healthwatchcambspboro.co.uk)**

**Web: [www.healthwatchcambridgeshire.co.uk/endoflife-2019](http://www.healthwatchcambridgeshire.co.uk/endoflife-2019)**



# NHS Continuing Healthcare

NHS Continuing Healthcare is a package of on-going care funded solely by the NHS for individuals whose needs have arisen as a result of accident, illness, injury or disability. They have a primary health need as set out within the National Framework for NHS Continuing Healthcare and Funded Nursing Care (2018).

Eligibility is not based on diagnosis, setting, presence of other NHS Services or who provides the care. It is an evidence based process completed with the individual and/or their representative.

An individual must give consent; which includes permission to share information between health and social care for the NHS Continuing Healthcare (NHS CHC) process. The professional completing the process will make a best interest decision whether to continue. Where individual's whose illness or disability affects their ability to give consent, this will be with the individual's representative. Where appropriate they may arrange an advocate.

The Clinical Commissioning Group (CCG); upon receipt of a positive NHS CHC Checklist will organise a Multidisciplinary Team (MDT) meeting, this is led by a nurse assessor.

The MDT includes key professionals and those involved in delivery of daily care. The minimum membership of an MDT is either two healthcare professionals from different healthcare backgrounds (e.g. a Nurse and Occupational Therapist) or a Health and Social Care Worker.

The MDT, with input from the individual or their representative, will complete the NHS Continuing Healthcare Decision Support Tool (DST). The MDT uses evidence from professional reports, assessments or care plans, often collected before the MDT. Where there is a family member or an unpaid carer their views will be included. It is useful for informal carers to keep a record of the care they provide as well as any challenges faced in delivering this.

The DST has twelve domains; communication, psychological and emotional, cognition, behaviour, drug therapies and symptom control, altered states of consciousness. The last domain covers areas that are not described in the previous 11.

The MDT with the individual/ representative will discuss each domain and describe

the individual's needs, based on evidence available. Evidence from informal carers may be verbal and should be included, along with the individual's views.

The scoring range of the domains include priority, severe, high, moderate low and no needs.

Once all domains are complete, the levels chosen are recorded on to a matrix. Breathing, Behaviour, Drug Therapies and Medication have a range of levels (priority, severe, high, moderate low and no needs). Altered States of Consciousness has (priority, high, moderate, low and no needs). The remaining domains run from severe to no needs. Selection of priority in one of the domains where this is possible, when combined with the final stage as described below may indicate the individual is eligible for NHS CHC.

The final stage of the DST is the primary health needs test; completed only by the professionals. The primary health needs test has four characteristics: Nature; Intensity; Complexity and Unpredictability. Each characteristic looks at different aspects of the quality and quantity of care the person needs, factoring in skills and whether continuous re-evaluation is

## Second stage of the NHS continuing healthcare assessment: Decision Support Tool (DST)



required. The MDT will then make the recommendation on eligibility for NHS CHC.

Where an individual is not eligible for NHS CHC but has health needs, the MDT will discuss options and services for meeting them.

Where the individual is entering a Nursing Home they will have their presenting needs reviewed to ascertain their eligibility for Funded Nursing Care (FNC), this is the financial contribution paid by the CCG to cover the costs of a registered nurse employed by a nursing home. Once an MDT has made its recommendation, the CCG will make the decision on eligibility for NHS CHC. The CCG will notify the individual or their representative of their decision in writing. The letter advises individuals how to proceed if they are unhappy with the outcome.

### **The Care Needs Test**

Nationally it is recognised that hospital is not the best place for decisions to be made around individuals' long-term needs.

In recognition of this, NHS England in partnership with Local Government, have implemented discharge to assess models. In Cambridgeshire and Peterborough, the model introduced is the Care Needs Test.

The Care Needs Test is operational in Addenbrooke's, Hinchingbrooke and Peterborough Hospitals. Not all patients will require this to be completed, it is for individuals with complex health needs, who no longer require inpatient treatment and are safe to leave hospital.

Where an individual has the Care Needs Test, the CCG may fund their care and support for up to 28 days either in their own home, a nursing or residential home.

Individuals identified as having social care needs rather than health, will have their discharge arranged by Peterborough City Council or Cambridgeshire County Council. Services provided by the Council, will be subject to a financial assessment; to determine the individuals' financial contribution towards their

care. Delivery of services, may be in the individuals' own home, residential or a nursing home; and will be subject to review. If a person's needs have changed and are deemed to be health related, assessment for NHS CHC may be considered and undertaken where appropriate.

Individuals discharged on the Care Needs Test pathway will have their eligibility for NHS CHC considered. The NHS CHC Checklist will be done approximately 14 days post discharge, and if it is appropriate the NHS CHC DST will be undertaken around day 21; but no later than day 23. The CCG upon receipt of the completed DST will make the decision on eligibility, so that by day 28 longer term care needs can be met by the appropriate organisation health or social care.



Age UK Cambridgeshire and Peterborough offer a number of **Friendship Clubs**, in and around the Peterborough area and Wisbech, with more clubs currently in development across Cambridgeshire. Most of the clubs meet once a week offering a place to enjoy others' company, some have a home cooked meal - some offer tea and biscuits, as well as access to information and advice and other community activities such as day trips and outings. The clubs can help support carers; either an older carer can join a club and have some time for him/herself once a week and enjoy relaxed company, or perhaps an older person requiring care may like to join one of our clubs (with or without the carer attending). Contact us to discuss what support we can offer. Phone 01733 352213 or email [friendshipclubs@ageukcap.org.uk](mailto:friendshipclubs@ageukcap.org.uk).

Age UK Cambridgeshire and Peterborough also have **Day Services** in Wisbech, Chatteris, Huntingdon, Peterborough and Cambridge, operating on various days of the week, offering a hot meal, entertainment and activities. Contact 0300 666 9860 or email [dayclubs@ageukcap.org.uk](mailto:dayclubs@ageukcap.org.uk).

Their **Information and Advice Service** is free, independent, impartial and confidential. They offer information and advice to all people aged 60 or over and their carers on a variety of topics including welfare benefit entitlements; family and personal health and disability; housing including residential care; transport/blue badges; employment and leisure activities. Call 0300 666 9860 or email [infoandadvice@ageukcap.org.uk](mailto:infoandadvice@ageukcap.org.uk).

For residents living in East Cambridgeshire, Fenland and Huntingdonshire, they can provide extra support for older people when most needed; particularly when experiencing a difficult period, such as a bereavement, ill health, financial worries, housing concerns, or perhaps negotiating around complex statutory situations. Contact the **Visiting Support Service for Older People** on 01354 776110 or email [vssop@ageukcap.org.uk](mailto:vssop@ageukcap.org.uk).


Age UK Cambridgeshire and Peterborough supports carers by providing practical help, giving carers more time. They can help with housework and general garden maintenance. They also have a handyman service that can install grab rails and carry out many other small jobs around the home. Contact 0300 666 9860 or email [infoandadvice@ageukcap.org.uk](mailto:infoandadvice@ageukcap.org.uk).

## 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.](#)



# Benefits of exercise

Love To Move is a chair-based age and dementia friendly cognitive enhancement programme, developed by British Gymnastics Foundation

Also see page 31.

Love to Move is specially designed to get older people moving and functioning better. The programme achieves this by carefully integrating the use of gymnastic foundation skills, cognitive stimulation and social interaction activities, all carried out to music.

Components of Love to Move are based on bilaterally asymmetrical movement patterns. These are understood to benefit older people and those living with **dementia, Parkinson's and other forms of cognitive impairment**, by enabling the left side and right side of the brain to process information independently, thus improving cognitive function, coordination and the ability to carry out activities of daily living more independently.

Above all, the programme is fun! One participant has said that it brings her "One hour of wonderfulness each week!"

"The Programme has a demonstrable benefit in the physical, emotional and cognitive aspects of older people and those older people having mild to advanced forms of dementia appear to benefit the most."<sup>1</sup> Research conducted by Age UK, June 2016.

**PARKINSON'S LOVE TO MOVE** Huntingdon

A fun movement programme to music specially adapted for those living with Parkinson's.

Physical, emotional & cognitive benefits designed to get you moving more and having fun.

Love to Move is the first cognitive enhancement exercise programme of its kind in the UK, based on scientific research carried out by Age UK. Demonstrable benefits in the physical, emotional and cognitive aspects of older people especially those living with Dementia and Parkinson's.

**In the Main Hall, Huntingdon Methodist Church, 17 High Street, Huntingdon, PE29 3TJ**

Thursday afternoons 1.30pm-3.30pm

For more info: Kim Hall 07715 081402  
Kim.hall@britishgymnasticsfoundation.org

**LOVE TO MOVE** Brampton

A fun, age & dementia friendly seated movement programme to music.

Physical, emotional & cognitive benefits designed to get you moving more and having fun.

Love to Move is the first cognitive enhancement exercise programme of its kind in the UK, based on scientific research carried out by Age UK. Demonstrable benefits in the physical, emotional and cognitive aspects of older people especially those living with Dementia.

**Brampton Memorial Centre, Thrapston Road, Brampton, PE28 4TB**

Wednesday mornings 10.30am-12pm  
except the 1st Wednesday of each month

For more info: Jane Thomas 07731 097236  
jane.thomas@britishgymnasticsfoundation.org

**LOVE TO MOVE** Huntingdon

A fun, age & dementia friendly seated movement programme to music.

Physical, emotional & cognitive benefits designed to get you moving more and having fun.

Love to Move is the first cognitive enhancement exercise programme of its kind in the UK, based on scientific research carried out by Age UK. Demonstrable benefits in the physical, emotional and cognitive aspects of older people especially those living with Dementia.

**In the Main Hall, Huntingdon Methodist Church, 17 High Street, Huntingdon, PE29 3TJ**

Tuesday mornings 10am-12pm

For more info: Sarah Jane Greenstock 07712 658001  
sj-performing-arts@hotmail.co.uk



# The Cambridgeshire Partnership Boards in action

The Partnership Boards continue to be busy engaging with the County Council to improve social care services.

There are four Partnership Boards, the:

- Carers' Partnership Board
- Learning Disability Partnership Board
- Older People's Partnership Board
- Physical Disability and Sensory Impairment Partnership Board, and
- a Wheelchair User Forum.

## What have they been discussing with the County Council?

The Carers' Partnership Board has been looking at NHS Continuing Health Care. This is where care is arranged and funded solely by the NHS for people with disabilities or complex medical health conditions. There have been concerns about delays in service delivery. Both Cambridgeshire County Council and the Clinical Commissioning Group attended meetings to tell the Board about how they are taking steps to improve the service.

The Learning Disability Partnership Board has looked at the issue of housing. They had a presentation from the Specialist Housing Advisors who provide information about housing, help in applying and moving, and housing adaptations. This helps people make the best choice for themselves and be prepared for the future.

The Older People's Partnership Board has looked at the Accessible Information Standard and had an update on the Falls Prevention Strategy.

The Physical Disability and Sensory Information Partnership Board was updated on the contracts for sensory services which aims to bring consistency across Cambridgeshire and Peterborough.

The Wheelchair Users' Forum is open to all wheelchair users and their carers. They have been talking with Cambridgeshire and Peterborough Clinical Commissioning Group about the implementation of the new wheelchair service.

## Could you be an Independent Member?

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

Healthwatch Cambridgeshire and Peterborough are recruiting new Independent Members for the following 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](mailto:graham.lewis@healthwatchcambspboro.org.uk)

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



# Arthur's Shed



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

Activities coming up include:

## **Every Tuesday afternoon**

2.00pm-5.00pm

Cambridge Men's shed

## **4th & 18th March and 1st & 15th April**

10am-12pm

Textiles crafts with Paula

## **19th March and 21st May**

11am-1pm

Air dried clay crafts with Pam

## **6th & 20th March and 3rd & 17th April**

1.30-3.00pm

Still life drawing with Helena

## **4 April**

11.00am-1.00pm

Easter Bunnies paper craft with Rosemary

## **5 April**

11.00am-1.00pm

Water Colour with Julia

## **25th April, 2nd & 9th May**

2.30-3.30pm

Tai Chi with Amanda

Please call Reception to book.

Suggested donation of £2 for all sessions.



Arthur Rank Hospice Charity

*making every moment count*

**Arthur Rank Hospice  
Cherry Hinton Road  
Shelford Bottom  
Cambridge CB22 3FB**



**Tel: 01223 675777**

**Web: [www.arhc.org.uk/arthurs-shed](http://www.arhc.org.uk/arthurs-shed)**

**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**

St George's, University of London, is running a study to find out if COPE-support works to improve carers' wellbeing and how well they cope with caring. They 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, you can find out more about COPE-support.

Visit the 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](mailto:rachel.harrison@cpft.nhs.uk) or Dorothy

O'Connor [dorothy.o'connor@cpft.nhs.uk](mailto: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](mailto: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).





# Community cancer care in Huntingdonshire

Find out about the team supporting people at every step of the way

In Huntingdonshire there has been a quiet revolution in cancer care. It began five years ago when a local oncology nurse, Gini Melesi, submitted a proposal to NHS England East to introduce a new system of support for local people coping with a cancer diagnosis.

Described simply, a nursing team now led by Karen Moseley, would support people from the point of diagnosis and continue that support until the individuals felt able to take back control of their lives.

They do this by undertaking home and workplace visits which stop unnecessary trips to the hospital; keeping people symptom free and avoiding unplanned admissions to hospital. Should someone need in-patient care, they get them home as quickly as possible.

Once treatment has ended the associated charity, run entirely by volunteers, offers a whole array of support in the areas of emotional wellbeing, nutrition and a return to exercise; all areas underpinned by evidence showing that these are proven to help people recover their health.

The people who are supported by choosing to use this care, report themselves to be delighted

to see their nurses, who, wherever possible, cover designated patches across Huntingdonshire. They say the nurse gets to know the whole family and is able to offer lots of support at the appropriate time from counselling to conferences and much more in between. People who work are enabled to stay at work because their nurses will, wherever possible, go to them saving them hours of otherwise lost time.

Cancer affects whole families and not just the person with the diagnosis. It can be a frightening time which can leave people feeling unsure about the future and sometimes coping with the consequences of treatment. Having a designated nurse who can unravel the mysteries of the NHS, reassure and offer treatment at home, makes it an easier path to navigate.

The work of the charity, established by the first patients of HCCN, provides after-care services which are offered by skilled people. They offer places to share concerns and worries, to gain help and to learn to laugh again. There are art classes, colour and makeup programmes, reflexology sessions, relaxation classes, seated yoga and guided exercise.

If you or someone you know, who uses a doctors surgery in Huntingdonshire, is diagnosed with cancer then they can have access to this service even if they have their treatment at a hospital other than Hinchingsbrooke. If you are not offered a referral then you can just ask to be referred by your GP or consultant or go direct and refer yourself. Amanda, their friendly Patient Liaison Manager, will be glad to take your call on 01480 416410 or you can email her at [aburridge@nhs.net](mailto:aburridge@nhs.net).

If you live outside their area but would like to take advantage of what the charity has to offer, please contact Amanda as above or Susan on 07738 208831 or email her at [susan@hccnthecharity.org](mailto:susan@hccnthecharity.org). They will be pleased to answer your questions.

*Pictured top left: HCCN Nursing team. Lead Nurse Karen is front row left.*





# 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 us:

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

Our 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 please contact the People Team  
Tel: 0345 241 0954  
Email: [volunteering@carerstrustcpn.org](mailto:volunteering@carerstrustcpn.org)



# Award winning Peterborough City Hospital supports carers

Staff fundraise to buy two more beds for carers to stay with their loved ones whilst in hospital

Staff at Peterborough City Hospital have raised money to buy two new portable folding beds for wards. Each ward at Peterborough City Hospital has folding beds which enable carers to stay with the people they care for in hospital. This is particularly important for patients with dementia who can become very anxious without their carer.

North West Anglia Foundation Trust, which runs Peterborough City Hospital, is signed up to John's Campaign which promotes the right for carers to stay with people with dementia in hospital. The Trust has two John's Campaign Ambassadors, promotes open visiting for carers and recognises that having a carer present can improve the quality of care.

Each fold out bed needs to meet specific standards and costs £740. Staff at the hospital baked and sold lots of cakes to raise enough money. They are also able to buy a further bed with a generous donation from a carer who was grateful for the opportunity to stay with his wife in hospital.

Teresa Jude, Carers Advisor at the Trust, said: "We're delighted that this fundraising means we can get more beds to enable carers to be able stay at the hospital. We know that carers are usually experts in a patient's personal care, so they can improve their experience during their stay at hospital. We have had great feedback on the beds; one carer commented that they were more comfortable than her own bed at home!"



**Fri 1** **Girton** Cambridge South Rotary Club Memory Café 10am-12pm (p 30).  
**Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 32).  
**Ely** CPFT Dementia Friday Club 2pm-4pm (p 33).

**Sat 2** **Little Paxton** Simply Saturday 12.30pm-2.30pm (p 38).

**Mon 4** **Histon** Pinpoint ADHD/ASD Parent Group Early Years Centre, New School Road CB24 9LL 10am-12pm (p 28).  
**St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 31).

**Tue 5** **Huntingdon** Love to Move 10am-12pm (p 13).  
**Huntingdon** Pinpoint ADHD/ASD Parent Group Hunts Forum, The Maple Centre, 6 Oak Tree Drive PE29 7HN (sat nav ref: PE29 7LB) 10am-12pm (p 28).  
**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 10.30am-12pm (p 32).  
**Wisbech** Parkinson's & MS Get-Together Tesco Community Space, Tesco Store, Cromwell Road PE14 0RG 10.30am-12.30pm.  
**Cambridge - Milton** Parkinson's Bring & Share Lunch 12.15pm-3pm (p 35).  
**Fordham** CPFT Dementia Carers Lunch 12.30pm-2.30pm (p 33).  
**Cambridge** CPFT Dementia Friendly Drop-In 2.30pm-4pm (p 33).  
**Cambridge** Borderline Personality Disorder Carer's Support Group 7pm-9pm (p 38).

**Wed 6** **Brampton** Brampton Reconnect Social Group - Guide Dog presentation 10am-12pm (p 34).  
**March** Parkinson's Support Group 10.30am-12.30pm (p 35).  
**Ramsey** Alzheimer's Society Dementia Café Rainbow Surgery, Stocking Fen Road PE26 1SA 10am-12pm (p 32).  
**St Ives** Parkinson's Support Group 2pm-4pm (p 35).  
**Cambridge** Making Space Cambridgeshire Carers Support Service Meadows Community Centre, 1 St Catharine's Road CB43XJ 7.30pm-9pm (p 37).  
**Huntingdon** Rethink Carer Support Group 7.30pm-9.30pm (p 38).

**Thur 7** **Yaxley** Time for Tea Memory Café 10.30am-12pm (p 33).

**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 13).  
**March** Breathe Easy Fenland Support Group 2pm-4pm (p 39).  
**Peterborough** CT CPN Family Carers Hub - Aromatherapy Lapwing Apartments, Orton Brimbles PE2 5YR 2.30pm-4.30pm (p 29).

**Fri 8** **Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 32).

**Mon 11** **St Ives** Memory Lane Singing Café Crossways Christian Centre, 29A Ramsey Road PE27 3TB 10am-12pm.  
**Sawtry** Chatterbox Family Carers Drop-In 2pm-4pm (p 29).

**Tue 12** **Burwell** Burwell Drop-In Trinity Church, High Street CB25 0HD 10am-12pm (p 30).  
**Huntingdon** CT CPN Family Carers Hub - Norris Museum- Law and Order Huntingdon Library, Meeting Room 2, Princes Street PE29 3PA 10am-12pm (p 12).  
**Huntingdon** Love to Move 10am-12pm (p 13).  
**Whittlesey** Alzheimer's Society Dementia Café Whittlesey Methodist and United Reformed Church, Queen Street PE7 1AY 10am-12pm (p 32).  
**Peterborough** Alzheimer's Society Open Carers Group Dementia Resource Centre 10.30am-12pm (p 32).

**Wed 13** **Brampton** Love to Move 10.30am-12pm (p 13).  
**Ramsey** Parkinson's Support Group 2pm-4pm (p 35).

**Thur 14** **Ely** Ely Dementia Group 10am-12pm (p 30).  
**Great Shelford** CT CPN Family Carers Hub - Homesight & free spectacle cleaning service David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).  
**Peterborough** Pinpoint ADHD/ASD Parent Group Family Voice, Goldhay Community Centre, 105 Paynels, Orton Goldhay PE2 5QP 10am-12pm (p 28).  
**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 13).

**Fri 15** **Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 32).  
**Ely** CPFT Dementia Friday Club 2pm-4pm (p 33).

**Mon 18** **St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 31).

**Ramsey** CT CPN Family Carers Hub - Talk from the Library Ramsey Library, 25 Great Whyte PE26 1HA 10am-1pm (p 12).

**St Neots** Parkinson's Support Group 2pm-4pm (p 35).

**St Ives** Young Onset Dementia Group 2.30pm-4pm (p 33).

**Tue 19 Huntingdon** Love to Move 10am-12pm (p 13).

**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 - 'Tax Care and Toy Boys' Meadows Community Centre, Garden Wing, 1 St Catharine's Road CB4 3XJ 10am-12.30pm (p 12).

**Peterborough** Alzheimer's Society Open Carers Group Dementia Resource Centre 10.30am-12pm (p 32).

**Ely** Parkinson's Support Group 'A hospital in Dhaka' £2 2.30pm-4.00pm (p 35).

**Wed 20 Brampton** Love to Move 10.30am-12pm (p 13).

**Wisbech** CT CPN Family Carers Hub - Aromatherapy The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am-1pm (p 12).

**Hail Weston** Rotary Club Carers Coffee Club 2.30pm-4pm (p 30).

**Thur 21 Burwell** Burwell Carers Group 9.15am-12.15pm (p 29).

**Wisbech** Alzheimer's Society Dementia Café Robert Hall Centre, St Augustines Road PE13 3AH 10am-12pm (p 32).

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

**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 13).

**Peterborough** Stanground Dementia Café Sue Ryder Stanground Café, 115 Central Square PE2 8RJ 2pm-3.30pm Tel: Penny Fisher 01733 350564.

**Fri 22 Great Shelford** Parkinson's Support Group 10.30am-1.30pm (p 35).

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

**Cambridge** C2 M.S. Carer's Club Arthur Rank Hospice, Cherry Hinton Road, Shelford Bottom, Cambridge CB22 3FB Lunch at Bistro (own cost) followed by craft session at Arthur's Shed. Contact Jackie as spaces are limited. £2.50 suggested donation. 1pm-3pm (p 36).

**Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 32).

**Mon 25 Peterborough** Think Autism - Social & Emotional Development Workshop 10am-11.45am (p 27).

**St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 31).

**Peterborough** Think Autism - Gender Differences Workshop 12.15pm-2pm (p 27).

**Sawtry** Chatterbox Family Carers Drop-In 2pm-4pm (p 29).

**Tue 26 Burwell** Burwell Drop-In Trinity Church, High Street CB25 0HD 10am-12pm (p 30).

**Ely** Alzheimer's Society Dementia Café Methodist Church, Chapel Street, Ely, CB6 1AD 10am-12pm (p 32).

**Huntingdon** Love to Move 10am-12pm (p 13).

**Peterborough** Alzheimer's Society Open Carers Group Dementia Resource Centre 10.30am-12pm (p 32).

**Wisbech** Breathe Easy Wisbech Support Group 1.30pm (p 39).

**Wed 27 Brampton** Love to Move 10.30am-12pm (p 13).

**St Ives** Healthwatch Empowering People at End of Life. Booking essential. 10am-4pm (p 9).

**Peterborough** PCVS Afternoon Tea - Direct Payments and PA register drop-in. A representative of Day Opportunities at City College will be attending to talk about how DP recipients may be able to access their services. Contact Karen Lawrence-Clarke 01733 342683 ext 110 karen.lawrence-clarke@pcvs.co.uk or www.pcvs.co.uk. 32-34 Cromwell Road PE1 2EA 1.30pm-3pm.

**Huntingdon** Rotary Club Memory Café 2.30pm-4.30pm (p 31).

**Cambridge** Rethink Carer Support Group 7.30pm-9.30pm (p 38).

**Thur 28 Ely** Ely Dementia Group 10am-12pm (p 30).

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

**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 13).

**Bottisham** Carers at the Café Red2Green Community Café & Garden, Lode Road CB25 9DL 2pm-3pm.

**Fri 29 Ely** CT CPN Family Carers Hub - Homesight & free spectacle cleaning service Larkfields Community Centre, High Barns CB7 4SB 10am-1pm (p 12).

**Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 32).

- Mon 1** **St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 31).  
**Cambridge** Arthur's Shed - Textile crafts with Paula 10am-12pm (p 15).
- Tue 2** **Huntingdon** Love to Move 10am-12pm (p 13).  
 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 10.30am-12pm (p 32).  
**Cambridge - Milton** Parkinson's Bring & Share Lunch 12.15pm-3pm (p 35).  
**Fordham** CPFT Dementia Carers Lunch 12.30pm-2.30pm (p 33).  
**Cambridge** CPFT Dementia Friendly Drop-In 2.30pm-4pm (p 33).  
**Cambridge** Borderline Personality Disorder Carer's Support Group 7pm-9pm (p 38).
- Wed 3** **Brampton** Brampton Reconnect Social Group - Huntingdon Ukulele Band 10am-12pm (p 34).  
**March** Parkinson's Support Group 10.30am-12.30pm (p 35).  
**Ramsey** Alzheimer's Society Dementia Café Rainbow Surgery, Stocking Fen Road PE26 1SA 10am-12pm (p 32).  
**Cambridge** Arthur's Shed - Still life drawing with Helena 1.30pm-3pm (p 15).  
**St Ives** Parkinson's Support Group 2pm-4pm (p 35).  
**Huntingdon** Rethink Carer Support Group 7.30pm-9.30pm (p 38).
- Thur 4** **Yaxley** Time for Tea Memory Café 10.30am-12pm (p 33).  
**Cambridge** Arthur's Shed - Easter Bunnies paper craft with Rosemary 11am-1pm (p 15).  
**March** Breathe Easy Fenland Support Group 2pm-4pm (p 39).  
**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 13).  
**Peterborough** CT CPN Family Carers Hub - Homesight & free spectacle cleaning service Lapwing Apartments, Orton Brimbles PE2 5YR 2.30pm-4.30pm (p 29).
- Fri 5** **Girton** Cambridge South Rotary Club Memory Café 10am-12pm (p 30).  
**Cambridge** C2 M.S. Carer's Club The Golden Lion, St Ives PE27 5AL Carer's Lunch (own cost). Contact Jackie in advance as we have only ten spaces for this event. 12.30pm-2.30pm (p 36).  
**Cambridge** Arthur's Shed - Water Colour with Julia 11am-1pm (p 15).
- Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 32).  
**Ely** CPFT Dementia Friday Club 2pm-4pm (p 33).
- Sat 6** **Little Paxton** Simply Saturday 12.30-2.30pm (p 38).
- Mon 8** **St Ives** Memory Lane Singing Café Crossways Christian Centre, 29A Ramsey Road PE27 3TB 10am-12pm.  
**Sawtry** Chatterbox Family Carers Drop-In 2pm-4pm (p 29).
- Tue 9** **Burwell** Burwell Drop-In Trinity Church, High Street CB25 0HD 10am-12pm (p 30).  
**Huntingdon** CT CPN Family Carers Hub - Everyone Health Falls Prevention Huntingdon Library, Meeting Room 2, Princes Street PE29 3PA 10am-12pm (p 12).  
**Huntingdon** Love to Move 10am-12pm (p 13).  
**Whittlesey** Alzheimer's Society Dementia Café Whittlesey Methodist and United Reformed Church, Queen Street PE7 1AY 10am-12pm (p 32).  
**Peterborough** Alzheimer's Society Open Carers Group Dementia Resource Centre 10.30am-12pm (p 32).
- Wed 10** **Brampton** Love to Move 10.30am-12pm (p 13).  
**Ramsey** Parkinson's Support Group 2pm-4pm (p 35).
- Thur 11** **Ely** Ely Dementia Group 10am-12pm (p 30).  
**Great Shelford** CT CPN Family Carers Hub David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).  
**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 13).
- Fri 12** **Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 32).
- Mon 15** **Cambridge** Arthur's Shed - Textile crafts with Paula 10am-12pm (p 15).  
**St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 31).  
**Ramsey** CT CPN Family Carers Hub - Everyone Health Falls Prevention Ramsey Library, 25 Great Whyte PE26 1HA 10am-1pm (p 12).  
**St Neots** Parkinson's Support Group 2pm-4pm (p 35).  
**St Ives** Young Onset Dementia Group 2.30pm-4pm (p 33).

- Tue 16** **Huntingdon** Love to Move 10am-12pm (p 13).  
**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 -  
Homesight & free spectacle cleaning service  
Meadows Community Centre, Garden Wing,  
1 St Catharine's Road CB4 3XJ 10am-12.30pm  
(p 12).  
**Peterborough** Alzheimer's Society Open Carers  
Group Dementia Resource Centre 10.30am-12pm  
(p 32).  
**Ely** Parkinson's Support Group 'Working at  
Newmarket Racecourse' £2 2.30pm-4.00pm  
(p 35).
- Wed 17** **Brampton** Love to Move 10.30am-12pm (p 13).  
**Wisbech** CT CPN Family Carers Hub - Care  
Network Wellbeing Session  
The Oasis Community & Children's Centre,  
St Michaels Avenue PE13 3NR 10am-1pm (p 12).  
**Cambridge** Arthur's Shed - Still life drawing with  
Helena 1.30pm-3pm (p 15).  
**Hail Weston** Rotary Club Carers Coffee Club  
2.30pm-4pm (p 30).
- Thur 18** **Wisbech** Alzheimer's Society Dementia Café  
Robert Hall Centre, St Augustines Road  
PE13 3AH 10am-12pm (p 32).  
**March** Alzheimer's Society Information Drop-in  
March Library, City Road, PE15 9LT  
10.30am-12.30pm (p 32).  
**Huntingdon** Parkinson's Love to Move  
1.30pm-3.30pm (p 13).  
**Peterborough** Stanground Dementia Café  
Sue Ryder Stanground Café, 115 Central Square  
PE2 8RJ 2pm-3.30pm Tel: Penny Fisher 01733  
350564.
- Tue 23** **Burwell** Burwell Drop-In Trinity Church,  
High Street CB25 0HD 10am-12pm (p 30).  
**Ely** Alzheimer's Society Dementia Café  
Methodist Church, Chapel Street, Ely, CB6 1AD  
10am-12pm (p 32).  
**Huntingdon** Love to Move 10am-12pm (p 13).  
**Huntingdon** Pinpoint ADHD/ASD Parent Group  
Hunts Forum, The Maple Centre, 6 Oak Tree Drive  
PE29 7HN (sat nav ref: PE29 7LB) 10am-12pm  
(p 28).  
**Peterborough** Alzheimer's Society Open Carers  
Group Dementia Resource Centre 10.30am-12pm  
(p 32).
- Wed 24** **Brampton** Love to Move 10.30am-12pm (p 13).  
**Huntingdon** Rotary Club Memory Café  
2.30pm-4.30pm (p 31).  
**Cambridge** Rethink Carer Support Group  
7.30pm-9.30pm (p 38).
- Thur 25** **Ely** Ely Dementia Group 10am-12pm (p 30).  
**Great Shelford** CT CPN Family Carers Hub  
David Rayner Building, Scotsdales,  
120 Cambridge Road CB22 5JT 10am-12pm  
(p 31).  
**Peterborough** Pinpoint ADHD/ASD Parent Group  
Family Voice, Goldhay Community Centre,  
105 Paynels, Orton Goldhay PE2 5QP  
10am-12pm (p 28).  
**Huntingdon** Parkinson's Love to Move  
1.30pm-3.30pm (p 13).  
**Bottisham** Carers at the Café Red2Green  
Community Café & Garden, Lode Road CB25 9DL  
2pm-3pm.  
**Cambridge** Arthur's Shed - Tai Chi with Amanda  
2.30pm-3.30pm (p 15).
- Fri 26** **Ely** CT CPN Family Carers Hub - Harmonica and  
Sing Larkfields Community Centre, High Barns  
CB7 4SB 10am-1pm (p 12).  
**Great Shelford** Parkinson's Support Group  
10.30am-1.30pm (p 35).  
**Ely** Pinpoint ADHD/ASD Parent Group  
East Cambs Child & Family Centre,  
Spring Meadow Infant & Nursery School,  
High Barns CB7 4RB 12.30pm-2.30pm (p 28).  
**Peterborough** Alzheimer's Society Open Minds  
Group Dementia Resource Centre 2pm-3.30pm  
(p 32).
- Mon 29** **Histon** Pinpoint ADHD/ASD Parent Group  
Early Years Centre, New School Road CB24 9LL  
10am-12pm (p 28).  
**St Ives** Love to Move & Norris Museum  
Reminiscence Group 10am-12pm (p 31).  
**Peterborough** Think Autism - Foundations for  
Successful Positive Guiding 10am-2pm (p 25).
- Tue 30** **Huntingdon** Love to Move 10am-12pm (p 13).  
**Peterborough** Alzheimer's Society Open Carers  
Group Dementia Resource Centre 10.30am-12pm  
(p 32).  
**Wisbech** Breathe Easy Wisbech Support Group  
1.30pm (p 39).

Please see our website for a full list of  
events, including some additional groups,  
which are not listed here.  
[www.carerstrustcpn.org](http://www.carerstrustcpn.org)

- Wed 1** **Brampton** Brampton Reconnect Social Group - Norris Museum "Down Memory Lane" 10am-12pm (p 34).  
**Ramsey** Alzheimer's Society Dementia Café Rainbow Surgery, Stocking Fen Road PE26 1SA 10am-12pm (p 32).  
**March** Parkinson's Support Group 10.30am-12.30pm (p 35).  
**St Ives** Parkinson's Support Group 2pm-4pm (p 35).  
**Huntingdon** Rethink Carer Support Group 7.30pm-9.30pm (p 38).
- Thur 2** **Yaxley** Time for Tea Memory Café 10.30am-12pm (p 33).  
**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 13).  
**March** Breathe Easy Fenland Support Group 2pm-4pm (p 39).  
**Cambridge** Arthur's Shed - Tai Chi with Amanda 2.30pm-3.30pm (p 15).
- Fri 3** **Girton** Cambridge South Rotary Club Memory Café 10am-12pm (p 30).  
**Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 32).  
**Peterborough** CT CPN Family Carers Hub - Harmonica and Sing Lapwing Apartments, Orton Brimbles PE2 5YR 2.30pm-4.30pm (p 29).
- Sat 4** **Little Paxton** Simply Saturday 12.30-2.30pm (p 38).
- Tue 7** **Huntingdon** Love to Move 10am-12pm (p 13).  
**Huntingdon** Pinpoint ADHD/ASD Parent Group Hunts Forum, The Maple Centre, 6 Oak Tree Drive PE29 7HN (sat nav ref: PE29 7LB) 10am-12pm (p 28).  
**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 10.30am-12pm (p 32).  
**Cambridge - Milton** Parkinson's Bring & Share Lunch 12.15pm-3pm (p 35).  
**Fordham** CPFT Dementia Carers Lunch 12.30pm-2.30pm (p 33).  
**Cambridge** CPFT Dementia Friendly Drop-In 2.30pm-4pm (p 33).  
**Cambridge** Borderline Personality Disorder Carer's Group 7pm-9pm (p 38).
- Wed 8** **Brampton** Love to Move 10.30am-12pm (p 13).  
**Ramsey** Parkinson's Support Group 2pm-4pm (p 35).
- Thur 9** **Ely** Ely Dementia Group 10am-12pm (p 30).  
**Great Shelford** CT CPN Family Carers Hub - Dancing with Filipa David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).  
**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 13).  
**Cambridge** Arthur's Shed - Tai Chi with Amanda 2.30pm-3.30pm (p 15).
- Fri 10** **Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 32).
- Mon 13** **St Ives** Memory Lane Singing Café Crossways Christian Centre, 29A Ramsey Road PE27 3TB 10am-12pm.  
**Sawtry** Chatterbox Family Carers Drop-In 2pm-4pm (p 29).
- Tue 14** **Burwell** Burwell Drop-In Trinity Church, High Street CB25 0HD 10am-12pm (p 30).  
**Huntingdon** CT CPN Family Carers Hub - Games & Quiz Huntingdon Library, Meeting Room 2, Princes Street PE29 3PA 10am-12pm (p 12).  
**Huntingdon** Love to Move 10am-12pm (p 13).  
**Whittlesey** Alzheimer's Society Dementia Café Whittlesey Methodist and United Reformed Church, Queen Street PE7 1AY 10am-12pm (p 32).  
**Peterborough** Alzheimer's Society Open Carers Group Dementia Resource Centre 10.30am-12pm (p 32).
- Wed 15** **Brampton** Love to Move 10.30am-12pm (p 13).  
**Hail Weston** Rotary Club Carers Coffee Club 2.30pm-4pm (p 30).
- Thur 16** **Burwell** Burwell Carers Group 9.15am-12.15pm (p 29).  
**Peterborough** Pinpoint ADHD/ASD Parent Group Family Voice, Goldhay Community Centre, 105 Paynels, Orton Goldhay PE2 5QP 10am-12pm (p 28).  
**Wisbech** Alzheimer's Society Dementia Café Robert Hall Centre, St Augustines Road PE13 3AH 10am-12pm (p 32).  
**March** Alzheimer's Society Information Drop-in March Library, City Road, PE15 9LT 10.30am-12.30pm (p 32).  
**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 13).  
**Peterborough** Stanground Dementia Café Sue Ryder Stanground Café, 115 Central Square PE2 8RJ 2pm-3.30pm Tel: Penny Fisher 01733 350564.

**Fri 17 Ely** Pinpoint ADHD/ASD Parent Group  
East Cambs Child & Family Centre,  
Spring Meadow Infant & Nursery School,  
High Barns CB7 4RB 12.30pm-2.30pm (p 28).  
**Peterborough Alzheimer's Society Open Minds  
Group** Dementia Resource Centre 2pm-3.30pm  
(p 32).  
**Ely CPFT Dementia Friday Club** 2pm-4pm (p 33).

**Mon 20 Histon** Pinpoint ADHD/ASD Parent Group  
Early Years Centre, New School Road CB24 9LL  
10am-12pm (p 28).  
**St Ives Love to Move & Norris Museum  
Reminiscence Group** 10am-12pm (p 31).  
**Ramsey CT CPN Family Carers Hub - Harmonica  
and Sing** Ramsey Library, 25 Great Whyte  
PE26 1HA 10am-1pm (p 12).  
**Peterborough Think Autism - Reflections for  
Successful Positive Guiding** 10am-2pm (p 25).  
**St Neots Parkinson's Support Group** 2pm-4pm  
(p 35).  
**St Ives Young Onset Dementia Group**  
2.30pm-4pm (p 33).

**Tue 21 Huntingdon** Love to Move 10am-12pm (p 13).  
**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**  
Meadows Community Centre, Garden Wing,  
1 St Catharine's Road CB4 3XJ 10am-12.30pm  
(p 12).  
**Peterborough Alzheimer's Society Open Carers  
Group** Dementia Resource Centre 10.30am-12pm  
(p 32).  
**Cambridge Arthur's Shed - Air dried clay crafts  
with Pam** 11am-1pm (p 15).  
**Ely Parkinson's Support Group 'The life, times  
and memories of a Fen girl'** £2 2.30pm-4.00pm  
(p 35).

**Wed 22 Brampton** Love to Move 10.30am-12pm (p 13).  
**Wisbech CT CPN Family Carers Hub - Care  
Network Wellbeing Session 2**  
The Oasis Community & Children's Centre,  
St Michaels Avenue PE13 3NR 10am-1pm (p 12).  
**Cambridge C2 M.S. Carer's Club**  
Church of Good Shepherd Hall, Mansel Way,  
Arbury CB4 2ET Christians Against Poverty  
Workshop "How living on a low income impacts  
on daily life". £2.50 suggested donation.  
2.30pm-4.00pm (p 36).

**Thur 23 Cambridge** Pinpoint & Contact a Family  
Transitions event 10am-2pm (p 28).  
**Ely Ely Dementia Group** 10am-12pm (p 30).

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

**Huntingdon Parkinson's Love to Move**  
1.30pm-3.30pm (p 13).

**Bottisham Carers at the Café** Red2Green  
Community Café & Garden, Lode Road CB25 9DL  
2pm-3pm.

**Fri 24 Great Shelford Parkinson's Support Group**  
10.30am-1.30pm (p 35).  
**Peterborough Alzheimer's Society Open Minds  
Group** Dementia Resource Centre 2pm-3.30pm  
(p 32).

**Tue 28 Burwell Burwell Drop-In** Trinity Church,  
High Street CB25 0HD 10am-12pm (p 30).  
**Ely Alzheimer's Society Dementia Café**  
Methodist Church, Chapel Street, Ely, CB6 1AD  
10am-12pm (p 32).  
**Huntingdon Love to Move** 10am-12pm (p 13).  
**Peterborough Alzheimer's Society Open Carers  
Group** Dementia Resource Centre 10.30am-12pm  
(p 32).  
**Wisbech Breathe Easy Wisbech Support Group**  
1.30pm (p 39).

**Wed 29 Brampton Love to Move** 10.30am-12pm (p 13).  
**Huntingdon Rotary Club Memory Café**  
2.30pm-4.30pm (p 31).  
**Cambridge Rethink Carer Support Group**  
7.30pm-9.30pm (p 38).

**Thur 30 Huntingdon Parkinson's Love to Move**  
1.30pm-3.30pm (p 13).

**Fri 31 Ely** CT CPN Family Carers Hub - Harmonica and  
Sing Larkfields Community Centre, High Barns  
CB7 4SB 10am-1pm (p 12).  
**Peterborough Alzheimer's Society Open Minds  
Group** Dementia Resource Centre 2pm-3.30pm  
(p 32).

**We strongly advise you to call or email the  
organiser before attending any new group  
or event as details do change and we  
aren't always notified.**





# Young Carers and Young Adult Carers

## Young Carers Awareness Day #CareForMeToo

In aid of Young Carers Awareness Day 2019, Carers Trust Cambridgeshire, Peterborough, Norfolk joined forces with one of our further education partners; Peterborough Regional College and held a Mental Health and Wellbeing Clinic for family carers.

A number of local organisations attended the event to provide information, advice and guidance to family carers. Organisations included Rethink, Centre 33, Boots, Lush Cosmetics, Guide Dogs, Family Voice and Arts & Minds, amongst others.

The event was open to all college students with a specific focus on young adult carers and family carers. Peterborough Regional College runs a monthly coffee morning for young adult carers and family carers,

recognising the importance of peer support and extra support to help balance studying alongside caring.

38% of young carers report having a mental health problem, yet only half report receiving additional support from a member of staff at school.

Carers Trust Cambridgeshire, Peterborough, Norfolk recognise that young carers often experience stress because of their caring role so we partnered with YMCA to offer stress busting workshops on Young Carers Awareness Day. The workshops were delivered by YMCA in five secondary schools across Peterborough and Huntingdonshire.



## Giving Young Carers and Young Adult Carers a Voice

We are committed to raising awareness of the needs of family carers of all ages at every possible opportunity and we provide lots of different chances for carers of all ages to have their voices heard on both a local and national scale.

Here are just a few of the exciting projects some of our young carers and young adult carers have been involved with.

## Young Carers Festival Steering Group

If you've read previous issues of the magazine, you will have seen that for the past two years, we've been lucky enough to receive funding to take 30 young carers to the national Young Carers Festival and we are hoping to be able to go again this year.

This year, The Children's Society have recruited a group of young adult carers to help with the planning of the festival - directly influencing decisions such as the theme, activities on offer and which key professionals they would like to invite. One of our young adult carers is on this steering group and so is regularly making his way down to Southampton to join up with other young adult carers as part of the planning group.





## The latest news on our support for young carers and young adult carers in Cambridgeshire and Peterborough



### Department of Health Transitions Projects

We know that there are lots of challenges and issues with the transition from being a child into an adult but did you know that young adult carers are entitled to have an assessment of their needs as they are going through that transition stage?

Two of our young adult carers are involved in a Department of Health-funded national project being delivered by Carers Trust to look at ways in which to improve the support to young adult carers at this crucial stage.

### Young Carers in Schools Focus Group

We've worked with over 30 schools across Cambridgeshire and Peterborough to help them through the 'Young Carers in Schools' programme so they improve their ability to identify and support young carers.

Up until now, the programme has been limited to schools, but The Children's Society and Carers Trust have recruited some young adult carers to help them look at how the programme could expand, including potentially reaching out to colleges and universities. Two of our young adult carers are part of this working group.

### Young Carers Getting their voices heard

Young carers are sometimes missed when it comes to carers getting their voices heard around areas such as service design. We have been working with Peterborough City Council to help them create a survey to get as many different views from young carers as possible so that they could tell commissioners what support they feel is most important to them and their families.

### EU Blended Learning Network

In addition to all the exciting opportunities for young carers and young adult carers, our Operations Manager for Communities, Andy McGowan, has been appointed to an EU Blended Learning Network. The working group is made up of professionals from across the country to look at how best to provide support to young adult carers.

This is a project which isn't just involving professionals in this country, but it also linking up with five other European countries! Andy has also been appointed to a National Expert Panel for a PhD Study focusing on developing a new screening tool to help identify more young carers at an earlier stage.

**2019** | **Planning Sessions for Positive Guiding**

---

**29 APRIL** Foundations for Successful Positive Guiding

---

**20 MAY** Reflections for Successful Positive Guiding

---

**17 JUNE** Using Successful Positive Guiding to Set Child Objectives

A group planning session based in Peterborough from 10am - 2pm and a private coaching consultation each month to support parents raising children with autism

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

One off payment of £260 or  
£100 x 3 months

[www.thinkautism.co.uk](http://www.thinkautism.co.uk)

### Carers Trust Cambridgeshire, Peterborough, Norfolk Young Carers & Young Adult Carers

Tel: 01480 499090 or 0345 241 0954

Email: [referycyac@carerstrustcpn.org](mailto:referycyac@carerstrustcpn.org)

Web: [www.carerstrustcpn.org/support-for-carers/young-carers](http://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, they offer support through community based groups which run throughout the term in various community spaces across county. They also offer support for young carers preparing for a transition to secondary or further education.

Centre 33 have new community groups for our primary aged young carers in St Neots, Wisbech, Whittlesey and Trumpington.

They offer regular support in 30 secondary schools across Cambridgeshire; please visit their website to see what days they are in your schools.

## AGED 16-25?

If you are a carer aged 16-25, Centre 33 really want to hear from you. Please fill in their survey at [www.surveymonkey.co.uk/r/youngadultcarers](http://www.surveymonkey.co.uk/r/youngadultcarers).

You can also access the survey via the code below.



## CONTACT US

For further details about the support Centre 33 offer in secondary schools across Cambridgeshire, information about further support they offer and how to make a referral, please visit their website: [www.centre33.org.uk](http://www.centre33.org.uk) email us at [youngcarers@centre33.org.uk](mailto:youngcarers@centre33.org.uk) or call us on 0333 4141 809.

**Young Carers Project CAMBRIDGESHIRE**

Centre 33

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](mailto:youngcarers@centre33.org.uk)  
Phone us: **0333 4141 809**  
**@Centre33Camb**  
[www.centre33.org.uk](http://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. They 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. Membership is free.

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

A range of events, activities and days out for those they 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.

This is complimented 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](mailto:hello@spectrum.org.uk)

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

Facebook: [www.facebook.com/spectrumcio](http://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](mailto:help@centre33.org.uk)  
**TEXT:** 07514 783745  
**www.centre33.org.uk**  
 @Centre33Camb  
 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.

## WORKSHOPS

Napier Place, Orton Wistow, Peterborough, PE2 6XN

Think  Autism

<b>SOCIAL AND EMOTIONAL DEVELOPMENT</b> 10AM - 11.45AM	<b>GENDER DIFFERENCES</b> 12.15 - 2PM
---	--

25th March 2019 Lunch included on all day tickets

**Booking Information**

Elisa Ferriggi  
[elisa@thinkautism.co.uk](mailto:elisa@thinkautism.co.uk)  
[www.thinkautism.co.uk](http://www.thinkautism.co.uk)

**Parents**  
 1 Workshop £20  
 All Day Ticket £37

**Professionals**  
 1 Workshop £30  
 All Day Ticket £57

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](http://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 at [www.pinpoint-cambs.org.uk/help-cambridgeshire-parents/pinpoint-adhdasd-groups-for-parents/](http://www.pinpoint-cambs.org.uk/help-cambridgeshire-parents/pinpoint-adhdasd-groups-for-parents/).

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

## **Pinpoint Contact Details**

Tel: 01480 877333

Email: [info@pinpoint-cambs.org.uk](mailto:info@pinpoint-cambs.org.uk)

Web: [www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk)

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

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



## **Transitions event for parent carers of young people aged 14-25**

**23 May 2019  
10am-2pm**

**Orchard Park Community Centre  
Central Avenue  
Cambridge  
CB4 2EZ**

Transitions information event run by Pinpoint and Contact.

Come along for expert information and advice to help your young person with additional needs or disability.

Topics include:

- Mental Capacity Act
- Transferring to PIP benefit
- Wills and trusts.

Please contact Jackie to book your place

T: 01480 877333

E: [jackie@pinpoint-cambs.org.uk](mailto:jackie@pinpoint-cambs.org.uk)



## 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 Family Carer Co-ordinator.

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



Tel: 01480 499090

Email: [hello@carerstrustcpn.org](mailto: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.

The group meets on Thursday mornings (usually the third Thursday of the month) at Trinity Church, High Street, Burwell CB25 0HD from 9.15am to 12.15pm.

**21st March 2019**

**16th May 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](mailto:Communitysupport@ageukcap.org.uk)

or call: **07966 282723**

[www.ageukcap.org.uk](http://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**

**11th & 25th March**

**8th April (no drop-in on 22nd)**

**13th May (no drop-in on 27th)**

**10th & 24th June**

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.

The group meets 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](mailto:richarddehorsey@gmail.com)

Web: [www.rotary-ribi.org/clubs/homepage.php?ClubID=500](http://www.rotary-ribi.org/clubs/homepage.php?ClubID=500)



**Burwell  
Drop-In**

**Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month,  
10:00-12:00 at Trinity Church,  
High Street, Burwell CB25 0HD**

**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 Julie Day.

Tel: 01353 612369 or  
07968739406



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](mailto: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



**ON THE LAST WEDNESDAY OF EVERY MONTH**

2.30 pm to 4.30 pm

At Hartford Village Hall

in Main Street, Hartford, Huntingdon

(On guided bus route or service 1A -  
alight at bottom of Sapley Road)



**ALL WELCOME**

For further information phone 01480 417001 or  
email: [memorycafe@rotary-huntingdon.co.uk](mailto:memorycafe@rotary-huntingdon.co.uk)

## LOVE TO MOVE St Ives

A fun, age & dementia friendly seated movement  
programme to music.

Physical, emotional & cognitive benefits designed to get you  
moving more and having fun.



Love to Move is the first cognitive enhancement exercise programme of its kind in the UK, based on scientific research carried out by Age UK. Demonstratable benefits in the physical, emotional and cognitive aspects of older people especially those living with Dementia.

**Crossways Christian Centre, 29A Ramsey Road,  
St Ives, PE27 3TB**

**Monday mornings 10am-12.15pm  
except 2<sup>nd</sup> Monday of each month & Bank Holidays**

For more info: Kim Hall 07715 081402 or Jane Thomas 07731 097236  
[kim.hall@britishgymnasticsfoundation.org](mailto:kim.hall@britishgymnasticsfoundation.org)



Cambridgeshire  
Community  
Foundation



LOTTERY FUNDED



No need to book  
Free entry  
A welcome  
cuppa 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.

The group provides support for sufferers of low to medium dementia and their carers in a loving, respectful, and happy environment. It offers 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 there 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 availability to meet others in an informal relaxed setting.

## Become a Dementia Friend

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

Alzheimer's Society is powering the growing dementia movement for change and has already seen over 2.5 million people become Alzheimer's Society Dementia Friends across the UK.

To find your nearest Dementia Friend Information Session, visit [www.dementiafriends.org.uk](http://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](mailto:peterborough@alzheimers.org.uk)  
Open 9am-5pm Monday to Friday

## Cambridgeshire and Fenland contact

Tel: 01954 250322  
Email: [cambridgeshire@alzheimers.org.uk](mailto: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](mailto: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](mailto: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 4pm

For carers and people living with dementia. Volunteers from the Dementia Carers' Support Service will be there to welcome visitors. Refreshments served at the table.

Please call before attending to confirm times.

## **Dementia Carers Lunch 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 confirm times.

## **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.

Waiting list in place - please call to add your name. Not meeting 19th April or 3rd May.

## **Contact CPFT Dementia Carers' Support Service**

Tel: 01353 652092

Email: [dcss@cpft.nhs.uk](mailto: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 to Total Voice by your local adult social services.

Contact Total Voice for more details:

Helpline: 0300 222 5704

Email: [tvcp@voiceability.org](mailto:tvcp@voiceability.org)

Website: [www.totalvoicecp.org](http://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



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](mailto:manager@stneotsvwa.org.uk)

[www.stneotsvwa.org.uk](http://www.stneotsvwa.org.uk)

[www.facebook.com/groups/stneotsvwa](https://www.facebook.com/groups/stneotsvwa)

## Brampton Reconnect Social Group

First Wednesday in every month

10.00 to 12.00 at Brampton Memorial Centre  
Thrapston Road Brampton PE28 4TB

**Welcomes ALL people living with  
dementia & memory loss  
together with their Carers**

**Join our club!**

**Come along and see what it is all about  
and have a cuppa and cake**

**An event every month.**

6th March - Guide Dog Presentation

3rd April - Huntingdon Ukulele Band

1st May - Norris Museum - Down Memory Lane

Support Information available

**Questions? Phone Janet on 0770 2010594**

# PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.

Parkinson's UK offers information, friendship and support to local people with Parkinson's, their families and carers. They also organise regular events and social activities.

Join the groups to meet other people affected by Parkinson's in your area.

Please telephone or email to check dates are correct before attending.

## 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: [l Lowe@parkinsons.org.uk](mailto:l Lowe@parkinsons.org.uk)  
Web: [www.huntspsds.org.uk](http://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: [l Lowe@parkinsons.org.uk](mailto:l Lowe@parkinsons.org.uk)  
Web: [www.huntspsds.org.uk](http://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: [l Lowe@parkinsons.org.uk](mailto:l Lowe@parkinsons.org.uk)  
Web: [www.huntspsds.org.uk](http://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](mailto:jlowles3@gmail.com)

## March Support Group

First Wednesday of the month  
10.30am to 12.30pm  
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](mailto:ruthbrinkler@hotmail.com)  
Web: [parkinsons-peterborough.org.uk](http://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: Trish Carn 02223 363435

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 Farrow 01223 356433

Weekly Hydrotherapy, Yoga and Music therapy  
sessions - see website for further information.  
Web: [www.parkinsonscambridge.org.uk](http://www.parkinsonscambridge.org.uk)  
[www.facebook.com/parkinsonsukcambridge/](http://www.facebook.com/parkinsonsukcambridge/)

For general information about  
Parkinson's, please see the national  
Parkinson's website:  
[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

## CAMBRIDGESHIRE HEARING HELP

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 approximately 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 to arrange a visit.

Other free services include:

- NHS hearing aid batteries by post
- Hearing loss awareness-raising talks to community groups
- Lip-reading classes in Cambridge and signposting to other classes
- 'Living Well with Hearing Loss' workshops for those with a newly acquired hearing loss
- Peer support and 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](mailto:enquiries@cambridgeshirehearinghelp.org.uk)

Web: [www.cambridgeshirehearinghelp.org.uk](http://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](mailto:info@huntsblind.co.uk)




## **Multiple Sclerosis Carers Club**

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

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](mailto: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](http://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:

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

For more information, call Leannie on 01733 362990 or email [leannie.barlow@cpslmind.org.uk](mailto:leannie.barlow@cpslmind.org.uk)

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



**Fenland Over 65's Free Services**

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

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

Email: [fenland.support@circle.org.uk](mailto:fenland.support@circle.org.uk)  
Tel: 0300 004 0349  
Or request a callback on our website: [www.centragroup.org.uk/fopos](http://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](mailto:pauline.mansfield@makingspace.co.uk)

## Simply Saturday!

Food, company and activities on the first Saturday of every month (excluding August)

at St James Church, Little Paxton

We would welcome a £1 donation towards heating costs, etc.

**Bring and share lunch: 12.30pm**

**followed by activities from around 1.30pm**

**including games, quizzes, music, talks**

(Do come along for the activity time only if you wish)

**Activities for 2019 include:**

**March - Picture Quiz; April - Magician; June - Sandy Ukulele Group.**

For more information/details of future activities, please contact:

Helen Young 01480 216255  
or email [young\\_paxton@ntlworld.com](mailto:young_paxton@ntlworld.com)

Please let Helen know if you would like to come to the April or June meetings so we have an idea of numbers – thank you

## 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](mailto: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

Tuesday 12th Feb 2019  
Tuesday 5th March 2019  
Tuesday 2nd April 2019  
Tuesday 7th May 2019  
Tuesday 4th June 2019  
Tuesday 2nd July 2019  
Tuesday 6th August 2019



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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:amazingproducts@tiscali.co.uk)**

**Helpline 03000 030 555  
[blf.org.uk/helpline](http://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 1<sup>st</sup> 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](mailto:a60taxi@btinternet.com)

**Helpline 03000 030 555  
[blf.org.uk/helpline](http://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](mailto: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](mailto:huntsbreatheforlife@gmail.com)

Web: [www.huntsbreatheforlife.org](http://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](http://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 March 2019.**

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](mailto: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](mailto:hello@carerstrustcpn.org)



Web: [www.carerstrustcpn.org](http://www.carerstrustcpn.org)

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

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

**Charity Reg No. 1091522**

**Registered in England & Wales No. 4379948**



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

For information on the source of reference 1 please go to [www.carerstrustcpn.org/refs](http://www.carerstrustcpn.org/refs)