

# CAMBRIDGESHIRE & PETERBOROUGH

# carers

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

**Quarterly Magazine | Issue 15 | Summer 2019 - Jun • Jul • Aug Edition**



**Carers Week & Volunteers' Week | Peterborough GP Hub | Carers' Passports**

# Contents

From our CEO	2
Carers Week 2019 10-17 June	3-5
CareRooms	6
Device to monitor people with heart failure	7
Carers Passports	8
Peterborough GP Hub	9
HRH The Princess Royal raises awareness of the issues carers face	10
Ever considered our Day Clubs?	10
Phyllis	11
Family Carers Hubs	12
Age UK Cambridgeshire and Peterborough	12
Volunteers' Week	13
The Cambridgeshire Partnership Boards	14
Take a break with Deafblind UK	15
Services from Cambridgeshire Libraries	16
Love to Move	17
Are Men from Mars and Women from Venus?	18
Networking in Peterborough	19
Could you be a listening ear?	19
Brampton Good Neighbour Scheme	19
Events Calendar	20-25
Young Carers and Young Adult Carers	26
Centre 33	28
Pinpoint Parent Carers	30
Family Voice Peterborough	31
Support Adverts	32-43
What If? Plan	44

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## From our CEO

Welcome to the Summer edition of your Carers Magazine.

As this hits your doorsteps or inboxes, Carers Week 2019 will nearly be upon us. This year's theme is all about getting carers connected, not only to the support available to them, but to their communities too. There's plenty going on – take a look at pages three to five to see how you, a loved one, your school or organisation can get involved.

I cannot believe we are almost half way through the year. We have been busy here at Carers Trust Cambridgeshire, Peterborough, Norfolk planning for the coming months and years to make sure that we are doing all that we can to make caring easier for the 178,000 carers across the region. Thank you to all of those who have taken part in our consultations around our future plans - your input is vital to make sure that we are providing the support and services that will really make a difference to you.

You might remember that one of the areas we looked at was our charity brand and ways in which we can develop this. We will have some exciting news to reveal around this at our Pride in Our Carers Awards during Carers Week, so watch this space! It is always an exciting time of year as we prepare for the awards and have the opportunity to recognise the vital role of family carers and the people and organisations that support them.

Finally, I'd like to take the opportunity to thank our countless volunteers who support the charity in all of your many ways. I hope I get the chance to get together with some of you during Volunteers' Week to show how grateful we are for your on-going dedication to the charity and the carers that we support.

Miriam Martin  
Chief Executive Officer



# Carers Week 2019

## 10-17 June

Getting Carers Connected



Carers Week 2019 takes place from Monday 10th June to Sunday 16th June and is a national opportunity to help raise awareness of the vital role of family carers of all ages.

This year's theme is 'Getting Carers Connected' in their communities. This focuses on ensuring carers are:

- Connected to advice and information
- Connected to services and support that can help them where they are and when they need it
- Connected to family and friends
- Connected to others, including other carers
- Connected to technology.

Every year, Carers Trust Cambridgeshire, Peterborough, Norfolk take part in a range of activities and link with lots of different organisations in order to help promote Carers Week across our region. The focal point of the week is our 'Pride in our Carers Awards'.

This year, we will be focusing our work in Carers Week on four key areas that can help support carers to be better connected and better supported. These areas are:

1. Education
2. Health
3. Employment
4. Communities

At the time of writing, we are still finalising various activities, but we wanted to give you a flavour of some of the things we have planned. Do check our website and social media channels for the most up-to-date information.

If you would like us to come and speak with you about any of the projects or ideas below, or if you know of a school, health organisation or employer who might benefit from working with us, then do get in touch.

### Education

We know how important it is for young carers and young adult carers to be identified early on and supported. Schools, colleges and universities have a huge part to play in this.

We deliver awareness-raising sessions to schools across Huntingdonshire and Peterborough, as well as to colleges and universities across the whole county. We are also able to help them to work to models of best practice such as our 'Carer Friendly Tick Award' (see page 27) and the national 'Young Carers in Schools' programme.

On Wednesday of Carers Week, we will be delivering a young carers awareness-raising session for staff at Wheatfields Primary school in St Ives.

Following on from our successful 'Foot in the Door' campaign two-years ago, where we visited as many schools in Peterborough in one day to promote the support we are able to provide, we are going to be repeating this with Further Education colleges and universities across the county. We will be dropping in with information to remind them of the support that we are able to provide to Young Adult Carers.

### Health

Throughout Carers Week we will be linking up with Peterborough City Hospital, Hinchingbrooke Hospital and Addenbrooke's Hospital to help them with their awareness-raising activity within the hospitals.

We will be meeting with other health organisations across the county to help raise awareness of carers of all ages.

Our Awareness Team will be out and about visiting GP surgeries to remind them of the support we can provide. We will also be providing information on the new national NHS Quality Markers for GP Surgeries which is being launched in Carers Week. These will help surgeries to shape the way they identify and support carers and become more 'carer friendly'.



## Employers

The latest figures show that 600 carers a day are leaving employment because of their caring roles so it is vital to work with employers to help them to think about how they can identify and support carers within their workforce. This will be a key strand of our awareness work over the coming year. On Monday of Carers Week we will be meeting with a large employer in Cambridge to look at ways in which we can work with them around carer awareness and helping to introduce models of best practice around supporting carers in the workplace.

On the Wednesday, Arda a Family Carer Co-ordinator, will be attending an event for carers at HM Passport Office in Peterborough, the 2018 winner of the 'Carer Friendly Employer Award'.

More than  
**600**  
people give  
up work to  
**care**  
every day<sup>1</sup>

## Community

As well as linking up with Education, Health and Employers, working in partnership with other organisations and local communities is key in order to give carers as much support as possible.

One great example of a community working together to support carers is the **Brampton Good Neighbour Scheme (BGNS)**.

The objective of BGNS is to offer support to older people that relatives or friends would have provided if they lived nearby. The scheme offers company and over 15 services ranging from a sitting service to give carers relief, to providing benefits advice.

Peter Menczer, Chair of Village Hub and the Good Neighbour Scheme, said "There is ample evidence that the wellbeing of those receiving support and BGNS volunteers providing support is greatly improved. BGNS connects people into the community by linking them with other Village Hub organisations which focus on social and entertainment events. BGNS also link those requiring specialist support to third sector and public organisations."

See page 19 for more information about BGNS.

## Rotary Kids Day Out

Thanks to the generous support of St Neots St Mary's and Ramsey Rotary Clubs, we are taking a group of young carers to the 'Rotary Kids Day Out' at Wicksteed Park.

We have taken a group each year and the young people always have a great time, so we are looking forward to another fun day out, giving them a break from their caring responsibilities (pictured above right).

## Young Carers Assessment Team

Cambridgeshire County Council Young Carers Assessment Team is organising a series of events across Cambridgeshire in order to help raise awareness of young carers and the support available.

Organisations who support young carers will be there and there will be short workshops to help professionals and families learn more about the support available. The dates are as follows (*correct at the time of going to print*):

### Monday 10th June

10.00am-12.00pm  
Queen Mary Centre, Wisbech

### Tuesday 11th June

10.00am-12.00pm  
Ely (venue TBC)

### Thursday 13th June

12.30pm-2.30pm  
Huntingdon Youth Centre

Find out where we will be out and about during Carers Week



### **Friday 14th June**

12.30pm-2.30pm  
Cambourne (venue TBC)

To find out more information and specific details, email [tracy.spearing@cambridgeshire.gov.uk](mailto:tracy.spearing@cambridgeshire.gov.uk).

### **Carers Support in Girton**

We are working with Girton Town Charity to look at ways in which to introduce additional carer awareness, and support for carers within Girton. Ideas include linking with local businesses, the GP surgery and care homes in the area.

On Tuesday of Carers Week, we are organising an event at the brand new community centre, designed to bring together a range of local community organisations as well as carers, to help share information about the wide range of support that we are able to offer carers.

### **Carer Friends sessions**

We will also be delivering Carer Friends sessions across the county to help organisations understand more about who carers are and how they can support them within their roles, as well as the support that we provide.

Please get in touch if you would like a Carers Friend session for your organisation.

### **Parent Carers**

In order to provide respite for parent carers, we run numerous weekly groups for children with additional needs at Castle School in Cambridge as well as venues in Ely and St Neots.

On Saturday of Carers Week, members of our Communities Team will be popping along to these groups in order to be on hand to make parent carers aware of the variety of support that we are able to provide to them. This includes our Family Carers' Prescription, family carers hubs and Carers Magazine.

### **Family Carer Hubs**

In Carers Week, we will also have two of our Family Carer Hubs running as an opportunity for carers to come together, spend some time with other carers and receive support from our team.

**Tuesday 11th June**  
Huntingdon

**Thursday 13th June**  
Great Shelford

If you've never been along to a hub, why not take this opportunity to come and find out what they are all about?



**National Carers Week, June 10th—16th 2019**

**Service of  
Thanksgiving  
for Carers**

**Sunday 16th June, 3pm**

**St Mary's Parish Church,  
Burwell**

**Guest speaker to be announced**

**Followed by tea.**

**Everyone most welcome!**

**For further details please contact**  
**Sue Evans 01638 743688 or**  
**[sueevans1949@hotmail.com](mailto:sueevans1949@hotmail.com)**



# CareRooms

Find out more about the organisation and Archie who stayed with CareRooms recently

CareRooms are a community focused organisation who support people who have been either stuck in hospital, or those who require short-term respite and are looking for a homely, safe place to recover.

There's always a place for you, whether you've had elective surgery, a short stay in hospital or are a carer seeking a respite break. For your comfort and safety, Hosts are fully vetted, trained and supported to ensure they provide a great stay for their Guests. A CareRooms stay includes a well-appointed room with a private bathroom, three meals a day and access to our world-leading telecare service. A stay costs just £125 a night and we have a number of welcoming rooms across Cambridgeshire available now.

We are always looking for people in the local community who might wish to become a CareRooms Host, all people need is a spare room with access to a private bathroom and a warm, hospitable attitude. We'll help with everything else.

Communities are central to what CareRooms does and one of our goals is to reduce social isolation. To do this, we encourage Hosts, and Guests, to get together regularly and build friendships that last beyond the stay in a CareRoom.

Archie (pictured above left) lives in Cambridge with his wife Jenny. Jenny has advanced dementia and Archie has been her carer for the better part of a decade. Archie hadn't had a break in over 8 years and has spent his time caring for his wife at home, or out and about in the city. After such a long time, he was looking for a respite break to help him recharge and feel refreshed.

One of the challenges faced by Archie was the idea that he may end up a long way from home, unable to support the friend who volunteered to care for Jenny and that the cost may be prohibitive as he could only book with relatively short notice. Archie's original plan had been to find a local B&B, but he really wanted a more family feel to the environment and one that was less socially isolating.

Archie discovered CareRooms as he received a promotional flyer in the Carers Magazine. The flyer explained all the benefits of a CareRoom to Archie and what stood out was being able to stay in a well appointed, comfortable room in a community local to home. Archie chose a property just 30 minutes from his home, in a peaceful village location.

An Area Manager went to meet Archie and Jenny in their home, to have a chat to make sure a CareRoom was the right place for them.

Once some background information was taken and the Area Manager had got to know Archie's personality better, they were sure that the Host of the property Archie had chosen would be a great match. The Area Manager shared more information about the village and the room, as well as the Host and her family.

All of the conversations led to Archie deciding that yes, a CareRoom was exactly where he wanted to stay! The team set to work making sure that his booking was in place and worked closely with him to provide the flexibility required around the use of the in-room technology, as not all of it was relevant. Archie's friend, who was caring for Jenny, was given all the contact details just in case contact was needed. This gave real peace of mind to Archie. Once the room was booked and dates were confirmed, CareRooms provided the exact address and check-in/out times along with a guide to the area, making sure Archie got the opportunity to make the most of his time away.

Whilst staying in the CareRoom, Archie was fortunate enough to bump into some friends while on a walk he hadn't seen in over ten years. He was able to spend some time with them without worrying about having to rush home. Archie also took the opportunity to attend the village church on Sunday and was invited to have lunch with

# Device to monitor people with heart failure

the congregation, again without worrying about the need to rush.

Three daily meals and as many cups of tea as Archie could drink were all included and the menu had plenty of variety so something different could be had each day. The Host couldn't do too much; making sure Archie was comfortable and felt welcomed. The Hosts family also did all they could to make Archie feel at home and helped with learning about technology. Sitting on the terrace in the evening with a cup of tea felt safe and was a particular pleasure.

After his break, Archie felt energised and refreshed. Taking the time for himself and making sure he was able to perform at his best as a carer made life safer and more comfortable for Jenny. CareRooms stay in contact with Archie to check in and see how everything is going and we're hoping he'll have the opportunity to have a break again this summer.

When asked if he would recommend CareRooms service Archie responded, "I never thought of it as a service, it was sharing a little bit of human love. It was a little corner of heaven."

To hear more from Archie, you can watch a video from him at [CareRooms.com/Guests](https://www.careroots.com/Guests)

**If you would like to learn more about CareRooms please call 0333 121 2227 or visit [www.careroots.com](https://www.careroots.com).**

Having heart failure can be a disturbing and disabling experience which affects all aspects of life every day (and night) and can put substantial burden on families and relationships.

As it is mainly a disease of older people most patients struggle with other illnesses as well and often need home support and carers to help them cope.

Treatment involves daily weighing and usually at least three kinds of tablets which can be overwhelming and time consuming. Not knowing how the next day will be, together with the possibility of having to go to hospital because the condition can get worse any time, it puts enormous strain not only on patients but their carers too.

In order to facilitate the management of the condition at home, Carers Trust Cambridgeshire, Peterborough, Norfolk has partnered with Heartfelt Technologies Ltd, a medical device start-up company



based in Cambridge. They have developed an automatic camera system that monitors patients' feet when getting in and out of bed.

Peripheral oedema ("water in the feet") is an early warning sign of deterioration and can potentially be used to intervene in time and prevent worsening of the condition simply by adjusting the medication. The device is CE marked and already installed in a couple of patient's homes.

Heartfelt is now looking for patients who are willing to try the device at no cost in their homes in order to test the new system in real life settings under realistic circumstances. At this point there will be no change to standard care as the system works completely automatically; there is nothing the patient needs to do.

If you want to know more or are interested in helping, please get in touch with us or Heartfelt Tech. Ltd.

Melanie Gray - Deputy Chief Executive (CT CPN)  
Tel: 01480 49090  
Email: [melanie.gray@carerstrustcpn.org](mailto:melanie.gray@carerstrustcpn.org)

Heartfelt Tech. Ltd  
Tel: 01223 967250  
Email: [info@hftech.org](mailto:info@hftech.org)





# Carers' Passports

One small thing to make your life easier should your loved one be in hospital

Should your loved one have a stay in Peterborough City Hospital or Hinchingbrooke Hospital, you can obtain a Carers' Passport which will make things a little easier while you are visiting them.

North West Anglia NHS Foundation Trust launched Carers' Passports to help improve the support given to carers and standardise what is offered to them. They are in wards at the Manager's discretion.

The Passports help all staff to identify a patient's main carer. It is widely acknowledged that the carer has vast knowledge about the patient so should be consulted about their condition, behaviours, likes, dislikes, etc.

Going into hospital can be a frightening experience – particularly for elderly patients, people with dementia, and young people with long-term conditions or complex health needs. Staff value the presence of a patient's carer which often helps to settle them and has a positive effect on their recovery.

Carers' Passports also prevent carers from having to explain multiple times to different members of staff that they are a carer.

Carers' Passports have worked well in Trusts throughout the UK and are advocated by all the caring organisations. They enable better understanding and co-operation between the hospital staff and carers to improve patient care.

To obtain a Carers' Passport please contact:

## Peterborough City Hospital

- PALS Office
- Teresa Jude  
*Carers' Advisor*
- Alison Gray  
*Dementia Specialist Nurse*

## Hinchingbrooke Hospital

- Lily Nyirenda  
*Dementia Nurse*



## 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)





# Peterborough GP Hub

A GP-led evening and weekend seven day service



The Peterborough GP Hub is a GP-led evening and weekend seven day service, where local Doctors and nurses offer a range of services for all patients registered with a GP practice in Greater Peterborough and Wisbech.

The GP Hub is run by the Greater Peterborough Network (GPN), who work in partnership with the Cambridgeshire and Peterborough Clinical Commissioning Group (CCG) to provide an additional 150 hours of evening and weekend appointments. Clinics include GP, Minor Illness and Injury, Practice Nurse and Phlebotomy (Blood Tests).

The GP Hub works out of Boroughbury Medical Centre, Craig Street, PE1 2EJ.



This is not a walk in service, patients should phone their own GP surgery and ask for an appointment at the GP Hub. Alternatively, patients can request an appointment with a Doctor through the 'Book Appointment' page on the Greater Peterborough Network website.

Patients should speak to their GP practice's reception to find out more about booking appointments, alternatively visit [www.greaterpeterboroughgps.nhs.uk](http://www.greaterpeterboroughgps.nhs.uk), or find [Peterborough GP Hub on Facebook](#).

Patient feedback about the service has been very positive:

*Friendly staff, professional Doctors, clean environment, central location.*

*Reception staff amazing. Very polite.*

*Happy Saturday, when you have a such a lovely lady take your bloods.*

*Opening hours, availability of tests quick service easy to find.*

*Waiting time is at a minimum. Its good I can see a doctor in the evening.*

*Extremely useful service especially when you can't get an appointment at your own surgery.*

*Enabled me to be seen by a doctor quickly.*

*Hours are great, especially when you work in London, but live in Peterborough, as you can get appointments that are out of normal working hours and don't involve a day off.*

*Good service - I work until 5pm so this was fantastic.*

*Very convenient service especially for people working long hours, doctors, nurses and reception very friendly.*

*Easy access to parking (Brilliant) very efficient, not long to wait and very helpful and friendly. Absolutely recommended.*

## Can't get to your GP surgery during opening hours?

Ask your GP reception for an appointment at the GP Hub

Available to all registered patients of Greater Peterborough - 7 days a week

Monday to Friday: 6.30pm to 8.30pm  
Saturday: 9.00am to 5.00pm  
Sunday and Bank Holidays: 9.00am to 12.30pm



Find us on:  
**facebook.**



**Greater  
Peterborough  
GP Hub**

Boroughbury Medical Centre  
Craig Street Peterborough PE1 2EJ

This NHS Service is provided by Greater Peterborough Network Ltd, a company owned and run by local GPs.

## HRH The Princess Royal raises awareness of the issues carers face

Stuart Evans, Chair of Trustees at Carers Trust Cambridgeshire, Peterborough, Norfolk joined forces with Her Royal Highness The Princess Royal and distinguished guests at an annual event designed to raise awareness of the issues carers face and highlight the support that is available to them through the Carers Trust network.



Taking place at Mansion House, guests heard from Her Royal Highness The Princess Royal. As President of Carers Trust, she took the opportunity to express her pride at being involved with the charity since 1991, when people caring for others were scarcely recognised as a group requiring support. She was however, keen to emphasise that there is more to be done to make sure carers receive the help that they need. She went on to reflect that anyone can become a carer at any time and that people do not always see themselves as a carer and do not necessarily recognise their own needs.

Carers Trust Cambridgeshire, Peterborough, Norfolk are a local charity and network partner of Carers Trust, providing practical and emotional support to family carers of all ages and their families, as well as opportunities for respite from their caring role through homecare, family carers hubs and clubs.

For more information on how we can help or to make a donation, please call 01480 499090 or email [hello@carerstrustcpn.org](mailto:hello@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

# Phyllis

## Playing the part in improving older people's care



Healthwatch brought the award winning Women & Theatre company to Huntingdon to perform Phyllis. The play was funded by the local NHS and was an opportunity for members of the public and the people who make decisions about older people's services to talk.

The play follows the experiences of Phyllis, 80, when she falls on one of her daily visits to the shops. Phyllis had been managing at home with the help of her family. After her fall, she ends up in hospital and acquires an infection. The days become weeks.

Her family rush around to support her – this is hard. There is a night-time move to a stepdown bed – they don't know what a step down bed is. Phyllis is disorientated. The family struggle. They struggle to understand what is happening with Phyllis' care and who to talk to about it. Phyllis wishes she'd died when she fell in Morrisons.

There were tears, laughter and recognition from the 70 plus audience. The play was both funny and sad, with nuanced performances by the four-person cast.



### Helping people get home

There's lots of evidence to show that the longer a frail elderly person stays in hospital when they don't need to be there, the more strength and condition they lose. Someone who once lived independently may never be strong enough to live independently again.

In the workshop after the play, there were long conversations about preventing falls and tackling isolation for older people and how it's important for older people to keep connected to those around them, but with the challenges of public transport and modern lives, this isn't always easy.

Lots of people said that older people's care is fragmented and needs to work better.

The audience also talked about the challenges of the language used to describe different bits of the system, and how people don't always know who to talk to for help.

As one person put it, "You don't know what you don't know. When you are in hospital, you are already under pressure anyway, but then you cannot get hold of anybody."

### Why Healthwatch brought Phyllis here

Seeing someone's story close up makes it harder to ignore. Phyllis' story may be fiction, but the reality of it happens every day across the country. Getting the people who make decisions about these services into a room with the people who've experienced them is a great way to get good conversations happening about how to make the local system work better.

Healthwatch Cambridgeshire & Peterborough CEO, Sandie Smith said, "The learning that has come out of the conversations today will hopefully help to change the thinking around how care is provided for older people, particularly as they become frailer and near the end of their lives."

**healthwatch**  
Cambridgeshire

**healthwatch**  
Peterborough

### Have you got a story to share?

If you have an experience of older people's care and want to tell us about it, please get in touch with Healthwatch. Your ideas could help the people who make decisions about older people's services improve care.

Call: 0330 355 1285

Text: 07520 635176

Email: [enquiries@healthwatchcambspboro.co.uk](mailto:enquiries@healthwatchcambspboro.co.uk)

Web: [www.healthwatchcambridgeshire.co.uk](http://www.healthwatchcambridgeshire.co.uk) or  
[www.healthwatchpeterborough.co.uk](http://www.healthwatchpeterborough.co.uk)



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 handyperson 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 to access a Carer's Assessment
- Emergency and forward planning
- Refreshments.



Tel: 01480 499090 for more information.

See calendar for further information.



# Volunteers' Week

A chance to celebrate our many volunteers



The first week in June will once again see Carers Trust Cambridgeshire, Peterborough, Norfolk celebrate the many volunteers who support the charity in all of their countless different guises.

Volunteers' Week is a chance for charities across the country to not only say thank you to volunteers for their vital contribution, but to showcase the fantastic range of volunteering opportunities available to people of all ages and skill sets.

Here at Carers Trust Cambridgeshire, Peterborough, Norfolk volunteers have the opportunity to get involved and help make caring easier in a number of ways from helping out at local groups, family carers hubs and clubs for carers on a regular basis, to supporting the charity's fundraising efforts in our local community every now and again. No matter how much or little time our volunteers have to give, they are sure to make a big difference.

Dedicated supporter, Pat Strachan, volunteers regularly as part of our Listening Ear project, where she takes time to talk to carers on the telephone.

Volunteering with the charity has become an important part of Pat's life. She said, "I'm a volunteering addict, it's really satisfying and now I'm pleased to find out research shows it's good for you too! Working on the information line really brought home to me how important carers are and how the support people receive makes a huge difference but, also how tough and isolating it can be for carers.

"I started off doing administration tasks to support fundraising and have done a bit of fundraising myself, then I got involved in a couple of family carers hubs briefly - it can take some time to find the role that works for a volunteer and fits with other commitments."

Pat is pleased to have persevered and enjoys being able to help others:

"It's so rewarding to talk to people and maybe be a friendly voice that can make a difference to their day, to help them have some time to reflect on their situation, maybe offer some basic information or praise for what they are doing. It's also really nice to find out that so many people really value the chats - it seems such a small thing."

She would encourage anyone who is thinking of volunteering their time or supporting a charity to explore what's out there:

"Go for it! Follow an existing interest or find out more about the volunteering possibilities. Check out what is expected of volunteers and how much training and support you can expect. Maybe it'll take some time to find the role that works for you, but it's so worth it - offering rewarding contacts, new relationships and experiences."

## How can you help?

We are always looking for volunteers to join the Carers Trust Cambridgeshire, Peterborough, Norfolk team.

If you'd like to learn more about our volunteering opportunities or feel there is some other way that you could help to support the charity, then please get in touch by calling 01480 499090 or by emailing [volunteers@carerstrustcpn.org](mailto:volunteers@carerstrustcpn.org) for an informal chat and to answer any questions that you might have.





# The Cambridgeshire Partnership Boards in action

From looking at the use of technology in providing care to training opportunities for carers, the four Cambridgeshire Partnership Boards and the Wheelchair Forum have had a busy start to 2019.

The Partnership Boards have an important role to play in helping Cambridgeshire County Council make adult social care services work better for the people who use them.

Each Board is made up of Independent Members (volunteers), community organisations and health and social care services.

## What the Boards have done so far this year

The **Carers' Partnership Board** have talked with the Local Government Shared Service - better known as LGSS – about the training opportunities available to carers and personal assistants.

The **Learning Disability Partnership Board** invited the people who provide support to victims of sexual assault to their meeting. They helped look at how the service could be better for people with learning disabilities.

The **Older People's Partnership Board** found out how new technologies can be used to help people live independently and safely in their own homes.

The **Physical Disability and Sensory Information Partnership Board** learnt more about planning for new housing developments, particularly homes that can easily be adapted for disabled people. They also looked at the work of the Home Improvement Agency and how it can assist with home adaptations.

Our **Wheelchair Users' Forum** is a place where people can feed back their experiences of wheelchair services to help make them better. The Forum met with Cambridgeshire and Peterborough Clinical Commissioning Group (CCG) to look at the new wheelchair service in more detail. The new service will be provided by AJM Healthcare.

## Could you be an Independent Member?

We are recruiting new Independent Members for:

- Older People's Partnership Board
- Physical Disability and Sensory Impairment Partnership Board

We give training, support and pay out of pocket expenses.

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.co.uk](mailto:graham.lewis@healthwatchcambspboro.co.uk)

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





# Take a break with Deafblind UK

Caravan breaks for people with sight or hearing loss and their families



## **"I need a holiday" – how often do we say that, or hear friends and colleagues say it?**

It's true; you probably do need a holiday. Holidays have been proven to trigger genetic changes which dampen stress, boost the immune system and lower levels of proteins linked to dementia and depression. A summer getaway sounds like a no-brainer, but for people with care needs it's not always easy to have a break.

However, national charity Deafblind UK may have the answer. Their newly acquired self catering caravan in Hopton-on-Sea, Norfolk is suitable for those with sight and hearing loss and other care needs. With room to sleep six people, it is large enough to accommodate friends and family or carers or support workers if needed.

Clare Watson, Head of National Services said: "We meet people every day whose health condition makes daily life really difficult and sometimes physically draining. It's vitally important that people and their carers have somewhere safe and secure to get away to. Our caravan is somewhere that the whole family can enjoy."

The caravan is available to anyone who is in need of a break, for stays of up to one week at a time from as little as £72 a week.

The charity also has a caravan in Prestatyn, North Wales. One recent visitor told us, "We, as a family, had the most amazing holiday in the caravan. It meant we spent family time together which we struggle to do as throughout the year we are separated due to hospital stays.

"Having these breaks to look forward to is actually the only thing we have, if it wasn't for your charity we couldn't afford it as I can't work because I care for Maisie."

Experts from Deafblind UK have installed various items to make the caravan as easy to navigate as possible. "We have added a hearing loop in the lounge and dining area, and have installed an accessible TV which is set up with subtitles and easy to use by people with low vision.

"We have furnished it with as many highly contrasting colours as possible and used tactile markers to help people to identify switches and sockets.

"A 'Bellman' alerting system also gives visual and vibrating indicators when the doorbell, smoke alarm or carbon monoxide detector are activated," said Clare Watson.



The caravan is on the Haven Holiday Park in the coastal village of Hopton-on-Sea. This beautifully landscaped park has everything for the whole family to enjoy including swimming pools, play areas, bowling alley, golf course, bars and restaurants. It has direct access to the beach and is just a short drive from Great Yarmouth and Lowestoft.

**deafblinduk**

For more information or to book a stay in a Deafblind UK caravan, contact Deafblind UK on:

Tel: 0800 132230

Email: [caravan@deafblind.org.uk](mailto:caravan@deafblind.org.uk)

Web: <https://deafblind.org.uk/what-we-do/holidays/>

# Services from Cambridgeshire Libraries

Offering support for older people, disabled people and carers

## Safe+Well

Do you need help to stay independent in your home? Cambridgeshire Libraries offer free support to access the Safe+Well website, allowing you to choose living aid products to assist you.

Whether you are getting older, have recently been in hospital, have a disability or are caring for someone, they are there to help.

Book your free appointment at any of the following libraries: Cambridge Central, Cambourne, Ely, Huntingdon, March, St Ives, St Neots and Wisbech.  
Tel: 0345 045 5225

## Reading Well

Cambridgeshire Libraries offer special collections of books to help you understand long-term health conditions, dementia, mental health conditions for adults, and young people's mental health. These are free to borrow, and the scheme is endorsed by health professionals and people living with the conditions covered.

<https://reading-well.org.uk/books/books-on-prescription>

## Assisted Digital

Need to renew a bus pass or apply for a blue badge? Staff in Cambridgeshire Libraries can help you with the online form - just drop into the library to book an appointment!




**SAFE + WELL**

Whether you are getting older, have recently been in hospital, have a disability or are caring for someone. We're here to help.

## Do you need help in your home?

We offer **FREE** support to access the **SAFE +WELL** website and choose the right living aids products that can help you live more independently.

Please speak to a member of staff and book your free appointment today in any of the following libraries:

Cambridge Central	March
Cambourne	St Neots
Ely	St Ives
Huntingdon	Wisbech

Cambridgeshire Libraries | @cambslib | Cambridgeshire Libraries | **SAFE + WELL** | NRS | Cambridgeshire County Council | [www.cambridgeshire.gov.uk/library](http://www.cambridgeshire.gov.uk/library)

## Love to Move

**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.**

**It is a fun, age and dementia friendly seated movement programme to music. There are physical, emotional and cognitive benefits for those living with Dementia and Parkinson's and it is designed to get you moving more and having fun.**

**Mondays 10am-12.15pm (Dementia)  
except 2nd Monday of month & Bank Holidays**

Crossways Christian Centre,  
29A Ramsey Road, St Ives PE27 3TB  
Kim Hall on 07715 081402 or  
Jane Thomas on 07731 097236  
[kim.hall@britishgymnasticsfoundation.org](mailto:kim.hall@britishgymnasticsfoundation.org)

**Tuesdays 10am-12 noon (Dementia)**

Main Hall, Huntingdon Methodist Church,  
17 High Street, Huntingdon PE29 3TJ  
Sarah Jane Greenstock on 07712 658001  
[sj-performing-arts@hotmail.co.uk](mailto:sj-performing-arts@hotmail.co.uk)

**Wednesdays 10.30am-12 noon (Dementia)  
except the 1st Wednesday of month**

Brampton Memorial Centre,  
Thrapston Road, Brampton PE28 4TB  
Jane Thomas on 07731 097236  
[jane.thomas@britishgymnasticsfoundation.org](mailto:jane.thomas@britishgymnasticsfoundation.org)

**Thursdays 1.30-3.30pm (Parkinson's)**

Main Hall, Huntingdon Methodist Church,  
17 High Street, Huntingdon PE29 3TJ  
Kim Hall on 07715 08140  
[kim.hall@britishgymnasticsfoundation.org](mailto:kim.hall@britishgymnasticsfoundation.org)

Free entry - no need to book.  
Welcome cuppa provided.



**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).





# Are Men from Mars and Women from Venus?

How HCCN are using research to engage more men

At Hunts Community Cancer Network (HCCN) they don't have the answer, but they can add to the debate from their own experience.

HCCN's purpose is to support people managing a diagnosis of cancer to a place where they can take back control and feel themselves to be at the centre of their care. They work in the evidence-based areas of emotional wellbeing, exercise, and nutrition and offer support through a variety of programmes and activities. As they have monitored and evaluated the effectiveness of those programmes, they have observed that the take-up by men is much lower than they would have expected. Where male participation is highest, in exercise pursuits, they can see that relaxed time together combined with physical activity has built strong and enduring support networks.

Exploring the research, they know that more men than women are diagnosed with cancer and that men have to cope with the same emotional burdens as women as a consequence of that diagnosis. The incidence of cancer reporting is also higher later in life. The benefits of exercise and good nutrition do not seem to vary by gender. They tried to understand, therefore, why fewer men than women were taking up their offer.

Some factors were easy to identify; the charity and nursing team offering the service are

all women. Some cultural influences might also play a part. The traditional emphasis in early life was for boys not to cry, to be brave and strong, and strive to protect others. These influences are not always easy to set aside and may operate at a deep level within us. Other traditional factors are generally ascribed to women. As the traditional carers, they have often been drawn to supporting roles such as nursing and working with young children offering help in ways that generally work well for them.

Colleagues in academia, particularly at the Leeds Institute of Health Sciences, School of Medicine, University of Leeds, are starting to help HCCN understand that the way support is offered is a key determining factor in its acceptance. Research is ongoing, however, they felt they had sufficient information to make a start.

The challenge has been the desire to offer useful support in key areas to a group that have gender and cancer in common and where HCCN's understanding of appropriate methods of delivery need to be revisited. Clearly the start point to meet this need was engaging with the people themselves.

Their first step was to advertise for men to come forward to help. They showed us that group support was just as important for them as for

women. HCCN held two focus groups with these men. Their response has demonstrated that the need is there and their guidance is helping HCCN to understand what the phrase "we need a cuddle as well but in a blokey kind of way" really means in terms of what is said and how interventions are designed.

HCCN received great support from the Montagu Club, where a drop-in has been created which offers immediate access to a range of physical activities. Launched on 3rd April, the HCCN Men's Group, welcomes men, directly or indirectly affected by cancer to join them and show us a way forward. They are keenly aware that social and attitude changes over the last few years will need to be incorporated into their learning and that they must be ever alert to that need.

If you are affected by cancer either directly or through supporting a loved one you are welcome to join this group. It runs every Wednesday from 10am to 1pm at the Montagu Club, Hartford Road, Huntingdon. You can enrol or obtain more information by contacting Amanda on 01480 416410 or email [aburridge@nhs.net](mailto:aburridge@nhs.net) or email Andrea [andrealines@nhs.net](mailto:andrealines@nhs.net).

This is the first step in an innovative new direction to offer the benefits of HCCN to the full range of their membership.

# 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)



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## 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)



# Brampton Good Neighbour Scheme

A range of free services provided either directly or through partners

Do you live in Brampton? Could you do with some company now and again, a cup of tea and a chat, or some support from someone who lives nearby and would welcome being able to help?

The free services provided or arranged by The Brampton Good Neighbour Scheme include:

- Home visit companion
- Finding and supervising trustworthy tradesmen
- Shopping
- Giving carers time off by keeping cared for company
- Advocacy - managing problems with a NHS, Social Services; a company, etc.
- Support with household administration
- Money management support with safeguards
- Benefits and allowances advice
- Lifts to hospital/surgery (courtesy of ALBRAM)
- Community library
- Book delivery service for the homebound
- Installation of lifeline alarms
- Bus pass applications/renewals
- Blue badge applications
- Dementia advice and carer emotional support via Alzheimer's Society professional
- Advice on technology available for mentally or physically disabled
- Information on social activities and clubs available in Brampton (Friday Befrienders tea, cake and a chat; Tuesday Lunch Club - Games, company & lunch; Film Club; Quizzes; short social health walks with have a chat and coffee, cake after)
- Help with your computer, iPad, other tablet or telephone via the IT Mentoring Group
- Support related questions - if we do not know the answer we will find an expert that does
- Falls prevention exercise classes in Brampton (courtesy of Huntingdon District Council and Brampton Village Hub)
- Love to Move (courtesy of British Gymnastics Foundation and Brampton Village Hub) exercises to improve body/mind co-ordination suitable for elderly (see p. 17)
- Reconnect Social Club for people with dementia and their carers
- Links to RAF Benevolent Fund - various forms of support for ex-RAF personnel and their spouses
- Information on what is offered by the Community Bus Service (pick you up at your door).

If what you need is not on the list please ask us.  
If we are busy we will ring you back.  
Telephone 07716 151926 or 07564 878774.

## Sat 1 Peterborough Family Voice Peterborough

Suitable for all ages, free lunch provided  
11am-2pm (p 31).

**Little Paxton Simply Saturday - Sandy Ukulele Group** 12.30pm-2.30pm (p 32).

## Mon 3 Histon Pinpoint ADHD/ASD Parent Group

Early Years Centre, New School Road CB24 9LL  
10am-12pm (p 30).

**St Ives Love to Move & Norris Museum Reminiscence Group** 10am-12pm (p 17).

## Tue 4 Huntingdon Love to Move 10am-12pm (p 17).

**Huntingdon Pinpoint ADHD/ASD Parent Group**  
Hunts Forum, The Maple Centre, 6 Oak Tree Drive  
PE29 7HN (sat nav ref: PE29 7LB) 10am-12pm  
(p 30).

**Peterborough Alzheimer's Society Open Carers Group** Dementia Resource Centre 10.30am-12pm  
(p 36).

**St Neots Making Space Peer Support Group**  
Kwellers Café, Cambridge Street, St Neots  
PE19 1JL 11am-1pm (p 41).

**Cambridge - Milton Parkinson's Bring & Share Lunch** 12.15pm-3pm (p 39).

**Fordham CPFT Dementia Carers Lunch**  
12.30pm-2.30pm (p 37).

**Cambridge CPFT Dementia Friendly Drop-In**  
2.30pm-4pm (p 37).

**Cambridge Borderline Personality Disorder Carer's Support Group** 7pm-9pm (p 42).

## Wed 5 Bampton Bampton Reconnect Social Group - Musical Memories 10am-12pm (p 35).

**St Ives Reminiscence at The Norris Museum**  
10.30am-11.30am (p 37).

**March Parkinson's Support Group**  
10.30am-12.30pm (p 39).

**St Ives Parkinson's Support Group** 2pm-4pm  
(p 39).

**Huntingdon Rethink Carer Support Group**  
7.30pm-9.30pm (p 42).

## Thur 6 Ely Ely Dementia Group 10am-12pm (p 34).

**Yaxley Time for Tea Memory Café**  
10.30am-12pm (p 37).

**Huntingdon Parkinson's Love to Move**  
1.30pm-3.30pm (p 17).

**March Breathe Easy Fenland Support Group**  
2pm-4pm (p 43).

**Peterborough CT CPN Family Carers Hub - Wiltshire Farm Foods** Lapwing Apartments,  
Orton Brimbles PE2 5YR 2.30pm-4.30pm (p 33).

## Fri 7 Girton Cambridge South Rotary Club Memory Café 10am-12pm (p 34).

**Peterborough Alzheimer's Society Open Minds Group** Dementia Resource Centre 2pm-3.30pm  
(p 36).

**Ely CPFT Dementia Friday Club** 2pm-4pm (p 37).

## Mon 10 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 33).

## Tue 11 Burwell Burwell Drop-In Trinity Church, High Street CB25 0HD 10am-12pm (p 34).

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

**Huntingdon Love to Move** 10am-12pm (p 17).

**Peterborough Alzheimer's Society Open Carers Group** Dementia Resource Centre 10.30am-12pm  
(p 36).

## Wed 12 Bluntisham Pinpoint Carers Week Event Village Hall, Mill Lane PE28 3LR 10am-12pm (p 30).

**Brampton Love to Move** 10.30am-12pm (p 17).

**Ramsey Parkinson's Support Group** 2pm-4pm  
(p 39).

## Thur 13 Burwell Burwell Carers Group 9.15am-12.15pm (p 33).

**Cambridge - Great Shelford CT CPN Family Carers Hub - 'Tax, Care & Toy Boys'** David Rayner  
Building, Scotsdales, 120 Cambridge Road CB22  
5JT 10am-12pm (p 35).

**Wisbech Healthwatch Cambridgeshire and Peterborough Fenland Health and Care Forum** 0330 355 1285 caroline.tyrrell-jones@  
healthwatchcambspboro.co.uk Queen Mary  
Centre, Queen's Road PE13 2PE 10am-12pm  
(p 11).

**Huntingdon Parkinson's Love to Move**  
1.30pm-3.30pm (p 17).

**Peterborough Alzheimer's Society Dementia Café** Dementia Resource Centre 2.15pm-3.45pm  
(p 36).

## Fri 14 Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 36).

## Sat 15 Peterborough Family Voice Peterborough Suitable for all ages, free lunch provided 11am-2pm (p 31).

**Peterborough Family Voice Peterborough Ten Year Anniversary Party** 3pm-8pm (p 31).

## Sun 16 Burwell Service of Thanksgiving for Carers 3pm (p 5).



- Mon 17** **St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 17).  
**Ramsey** CT CPN Family Carers Hub - 'Tax, Care & Toy Boys' Ramsey Library, 25 Great Whyte PE26 1HA 10am-1pm (p 12).  
**Wisbech** Positively Parkinson's Café 10.30am (p 38).  
**St Neots** Parkinson's Support Group 2pm-4pm (p 39).
- Tue 18** **Huntingdon** Love to Move 10am-12pm (p 17).  
**Cambridge** CT CPN Family Carers Hub - 'Have Your Say' Surveys 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 36).  
**Ely** Parkinson's Support Group 2.30pm-4pm (p 39).
- Wed 19** **Wisbech** CT CPN Family Carers Hub - After Umbrage The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am-1pm (p 12).  
**St Ives** Reminiscence at The Norris Museum 10.30am-11.30am (p 37).  
**Brampton** Love to Move 10.30am-12pm (p 17).  
**Hail Weston** Rotary Club Carers Coffee Club 2pm-3.30pm (p 34).
- Thur 20** **Coton** Dogs for Good Family Dog Workshop (p 29).  
**Peterborough** Healthwatch Cambridgeshire and Peterborough Peterborough Community Forum 0330 355 1285 [caroline.tyrrell-jones@healthwatchcambspboro.co.uk](mailto:caroline.tyrrell-jones@healthwatchcambspboro.co.uk) Willow Room, Nene Valley Community Centre, Candy Street PE2 9RE 9.30am-12.30pm (p 11).  
**Ely** Ely Dementia Group 10am-12pm (p 34).  
**Peterborough** Pinpoint ADHD/ASD Parent Group Family Voice, Goldhay Community Centre, 105 Paynels, Orton Goldhay PE2 5QP 10am-12pm (p 30).  
**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 17).  
**Peterborough** Stanground Dementia Café Sue Ryder Stanground Café, 115 Central Square PE2 8RJ 2pm-3.30pm Tel: Penny Fisher 01733 350564.
- Fri 21** **St Neots** Making Space Coffee Morning The Pilgrim Hall, United Reformed Church, High Street PE191BN 11am-1pm (p 41).  
**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 30).
- Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 36).  
**Ely** CPFT Dementia Friday Club 2pm-4pm (p 37).
- Mon 24** **St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 17).  
**Huntingdon** Healthwatch Cambridgeshire and Peterborough Wheelchair Users' Forum 0330 355 1285 [debbie.drew@healthwatchcambspboro.co.uk](mailto:debbie.drew@healthwatchcambspboro.co.uk) Dobbies Garden Centre, Wyton PE28 2AA 10.30am-1.30pm (p 14).  
**Sawtry** Chatterbox Family Carers Drop-In 2pm-4pm (p 33).
- Tue 25** **Burwell** Burwell Drop-In Trinity Church, High Street CB25 0HD 10am-12pm (p 34).  
**Huntingdon** Love to Move 10am-12pm (p 17).  
**Peterborough** Alzheimer's Society Open Carers Group Dementia Resource Centre 10.30am-12pm (p 36).  
**Wisbech** Breathe Easy Wisbech Support Group 1.30pm-3.30pm (p 43).
- Wed 26** **Huntingdon** Huntingdonshire Aphasia Support Coffee Event All Saints' Church, Market Hill Drinks, homemade refreshments, large raffle and information 9.30am-1.00pm.  
**Brampton** Love to Move 10.30am-12pm (p 17).  
**Cambridge** C2 M.S. Carer's Club Church of Good Shepherd Hall, Mansel Way, Arbury CB4 2ET 'God and M.S.' Rev. Rachel Blanchflower will lead our discussion for carers of all faiths or none! 2.30pm-4.00pm (p 38).  
**Huntingdon** Rotary Club Memory Café 2.30pm-4.30pm (p 35).  
**Cambridge** Rethink Carer Support Group 7.30pm-9pm (p 38).
- Thur 27** **Cambridge - Great Shelford** CT CPN Family Carers Hub David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 35).  
**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 17).  
**Bottisham** Carers at the Café Red2Green Community Café & Garden, Lode Road CB25 9DL 2pm-3pm.
- Fri 28** **Ely** CT CPN Family Carers Hub - 'Tax, Care & Toy Boys' Larkfields Community Centre, High Barns CB7 4SB 10am-1pm (p 12).  
**Cambridge - Great Shelford** Parkinson's Support Group 10.30am-1.30pm (p 39).  
**Peterborough** Deafblind UK - Low Vision and Hearing Loss Day Cygnet Road, Hampton PE7 8FD 10.30am-3.30pm (p 41).  
**Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 36).

## Events Calendar • July 2019

- Mon 1** **Histon** Pinpoint ADHD/ASD Parent Group  
Early Years Centre, New School Road CB24 9LL  
10am-12pm (p 30).  
**St Ives** Love to Move & Norris Museum  
Reminiscence Group 10am-12pm (p 17).
- Tue 2** **Huntingdon** Love to Move 10am-12pm (p 17).  
**Huntingdon** Pinpoint ADHD/ASD Parent Group  
Hunts Forum, The Maple Centre, 6 Oak Tree Drive  
PE29 7HN (sat nav ref: PE29 7LB) 10am-12pm  
(p 30).  
**Peterborough** Alzheimer's Society Open Carers  
Group Dementia Resource Centre 10.30am-12pm  
(p 36).  
**Cambridge - Milton** Parkinson's Bring & Share  
Lunch 12.15pm-3pm (p 39).  
**Fordham** CPFT Dementia Carers Lunch  
12.30pm-2.30pm (p 37).  
**Huntingdon** Healthwatch Cambridgeshire  
and Peterborough Huntingdon Patient  
Forum 0330 355 1285 caroline.tyrrell-jones@  
healthwatchcambspboro.co.uk The Maple  
Centre, 6 Oak Drive PE29 7HN 2pm-4pm (p 11).  
**Cambridge** CPFT Dementia Friendly Drop-In  
2.30pm-4pm (p 37).  
**Cambridge** Borderline Personality Disorder  
Carer's Support Group 7pm-9pm (p 42).
- Wed 3** **Brampton** Brampton Reconnect Social Group -  
Brambles Pre-School Singers and Wiltshire Farm  
Foods Presentation 10am-12pm (p 35).  
**St Ives** Reminiscence at The Norris Museum  
10.30am-11.30am (p 37).  
**March** Parkinson's Support Group  
10.30am-12.30pm (p 39).  
**St Ives** Parkinson's Support Group 2pm-4pm  
(p 39).  
**Huntingdon** Rethink Carer Support Group  
7.30pm-9.30pm (p 42).
- Thur 4** **Ely** Ely Dementia Group 10am-12pm (p 34).  
**Peterborough** Pinpoint ADHD/ASD Parent Group  
Family Voice, Goldhay Community Centre,  
105 Paynels, Orton Goldhay PE2 5QP  
10am-12pm (p 30).  
**Yaxley** Time for Tea Memory Café  
10.30am-12pm (p 37).  
**Huntingdon** Parkinson's Love to Move  
1.30pm-3.30pm (p 17).  
**March** Breathe Easy Fenland Support Group  
2pm-4pm (p 43).  
**Peterborough** CT CPN Family Carers Hub -  
Avoiding admission to hospital  
Lapwing Apartments, Orton Brimbles PE2 5YR  
2.30pm-4.30pm (p 33).  
**Cambridge** Making Space Peer Support Group  
Meadows Community Centre, 1 St Catharine's  
Road CB43XJ 7.30pm-9pm (p 41).
- Fri 5** **Girton** Cambridge South Rotary Club Memory  
Café 10am-12pm (p 34).  
**Peterborough** Alzheimer's Society Open Minds  
Group Dementia Resource Centre 2pm-3.30pm  
(p 36).  
**Ely** CPFT Dementia Friday Club 2pm-4pm (p 37).
- Sat 6** **Peterborough** Family Voice Peterborough  
Suitable for all ages, free lunch provided  
11am-2pm (p 31).  
**Little Paxton** Simply Saturday - Railway Garden  
visit 12.30-2.30pm (p 32).
- 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 33).
- Tue 9** **Burwell** Burwell Drop-In Trinity Church,  
High Street CB25 0HD 10am-12pm (p 34).  
**Huntingdon** CT CPN Family Carers Hub - 'Have  
Your Say' Surveys Huntingdon Library,  
Meeting Room 2, Princes Street PE29 3PA  
10am-12pm (p 12).  
**Huntingdon** Love to Move 10am-12pm (p 17).  
**Peterborough** Alzheimer's Society Open Carers  
Group Dementia Resource Centre 10.30am-12pm  
(p 36).
- Wed 10** **Cambridge** CT CPN Family Carers Hub Meadows  
Community Centre, Garden Wing, 1 St Catharine's  
Road CB4 3XJ 10am-12.30pm (p 12).  
**Brampton** Love to Move 10.30am-12pm (p 17).  
**Sawtry** Healthwatch Cambridgeshire and  
Peterborough AGM 0330 355 1285  
enquiries@healthwatchcambspboro.co.uk  
Sawtry Old School Hall, Green End Road  
PE28 5UY 12pm-5.30pm (p 11).  
**Ramsey** Parkinson's Support Group 2pm-4pm  
(p 39).
- Thur 11** **Cambridge - Great Shelford** CT CPN Family  
Carers Hub - Royal British Legion Handy Van  
Service David Rayner Building, Scotsdales, 120  
Cambridge Road CB22 5JT 10am-12pm (p 35).  
**Huntingdon** Parkinson's Love to Move  
1.30pm-3.30pm (p 17).  
**Peterborough** Alzheimer's Society Dementia  
Café Dementia Resource Centre 2.15pm-3.45pm  
(p 36).
- Fri 12** **Peterborough** Alzheimer's Society Open Minds  
Group Dementia Resource Centre 2pm-3.30pm  
(p 36).  
**Ely** CPFT Dementia Friday Club 2pm-4pm (p 37).

- Mon 15** **St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 17).  
**Ramsey** CT CPN Family Carers Hub - 'Have Your Say' Surveys Ramsey Library, 25 Great Whyte PE26 1HA 10am-1pm (p 12).  
**Wisbech** Positively Parkinson's Café 10.30am (p 38).  
**St Neots** Parkinson's Support Group 2pm-4pm (p 39).
- Tue 16** **Huntingdon** Love to Move 10am-12pm (p 17).  
**Peterborough** Alzheimer's Society Open Carers Group Dementia Resource Centre 10.30am-12pm (p 36).  
**Ely** Parkinson's Support Group 2.30pm-4pm (p 39).
- Wed 17** **Wisbech** CT CPN Family Carers Hub - "Warm Home" talk The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am-1pm (p 12).  
**St Ives** Reminiscence at The Norris Museum 10.30am-11.30am (p 37).  
**Brampton** Love to Move 10.30am-12pm (p 17).  
**Hail Weston** Rotary Club Carers Coffee Club 2pm-3.30pm (p 34).
- Thur 18** **Burwell** Burwell Carers Group 9.15am-12.15pm (p 33).  
**Peterborough** Healthwatch Cambridgeshire and Peterborough Peterborough Community Forum 0330 355 1285 caroline.tyrrell-jones@healthwatchcambspboro.co.uk Willow Room, Nene Valley Community Centre, Candy Street PE2 9RE 9.30am-12.30pm (p 11).  
**Ely** Ely Dementia Group 10am-12pm (p 34).  
**Huntingdon** Age UK Cambridgeshire and Peterborough Summer Meeting - free event for older people and their carers. Afternoon beverages provided and activity. An opportunity to enjoy company, hear about Age UK local news and make friends. Tel: 01354 691896 or email: adminservices@ageukcap.org.uk. Village Hall, Abbots Ripton PE28 2PF 1pm-4pm  
**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 17).  
**Peterborough** Stanground Dementia Café Sue Ryder Stanground Café, 115 Central Square PE2 8RJ 2pm-3.30pm Tel: Penny Fisher 01733 350564.
- Fri 19** **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 30).  
**Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 36).
- Sat 20** **Peterborough** Family Voice Peterborough Suitable for all ages, free lunch provided 11am-2pm (p 31).
- Mon 22** **St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 17).  
**Sawtry** Chatterbox Family Carers Drop-In 2pm-4pm (p 33).
- Wed 24** **Burwell** Burwell Drop-In Trinity Church, High Street CB25 0HD 10am-12pm (p 34).  
**Huntingdon** Love to Move 10am-12pm (p 17).  
**Peterborough** Alzheimer's Society Open Carers Group Dementia Resource Centre 10.30am-12pm (p 36).
- Wed 24** **Brampton** Love to Move 10.30am-12pm (p 17).  
**Cambridge** C2 M.S. Carer's Club - 'Cream Tea on a Summer's Day' All our carers are invited to bring seasonal prose, poetry and/or song to share Church of Good Shepherd Hall, Mansel Way, Arbury CB4 2ET 2.30pm-4.00pm (p 38).  
**Huntingdon** Rotary Club Memory Café 2.30pm-4.30pm (p 35).
- Thur 25** **Coton** Dogs for Good Family Dog Workshop (p 29).  
**Cambridge - Great Shelford** CT CPN Family Carers Hub - 'Have Your Say' Surveys David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 35).  
**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 17).  
**Bottisham** Carers at the Café Red2Green Community Café & Garden, Lode Road CB25 9DL 2pm-3pm.
- Fri 26** **Ely** CT CPN Family Carers Hub - 'Have Your Say' Surveys Larkfields Community Centre, High Barns CB7 4SB 10am-1pm (p 12).  
**Cambridge - Great Shelford** Parkinson's Support Group 10.30am-1.30pm (p 39).  
**Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 36).
- Mon 29** **St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 17).
- Tue 30** **Huntingdon** Love to Move 10am-12pm (p 17).  
**Peterborough** Alzheimer's Society Open Carers Group Dementia Resource Centre 10.30am-12pm (p 36).  
**Wisbech** Breathe Easy Wisbech Support Group 1.30pm-3.30pm (p 43).
- Wed 31** **Cambridge** Rethink Carer Support Group 7.30pm-9pm (p 42).



## Events Calendar • August 2019

**Thur 1 Ely** Ely Dementia Group 10am-12pm (p 34).  
**Yaxley** Time for Tea Memory Café 10.30am-12pm (p 37).  
**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 17).  
**March** Breathe Easy Fenland Support Group 2pm-4pm (p 43).

**Fri 2 Girton** Cambridge South Rotary Club Memory Café 10am-12pm (p 34).  
**Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 36).  
**Peterborough** CT CPN Family Carers Hub - Cream Tea Summer Party Lapwing Apartments, Orton Brimbles PE2 5YR 2.30pm-4.30pm (p 33).

**Sat 3 Peterborough** Family Voice Peterborough Suitable for all ages, free lunch provided 11am-2pm (p 31).

**Mon 5 St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 17).

**Tues 6 Huntingdon** Love to Move 10am-12pm (p 17).  
**Peterborough** Alzheimer's Society Open Carers Group Dementia Resource Centre 10.30am-12pm (p 36).  
**Cambridge - Milton** Parkinson's Bring & Share Lunch 12.15pm-3pm (p 39).  
**Cambridge** Borderline Personality Disorder Carer's Group 7pm-9pm (p 42).

**Wed 7 Brampton** Brampton Reconnect Social Group 10am-12pm (p 35).  
**St Ives** Reminiscence at The Norris Museum 10.30am-11.30am (p 37).  
**March** Parkinson's Support Group 10.30am-12.30pm (p 39).  
**St Ives** Parkinson's Support Group 2pm-4pm (p 39).  
**Huntingdon** Rethink Carer Support Group 7.30pm-9.30pm (p 42).

**Thur 8 Cambridge - Great Shelford** CT CPN Family Carers Hub David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 35).  
**Wisbech** Healthwatch Cambridgeshire and Peterborough Fenland Health and Care Forum 0330 355 1285 caroline.tyrrell-jones@healthwatchcambspboro.co.uk Queen Mary Centre, Queen's Road PE13 2PE 10am-12pm (p 11).  
**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 17).  
**Peterborough** Alzheimer's Society Dementia Café Dementia Resource Centre 2.15pm-3.45pm (p 36).

**Fri 9 Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 36).

**Mon 12 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 33).

**Tue 13 Burwell** Burwell Drop-In Trinity Church, High Street CB25 0HD 10am-12pm (p 34).  
**Huntingdon** CT CPN Family Carers Hub - Cream Tea Summer Party Huntingdon Library, Meeting Room 2, Princes Street PE29 3PA 10am-12pm (p 12).  
**Huntingdon** Love to Move 10am-12pm (p 17).  
**Peterborough** Alzheimer's Society Open Carers Group Dementia Resource Centre 10.30am-12pm (p 36).

**Wed 14 Brampton** Love to Move 10.30am-12pm (p 17).  
**Ramsey** Parkinson's Support Group 2pm-4pm (p 39). Please check with organiser if this group is running in August.

**Thur 15 Peterborough** Healthwatch Cambridgeshire and Peterborough Peterborough Community Forum 0330 355 1285 caroline.tyrrell-jones@healthwatchcambspboro.co.uk Willow Room, Nene Valley Community Centre, Candy Street PE2 9RE 9.30am-12.30pm (p 11).  
**Ely** Ely Dementia Group 10am-12pm (p 34).  
**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 17).  
**Peterborough** Stanground Dementia Café Sue Ryder Stanground Café, 115 Central Square PE2 8RJ 2pm-3.30pm Tel: Penny Fisher 01733 350564.

**Fri 16 Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 36).

**Sat 17 Peterborough** Family Voice Peterborough Suitable for all ages, free lunch provided 11am-2pm (p 31).

**Mon 19 St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 17).  
**Ramsey** CT CPN Family Carers Hub - Cream Tea Summer Party Ramsey Library, 25 Great Whyte PE26 1HA 10am-1pm (p 12).  
**Wisbech** Positively Parkinson's Café 10.30am (p 38).  
**St Neots** Parkinson's Support Group 2pm-4pm (p 39). Please check with organiser if this group is running in August.

**Tue 20** **Huntingdon** Love to Move 10am-12pm (p 17).  
**Cambridge** CT CPN Family Carers Hub - Cream Tea Summer Party 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 36).  
**Ely** Parkinson's Support Group 2.30pm-4pm (p 39).

**Wed 21** **Wisbech** CT CPN Family Carers Hub - Cream Tea Summer Party The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am-1pm (p 12).  
**St Ives** Reminiscence at The Norris Museum 10.30am-11.30am (p 37).  
**Brampton** Love to Move 10.30am-12pm (p 17).  
**Hail Weston** Rotary Club Carers Coffee Club 2pm-3.30pm (p 34).

**Thur 22** **Coton** Dogs for Good Family Dog Workshop (p 29).  
**Cambridge - Great Shelford** CT CPN Family Carers Hub - Cream Tea Summer Party David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 35).  
**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 17).

**Fri 23** **Cambridge - Great Shelford** Parkinson's Support Group 10.30am-1.30pm (p 39).  
**Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 36).

**Tue 27** **Burwell** Burwell Drop-In Trinity Church, High Street CB25 0HD 10am-12pm (p 34).  
**Huntingdon** Love to Move 10am-12pm (p 17).  
**Peterborough** Alzheimer's Society Open Carers Group Dementia Resource Centre 10.30am-12pm (p 36).  
**Wisbech** Breathe Easy Wisbech Support Group 1.30pm-3.30pm (p 43).

**Wed 28** **Brampton** Love to Move 10.30am-12pm (p 17).  
**Huntingdon** Rotary Club Memory Café 2.30pm-4.30pm (p 35).

**Thur 29** **Ely** Ely Dementia Group 10am-12pm (p 34).  
**Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 17).

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

**Fri 30** **Ely** CT CPN Family Carers Hub - Cream Tea Summer Party Larkfields Community Centre, High Barns CB7 4SB 10am-1pm (p 12).  
**Fordham** Healthwatch Cambridgeshire and Peterborough Chicken Shed Event - Coffee, Cake and Storytelling summer event 0330 355 1285 kate.hales@healthwatchcambspboro.co.uk The Chicken Shed, Mildenhall Road CB7 5NR 10am-3pm (p 11).  
**Peterborough** Alzheimer's Society Open Minds Group Dementia Resource Centre 2pm-3.30pm (p 36).

## Thank You

We are very grateful for some recent donations that we have received. They demonstrate how diverse our supporters are and how communities recognise the valuable work we do.

- £674.99 from St Marks Church, Newnham – we were their charity of the month for April.
- £300 from Rotary Club of Huntingdon
- £4,000 from the will trusts of two Peterborough residents.

If you would like to make a donation - either as a one-off or a regular donation - please call us on 01480 499090 or visit our website [www.carerstrustcpn.org/donate](http://www.carerstrustcpn.org/donate).

**Every £ we receive helps us make a difference to more family carers.**

**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.**



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)



# Young Carers and Young Adult Carers

## Ensuring young carers aren't missed by Ofsted

Some of our young carers, staff and supporters and staff from across Cambridgeshire, Peterborough and Norfolk, took part in a national campaign in relation to Ofsted (pictured below right).

### What's it all about?

Ofsted is the national body responsible for inspecting a range of services, including schools. When they inspect schools, there is an inspection framework which shows what they will be looking for. Up until now, there has been a list of 'vulnerable learners' that schools have to demonstrate how they are supporting them. Young carers are part of this list and so it means schools have to demonstrate how they are supporting their young carers.

Earlier this year, Ofsted launched a consultation around the new inspection framework and it has removed this list of vulnerable learners, meaning that there would no longer be any reference to young carers within the framework.

We believe this is a huge backwards step as this framework can be really useful when encouraging schools to take supporting young carers seriously. Alongside responding to the national consultation, we took to social media to make our thoughts known to Ofsted.

Watch this space as we await the outcome of the consultation.

## High Sheriff Awards

Four of our young carers from Huntingdonshire joined Ella and Andy from our Communities Team to attend the High Sheriff Awards Ceremony to be presented with a certificate by Carol Vorderman for our #iWill project (pictured top left).

The event celebrated the end of the High Sheriff's year in office where he has undertaken a range of fundraising activities to raise money for projects benefiting local communities.

The #iWill project has given young carers across Huntingdonshire the opportunity to come up with creative ways to raise

awareness about young carers and take the lead in turning these ideas into action.

Students from St Peters and Hinchingsbrooke schools have been planning awareness-raising activities in each of their schools and their work has included:

- A cake sale where they brought in their friends to help raise awareness of young carers and raise money at the same time.
- A whole-school assembly where they were able to talk about what it is like to be a young carer.
- Two of our young carers, Morgan and Tom, attended a regional conference organised by Carers Trust. They spoke to commissioners, representatives from funding bodies, schools and other professionals about what life is like for them as young carers. They were also able to talk about how having support in school has helped them.







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

If you would like to find out more about our work helping to raise awareness of carers of all ages, get in touch.

### Carer Friendly Tick Award

Slightly further afield, the University of East Anglia Widening Participation team are the latest recipients of our "Carer Friendly Tick Award - Education".

This is a local model of best practice that is available to organisations and specific teams around identification and support of young carers.

This is one of the only examples in the country of widening participation teams within a university being recognised for the great work that they are doing to identify and support young carers.

The award was developed by young carers that we work with and we are now looking to roll it out to schools and colleges in Cambridgeshire and Peterborough. We have already started linking in with schools in Peterborough to talk them through the award.

The key components of the award are detailed above right.

If you would be interested in finding out more information about the Carer Friendly tick award, and our plans for expanding it to other settings, get in touch.

#### Key components of the Carer Friendly Tick - Education award:

1. **Have a named member of staff as the champion/lead for young carers/young adult carers so they don't have to tell their story over and over – they can have one main point of contact.**
2. **Have a Young Carers/Young Adult Carers Agreement, developed in consultation with young carers/young adult carers.**
3. **Cover issues relating to young carers/young adult carers in staff training.**
4. **Cover topics relating to disability/illness/young carers and young adult carers with students (e.g. in assemblies, PSHE or tutor time). Raise awareness in Carers Week and/or as part of Young Carers Awareness Day.**
5. **Display information about young carers and young adult carers, as well as projects that support them locally.**



### Are you aged 16-25 and caring for a sibling or parent?

We help young adult carers in many different ways.  
Contact us to see how we can help you.

**01480 499090**

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



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



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

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

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Registered Charity No. 1091522.

### 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-people](http://www.carerstrustcpn.org/support-for-carers/young-people)



# 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



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](https://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**

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

## Someone to talk to

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

**Friendly, free and non-judgemental** drop-ins and appointments in Cambridge, Peterborough, Ely, Huntingdon and Wisbech

**You can** refer yourself to us or an adult can help you.

"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](http://www.centre33.org.uk)  
@Centre33Camb  
[facebook.com/centre33camb](https://www.facebook.com/centre33camb)

## Family Dog Workshops in Cambridge

**Workshops for parents/carers of a child aged between 3 - 16 years old with a clinical diagnosis of autism.**



**Family Dog Workshops are ideal if you:**

- Are at the early stages of considering getting a dog to help your autistic child
- Know that you want to get a dog and are looking for help choosing and handling a dog
- Already have a pet dog but would like training ideas and support

The series of three one day workshops use a combination of practical demonstrations, discussions, hands on learning and course hand outs.

Following the workshops, ongoing support is available to families including telephone support, online resources, and a private Facebook group.

Find out more and book: [www.dogsforgood.org/family-dog](http://www.dogsforgood.org/family-dog)

**Date:** 20th June, 25th July & 22nd August 2019

**Venue:** Coton Village Hall, 56 High Street, Cambridge CB23 7PL





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 their 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 visiting speakers and meet other parents to find out 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 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)



# Family Voice Peterborough

## Peterborough's Parent Carer Forum



Family Voice is Peterborough's Parent Carer Forum and a registered charity. They exist primarily to work as a conduit for the voices of parent carers to be heard by public bodies, and to work in co-production to ensure that service provision for children and young people with Special Educational Needs and Disabilities fits with the needs present locally.

They are available to contact at their office in Orton Goldhay on weekdays and are able to provide a signposting service to ensure that parent carers know where to look for the information and support that they need.

As part of their drive to gather opinions and experiences of local parents, they run various inclusive activities throughout the year, including inclusive summer day trips, celebrations at the community centre and school holiday get-togethers. Please check out their website or Facebook page to see their latest events.

Family Voice Peterborough run two regular training courses which are free to attend, and have refreshments and lunch provided.

Their Challenging Behaviour Workshop looks at different perspectives on behaviour, and teaches strategies to deal with issues around communication while their Expert Parent Programme gives an insight into the special needs system and helps you to get the most out of services and roadmap your own journey. In addition to this they run regular workshops on areas that parent carers tell them are difficult to understand or navigate, such as EHCP requests and DLA/PIP form filling.

Family Voice Peterborough are lucky enough to own two beautiful caravans, one at Butlin's Skegness and another at Haven Caister, which they let out to families with disabled children at substantially reduced rates to ensure they are accessible to everyone. If you would like more information please email [holidays@familyvoice.org](mailto:holidays@familyvoice.org).



### Ten Year Anniversary Party

**15th June**

**3pm-8pm**

Free to attend for all ages.

Lots of family based activities and celebrations.

Goldhay Community Centre,  
105 Paynels, PE2 5QP

Tel: 01733 685510

Email: [office@familyvoice.org](mailto:office@familyvoice.org)

## Family Voice Peterborough

Goldhay Community Centre, 105 Paynels, PE2 5QP

Tel: 01733 685510

Email: [office@familyvoice.org](mailto:office@familyvoice.org)

Website: [www.familyvoice.org](http://www.familyvoice.org)

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

Twitter: [@familyvoice1](https://twitter.com/familyvoice1)

Instagram: [Family.voice](https://www.instagram.com/Family.voice)



## Connect with Care Network!

Enhance your health and well-being by getting involved in YOUR community. Whether you're looking to access practical support or activities in your area; have an idea for a community group; or would like to join our award-winning volunteer programme, please get in touch!

For more information on accessing services or volunteering with Care Network take a look at our website <https://care-network.org.uk/> or call 01954 211 919.



**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

ST NEOTS  
**VWA**  
VOLUNTARY WELFARE ASSOCIATION  
**Day Centre**  
*Social days to enjoy*  
**OPEN:**  
Tuesdays,  
Wednesdays  
& Fridays  
10 am to 3 pm

**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)

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."*

## 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:  
1st June - Sandy Ukulele Group  
6th July - Railway Garden visit**

For more information and 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 along to the June meeting so we have an idea of numbers - thank you.



## 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.

**13th June 2019**

**18th July 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, completing forms, collecting prescriptions and shopping.

For further information please email:

[communitysupport@ageukcap.org.uk](mailto:communitysupport@ageukcap.org.uk)

or call: **07966 282723 or 07900 340 265**

[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**

**10th & 24th June**

**8th & 22nd July**

**12th August** (no session on 26th)

At **The CARESCO Centre,**

Green End Road, Sawtry, PE28 5UX

Contact **Miranda** on 07751 798287 or 01487 832105

Email: [carers@caresco.org.uk](mailto:carers@caresco.org.uk)



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](mailto: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 2.00pm to 3.30pm

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 CAFE

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



Enjoy free light refreshments,  
information,  
entertainment,  
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)

## 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.**

**5th June • Musical Memories**

**3rd July • Brambles Pre-School Singers and  
Wiltshire Farm Foods Presentation**

**7th August • TBC**

Support Information available

**Questions? Phone Janet on 0770 2010594**

## 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 2.8 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. Where 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 Mandy at  
Care Network Cambridgeshire on 01954 211919 or email

[mandy.b@care-network.org.uk](mailto:mandy.b@care-network.org.uk)

Previously known as Yaxley Dementia Café



# Reminiscence at The Norris Museum



A group for those who live with dementia and their carers who enjoy reminiscing, sharing stories and handling objects from the past to stimulate memories and conversations.

We meet at the  
Norris Museum on the  
1st and 3rd Wednesday  
of every month between  
10.30 to 11.30am.



Places are limited and you will need to book in advance

To book a session, please contact Susan Bate, Community Officer on:

Telephone: 01480 497314 or Email: [info@norrismuseum.org.uk](mailto:info@norrismuseum.org.uk)

These sessions are supported by the St Ives Dementia Friendly Community  
and the Memory Lane Singing Cafe.

Refreshments will be available. The sessions are free but donations are welcomed.



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



Cambridgeshire and Peterborough  
NHS Foundation Trust

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

First Tuesday of the month  
2.30pm to 4pm

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

Please call before attending to confirm times. No meeting in August.

## 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. No meeting in August.

## 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. No meetings in August.

## 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).*

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

# JOIN US

## Positively Parkinson's Café

**3rd Monday of the month @ 10.30 am  
Tesco Extra Wisbech Community Room**

Have a cuppa and a chat with others who are affected by Parkinson's.

Family carers, friends and relatives welcome. No charge for attending.

**For more information contact  
Julie Wilson 07500 097222  
[jmwilson@parkinsons.org.uk](mailto:jmwilson@parkinsons.org.uk)**

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (238107) and in Scotland (SC021704). © Parkinson's UK. Created in Highgate.



## 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)



# **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: [llowe@parkinsons.org.uk](mailto:llowe@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: [llowe@parkinsons.org.uk](mailto:llowe@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: [llowe@parkinsons.org.uk](mailto:llowe@parkinsons.org.uk)

Web: [www.huntspsds.org.uk](http://www.huntspsds.org.uk)

## **Ely and District Support Group**

Third Tuesday of the month

2.30pm to 4pm

Bell Holt Community Centre, Off Lisle Lane,  
CB7 4ED

Come along to have a chat and enjoy the  
entertainment and refreshments. Small fee  
applies.

Tel: Lisa Lowe 0344 225 3614

Email: [llowe@parkinsons.org.uk](mailto:llowe@parkinsons.org.uk)

Web: [www.huntspsds.org.uk](http://www.huntspsds.org.uk)

## **March Support Group**

First Wednesday of the month

10.30am to 12.30pm

The Braza Club, Elm Road PE15 8NZ.

Tel: Lisa Lowe 0344 225 3614

Email: [llowe@parkinsons.org.uk](mailto:llowe@parkinsons.org.uk)

Web: [www.huntspsds.org.uk](http://www.huntspsds.org.uk)

## **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: Caroline Bent 01223 314279

First Tuesday of the month

12.15pm to 3pm

Barnabas Court, Cambridge Road, Milton  
CB24 6WR

Bring and share lunch with occasional speakers  
and activities. For those living with Parkinson's  
and their carers.

Tel: Gabby 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/](https://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)

camsight

low vision and blindness services for  
children, adults, family members  
and carers across Cambridgeshire



*We're here to help*

Information and advice  
Equipment and technology  
Emotional support  
Volunteer befriending  
Peer support groups  
Sports and leisure

registered charity  
no. 201640

Cambridge  
01223 420033

Wisbech  
01945 600795

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

# Low Vision and Hearing Loss Day

Improving life with sight and hearing loss

**Deafblind UK**  
Cygnet Road, Hampton,  
Peterborough PE7 8FD

**Friday**  
**28 June**  
10.30am – 3.30pm

<https://deafblind.org.uk/low-vision-and-hearing-loss-day/>

**PAB**

**Peterborough Association  
for the Blind**

Do you or a friend or a member of your family living locally live with sight loss that affects aspects of your life?

A local group, Peterborough Association for the Blind, are here to help.

PAB has put together a free booklet '**Sight problems? Who can help?**' which gives you some ideas about what's available locally and nationally to inform and support you, ranging from financial help to entertainment and social events.

It is available in large print or in audio or on PAB's website [www.mypab.org.uk](http://www.mypab.org.uk).

Call PAB's office on 01733 344 844. The office is usually manned Tuesday to Friday from 9am-2pm, or leave a message on their answerphone.

**HEARING VOICES NETWORK**  
[www.hearing-voices.org](http://www.hearing-voices.org)

## Voices Matter



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

The Voices Matter Groups offer you the opportunity to:

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

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

Peterborough  
Cambridge Peterborough  
and South Lincolnshire Mind  
01733 362990

Huntingdon  
Cambridge Peterborough  
and South Lincolnshire Mind  
01480 470480



Wisbech  
Cambridge Peterborough  
and South Lincolnshire Mind  
01733 362990

March  
Cambridge Peterborough  
and South Lincolnshire Mind  
01733 362990

Cambridge  
Life Craft 01223 566957

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



## MakingSpace Health & Social Care Services

### Making Space Cambridgeshire Carers Support Service

Coffee Morning for relatives of people with mental health challenges who would like a chance to meet up, talk to other carers and staff and enjoy a relaxing morning with a cuppa.

Gwenda Kyd, B.F.R.P. will give a presentation about Bach Flower remedies.



**Friday 21st June**  
**11.00am until 1.00pm**

**The Pilgrim Hall,  
United Reformed Church,  
High Street. St Neots, PE191BN**

For more information or to refer to our service, please contact us.



Tel: 01480 211006

Email: [pauline.mansfield@makingspace.co.uk](mailto:pauline.mansfield@makingspace.co.uk)



## 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 7th May  
Tuesday 4th June  
Tuesday 2nd July  
Tuesday 6th August



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

**TIME 7pm til 9pm**

For more information Email  
[Russell.Bowyer@icloud.com](mailto:Russell.Bowyer@icloud.com)

## Rethink Carer Support Group - Huntingdonshire

Informal get together for parents and partners of people with mental illness - all welcome.  
1st Wednesday of the month 7.30pm-9.30pm  
CPFT, Redshank House, Kingfisher Way,  
Huntingdon, PE29 6FN.



Tel: 01823 365308

Email: [huntsrethink@gmail.com](mailto:huntsrethink@gmail.com)



## Want to make sure you receive the magazine on time?

The easiest way to receive the magazine is via email. If you would like to receive it straight in your inbox, please subscribe by emailing [carersmag@carerstrustcpn.org](mailto:carersmag@carerstrustcpn.org).

Receiving it electronically enables us to save money too which is a real benefit as it allows us to make a difference in other areas.

## 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 Jennie Oliver for more information.



Jennie Oliver Tel: 07738 013163

Email: [jennie.j.oliver@gmail.com](mailto:jennie.j.oliver@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 June 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!

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

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)

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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.



Cambridgeshire  
County Council

