

Issue 16

Autumn 2019 - Sept • Oct • Nov

 **Caring
Together**
so that carers have choices

Cambridgeshire & Peterborough

carers

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



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From our CEO

Welcome to the Autumn edition of your Carers Magazine.

It's been a busy summer for us all and we've seen a packed programme of activities to give carers of all ages a break.

We were so excited to host the fourth annual Pride in Our Carers Awards where we were blown away by the stories of our winners and the contribution that they make to our local community. Check out pages 4 to 7 for a full review of the evening.

We took the opportunity to share for the first time our new name and look. We know that a strong identity will enable us as a charity to help even more carers and you can find out more on page 3.

Of course here at Caring Together, we are surrounded by stories of inspiration daily. Chrissie and Peter are both kind enough to share what caring means to them in this edition, as well as how the support they have received has helped them.

It is not always easy to share stories like these and we are so grateful to them for doing so. It is so important to help raise awareness of some of the challenges that carers face, so that carers know that they are not alone. Thank you, Chrissie and Peter.

It is not long until we will be here again and the festive season will be well under way. Until then, we look forward to caring together.

Miriam Martin
Chief Executive Officer



Our time for change



Welcome to our new name and brand Caring Together

Throughout our history, Carers Trust Cambridgeshire, Peterborough, Norfolk has grown out of collaboration. Charities coming together to reach more carers. It's a history we are proud of. However, we needed a new name because every time a new charity joined us our name grew longer. We spoke to our staff, carers and other people who we work with and support. They told us it was tricky to say and very easy for people to confuse us with others.

As we all know, three in five of us will become a carer at some point in our lives. We need a strong identity to support our ambitions for the future, to enable us to reach even more carers. We want to stand out as a charity so that people know who we are and where to come to for support.

We are now known as Caring Together. We chose the name Caring Together because of our history of collaborating, but also because we bring carers together - together with information and advice, together with services that help and together with each other.

Our ambition is that carers know where to go for advice before, during

and after their caring role and get the practical support that matters.

Our new strapline summarises our purpose. We provide information, services and campaign 'so that carers have choices'.

Our logo combines different 'C shapes' to illustrate caring together and depict the many different services we offer as a charity.

When we asked carers what they thought they said:

'It's vibrant and colourful and 'It makes me think about relationships and connections!'

We hope you agree - and we look forward to continuing to support you as Caring Together.

For more information on the support we are able to provide for carers, visit caringtogether.org or call us on 01480 499090.

We campaign 'so that carers have choices'

Thursday 21 November 2019 is Carers Rights Day; a day for organisations across the UK to work together to help carers in their local communities know and understand their rights and get the

help and support they are entitled to.

Having the right information at the right time can make all the difference when you're looking after someone. Every day 6,000 people become carers but often it's not something we've planned for.

This Carers Rights Day we're focusing on supporting people to prepare for the future through the theme 'Caring for Your Future'.

We will be raising awareness amongst employers, schools, colleges and universities, in healthcare settings and community organisations about what it means to be a carer and the challenges they/you face, along with the local help and support available to them/you.





Pride in Our Carers Awards 2019

Find out about the winners and runners-up from this year's awards

Carers across the region were celebrating on 13th June after Caring Together's annual Pride in Our Carers Awards. Nominees were invited to a special awards ceremony at Huntingdon Racecourse, hosted by BBC Radio Cambridgeshire's Chris Mann.

Now in their fourth year, the awards are designed to show appreciation for the contribution that carers make to our local community, raising awareness of the vital role they play, along with acknowledging the valuable people and organisations who support them.

Judging the awards was once again no easy feat, but previous winner and judge, Teresa Jude, explains why it is so important:

"As Carers' Advisor at North West Anglia NHS Foundation Trust I meet carers every day and listen to their stories. I cannot help but be moved by many of those stories and their dedication.



"Carers are amazing people doing an amazing job, often to the detriment of their own health, and we should all recognise, respect, value and support carers, which is why these awards are so important. As a judge it was so difficult to choose a winner in each category because all were so deserving of an award."

Winners on the night included:

Special Recognition - James Bagge



The former High Sheriff of Norfolk, James Bagge, was recognised on the evening, receiving a highly coveted Special Recognition Award following his 1,500 mile sponsored walk from Stradsett, near Downham Market, to Santiago de Compostela, on the west coast of Spain, taking over 79 days, raising in excess of £60,000 in support of local carers.

Outstanding Contribution to Caring - Christine Glover

Peterborough woman Christine received the coveted 'Outstanding Contribution to Carers' award for her tireless 17 year tenure as a volunteer with the Motor Neurone Disease Association.



Christine's whole family approach to those with M.N.D. won her praise from the judges, commenting that she was "a truly supportive and energetic individual".

Carer of the Year - Bob*

The Carer of the Year award went to Bob who has been caring for his wife for a number of years.

Beyond supporting her practical day-to-day needs, Bob has become an expert by experience. One of his areas of expertise is protecting his wife's rights and he has freely shared what he has learned with other carers to assist them. The judges were humbled that Bob finds time to help others, despite caring for a loved one full-time.

* Bob asked that his full name was not published and we fully respect his wishes.

Young Adult Carer of the Year - Charlea Medcalfe

Charlea, 18, of Long Stratton in Norfolk, was crowned Young Adult Carer of the Year and described by the judges as "a brave and inspirational carer". Alongside caring for her mother, Charlea has become an integral part of the Norfolk Young Carers Forum, winning high praise from her peers for her friendly

and supportive attitude. On winning the award, Charlea commented:

"I'm very happy and I listened to other stories tonight and thought I wouldn't win. Today I sat my last A-level exam and winning this award is the icing on the cake!"



Young Carer of the Year - Lynne Haverson

16-year-old Lynne from King's Lynn took home the Young Carer of the Year Award. Whilst caring for her sister, who has several additional needs, Lynne finds it challenging day-to-day to manage caring and going to school, revising for her GCSEs and applying to go to college.



The judges were impressed with the great impact that Lynne has on others, particularly through her work volunteering with the Norfolk Young Carers Forum. Whilst Lynne was happy that she won, she was "confused as I don't feel I do anything special."

Carer Friendly Voluntary Award - Richard Cross

The judges rewarded Cambridgeshire man Richard's "dedication" as a volunteer with the Carer Friendly Voluntary Award.



Playing a very active role volunteering both at Caring Together and other carer organisations nationally, Richard is forthcoming about his own caring experience for his wife, making people feel less isolated and alone.

Carer Friendly Social Care - Philia Lodge Care Home

Peterborough care home, Philia Lodge, didn't go home empty handed, receiving the 'Carer Friendly Social Care' award for their innovative services and motivated team. Heidi Seldon, Registered Manager, was delighted to have won:

"It's amazing for my staff to have the recognition they deserve for their commitment and dedication they give to our service users and their families."



Carer Friendly Health Care - Nicola Tatham

Nicola Tatham works in the Accident and Emergency department at Hinchingsbrooke Hospital and received the gong for Carer Friendly Health Care. Nationally very few young carers are identified by health care professionals and this is even more difficult within busy A&E departments.



Nicola not only identified a young carer at the earliest possible stage, but went on to source and share local support information for the young carer as part of the discharge planning process. Judges commented that "this is how the system should work... full marks to Nicola." Nicola herself was "amazed" to have been recognised for her work.

Carer Friendly School or College - Magdalen Gates Primary School



Individuals weren't the only winners on the evening with Magdalen Gates Primary School, Norwich, collecting the award for Carer Friendly School or College.

Truly embracing the concept of a carer friendly school, the judges recognised the "fantastic evidence of their work" that was "leading the way" for young carers, describing the school as "highly exceptional". Elizabeth Earnshaw, Parent Support Advisor, describes winning the award as "really exciting and natural." She feels particularly proud of the relationship they have with their students that are carers and the difference that their work in making to their lives.



Carer Friendly Employer - Her Majesty's Passport Office

A two year streak was set for Her Majesty's Passport Office who won the Carer Friendly Employer award once again. Having created a robust support network for their employees who are carers and going on to share best practice at a national level, there was a clear evolution in their carer friendly approach. Stephen Duffy, a partner at award sponsor Buckles Solicitors, explains why they were so keen to support this category:



"In my career, I have met with a great number of clients who are either cared for or are carers themselves, and I am always in awe of the unrelenting, selfless work of those carers. I support anything that can be done in the workplace to make caring easier."

Caring Together Chief Executive, Miriam Martin, was quick to congratulate all nominees and winners alike:

|| We are so excited that the awards have become a firm fixture on the Carers Week calendar each year. ||

"As always, it was not an easy task for the judges and all nominees are truly winners in our eyes.

"For us, it's not just about getting together and celebrating on one day, but about shining a spotlight on carers of all ages and what they do day in, day out to support the people who couldn't cope without them.

"There are around 178,000 family carers across Cambridgeshire, Peterborough and Norfolk. This number is projected to rise to 264,000 by the year 2030.

"The awards are our opportunity to, not only acknowledge and say thank you to these people and the people that support them, but to inspire individuals, organisations and businesses to do what they can to make caring easier for the three in five of us who will take on a caring role at some point in our lives."





Carriages Cream Tea

First-class luxury whilst reliving the golden age of travel



Very friendly carers and organisers. We were made to feel very welcome and included. Very helpful organisation.

In June a group of carers and their loved ones, visited Carriages of Fen Drayton.

The event fell just outside Carers Week but nonetheless felt like a real celebration.

Nearly 40 guests relived the golden age of travel where they indulged in a delicious cream tea on-board the Lancelot Carriage.

Carers and the people they care for could relax as they had exclusive use of the whole carriage, enjoying a first-class service in luxury.

Arda Lavelle and Laura Venning, Family Carer Co-ordinators at Caring Together organised the trip. Arda said, "It was fantastic that 23 carers and 14 of the people that they look after could enjoy such a wonderful afternoon. Many carers rarely get an opportunity to enjoy such luxuries and especially not with their loved ones.

"The breaks we give carers are so worthwhile and rejuvenate them to take on whatever lies ahead."

Here at Caring Together, carers tell us day in, day out that that looking after someone who cannot cope without them is hard.

With 6 in 10 carers reported being pushed to breaking point, it is essential that carers are identified and supported as early as possible.

Carer breaks such as this trip to Carriages allow for some valuable time, either with or away from the person that they care for, to support their own mental and physical health and wellbeing.



Superb location and ambience, it gave me a chance to chat with other carers and staff.



It makes a change to get away from everyday problems in a lovely location and gardens.

Chrissie's Story

A life-changing experience for Chrissie which has meant a relocation back to the UK

In 2015 after several years of declining health, Chrissie's mother Beverley was diagnosed with Alzheimer's disease. Following her diagnosis, Chrissie returned from Australia to care for her Mum. Prior to her return Chrissie worked as a full-time registered nurse in Darwin.

Chrissie believed that she could resume online studies and research in order to retain her nursing registration and medical knowledge. As her mother's condition deteriorated Chrissie soon realised this activity was not possible due to the demands of her caring role.

On day to day basis Chrissie supports her Mum with all activities of daily living and explained that her Mum experiences great difficulty chewing, this requires a huge deal of support and patience every meal time.

Last month Chrissie received news following a recent test to establish if she is a gene carrier for Alzheimer's. The test confirmed that she is a 100% positive, which means that she will start to show signs of this disease between the ages of 40 and 55.

Currently aged 39, Chrissie explained that this is very daunting but tries to live for each day and make memories of her time with her Mum.

Maintaining her emotional and mental wellbeing is important to Chrissie, given the daily challenges she faces as a carer, and she likes to start her day listening to music and has a "silent disco" in the kitchen before her Mum gets up.

Twice a month Chrissie and her mother attend Caring Together's Shelford Hub. Here Chrissie looks forward to having a much needed break from her caring role. Chrissie and has made many friends there and enjoys ongoing support from her peers and staff.

In addition Chrissie and her mother also attend other local support groups and Slimming World. Chrissie shares that Slimming World in particular are very good with her mother and make her feel very much a part of the group.



Chrissie is keen to raise awareness of the devastating effect of Alzheimer's disease, not only on the sufferer, but on those who are caring for them. To this end she has recently climbed the Yorkshire Three Peaks raising money for Alzheimer's Society.

I live for each day and make memories of my time with my Mum.



Carers' Passports

How Addenbrooke's and Rosie Hospitals are working together with carers

Cambridge University Hospitals NHS Foundation Trust (CUH - Addenbrooke's and the Rosie Hospitals) recognises the essential role that carers take on in supporting people with health problems and disabilities. The Trust also recognises the impact that caring responsibilities have on carers, and that there is a need to support and help people in their caring role.

They aim to work with local support services, and directly with carers, to develop effective partnerships and ensure that carers are well informed and supported to be a carer for as long as they want to be.

Carers' Passports

The hospitals know that some carers wish to continue their caring role, for example assist with personal care, whilst a patient is in hospital and they will facilitate this whenever possible. Carers should not feel obliged to continue with their caring role though.

Carers' Passports are yellow ID cards worn by a carer so that they can be easily identified by staff, and allow carers to access support to continue their caring duties. The passports are issued to carers after discussion and agreement with nursing staff and the patient (if

appropriate) about the caring duties that the carer wishes to continue. This discussion helps staff to understand how they can work together better with carers to improve the patients' care and experience, and provides carers with more information about the ward routines.

Carers should ask the nursing staff on the ward about a Carers' Passport.

'What's Important to Me' posters

Some patients may already have a 'This is Me' document. CUH staff also use a 'What's Important to Me' poster, which is situated by the patient's bedside. It documents who the carer is plus other non-medical information about the patient.

The posters direct staff and visitors to collaborate to provide personalised vignettes of the important aspects of patient's lives such as where they grew up, what they worked as, their hobbies, their achievements, who their loved ones are, whether they enjoy music, peace and quiet or the opposite, and what would calm them down if anxious or agitated. The poster

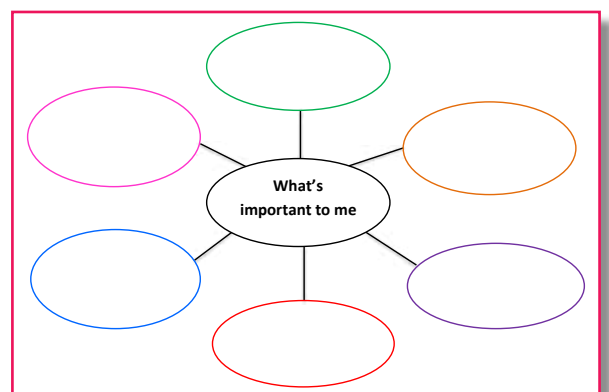


can be used to start up a conversation with the patient.

Visiting hours and overnight stays

Visiting hours for most wards are 11am until 8pm, allowing carers (and other visitors) to have plenty of time to be with the patient. More information about each ward is on the CUH website www.cuh.nhs.uk - you can simply put the ward name in the search field. Please ask senior nursing staff on the ward about extended visiting times.

Overnight stays on the wards may be difficult to arrange, but short term and overnight accommodation is available on the CUH site. This is a cheaper, more convenient alternative to searching for nearby hotels and can provide overnight and longer stay rooms. Contact the Patient Advice and Liaison Service (PALS) for more information on 01223 216756 or email pals@addenbrookes.nhs.uk



Help us to help carers

Teresa Jude, Carers' Advisor at North West Anglia NHS Foundation Trust, explains why it is important to identify yourself to hospital staff if you are a carer

As a carer, should you find either yourself or the person you care for in hospital, you usually want to return home as quickly as you are able to. To assist staff in arranging for you and the person you care for to return home safely it is important that you let staff know you are a carer as soon as possible.

When a patient starts to recover, hospital staff will begin to plan their discharge home.

To help them plan well, it's important that you let them know about your caring responsibility and any problems you may have. When concerns are raised at the time the patient is due to go home, this can delay their discharge by several days. This is not good for them when home is usually the best place for them to be.

It is not always easy to admit that you may be struggling to cope, but it can happen to anyone.

If you are becoming a carer for the first time, or even if you have been a carer for a long time, a change in circumstances can make it harder to cope. There is help available, so it's important that you share any concerns or fears with hospital staff as soon as possible.

If you are a carer and find yourself in hospital as a patient, it is just as important to tell staff that you are a carer. This means they can ensure that the person you care for is safe and being looked after. This then enables you to focus on your recovery.



NHS
North West Anglia
NHS Foundation Trust

We Welcome Carers

We offer:

- Extended Visiting Hours
- Concessionary Car Parking
- Put-you-up Beds
- Volunteer Sitting Service
- Refreshments (Hinchingbrooke Only)
- Carers Passports



Dementia Friendly



carers



John's Campaign



Carers FIRST
FIRST Choice for Carers

For Lincolnshire residents:
Tel: 0300 303 1555
email: info@carersfirst.org



Caring Together
so that carers have choices

For Peterborough/Cambs residents:
Tel: 01733 645234
email: hello@caringtogether.org

[@NWAngliaFT](https://twitter.com/NWAngliaFT) nwangliaft.nhs.uk

NHS
North West Anglia
NHS Foundation Trust



Arthur's Shed



Arthur Rank Hospice Charity

making every moment count

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

Activities coming up include:

Every Tuesday afternoon

2pm-5pm

Cambridge Men's shed

2 & 16 September

10am-12pm

Textiles crafts with Paula

6 September & 4 October

11am-1pm

Water Colour with Julia

16 & 30 October, 13 & 27 November

1.30pm-3pm

Still life drawing with Helena

26 September

11am-1pm

Hedgehog paper craft with Rosemary

26 September, 3, 10, 17 & 31 October, 7, 14, 21 & 28 November

2.30pm-3.30pm

Tai Chi with Alison

Please call Reception to book.

Suggested donation of £5 for all sessions.

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

01223 675777

www.arhc.org.uk/arthurs-shed

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 associated with mental health, dementia, strokes 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 and refreshments.
- **Chaplin's Close, Fulbourn**
Mondays 10am-3pm
Tuesdays 9.30 am-2.30pm
£35.50 per day including lunch and refreshments.
- **Emmerich Court, King's Lynn**
Tuesdays 9.30am-2pm
£35.00 per day including lunch and refreshments.

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



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

01480 499090

homecare@caringtogether.org

Peter's Story

How Peter came to find out about our Family Carers Hubs

I care for my wife Barbara whose main condition is Muscular Dystrophy. She also has many other conditions. I have been caring for Barbara for the past 25 years as her conditions have got gradually worse. In 2010 I became her full-time carer.

I help with all the normal daily tasks in and around the home as well as assisting Barbara with things like showering and her toileting needs. In any given year we have to travel to many hospital appointments, most of which are in London. In the past we have attended as many as 22 hospital appointments in a year as Barbara's deteriorating muscles started to affect the rest of her organs and anatomy.

Over the years Barbara and I have received support from the Occupational Therapy department with a bathroom conversion into a wet room in 2011. In 2016 we had a specialised toilet installed. Also in 2016, we had a conversion to the front of our bungalow to make level access possible, thereby, allowing Barbara to apply for an electric wheelchair which she received from Wheelchair Services in 2017.

Barbara has had lots of good support over the years, but not until recently did I feel that I had a big gap in my role as a carer, I knew something was missing but I couldn't put my finger on it. I had never heard of or come across anything like a carers group before, then I picked



up an old magazine while in a waiting area. I only picked it up because it had the word CARERS written across the top of it. It was a Carers Trust CPN magazine; a very old issue and I read through it all, that's when I realised what was missing for me - other carers to talk to, so I made a call to Carers Trust CPN and went along to the Family Carers Hub in Peterborough where I met Arda and Laura who welcomed me and made me feel right at home. I have been going ever since; it's a top priority for me.

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 Care Quality Commission (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.

01480 499090 for more information.



 **Caring Together**
so that carers have choices

Working in partnership with
 **Cambridgeshire County Council**

 **PETERBOROUGH CITY COUNCIL**

 **COMMUNITY FUND**

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

Support and services for older people

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

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

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

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

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 handy person 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



Fenland Over 65's Free Services

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

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

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



Forum Lunch Club

Monthly lunch club organised by the Friends of Fulbourn Hospital and the Community

The Forum Lunch Club meets on the second Tuesday of each month in the Community Room at Little St. Mary's Church in central Cambridge.

It provides a hot two-course lunch for its members and helpers, with lecture style talks/music on a variety of subjects each month offering those older people of an academic/professional background, who have a mental health issue and for whom conventional day care is inappropriate, an opportunity to meet and socialise together in a friendly and relaxing environment.

We have a dedicated team of helpers who do a variety of tasks, including preparing and cooking the meal, looking after front of house and welcoming members as they arrive, and those who sit with members and encourage and facilitate conversation as and when they might need to.

Although everyone has a badge giving their first name, we do not distinguish helpers from members. So new members just join a friendly group of up to 40 members enjoying a meal together. We invite attendees to contribute £5 towards the cost of the meal.

If you know of anyone whom you think might appreciate joining Forum do contact forum@fofhc.org.uk for a preliminary discussion.

<http://fofhc.org.uk/forum-lunch-club>



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), contact Rachel Harrison on 01223 219520 or rachel.harrison@cpft.nhs.uk, or Dorothy O'Connor dorothy.o'connor@cpft.nhs.uk

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

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

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





Future of Carers Partnership Boards

Update from Graham Lewis at Healthwatch Cambridgeshire and Peterborough

The Carers Partnership Boards in Cambridgeshire and Peterborough are going to merge and be supported by our Healthwatch.

This was one of the items talked about at the latest Carers Partnership Board meeting in June.

There are currently separate Carers Partnership Boards for Cambridgeshire (supported by Healthwatch) and Peterborough (supported by Peterborough City Council).

Earlier this year, Cambridgeshire County Council and Peterborough City Council asked us to help them look at the best way to develop the Boards. After considering all the options, they decided to merge the Boards. This will help them make sure that everyone has the same opportunity to get involved.

The new Partnership Board will be supported by Healthwatch and the Board will continue the essential work of making sure the voices of carers are heard by those who commission and deliver services in Cambridgeshire and Peterborough.

Our support includes making sure the Independent Member volunteers get training and support to contribute to any conversations.

They have an important role to play in helping the Board think about adult social care services from a carers' perspective.

During this year I will be working with both Boards to bring them together.

We will continue to keep you, the carers, updated about these changes. We will ensure that the Boards have a wide range of carers involved, from all backgrounds, to ensure that different experiences of caring and services are heard. If these different experiences are not heard, there will never be improvements to services.

After Umbrage

The Board also learnt about After Umbrage at their June meeting. After Umbrage is a charity whose vision is to provide free, short breaks for anyone who has been looking after family members or loved ones with a life limiting condition. They also offer breaks to carers within the first 12 months of bereavement.

The Carers Partnership Board were pleased to learn about this service and are very keen for carers to hear about it and make use of it. You can find out more about After Umbrage from their website afterumbrage.org.uk which includes details of how to book a holiday.

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

healthwatch Cambridgeshire **healthwatch** Peterborough

Understanding deafblindness

Deafblind UK explain about dual sensory loss



A lady once came up to our stand at a low vision event. She had sight impairments and was wearing two hearing aids, indicating to us that she was hard of hearing. She saw that we were representing Deafblind UK and said to me, "wouldn't it be awful to be deafblind, those poor people!" What she didn't realise was that she herself was actually one of nearly 400,000 deafblind people in the UK.

Despite common misconceptions, deafblindness actually means a combined sight and hearing impairment to the point where someone's communication, mobility and ability to access information are impacted. Deafblindness comes on a huge spectrum ranging from someone struggling to see and hear the TV, right through to them not being able to see or hear anything at all. However, many people with deafblindness are able to hear and/or see something.

Many people don't identify themselves as being 'deafblind' but are aware that they 'can't see and hear as well as they used to'. It is important for us all to recognise the signs of sight and

hearing impairments in ourselves and in our friends and family - and to understand that support is available if we need it.

Dual sensory loss is a completely different condition to a sight loss plus a hearing loss. An easy way to think of this is to imagine hearing impairment as the colour blue and visual impairment as the colour yellow. When the two sensory impairments, or in this case the colours blue and yellow, come together they become something new - dual sensory impairment or in this analogy - green; a totally new colour with different properties.

Early signs of deafblindness include:

- Difficulty following conversations involving more than two people
- Thinking that other people sound muffled or like they're mumbling
- Having trouble hearing children and women
- Feeling embarrassed to meet new people or avoiding social situations
- Leaving post unopened
- Persistently cleaning glasses, or difficulty seeing well with them

- Hesitancy in sunlight, bright light, or low light, night.

Realising that you may have a dual sensory impairment can leave you with questions and concerns. At Deafblind UK, we support people with any level of combined sight and hearing loss to carry on as normal. Sometimes this means advising people about new household tricks and tips to make their life easier (such as using daylight bulbs, bump-on stickers or other basic equipment) or it might mean we show you how to use accessibility features on an iPad so you can do your shopping online, for example.

Many of our services are free of charge and include practical advice and information; emotional support for you and your family; help with digital technology; use of our accessible holiday caravans; social groups and companionship.

If you have any questions about combined sight and hearing loss, or to find out what we can do for you, contact our team of experts on the details below:

Tel: 0800 132230
Text: 07950 008870
Email: info@deafblind.org.uk
Web: www.deafblind.org.uk
Twitter & Facebook @DeafblindUK

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 your past carer expertise? The role is flexible and full training and support will be given.

To find out more please contact:
The People Team
0345 241 0954
volunteering@caringtogether.org

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
Team Manager (Communities)
0345 241 0954
gemma.whitehouse@caringtogether.org



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@caringtogether.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.



Pos+Ability

Registered Charity: 1149783



CARERS GET TWO HOURS RESPITE!

Pos+Ability run chair-based exercise groups for people living with all kinds of long-term illnesses, including, but not limited to, Stroke, Parkinson's, Neurological Conditions, Multiple Sclerosis and Muscular Dystrophy.



- We start our session with group exercises using stretch bands, soft balls and other equipment, whilst sitting on one of our chairs or your own wheelchair and work to your own ability.
- You can take a turn on our wheelchair accessible specially developed exercise bike.
- Or maybe take a few steps along our parallel bars with our team to support you.
- You can try our various hand exercise pieces of equipment used to strengthen your joints, help you to grip and hold onto items, whilst having a cup of tea or coffee and a biscuit.
- Join in a quiz, look at memorabilia books or just sit and have a chat.
- Personalised exercise programmes to suit your own needs.
- Carers do not need to stay for the session so can benefit from 2 hours respite.

We can help you with independence, maintain your levels of mobility, improve your confidence and self-esteem, help with memory and cognitive skills, communication and conversation.

Classes run in Ely, Histon, Littleport and Soham.

If you think we may be able to help you, please try our **FREE TASTER SESSION** by getting in touch on 07565 598 193, Email: posability3@gmail.com, Website: www.posability.org

We are positive about YOUR ability



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
Contact: Kim, Jane or Polly

Tuesdays 10am-12 noon (Dementia)

Main Hall, Huntingdon Methodist Church,
17 High Street, Huntingdon PE29 3TJ
Contact: Jane

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

Brampton Memorial Centre,
Thrapston Road, Brampton PE28 4TB
Contact: Jane or Polly

Thursdays 1.30-3.30pm (Parkinson's)

Main Hall, Huntingdon Methodist Church,
17 High Street, Huntingdon PE29 3TJ
Contact: Kim

Charges/voluntary donations may vary.
No need to book.
Welcome cuppa provided.

Please contact us before attending:

Kim Hall 07715 081402
kim.hall@britishgymnasticsfoundation.org
Jane Thomas 07731 097236
jane.thomas@britishgymnasticsfoundation.org
Polly Carpenter-O'Driscoll 07721 068606



Goldhay Arts is a charity supporting adults with learning disabilities to express themselves through performing and visual arts.

The charity was formed in 1994 to offer an artistic programme, where individuals who access the service can develop their skills, focussing on enriching their day-to-day lives and moving forward to being active members of society, leading fulfilling lives.

To date, Goldhay Arts is still the only day service for adults with learning disabilities in Peterborough to specialise in performing and visual arts with service users hosting, producing and performing in their own shows annually.

In addition to their weekly music, dance, drama and art sessions, they host a number of community based projects locally, from galas to multiple fundraising events and activity based projects for service users, parents, carers and supporters.

They have branched out into Lincolnshire offering two days of performing, arts and crafts session in Holbeach, Spalding and are looking forward to developing this group into a five day provision.

Goldhay Arts is a unique and, they believe, a very valuable charity close to many people's hearts and they hope to remain this way, whilst constantly developing and improving to meet their service users needs.

Here's to the next 25 years!

For more information please telephone, email or visit their website for details of the sessions:
01733 262442
info@goldhayarts.co.uk
www.goldhayarts.co.uk

September 2019 Events

- Mon 2** **Cambridge** Arthur's Shed 10am-12pm (p 12).
St Ives Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 19).
Peterborough Stroke Association Survivors & Carers Support Group Sainsbury's Café, Bretton Centre 11am-12.30pm 01572 757087/ hannah.rushton@stroke.org.uk
- Tue 3** **Huntingdon** Love to Move 10am-12pm (p 19).
Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).
Cambridge - Milton Parkinson's Bring & Share Lunch 12.15pm-3pm (p 39).
Fordham CPFT Dementia Carers Lunch 12.30pm-2pm (p 37).
Cambridge CPFT Dementia Friendly Drop-In 2.30pm-4pm (p 37).
- Wed 4** **Brampton** Brampton Reconnect Social Group - Caring Together Awareness Session 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 5** **Yaxley** Care Network Lunch Club 12pm-1.30pm (p 34).
Huntingdon Parkinson's Love to Move 1.30pm-3.30pm (p 19).
March Breathe Easy Fenland Support Group 2pm-4pm (p 43).
Peterborough Caring Together Family Carers Hub 2.30pm-4.30pm (p 33).
- Fri 6** **Girton** Cambridge South Rotary Club Memory Café 10am-12pm (p 37).
Cambridge Arthur's Shed 11am-1pm (p 12).
Peterborough Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).
- Sat 7** **Peterborough** Family Voice Peterborough Litter Pick around the Ortons area 11am-1.30pm (p 31).
Little Paxton Simply Saturday - Jazz Singer 12.30pm-2.30pm (p 32).
- Mon 9** **Peterborough** Think Autism Workshop - Core Features of Autism 10am-11.45am (p 29).
Histon Pinpoint ADHD/ASD Parent Group Early Years Centre 10am-12pm (p 30).
St Ives Memory Lane Singing Café Crossways Christian Centre 10am-12pm.
- Peterborough** Think Autism Workshop - Strategies for Autism 12.15pm-2pm (p 29).
Sawtry Chatterbox Family Carers Drop-In 2pm-4pm (p 33).
- Tue 10** **Burwell** Burwell Drop-In 10am-12pm (p 34).
Huntingdon Caring Together Family Carers Hub Meeting Room 2, Huntingdon Library 10am-12pm (p 13).
Huntingdon Love to Move 10am-12pm (p 19).
Huntingdon Pinpoint ADHD/ASD Parent Group Hunts Forum, The Maple Centre, 10am-12pm (p 30).
Huntingdon Read a Little Aloud Huntingdon Library 10.30am-11.30am (p 26).
Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).
- Wed 11** **Brampton** Love to Move 10.30am-12pm (p 19).
Peterborough Family Voice Peterborough 'Cookery with the Family' free four week cookery course 1pm-3pm (p 31).
Ramsey Parkinson's Support Group 2pm-4pm (p 39).
Cambridge Making Space Peer Support Group Meadows Community Centre 7.30pm-9pm (p 41).
- Thur 12** **Cambridge - Great Shelford** Caring Together Family Carers Hub David Rayner Building, Scotsdales 10am-12pm (p 35).
Ely Ely Dementia Group 10am-12pm (p 34).
Peterborough Pinpoint ADHD/ASD Parent Group Family Voice, Goldhay Community Centre 10am-12pm (p 30).
Huntingdon Parkinson's Love to Move 1.30pm-3.30pm (p 19).
- Fri 13** **Ely** Pinpoint ADHD/ASD Parent Group East Cambs Child & Family Centre, Spring Meadow Infant & Nursery School 12.30pm-2.30pm (p 30).
Peterborough Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).
- Mon 16** **Peterborough** Family Voice Peterborough School Run Club drop in session 8.30am-10am (p 31).
Cambridge Arthur's Shed 10am-12pm (p 12).
St Ives Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 19).
Ramsey Caring Together Family Carers Hub Ramsey Library 10am-1pm (p 13).
Wisbech Positively Parkinson's Café 10.30am (p 38).

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.

Peterborough Stroke Association Survivors & Carers Support Group Sainsbury's Café, Bretton Centre 11am-12.30pm 01572 757087/hannah.rushton@stroke.org.uk

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

St Ives Young Onset Dementia Group The Golden Lion 3pm-5pm for carers of people diagnosed with dementia before 65 (p 42).

Tue 17 **Huntingdon** Love to Move 10am-12pm (p 19).

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

St Ives Read a Little Aloud St Ives Library 2pm-3pm (p 26).

Ely Parkinson's Support Group 'Tales of a businessman' £2 2.30pm-4.30pm (p 39).

Wed 18 **Wisbech** Caring Together Family Carers Hub The Oasis Community & Children's Centre 10am-1pm (p 13).

Cambridge Cam Sight Cambridgeshire Sight and Hearing Loss Open Day 10am-2pm (p 41).

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

Brampton Love to Move 10.30am-12pm (p 19).

Peterborough Family Voice Peterborough 'Cookery with the Family' 1pm-3pm (p 31).

Hail Weston Rotary Club Carers Coffee Club 2pm-3.30pm (p 34).

Thur 19 **Burwell** Burwell Carers Group 9.45am-12.15pm (p 33).

Huntingdon Parkinson's Love to Move 1.30pm-3.30pm (p 19).

Peterborough Stanground Dementia Café Sue Ryder Stanground Café, 2pm-3.30pm Penny Fisher 01733 350564.

Fri 20 **Peterborough** Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).

Mon 23 **Peterborough** Family Voice Peterborough School Run Club 8.30am-10am (p 31).

St Ives Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 19).

March Healthwatch Cambridgeshire and Peterborough Wheelchair Users' Forum March Library 12.30pm-2.30pm (p 16) 0330 355 1285 graham.lewis@healthwatchcambspbboro.co.uk

Peterborough Family Voice Peterborough 'Stress and Anxiety Management' free four week course 1pm-3pm (p 31).

Sawtry Chatterbox Family Carers Drop-In 2pm-4pm (p 33).

Tue 24 **Burwell** Burwell Drop-In 10am-12pm (p 34).

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

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 25 **Brampton** Love to Move 10.30am-12pm (p 19).

Peterborough Family Voice Peterborough 'Cookery with the Family' 1pm-3pm (p 31).

Cambridge C2 M.S. Carer's Club 'News from Caring Together' with Arda Lavelle Church of Good Shepherd Hall 2.30pm-4pm (p 38).

Huntingdon Rotary Club Memory Café 2.30pm-4.30pm (p 35).

Cambridge Rethink Carer Support Group 7.30pm-9pm (p 42).

Thur 26 **Peterborough** Healthwatch Cambridgeshire and Peterborough Peterborough Community Forum Stanground Community Centre 9.30am-12pm (p 16) 0330 355 1285

caroline.tyrrell-jones@healthwatchcambspbboro.co.uk

Cambridge - Great Shelford Caring Together Family Carers Hub David Rayner Building, Scotsdales 10am-12pm (p 35).

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

Cambridge Arthur's Shed 11am-1pm (p 12).

Huntingdon Parkinson's Love to Move 1.30pm-3.30pm (p 19).

Bottisham Carers at the Café Red2Green Community Café & Garden 2pm-3pm.

Cambridge Arthur's Shed 2.30pm-3.30pm (p 12).

Fri 27 **Ely** Caring Together Family Carers Hub Larkfields Community Centre 10am-1pm (p 13).

Cambridge - Great Shelford Parkinson's Support Group 10.30am-1.30pm (p 39).

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

Sat 28 **Peterborough** Rethink Carer Support Group 3pm-4.30pm (p 42).

Mon 30 **Peterborough** Family Voice Peterborough School Run Club 8.30am-10am (p 31).

St Ives Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 19).

Peterborough Family Voice Peterborough 'Stress and Anxiety Management' 1pm-3pm (p 31).

October 2019 Events

- Tue 1** **Huntingdon** Love to Move 10am-12pm (p 19). **Peterborough** Alzheimer's Society Open Carers Group 10.30am-12pm (p 36). **Cambridge - Milton** Parkinson's Bring & Share Lunch 12.15pm-3pm (p 39). **Fordham** CPFT Dementia Carers Lunch 12.30pm-2pm (p 37). **Cambridge** CPFT Dementia Friendly Drop-In 2.30pm-4pm (p 37).
- Tue 8** **Burwell** Burwell Drop-In 10am-12pm (p 34). **Huntingdon** Caring Together Family Carers Hub Meeting Room 2, Huntingdon Library 10am-12pm (p 13). **Huntingdon** Love to Move 10am-12pm (p 19). **Huntingdon** Pinpoint ADHD/ASD Parent Group Hunts Forum, The Maple Centre, 10am-12pm (p 30). **Huntingdon** Read a Little Aloud Huntingdon Library 10.30am-11.30am (p 26). **Peterborough** Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).
- Wed 2** **Brampton** Brampton Reconnect Social Group - Falls Prevention Taster Session & Talk 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). **Peterborough** Family Voice Peterborough 'Cookery with the Family' 1pm-3pm (p 31). **St Ives** Parkinson's Support Group 2pm-4pm (p 39). **Huntingdon** Rethink Carer Support Group 7.30pm-9.30pm (p 42).
- Wed 9** **Peterborough** Family Voice Peterborough Annual Conference The Fleet free event open to all Peterborough parent carers and professionals 9.30am-2.30pm (p 31) 01733 685510 office@familyvoice.org **Brampton** Love to Move 10.30am-12pm (p 19).
- Thur 3** **Yaxley** Care Network Lunch Club 12pm-1.30pm (p 34). **Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 19). **March** Breathe Easy Fenland Support Group 2pm-4pm (p 43). **Cambridge** Arthur's Shed 2.30pm-3.30pm (p 12). **Peterborough** Caring Together Family Carers Hub 2.30pm-4.30pm (p 33).
- Thur 10** **Wisbech** Healthwatch Cambridgeshire and Peterborough Wisbech Community Forum Main Hall, Queen Mary Centre 9.30am-12pm (p 16) 0330 355 1285 caroline.tyrrell-jones@healthwatchcambspboro.co.uk **Cambridge - Great Shelford** Caring Together Family Carers Hub David Rayner Building, Scotsdales 10am-12pm (p 35). **Ely** Ely Dementia Group 10am-12pm (p 34). **Peterborough** Pinpoint ADHD/ASD Parent Group Family Voice, Goldhay Community 10am-12pm (p 30). **Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 19). **Cambridge** Arthur's Shed 2.30pm-3.30pm (p 12).
- Fri 4** **Girton** Cambridge South Rotary Club Memory Café 10am-12pm (p 37). **Cambridge** Arthur's Shed 11am-1pm (p 12). **Peterborough** Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).
- Fri 11** **Cambridge** C2 M.S. Carer's Club - Autumnal walk around Anglesey Abbey, garden and mill! Optional lunch at own expense (meet at Visitor Centre) 10.30am-1pm (p 38). **Ely** Pinpoint ADHD/ASD Parent Group East Cambs Child & Family Centre, Spring Meadow Infant & Nursery School 12.30pm-2.30pm (p 30). **Peterborough** Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).
- Sat 5** **Peterborough** Family Voice Peterborough Litter Pick around the Ortons area 11am-1.30pm (p 31). **Little Paxton** Simply Saturday - Carpet/target bowls 12.30-2.30pm (p 32).
- Mon 7** **Peterborough** Family Voice Peterborough School Run Club 8.30am-10am (p 31). **Histon** Pinpoint ADHD/ASD Parent Group Early Years Centre 10am-12pm (p 30). **St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 19). **Peterborough** Stroke Association Survivors & Carers Support Group Sainsbury's Café, Bretton Centre 11am-12.30pm 01572 757087/ hannah.rushton@stroke.org.uk **Peterborough** Family Voice Peterborough 'Stress and Anxiety Management' 1pm-3pm (p 31).
- Mon 14** **Peterborough** Family Voice Peterborough School Run Club 8.30am-10am (p 31). **Peterborough** Think Autism Workshop - Effective Communication 10am-11.45am (p 29). **St Ives** Memory Lane Singing Café Crossways Christian Centre 10am-12pm. **Peterborough** Think Autism Workshop - Behaviour Management 12.15pm-2pm (p 29). **Peterborough** Family Voice Peterborough 'Stress and Anxiety Management' 1pm-3pm (p 31).

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.

Cambridge Age UK Cambridgeshire and Peterborough Autumn Meeting - free event for older people and carers Meadows Community Centre 1pm-4pm 01354 691896 admins@ageukcap.org.uk
Sawtry Chatterbox Family Carers Drop-In 2pm-4pm (p 33).

Tues 15 **Huntingdon** Love to Move 10am-12pm (p 19).
Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).
St Ives Read a Little Aloud St Ives Library 2pm-3pm (p 26).
Ely Parkinson's Support Group 'Recycling - a practical demo' £2 2.30pm-4.30pm (p 39).

Wed 16 **Wisbech** Caring Together Family Carers Hub The Oasis Community & Children's Centre 10am-1pm (p 13).
St Ives Reminiscence at The Norris Museum 10.30am-11.30am (p 37).
Brampton Love to Move 10.30am-12pm (p 19).
Cambridge Arthur's Shed 1.30pm-3pm (p 12).
Hail Weston Rotary Club Carers Coffee Club 2pm-3.30pm (p 34).

Thur 17 **Burwell** Burwell Carers Group 9.45am-12.15pm (p 33).
Huntingdon Parkinson's Love to Move 1.30pm-3.30pm (p 19).
Peterborough Stanground Dementia Café Sue Ryder Stanground Café 2pm-3.30pm Penny Fisher 01733 350564.
Cambridge Arthur's Shed 2.30pm-3.30pm (p 12).

Fri 18 **Peterborough** Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).

Mon 21 **St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 19).
Wisbech Positively Parkinson's Café 10.30am (p 38).
Ramsey Caring Together Family Carers Hub Ramsey Library 10am-1pm (p 13).
Peterborough Stroke Association Survivors & Carers Support Group Sainsbury's Café, Bretton Centre 11am-12.30pm 01572 757087/ hannah.rushton@stroke.org.uk
St Neots Parkinson's Support Group 2pm-4pm (p 39).
St Ives Young Onset Dementia Group The Golden Lion 3pm-5pm for carers of people diagnosed with dementia before 65 (p 42).

Tues 22 **Burwell** Burwell Drop-In 10am-12pm (p 34).
Huntingdon Love to Move 10am-12pm (p 19).
Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).

Wed 23 **Brampton** Love to Move 10.30am-12pm (p 19).

Thur 24 **Peterborough** Healthwatch Cambridgeshire and Peterborough Peterborough Community Forum Stanground Community Centre 9.30am-12pm (p 16) 0330 355 1285 caroline.tyrrell-jones@healthwatchcambspboro.co.uk
Cambridge - Great Shelford Caring Together Family Carers Hub David Rayner Building, Scotsdales 10am-12pm (p 35).
Ely Ely Dementia Group 10am-12pm (p 34).
Huntingdon Parkinson's Love to Move 1.30pm-3.30pm (p 19).

Fri 25 **Ely** Caring Together Family Carers Hub Larkfields Community Centre 10am-1pm (p 13).
Cambridge - Great Shelford Parkinson's Support Group 10.30am-1.30pm (p 39).
Peterborough Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).
Peterborough Family Voice Peterborough Halloween Party open to families who have a child or young person with additional needs £5 per person 3pm-5pm (p 31).

Sat 26 **Peterborough** Rethink Carer Support Group 3pm-4.30pm (p 42).

Mon 28 **Peterborough** Family Voice Peterborough School Run Club 8.30am-10am (p 31).
St Ives Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 19).
Sawtry Chatterbox Family Carers Drop-In 2pm-4pm (p 33).

Tues 29 **Huntingdon** Love to Move 10am-12pm (p 19).
Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).
Wisbech Breathe Easy Wisbech Support Group 1.30pm-3.30pm (p 43).

Wed 30 **Brampton** Love to Move 10.30am-12pm (p 19).
Cambridge Arthur's Shed 1.30pm-3pm (p 12).
Huntingdon Rotary Club Memory Café 2.30pm-4.30pm (p 35).
Cambridge Rethink Carer Support Group 7.30pm-9pm (p 42).

Thur 31 **Huntingdon** Parkinson's Love to Move 1.30pm-3.30pm (p 19).
Bottisham Carers at the Café Red2Green Community Café & Garden 2pm-3pm.
Cambridge Arthur's Shed 2.30pm-3.30pm (p 12).

November 2019 Events

- Fri 1** **Girton** Cambridge South Rotary Club Memory Café 10am-12pm (p 37).
 Peterborough Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).
- Sat 2** **Peterborough** Family Voice Peterborough Litter Pick around the Ortons area 11am-1.30pm (p 31).
 Little Paxton Simply Saturday - W I Jewels (choir) 12.30-2.30pm (p 32).
- Mon 4** **Peterborough** Family Voice Peterborough School Run Club 8.30am-10am (p 31).
 St Ives Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 19).
 Peterborough Stroke Association Survivors & Carers Support Group Sainsbury's Café, Bretton Centre 11am-12.30pm 01572 757087/hannah.rushton@stroke.org.uk
- Tues 5** **Huntingdon** Love to Move 10am-12pm (p 19).
 Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).
 Cambridge - Milton Parkinson's Bring & Share Lunch 12.15pm-3pm (p 39).
 Fordham CPFT Dementia Carers Lunch 12.30pm-2pm (p 37).
 Cambridge CPFT Dementia Friendly Drop-In 2.30pm-4pm (p 37).
- Wed 6** **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 7** **Ely** Ely Dementia Group 10am-12pm (p 34).
 Yaxley Care Network Lunch Club 12pm-1.30pm (p 34).
 Huntingdon Parkinson's Love to Move 1.30pm-3.30pm (p 19).
 March Breathe Easy Fenland Support Group 2pm-4pm (p 43).
 Cambridge Arthur's Shed 2.30pm-3.30pm (p 12).
 Peterborough Caring Together Family Carers Hub 2.30pm-4.30pm (p 33).
- Fri 8** **Peterborough** Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).
- Mon 11** **Peterborough** Family Voice Peterborough School Run Club 8.30am-10am (p 31).
 St Ives Memory Lane Singing Café Crossways Christian Centre 10am-12pm.
- Peterborough** Think Autism Workshop - Sensory Differences 10am-11.45am (p 29).
 Histon Pinpoint ADHD/ASD Parent Group Early Years Centre 10am-12pm (p 30).
 Peterborough Think Autism Workshop - Sleep Awareness 12.15pm-2pm (p 29).
 Sawtry Chatterbox Family Carers Drop-In 2pm-4pm (p 33).
- Tues 12** **Burwell** Burwell Drop-In 10am-12pm (p 34).
 Huntingdon Caring Together Family Carers Hub Meeting Room 2, Huntingdon Library 10am-12pm (p 13).
 Huntingdon Love to Move 10am-12pm (p 19).
 Huntingdon Pinpoint ADHD/ASD Parent Group Hunts Forum, The Maple Centre 10am-12pm (p 30).
 Huntingdon Read a Little Aloud Huntingdon Library 10.30am-11.30am (p 26).
 Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).
- Wed 13** **Brampton** Love to Move 10.30am-12pm (p 19).
 Cambridge Arthur's Shed 1.30pm-3pm (p 12).
 Ramsey Parkinson's Support Group 2pm-4pm (p 39).
- Thur 14** **Cambridge - Great Shelford** Caring Together Family Carers Hub David Rayner Building, Scotsdales 10am-12pm (p 35).
 Peterborough Pinpoint ADHD/ASD Parent Group Family Voice, Goldhay Community Centre 10am-12pm (p 30).
 Huntingdon Parkinson's Love to Move 1.30pm-3.30pm (p 19).
 Cambridge Arthur's Shed 2.30pm-3.30pm (p 12).
- Fri 15** **Ely** Pinpoint ADHD/ASD Parent Group East Cambs Child & Family Centre, Spring Meadow Infant & Nursery School 12.30pm-2.30pm (p 30).
 Peterborough Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).
- Mon 18** **Peterborough** Family Voice Peterborough School Run Club 8.30am-10am (p 31).
 St Ives Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 19).
 Ramsey Caring Together Family Carers Hub Ramsey Library 10am-1pm (p 13).
 Wisbech Positively Parkinson's Café 10.30am (p 38).
 Peterborough Stroke Association Survivors & Carers Support Group Sainsbury's Café, Bretton Centre 11am-12.30pm 01572 757087/hannah.rushton@stroke.org.uk

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.

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

St Ives Young Onset Dementia Group The Golden Lion 3pm-5pm for carers of people diagnosed with dementia before 65 (p 42).

Tues 19 **Huntingdon** Love to Move 10am-12pm (p 19).
Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).
St Ives Read a Little Aloud St Ives Library 2pm-3pm (p 26).
Ely Parkinson's Support Group Seasonal flowers and plants £2 2.30pm-4.30pm (p 39).

Wed 20 **Wisbech** Caring Together Family Carers Hub The Oasis Community & Children's Centre 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 19).
Hail Weston Rotary Club Carers Coffee Club 2pm-3.30pm (p 34).

Thur 21 **Carers Rights Day** please check our website and social media nearer the date.
Burwell Burwell Carers Group 9.45am-12.15pm (p 33).
Ely Ely Dementia Group 10am-12pm (p 34).
Huntingdon Parkinson's Love to Move 1.30pm-3.30pm (p 19).
Peterborough Stanground Dementia Café Sue Ryder Stanground Café 2pm-3.30pm Penny Fisher 01733 350564.
Cambridge Arthur's Shed 2.30pm-3.30pm (p 12).

Fri 22 **Cambridge - Great Shelford** Parkinson's Support Group 10.30am-1.30pm (p 39).
Peterborough Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).

Mon 25 **Peterborough** Family Voice Peterborough School Run Club 8.30am-10am (p 31).
St Ives Love to Move & Norris Museum Reminiscence Group 10am-12pm (p 19).
Sawtry Chatterbox Family Carers Drop-In 2pm-4pm (p 33).

Tues 26 **Burwell** Burwell Drop-In 10am-12pm (p 34).
Huntingdon Love to Move 10am-12pm (p 19).
Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).
Wisbech Breathe Easy Wisbech Support Group 1.30pm-3.30pm (p 43).

Wed 27 **Brampton** Love to Move 10.30am-12pm (p 19).
Cambridge Arthur's Shed 1.30pm-3pm (p 12).

Cambridge C2 M.S. Carer's Club Church of Good Shepherd Hall 2.30pm-4pm (p 38).

Huntingdon Rotary Club Memory Café 2.30pm-4.30pm (p 35).

Cambridge Rethink Carer Support Group 7.30pm-9pm (p 42).

Thur 28 **Peterborough** Healthwatch Cambridgeshire and Peterborough Peterborough Community Forum Stanground Community Centre 9.30am-12pm (p 16) 0330 355 1285 caroline.tyrrell-jones@healthwatchcambspboro.co.uk

Peterborough Healthwatch Cambridgeshire and Peterborough Wheelchair Users' Forum Nene Valley Community Centre 9.30am-12pm (p 16) 0330 355 1285 graham.lewis@healthwatchcambspboro.co.uk

Cambridge - Great Shelford Caring Together Family Carers Hub David Rayner Building, Scotsdales 10am-12pm (p 35).

Huntingdon Parkinson's Love to Move 1.30pm-3.30pm (p 19).

Bottisham Carers at the Café Red2Green Community Café & Garden 2pm-3pm.

Cambridge Arthur's Shed 2.30pm-3.30pm (p 12).

Fri 29 **Ely** Caring Together Family Carers Hub 10am-1pm (p 13).
Peterborough Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).

Sat 30 **Peterborough** Rethink Carer Support Group 3pm-4.30pm (p 42).

Thank You

As a charity, the generosity of our supporters is vital to enable us to help even more carers in our local community.

Thank you to **RAF Wittering** for collecting £290 in the staff mess and also out and about from catering events across the country.

If you would like to make a donation - either as a one-off or a regular donation - please call 01480 499090 or visit our website www.caringtogether.org/donate

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

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



Read a Little Aloud from Cambridgeshire Libraries

Read a Little Aloud is a free group open to any adult who enjoys listening to a range of literature, stories, poems or any written words being read aloud. Each month there is a different theme and the group allows listeners to sit back and relax, listen or join in with discussions about the readings.

Holding these groups in a library provides a safe, friendly and welcoming environment. See the events calendar for dates in Huntingdon and St Ives.

Email: volunteers@cambridgeshire.gov.uk

As Steering Group Chair for the fast-growing St Ives Dementia Friendly Community, under the auspices of the Alzheimer's Society, I am delighted to see the Cambridgeshire Libraries 'Read a Little Aloud' initiative here in our town. I have attended sessions and I can think of no more relaxing and interesting way for those living with dementia to spend time together. The social interaction is of enormous benefit as is the opportunity for carers to spend 'time-off' with one another. I hope it will grow to become an important part of our Dementia Friendly Community.
Ian Jackson, St. Ives.

I found it really almost like therapy. To sit back and just take time out to listen to what was being read and separate yourself from everything else. I came away feeling very relaxed and refreshed.
Read a Little Aloud attendee.

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

Young carers and young adult carers

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

Giving young carers a much-needed break over the summer holidays

Over the summer holidays, thanks to funding from Masonic Charitable Foundation and BBC Children in Need, we were able to put on a programme of activities for young carers from across Huntingdonshire and Peterborough to have a break from their caring roles and to help reduce isolation by linking them up with other young carers.

These trips included:

- An outdoor activity morning
- Extreme 360 trampolining
- A beach trip.

We also had university taster days for young carers and a garden party.

If you would like to find out more about our breaks for young carers, siblings and young adult carers (we are hoping to be able to put on a trip to see A Christmas Carol at The Old Vic for young carers, siblings and parents in January!) then please do get in touch.

Exciting new awareness-raising resource for infant schools

We work with schools, colleges and universities across Cambridgeshire, Peterborough and Norfolk to help raise awareness of young carers so that they are identified at the earliest possible opportunity.

We are really excited to have been able to work with our Carer Friendly School of the Year Award winner to produce an awareness-raising pack specifically focussed at infant schools.

Below you can see a sneak preview photo, and we have lots of exciting ideas about taking this forward to help raise even more awareness.

If you work in a primary or infant school and would like to make sure you receive the latest information and updates about this new resource, please contact hello@caringtogether.org with the subject line **'Infant Carers Pack'**.

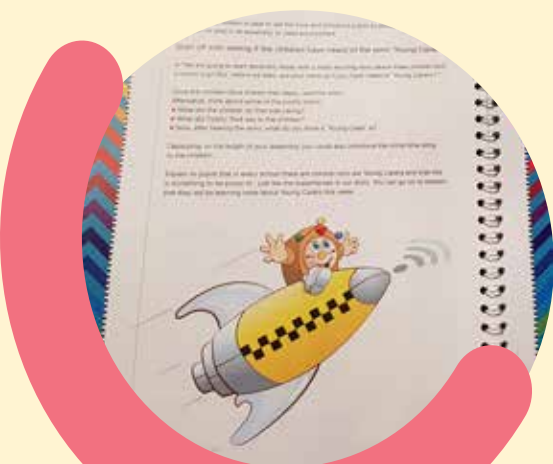


Hunts FA Grassroots Project of the Year

We work closely with Hunts FA to provide opportunities for our young carers to promote their physical and emotional wellbeing through football at our community and school groups and so we are delighted that we have won the Hunts FA Grassroots Project of the Year as part of the national FA and McDonald's Grassroots Football Awards.

Family Carer Co-ordinator, Ella McKenzie, and our Business Development Manager, Andy McGowan were invited to watch the FA Community Shield at Wembley and they will be collecting the award at a ceremony later in the year.

If you are keen to link up with us to help give young carers a break from their caring role, do get in touch!



Caring Together - Young carers and young adult carers

01480 499090 or 0345 241 0954

referycyac@caringtogether.org

www.caringtogether.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.

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

Centre 33 Young Carers Project is in the following schools in the area:

East Cambs

Bottisham Village College, Ely College, Littleport & East Cambs Academy, Soham Village College, Witchford Village College.

Cambridge City

Chesterton, Comberton, Cottenham, Impington, NCA, St Bedes.

South Cambs

Bassingbourn, Linton, Melbourn, Sawston, Trumpington.

Huntingdonshire & Cambourne

Abbey College - Ramsey, Cambourne Village College, Hinchingsbrooke School - Huntingdon, Sawtry Community College, St Ivo - St Ives, St Peters - Huntingdon.

Fenland

Cromwell - Chatteris, Neale-Wade - March, Sir Harry Smith - Whittlesey, Thomas Clarkson - Wisbech.



CONTACT CENTRE 33

www.centre33.org.uk,
youngcarers@centre33.org.uk
0333 4141 809.

**Young Carers Project
CAMBRIDGESHIRE**



Are you aged 8-18?
Do you look after someone in your family who has an illness, a disability, or is affected by mental ill-health or substance misuse?

our Young Carers Project can help you by:

- Giving you **someone to talk to**
- Providing you with **support in your school**
- Inviting you on young carers **trips and activities outside of school**
- Working with you to make sure **your voice is heard**
- Making sure you are getting the **help and support** that you are entitled to
- Sending you regular copies of our **Juicy News** newsletter.

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

If you think you, or someone you know is a young carer, **get in touch!**

E-mail us: youngcarers@centre33.org.uk
Phone us: **0333 4141 809**
@Centre33Camb
www.centre33.org.uk



Spectrum Cambridge

Spectrum Cambridge provide a broad range of events with local and UK venues, days out and SEND support for children with Autism, additional needs, learning difficulties and disabilities alongside their families and carers. 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
 Web: <https://spectrum.org.uk>
 Facebook: www.facebook.com/spectrumcio
 Twitter: [@spectrumcio](https://twitter.com/spectrumcio)



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

Centre 33

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

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

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

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

Contact:
 DROP-INS: opening times on our website
 HELPLINE: 0333 4141 809
 E-MAIL: help@centre33.org.uk
 TEXT: 07514 783745
www.centre33.org.uk
 @Centre33Camb
facebook.com/centre33camb

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

Think Autism WORKSHOPS

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

Napier Place, Orton Wistow, Peterborough, PE2 6XN

	Morning (10am - 11.45am)	Afternoon (12.15pm - 2pm)
9/9/19	Core Features of Autism	Strategies for Autism
14/10/19	Effective Communication	Behaviour Management
11/11/19	Sensory Differences	Sleep Awareness
9/12/19	Stress, Anxiety & Self Regulation	Developing Relationships
13/1/20	Social and Emotional Development	Gender Differences

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

More Information:
www.thinkautism.co.uk

Lunch is not included

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

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

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

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

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

pinpoint
Champions

**Exciting New Volunteering Opportunity
'Pinpoint Champions' in Huntingdon**

Did you know?

- There are hundreds of families who have children with additional needs in Huntingdon.
- Most of these families don't know who to talk to or where to go to get the help they need at the time they need it.
- As a result, more children are at risk of needing ongoing help for longer, when the right help at the right time could have made all the difference to them.

YOU could be that difference! We need like minded positive parents.... We need '**Pinpoint Champions**'

People like you who understand that receiving the '*right help at the right time*' could make a lifetime of difference to a child in need and their family.

If you are a parent living in Huntingdon or Godmanchester and have an hour or so to spare a week in your school playground and/or in the community from September to volunteer for Pinpoint Cambridgeshire as a '**Pinpoint Champion**'..... then we want to hear from you! This is a signposting role, not an advisory one, full training will be provided.

For more information please email - champions@pinpoint-cambs.org.uk

Pinpoint Contact Details

Tel: 01480 877333

Email: info@pinpoint-cambs.org.uk

Web: www.pinpoint-cambs.org.uk

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

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

Peterborough's Parent Carer Forum



Family Voice is Peterborough's Parent Carer Forum and a registered charity. They work in co-production with service providers on behalf of Peterborough Parent Carers to shape local services according to need.

They offer free advice, support and training to families who have children with additional needs or disabilities. They also run a number of fully inclusive low cost events and activities throughout the year to enable families to spend time with others in a similar situation and meet our team in an informal environment.

To find out more, please visit their website www.familyvoice.org

Family Voice run two regular training courses at the Orton Goldhay Community Centre. Both are delivered by Natasha; a trustee at Family Voice and a Parent Carer with a wealth of personal experience in addition to her professional training.

The 'Expert Parent Programme' provides you with an insight to the Health System and helps you to get most out of the services and fundamentals for your journey. In addition, they help you to gain confidence when speaking to Health Professionals and in using the time you have to your advantage.

The 'Challenging Behaviour' Workshop looks at the root causes of behaviours that challenge, helps you to understand the meaning behind them and teaches strategies to communicate effectively with your child or young person to overcome the difficulties you are facing.

To find out more about either course, or to book a place please visit www.familyvoice.org/training

Forthcoming Courses

Cookery with the Family

Starting 11 September
1pm-3pm
Four week course
Free of charge
Open to all

Stress and Anxiety Management

Starting 23 September
1pm-3pm
Four week course
Free of charge
Open to all



Family Voice Peterborough

Goldhay Community Centre
105 Paynels
Peterborough
PE2 5QP
Tel: 01733 685510
Email: office@familyvoice.org
Website: 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, call 0808 802 8080 or visit your local Pop In Centre.

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

Registered Charity No 219279



Day Centre

Social days to enjoy

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

St Neots Day Centre aims to help those who may be frail and elderly to maintain their independence and get the most out of life by providing the opportunity to meet others socially, to engage in activities and enjoy a good lunch. Our professional, caring staff provide a safe environment for those with physical disabilities and/or memory issues but we also welcome people who simply need to get out of the house.



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

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

Glenys Shaw - Day Centre Manager

01480 475274

Email: manager@stneotsvwa.org.uk

www.stneotsvwa.org.uk

www.facebook.com/groups/stneotsvwa

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:

7th September - Jazz Singer

5th October - Carpet/target bowls

2nd November - W I Jewels (choir)

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

Helen Young 01480 216255
or email young_paxton@ntlworld.com

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@caringtogether.org



Burwell Carers



Making time for you

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 9.45am to 12.15pm.

19th September 2019

17th October 2019

21st November 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

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

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

9th & 23rd September

14th & 28th October

11th & 25th November

At **The CARESCO Centre,**

Green End Road, Sawtry, PE28 5UX

Contact Liz or Susie on 01487 832105

Email: carers@caresco.org.uk



Your local charity supporting our community

Registered charity number 1140728

FRIENDS, FUN & FOOD



When - First Thursday of the Month

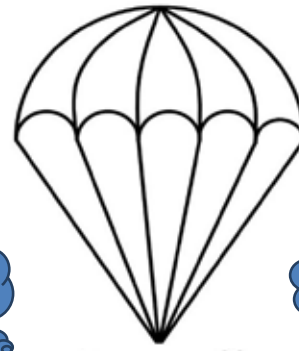
Time - 12.00 to 1.30pm

Where - The Farmers, Yaxley

This local group welcomes anyone who would like to come along for friendship, fun and food.

**No need to book, just come along
Everyone welcome!**

For more information, please get in touch with Mandy at Care Network Cambridgeshire on 07540 240139 or email mandy.b@care-network.org.uk



Coffee & chat

games & crafts

friendship & support

music & singing

Burwell Drop-In

**Every 2nd and 4th Tuesday of the month,
10:00-12:00 at Trinity Church,
High Street, Burwell CB25 0HD
Contact Sue Evans - 01638 743688
sueevans1949@hotmail.com**

Ely Dementia Group

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

Recreational Hall
Militia Way
off Barton Road Car Park
Ely

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

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

For further information please contact Julie Day.

Tel: 01353 612369 or
07968 739406



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 2pm 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

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.



The Rotary Club of Huntingdon invites you to its

MEMORY CAFÉ

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



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



ON THE LAST WEDNESDAY OF EVERY MONTH
2.30pm to 4.30pm



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

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.

- 4th Sept** Caring Together Awareness Session
- 2nd Oct** Falls Prevention Taster Session & Talk
- 6th Nov** Rotary Voices Choir

Support information available

Questions? Phone Janet on 07702 010594

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 two-course lunch.

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.

Peterborough contact

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

Cambridgeshire and Fenland contact

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

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

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



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

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.



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.

Dementia Carers Lunch Scotsdales Market Street Fordham CB7 5LQ

First Tuesday of the month
12.30pm to 2pm

Informal lunch group for carers and people living with dementia. Please call before attending to confirm times.

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

For carers and people living with dementia. Tea and coffee, plus activities run by volunteers from the Dementia Carers' Support Service. Please call for details.

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Contact CPFT Dementia Carers' Support Service

Tel: 01480 420331 (answerphone, we aim to respond within 2 working days)
Email: dcss@cpft.nhs.uk

TotalVoice

Cambridgeshire and Peterborough

Need Support to Speak Up? TotalVoice can help

Do you know where to turn for help if you struggle to be heard? Would you like support to understand your rights and make decisions about health and social care?

It can be very daunting understanding the legal and statutory procedures involved with social care, but advocacy support for family carers is available from Total Voice Cambridge and Peterborough. The service is free, independent and confidential.

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

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

Total Voice can:

- support you to be heard
- help you understand your rights, choices and options
- enable you to make your own decisions about health and social care
- help you to get support from the people around you in your community
- give you the tools to do as much as you can for yourself.

You will need to be referred to Total Voice by your local adult social services.

Contact Total Voice for more details:

Helpline: 0300 222 5704

Email: tvcp@voiceability.org

Website: www.totalvoicecp.org

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

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

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

PARKINSON'S^{UK} 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**

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (228107) and in Scotland (SC017546). © Parkinson's UK. Created by Hydrus.



Multiple Sclerosis Carers Club

Meets on the
fourth Wednesday of the month
2.30pm-4pm
(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

PARKINSON'S^{UK} 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: lhowe@parkinsons.org.uk
Web: www.huntspds.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: lhowe@parkinsons.org.uk
Web: www.huntspds.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: lhowe@parkinsons.org.uk
Web: www.huntspds.org.uk

Ely and District Support Group

Third Tuesday of the month
2.30pm to 4.30pm
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: lhowe@parkinsons.org.uk
Web: www.huntspds.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: lhowe@parkinsons.org.uk
Web: www.huntspds.org.uk

Peterborough Branch Parkinson's UK

Meets several times every month for coffee mornings, walks, exercise classes and meetings. Full details of events are on the events page on the website.
Tel: Ruth Brinkler-Long 07752 014998
Email: ruthbrinkler@hotmail.com
Web: parkinsons-peterborough.org.uk
Facebook: /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

For general information about Parkinson's, please see the national Parkinson's website:
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
enquiries@cambridgeshirehearinghelp.org.uk
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



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.

Monthly club meetings are held in Bury, St Ives, Huntingdon and St Neots. There are 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
01480 453438
info@huntsblind.co.uk

Free event!

Cambridgeshire Sight and Hearing Loss Open Day

Find out about services and
support available in our area

Wednesday
18 September
10am - 2pm

Chesterton Methodist Church,
Cambridge, CB4 1RW

www.camsight.org.uk/news



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



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.

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.



Making Space

Health & Social Care Services

**Making Space Cambridgeshire
Carers Support Service**

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

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

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

For more information or to make a referral, please contact Pauline, Christine or Gill.

Tel: 01480 211006

Email: 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.

**Contact
for
dates**



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

TIME 7pm til 9pm For more information Email
Russell.Bowyer@icloud.com

YOUNG ONSET DEMENTIA GROUP

(Diagnosed before 65 years old)

A group for those who care for their loved ones. No need to book, just turn up.

See the event calendar for dates/times.

For more information please contact
Ruth 07827 159307 ruth.eod@yahoo.com



Rethink Mental Illness is about "Challenging Attitudes, Changing Lives". It sums up what we do. We challenge the stigma and discrimination that too often accompanies mental illness and campaign to change policy, nationally and locally so that things improve for people with mental illness.

We provide understanding and hope and we are for everyone affected by mental illness, including family, carers and friends providing high quality information and advice through our telephone advice service and thousands of free resources.

Our mission is clear as ever: Leading the way to a better quality of life for everyone affected by severe mental illness, especially carers. Find out how we can support you as a **carer** in Peterborough. Come and see us at:

The LightBox Cafe
31 Bridge St, Peterborough PE1 1HA

Every last Saturday of the month - 3pm - 4.30pm
27 April, 25 May, 29 June, 27 July, 24 August, 28 September,
26 October, 30 November and 28 December

Opportunity for tea and a chat

This group is provided as part of Rethink Carer Support - Cambridgeshire and Peterborough - which offers groups, phone support and informal advocacy across the area. If you would like to know more, please contact our phone line on **07783 267013**.

Find us on @rethinkpeterborough

Flyers kindly donated by Twenty8design

Rethink Carer Support Cambridgeshire & Peterborough



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

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

We provide:

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

Rethink Carer Support Group - Cambridge

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

Last Wednesday of the month
7.30pm-9pm

St Laurence's Church, 91 Milton Road,
Cambridge CB4 1XB.

Jonathan Wells 07342 691768
jfgwells57@gmail.com

Rethink Carer Support Group - Huntingdonshire

Informal get together for parents and partners of people with mental illness - all welcome.

First Wednesday of the month
7.30pm-9.30pm

CPFT, Redshank House, Kingfisher Way,
Huntingdon, PE29 6FN.

01823 365308
huntsrethink@gmail.com



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

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

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

Last Tuesday of each month
Starting at 1.30pm
Onyx Court, Norfolk Street, Wisbech
Cambridgeshire, PE13 2NE

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

Helpline 03000 030 555
bif.org.uk/helpline

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



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

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

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

We meet on the 1st Thursday of every month from 2pm until 4pm (new members at 1.45pm) at:
The Church Hall, St Peter's Church (opposite the museum), High St March, PE15 9JR
EVERYONE WELCOME
There is no membership fee

For more information, please contact:

Derek on 07803 083987

Or Email: a60taxi@btinternet.com

Helpline 03000 030 555
bif.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@caringtogether.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
huntsbreatheforlife@gmail.com

www.huntsbreatheforlife.org



What If? Plan

The What If? Plan encourages family carers to plan ahead for an emergency.

The free service delivered by Caring Together 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.caringtogether.org/whatifplan

If you live in Peterborough, please call **01733 747474** and ask for 'Emergency Support for Carers Service' or visit the Peterborough City Council website for more information on how to register.

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

To be featured in our next issue please submit articles by 8 September 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@caringtogether.org

We'd love to hear from you!

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19/08/19 Review Date 23/10/19 Ver 2.0



Caring Together 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:

Caring Together
Unit 4, Meadow Park, Meadow Lane, St Ives,
Cambridgeshire PE27 4LG

Tel: 01480 499090 or 0345 241 0954

Email: hello@caringtogether.org

Web: www.caringtogether.org

Charity Reg No. 1091522
Registered in England & Wales No. 4379948



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

