

Issue 18
Spring 2020 - Mar • Apr • May

 **Caring
Together**
so that carers have choices

Cambridgeshire and Peterborough carers

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



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Welcome

Welcome to the Spring edition of Carers magazine.

Once again we are able to share many opportunities for support and information that are available to carers.

It's always encouraging to look through the events section and see so many people providing such a wide range of activities.

We know the huge value and importance of carers. We also work to make sure we remain aware of the needs and challenges you face, so we can make our support and advice as helpful and relevant as possible.

Another key part of our work is campaigning - ensuring that carers are recognised and heard.

We were delighted to arrange for Chief Nursing Officer for NHS England, Ruth May, to spend time with a group of carers in Ely. She was very receptive to hearing what carers had to say about their experiences, issues they have faced and what can be done to help them.

Young Carers Awareness Day on 30 January saw the launch of our new resource for schools. The response to this has been extremely positive. We continue to work with schools to improve the early identification and support of young carers.

Enjoy reading about these and more in this issue.

Miriam Martin
Chief executive



Chief nursing officer of NHS England meets Cambridgeshire carers

Caring Together recently organised for a group of carers from our Ely hub to meet with the NHS England Chief Nursing Officer for England, Ruth May, on her recent visit to Cambridgeshire.

This gave the carers the opportunity to increase Ruth's awareness of the issues that carers are facing and what they feel needs to be done to improve the identification and support of carers.

Issues raised included:

- Getting a diagnosis.
- Hospital car parking charges.
- Carer awareness amongst health professionals.
- Training for carers to support them in their role.
- Access to respite.

Carers spoke about their experiences, saying:

"You wouldn't send your loved one to a hospital where they haven't had training, but when they come home – you've had no training at all!"

"Carers are always having to fight for everything – with everything else going on, it's like a double, triple-whammy."

"I was so upset but I couldn't show it to my husband – you have to put on this front."

"Before coming to the hub, I dreaded going out, but now I love it – I really look forward to it. That is down to Arda and Richard."

"When we want help, they're [Caring Together] there – they give us knowledge, tips and confidence."

"Sometimes I feel really angry – I don't know how to vent it."



Caring Together regularly have opportunities for carers to raise awareness about their experiences as carers and to help improve the support available.

If you would be interested in helping with this, please give us a call on 0345 241 0954 or email hello@caringtogether.org





Carers voices in hospitals

- Are you a carer?
- Do you have any experiences of Addenbrooke's Hospital, Hinchingbrooke Hospital or Peterborough City Hospital?
- Would you like to help them to continue to improve the identification and support of carers?
- Then Caring Together would like to hear from you!

All three hospitals work closely with Caring Together to improve their ability to identify and support carers and are committed to the Carer Friendly Tick Award.

They have regular meetings to review their work around carers to ensure that they are doing the best job for carers, and they are keen for carers to be at the heart of this work.

If you would be willing to get involved with either of the hospital trusts' carers strategy or groups for carers to give their views, please contact Andy McGowan, head of carer services at Caring Together, for more information.
0345 241 0954
andy.mcgowan@caringtogether.org



Reaching out to carers in the community

We know that many carers go unidentified and unsupported for many years, and we often hear from carers, "I wish I'd known about you sooner!"

As part of our Carer Friendly Tick Award - Communities, our carers support team works with community organisations across Cambridgeshire and Peterborough, delivering talks about our services and raising awareness of carers, as well as helping them to look at what they can do in order to support the carers that they are in contact with.

Members of our team have recently met with projects such as The Lantern Initiative, Peterborough Women's Association and an Asian Women's group in Cambridge. We have also linked in with the new Cambridge Central Mosque.

If you are part of a community group or organisation and would be keen to find out more about our Carer Friendly Tick - Communities Award or the work that we do, please contact hello@caringtogether.org or call us on 0345 241 0954

Carer Friendly Tick

More organisations have received the award since it was launched last year



Following on from the launch of our Carer Friendly Tick Award on Carers Rights Day (21 November), numerous organisations have been working hard to achieve the Carer Friendly Tick Award.

Octagon at Cornerstone Practice (Health)

This surgery has its own notice board for carers information – which the panel of carers thought gave a great opportunity for more carers to learn about the support available.

They have a mix of face-to-face carer awareness training delivered by Caring Together and online training modules.

The surgery has a champion for carers and this role is a clearly defined part of their job.

They also made sure they raised awareness of young carers by having a large display in the waiting room on Young Carers Awareness Day.

Pictured above are staff from Over and Swavesey Surgeries being presented with their award by Jill Nooij (right).



If you would like to find out more about the Carer Friendly Tick Award for your organisation or group please, email hello@caringtogether.org or give us a call on 0345 241 0954

Day clubs for older people



Would your loved one benefit from some time with others in a safe, friendly and relaxed environment?

We offer day clubs where they can try a variety of different activities covering all interests.

They are aimed at older people with conditions associated with mental health, dementia, strokes and being elderly and/or frail.

Carers get a regular break to enable them to do whatever they choose while the person they care for 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 March, Fulbourn and King's Lynn.

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

To discuss your friend or family member's care needs or for further information, please contact us: 0345 241 0954 homecare@caringtogether.org



How you can make a difference to carers like you

I am probably a new name to many of you. I joined Caring Together as the fundraising manager in October 2019. I have worked within the charity sector as a fundraiser for the last 20 years. My passion lies with a charity that really makes a difference in our local communities and Caring Together is certainly doing this.

I am married with one grown-up son and the love of my life, my two-year-old cockapoo, Bertie. I have lived in the Fens for most of my life. I have had personal experience of being a carer and I certainly wish I had known about Caring Together then.

I hope you enjoy this new feature in your magazine giving you the low down on the charity's news, fundraising activities and lots more. I am always at the end of a phone if you ever want to get in touch.

Warmest wishes,
Nicky Newton

Green fundraising that will help carers

Ever wondered what to do with your used stamps?

Well, wonder no more as we have a way you can use them to benefit carers.

Simply trim about 1cm around your used stamp and pop it in an envelope. When your envelope is full send it to:

Caring Together
PO Box 16992
Sutton Coldfield
B73 9YA

And best of all it's a freepost address so you don't need a stamp!

For more information or to find out how you can support us, please contact Nicky Newton

0345 241 0954

nicky.newton@caringtogether.org

caringtogether.org/help-us-help-others

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...

Steve Whitney for choosing Caring Together as one of his charities during his captaincy at St Neots Golf Club.

Tesco Huntingdon asked customers to collect Christmas selection boxes. A staggering 600 boxes were donated for young carers.

Cherie Gouldthrop who chose Caring Together as her charity of the year as ladies captain at Pidley Golf Club.

Huntingdon Rotary who donated £350 for young carers and their families to attend the local pantomime.

Pantomime 89 who donated £1,000 towards young carers' activities.

Harris + Hoole at Tesco, Huntingdon who hosted a giving tree collecting for young carers.

Botolph Singers whose Christmas Concert raised £250.

Angela's getting on her cycle to help carers

Percy, my dad was diagnosed with Alzheimer's three years ago. My parents moved to a flat in Sawston in 2019 so they could be nearer to our families.



My mum and dad have been using the local Caring Together group in Great Shelford, Cambridge. The group meets every two weeks and mum and dad are able to go along together.

My dad is looked after by volunteers who encourage activities, such as listening to music or craft if they wish or in my dad's case he likes the cups of tea and to sit quietly on his own. My mum can chat with other carers in similar situations and spend some time on her own with them in a group in another room. There are sometimes talks too which have been useful.

Caring for someone 24-hours a day can be a lonely task and Caring Together has made a huge difference for my mum and dad. They feel lucky knowing such a group is there for them.

The main reasons for choosing to do a charity ride is that my dad has been a life long cyclist. He started cycling just after the war in order to "get out of London". When he was 12 or 13 his dad bought him a bike and gave him a map and he has never looked back. He would often cycle from London to Brighton in a day.



Another favourite was London to Bicester where his sister was stationed where he would camp out with a friend and return to London the next day.

I have been a keen cyclist on and off for 50 years. I competed at national schoolgirl



and junior level. In later life I competed in women's road races, world masters pursuit on the velodrome at Manchester, in local time trials, as well as completing the L'Étape (a stage of the Tour de France). More recently I have been riding for the pleasure of cycling, keeping fit and healthy, and for social reasons. I lead a women's group called 'Women on Wheels' which meets twice a week on Wednesdays and Saturdays.

The route for the charity ride on 14 June will be around South Cambridgeshire villages with cafe stops. There will be other cyclists doing the ride too, some by themselves and some in small groups.





Digital resources for carers

The technology enabled care team at Cambridgeshire County Council supports people of all ages to live well and independently in their own homes for longer. They also support carers and aim to work with you in promoting the safety and happiness of yourself and your loved ones, by assessing which items of assistive technology can best support your current lifestyle. Last year, 22% of their interventions resulted in informal carer support, reducing anxieties and stress.

Another means of support is the Carers UK digital resource, located at carersdigital.org

This is an online platform which provides a comprehensive toolkit for carers, ranging from digital products and online resources to local information and solutions.

Visit the website and use their free access code to create an account: DGTL3385.

A key feature of the digital resource is Jointly, the care coordination app. As a user of this app you can communicate with other carers and set up circles of care. Alternatively the app can be used to simply organise your own care, with features such as tasks allocation, calendars, notes and medications lists. However you choose to use it, this app will make caring for your

loved ones a little easier. The app can be easily accessed from any smartphone, tablet or iPad.

If you are interested in hearing more about the TEC team or about the digital resource then please contact us at

01480 378160
TEC@cambridgeshire.gov.uk



Cambridgeshire
County Council

Brought to you by **carersUK** making life better for carers

In collaboration with **Cambridgeshire County Council**

FREE digital resources for carers

Looking after someone?

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

Visit carersdigital.org

Create an account using your **free access code:**

DGTL3385

Use this code to get free access to all the digital products and online resources, including:

- E-Learning**
Building resilience
Designed to help carers access advice and information relevant to their situation, find resources and identify sources of support including technology, as well as promote carers' own health and wellbeing.
- Jointly**
Care co-ordination app
A central place to store and share important information about the person you are caring for. Set up appointments, allocate tasks, save files and notes, manage medication and lots more.
- Free publications**
Carers UK guides
Essential reading for carers including: Upfront guide to caring, Looking after someone - Carers Rights Guide and Being heard: A self-advocacy guide for carers.
- More resources & info**
Links to local resources
Access links to further resources and sources of information and support for people who are looking after a loved one.

Do you care for a family member or friend?

Come and join us at our **Free Carers Wellbeing Event**



Following the success of last year's Carers Wellbeing Event, Peterborough City Council is holding another Carers Wellbeing Event at the Bull Hotel in Peterborough.

Chat to specialist organisations and take time out to relax with complimentary beauty and holistic treatments. Refreshments and lunch is also provided.

26th March 2020 | The Bull Hotel, Peterborough



10:00-15:00

(lunch served at 12:30)

Come for
the morning,
afternoon or the
whole day!

For more information phone **01733 207133** or
email workforcedevelopment@peterborough.gov.uk

PETERBOROUGH

CITY COUNCIL



Carers' Partnership Boards have now merged

On 7 January 2020 the two separate Carers' Partnership Boards of Cambridgeshire and Peterborough merged to become a single board covering the two local authority areas.

This merger was the result of discussions between Cambridgeshire County Council and Peterborough City Council, and conversations with all the Partnership Boards. The councils were very keen to make sure that the good practice from each board was retained, and built on, in the new merged board.

At this meeting, the Partnership Board discussed the draft terms of reference for the new merged board. Members also gave their views on items which might be part of the new carers' contract. This spells out Cambridgeshire and Peterborough councils' support for carers in the area - and is due to start in August 2020.

Are you a carer living in East Cambridgeshire?

The Partnership Board really wants to ensure it is hearing the voices of carers from all parts of Cambridgeshire and Peterborough. The Partnership Board has independent members (carers) from all areas – except for East Cambridgeshire.

If you live in communities such as Ely, Isleham, Littleport and Swaffham, they would really like to welcome you to their board. Do you talk with fellow carers about services and how they are working? They would welcome your ideas on how they can work with the local authorities and service providers to improve services – or to thank them for delivering a good service.

Are you interested in joining us or like to know more? Please contact Graham Lewis, partnership development manager at Healthwatch Cambridgeshire and Peterborough.

Tel: 0330 355 1285

Mobile: 07432 865996

Email: grahamlewis@healthwatchcambspboro.co.uk

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

Read more about the Partnership Boards and becoming an independent member on their websites healthwatchcambridgeshire.co.uk and healthwatchpeterborough.co.uk

healthwatch
Cambridgeshire

healthwatch
Peterborough

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, whether you're currently working or not.

By studying with the academy, 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 local employers within the sector to gain a real life insight into the types of 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 fifteen weeks. Several new courses of eight to twelve learners are started each month across the Peterborough and Cambridgeshire region.

Are you already in paid employment within the health and care sector? They now offering a suite of Level 2 Certificates in a range of specialisms to suit your current role, delivered via distance learning – give them a call to discuss further!

If this sounds like a perfect opportunity for you, get in touch on 0800 310 1160 or 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)



CAMBRIDGESHIRE
& PETERBOROUGH
COMBINED AUTHORITY

jobcentreplus

Department for
Work and Pensions



City College
Peterborough

Working together, learning together



Where art meets science

Jackie Tevlin's account of the art project unveiling

weeks to design and create painted and glazed ceramic tiles, that expressed our relationship to the disease. It was a collaborative task that saw us in conversation with one another.

For some researchers it was the first time they had met someone with MS. For our loved ones they were able to ask meaningful questions about up to the minute research.



For a full-time carer such as myself, it was a wonderful opportunity to focus, relax and create. We all played creatively with clay, under the watchful eye of professional artists such as Harold Offeh (above) and Kate the potter.

I choose to create a butterfly tile based on a Ghanaian image meaning tenderness and when it was returned I was delighted!



As a carer it seems to me tenderness is one of the most important qualities we can show our loved ones. It is a quality that needs constant practice.

There was a real 'WOW' factor for all of us when we saw the art installation for the first time. No matter what our ability, we had all done our creative best. Getting to know one another on an equal footing was a privilege. One researcher commented, "We met wonderful optimistic people, who are also struggling with jobs, lives, families, etc." whether a carer or cared for.

Sadly my husband was too ill to attend – making alternative care arrangements is an ever present challenge these days for many family carers.

On 14 December 2019, I was invited, as a carer, to an event at the new Jeffrey Cheah Biomedical Centre at Addenbrooke's Hospital.

It was the first event at the building and a celebration of months of hard work involving carers, loved ones with multiple sclerosis and Parkinson's, doctors, researchers and artists.

The purpose of the event was to see the art installation vinyl wall made up of our own originally created ceramic tiles.

The 'art meets science project' saw us meeting over four



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 coordinated 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



When sight and hearing loss affects your mental wellbeing

Deafblindness is a completely different condition to a sight loss plus a hearing loss. It is a distinct impairment that has a uniquely catastrophic impact on people's lives - yet it often receives far less recognition and support than many single impairments.

Most commonly associated with ageing, deafblindness involves loss of sight and hearing to the point where everyday things – accessing information, talking with family and friends, leaving the house – become very difficult or even impossible. People who are deafblind then find themselves in unimaginable social, emotional and physical isolation.

Many of us struggle with our mental health at one time or another but when coupled with sight and hearing loss, this can be even more difficult to cope with.

What's more, studies have shown that people who are deafblind are more likely to be affected by depression and communication difficulties could make it harder to treat, therefore exacerbating the situation.

At Deafblind UK they regularly hear about how people who are deafblind struggle with the usual stresses of life, of their frustrations being unable to contribute to their community, and of the anxiety and depression their situations create.

Thankfully, mental health has become part of the national conversation and the issue is being discussed much more openly. They offer anyone who is affected by deafblindness,

including families and carers, a free helpline for when things get difficult.

One caller told Deafblind UK that she was so pleased to speak to someone who was patient and who listened to her.

Their trained staff are available between 9am and 5pm Monday to Thursday, and 9am to 4pm on Fridays.

They are here to provide emotional support and to let our members know that it's OK not to be OK. They can also help with finding out vital information about your condition and local services in your area.

T: 0800 132320

Text: 07950 008870

E: info@deafblind.org.uk

deafblinduk

Arthur's Shed

A community hub offering a variety of sessions to all

Arthur's Shed is a community hub based in the grounds of the Arthur Rank Hospice in Shelford Bottom, Cambridge.

The Shed runs sessions free of charge to the community on a range of activities including model railway building, arts and crafts, a choir and light exercise. They also host the Cambridge Men's Shed Association.

The Shed is open to the public as well as those already known to the charity.

Most sessions are drop in to allow attendees to come and go as they please.

Carers are always welcome and can take a seat in their relaxing café during a session if they like.

New sessions

New sessions have recently been introduced including air dried clay, reiki and crystals, and an astronomy course!



To access Arthur's Shed calendar visit the website arhc.org.uk/arthurs-shed.asp or email arthurs.shed@arhc.org.uk

To book onto a session please call 01223 675777 to ensure the session is still running and there are places left.



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.

0345 241 0954 for more information.





Healthwatch Cambridgeshire and Peterborough

healthwatch
Cambridgeshire

healthwatch
Peterborough

Come to a 'What, Where and How' event

Save the date for the annual Partnership Boards' event on Monday 30 March and come along to find out about support, services and activities across our area.

This will be an opportunity to find out about:

What is available?

Where is it available?

How do I access this?

Drop in between 10am and 3pm at:

The Priory Centre
Priory Lane
St Neots
PE19 2BH

Keep an eye out for more information on their websites and social media.

**Save the
date
30 March
2020**

Care home reports and survey

Healthwatch has been visiting care homes across Cambridgeshire and Peterborough and published reports with our findings.

The visits collected health and care experiences from residents, their carers and relatives. They also spoke to staff and saw the nature and quality of the services at the care homes. You can find the reports on their websites.

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Share your views on local care homes

Healthwatch wants to hear people's experiences of life in a care home.

They have a short online survey - please see their websites for details.

Or get in touch to share your stories and experiences.

Call: 0330 355 1285

Text: 0752 0635 176

Email: enquiries@healthwatchcambspboro.co.uk

Web: healthwatchcambridgeshire.co.uk

Web: healthwatchpeterborough.co.uk

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



Reading Well

Cambridgeshire Libraries have special collections of books to help you understand long term health conditions, dementia, and mental health conditions for adults and young people. They also have a new Reading Well collection for children. These are free to borrow, and the scheme is endorsed by health professionals and people living with the conditions covered reading-well.org.uk

EngAge in the afternoon

A monthly social and information event for adults, with guest speakers, activities, conversation and refreshments. Free, but donations welcome to fund refreshments and future speakers. Each library hosts EngAge on a different day and time; call 0345 045 5225 to check when it is on at your local library.

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

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

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!





North West Anglia
NHS Foundation Trust

The Cancer Wellbeing Service

Offering support for carers at
Peterborough City Hospital



The Robert Horrell Macmillan Centre is located at the back of Peterborough City Hospital and supports anyone affected by cancer.

This is a drop-in service for people having cancer treatment, people who have finished treatment, family members, carers, friends and colleagues of those who have cancer. No referral is necessary.

From the minute you walk in there is a lovely atmosphere, a warm welcome and a listening ear; a cup of tea and a chat can make such a difference to our wellbeing at a difficult time.

Specialist staff are available for information and advice. They provide a range of courses, workshops, support groups and emotional support at the centre, as well as an environment where people can meet others in a similar situation so no one needs to feel isolated or alone.

Support includes

- Emotional support and relaxation
- Arts and Crafts
- Healthy Lifestyles
- Welfare benefits
- Building confidence
- Managing fatigue, sleep and anxiety.

Contact the centre

01733 678570

nwangliaft.cancerwellbeingsvc@nhs.net



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.



LOTTERY FUNDED



Mondays 1.30pm-3.30pm

(Dementia) except 2nd Mon of month/bank hols
Burleigh Hill Community Centre, Constable Road, St Ives PE27 3EQ. Contact: Kim, Jane T or Polly

Tuesdays 11am-12 noon

(Dementia & Age friendly) fortnightly Tues
Caresco Centre, Green End Road, Sawtry PE28 5UX. Contact: Jane Bond

Wednesdays 10.30am-12 noon

(Dementia) except 1st Weds of month
Brampton Memorial Centre, Thrapston Road, Brampton PE28 4TB. Contact: Jane T or Polly

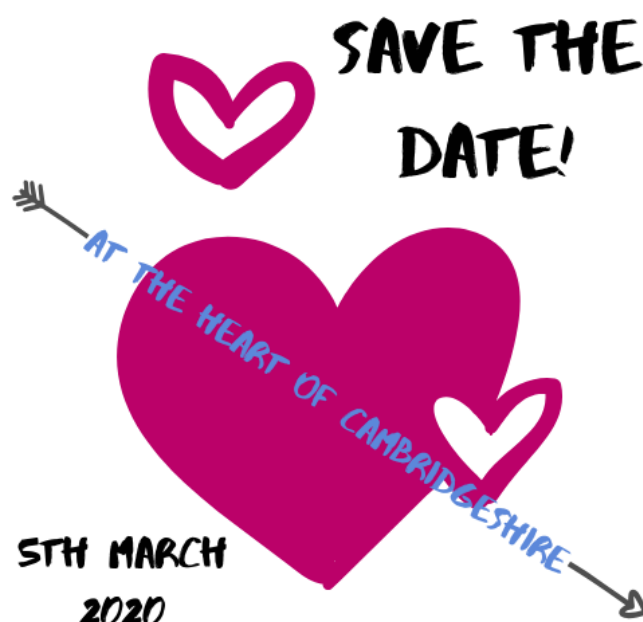
Thursdays 1.30pm-3.30pm

(Parkinson's)
Main Hall, Methodist Church, 17 High Street, Huntingdon PE29 3TJ. £4 per class. Contact: Sarah Jane

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 T

Kim Hall	07715 081402	kim.hall@britishgymnasticsfoundation.org
Jane Thomas	07731 097236	jane.thomas@britishgymnasticsfoundation.org
Jane Bond	07778 788366	
Polly Carpenter-O'Driscoll	07721 068606	
Sarah Jane Greenstock	07712 658001	sj-performing-arts@hotmail.co.uk



pinpoint
for parents by parents

Annual Conference
5 March 2020
10am-2pm

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

Join us for free workshop, to meet professionals and service providers from education, social care and health. Have your say about services and browse the market stalls.

Tel: 01480 877333
pinpoint-cambs.org.uk

March 2020 events

Mon 2 Peterborough Crocus Café 10am-12pm (p 34).

St Ives Love to Move & Norris Museum Reminiscence Group 1.30pm-3.30pm (p 19).

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

Tues 3 Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).

Sawtry Love to Move 11am-12pm (p 19).

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

Cambridge - Milton Parkinson's Bring & Share Lunch 12.30pm-3pm (p 39).

Huntingdon Healthwatch Cambridgeshire and Peterborough Huntingdonshire Health and Care Forum Huntingdon Library 2pm-4pm 0330 355 1285 enquiries@healthwatchcambspboro.co.uk (p 10).
Cambridge CPFT Dementia Friendly Drop-In 2.30pm-4pm (p 37).

Wed 4 Brampton Brampton Reconnect Social Group 10am-12pm (p 35).

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

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

Huntingdon Alzheimer's Society information stand Hinchingsbrooke Hospital 10.30am-2pm (p 36).

Peterborough Stanground Dementia Café Sue Ryder Stanground Café 11am-1pm Penny Fisher 01733 350564.

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

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

Thur 5 St Ives Pinpoint annual conference 10am-2pm (p 19).

Peterborough Guide Dogs Peterborough VI Forum RNIB, Midgate House, Midgate, Peterborough 'Getting out and about' living with sight loss Bernie Reddington and My Guide 11am-1pm 0345 130 0223.

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 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 12.30-2.30pm (p 33).

Mon 9 St Ives Memory Lane Singing Café Burleigh Hill Community Centre, Constable Road PE27 3EQ 1.30pm-3.30pm.

Sawtry Chatterbox Family Carers Drop-In 2.15pm-4.15pm (p 33).

Tues 10 Burwell Burwell Drop-In 10am-12pm (p 34).

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

Wed 11 Brampton Love to Move 10.30am-12pm (p 19).

Peterborough Family Voice Peterborough Themed Caribbean parent carer session with participation opportunities on preparing for adulthood 10.30am-2pm (p 31).

Peterborough Stanground Dementia Café Sue Ryder Stanground Café 11am-1pm Penny Fisher 01733 350564.

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

Thur 12 Cambridge - Great Shelford Caring Together Family carers hub 10am-12pm (p 35).

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

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 1.30pm-3.30pm (p 19).

Ramsey Caring Together Family carers hub 10am-1pm (p 13).

Wisbech Positively Parkinson's Café 10.30am (p 38).

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

Peterborough Stroke Association Survivors & Carers Support Group Sainsbury's Café, Bretton Centre 11am-12.30pm 01572 757087 hannah.rushton@stroke.org.uk
St Neots Parkinson's Support Group 2pm-4pm (p 39).
St Ives Young Onset Dementia Group 3-5pm (p 34).

Tues 17 Cambridge Caring Together Family carers hub 10am-12pm (p 13).
Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).
Sawtry Love to Move 11am-12pm (p 19).
Ely Parkinson's Support Group 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).
Peterborough Stanground Dementia Café Sue Ryder Stanground Café 11am-1pm Penny Fisher 01733 350564.
Hail Weston Rotary Club Carers Coffee Club 2pm-3.30pm (p 35).

Thur 19 Burwell Burwell Carers Group 9.45am-12.15pm (p 33).
March Alzheimer's Society information stand March Library 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 St Ives MS Society Carer's Spring Lunch The Glass Room, The Golden Lion Hotel PE27 5AL 12.30-3.00pm email cambridge@mssociety.org.uk to book. All family carers/ex-carers of those with any neurological condition welcome.
Peterborough Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).

Mon 23 St Ives Love to Move & Norris Museum Reminiscence Group 1.30pm-3.30pm (p 19).
Sawtry Chatterbox Family Carers Drop-In 2.15pm-4.15pm (p 33).

Tues 24 Burwell Burwell Drop-In 10am-12pm (p 34).
Whittlesey Alzheimer's Society information stand Whittlesey Library, 10am-12pm (p 36).

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

Wed 25 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).
Cambridge Alzheimer's Society information stand Addenbrooke's Hospital (food concourse) 10.30am-2pm (p 36).
Peterborough Stanground Dementia Café Sue Ryder Stanground Café 11am-1pm Penny Fisher 01733 350564.
Cambridge Rethink Carer Support Group 7.30pm-9.30pm (p 42).

Thur 26 Cambridge - Great Shelford Caring Together Family carers hub trip out so the usual group is not running (p 35).
Ely Ely Dementia Group 10am-12pm (p 34).
Peterborough Healthwatch Cambridgeshire and Peterborough Peterborough Health and Care Forum Stanground Community Centre PE2 8QP 10am-12pm 0330 355 1285 enquiries@healthwatchcambspboro.co.uk (p10).
Peterborough Carers Wellbeing Event 10am-3.30pm 01733 207133 open to all carers, free to attend, free lunch (p 9).
Huntingdon Love to Move 1.30pm-3.30pm (p 19).
Peterborough Love to Move 2.15pm-3.45pm (p 19).

Fri 27 Ely Caring Together Family carers hub 10am-1pm (p 13).
Cambridge - Great Shelford Parkinson's Support Group 10.30am-1.30pm (p 39).
Peterborough Deafblind UK 1.30-3.30pm (p 37).
Peterborough Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).

Sat 28 Peterborough Family Voice Peterborough Trip to Drayton Manor for all families that have a child with SEND 8am-5pm 01733 685510 office@familyvoice.org £10pp including coach and entry (p 31).

Mon 30 St Neots Healthwatch Cambridgeshire and Peterborough community event Highlighting local activities, support and services 10am-3pm Priory Centre, Priory Lane PE19 2BH Graham Lewis 0330 355 1285 enquiries@healthwatchcambspboro.co.uk (p 16).

March 2020 events cont. and April 2020 events

Mon 30 Peterborough Family Voice Peterborough parent carer hub One to one session with a professional from either Peterborough parent partnership or the Educational Psychology Service booking essential 01733 685510 office@familyvoice.org 1pm-4pm (p 31).
St Ives Love to Move & Norris Museum Reminiscence Group 1.30pm-3.30pm (p 19).
Huntingdon Rotary Club Memory Café 2.30pm-4.30pm (p 35).

Tues 31 Peterborough Caring Together Carer clinic 10am-12pm (p 38).
Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).
Sawtry Love to Move 11am-12pm (p 19).
Wisbech Breathe Easy Wisbech Support Group 1.30pm-3.30pm (p 41).

Wed 1 Brampton Brampton Reconnect Social April Group 10am-12pm (p 35).
Cambridge Healthwatch Cambridgeshire and Peterborough Greater Cambridge Health and Care Forum Orchard Park Community Centre CB4 2EZ 10am-12pm 0330 355 1285 enquiries@healthwatchcambspboro.co.uk (p 10).
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 Stanground Dementia Café Sue Ryder Stanground Café 11am-1pm Penny Fisher 01733 350564.
St Ives Parkinson's Support Group 2pm-4pm (p 39).
Huntingdon Rethink Carer Support Group 7.30pm-9.30pm (p 42).

Thur 2 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 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 12.30-2.30pm (p 33).

Mon 6 Peterborough Crocus Café 10am-12pm (p 34).
St Ives Love to Move & Norris Museum Reminiscence Group 1.30pm-3.30pm (p 19).
Peterborough Stroke Association Survivors & Carers Support Group Sainsbury's Café, Bretton Centre 11am-12.30pm 01572 757087 hannah.rushton@stroke.org.uk

Tues 7 Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).
Fordham CPFT Dementia Carers Lunch 12.30pm-2.30pm (p 37).
Cambridge - Milton Parkinson's Bring & Share Lunch 12.30pm-3pm (p 39).
Cambridge CPFT Dementia Friendly Drop-In 2.30pm-4pm (p 37).

Wed 8 Brampton Love to Move 10.30am-12pm (p 19).
Huntingdon Alzheimer's Society information stand Hinchingsbrooke Hospital 10.30am-2pm (p 36).
Peterborough Stanground Dementia Café Sue Ryder Stanground Café 11am-1pm Penny Fisher 01733 350564.
Ramsey Parkinson's Support Group 2pm-4pm (p 39).

Thur 9 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
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).

Tues 14 Burwell Burwell Drop-In 10am-12pm (p 34).
Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).
Sawtry Love to Move 11am-12pm (p 19).

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).

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.

Peterborough Stanground Dementia Café Sue Ryder Stanground Café
11am-1pm Penny Fisher 01733 350564.
Hail Weston Rotary Club Carers Coffee Club 2pm-3.30pm (p 35).

Thur 16 Burwell Burwell Carers Group 9.45am-12.15pm (p 33).
Huntingdon Love to Move 1.30pm-3.30pm (p 19).
Peterborough Love to Move 2.15pm-3.45pm (p 19).

Fri 17 Peterborough Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).

Mon 20 St Ives Love to Move & Norris Museum Reminiscence Group 1.30pm-3.30pm (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
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).
Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).
Ely Parkinson's Support Group 2.30pm-4.30pm (p 39).

Wed 22 Brampton Love to Move 10.30am-12pm (p 19).
Cambridge Alzheimer's Society information stand Addenbrooke's Hospital (food concourse) 10.30am-2pm (p 36).
Peterborough Stanground Dementia Café Sue Ryder Stanground Café 11am-1pm Penny Fisher 01733 350564.

Thur 23 Cambridge - Great Shelford Caring Together Family carers hub 10am-12pm (p 35).
Ely Ely Dementia Group 10am-12pm (p 34).
Peterborough Healthwatch Cambridgeshire and Peterborough Peterborough Health and Care Forum Stanground Community Centre PE2 8QP 10am-12pm 0330 355 1285 enquiries@healthwatchcambspboro.co.uk (p 16).

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

Fri 24 Ely Caring Together Family carers hub 10am-1pm (p 13).
Cambridge - Great Shelford Parkinson's Support Group 10.30am-1.30pm (p 39).
Peterborough Deafblind UK 1.30-3.30pm (p 37).
Peterborough Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).

Mon 27 St Ives Love to Move & Norris Museum Reminiscence Group 1.30pm-3.30pm (p 19).
Peterborough Family Voice Peterborough parent carer hub One to one session with a professional from either Peterborough parent partnership or the Specialist Early Years Service (portage) booking essential 1pm-4pm 01733 685510 office@familyvoice.org (p 31).
Sawtry Chatterbox Family Carers Drop-In 2.15pm-4.15pm (p 33).
Huntingdon Rotary Club Memory Café 2.30pm-4.30pm (p 35).

Tues 28 Burwell Burwell Drop-In 10am-12pm (p 34).
Peterborough Caring Together Carer clinic 10am-12pm (p 38).
Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).
Sawtry Love to Move 11am-12pm (p 19).
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).
Peterborough Stanground Dementia Café Sue Ryder Stanground Café 11am-1pm Penny Fisher 01733 350564.
Cambridge Rethink Carer Support Group 7.30pm-9.30pm (p 42).

Thur 30 Huntingdon Love to Move 1.30pm-3.30pm (p 19).
Peterborough Love to Move 2.15pm-3.45pm (p 19).

May events

- Fri 1 Girton Cambridge South Rotary Club Memory Café** 10am-12pm (p 37).
Peterborough Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).
- Sat 2 Little Paxton Simply Saturday** 12.30-2.30pm (p 33).
- Mon 4 Peterborough Crocus Café** 10am-12pm (p 34).
St Ives Love to Move & Norris Museum Reminiscence Group 1.30pm-3.30pm (p 19).
Peterborough Stroke Association Survivors & Carers Support Group Sainsbury's Café, Bretton Centre 11am-12.30pm 01572 757087
hannah.rushton@stroke.org.uk
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Fordham CPFT Dementia Carers Lunch 12.30pm-2.30pm (p 37).
Cambridge - Milton Parkinson's Bring & Share Lunch 12.30pm-3pm (p 39).
Huntingdon Healthwatch Cambridgeshire and Peterborough Huntingdonshire Health and Care Forum Huntingdon Library 2pm-4pm 0330 355 1285 (pg 10).
Cambridge CPFT Dementia Friendly Drop-In 2.30pm-4pm (p 37).
- Wed 6 Brampton Brampton Reconnect Social Group** 10am-12pm (p 35).
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March Parkinson's Support Group 10.30am-12.30pm (p 39).
Peterborough Stanground Dementia Café Sue Ryder Stanground Café 11am-1pm Penny Fisher 01733 350564.
St Ives Parkinson's Support Group 2pm-4pm (p 39).
Huntingdon Rethink Carer Support Group 7.30pm-9.30pm (p 42).
- Thur 7 Ely Ely Dementia Group** 10am-12pm (p 34).
Yaxley Care Network Lunch Club 12pm-1.30pm (p 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).
- Mon 11 St Ives Memory Lane Singing Café** Burleigh Hill Community Centre, Constable Road PE27 3EQ 1.30pm-3.30pm.
Sawtry Chatterbox Family Carers Drop-In 2.15pm-4.15pm (p 33).
- Tues 12 Burwell Burwell Drop-In** 10am-12pm (p 34).
Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).
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- Wed 13 Brampton Love to Move** 10.30am-12pm (p 19).
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Ramsey Parkinson's Support Group 2pm-4pm (p 39).
- Thur 14 Cambridge - Great Shelford Caring Together Family carers hub** 10am-12pm (p 35).
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Peterborough Stroke Association Survivors & Carers Support Group Sainsbury's Café, Bretton Centre 11am-12.30pm 01572 757087
hannah.rushton@stroke.org.uk
Huntingdon Healthwatch Cambridgeshire and Peterborough Cambridgeshire and Peterborough Wheelchair Users' Forum Huntingdon Library 11am-1pm 0330 355 1285
enquiries@healthwatchcambspboro.co.uk (p 10).

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.

St Neots Parkinson's Support Group
2pm-4pm (p 39).
St Ives Young Onset Dementia Group
3-5pm (p 34).

Tues 19 Cambridge Caring Together Family carers hub 10am-12pm (p 13).
Peterborough Alzheimer's Society Open Carers Group 10.30am-12pm (p 36).
Ely Parkinson's Support Group
2.30pm-4.30pm (p 39).

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Thur 21 Burwell Burwell Carers Group
9.45am-12.15pm (p 33).
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Sawtry Love to Move 11am-12pm (p 19).
Wisbech Breathe Easy Wisbech Support Group 1.30pm-3.30pm (p 41).

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

Wed 27 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).
Peterborough Stanground Dementia Café Sue Ryder Stanground Café 11am-1pm Penny Fisher 01733 350564.
Cambridge Rethink Carer Support Group 7.30pm-9.30pm (p 42).

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Huntingdon Love to Move 1.30pm-3.30pm (p 19).
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Peterborough Deafblind UK 1.30-3.30pm (p 37).
Peterborough Alzheimer's Society Open Minds Group 2pm-3.30pm (p 36).

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





Young carers and young adult carers

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



Infant carers resource

On Young Carers Awareness Day, we launched a brand new free resource and animated film to help infant/primary schools identify and support young carers among the youngest children.

The printed resource for early years foundation stage (EYFS) and key stage 1 includes short stories, creative and craft activities, topics for discussion and colouring pages. Hard copies of the resource are available to schools across Huntingdonshire, Norfolk and Peterborough with other schools able to have a digital version via the Caring Together website. It is designed to be easy to use. Staff don't need any previous knowledge or experience of identifying or supporting young carers.

An animated film version of the main story in the resource has been produced with voices of these characters provided by three children who receive support from Caring Together's young carers service.

Evie, Felicity and Jake spent the day with Caring Together and an animation company in a recording studio to record the voices of the young carers in the cartoon.



If you would like your school to access a copy of the pack and animation, visit caringtogether.org/infant-carers

Bursaries for young carers

Thanks to funding from Carers Trust and BBC Children in Need, we have been able to provide bursaries to young carers from across Cambridgeshire and Peterborough to enable them to access opportunities which their peers might take for granted.

We had two young adult carers supporting us with the decision-making process to help ensure that the bursaries supported the young people where it would make the most difference.

The funding has been for things such as:

- School trips
- College course induction costs
- Gym membership
- Activities for a school young carers group.

We hope to be able to make more opportunities such as these possible throughout the year, so do check out the Caring Together social media pages and website for our latest information.

Time together at the theatre

Following on from the success of the Christmas parties for young carers thanks to generous donations, Caring Together were able to support over 150 young carers and family members to spend some quality time together at the theatre.

Not only did the families get to have some time away as a family, but they also were able to experience it with other families in similar situations.

"Thank you so much. This is going to be a day to remember, we are so grateful. It was amazing thank you so much for giving us the opportunity to have an amazing evening together as a family."



**Are you aged
16-25 and caring
for a family member?
We can help you**

We support young adult carers in different ways:

- making your transition to adulthood
- linking with other young adult carers
- enabling your voice to be heard
- access to a break
- all with a focus on what matters most to you.

Our support is available both face-to-face and over the phone.

Contact us to find out how we can help you

0345 241 0954
hello@caringtogether.org
caringtogether.org



For more information, please contact Caring Together on 0345 241 0954
referycyac@caringtogether.org
caringtogether.org/support-for-carers/young-people



Young carers project

"But who will look after them when I go to secondary school?"



Becca is our young carers project worker for the Huntingdonshire and Cambourne area. Becca first met Megan* in February 2019 at her primary school. It was clear she was taking on a lot of responsibility for her older sibling who has autism. She was also supporting her mum who struggled with her mental health.

Megan was invited to one of our groups for young carers of primary school age. It was there she flourished. She made friends, shared her worries, found a new love for art and had well-earned break away from her caring role.

Megan shared her worries about starting secondary school. She said it made her feel nervous and she was worried about who would look after her mum while she was in school. She was also worried that she may be bullied due to her older sister's needs.

Together with her young carers project worker, they came up with a plan! They talked through all of Megan's worries and fears, they put into place an action plan and Megan began to feel a bit more confident.

Megan and her young carers project worker visited her secondary school together. There they met up with the young carers champion and talked through how she feels. After the meeting Megan said, "I cannot wait to start here, I am so excited to join the group at school too."

Megan has settled in well at school and is in top set for all subject. She has gained confidence to join in with extra

circular activities and has represented young carers so well in her secondary school.

If you are a young carer who is worried about the next big step, please don't be. Centre 33 offers support during times of change and if you are in year 6 or year 9, we can support you through 'My Future'. We can help plan for the next stage, support you to help share your needs, and ensure your voice is heard. We can use 'My Plan' to help you set goals and work with you to achieve them. Sometimes it can be hard to work out what to do.

For more information 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

Young Carers Project CAMBRIDGESHIRE

Centre 33

Are you aged 8-18?

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

our Young Carers Project can help you by:

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

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

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

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

Sibs networkUK

Peterborough

adult sibling group

- Do you have a brother or sister with life-long learning disability or autism?
- Would you like to meet others with similar experiences?
- Come along to our support group and gain information and support as a sibling.
- To register to attend the group visit www.sibs.org.uk

This group is part of SibsNetworkUK and follows the principles of Sibs charter for adult sibling groups. Sibs is the UK charity for brothers and sisters of disabled children and adults.

www.sibs.org.uk Registered charity no. 1145200 Limited company no. 7834303



Registered Charity: 1149783

CARERS GET TWO HOURS RESPITE!

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



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

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

Classes run in Ely, Histon, Littleport and Soham.

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

We are positive about YOUR ability



Weekly sessions across
Cambridgeshire and Peterborough

We all need a bit of space and tranquility.
Learn techniques which can help you feel better.



To attend, please call in advance on
0300 3034363 or visit:

cpslmind.org.uk/goodlife/open-door-calm-spaces/



Reg Charity Number 265087



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



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. 1166566
Registered Office: 2 Victoria Street, Chatteris, Cambridgeshire, PE16 6AP.

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

Your child doesn't need a diagnosis for you to seek their help or attend one of their sessions, they may be in the pipeline, on the waiting list, accessing services, or have had a referral turned down!

Who is Pinpoint?

Pinpoint is your local parent/carer forum and hub for information, signposting and events for all things SEND.

They offer free signposting, information, professionals support workshops and events. They work across Cambridgeshire linking parent/carers to the right professionals.

They work to make sure you get the services you need in a way that works for you, by feeding back to those who are responsible for them.

What do Pinpoint do?

They offer practical face-to-face sessions with visiting speakers and specialists who will be able to help you. They can help you on how to

help your child or young person in the form of parent carer groups, workshops, and hubs.

Pinpoint specialises in signposting to relevant organisations.

They hold coffee mornings (Tii) hubs where you will always find a friendly face to chat to and have the opportunity to meet with other parent/carers in similar situations.

They offer practical ideas and information to help you and your child at their free drop-in sessions across Cambridgeshire.

Where can you find them?

They visit Ely, Histon, Chatteris, Wisbech, Whittlesey, East Cambs, Littleport, Bottisham and Huntingdon. And they also pop up at other events across the county.

Did you know?

They provide refreshments plus a free lunch for those who attend their workshops that run over lunchtime. They also reimburse childcare and travel expenses.

What's coming up?

Pinpoint are holding a number of events from PIP and benefits training to housing and support information hub. See the events page on their Facebook page and website for more information.

What do you do now?

The best thing you can do right now is:

- Sign up to their newsletter (it's at the very end of their website's homepage).
- Visit their website pinpoint-cambs.org.uk
- Pop along to one of their workshops, Tii hubs or group events.
- Sign up to their Facebook page [@pinpointcambs](https://www.facebook.com/pinpointcambs)
- Register for their conference on 5 March.

How do you get their attention?

Come to one of their parent workshops or groups for professional advice and expert signposting plus a friendly place to off-load.

Email info@pinpoint-cambs.org.uk

If all else fails... call us on 01480 877333 and leave a message. Someone will get back to you as soon as they can!

Peterborough's parent carer forum



Family Voice is Peterborough's parent carer forum and a registered charity. They work in co-production with service providers on behalf of Peterborough parent carers to shape local services according to need.

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

They are currently involved in a number of strategic work streams and they would love to hear your feedback. If you have any experiences or concerns you wish to share relating to preparing for adulthood, Peterborough Autism Services or community equipment provision please get in touch at participation@familyvoice.org

They run two regular training courses at their 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.

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

Their '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.

Family Voice Peterborough are also in the process of developing workshops on Disability Living Allowance, Personal Independence Payments and carers rights – please keep an eye out on their website for these going live at familyvoice.org/training

Family Voice Peterborough

Goldhay Community Centre
105 Paynels
Peterborough
PE2 5QP

T 01733 685510

E office@familyvoice.org

W 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

www.stneotsvwa.org.uk

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



THE ROYAL BRITISH
LEGION



I'M NOT GOING ANYWHERE.

Martin - Advice and Information Officer - The Royal British Legion

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

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

Registered Charity No 219279



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.

19 March 2020

16 April 2020

21 May 2020

For further details please contact Elaine Ellis on 01638 741234



Dancing with Dementia

Weekly Dance Sessions for people living with a Dementia, their family, friends & carers.

Tuesday mornings: 10.40 - 12.00

At: Horizon Resource Centre, 285 Coldhams Lane **CBI 3HY**

£5.00 per person, £10.00 per couple

*enjoying movement & wellbeing
building resilience & relationships
creating joy & sharing stories through dance*

Please contact Filipa on pereirastubbs@yahoo.co.uk or Horizon Resource Centre on 01223 714 700.

A collaboration between Cambridgeshire County Council & DanceMoves



Simply Saturday!

Food, company and activities on the first Saturday of every month 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 2020 include:

7th March - Chat and Games

4th April - Singer - Ivor Sanderson

2nd May - Ventriloquist - Chris Bylett

For more information and details of future activities, please contact:
Helen Young 01480 216255
or email young_paxton@ntlworld.com



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 2.15 - 4.15pm**

9th & 23rd March

27th April

11th May



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

Contact the office on 01487 832105

Email: 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

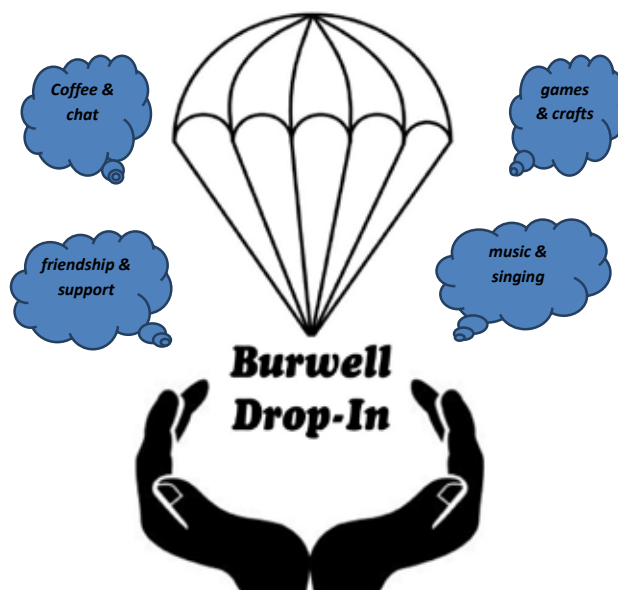
Be entertained, make new friends,
have a cake and cuppa

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

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

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 at The Royal Oak, High Street, Hail Weston, St Neots, PE19 5JW

No need to book, just turn up. We hope to see you there.

For further details contact
Neil Silby 07889 319888
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, informal talks, memorabilia, music and singing all in very pleasant surroundings



ON THE LAST MONDAY OF EVERY MONTH
2.30pm to 4.00pm

At the Church Room adjoining All Saints Church in the Hollow, Hartford, Huntingdon



ALL WELCOME



For further information phone 01480 390152 or
email memorycafe@rotary-huntingdon.co.uk

Brampton Reconnect Social Group

First Wednesday in every month

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

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

Join our club!

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

An event every month.

4th March - Norris Museum - Down Memory Lane
1st April - Musical Memories
6th May - Love to Move

Carer 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 here for anyone affected by dementia.

There are more than 10,000 people living with the condition across the county and dementia affects everyone differently.

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

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

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:

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

Staff are available to listen when you just feel the need to talk, or to offer information and advice on specific issues.

Dementia Advisers and Dementia Support Workers

Dementia Advisers offer information about all aspects of living with dementia and supports people to access services.

Dementia Support Workers give personalised information and support to people with dementia and their carers to help better understand the condition, cope with day-to-day challenges and prepare for the future. Home visits can be arranged 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 three million people become Alzheimer's Society Dementia Friends across the UK.

To find your nearest Dementia Friend Information Session, visit 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
Open 9am – 5pm, Monday to Friday

Cambridgeshire and Fenland contact

01954 250322
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.

Contact Richard de Horsey 01223 276192
richarddehorsey@gmail.com
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

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



Cambridgeshire and Peterborough
 NHS Foundation Trust

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 or email before attending.

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 or email before attending.

Contact CPFT Dementia Carers' Support Service

Tel: 01480 420331

Tuesday to Friday answerphone - we aim to respond within 2 working days

Email: CPFTDCSS@cpft.nhs.uk

Web: cpft.nhs.uk/services/dementia-carers-support-service.htm



Open to anyone who is affected by sight and hearing loss, and their carers.

Free to attend, refreshments provided.

Last Friday of every month 1.30-3.30pm

Deafblind UK Conference Centre
 Cygnet Road, Hampton PE7 8FD

Tel: Nick Woods 07932 153605

Email: nick.woods@deafblind.org.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



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

Web: totalvoicecp.org

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

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

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

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

JOIN US

Positively Parkinson's Café

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

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

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

**For more information contact
Julie Wilson 07500 097222
jmwilson@parkinsons.org.uk**

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

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

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

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

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

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

Web: huntspds.org.uk

Peterborough Branch Parkinson's UK

Meets several times every month for coffee mornings, walks, exercise classes and meetings. Full details of events are on the events page on the website.

Tel: Ruth Brinkler-Long 07752 014998

Email: ruthbrinkler@hotmail.com

Web: parkinsons-peterborough.org.uk

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

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)

12.30pm 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

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



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

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 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

Helpline 03000 030 555
blf.org.uk/helpline

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

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
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

Helpline 03000 030 555
blf.org.uk/helpline

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

Rethink Carer Support



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
- Phone support on 07783 267013
- Email support cambridge.rethinkgroup@rethink.org
- Quarterly newsletter
- A voice for carers - helping local commissioners and Cambridgeshire & Peterborough NHS Foundation Trust improve services.

Rethink Carer Support Group - Cambridge

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

Last Wednesday of the month
7.30pm-9.30pm

St Laurence's Church
91 Milton Road, Cambridge CB4 1XB
Jonathan Wells 07342 691768
jfgwells57@gmail.com

Rethink Carer Support Group - Huntingdonshire

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

First Wednesday of the month
7.30pm-9.30pm

CPFT, Redshank House, Kingfisher Way, Huntingdon PE29 6FN
01823 365308
huntingdoncarersgroup@rethink.org



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



HEARING VOICES NETWORK
www.hearing-voices.org

Do you hear voices?

If you do then join one of our peer support groups



We offer friendly groups who share life experience and understanding!

Join our groups in
Cambridge, Huntingdon, Peterborough or Wisbech.

Contact us on
0300 303 4363
or
goodlife@cpslmind.org.uk



GOOD LIFE
Recovery and Inclusion Service

NHS
Cambridgeshire and
Peterborough
NHS Foundation Trust

NHS 70
Cambridgeshire and
Peterborough
Clinical Commissioning Group

Reg Charity Number 265887



Ramsey OCD & Anxiety Support Group

Are obsessions, compulsions and anxiety interfering in your everyday life?

Do you feel no one understands it? Do you feel isolated?

Come along to our Self Help Support Group

We offer a safe and calm space to meet and speak with people who share a common health condition, life experience or issue. Partners, carers or family members are welcome.

Every Wednesday 7pm–9pm
at The Resource Centre, Rainbow Surgery,
1B Stocking Fen Road, Ramsey

If you require any further information call Jannette on 07885 421137 or email jannette18@hotmail.com



Weekly sessions
across Cambridgeshire
and Peterborough



Come along and connect with
others in your community

cpslmind.org.uk/goodlife/good-mood-cafes



Reg Charity Number 265087



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

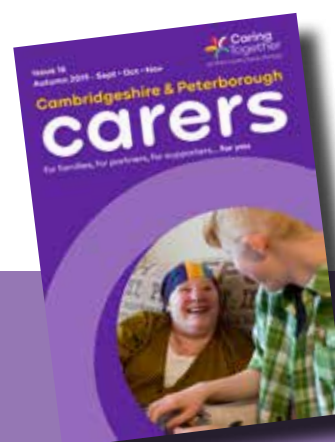
vssop@ageukcap.org.uk



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

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 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 information, advice and guidance (IAG) team on 0345 241 0954 or see 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 March 2020.

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 0345 241 0954 or email carersmag@caringtogether.org

We'd love to hear from you!

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12/02/20

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

We are here to help by providing:

- 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. We 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

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 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

