

Issue 19

Summer 2020 - Jun • Jul • Aug

 **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 Summer edition of Carers magazine. I hope this finds you and your families safe and well.

As this issue hits your doorsteps or inboxes, we are living in a very different world to ever before.

At the time we went to press coronavirus (COVID-19) was continuing to impact many organisations in different ways.

Due to restrictions around public events, we made the decision to remove our usual events calendar. We have included our partner adverts which give details of their normal activities in the hope that these will be up and running again soon. Please do contact each individual organisation to find out more details about the activities that are taking place at any given time as these are subject to change.

During this unsettling time we have been listening to carers to understand what the current situation means for them and, more importantly what we can do to help. These conversations have left us certain of one thing, that carers and their families need our support. Now more than ever.

Over the last few weeks as we receive offers of help and donations, it has been overwhelmingly clear that during this challenging time our communities are continuing to care together to support those who need it most.

Miriam Martin
Chief executive



Nothing stops us caring together

One of the most important ways we support carers is by giving them a break from their caring responsibilities.

The homecare we provide means that carers are able to use that break in whatever way they choose.

In normal circumstances this could be to leave the house to go to work, shopping, meet with friends, enjoy a hobby, or go to a group or an appointment of their own.

One of our care workers' visits can be to provide someone with care that the carer might otherwise find more challenging, such as bathing. We also enable people being cared for to take part in an activity in their community by accompanying them on visits to the gym, a club or the library, for example.

The coronavirus pandemic has meant that some options for carers or the people they look after were no longer possible. But the breaks have been no less important during this period. Whether the carer has stayed in their

own homes or gone out to take part in one of the activities allowed by guidelines – such as getting exercise or shopping – they have still been able to take a break.

Lizzy (pictured below) is one of our care workers who has continued to visit her usual clients.

Her visits to one couple enabled the husband spend some time outside and even have a bath which he wouldn't be able to do without Lizzy or someone else being there to look after his wife who cannot be left on her own. The gentleman has been so grateful for the time he gets to himself throughout the crisis to help his own health and mental wellbeing.

Mason, one of our care team assessors, saw how much difference homecare can make when visiting a lady to carry out an assessment.

At the visit he was able to talk to the lady, and her son who is her carer, about how we could provide the support they want and need.

The son who was working long hours as a nurse was hugely relieved to find out about the support that we could give and, as well as the practical help that would be, the worry that took away from him.

We can work with carers and the people they look after to come up with a plan of support and care that works for them.

This can then focus on giving you the home care package that you find the most useful and helpful for your situation.

If you'd like to know more about any of our support, please call 0345 241 0954





How we continued to support carers

While we have not been able to run our usual face-to-face hubs, we still provide a wide range of support to carers

Carers survey

To help ensure that the voices of carers have been heard during the coronavirus pandemic, and to help us and others adapt our work, we carried out a survey of carers of all ages to find out how it was affecting them, and what support they thought was needed.

The survey has included adult carers, parent carers, young carers and young adult carers from across Cambridgeshire, Peterborough and Norfolk.

Here are some of our findings.

82%
said they were not able to take a break from caring

85%
felt more lonely or isolated

75%
said their caring role increased because of COVID-19

65%
felt there is not enough support available

1 in 3
carers said they were unable to cope because of COVID-19

Virtual hubs

To make sure that carers still have the chance to access much-needed peer support, we have used Zoom to run virtual hubs for carers.

This has given carers the opportunity to take part in a range of activities including:

- Catch-up sessions with other carers from their hub and their local area.
- Virtual bingo.
- Information sessions on topics from emergency planning to local support available.

For those carers who didn't know how to use Zoom but were keen to learn, Caring Together staff were able to support them setting up and using the technology.

Priority shopping letters

During lockdown, getting shopping for the person you care for has been a significant challenge and a cause of stress for many carers who were getting in touch with our specialist information and advice team.

We have been able to provide a letter for carers which confirms their status as a carer, requesting that supermarkets consider them to be equivalent to a vulnerable person or key worker for using their priority shopping slots.

Online courses for carers

Carers who would like to access online courses can try three of Promas Online's courses for free.

All you need to do is visit the website promasonline.co.uk and follow the simple step-by-step instructions. The first three courses are free for everyone, to help them understand how the courses work and how they might be helpful.

The next four courses can be accessed for a fee and carers will be able to access all the courses for the following 12 months.

Courses include interactive quizzes, videos, downloads and worksheets which cover the following areas:

Course one What kind of carer are you?

Course two How does caring affect your life?

Course three Understanding and coping with challenges.

Course four Self care.

Course five How to create a healthy balance.

Course six Are you stressed?

Course seven How to cope with stress.

There is support for carers who are using the courses to assist should they need help logging in, forgotten passwords, etc. Workbooks to accompany the courses are available so that carers can make notes and keep written records of how they are progressing.



Young carers and COVID-19 research project with UEA

Alongside our carers' survey, we linked up with a researcher from the University of East Anglia on a research project specifically about how coronavirus (COVID-19) was affecting young carers.

The research gave the opportunity for young carers, young adult carers and their families, as well as staff who are supporting them, to be able to help raise awareness about the specific issues faced by young carers as a result of the pandemic.

Understanding the impact of Covid 19 on Young Carers

Covid 19 (Coronavirus) and the measures that are being taken to counter it, such as school closures, social distancing and self isolation, are having a significant impact on young carers.

This research will help us understand how this feels for young carers and what can be done to help them in this challenging time.

If you are a young carer, are cared for by a young carer or work with young carers, I would very much like to hear your views. This can be done by email, video or telephone call.

For more information please contact
Kate.blake-holmes@uea.ac.uk
07742 933 853

Participants entered in to prize draw

Caring Together
as that colors have choices

UEA
University of East Anglia

crcf
Centre for Research on Children & Families



How you can help

**An update from Nicky Newton,
Caring Together's fundraising manager**

Since I first said hello to you all in the last edition of the Carers magazine, so much has changed in how we live our daily lives. I have become the carer to my elderly mother, who is normally very active. She is now at home all the time and because of underlying health conditions is not able to go out. We speak every day on the phone, I do her weekly shop, pick up her prescriptions and make sure she is OK. It's hard for all of us as we go through lockdown, keeping ourselves and others safe while looking after our wellbeing.

The role of the carer is so important and it is vital that we continue to provide services, support and guidance to carers. How we are doing this at the moment has had to change but our purpose and commitment to carers and the people they look after remains the same.

With our fundraising events and activities cancelled for the foreseeable future we have launched the Caring for carers appeal to help make sure that carers are receiving the practical and emotional support that they need during this crisis.

I know that for lots of us the current crisis has had a serious impact on the family income and that for many people financial survival and providing for yourself

and your family, must take precedence.

However, if you are able to help us support carers during this very difficult time, we would really appreciate a donation of whatever you can spare, no matter how big or small. For carers right now, the additional anxiety they face, together with the isolation they feel means that their own health and wellbeing is at greater risk than ever.

With your help, they can receive the practical and emotional support that they need to enable them to continue to be there for those who depend on them. To make a donation, please visit www.caringforcarers.uk

Thank you so much,
keep safe, keep well!

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...

All the volunteer members of the Facebook 'Key workers PPE 3D Support' group who rallied round and printed 100 face visors for our care workers to use in clients' homes. They were greatly appreciated and are now in use.

Everyone from St Mark's Church, Newnham, Cambridge for an incredible donation of £2,003.79, raised from Lent lunches and virtual Lent lunches.

Kevin Venus who chose Caring Together as his birthday fundraiser on Facebook and raised a fabulous £80. We hope you had a good birthday!

Carers Week and Volunteer's Week



For the first time since it was established, Carers Week will be run entirely virtually this year.

The theme for this year is 'Making caring visible'. A wide range of organisations across the country will come together to shine a light on the contribution carers make to society.

We will be announcing more details of what we will be doing on our website at caringtogether.org and your support in spreading the word about carers is hugely important to what we will be doing.

Make sure you are connected with us, and encourage others to do the same:

- /CaringTogetherCharity
- @CaringTogether
- /Caringtogether
- /company/caringtogether

By sharing our posts around #CarersWeek you are able to help us raise awareness of carers and their invaluable contribution.

A week before Carers Week, from 1-7 June, is Volunteers' Week.

As with Carers Week the normal type of activities may not be possible but we will be making sure we recognise the amazing contribution made by volunteers to carers and our charity.

Volunteers play an important and increasing role in supporting carers and we will be recognising and celebrating these.

You can find out more about our volunteering opportunities at caringtogether.org/help-us-help-others/volunteering or by calling 0345 241 0954

Become a Listening Ear volunteer

Pat is a volunteer who is involved with Listening Ear. She said, "It is a very rewarding role, being a volunteer at Caring Together. I enjoy trying to build trust, and openness with a wide range of people really appeals to me.

"It has brought home to me how tough and isolating it can be for carers."

Pat continued, "It's so rewarding to talk to people and maybe be a friendly voice that can

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

If you could spare a couple of hours a week to support this service we would love to hear from you. The contact details are above.

You will be joining a fantastic team and full training and ongoing support will be provided.



Devices Dot Now

Devices for carers



Having worked with Good Things Foundation previously on a digital skills project for young adult carers, Caring Together were able to link up with them again as part of their 'Devices Dot Now' scheme. This initiative was created to support people who were digitally isolated during the COVID-19 lockdown.

As part of this, we were able to provide brand new laptops or tablets to carers of all ages who didn't have access to the internet at home during lockdown.

Find out more about Good Things Foundation at goodthingsfoundation.org

Charlie and Ryan

Charlie and Ryan* help to look after their mum who has fibromyalgia and ME.

When the country went into lockdown, the family found themselves unable to move into their planned new home and so were staying in a hostel, sharing a room and without internet access.

The school were sending learning packs for Charlie and Ryan but they weren't able to access any online work or get peer support.

Through the Devices Dot Now, we were able to securely deliver a device to them, complete with internet access.

Their mum, said; "The children will be able to access online education. My youngest child is a huge maths fan and before we became homeless used to compete in an online maths competition with his class and tutor. Since living in the hostel he hasn't been able to do that or any online education, leaving him and his brother very isolated from class mates.

"With the isolation and cramped living conditions, they have been so down, its been horrible.

"To see your children so sad and not be able to fix it is heart breaking. Thanks to Caring Together I was able to tell the boys they would soon have a device to do school work on was just the best feeling. Finally some good news at such a difficult time. I can't thank you enough."

See page 23 for more on how we have supported young carers with online learning.

* Names changed to protect the young people's identities

Family carers hubs

**There's something for everyone
Please check with us when the
groups are back up and running**

**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.

Call us on 0345 241 0954 to find out
more.



Arlington Manor
Wellbrook Way, Girton 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

Coneygear Community Centre
Butts Grove Way, Huntingdon PE29 1PE
Fourth Wednesday 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



Involving people in improving services

The Carers' Partnership Board is one of five adult social care partnerships that work across Cambridgeshire and Peterborough.

Its role is to involve people in improving health and adult social care services for carers.

At the partnership board's meeting in February, the big focus was on young carers and young adult carers – how to make sure they are represented and that local services work to support them.

There was a presentation from voluntary organisations Caring Together and Centre 33 about what they are doing to support young carers across our area.

A discussion followed looking at how best to champion and represent younger carers – which will be a priority area for the board over the next year.

Pictured top left is Graham Lewis, who manages the carers' partnership board and pledges support for young carers.

Get involved

You can use your experience to help support improvements in services for local people.

Healthwatch will give you lots of training and support, as well as paying your out of pocket expenses.

They are particularly keen to hear from anyone from east Cambridgeshire.

Please get in touch with Graham Lewis, Partnership Development Manager at Healthwatch Cambridgeshire and Peterborough to find out more or have an informal chat.

Tel: 0330 355 1285

Mobile: 07432 865996

Email: grahamlewis@healthwatchcambspboro.co.uk

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

Want to put your caring experience into a recognised qualification?

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

The academy is currently delivering via bi-weekly, three hour, tutor-led video conferencing sessions in groups of four learners, meaning you can gain your free qualification from the comfort of your own home within seven weeks! Mentoring support is provided from the start of your course, with all coursework completed online. Face-to-face learning will resume when it is safe to do so.

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 an opportunity you want to know more about, 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





Huntingdonshire Aphasia Support (H.A.S.)



Local charitable organisation helps Peter Parsons on his way to recovery

In May 2015 Peter Parsons suffered a catastrophic stroke which left him unable to walk and talk. He spent many months in hospital and had been in a rehabilitation unit for a whole year before he was finally discharged. Peter's family, already still in grief after the loss of their mother, Maureen, from cancer, were in a desperate situation to find help. Not having any experience of strokes they all felt a great sense of shock and feelings of despair.

Luckily Peter's son Matthew found out about H.A.S. (formerly Speakability Huntingdonshire), a charitable organisation that helps adults with acquired aphasia, in addition to supporting their friends and family.

"From our very first meeting everybody made dad and I feel very welcome and it was so reassuring to know that there were caring people

out there who had experience of aphasia. It was all still new to me and after meeting other people that had aphasia, and volunteers who had years of experience, we began to feel more at ease. The support, advice, understanding and above all friendship that we received, were a welcome relief from the isolation and frustration we had both experienced."

Aphasia is caused by damage to the part of the brain which is responsible for the understanding and production of language. Common causes include strokes, severe head injuries, brain tumours and other neurological conditions. It can leave sufferers with very little or no language and H.A.S. offers people suffering from aphasia (whatever the cause) an active, social and fun get together.

The social activities that H.A.S. organises have been very important and therapeutic in aiding Peter with his recovery. Activities vary from art, singing and games to

river trips and enjoyable meals and afternoon teas in the local area.

"After my father's stroke he had great difficulty with communication skills, however after attending H.A.S. for nearly four years, his confidence, understanding, speech and personality have grown tremendously. You have to keep persevering, but with help from organisations like H.A.S. an aphasia patient can make such promising progress. We have both made such good friends with many people."

If you would like to join Huntingdonshire Aphasia Support, future meetings will be held in The Coneygear Centre, Butts Grove Way, Huntingdon PE29 1PE on the second Tuesday of each month from 1.30pm to 4pm. Some months there is an additional social get together at a local garden centre.

If you would like further information please email Anna Bratby, Secretary cambsanna@hotmail.com

Carer Friendly Tick Award

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



Our Carer Friendly Tick Award continues to gain momentum. The awards have been designed to support organisations covering all aspects of our community.

Addenbrooke's Hospital

We work with acute hospitals on several levels across the county. Cambridge University Hospital outpatients department were recently awarded the Carer Friendly Tick Award - Health. The outpatients department has eight dedicated carer champions, and

covers over 250 members of staff. There are many stages throughout a patient's pathway where staff can identify and support carers. From the appointment centre, to the accessibility team where they support patients with additional needs, to the receptionists and the healthcare professionals.

Addenbrooke's has a carers strategy group that meet to look at the

holistic support given to carers across the hospital. New carers are invited to join the group.



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

Peterborough City Hospital

As you may have read previously, Peterborough City Hospital were awarded the Carer Friendly Tick Award Health in 2019.

This was achieved by a collective effort of everyone in the hospital but was driven by Teresa Jude, their carers' advisor.

Teresa has decided to take a well-earned break from hospital life in June.

From everyone at Caring Together we cannot thank Teresa enough for her passion and dedication that she has shown toward carers and in creating a strong partnership with Caring Together and other neighbouring county carers organisations.

Peterborough City Hospital has a carers strategy group that meets to look at the holistic support given to carers across the hospital site. They invite carers who access the hospital to join this group.

For more information about either of the hospital trusts' carers strategy or groups for carers, please contact Andy McGowan, head of carer services at Caring Together.
0345 241 0954 andy.mcgowan@caringtogether.org



Deafblind UK launches new wellbeing and emotional support service

Deafblind UK has launched a new wellbeing and emotional support service to provide in depth assistance to people with sight and hearing loss.

The new service is free of charge and enables people who are deafblind to talk to someone who is trained and experienced in deafblind awareness, active listening, call handling, communication support, safeguarding, signposting, and suicide and mental health issues. The service is available via telephone, email, text, text relay, Skype and FaceTime.

It is run in addition to Deafblind UK's helpline (formerly the information and advice line). Head of national services, Clare Watson said: "Through our wellbeing service, we aim to give people more

in depth support than we would do through the helpline. People will be able to benefit from a six to eight week intensive care package to support them through particularly difficult times, such as coming to terms with a new diagnosis."

The new service will also include weekly calls to offer some social interaction to those who are on Deafblind UK's befriending service waiting list; virtual social groups whereby people can get together online or on a group call to interact and socialise; birthday and Christmas cards/calls; and a buddy system whereby people can interact with each other on a one to one basis.

Deafblind UK is a national charity that supports people with sight and hearing loss. CEO Steve Conway said, "Deafblindness can be really difficult to live with. Not only can it be physically tiring when you are trying to communicate and get by in a world that is designed for sighted hearing people, but evidence suggests that deafblindness can have a big effect on mental health too. As a result, many people feel isolated, lonely and generally very low. Our new service aims to support people who find themselves at low points and to let them know that they are not alone."

The new wellbeing service can be accessed by calling 0800 132320 or emailing info@deafblind.org.uk



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.



How have health and care service changes affected you?

healthwatch
Cambridgeshire

healthwatch
Peterborough

It's been a difficult and unusual time for everyone. And there have been a lot of changes to health and care services over the last few months due to the coronavirus pandemic.

Healthwatch is the independent champion for people using health and care services in our area. Its job is to listen to what local people have to say about these important services. This can be what's working well and what needs improving.

Your views are as important as ever. Healthwatch is asking people to tell them how all the changes have affected you and the people you care for.

Healthwatch can share what you tell them with the people who are planning the local and national response to coronavirus. This will help protect people's health and wellbeing now and in the future.

You can tell Healthwatch about...

- GP appointments – maybe you've used an online service?
- Getting your prescription medicines
- Pharmacy services
- Dentists and treatment

- How your care and support plans may have changed
- A brilliant volunteer or care-giver who has helped
- Your local hospital
- A care home looking after a loved one
- A mental health or wellbeing service
- Bereavement support or end of life care.

.....

Need information about services?

Keeping up with all the changes can be difficult. But the Healthwatch information service is running as usual and here to help you.

If you need information about how health and care services have changed near you, get in touch with the information team. And find out about your options.

.....

Please get in touch

Call: 0330 355 1285

Text: 07520 635176

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

healthwatchcambspboro.co.uk

healthwatchcambridgeshire.co.uk

healthwatchpeterborough.co.uk

Good Mood Cafes

Sipping on a cup of tea, John Willcock is chatting candidly about his experiences of mental health challenges, grief and suicidal thoughts – "I didn't talk about it for years," he says.

The irony is that talking has now helped transform John's life, and he does a lot of it here at the Good Mood Cafe in Wisbech – one of many cafe sessions across Cambridgeshire and Peterborough run by local mental health charity, CPSL Mind. These weekly, 90-minute community cafes are a fantastic place for individuals to connect with other like-minded people.

"When I first heard about the cafes I thought, 'Hmm... I might pop along,' but I decided to give it a go," John recounts.

"The first week I came I was really quiet, sussing people out, but it's great.

"It's a safe space with good company, where everyone can discuss whatever's on their mind without fear of judgement. A lot of us share the same sort of mental health issues, so we can all find common ground, but it's also nice

to come and chat about things that are nothing to do with mental health."

Despite living over 15 miles away from the Good Mood Cafe he attends in Wisbech, John is now a regular. "A few of us actually see each other outside of the cafe, but I love popping along," he smiles. "Talking is so important. I wish I'd opened up about my issues sooner."

Tracey O'Donoghue, the cafe's facilitator at CPSL Mind, highlights the importance of the cafes, "Isolation is big factor in affecting someone's mental health. Getting people to the cafe to connect is a big thing - we know that feeling part of a community can really help wellbeing."

The Good Mood Cafes are just part of CPSL Mind's Good Life Service, which offers community-based wellbeing support for adults living in Cambridgeshire and Peterborough. The charity's Open Door calm spaces offer people both tranquillity and self-help techniques, while Peer Support Groups are run

to bring together individuals with others who also have lived experience to share advice and support. There's little doubt that all three services offer a vital link to the outside world for those who need it.

"For some people, a Good Mood Cafe might be the only time they get out of the house all week," says Tracey, "but we don't just focus on mental health. It's all general chit-chat, and for a lot of people, the start of them getting back on the road to being well.

John is proof that it works "I've been in a good place for a few years, he says, taking another sip of tea. "Talking is so important. I wish I'd opened up sooner."

For more information about CPSL Mind's Good Life Service, visit cpslmind.org.uk/goodlife or see page 39.





Are you supporting someone with dementia?

We can help you



Dementia Carers Count is a national charity which runs free courses for family and friends caring for someone with dementia.

You are eligible to register on a course whether you live with the person you care for or not, and whether there has been a formal diagnosis yet or not.

Our courses are developed and delivered by healthcare professionals such as speech and language therapists, occupational therapists and clinical psychologists.



To comply with government advice, and to ensure we do everything possible to continue to protect those who attend our courses and our team of professionals, our services will resume when it is safe to do so. Please keep an eye on our website and follow our social media for updates.

We know that there is very little support out there for the people caring someone with dementia and we want as many carers as possible to know about our services and attend our one-day and three-day courses. Our three-day courses are residential and as we don't want anyone to be excluded from our services, the cost of meals and accommodation are covered by our charity.

Aside from learning about dementia and building your resilience, it is an opportunity for you to have a bit of time out, as well as building your confidence in your caring role. Our three-day courses have been independently evaluated by the Association for Dementia Studies at the University of Worcester and meet NICE guidelines. We've been told that our courses make a lasting difference to those who find themselves supporting someone with dementia.

Please feel free contact us for more information.

020 3096 7895

support@dementiacarers.org.uk
dementiacarers.org.uk

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

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

Grants for low income families with disabled children

Family Fund is the UK's largest charity providing grants for families on low incomes raising disabled or seriously ill children and young people. Last year, they provided 89,101 grants and services worth over £33 million to families across the UK.

They believe that all families raising disabled or seriously ill children and young people should have the same choices, quality of life, opportunities and aspirations as other families.

Beginning with those on low incomes, and considering all conditions against their own eligibility criteria (based on the social model of disability), Family Fund aim to make a difference to outcomes for disabled or seriously ill children and young people and the lives of the families raising them across the UK.

They support this aim by providing grants for essential items such as kitchen appliances, sensory toys, family breaks, bedding, tablets/computers, furniture and clothing. We also provide a range of programmes and services.



Family Fund

Helping disabled children

To find out more about Family Fund

01904 550055

familyfund.org.uk

info@familyfund.org.uk

George's story

George is two-years-old and is currently awaiting an assessment for autism.

He lives in Essex with mum Lauren, dad Carl and his two brothers. Whilst George is not currently diagnosed, as mum Lauren explains, many of his characteristics are associated with autism.

"He's been seen by a community paediatrician, and it's been noted that he has a severe speech delay. He's classed as non-verbal and has really high sensory needs."

Due to George's high sensory needs and difficulties with communication, he's often struggled to engage with regular toys.

"Our portage worker mentioned that Family Fund are a charity that can consider grants for things such as sensory toys – the type that George needed.

"We were able to get so much, and such a wide variety. Before the grant I'd endlessly be buying him toys. It means so much to me, our family, and especially George."

Sing Together

An attendee of the singing group in Ely writes about the many benefits of singing for people living with dementia

“ I am writing to thank you for the dementia Sing Together group which runs in Ely.

With Alzheimer's, a lot of my skills had started to deteriorate, and I had found it difficult to continue my interest in art, particularly as I couldn't follow what the instructor said in art classes. I was also finding certain places difficult to go to and was in danger of becoming somewhat reclusive. It was getting harder to communicate with people, who didn't understand my condition, and I was becoming depressed. When my wife found out about the group, she booked us into a session, I was very apprehensive, not having had much singing experience and a bit nervous about joining an existing group.

However, everyone either serving or enjoying the tea, coffee and biscuits and chat before the singing started were very friendly, so I was quickly put at ease.

I don't know what I expected, but certainly not the fun, laughter, banter and friendship between both carers and those with dementia, all having something in common.

It made a huge difference to my mental and emotional health to be able to come along each week.

The singing is both easy to do and very enjoyable. I find myself singing the songs and ditties during the week. I am sure it has also helped my memory. Another huge benefit is that it rekindled my interest in art and I started to draw objects we sang about and take to the group, even drawing a few types of cars for some of the people who had owned them in the past. The movement you include in some of the songs is both good to get me moving and at the same time hilarious, so it has improved my physical health as well.

I think the most important thing has been that despite having Alzheimer's, there is friendship, fun and new skills (singing) to learn and that I don't have to sit at home and vegetate but can do something proactive to keep myself going and to help me keep socialising,

remembering, learning, active and of course stop me falling into depression. I am much more positive and cheerful now. Both myself, and my carer, who now accompanies me as my wife cannot make the session times, really do look forward to our Mondays. We've made a lot of friends and learnt or re-learnt a lot of songs. It also gives me something to talk about when I go home to my wife.

Thank you so much for running these courses and for the huge difference they make to the lives of people like myself with Alzheimer's or other forms of dementia. ”



COME AND JOIN US!

A singing and music-making programme for people living with dementia, memory loss and their carers.

No experience is needed, just come along and take part in a session in a safe, friendly and fun environment.

For more information please contact Kathryn Rowland:
01353 662022
kathryn@allinsound.co.uk
AllInSoundMMT

Location: Ely Beet Club, 83 Lynn Road, Ely, CB6 1DE

When: Monday Mornings

IMPORTANT: You must contact Kathryn before coming to ensure that there is space for you, and to confirm dates and times.

Sing! Together is managed by:



All In Sound
Making Music Together
Registered Charity (1019116)

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 & Reminiscing) except 2nd Mon of month/bank holidays

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

New sessions starting all the time, please contact one of the deliverers to find out more.

Kim Hall	07715 081402	kim.hall@britishgymnasticsfoundation.org
Jane Thomas	07731 097236	jane.thomas@britishgymnasticsfoundation.org
Jane Bond	07778 788366	jane@5bonds.co.uk
Polly Carpenter-O'Driscoll	07721 068606	pollycod811@gmail.com
Sarah Jane Greenstock	07712 658001	sj-performing-arts@hotmail.co.uk

Did you know you can register for free, additional practical support from Anglian Water's priority services?

Some of the ways being on the Priority Services Register could help you include:

- Advance warning of possible water supply interruptions.
- Help with reading your water meter.
- Knock and wait - Anglian Water will wait longer for you to answer the door when visiting.
- A scheme to protect people from bogus callers and scams.
- Bills sent to a friend or relative; If you want Anglian Water to contact a relative, friend or carer about your water supply and/or bills, with your permission they will be their first point contact and will be able to contact Anglian Water on your behalf.

love every drop
anglianwater



Registration is quick and easy! To find out more about priority services and to sign up, call Anglian Water on 0800 919 155 or visit anglianwater.co.uk/priority



Young carers and young adult carers

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



Over the past few months, we've had to change the way in which we support young carers, young adult carers and their families. Here are some of the ways in which we've been able to continue to provide help and support.

Telephone support

While we had to stop our young carers groups and face-to-face support during the coronavirus pandemic, we were still able to provide telephone support.

For some, it was to talk about their caring role, whereas for others they just wanted some reassurance or to know what support might be available. And for others – they just wanted to talk to someone who wasn't their family!

This also gave us the chance to catch up with some young people who needed support but aren't normally able to attend groups.

Virtual support

We set up Zoom and Microsoft Teams so that we could provide support to young carers and young adult carers.

This ranged from young carers groups including scavenger hunts, bring and share and other fun activities, to virtual 1:1 sessions where young adult carers could get support around their caring role.

Merlin's Magic Wand

Our specialist information and advice team received a call from a family where we support a young carer.

Lottie*, was studying for in her GCSEs and her family felt she could needed a break as she cares for her sibling.

We looked into different ways in which we would be able to support the family for this.

We found a charity called Merlin's Magic Wand and together with the family, applied for a fully-paid family day out to Thorpe Park.

When the park reopens, Lottie and her family will be able to visit without the worry of buying tickets and they will be able to have a special day out as a whole family.

Merlin's Magic Wand is a charity that provides complimentary tickets and funds a contribution towards a travel grant for families to enjoy their day at a Merlin Entertainments' attraction.

These days out give families a chance to create long-lasting memories and take valuable time out from their stressful daily routines.

Find out more at merlinsmagicwand.org

* Name changed to protect the young person's identity

Grants and bursaries

Following on from the success of the bursaries we were able to provide to young carers and young adult carers at the end of last year, we received funding from Carers Trust (thanks to the efforts of Pears Foundation) to provide an additional £1,000 in bursaries to young adult carers to help them manage their mental health or to support them work towards education or training opportunities during the crisis. This fund helped with things such as:

- Help to buy a laptop/tablet so young carers could continue with school work.
- Buying resources to help young adult carers better manage their emotional wellbeing.
- Being able to buy textbooks/revision guides.
- Online memberships to help support emotional wellbeing.
- Access to counselling/mental health support.
- Leisure equipment to enable them to exercise at home and help improve their emotional wellbeing.

One parent, said: "My daughters received a grant from yourselves at the end of last year to purchase a laptop.

The laptop was to enable them to do homework and access work online for school. Due to the schools being closed, the laptop has been an absolute lifeline. It is enabling both girls to be able to keep up with the work being set.

"Without the laptop, their anxiety levels would have been through the roof, as work is being set daily and they wouldn't have the resources to access all the educational sites that they need to complete the work.

"After an initial few days of them both feeling their work was more important and they needed the laptop more, they have now settled into a happy routine of both being able to get their work done and getting some downtime in between.

"We were all so grateful for the grant when we received it, but even more so now. Caring Together have made it possible for the girls to be able to do the things that any other child can do at this difficult time."



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.

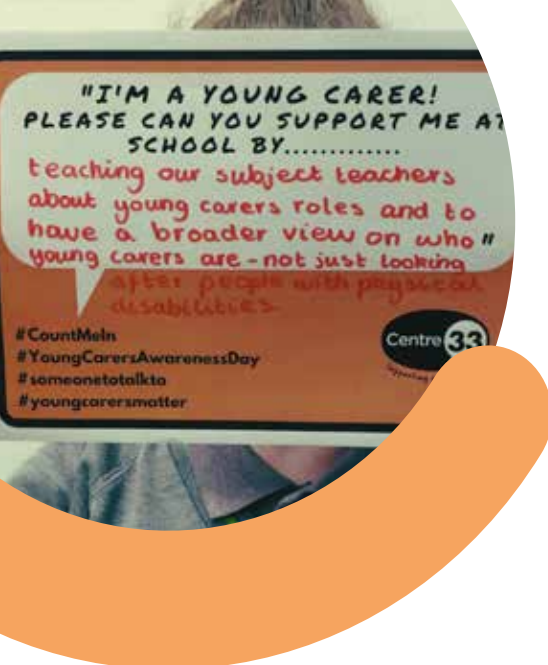
Our support is available to young adult carers across Cambridgeshire and Peterborough.

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



Young Carers Awareness Day and Carers Week

As part of Young Carers Awareness Day on 30 January this year, Centre 33 young carers project workers set up participation groups at schools to get young carers to speak up, ask for what they need and have their voice heard as part of the 'Count me in' campaign.

The groups were held in Cambridgeshire schools and enabled two-way conversation between young carers and schools as schools then pledged back what they would do to support young carers. Young carers were also able to say thank you for what their school already does well to support them.

Local professionals also made pledges to support the young people and schools they work with. Please see pictures below right for examples of some of requests, pledges, and thanks. Prior to COVID-19 there had been progress with requests and pledges which was great. Some have been harder to keep going due to schools being closed, however, others are thinking outside the box regarding how to keep commitments alive.

From 8-14 June is Carers Week and Centre 33 will be revisiting young carer requests, school pledges and professional pledges to see their progress and if they need to be adapted with the recent crisis.

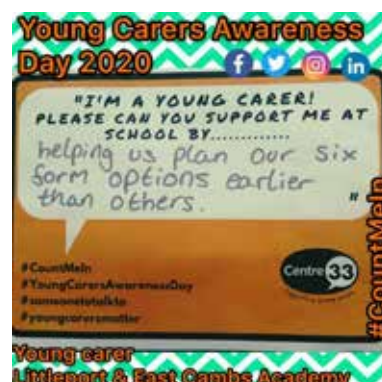
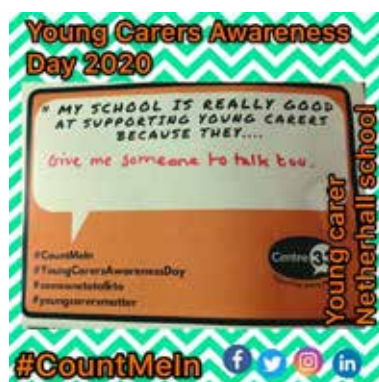
Young carer feedback surveys

We have had some great feedback recently from young carers about how they would like us to communicate with them and how they would like to share their story and raise awareness. During Carers Week, we will be encouraging young carers to express themselves in their role in a creative way – please follow our social media platforms (Facebook, Instagram, Twitter and LinkedIn) for more information and examples of young carer expression!

We accept new referrals and requests for extra support from current young carers. Please email the young carers project on youngcarers@centre33.org, call 0333 4141809 or text or WhatsApp 07514 783745. In the last few months, we know that things are so changeable – we are here for young carers.

Our young carers project workers are:

- Amanda Cawthorne - Fenland
- Becca Bryant - Huntingdonshire
- Frances Thompson - East Cambs
- Helen Eves senior - project worker
- Charlotte Currie - senior project worker.



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



Pos+Ability



Registered Charity: 1149783

CARERS GET TWO HOURS RESPITE!

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



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

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

Classes run in Ely, Histon, Littleport and Soham.

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

We are positive about YOUR ability



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



Events

Parent Carer
Forum

Community
Centre

Caravans



www.familyvoice.org

Charity no. 1171389

We are operating



Email for advice and
signposting

communities@familyvoice.org



Helpline for advice
and signposting

Monday – Friday
12pm-3pm
on 07780586475



Information available
via our social media
channels

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 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 07947 585633 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 0800 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.

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)

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



CHATTERBOX

Drop-in Sessions for Family Carers

Come along to our friendly drop-in to meet other family carers, relax and chat over a cuppa. Carers Assessments, help or advice available.

We meet every 2nd & 4th Mondays
(except Bank Holidays)
between 2.15 – 4.15pm



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



Contact us
on 01487 832105
Email: office@caresco.org.uk

CARESCO
meeting needs in our local community

CARESCO is a unique village charity providing a range of services to meet needs within our local community - visit www.caresco.org.uk for more details

Reg Charity No: 1140728

Reg Address: The CARESCO Centre, Green End Road, Sawtry, Huntingdon, Cambs, UK PE28 5UX

Reg in England & Wales

Reg Company No: 7513412

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

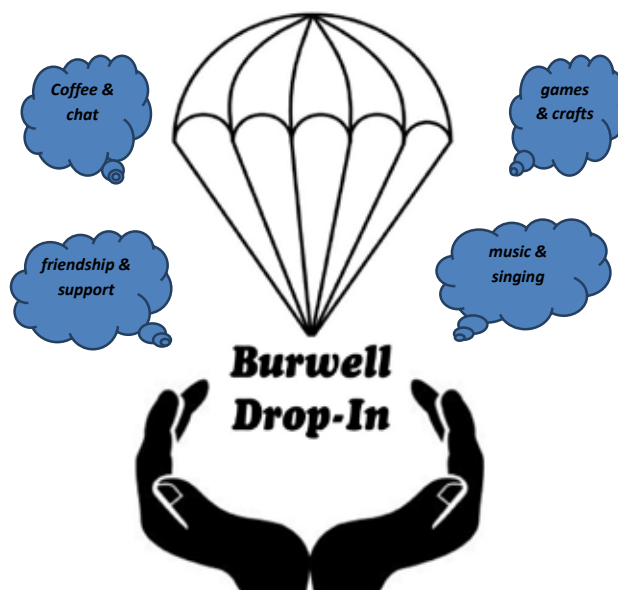
Be entertained, make new friends,
have a cake and cuppa

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

3rd June - Ladybird Boat Trip

BOOKING ESSENTIAL!



1st July - Musical Memories



5th August - Board Games



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.

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.

Social Friday

New Cottages, Princess of Wales

Hospital, Lynn Road, Ely CB6 1DN

Third Friday of the month

2pm to 3.30pm

For carers and people living with dementia with volunteers from the Dementia Carers' Support Service.

Please call or email before attending any group.

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



Last Friday of every month 1.30-3.30pm

Deafblind UK Conference Centre
 Cygnet Road, Hampton PE7 8FD

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

Free to attend, refreshments provided.

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 advice, 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

Website: www.totalvoicecp.org

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

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

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

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

JOIN US

Positively Parkinson's Café

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

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

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

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

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

PARKINSON'S^{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 0808 800 0303 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

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: [/PeterboroughShakers](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

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: huntspsds.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 all of Cambridgeshire, 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 Christine or Gill.

01480 211006

gillian.loveday@makingspace.co.uk

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



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



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



**** CORONAVIRUS ****
**** UPDATE ****

At present most of our services are suspended
or being delivered differently.

Please contact our Information and Advice

HELPLINE
0300 666 9860

or email infoandadvice@ageukcap.org.uk

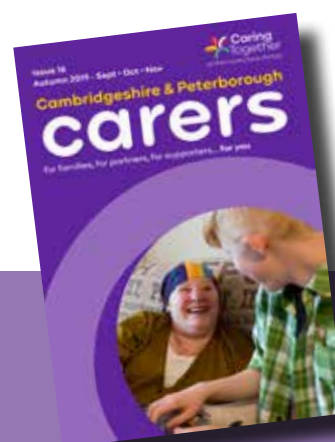
To deal with the huge increase in demand we
have doubled our staff on the service and
extended our hours from 9am to 5pm, Monday
to Friday and 10am to 2pm at weekends and
bank holidays.

Calls will be answered until 8pm by the
national Age UK Helpline.

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 specialist information and advice 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 June 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 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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12/05/20

Review Date 12/08/20 Ver 1.0



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

