

Issue 17

Winter 2019/20 - Dec • Jan • Feb

 **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 winter edition of Carers magazine.

As the nights draw in and the temperatures dip, we want to make sure that carers and the people they look after are prepared this winter.

I know our specialist information and advice team are greatly appreciated by the carers who speak to them each day, so it is helpful to see the advice they have about the winter months. Have a read to check if there is anything more that you can do to keep you and your loved ones safe and healthy at this time of year.

Sunshine may seem like a distant memory, but it is great to read about the difference we made to young carers and young adult carers this summer. It just shows that, be it a bursary or a day out, a little can go a long way when supporting the young people we work with and their families too.

Don't forget, from homecare to groups and hubs to information and advice, there are a number of different services and activities available in our local community to support carers of all ages. Take a look or get in touch now to find out what we can do to help you this winter.

Stay warm and well this winter.

Miriam Martin  
Chief executive



# Information, advice and guidance

## Some advice for the winter months from our team who answer your calls

At Caring Together we are here year round to provide information, services and campaign so that carers have choices.

Our specialist information and advice team help carers with a wide range of queries and needs. There are some subjects that come up more regularly during the winter months.

Whatever you want help with, you can contact our advisors on 0345 241 0954 or email [hello@caringtogether.org](mailto:hello@caringtogether.org) to get advice and guidance specifically for you. We spoke to our specialist information and advice team who have highlighted just a few of the topics it is useful for carers to know about at this time of year.

### Home repairs or maintenance

Our advisors can give you useful information if the person you care for is in need of repairs or maintenance to their home.

For example, Age UK have a handyperson service available in parts of the county (see [ageukcap.org.uk](http://ageukcap.org.uk)). Tenants who need repairs to be made should make their

landlord aware that someone in the property has a medical condition or disability, and it is worth doing the same in other situations, so the person you care for can be prioritised.

You should also make sure the person you care for is on the priority services register with UK Power Networks. Being on the Register will ensure they receive extra support if they experience a power cut. See [ukpowernetworks.co.uk/power-cut/priority-services-register](http://ukpowernetworks.co.uk/power-cut/priority-services-register)

### Loneliness and isolation

The winter months can see some people feeling more isolated than at other times of years. In this issue we once again have information on a range of groups and activities that are available to you. This includes the article on page 12 about the work Age UK Cambridgeshire and Peterborough do to combat loneliness, information on our family carer hubs on page 13, details of activities with Cambridgeshire Libraries on page and about our day clubs on page 18. You can also see the full guide to groups and events from page 20 onwards.

### Safe and Well visits

The person you care for may be eligible for a free Cambridgeshire Fire & Rescue Service Safe and Well visit. These visits last no longer than 60 minutes. They assess six key elements of fire safety in the home, falls prevention, alcohol use, staying well and warm, crime reduction and smoking. See page 6 to find out more.

### The Bobby Scheme

A number of carers have told us of how appreciative they have been of the Bobby Scheme. This was set up by the Cambridgeshire Police Shrievally Trust and helps older and vulnerable people feel safer in their own homes by improving home security.

The scheme fits door chains, window and door alarms and other security devices as well as providing security advice and reassurance. If you are a victim of crime, 60 years or over, the service is free. If you are 65 years or over,







disabled or vulnerable they provide the same service but ask for a contribution towards the costs if possible. Keysafes can also be supplied and fitted.

Call The Bobby Scheme on 01480 413311, email [info@thebobbyscheme.org](mailto:info@thebobbyscheme.org) or see [thebobbyscheme.org](http://thebobbyscheme.org)

### **Winter fuel payment**

Our advisors have had a number of callers who have not realised that the person they care for is eligible for the winter fuel payment. People born on or before 5 April 1954 should receive the winter fuel payment automatically if they are eligible, and get the state pension or another social security benefit (not housing benefit, council tax reduction, child benefit or universal credit). If you think you are eligible but are not receiving this payment you can find out more by calling 0800 731 0160.

### **Flu jabs**

Our team have also found that not all carers were aware they may be eligible for a flu jab. You should have the flu vaccine if you receive a carer's allowance, or you're the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill. You should have had the flu jab by now, but if you have not speak to your GP and do try to ensure that you have this lined up for next year.

### **Make sure you know what is available**

Remember our specialist information and advice team are here to help you. So if you have any questions or want advice don't hesitate to contact us.



All Fenland, South Kesteven, and Huntingdon residents can book to receive a free home energy advice visit from an impartial and friendly advisor from PECT.

Warm Homes provides households with the information and resources needed to stay warm and healthy, whilst cutting costs and carbon.

The service aims to offer help and advice on behavioural changes, choosing the best energy tariff and supplier, managing your water bills, and where eligible can assist you to access the national £140 Warm Homes Discount and other funding opportunities.

This service is vital, because NHS advice suggests that when the weather drops below 8°C, some people are at increased risk of physical and mental health conditions; such as heart attack, stroke, pneumonia and depression.

An advisor recently visited Wendy, a family carer who we support, and managed to save £420 from her annual energy bill so it's a very worthwhile service.

PECT have been given some funding to use between now and March 2020 to help home owners on specific benefits pay for boilers and central heating systems.

To find out more or to book your FREE energy advice visit, please contact PECT's Warm Homes project officer Nikki Dekker on 01733 568408 (ext 313) or email [warmhomes@pect.org.uk](mailto:warmhomes@pect.org.uk)

# Useful contacts for this winter

## Police

For non emergency call 101 or you can report a crime via the website

[cambs.police.uk/report](https://cambs.police.uk/report)

You should always call 999 when it is an emergency, such as when a crime is in progress, someone suspected of a crime is nearby, when there is danger to life or when violence is being used or threatened.

Visit [cambs.police.uk](https://cambs.police.uk)

## Fire service

For general enquiries about Cambridgeshire Fire & Rescue Service call 01480 444500.

In an emergency dial 999.

Visit [cambsfire.gov.uk](https://cambsfire.gov.uk)

## NHS Direct

NHS 111 can help if you have an urgent medical problem and you're not sure what to do. Call 111 or visit

<https://111.nhs.uk>

In an emergency dial 999.

## Environment Agency

You can call the floodline (24-hour service) 0345 988 1188 or type talk (for the hard of hearing) 0345 602 6340.

To view flood warnings or sign up for flood alerts visit [environment-agency.gov.uk](https://environment-agency.gov.uk)

In an emergency dial 999.

## Power cut or electrical emergency

Call 105 to report a power cut. Calling 105 is a free-of-charge call from any network.

Do not call your electricity supplier.

## British Gas

The emergency number to report a gas leak is 0800 111 999.

If you smell gas, think you have a gas leak, or are worried that fumes containing carbon monoxide are escaping from a gas appliance, please call the free Gas Emergency Services emergency line immediately. See [britishgas.co.uk/help-and-support/emergencies](https://britishgas.co.uk/help-and-support/emergencies) for information on gas related emergencies.

## BT and telephone faults

Just call 0800 800 151 and quote 'landline fault' when asked how we can help you today.

Make sure you phone from a different number so that your line can be tested while you're on the phone to BT.

## Water leaks

Call 0800 771881 or go to the Anglian Water website [anglianwater.co.uk](https://anglianwater.co.uk)



# Using emollients safely

Advice from Cambridgeshire Fire and Rescue Service

A new awareness campaign on using emollients safely to help prevent fire risk has been launched across Cambridgeshire and Peterborough.

Emollients are moisturising treatments used to manage dry, itchy or scaly skin conditions such as eczema and psoriasis.

People you care for may be using these as lotions, sprays, creams, ointments, bath oils and shower products as well as soap substitutes.

There is a fire risk associated with all emollients. These preparations are an important and effective treatment for dry skin conditions, and you should support people you care for to use these products safely.

## Important advice to give

Keep away from fire, flames and cigarettes when using any type of emollient.

Dressings, clothing and bedding that have been in contact with an emollient can easily catch fire. The risk is greater when emollient is applied to large areas of the body, or when dressings and clothing become soaked with emollient.

Change clothing and bedding regularly (preferably daily). Emollients soak into fabric and residues build-up, increasing the fire risk. Washing fabrics at high temperatures may reduce the build-up but does not remove it entirely.

Wash hands with soap and water and dry thoroughly before handling oxygen-based equipment. It is important not to touch, handle or operate cylinders or liquid oxygen systems when they have emollient on their hands.

When applying emollients to anyone, take care to avoid it soaking into seating, furnishings and bedding. This is especially important for people spending a lot of time in a bed or chair. A build-up of emollient residue in fabric can increase the risk of fire.

Regularly remind those you care for about the fire safety information you have given. Check they have remembered and understood.

For more advice visit [cambsfire.gov.uk/emollients](https://cambsfire.gov.uk/emollients)

# Safe and Well visits

## Fire safety visits from Cambridgeshire Fire and Rescue Service



If you're worried about fire safety in the home of someone you care for, did you know that Cambridgeshire Fire and Rescue Service offers free Safe and Well visits to help put your mind at rest?

The Safe and Well visit, which lasts no more than an hour, will cover fire safety in the home, falls prevention and staying well and warm.

During the visit they will check smoke alarms are working and fit new ones if needed.

The visit will be carried out by a fire safety expert, at a convenient time, and will provide peace of mind about keeping fire safe in the home.

Safe and Well visits and home fire safety checks are available to those who are most vulnerable in our community. This may include those who smoke, have a disability or mental health problems and are prioritised according to individual risk.

To book a Safe and Well visit or fire safety check call 0800 9179994 or email [firefire@cambsfire.gov.uk](mailto:firefire@cambsfire.gov.uk)

For more advice on general home fire safety follow Cambridgeshire Fire and Rescue service on social media or visit [cambsfire.gov.uk](http://cambsfire.gov.uk)





# Assistive technology flat

Find out how you can visit the flat for advice on what equipment is available



A number of members of our staff, including our chief executive Miriam, had the chance recently to visit the 'SMART Flat' in Peterborough.

The new assistive technology flat, designed to showcase how the latest technology can support independent living, is now open at Kingfisher Court, Stanground.

The equipment is fully operational from bed sensors, to property exit sensors and medication reminders.

For those individuals who would be unable to call for help, telecare sensors can be linked to Lifeline to automatically alert if there is a potential problem for example falls detector or smoke detector being set off. This may prevent someone being on the floor for a long time or a potential fire.

If you would like to arrange a visit to the flat and meet a member of the Technology Enabled Care (TEC) Team for information and advice about how technology may be able to help you, please call 01733 747474 or email [adultsocialcare@peterborough.gov.uk](mailto:adultsocialcare@peterborough.gov.uk)





# Congratulations to our volunteer Rylan



One of our volunteers, Rylan Ray was recently nominated for a national Young Citizen Award through Rotary International of Great Britain and Ireland for his work helping to raise awareness of young carers.

Rylan was only identified as a young adult carer when he started college, having been a young carer for most of his life.

Having benefited from our young adult carers service, Rylan is now determined to give back and help to raise awareness of young carers and young adult

carers so that they are identified at an earlier point.

Rylan has helped deliver awareness-raising sessions to health professionals and other groups, and has also done fundraising to support our work with carers.

Congratulations to Rylan on a very well-deserved award.

Rylan is pictured receiving his award from the President of the Rotary Club of Peterborough.

If you would be interested in joining Rylan and volunteering

for us, do get in touch on 0345 241 0954 or email [volunteers@caringtogether.org](mailto:volunteers@caringtogether.org).

We have many different opportunities within the charity from Listening Ear, hubs and groups including young carers to trustees.

You can also read more about Rylan on page 10 from when he participated in the July Carers' Partnership Board meeting via phone link from cadet camp.

## Peterborough carers wellbeing event

Following on from their first wellbeing event for carers earlier this year, Peterborough City Council are planning their 2020 Carers Wellbeing Event which is set to be even bigger.

Taking place on Thursday 26 March 2020 at the Bull Hotel, there is set to be a wide range of activities

for carers, including free complimentary beauty and holistic treatments, as well as a free lunch, the chance to meet other carers and the opportunity to chat with specialist organisations who can offer support.

Look out for the details of the event in the next edition of this magazine.





# Cambridgeshire Partnership Boards update



It's important that people who use council services in Cambridgeshire have a say in shaping the services they use and help them to work better.

And in adult social care, there are five partnership boards and a wheelchair users' forum who get involved in developing and evaluating services.

They are the:

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

The Wheelchair Users' Forum meets four times a year.

The boards and forum are run by Healthwatch Cambridgeshire and Peterborough on behalf of the Cambridgeshire County Council.

Each board's role is to support and improve social care by including the people who use the services (service users) in their design, delivery and evaluation.

The boards are made up of independent members (volunteers), community organisations and health and social care services.

## Identifying young carers and young adult carers

At the Carers' Partnership Board meeting in July, the focus was on young carers (under 18) and young adult carers (aged 18-25) who help look after family members or relatives with a disability, illness, mental health condition, or drug or alcohol problem.

19-year-old Rylan, a young adult carer, who started looking after his mum and baby brother from the age of 12, joined the board via phone link from cadet camp.

As well as talking about his experiences, he also spoke about how he was working in his volunteer roles – including in a cadets group – to help identify other young carers and young adult carers and help them find information and support.

Rylan challenged the board to always make sure that the interests of young carers and young adult carers are taken into account in their discussions and in any talks and meetings with other organisations.

He also highlighted that often support for younger carers is based around school or after school hours and that young adult carers could be working. So he underlined the need for flexible support options that allow more people to attend.

## How's the new wheelchair service working for you?

The Wheelchair Users' Forum gives people a place to feed back their experiences of wheelchair services, resolve difficulties and improve things that are not working well.

The wheelchair service in Cambridgeshire and Peterborough is paid for by Cambridgeshire and Peterborough Clinical Commissioning Group.

In April 2019, AJM Healthcare was appointed to run the service, including clinical assessments, repairs and maintenance.

The users' forum wants to hear how this new service has been working for people over the last eight months. So please pass on your comments so that they can work together with users and iron out any problems that you raise.

## Share your wheelchair service experience

Contact Graham Lewis  
Partnership Development  
Officer  
Tel: 0330 355 1285  
Mobile: 07432 865996  
Email: [grahamlewis@healthwatchcambspboro.co.uk](mailto:grahamlewis@healthwatchcambspboro.co.uk)  
Twitter: [@GrahamL\\_HWCP](https://twitter.com/GrahamL_HWCP)



## Want to put your caring experience into a recognised qualification?

The Health and Care Sector Work Academy is offering a free qualification in health and social care to those over the age of 18 and in receipt of a benefit.

You would gain a recognised City and Guilds Level 1 Award in Preparing to Work in Adult Social Care as well as the full and ongoing support of the Academy's mentors. You'll also learn the theory behind the care certificate, and have the opportunity to meet with local employers within the sector to gain a real life insight into the types of paid roles you could go into.

Care and transport costs are covered while you study, giving you peace of mind and making it easier for you to focus on the course, which is taught in four hour sessions on one day each week, for 15 weeks. Several new courses of eight to 12 learners are started each month across the Peterborough and Cambridgeshire region, keep an eye on the Academy's social media for up to date details!

If this sounds like a perfect opportunity for you, get in touch on 0800 310 1160 or email [libby@healthandcareacademy.co.uk](mailto:libby@healthandcareacademy.co.uk) to find out more, or to book your enrolment.  
Facebook: [@healthandcareacademy](https://www.facebook.com/healthandcareacademy)  
Twitter: [@HCSWAcademy](https://twitter.com/HCSWAcademy)  
Instagram: [@healthandcareacademy](https://www.instagram.com/healthandcareacademy)



Department for  
Work and Pensions







# Combat loneliness this winter

Age UK Cambridgeshire & Peterborough can help in many different ways

As winter has arrived and the cold and dark nights draw in, it becomes easier to stay inside at home, not to venture outside and, if you live alone, not see or talk to anyone. It can be a lonely time of year for many people. Loneliness can be very debilitating for an individual and is also a major public health concern.

Research shows that being lonely can have a negative impact on physical and mental health. Loneliness<sup>1</sup>:

- Can be as harmful to health as smoking 15 cigarettes a day
- Increases Mortality by 26%
- Is associated with increased risk of developing coronary heart disease
- Increases risk of high blood pressure
- Lonely individuals are at higher risk of the onset of disability

- Has an effect on mental health, increasing risk of depression and anxiety.

Research has also shown that loneliness leads to

- Higher incidence of falls
- Use of accident and emergency services
- Increases risk factors leading to early entry into residential or nursing care.

Age UK Cambridgeshire and Peterborough (AgeUKCaP) works to combat loneliness by strengthening communities to tackle loneliness, through influencing and campaigning strategies, such as the 'No One Should Have No One' annual campaign and in delivering 'loneliness reduction' service provisions.

AgeUKCaP provides opportunities to socialise in safe, warm and welcoming environments to include several **Day Services** (where transport can also be arranged) and many Friendship Clubs. Most of these also provide a cooked

meal and a great variety of activities and entertainment.

If you would prefer to stay at home, AgeUKCaP can offer the **Sharing Time service**, supported by over 450 volunteers. A volunteer will make a weekly home visit, to offer companionship and support. Or perhaps you are able to reach out and offer to volunteer to visit some-one else? Volunteering has great benefits for the individual.

Practical support services may also help during the winter. Age UK CaP offers a **Handyperson service**, which can carry out home energy checks and install small measurers to keep you warmer. There is also a **Home Support service** and **Community Wardens** in some areas. To discover the full range of services visit the website [www.ageukcap.org.uk](http://www.ageukcap.org.uk) or telephone the information and advice helpline on 0300 666 9860.



<sup>1</sup> <https://www.ageuk.org.uk/our-impact/policy-research/loneliness-research-and-resources/>

# Family carers hubs

There's something for everyone



**Would you like the chance to meet with other carers in your area without having to worry about replacement care for the person you support?**

**Would you like practical support, information and training to help you in your caring role?**

**Would you benefit from peer support or from talking to one of our trained professionals about what matters to you?**

If any of these apply to you why not come along to one of our family carers hubs? They are for all adult carers and the person they care for.

The hubs provide opportunities to access a range of co-ordinated community based help and support which includes social groups, activities, training and wellbeing support for carers and the people they care for. This enables carers to have a short break within the hub knowing that the person that they care for is involved in a safe, meaningful and enjoyable activity.

They also provide opportunities for carers and the people they care for to engage in activities together. Family carers hubs bring together a range of organisations who are able to offer support and information to carers through talks, presentations and information stands.

Our Cambridge family carers hub is run in partnership with Arlington Manor who host and provide refreshments. The Peterborough hub is run in partnership with Cross Keys Homes who provide our venue.

**Come along to one of the hubs or call 0345 241 0954 to find out more**

Arlington Manor  
Wellbrook Way  
Girton  
Cambridge CB3 0FW  
Third Tuesday of the month  
10am-12pm

Larkfields Community Centre  
High Barns  
Ely CB7 4SB  
Last Friday of the month  
10am-1pm

David Rayner Centre, Scotsdales  
120 Cambridge Road  
Great Shelford CB22 5JT  
Second and fourth Thursday of the month  
10am-12pm

Lapwing Apartments  
Orton Brimbles  
Peterborough PE2 5YR  
First Thursday of the month  
2.30pm-4.30pm

Ramsey Library  
25 Great Whyte  
Ramsey PE26 1HA  
Third Monday of the month  
10am-1pm

The Oasis Community & Children's Centre  
St Michael's Avenue  
Wisbech PE13 3NR  
Third Wednesday of the month  
10am-1pm



## Supporting people with sight and hearing loss

It's well known that as we get older, our sight and hearing (like many other things) will start to deteriorate. This can be frustrating and difficult to cope with, especially if you have other health conditions to contend with. For those who are new to sight and hearing loss, it can be difficult to accept lifestyle changes like giving up driving, making changes to your home and finding out what benefits are available.

Deafblind UK is a national charity that has been supporting people with combined sight and hearing loss for over 90 years. One of the ways they do this is through their information and advice line; a saviour for people who need any level of advice, support or reassurance.

Lyn Pollard (above) from Deafblind UK, and her team, witness just how valuable this service is.

It's first thing in the morning and Lyn sits down to check her emails. The information and advice line is available over email and text message too. There is an email from a support worker who is trying to find motorbike lessons for a gentleman who is deaf. Lyn replies with some links to local organisations that might be able to help and gives him some advice about funding the lessons too.

The phone rings and it is a lady who has reduced sight and hearing. She and her husband have recently moved into a smaller flat and are confused about their housing benefit entitlement. At a recent visit from a social worker, she felt that she didn't have the opportunity to really explain how difficult she finds things and is worried that their financial position will be affected by this.

The lady was clearly quite upset and Lyn reassured her and calmed her down, explaining the process that they were going through. Lyn later emailed the lady with some further

information that will help her.

The next call was from a lady who has recently been forced to stop driving due to her poor eyesight. She wants to learn how to do her food shopping online, so Lyn has arranged for Deafblind UK's Digital Support team to visit her for some training.

Another email comes in, this time from someone who wants to learn 'hands-on' signing (a tactile form of British Sign Language). Lyn contacts the training team to find out where this can be done.

Lyn is just one of a team of people taking calls and answering emails and text messages from people who need help, support or advice. These are people from all walks of life who are, in some way, affected by sight and hearing loss.

The information and advice line is free of charge and open 8.30am-5.00pm Monday-Thursday and 8.30am-4.00pm on Fridays.

T: 0800 132320  
Text: 07950 008870  
E: [info@deafblind.org.uk](mailto:info@deafblind.org.uk)



# My Guide

**Do more of the things you love and open up new opportunities with a sighted guide**

Whether it's partnering up with one of our friendly volunteers as part of our My Guide service or training alongside a loved one, you can explore new surroundings, form friendships and enjoy even more independence.

We want to ensure you have the support you need to get out and about whether its going to buy a loved one a Christmas card or present, to go and meet friends, go out to an activity you have stopped going to or just want to go for a walk. Contact us to find out how we can help you.

Our My Guide service is a service which is free and anyone with sight loss can use it. We will talk to you to find out what you would like to do. Once we have this information we work with you and a volunteer to help you get out and about.

We can also provide training to your friends and family in sight guiding. This is such a useful skill and really helps to build confidence in the person being guided and the person guiding.

We cover the whole of Cambridgeshire Peterborough.



Contact Guide Dogs for more information.

0345 143 0223

[mobilityteam@guidedogs.org.uk](mailto:mobilityteam@guidedogs.org.uk)

[www.guidedogs.org.uk/services-we-provide/my-guide](http://www.guidedogs.org.uk/services-we-provide/my-guide)



## 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 information
- 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**

# What would YOU do to improve NHS services?

Carers in Cambridgeshire and Peterborough have had a say on how they would spend extra money on NHS services in the region.

The NHS Long Term Plan, published earlier this year, set out priorities for health care in England over the next 10 years and how £20bn of extra funding will be spent.

To help services understand what matters most to local people, Healthwatch Cambridgeshire and Peterborough asked for views and comments from different groups across the region.

Over 800 people, including carers and people with mental health problems, cancer, and long-term health conditions or a disability, got involved.

And their views have now been highlighted in a report called 'What Would You Do?' published by Healthwatch, the independent champion for people using health and care services in the region.

## **Respect and support for family carers**

One of the report's main findings was that people want more support – and respect – for carers.

Healthwatch heard that people with long-term conditions often have the additional challenges of caring for others, and often experience poor communication between services and as a patient.

People reported that the patient/carer often has to take charge and continuously chase to make things happen.

Other people told Healthwatch that they wanted to see more care services staff visiting people at home.

One said: "I know many elderly people with no family who desperately need help but are too proud to ask. We need to support those people. More funding and more staff!"

The report also revealed that people want:

- Faster, easier access to GPs
- More joined-up services
- Care closer to home
- To be listened to.

## **Living independently matters**

Living independently is really important to people as they get older. And the report shows that most people want to stay in their own home for as long as they can and, if needed, want family and friends to support them.

People felt it was important to have local support networks to help stay independent and healthy. Even a small amount of help can keep people out of hospital.

Knowing more about how the health and care system works – and where to get information and support – was also flagged up as important, especially for isolated or vulnerable people.

Access to appropriate and timely housing adaptations and a more varied range of housing options was also on the 'wanted' list.

## **Share your story too!**

Help make your local NHS better for everyone in Cambridgeshire and Peterborough by sharing your views with Healthwatch.

Call 0330 355 1285

Text 0752 0635 176

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

[healthwatchcambspboro.co.uk](http://healthwatchcambspboro.co.uk)

Or feedback via [their website](http://healthwatchcambspboro.co.uk)

# Cambridgeshire Libraries offer support for older people, disabled people, and carers



## Safe+Well

Do you need help to stay independent in your home? Cambridgeshire Libraries offer free support to access the Safe+Well website, allowing you to choose living aids products to assist you. Whether you are getting older, have recently been in hospital, have a disability or are caring for someone, they're there to help. Book your free appointment at any of the following libraries: Cambridge Central, Cambourne, Ely, Huntingdon, March, St Neots, St Ives, Wisbech. Telephone 0345 045 5225.

## Ferrules for walking aids

Staff at Ely Library can help judge the condition of your walking stick, crutches, or walker, and provide free new ferrules (the rubber bit on the end!). Just drop in!

## Library at Home service

If you can't get to a library because of mobility, health problems, or because you have full time (unpaid) caring duties, they can find a volunteer to visit you monthly, bringing library books and audiobooks. Call 0345 045 5225 or email [volunteers@cambridgeshire.gov.uk](mailto:volunteers@cambridgeshire.gov.uk)

## Assisted digital

Need to renew a bus pass or apply for a blue badge? Staff in Cambridgeshire Libraries can help you with the online form - just drop into the library to book an appointment or call 0345 045 5225.

## Reading Well

Cambridgeshire Libraries offer special collections of books to help you understand long term health conditions, dementia, and mental health conditions for adults and young people. These are free to borrow, and the scheme is endorsed by health professionals and people living with the conditions covered. Visit <https://reading-well.org.uk/books/books-on-prescription>





# Carer Friendly Tick awards



One of our key pieces of work to help carers is to raise awareness in the community with health, social care and education professionals, and employers.

The Carer Friendly Tick Awards for Education was initially developed by Norfolk Young Carers Forum (NYCF), which is a project funded by the National Lottery Community Fund. Following the success of this we are excited to be extend this accreditation programme to three other settings:

- Community groups
- Employers
- Health organisations.

We will be working with carers and organisations from each of these sectors to develop the award scheme.

If your organisation would be keen to be one of the first to work towards these awards and get recognition for how you identify and support carers that you work with, then please email [carerfriendlytick@caringtogether.org](mailto:carerfriendlytick@caringtogether.org) or call us on 01480 499090.



## 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](mailto:homecare@caringtogether.org)

# Love to Move



Love to Move is the first cognitive enhancement exercise programme of its kind in the UK, based on scientific research.

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.

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



## **Mondays 10am-12.15pm**

**(Dementia) except 2nd Mon of month/bank hols**

Crossways Christian Centre,  
29A Ramsey Road, St Ives PE27 3TB  
Contact: Kim, Jane or Polly

## **Tuesdays & Thursday 10.30am-11.30am**

**(Dementia & Age friendly) 1st & 3rd Tues and 2nd & 4th Thurs**

Caresco Centre, Green End Road, Sawtry  
PE28 5UX. Contact: Jane

## **Wednesdays 10.30am-12 noon**

**(Dementia) except 1st Weds of month**

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

## **Thursdays 1.30pm-3.30pm**

**(Parkinson's)**

Main Hall, Methodist Church, 17 High Street,  
Huntingdon PE29 3TJ. £4 per class. Contact: Kim

## **Thursdays 2.15pm-3.45pm**

**except 2nd Thurs of month**

Dementia Resource Centre, 5 York Close, Millfield,  
Peterborough, PE1 3BP. £3 per class.

Refreshments chargeable in café. Contact: Jane

### **Please contact us before attending:**

Kim Hall	<a href="mailto:kim.hall@britishgymnasticsfoundation.org">kim.hall@britishgymnasticsfoundation.org</a>	07715 081402
Jane Thomas	<a href="mailto:jane.thomas@britishgymnasticsfoundation.org">jane.thomas@britishgymnasticsfoundation.org</a>	07731 097236
Polly Carpenter-O'Driscoll		07721 068606

# John's Campaign



North West Anglia Foundation Trust has pledged its support for John's Campaign. The campaign encourages collaboration between carers, patients and healthcare professionals in hospital and caring environments to better treat patients with dementia.

The Trust, which covers Peterborough City Hospital, Hinchingbrooke Hospital, and Stamford and Rutland Hospital, recognises the importance of patients with dementia having their carer with them in hospital. People living with dementia can be confused and frightened. A stay in hospital can be especially unnerving for them, as it can be for anyone.

Carers are able to reassure patients and can explain why they are in hospital as many times as is needed.

The hospitals facilitate John's Campaign by offering:

- Open visiting
- Concessionary car parking
- Put-up beds
- Volunteer sitting service
- Carers passports
- Free drinks.

It is understandable if a carer sees the admission as an opportunity to take some respite for themselves. Hospitals should also work in partnership with carer support agencies.

# December 2019 Events

**Mon 2 Peterborough** Crocus Café 10am-12pm (p 34).  
**St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12.15pm (p 19).  
**Peterborough** Stroke Association Survivors & Carers Support Group Sainsbury's Café, Bretton Centre 11am-12.30pm 01572 757087  
[hannah.rushton@stroke.org.uk](mailto:hannah.rushton@stroke.org.uk)

**Tue 3 March** Alzheimer's Society Dementia Café St Peter's Church Hall, 54 High Street PE15 9JR 10am-12pm (p 36).  
**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-2.30pm (p 37).  
**Cambridge** CPFT Dementia Friendly Drop-In 2.30pm-4pm (p 37).

**Wed 4 Brampton** Brampton Reconnect Social Group Singing Gardener 10am-12pm (p 35).  
**Ramsey** Alzheimer's Society Dementia Café Rainbow Surgery, Stocking Fen Road, PE26 1SA 10am-12pm (p 36).  
**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 Ely** Ely Dementia Group 10am-12pm (p 34).  
**Yaxley** Care Network Lunch Club 12pm-1.30pm (p 32).  
**Huntingdon** Love to Move 1.30pm-3.30pm (p 19).  
**Peterborough** Love to Move 2.15pm-3.45pm (p 19).  
**Peterborough** Caring Together Family Carers Hub 2.30pm-4.30pm (p 13).

**Fri 6 Girton** Cambridge South Rotary Club Memory Café 10am-12pm (p 37).  
**Peterborough** Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).

**Sat 7 Little Paxton** Simply Saturday No Simply Saturday but all welcome to the pop-up Christmas Market at the Church (3pm-7pm) (p 33).

**Mon 9 St Ives** Memory Lane Singing Café Please call to confirm date/time/venue George Smerdon 07725 588145.  
**Sawtry** Chatterbox Family Carers Drop-In 2pm-4pm (p 33).

**Tue 10 Burwell** Burwell Drop-In 10am-12pm (p 34).  
**Whittlesey** Alzheimer's Society Dementia Café Whittlesey Methodist and United Reformed Church, Queen Street PE7 1AY 10am-12pm (p 36).  
**Peterborough** Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).

**Wed 11 Brampton** Love to Move 10.30am-12pm (p 19).  
**Ramsey** Parkinson's Support Group 2pm-4pm (p 39).

**Thur 12 Cambridge - Great Shelford** Caring Together Family Carers Hub 10am-12pm (p 35).  
**Wisbech** Healthwatch Cambridgeshire and Peterborough Fenland Health and Care Forum Main Hall, Queen Mary Centre PE13 2PE 10am-12pm 0330 355 1285 [enquiries@healthwatchcambspboro.co.uk](mailto:enquiries@healthwatchcambspboro.co.uk)  
**Huntingdon** Love to Move 1.30pm-3.30pm (p 19).  
**Peterborough** Alzheimer's Society Dementia Café Dementia Resource Centre 2.15-3.45pm (p 36).

**Fri 13 Peterborough** Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).

**Mon 16 St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12.15pm (p 19).  
**Ramsey** Caring Together Family Carers Hub 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](mailto:hannah.rushton@stroke.org.uk)  
**St Neots** Parkinson's Support Group 2pm-4pm (p 39).  
**St Ives** Young Onset Dementia Group 3-5pm (p 34).

**Tues 17 Cambridge** Caring Together Family Carers Hub 10am-12pm (p 13).  
**St Ives** Alzheimer's Society Dementia Café St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am-12pm (p 36).



# January 2020 Events

**Peterborough** Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).  
**Ely** Parkinson's Support Group 'Christmas Social' £2 2.30pm-4.30pm (p 39).

**Wed 18 Wisbech** Caring Together Family Carers Hub 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).  
**Hail Weston** Rotary Club Carers Coffee Club 2pm-3.30pm (p 35).

**Thur 19 Ely** Ely Dementia Group 10am-12pm (p 34).  
**Peterborough** Healthwatch Cambridgeshire and Peterborough Peterborough Community Forum Stanground Community Centre PE2 8QP 10am-12pm 0330 355 1285 [enquiries@healthwatchcambspboro.co.uk](mailto:enquiries@healthwatchcambspboro.co.uk) (p10).  
**Wisbech** Alzheimer's Society Dementia Café Robert Hall Centre, St Augustines Road PE13 3AH 10am-12pm (p 36).  
**March** Alzheimer's Society information drop-in March Library, City Road PE15 9LT 10.30am-12.30pm (p 36).  
**Huntingdon** Love to Move 1.30pm-3.30pm (p 19).  
**Peterborough** Love to Move 2.15pm-3.45pm (p 19).

**Fri 20 Peterborough** Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).  
**Peterborough** Family Voice Peterborough Family get-together for children with SEND and their families Activity World, Padholme Road £5 pp 01733 685510 [office@familyvoice.org](mailto:office@familyvoice.org) 6.15pm-7.45pm (p 31).

**Mon 23 St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12.15pm (p 19).

**Fri 27 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 St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12.15pm (p 19).

**Thur 2 Ely** Ely Dementia Group 10am-12pm (p 34).  
**Yaxley** Care Network Lunch Club - no lunch club in Jan - see 6 Feb (p 32).  
**Huntingdon** Love to Move 1.30pm-3.30pm (p 19).  
**Peterborough** Love to Move 2.15pm-3.45pm (p 19).  
**Peterborough** Caring Together Family Carers Hub 2.30pm-4.30pm (p 13).

**Fri 3 Girton** Cambridge South Rotary Club Memory Café 10am-12pm (p 37).  
**Peterborough** Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).

**Sat 4 Little Paxton** Simply Saturday Band 'Buffalo' will be playing and singing 12.30-2.30pm (p 33).

**Mon 6 Peterborough** Crocus Café 10am-12pm Christmas lunch - must be booked in advance (p 34).  
**St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12.15pm (p 19).  
**Peterborough** Stroke Association Survivors & Carers Support Group Sainsbury's Café, Bretton Centre 11am-12.30pm 01572 757087 [hannah.rushton@stroke.org.uk](mailto:hannah.rushton@stroke.org.uk)

**Tue 7 March** Alzheimer's Society Dementia Café St Peter's Church Hall, 54 High Street PE15 9JR 10am-12pm (p 36).  
**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-2.30pm (p 37).  
**Huntingdon** Healthwatch Cambridgeshire and Peterborough Huntingdonshire Patient Forum Maple Centre PE29 7HN 2pm-4pm 0330 355 1285 [enquiries@healthwatchcambspboro.co.uk](mailto:enquiries@healthwatchcambspboro.co.uk) (p 16).  
**Cambridge** CPFT Dementia Friendly Drop-In 2.30pm-4pm (p 37).

**Wed 8 Brampton** Brampton Reconnect Social Group Musical Memories 10am-12pm (p 35).  
**Ramsey** Parkinson's Support Group 2pm-4pm (p 39).

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

# January 2020 Events

**Thur 9 Cambridge - Great Shelford Caring Together Family Carers Hub** 10am-12pm (p 35).  
**Huntingdon Love to Move** 1.30pm-3.30pm (p 19).  
**Peterborough Alzheimer's Society Dementia Café** Dementia Resource Centre 2.15-3.45pm (p 36).

**Fri 10 Peterborough Alzheimer's Society Open Minds Group** 2pm-3.30pm (p 36).

**Mon 13 Histon Pinpoint ADHD/ASD Parent Group** Early Years Centre 10am-12pm (p 30).  
**St Ives Memory Lane Singing Café** Please call to confirm date/time/venue George Smerdon 07725 588145.  
**Sawtry Chatterbox Family Carers Drop-In** 2pm-4pm (p 33).

**Tues 14 Burwell Burwell Drop-In** 10am-12pm (p 34).  
**Huntingdon Pinpoint ADHD/ASD Parent Group** Hunts Forum, The Maple Centre, 10am-12pm (p 30).  
**Whittlesey Alzheimer's Society Dementia Café** Whittlesey Methodist and United Reformed Church, Queen Street PE7 1AY 10am-12pm (p 36).  
**Peterborough Alzheimer's Society Open Carers Group** 10.30am-12pm (p 36).

**Wed 15 Wisbech Caring Together Family Carers Hub** 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).  
**Peterborough Family Voice Peterborough** For parent carers to consult on DfE legislation whilst enjoying a pamper session Pyramid Community Centre, Bretton call/email 01733 685510 [office@familyvoice.org](mailto:office@familyvoice.org) 10.30am-2.30pm (p 31).  
**Hail Weston Rotary Club Carers Coffee Club** 2pm-3.30pm (p 35).

**Thur 16 Burwell Burwell Carers Group** 9.45am-12.15pm (p 33).  
**Ely Ely Dementia Group** 10am-12pm (p 34).  
**Peterborough Pinpoint ADHD/ASD Parent Group** Family Voice, Goldhay Community Centre 'Ollie and his Superpowers' 10am-12pm (p 30).  
**Wisbech Alzheimer's Society Dementia Café** Robert Hall Centre, St Augustines Road PE13 3AH 10am-12pm (p 36).  
**March Alzheimer's Society information drop-in** March Library, City Road PE15 9LT 10.30am-12.30pm (p 36).

**Huntingdon Love to Move** 1.30pm-3.30pm (p 19).  
**Peterborough Love to Move** 2.15pm-3.45pm (p 19).

**Fri 17 Ely Pinpoint ADHD/ASD Parent Group** East Cambs Child & Family Centre, Spring Meadow Infant & Nursery School 'Two Can Talk – speech and language/ occupational therapy' 12.30pm-2.30pm (p 30).  
**Peterborough Alzheimer's Society Open Minds Group** 2pm-3.30pm (p 36).

**Mon 20 St Ives Love to Move & Norris Museum Reminiscence Group** 10am-12.15pm (p 19).  
**Wisbech Positively Parkinson's Café** 10.30am (p 38).  
**Ramsey Caring Together Family Carers Hub** 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](mailto:hannah.rushton@stroke.org.uk)  
**St Neots Parkinson's Support Group** 2pm-4pm (p 39).  
**St Ives Young Onset Dementia Group** 3-5pm (p 34).

**Tues 21 Cambridge Caring Together Family Carers Hub** 10am-12pm (p 13).  
**St Ives Alzheimer's Society Dementia Café** St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am-12pm (p 36).  
**Peterborough Alzheimer's Society Open Carers Group** 10.30am-12pm (p 36).  
**Ely Parkinson's Support Group Social** event TBC 2.30pm-4.30pm (p 39).

**Wed 22 Brampton Love to Move** 10.30am-12pm (p 19).

**Thur 23 Peterborough Healthwatch Cambridgeshire and Peterborough Peterborough Community Forum** Stanground Community Centre PE2 8QP 10am-12pm 0330 355 1285 [enquiries@healthwatchcambspboro.co.uk](mailto:enquiries@healthwatchcambspboro.co.uk) (p 16).  
**Cambridge - Great Shelford Caring Together Family Carers Hub** 10am-12pm (p 35).  
**Huntingdon Love to Move** 1.30pm-3.30pm (p 19).  
**Peterborough Love to Move** 2.15pm-3.45pm (p 19).

## February 2020 Events

- Fri 24 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 25 Peterborough Rethink Carer Support Group** 3pm-4.30pm (p 42).
- Mon 27 St Ives Love to Move & Norris Museum Reminiscence Group** 10am-12.15pm (p 19).  
**Peterborough Family Voice Peterborough** Parent carer hub - an opportunity to meet a member of Peterborough Councils SAMS team for advice. 20 minute appointments - booking essential 01733 685510 [office@familyvoice.org](mailto:office@familyvoice.org) 1pm-4pm (p 31).  
**Sawtry Chatterbox Family Carers Drop-In** 2pm-4pm (p 33).
- Tues 28 Burwell Burwell Drop-In** 10am-12pm (p 34).  
**Ely Alzheimer's Society Dementia Café** Methodist Church, Chapel Street CB6 1AD 10am-12pm (p 36).  
**Peterborough Caring Together Carer Clinic** 10am-12pm (p 38).  
**Peterborough Alzheimer's Society Open Carers Group** 10.30am-12pm (p 36).  
**Wisbech Breathe Easy Wisbech Support Group** 1.30pm-3.30pm (p 41).
- Wed 29 Peterborough Alzheimer's Society** Dementia support at Gladstone Connect Allama Iqbal Centre, 157 Cromwell Road, Peterborough PE1 2EL 10am-12pm (p 36).  
**Brampton Love to Move** 10.30am-12pm (p 19).  
**Huntingdon Rotary Club Memory Café** 2.30pm-4.30pm (p 35).  
**Cambridge Rethink Carer Support Group** 7.30pm-9pm (p 42).
- Thur 30 Ely Ely Dementia Group** 10am-12pm (p 34).  
**Huntingdon Love to Move** 1.30pm-3.30pm (p 19).  
**Bottisham Carers at the Café** Red2Green Community Café & Garden 2pm-3pm.  
**Peterborough Love to Move** 2.15pm-3.45pm (p 19).
- Fri 31 Ely Caring Together Family Carers Hub** 10am-1pm (p 13).  
**Peterborough Alzheimer's Society Open Minds Group** 2pm-3.30pm (p 36).
- Sat 1 Little Paxton Simply Saturday Essential Oils and Massage** 12.30-2.30pm (p 33).
- Mon 3 Histon Pinpoint ADHD/ASD Parent Group** Early Years Centre sensory talk 10am-12pm (p 30).  
**Peterborough Crocus Café** 10am-12pm (p 34).  
**St Ives Love to Move & Norris Museum Reminiscence Group** 10am-12.15pm (p 19).  
**Peterborough Stroke Association Survivors & Carers Support Group** Sainsbury's Café, Bretton Centre 11am-12.30pm 01572 757087 [hannah.rushton@stroke.org.uk](mailto:hannah.rushton@stroke.org.uk)
- Tues 4 Peterborough Family Voice Peterborough** Expert Parent Programme – training for parent carers on navigating the health service - booking essential 01733 685510 [office@familyvoice.org](mailto:office@familyvoice.org) 9am-2.30pm (p 31).  
**Huntingdon Pinpoint ADHD/ASD Parent Group** Hunts Forum, The Maple Centre 10am-12pm (p 30).  
**March Alzheimer's Society Dementia Café** St Peter's Church Hall, 54 High Street PE15 9JR 10am-12pm (p 36).  
**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-2.30pm (p 37).  
**Cambridge CPFT Dementia Friendly Drop-In** 2.30pm-4pm (p 37).
- Wed 5 Brampton Brampton Reconnect Social Group** Ventriloquist 10am-12pm (p 35).  
**Ramsey Alzheimer's Society Dementia Café** Rainbow Surgery, Stocking Fen Road, PE26 1SA 10am-12pm (p 36).  
**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 Guide Dogs Peterborough** VI Forum RNIB, Midgate House, Midgate, Peterborough 'Getting Out and About' Living with sight loss Bernie Reddington and My Guide 0345 130 223 11am-1pm.  
**St Ives Parkinson's Support Group** 2pm-4pm (p 39).  
**Huntingdon Rethink Carer Support Group** 7.30pm-9.30pm (p 42).

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



# February 2020 Events

- Thur 6 Peterborough Pinpoint ADHD/ASD Parent Group** Family Voice, Goldhay Community Centre 10am-12pm (p 30).  
**Yaxley Care Network Lunch Club** 12pm-1.30pm (p 32).  
**Huntingdon Love to Move** 1.30pm-3.30pm (p 19).  
**March Breathe Easy Fenland Support Group** 2pm-4pm (p 41).  
**Peterborough Love to Move** 2.15pm-3.45pm (p 19).  
**Peterborough Caring Together Family Carers Hub** 2.30pm-4.30pm (p 13).
- Fri 7 Girton Cambridge South Rotary Club Memory Café** 10am-12pm (p 37).  
**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 8 Peterborough Family Voice Peterborough** Family fun afternoon with games and light buffet for children while parent carers engage in service co-production £1.50 pp booking essential 01733 685510 [office@familyvoice.org](mailto:office@familyvoice.org) 1pm-5pm (p 31).
- Mon 10 St Ives Memory Lane Singing Café** Please call to confirm date/time/venue George Smerdon 07725 588145.  
**Cambridge Healthwatch Cambridgeshire and Peterborough Wheelchair Users' Forum** Orchard Park Community Centre CB4 2EZ 11am-1pm 0330 355 1285 [enquiries@healthwatchcambspboro.co.uk](mailto:enquiries@healthwatchcambspboro.co.uk) (p 10).  
**Sawtry Chatterbox Family Carers Drop-In** 2pm-4pm (p 33).
- Tues 11 Peterborough Family Voice Peterborough** Free half day workshop on managing challenging behaviours in children with additional needs – booking essential 01733 685510 [office@familyvoice.org](mailto:office@familyvoice.org) 9.15am-12.30pm (p 31).  
**Burwell Burwell Drop-In** 10am-12pm (p 34).  
**Whittlesey Alzheimer's Society Dementia Café** Whittlesey Methodist and United Reformed Church, Queen Street PE7 1AY 10am-12pm (p 36).  
**Peterborough Alzheimer's Society Open Carers Group** 10.30am-12pm (p 36).
- Wed 12 Brampton Love to Move** 10.30am-12pm (p 19).  
**Ramsey Parkinson's Support Group** 2pm-4pm (p 39).
- Thur 13 Cambridge - Great Shelford Caring Together Family Carers Hub** 10am-12pm (p 35).  
**Ely Ely Dementia Group** 10am-12pm (p 34).  
**Wisbech Healthwatch Cambridgeshire and Peterborough Fenland Health and Care Forum** Main Hall, Queen Mary Centre PE13 2PE 10am-12pm 0330 355 1285 [enquiries@healthwatchcambspboro.co.uk](mailto:enquiries@healthwatchcambspboro.co.uk) (p 10).  
**Huntingdon Love to Move** 1.30pm-3.30pm (p 19).  
**Peterborough Alzheimer's Society Dementia Café** Dementia Resource Centre 2.15-3.45pm (p 36).
- Fri 14 Peterborough Alzheimer's Society Open Minds Group** 2pm-3.30pm (p 36).
- Mon 17 St Ives Love to Move & Norris Museum Reminiscence Group** 10am-12.15pm (p 19).  
**Ramsey Caring Together Family Carers Hub** 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](mailto:hannah.rushton@stroke.org.uk)  
**St Neots Parkinson's Support Group** 2pm-4pm (p 39).  
**St Ives Young Onset Dementia Group** 3-5pm (p 34).
- Tues 18 Cambridge Caring Together Family Carers Hub** 10am-12pm (p 13).  
**St Ives Alzheimer's Society Dementia Café** St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am-12pm (p 36).  
**Peterborough Alzheimer's Society Open Carers Group** 10.30am-12pm (p 36).  
**Ely Parkinson's Support Group** 'The work of Healthwatch' £2 2.30pm-4.30pm (p 39).
- Wed 19 Wisbech Caring Together Family Carers Hub** 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).  
**Hail Weston Rotary Club Carers Coffee Club** 2pm-3.30pm (p 35).

**Thur 20 Burwell** Burwell Carers Group 9.45am-12.15pm (p 33).  
**Wisbech** Alzheimer's Society Dementia Café Robert Hall Centre, St Augustines Road PE13 3AH 10am-12pm (p 36).  
**March** Alzheimer's Society information drop-in March Library, City Road PE15 9LT 10.30am-12.30pm (p 36).  
**Huntingdon** Love to Move 1.30pm-3.30pm (p 19).  
**Peterborough** Love to Move 2.15pm-3.45pm (p 19).

**Fri 21 Peterborough** Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).

**Mon 24 St Ives** Love to Move & Norris Museum Reminiscence Group 10am-12.15pm (p 19).  
**Peterborough** Family Voice Peterborough parent carer hub meet a member of Peterborough's Autism and ADHD Specialist Teaching Service team. 20 minute appointments - booking essential 01733 685510 [office@familyvoice.org](mailto:office@familyvoice.org) 1pm-4pm (p 31).  
**Sawtry** Chatterbox Family Carers Drop-In 2pm-4pm (p 33).

**Tues 25 Burwell** Burwell Drop-In 10am-12pm (p 34).  
**Ely** Alzheimer's Society Dementia Café Methodist Church, Chapel Street CB6 1AD 10am-12pm (p 36).  
**Peterborough** Caring Together Carer Clinic 10am-12pm (p 38).  
**Peterborough** Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).  
**Wisbech** Breathe Easy Wisbech Support Group 1.30pm-3.30pm (p 41).

**Wed 26 Peterborough** Alzheimer's Society dementia support at Gladstone Connect Allama Iqbal Centre, 157 Cromwell Road, Peterborough PE1 2EL 10am-12pm (p 36).  
**Brampton** Love to Move 10.30am-12pm (p 19).  
**Huntingdon** Rotary Club Memory Café 2.30pm-4.30pm (p 35).  
**Cambridge** Rethink Carer Support Group 7.30pm-9pm (p 42).

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

**Thur 27 Ely** Ely Dementia Group 10am-12pm (p 34).  
**Peterborough** Healthwatch Cambridgeshire and Peterborough Peterborough Community Forum Stanground Community Centre PE2 8QP 10am-12pm 0330 355 1285 [enquiries@healthwatchcambspboro.co.uk](mailto:enquiries@healthwatchcambspboro.co.uk) (p 10).  
**Cambridge - Great Shelford** Caring Together Family Carers Hub 10am-12pm (p 35).  
**Huntingdon** Love to Move 1.30pm-3.30pm (p 19).  
**Bottisham** Carers at the Café Red2Green Community Café & Garden 2pm-3pm.  
**Peterborough** Love to Move 2.15pm-3.45pm (p 19).

**Fri 28 Ely** Caring Together Family Carers Hub 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 29 Peterborough** Rethink Carer Support Group 3pm-4.30pm (p 42).

## Thank You

As a charity, the generosity of our supporters is vital. It means even more carers can be given the help and support they need.

Thank you to Halifax in Peterborough and Stamford who have selected us as their charity of the year and raised £450 so far from fundraising events, including a 30-mile bike ride between the two branches.

If you would like to make a donation to Caring Together - either as a one-off or a regular donation - or would like to find out more about becoming a corporate supporter, please call 01480 499090 or please visit [caringtogether.org/help-us-help-others](http://caringtogether.org/help-us-help-others)

Every £ we receive makes a difference to carers.

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



# Young carers and young adult carers

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



## Helping young adult carers into education or employment

Thanks to a grant from Carers Trust through its partnership work with the Quilter Foundation, we were able to support 13 young adult carers to have educational, employment or training opportunities through small bursaries.

These bursaries helped fully or partially cover costs such as:

- Compulsory uniforms/clothing for college courses
- Travel costs to get to/from college
- Transport to university open days
- A camera for a media course
- A laptop to help a young adult carer to help them do their college coursework.

We know these bursaries really make a difference. As Kelly, a young adult carer from Peterborough said, *"It will help my education – I won't be able to get to college without it [a bus pass]. I want to be able to get a qualification and a good job."*

Caring Together is commissioned by both Cambridgeshire County Council and Peterborough City Council to work with young adult carers to ensure that their caring roles don't stop them from achieving their goals and making successful transitions into adult life.

If you know a young adult carer who you think might benefit from some support, then make sure to get in touch and find out how we can help.

*"With this bursary, I will be able to travel to Cambridge everyday, as it will cost £50 per week when I return. This will help me achieve my A level results. It will be a huge relief."*

*"This will take the extra pressure off of me and my family, and it's something else that mum or myself wouldn't have to worry about, as money is tight at the moment."*

.....

## Young carers funding

Following on from the success of our recent small-grants bursaries for young adult carers to access educational opportunities, we are delighted to have been awarded £1,000 from Carers Trust through their 'Explore More Support Fund 2019' (which was made possible thanks to a donation by Pears Foundation).

The funding will enable us to help young carers aged 5-16 from across Cambridgeshire, Peterborough and Norfolk to take part in activities and opportunities like their peers such as sports and recreational activities and coaching for musical or artistic interests.



## Giving young carers a break with Norwich City FC and Aviva

Caring Together partnered with Aviva and their 'Friendliest Friendlies' initiative to give 60 young carers, young adult carers and their family members the chance to watch newly promoted Premier League team, Norwich City Football Club play.

For many of the young people this was the first time they'd ever been able to go to watch a professional football match, let alone a Premier League team.

On the back of this, we were also kindly donated 50 tickets by Norwich City FC for a stadium tour - just for young carers and their families.

Stuie (pictured top left) was able to attend one of the matches with his dad as a much-needed break from helping to support his terminally ill brother, Fraser. We were also able to give him the chance to attend the stadium tour with his dad and one of his friends.

Stuie's mum kindly took the time to share what life is like for their family and why this opportunity meant so much to them.

*"Fraser was born prematurely at 27 weeks weighing 660grams. He spent three months in hospital which meant we visited daily.*

*"Once home, Fraser got a lot of chest infections, pneumonia and bronchitis which meant ambulances were called on a regular basis. Poor Stuie would go to bed and all was well. But when he woke in the morning only daddy would be there. After lots of tests we received a diagnosis for Fraser in October 2018 – Coats plus syndrome which unfortunately is a life-limiting disease.*

*"It's hard as an adult to get our heads around, but to have to sit your 12-year old down and tell him his brother won't make it to adulthood and the skills he has learnt he will lose, is the hardest thing we have ever had to do.*

*"Stuie adores Fraser despite Fraser trying to hit him on a daily basis. Stuie helps look after Fraser in lots of ways - he can give him his medication and knows how to work his feeding pump. Not so much now but Fraser used to be very sick due*

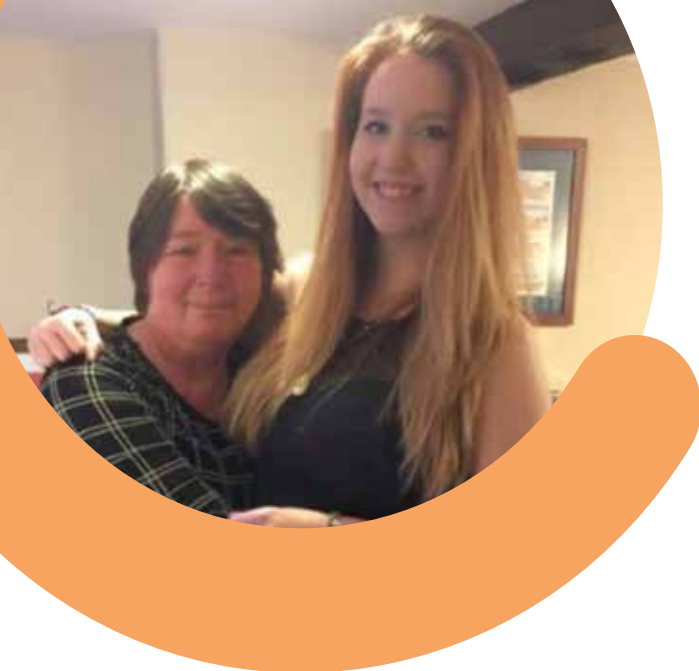
*to reflux and although Stuie doesn't like seeing or hearing him be sick, he would always get a bowl, wipes and change of clothes.*

*"In April 2018, Fraser was really poorly and Stuie did not hesitate to call an ambulance when I asked him. Stuie worries a lot about Fraser but keeps it in as he doesn't like to bother us.*

*"Fraser gets lots of general pain due to his disease and can cry and scream for up to two hours at a time which is heartbreaking for us to see, especially Stuie. Stuie does not say a lot – he never moans that we can't plan, we have to take it day by day but he sometimes says "I won't ever be a uncle". As a family we have input from the hospice but unfortunately Stuie is finding this hard and does not want to go.*

*"Having the chance to go to see Norwich City play and look around the stadium gave him time for himself away from the family home so he can forget about it all, just for a few hours plus he supports Norwich. Thank you so much - Stuie loved it and had a great time."*

For more information, please contact Caring Together  
0345 241 0954  
[referycyac@caringtogether.org](mailto:referycyac@caringtogether.org)  
[caringtogether.org/support-for-carers/young-people](https://caringtogether.org/support-for-carers/young-people)



# Toyah's story

How Centre 33 supported Toyah who cared for her mum until she passed away



Toyah lived in Soham with her mum, who was diagnosed with cancer when Toyah was 11.

Toyah spent a large part of her teenage years running the household and caring for her beloved mother until she passed away.

Centre 33, a charity dedicated to supporting young people across Cambridgeshire and Peterborough, has filmed her talking about the impact it had on her and how she has come out the other side as 'the girl that survived'.

*"I was doing all the housework, all of the cooking, all of the cleaning. Everything was me."*

Centre 33's young carer's project supported Toyah from the age of 12 through her most challenging times with a support worker she could trust. Centre 33 says, "We wanted to help Toyah to cope with this hugely stressful situation. No young carers should have to be doing this on their own."

Toyah explains: *"I feel like if Centre 33 hadn't been there when I needed them most, mum and I both would have struggled a lot more... they came in and made everything OK".*

Now an independent young adult, Toyah's powerful story is told in a

short film made by Centre 33. You can view the film at <https://youtu.be/Gll2yVXEfKs>

*"Looking back at it now, it doesn't feel like I'm the girl who lost her mum, it feels like I'm the girl that survived such an ordeal. I'm really proud of how far I've come."*

For more info on the young carers project, Please call 0333 414 1809 and ask to speak to someone from the young carers team or email [youngcarers@centre33.org.uk](mailto:youngcarers@centre33.org.uk)

## 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?

*"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."*

**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.

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

E-mail us: [youngcarers@centre33.org.uk](mailto:youngcarers@centre33.org.uk)  
Phone us: **0333 4141 809**  
@Centre33Camb  
[www.centre33.org.uk](http://www.centre33.org.uk)



## Gifts at Christmas

For the 3rd year in a row, we have teamed up with companies in Huntingdonshire and Peterborough to help make Christmas that little bit extra special for the young carers that we support.

From Christmas parties, to gifts for young carers, the kind support of companies and other local community organisations makes a difference for young carers at our groups in both Huntingdonshire and Peterborough.



If you know of an organisation that could help us support these young carers, please contact [engagement@caringtogether.org](mailto:engagement@caringtogether.org)



\* NEW \*

### Cambridge City Community Warden Service

Assisting older people to live independently at home.

Providing daily help (Mon to Fri) with things such as:

- making drinks and light meals
- watering plants
- feeding pets
- making appointments
- getting small items of shopping
- collecting prescriptions.
- wellbeing contact

(A small weekly fee applies)

If you are interested or require further information please call

**Carol Flanders on 07970 168046**  
[www.ageukcap.org.uk](http://www.ageukcap.org.uk)



Age UK Cambridgeshire and Peterborough is a charitable incorporated organisation registered with the Charity Commission for England and Wales with registered charity number 1165856. Registered Office: 2 Victoria Street, Chatteris, Cambridgeshire, PE16 6AP.

Think  
Autism

## 2020 Planning Sessions for Positive Guiding

30  
MARCH

Foundations for Successful  
Positive Guiding

11  
MAY

Reflections for Successful Positive  
Guiding

8  
JUNE

Using Successful Positive Guiding  
to Set Child Objectives

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

#### Booking Information

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

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

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



## Come and Join Us!

We have a range of Clubs  
running every week

For where and when

call **0300 666 9860**

or email

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



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



Age UK Cambridgeshire and Peterborough is a charitable incorporated organisation registered with the Charity Commission for England and Wales with registered charity no. 1165856. Registered Office: 2 Victoria Street, Chatteris, Cambridgeshire, PE16 6AP.



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

Pinpoint offers free information, support and involvement to Cambridgeshire parents and carers, especially those with children with additional needs and disabilities. You can find out about workshops, events, support groups, Tii Hubs and meet ups, get holiday ideas, find out information about local services and other local support groups on their website [www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk)

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

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

Come to Pinpoint Cambridgeshire's monthly parent groups in Ely, Histon, Peterborough and Huntingdon run by Pinpoint in conjunction

with their 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 to any of our workshops and support groups for practical advice and ideas from visiting speakers and to meet other parents. You can find out how to boost your resilience and work with your children at home and help manage their behaviour.

Find out more on our websites 'Events Page' and Pinpoint Facebook Events.

Book a place at one of the groups by calling 01480 877333 (please leave a message if no answer) or email [jackie@pinpoint-cambs.org.uk](mailto:jackie@pinpoint-cambs.org.uk) or [esther@pinpoint-cambs.org.uk](mailto:esther@pinpoint-cambs.org.uk)

### Save the date!

Pinpoint are delighted to announce their 2020 conference is on Thursday 5 March.

Following a sell out 2019 conference, and reading all your wonderful feedback, they will be bringing information stalls, workshops, one-to-ones and special guests back with the added benefit of maybe a bit of warmer weather!

They hope to bring the conference up-to-date with the help of technology, so they can increase the audience in the ever-popular workshops.

To be kept up to date with what's in store, please sign up to their newsletter by scrolling to the 'Join our mailing list' section of their website and selecting parent or professional sign up.

If you have any suggestions or questions, or if your organisation or school would like to book a stall, please email [esther@pinpoint-cambs.org.uk](mailto:esther@pinpoint-cambs.org.uk)

Family Voice is Peterborough's parent carer forum and a registered charity. They work alongside 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.

Family Voice Peterborough 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](http://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 into 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](http://www.familyvoice.org/training)

Please see the events calendar for details of what else is coming up.

## Family Voice Peterborough

Goldhay Community Centre  
105 Paynels  
Peterborough  
PE2 5QP

T 01733 685510

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

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

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

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

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





## Connect with Care Network!

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

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



## Day Centre

*Social days to enjoy*

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

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

Glenys Shaw - Day Centre Manager

**01480 475274**

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

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

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

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

**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.



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



THE ROYAL BRITISH  
LEGION



# I'M NOT GOING ANYWHERE.

Martin - Advice and Information Officer - The Royal British Legion

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

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

Registered Charity No 219279





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](mailto:posability3@gmail.com), Website: [www.posability.org](http://www.posability.org)

**We are positive about YOUR ability**

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.

**16 January 2020**

**20 February 2020**

For further details please contact Elaine Ellis on 01638 741234

## 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 2019/20 include:**

**7th December - no Simply Saturday**

**All welcome to come along to the Christmas Market 3-7pm**

**4th January - Band 'Buffalo' playing and singing**

**1st February - Talk on Essential Oils and Massage with Sarah**

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

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

  
**Chatterbox**

## 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 December**

**13th & 27th January**

**10th & 24th February**



At **The CARESCO Centre**,  
Green End Road, Sawtry, PE28 5UX

Contact the office on 01487 832105

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



Your local charity supporting our community

Registered charity number 1140728

## Crocus Café

First Monday of each month  
10.00am to 12.00pm

The Salvation Army Peterborough Citadel  
1203 Bourges Boulevard  
Peterborough PE1 2AU

Are you caring for someone with  
dementia?

Rotary invites you both to join us for a  
monthly get together in our Crocus Café

Relax in the bright and airy café  
style surroundings

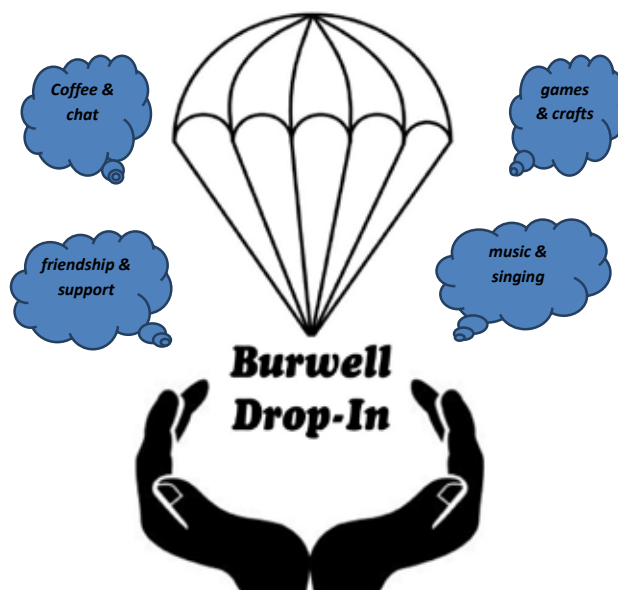
Be entertained, make new friends,  
have a cake and cuppa

Trips to interesting places

No charge will be made, free car park  
adjacent with full disabled access

Further details or to book a place  
Phone Janet on 01487 830114

FOR PEOPLE WITH MEMORY PROBLEMS AND THEIR CARERS



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

## YOUNG ONSET DEMENTIA GROUP

- Are you living with someone with Young Onset Dementia?
- Would you like to talk with others in a similar caring role?

Come and join us for a chat.

We meet on the third Monday of the month from 3pm-5pm at The Golden Lion, Market Hill, St Ives. PE27 5AL

(As you enter through the double doors, turn to the right and there is a room straight ahead through glass doors).

No need to book, just turn up.

Everyone will receive a very warm welcome!

For more information please get in touch with Ruth  
07827 159307  
[ruth.eod@yahoo.com](mailto:ruth.eod@yahoo.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 from 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 07889 319888

[kimpigfarmer@tiscali.co.uk](mailto:kimpigfarmer@tiscali.co.uk)

A community project of The Rotary Club of Kimbolton Castle and Care Network.

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](mailto:memorycafe@rotary-huntingdon.co.uk)

## Brampton Reconnect Social Group

### First Wednesday in every month

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

Welcomes ALL people living with dementia & memory loss together with their carers

**Join our club!**

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

**An event every month.**

**4th Dec The Singing Gardener**

**8th Jan Musical Memories**

**5th Feb Chris Bylett, Ventriloquist**

Support Information available

**Questions? Phone Janet on 0770 2010594**



## 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.

 **Caring Together**  
so that carers have choices



# 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 the 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.

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

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

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 through here if needed.

## The Carer Information and Support Programme (CrISP)

The Carer Information Support Programme is a series of workshops available in Peterborough for carers and family members of people with dementia. This programme aims to offer structured information to inform and support the caring role. Carers do not necessarily have to live with the person with dementia.

## Activity Groups

There are various opportunities available to give people affected by dementia the chance to take part in structured activities. These give people the availability to meet others in an informal relaxed setting.

## Become a Dementia Friend

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

Alzheimer's Society is powering the growing dementia movement for change and has already seen over 2.8 million people become Alzheimer's Society Dementia Friends across the UK.

To find your nearest Dementia Friend Information Session, visit [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

## Peterborough contact

The Dementia Resource Centre  
441 Lincoln Road, Millfield  
Peterborough PE1 2PE  
(entrance via 5 York Road PE1 3BP)  
01733 893853  
[peterborough@alzheimers.org.uk](mailto:peterborough@alzheimers.org.uk)  
Open 9am – 5pm, Monday to Friday

## Cambridgeshire and Fenland contact

01954 250322  
[cambridgeshiredementia@alzheimers.org.uk](mailto:cambridgeshiredementia@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.

Richard de Horsey 01223 276192

[richarddehorsey@gmail.com](mailto:richarddehorsey@gmail.com)

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

To book a session, please contact Susan Bate, Community Officer on:-  
Telephone :- 01480 497314 or Email :- [info@norrismuseum.org.uk](mailto:info@norrismuseum.org.uk)

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

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



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



Cambridgeshire and Peterborough  
NHS Foundation Trust

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

First Tuesday of the month  
2.30pm to 4pm

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

### Dementia Carers Lunch Scotsdales Market Street Fordham CB7 5LQ

First Tuesday of the month  
12.30pm to 2.30pm  
Informal lunch group for carers and people living with dementia. Please call before attending to confirm times.

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

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.

### Contact CPFT Dementia Carers' Support Service

Tel: 01480 420331

(answerphone, we aim to respond within two working days)

Email: [dcss@cpft.nhs.uk](mailto:dcss@cpft.nhs.uk)

## Do you care for someone with dementia?

Come along to our carer clinic on the last Tuesday of the month between 10am and 12 noon.

The Dementia Resource Centre  
441 Lincoln Road, Millfield  
Peterborough PE1 2PE

Book an appointment with one of our family carer co-ordinators to find out how we support carers and their families. We will be able to provide 1:1 support, information and guidance, support with carer's assessments, emergency planning, referrals and signposting to other support.

Please book an appointment directly with Caring Together on 0345 241 0954 or email [hello@caringtogether.org](mailto:hello@caringtogether.org)



# TotalVoice

Cambridgeshire and Peterborough

## Need Support to Speak Up? TotalVoice can help

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

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

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

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

Total Voice can:

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

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

Contact Total Voice for more details:

Helpline: 0300 222 5704

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

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

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

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

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

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

# JOIN US

## Positively Parkinson's Café

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

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

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

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

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (208187) and in Scotland (SC037046). © Parkinson's UK. Parkinson's UK logo.



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

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

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

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

## **Ely and District Support Group**

Third Tuesday of the month

2.30pm to 4.30pm

Bell Holt Community Centre,

Off Lisle Lane, Ely CB7 4ED

Come along to have a chat, enjoy the entertainment and refreshments.

Small fee applies.

## **March Support Group**

First Wednesday of the month

10.30am to 12.30pm

The Braza Club, Elm Road,

March PE15 8NZ

## **Ramsey Support Group**

Second Wednesday of the month

2pm to 4pm

Ramsey Resource Centre,

Stocking Fen Road, Ramsey PE26 1SA

Tel: Lisa Lowe 0344 225 3614

## **St Ives Support Group**

First Wednesday of the month

2pm to 4pm

Dolphin Hotel, London Road,

St Ives PE27 5EP

## **St Neots Support Group**

Third Monday of the month

2pm to 4pm

Old Market Court, Tebbutts Road,

St Neots PE19 1RQ

Contact for Ely & District, March Ramsey, St Ives and St Neots support groups

Tel: Lisa Lowe 0344 225 3614

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

Web: [www.huntspds.org.uk](http://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](mailto:ruthbrinkler@hotmail.com)

Web: [parkinsons-peterborough.org.uk](http://parkinsons-peterborough.org.uk)

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

## **Cambridge Branch Parkinson's UK**

Fourth Friday of the month (not Dec)

10.30am to 1.30pm

David Rayner Centre, Scotsdales

Garden Centre, 120 Cambridge Road,

Great Shelford CB22 5JT

Meetings include speakers and activities, followed by lunch. For those living with Parkinson's and their carers.

Tel: Trish Carn 01223 363435

First Tuesday of the month (not Jan)

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 and yoga sessions. See website for further information or call Trish Carn on 01223 363435.

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

For general information about Parkinson's, please see the national Parkinson's website:

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

## CAMBRIDGESHIRE HEARING HELP

Charity No: 1154071

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

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

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

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

Other free services include:

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

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

Tel: 01223 416141      Text: 07852 699196  
[enquiries@cambridgeshirehearinghelp.org.uk](mailto:enquiries@cambridgeshirehearinghelp.org.uk)  
[www.cambridgeshirehearinghelp.org.uk](http://www.cambridgeshirehearinghelp.org.uk)

**camsight**

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

*We're here to help*

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

registered charity  
no. 201640

Cambridge  
01223 420033

Wisbech  
01945 660795

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



**Hunts Blind** is an independent, local charity dedicated to supporting Huntingdonshire residents of all ages and who are experiencing sight loss. Our services include social activities, information and advice, outreach and benefits, visual and mobility aids, volunteer visiting and subsidised holidays.

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](mailto:info@huntsblind.co.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](http://www.mypab.org.uk)

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



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 first Thursday of every month (no meeting December or January)  
2pm until 4pm (new members at 1.45pm)  
The Church Hall, St Peter's Church  
(opposite the museum), High Street,  
March, PE15 9JR  
EVERYONE WELCOME  
There is no membership fee

For further details please contact:

Margaret on 07740 867047

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

Helpline 03000 030 555  
[blf.org.uk/helpline](http://blf.org.uk/helpline)

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

## 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.



Support may be in the form of talks 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 is free.

If you are interested in joining the group and would like more details either visit our website, send us an email, or better still ring us for a chat.

01480 860289  
[huntsbreatheforlife@gmail.com](mailto:huntsbreatheforlife@gmail.com)  
[www.huntsbreatheforlife.org](http://www.huntsbreatheforlife.org)



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

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

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

Last Tuesday of each month

Starting at 1.30pm

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

For further details please contact:

Margaret on 07740 867047

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

Helpline 03000 030 555  
[blf.org.uk/helpline](http://blf.org.uk/helpline)

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



# Rethink Carer Support Cambridgeshire and Peterborough



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

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

We provide:

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



Rethink 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**

28 December 2019

25 January & 29 February 2020

**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](https://www.facebook.com/rethinkpeterborough)

Flyers kindly donated by Twenty8design

## 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](mailto: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](mailto:huntsrethink@gmail.com)



# 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.  
01480 211006

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



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

## Voices Matter



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

The Voices Matter Groups offer you the opportunity to:

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

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

Peterborough  
Cambridge Peterborough  
and South Lincolnshire Mind  
01733 362990

Huntingdon  
Cambridge Peterborough  
and South Lincolnshire Mind  
01480 470480



Wisbech  
Cambridge Peterborough  
and South Lincolnshire Mind  
01733 362990

March  
Cambridge Peterborough  
and South Lincolnshire Mind  
01733 362990

Cambridge  
Life Craft 01223 566957

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



## Visiting Support Services for Older People

### Information Hubs

Held monthly at various locations  
throughout Fenland, Huntingdonshire and  
East Cambridgeshire

For where and when

call **01354 776110**

or email

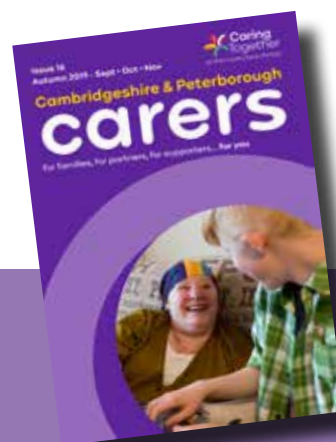
**[vssop@ageukcap.org.uk](mailto:vssop@ageukcap.org.uk)**



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



Age UK Cambridgeshire and Peterborough is a charitable incorporated organisation registered with the Charity Commission for England and Wales with registered charity no. 1165856  
Registered Office: 2 Victoria Street, Chatteris, Cambridgeshire, PE16 6AP.



## Want to make sure you receive the Carers 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 drop us an email to [carersmag@caringtogether.org](mailto: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.

# 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 [caringtogether.org/whatifplan](http://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 December 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](mailto:carersmag@caringtogether.org)

We'd love to hear from you!

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12/11/19

Review Date 12/02/20 Ver 1.0



Caring Together is a charity and the leading provider of carer support for families.

We are here to help by:

- Care in your home and community for adults and children
- Information, advice and guidance to help you in your caring role
- Dedicated staff to identify and arrange support for you
- Local carer groups and support from other carers
- Tailored services for young carers and young adult carers
- Help to plan for the unexpected
- Immediate support in a crisis
- Specialist dementia support.

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

**01480 499090 or 0345 241 0954**

**[hello@caringtogether.org](mailto:hello@caringtogether.org)**

**[caringtogether.org](http://caringtogether.org)**

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

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

**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.



Cambridgeshire  
County Council

