

Issue 20

Autumn 2020 - Sep • Oct • Nov

 **Caring
Together**
so that carers have choices

Cambridgeshire and Peterborough

carers

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



Contents

Welcome	2
All age carers service	3
Caring Together support for adult carers	4
Young carers service	6
Carers of people with mental health conditions	8
Listening to the voices of carers	10
Carers Rights Day	12
Carers rights at work	13
Emergency planning	14
How Caring Together supports young carers	16
Carer Friendly Tick Award	17
How you can help	18
Live better with sight and hearing loss	20
Use your caring experience to help make services better for everyone	21
How you can help us support carers	22
Carers hubs	23
Caring for someone with dementia?	24
Want to put your caring experience into a recognised qualification?	25
Digital resources for carers	27
Pinpoint	28
Family Voice Peterborough	29
Age UK Cambridgeshire and Peterborough	31
Support adverts	30-43

Liability

Caring Together (the "publisher") takes no responsibility for the content of external websites whose addresses are published in this magazine.

We do not endorse any organisations, services or products contained in this magazine.

Whilst every care was taken preparing this magazine, the publisher cannot be held responsible for the accuracy of the information or any consequence arising from it.

Any written material or pictures supplied by contributors are published in good faith and on the understanding that they are free from copyright or other restrictions.

The opinions expressed in this magazine are not necessarily those of the publisher.

Permissions

Material may not be reproduced in any form without the written consent of the publisher.

Welcome

Welcome to the Autumn edition of Carers magazine.

These times are unlike anything we have seen before. The coronavirus pandemic is challenging for everyone, particularly for carers. On pages 10 and 11 you can read how we have listened to you, to better meet your needs as a carer.

On page three you will find information about the new carers services from Cambridgeshire County Council and Peterborough City Council. We are delighted to be delivering support for adult carers on behalf of the two councils. You can also read how Centre 33 and Making Space are delivering their services for young carers, and carers of people with mental health conditions respectively. We continue to provide information and advice, run services in our local communities and campaign so that carers have choices.

I hope you enjoy reading about how we are doing this, other services available you and ways that you can support our work, in this issue.

Due to ongoing restrictions we haven't included our events calendar in this issue. We do feature the adverts of groups who provide support locally. Please get in touch with each organisation for details on their activities as these are likely to change in line with current guidelines.

As always, stay safe and keep well,

Miriam Martin
Chief executive



All age carers service

An introduction to new the contract from Cambridgeshire County Council and Peterborough City Council



Carers play a vital role in providing unpaid support for children and adults who are frail, ill, disabled, or who experience mental ill-health or substance misuse.

Being a carer can be very rewarding, but there is no doubt it can also be tough. There are lots of reasons why caring for someone can leave carers needing support, so it's important that they think about their own mental and physical health and emotional wellbeing, as well as that of the person they are caring for.

Support is available for anyone who cares for someone else, regardless of whether they call themselves a 'carer' or not. This support can help make the caring role easier, and it can free up more time for carers to take good care of themselves.

The councils' vision is that every carer in Cambridgeshire and Peterborough knows where to go for information and support; they have peace of mind about what will happen in an emergency and are supported to balance their own lives with their caring responsibilities.

As part of our commitment to carers, Cambridgeshire County Council and Peterborough City Council have recently commissioned a new all age carers service, which will start on 1 August 2020.

We are delighted to be able to work with our partners to provide vital services to carers to support them in their caring role. The new contract will be delivered by Caring Together (adults), Making Space (carers of adults with mental health needs) and Centre 33 (young carers).

Helen Duncan, principal social worker (adults) at Cambridgeshire County Council and Peterborough City Council, said: "We support carers from all walks of life, young and old, and often they don't give themselves enough credit for the incredible work they do for others.

"Being a carer is rewarding, but it is difficult. We want carers to know you are not alone. Through the councils and our partners there is a lot of help out there for you, so please get in touch."



Support for adult carers

Caring Together provides services for adult carers on behalf of Cambridgeshire County Council and Peterborough City Council

If you are aged 18 or over and caring for someone, we are here to help you. It does not matter who you care for and what their condition is, Caring Together can offer:

Information and advice

You can call our specialist carer services team, book to attend one of our carer clinics, email us or contact us via our website. We can provide information about your rights as a carer (see page 12 for more about your rights) and tell you about what support is available to help you in your caring role. Our team have access to a comprehensive directory of services and support for carers and over the course of the year we will be making this available to carers.

Carers will also be able to access carer learning sessions, designed to provide you with skills and knowledge to support you in your caring role.

Support from a dedicated caseworker

For carers whose caring role is having a significant impact on their health and wellbeing, or where they are approaching key transition stages, one-to-one support is available from one of our designated case workers either face-to-face, virtually, or over the phone, helping you to better cope with your caring role.

Help with planning ahead

If you found yourself in an emergency situation which prevented you from being able to care for a short period (e.g. you're admitted to hospital, or had an accident) would you have a plan to ensure the person you care for is still supported? We can help you to think through your options and ensure that you have an emergency plan in place to give you peace of mind.

We can also provide information and advice for when your caring role comes to an end.

Providing breaks from caring

Caring Together can support you to have breaks from your caring role. This can include opportunities to meet up with other groups of carers like you face-to-face or online, or through activities with the person you care for, designed to reduce loneliness and isolation.

Carers magazine and ebulletins

In addition to this quarterly magazine, we can also provide carers with our ebulletins, containing additional news, advice and information about what support is available to you as well as the latest opportunities for carers.

Other ways we can help

To find out about our full range of services including:

- homecare
- telephone support 'Listening Ear' service
- support for young carers

call us on 0345 241 0954,

visit caringtogether.org

email hello@caringtogether.org



Caring Together forum

Caring Together will provide carers with opportunities to have their voices heard on a local, regional and national level.

Carer Friendly Tick

In addition to the support that Caring Together can provide for carers, we can also support organisations to be more 'carer friendly' through our Carer Friendly Tick Award. To find out more about the Carer Friendly Tick, see page 17.



Peter's Story

Peter cares for his wife who has an undiagnosed condition that severely affects her mobility and speech. As a result, she has been having regular falls - 17 in the last year.

Peter was finding his caring role was becoming increasingly difficult, with him worrying about when she might next fall and whether she might injure herself when she falls. He has been unable to take a break from his caring role as he feels "on duty" all of the time, so he was becoming increasingly isolated and this was having a significant impact on his own mental health.

Peter was reluctant to ask for help and didn't think his wife would accept help from a care worker.

How we helped

Several calls were made to Peter by one of our trained carer advisors to check in with how he was, particularly during the pandemic. During these calls, we were able to provide him with information about what support is available so he could decide what would be most useful for him and his wife.

Peter and his wife agreed to a short break for Peter provided by one of our care workers. This provided Peter with the rare opportunity to be able to completely relax, safe in the knowledge that there was someone else able to support his wife.

We also linked Peter into our Listening Ear service as he realised he found talking to someone actually really helped.

"I have really appreciated your support and it really helps to know that the support is available should I need it again."



Support for young carers

Centre 33 provides services for young carers on behalf of Cambridgeshire County Council and Peterborough City Council

Do you help to look after someone in your family? It might be someone with a disability or a long term physical or mental health need, or maybe there is regular drug or alcohol use.

You are a young carer and Centre 33 are here to help. We can support you to overcome any challenges or barriers you are facing because of your caring role.

Mia's story

"I just want someone who has enough time to listen."

Mia was 15 and lived with her mum who had a long-term substance misuse problem that was getting her into trouble with the law. Mia needed someone to talk to as well as social care support.

The financial impact of her mum's habit was huge on Mia; at the end of each month the family would be left with no money for petrol or food for a few days at least.

Mia was suffering from low self-esteem due to the family's impoverished circumstances. She was wearing borrowed and shabby clothes. At school she felt self-conscious.

Mia was worried about her future, about affording travel to college and about job hunting. The family had no internet access and she was missing out on communications about her college application.

How did we help?

Mia met for one-to-one support with a project worker fortnightly. We talked about her mum's substance use - she had a good understanding

of it and was fairly resilient, having been a carer for many years. Together, we looked at things we could do to make Mia's life easier in difficult circumstances.

We contacted her prospective college and confirmed her offer, asking them to communicate with Mia by post. We also wrote Mia's CV with her, and worked together on job applications.

In partnership with her social worker, Centre 33 applied for a local grant which gave Mia £200 towards clothes and we went shopping for new clothes for school and college.

"I felt like a new me. My confidence shot up and suddenly I felt like at least something was normal."

Having someone else to talk to, Mia has been given more time to share her feelings around her family situation and to pursue her own ambitions.

Some news

After 20 years of working in Cambridgeshire, Centre 33 are delighted to be expanding our excellent young carers service into Peterborough and to primary age young carers.

From 1 August 2020 we will be offering:

- **Young carers needs assessments** - thorough assessments and bespoke plans to understand your needs as a young carer and help you to get support.
- **One-to-one support** for some young carers.
- Support for **schools and local groups** to identify and understand their young carers and ensure they are **supported and celebrated** in their communities.
- Specialist **group** work for young carers with similar roles, (such as caring for a family member with mental health issues, or substance use).
- **Online support and information**, including resources for young carers and their families on our website, along with **virtual group support**.
- Young Carers aged 11+ and 16+ will be supported with **transitions** to secondary school and further education.

We can't wait to get started!

*"The support we have had at Thomas Clarkson Academy for our young carers has been **FABULOUS.**"*



"I like going to young carers group at my school because we all get along and everyone here is my friend."



Who are we?

Centre 33 is a charity that has supported young people in Cambridgeshire for nearly 40 years.

We offer free and confidential support on anything young people would like some help with, including their mental health, caring responsibilities, housing, sexual health and more.

See our website or get in touch if you would like to know more.

Find out more

Just get in touch and we will contact you to find out more about you and your family and how we can help.

0333 414 1809

youngcarers@centre33.org.uk
centre33.org.uk



Support for carers of people with mental health conditions

Making Space provide services for carers of people with mental health conditions on behalf of Cambridgeshire County Council and Peterborough City Council

For over 35 years, Making Space have been helping adults with care and support needs. Our Cambridge and Peterborough service is specific to those caring for family and friends with mental health conditions. We realise that you, our carers, can be deeply affected too. You dedicate your lives to the wellbeing of those you support on a day-to-day basis, at the cost of your own needs and wellbeing.

We can help with practical advice, introducing you to services and organisations that may be able to help with your caring role, introducing you to other carers or just giving you the opportunity to speak freely and confidentially to a dedicated, assigned caseworker who will help guide you through difficult times on a one to one basis.

We hold information mornings on subjects highlighted and requested by carers. These have included medication, psychology behind diagnosis, protecting yourself from scamming and alternative therapies for mental wellbeing, to name a few.

In 2019 we held two first aid sessions specific to mental health for carers and have regular monthly meetings in both Cambridge and St Neots. These will also be held in Peterborough at a suitable, central location and we are hoping to initiate a group in the Wisbech/Fenland area.

Throughout the coronavirus pandemic, our team based in St Neots have kept in touch with all of our existing carers together with many new ones. Being on the end of the phone, email or Zoom has kept them all in touch and we have been able to offer a listening ear or practical advice around the virus.

The team have been supported too throughout this difficult time, firstly by their immediate team at Making Space but also by organisations that have cascaded information and advice that they, in turn, have been able to pass onto carers.

We look forward to working with existing and new carers now and in the future, together with all of the services, organisations and teams that do everything they can to ensure we offer the best support possible.


MakingSpace
Health & Social Care Services



Cambridgeshire and Peterborough Carer Support Service

Are you caring for someone living with a mental health condition who is aged between 18 and 65? Then **we are here to help you.**

Our service is all about you, the carer.

We understand that caring for a family member or loved one is a very generous and selfless thing to do. Caring for someone with mental ill-health can also bring its own challenges.

Being a carer can take its toll on your own physical, emotional and mental health. We are here to support you in your caring role and to help bring some balance back into your life.

So whether you simply need someone to talk to about your own concerns, help with the complex needs of the person you care for, or someone to speak to on your behalf, we are here for you.

How can we help

Our friendly and experienced staff can offer:

- One to one support with a named support worker
- Carer led organisation, with carers needs put first
- Carer led groups across the county
- Information sessions
- Signposting to other services, organisations and charities
- Information on mental health conditions

Contact us

We welcome self-referrals as well as referrals from professionals, you can contact the service directly to enquire about support.

T 01480 211006

E C&PReferrals@makingspace.co.uk

Suite 4, The Stables, Church Street, St Neots, Cambs, PE19 2BU

Facebook **CambridgeshireCarerSupport**





Listening to the voices of carers

Ensuring that carers are given opportunities to be heard and their views listened to

At Caring Together one of our key aims is to ensure that carers feel heard and listened to – and so we always look to capture and promote the voices of carers.

In the early stages of the coronavirus pandemic, we ran a survey for carers. This was to help us understand as much as possible about carers' current situation and needs, to ensure we were offering the best support in response to what these carers needed. We were also able to advise partners such as local councils, MPs and Healthwatch so they could help carers as effectively as possible.

How did the pandemic affect carers?

What carers told us

- 82% said they felt more stressed
- 77% felt more lonely/ isolated
- 65% said their mental health was being negatively affected
- 34% said they did not feel able to cope with the situation
- 78% said they were not able to take a break from caring
- 51% said their child's education was being negatively affected

What we did to help

- We increased our telephone support service availability
- We set up virtual hubs for adult carers and virtual young carer groups.
- By partnering with Don't Tone Alone CIC we have offered mindfulness workshops for carers.
- Mental wellbeing information and resources were added to our website.
- We ensured our helpline was available over bank holidays during the pandemic.
- We used spare availability of our care workers to provide free breaks for carers.
- We provided bursaries to enable carers to purchase equipment to help them to take their daily exercise.
- As the pandemic progressed, we arranged socially distanced meet-ups with individual carers.
- We sourced and provided access to tablets through the Devices Dot Now Scheme.
- We enabled carers to purchase tablets or laptops through the Carers Emergency Fund.
- A range of resources for home learning were provided on our website.
- We lobbied local authorities and MPs to ensure that the needs of young carers were considered as part of 'back to school' planning.
- By working with local, regional and national media we raised awareness of the impact on the education of young carers.

What support did carers feel was needed?

Statement	What we did to try and help
<ul style="list-style-type: none"> • Help to access practical support (e.g. shopping, prescriptions, food parcels) • Information/practical advice or tips • Ideas about things to do whilst at home 	<ul style="list-style-type: none"> • We provided carers with a letter which they could show to supermarkets. • Information about practical support and things to do was added to our website and social media. • Carers have been referred into co-ordination hubs and NHS Volunteer responders. • Carer care packs including personal protective equipment were supplied to carers. • We sent ebulletins to update carers on the information and support available.
<ul style="list-style-type: none"> • Telephone 'someone to talk to' support • Mental health support 	<ul style="list-style-type: none"> • We extended our Listening Ear telephone support service. • We rang every carer who usually attends our hubs to check to see how they were doing. • Wellbeing information was added to our website.
<ul style="list-style-type: none"> • Virtual peer support (online hubs, groups) • Video one-to-one support 	<ul style="list-style-type: none"> • We moved all of our hubs online and set up additional online sessions with partner organisations. • The opportunity for Zoom 1:1 support sessions for young carers and young adult carers was provided.
<ul style="list-style-type: none"> • Support to help with planning for emergencies 	<ul style="list-style-type: none"> • We extended our What If? emergency response scheme to include adult carers in Peterborough and young carers across the county. • We produced an emergency planning factsheet for carers, full of top tips and information.

Carer voice opportunities

We are currently working with a group of carers to help us to produce together our new carer voice and involvement plan. This plan outlines the opportunities that we will provide for carers' voices to be heard and to influence the work that we do – this could include things such as:

- Giving feedback on your experience of the support provided by Caring Together.
- Telling your story in carer awareness sessions or to the media or meetings with funders, MPs and other decision-makers.
- Helping us to develop new projects to support carers and review how well existing ones are doing based on feedback from carers.
- Feeding your experiences into relevant forums such as carers partnership boards .
- Becoming a Carer Friendly Tick assessor.

If you would be interested in joining the Caring Together forum to help us as we develop our carer voice and involvement work, please email hello@caringtogether.org or call us on 01480 499090



Carers Rights Day

This year's Carers Rights Day is on
Thursday 26 November

It is important that as a carer you understand your rights, and to know where support is available.

Right to a carer's assessment

The Care Act 2014 gives equal rights to adult carers as the person they are caring for. This includes the right to an assessment of their needs, and support to meet their eligible needs, as well as information and advice.

You can request an assessment from your local authority whether the person you care for is supported by the local authority or not. You can request this at any stage of your carer journey.

Your assessment will be carried out by the local authority. They will talk to you about your caring role and look at the impact this is having on you. They will cover areas including:

- whether you are willing and able to carry on providing care
- whether your caring responsibilities have any impact on your wellbeing
- whether you need any support
- what you would like to achieve in your day-to-day life. For example, you might want more time to take part in activities you enjoy
- whether you qualify for any help from the council.

The local authority will decide if you have eligible needs based on your conversation with them.

If you have eligible needs for support you will be able to make a support plan with the local authority, looking at support available to you. You may be allocated a direct payment to fund support.

For more information

Call Caring Together on 0345 241 0954

[caringtogether.org/help-advice/
carers-assessment](https://caringtogether.org/help-advice/carers-assessment)

[carersuk.org/help-and-advice/
practical-support/getting-care-and-
support/carers-assessment](https://carersuk.org/help-and-advice/practical-support/getting-care-and-support/carers-assessment)

[disabilityrightsuk.org/assessment-
process-carers-under-care-act](https://disabilityrightsuk.org/assessment-process-carers-under-care-act)

Carers Rights Day



This year we will once again be taking an active part in Carers Rights Day to make carers and the wider community more aware of carers and the rights that they have.

We will be giving details of this on our website at caringtogether.org nearer the time.

You can also get involved and help raise awareness of carers and their rights by following us on social media:

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

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

 [/Caringtogether](https://www.instagram.com/Caringtogether)

 [/company/caringtogether](https://www.linkedin.com/company/caringtogether)

Rights at work

Trying to balance working with caring for someone can be challenging, so it is important to know what rights you may have.

Statutory rights are the law and everyone has them. Contractual rights are what are stated in your contract of employment. You will need to check your contract of employment to see what these are as they will vary depending on the organisation you work for.

It is up to you whether you inform your employer about your caring role, but you may find by telling them that you get support to manage leave arrangements. There may also be colleagues who also care for someone who can support you. Some places of work will have a carer's policy, this may be recorded in your contract of employment, appointment letter or a staff handbook. We also encourage organisations to sign up to our Carer Friendly Tick Award.

You have the right to request flexible working if you have been employed by an organisation for 26 weeks or more. Flexible working may be home working, flexible hours, part-time hours, job sharing, term-time only, working from a different office, etc.

An employer must have seriously considered a statutory request for flexible working. To refuse the request there has to be a valid business reason.

A carer has the right to time off in emergencies. You have the right to a reasonable amount of time to deal with an emergency situation. This could be involving a family member, but also anyone that may depend on you. This may not be paid (you will need to check your contract of employment).

Protection from discrimination

The Equality Act 2010 protects people caring for someone who is an older person or who has a disability as they are associated with someone who is protected by law. For example, you could not be turned down for a job because of your caring role.

If you are caring for a child (under 18) and you have continuous employment with your employer for one year you are entitled to parental leave. This is usually unpaid.

Leave can be in blocks of one week, but also can be taken one day at a time. The maximum amount of leave is four weeks in a year, and you should give at least 21 day's notice.

For more information

Call Caring Together on 0345 241 0954 or email hello@caringtogether.org

Other useful websites:

carersuk.org/help-and-advice/work-and-career

which.co.uk/later-life-care/carers-and-caring/carers-rights-at-work/flexible-working-a21gz1f0lclg

acas.org.uk/contact

peoplefirstinfo.org.uk/looking-after-someone/balancing-caring-with-work-and-education/taking-parental-leave/





Emergency planning

When you are a carer, knowing that if an emergency happens, you already have a plan for how you will manage the situation can help to provide peace of mind and remove one of the many sources of stress

What if something happens to you which means you are unable to look after the person you care for?

An emergency can count as any unplanned event, such as:

- Sudden illness
- Unplanned admission to hospital
- Family emergency (e.g. close relative taken ill)
- Risk to employment
- Had an accident or car has broken down
- Some other emergencies that prevent you providing care for the person you look after.

If the person you care for lives in Cambridgeshire or Peterborough you can register a 'What If? Plan' with us. The What If? service phone line is then available for you to call 24-hours a day if you need to activate your plan.

It can provide urgent support to the person you care for, in the event of you being unable to care.

You can register this online at caringtogether.org/support-for-carers/adult-carers/whatifplan, or call one of our specialist advisors on 01480 499090 who will be able to register you over the telephone.

This is a free service funded by the local authority, to look after adults with care needs during an emergency involving their carer.

This is done by getting in touch with your nominated contacts for you, with back-up support available, if needed.

If there are any children under 13 or any pets living with you, you will need to nominate people who will be responsible for them in an emergency.

If you do not register a What if? Plan you may want to create your

own emergency plan, keeping information accessible in one place.

Things you may want to consider in your plan:

- Who you would want to contact in an emergency?
- What support the person you care for will need in your absence.
- Details of medication that the person you care for needs to take.
- Note of any allergies, likes or dislikes the cared for person may have.
- GP contact details or any other professionals involved in their care.
- Mobility needs – is any equipment needed?
- Access arrangements – is there a key safe, or key holder?

Tell the person you care for you have a plan, and talk to the people you would want to contact in an emergency so they are aware of the plan and know where you have it stored.

Other ways we can help

To find out about our full range of services including:

- homecare
- telephone support 'Listening Ear' service
- support for young carers

call us on 0345 241 0954,

visit caringtogether.org

email hello@caringtogether.org



Other emergencies you might need to think about

For all emergencies where there is a risk to life always dial 999 for an emergency response.

If there is a fire in the property, have you thought about an evacuation plan? Make a plan and share it with the person you care for.

Power cuts

You can receive extra support during a power cut if you register on the UK Power Networks' Priority Services Register.

Tel: 0800 316 3105
ukpowernetworks.co.uk/power-cut/priority-services-register

You can receive extra support if:

- You rely on medical equipment
- You have refrigerated medicines
- You have a serious or chronic illness
- You have a disability
- You or someone you care for is living with dementia
- You are of pensionable age
- You have children under five in your household
- You need extra support for a short time period (e.g. if you are recovering from medical treatment).

If you have torches, make sure you know where they are, they have batteries and can be easily accessed.

Water supply

You can register for Anglian Water's priority services so you are notified of any supply interruptions, you can receive help with meter readings and protection

against scams and bogus callers.

Tel: 0800 919 155
anglianwater.co.uk/priority

Equipment breakdown

If you have equipment provided from the hospital, social care, occupational therapist or you have bought privately from NRS Healthcare, there is a 24/7 team of technicians and engineers who can respond if your equipment breaks down.

Tel: 0330 100 0098
nrshealthcare.com

Who would look after your pet in an emergency?

Do you have family, friends or neighbours who would support you?

If there is no one else to care for your pet you can contact Cinnamon Trust.

Tel: 01736 757900
cinnamon.org.uk





How Caring Together supports young carers

COVID-19 required us to change the way in which we support young carers, moving to telephone and virtual support for young people

We are delighted that thanks to funding from BBC Children in Need, we are able to look ahead to when we can resume our face-to-face support in the community, with support being offered to young carers across the whole of Cambridgeshire and Peterborough. Our 'Free to be me' project will focus on:

Providing a break from caring

We will be running focused, fun activity sessions/workshops for young carers. These will help young carers to learn new skills, as well as focus on areas such as managing stress, improving self-confidence, and healthy living. We will also be able to offer these workshops to young carers in secondary schools with schools being able to book one of our team to come along.

We will enable young carers to take part in trips and activities –

whether that be with other young carers (like our annual trip to the beach), or with members of their family (last year we provided tickets for young carers and their family to go watch Norwich City play, and also enabled families to enjoy a night at the pantomime). If a young carer is struggling to access other opportunities (e.g. sports clubs, drama groups etc.), then we will look to help remove barriers to them taking part.

For those families who might need an extra pair of hands to enable them to enjoy these opportunities (e.g. because they have a sibling with additional needs), then we can look to provide a care worker to help make it happen – we don't want young carers missing out!

Young carer voice

We will also provide young carers and young adult carers with the chance to have their voices heard on a local, regional and national level – whether that be through sharing their story for the media, or to

local decision-makers, or by taking part in projects such as NHS England Health Champions programme.

Information

We will also be able to provide to young carers and families:

- Whole-family information and advice about rights and support available
- Information and support to help young carers and families plan ahead (e.g. what would they do if there was an emergency at home? What about if there was a power cut?)
- Carer choices fund – We will continue to apply for funding to be able to provide bursaries and grants to young carers because we know these make a huge difference!

To make sure you get the latest information about our activities and support - get in touch with us and follow us on social media.

Carer Friendly Tick Award



Since launching the Carer Friendly Tick award in November, it is great to see more organisations that are keen to offer carers support and achieve the award. To date, over 100 organisations have signed up to the scheme, with the 29 listed right already achieving the Carer Friendly Tick.

The Friendly Carer Tick aims to raise awareness and improve support for carers in four key areas:

- Communities
- Education
- Employers
- Health

The Carer Friendly Tick is made up of five standards which were put together and approved by carers. Applications for this award are assessed by a panel of carers.

Alconbury and Brampton Surgeries are amongst the recent organisations to achieve the award. These surgeries are actively promoting support for carers from a designated page on their website and information boards in the surgery. They have also engaged in training sessions delivered by the Caring Together awareness team.

We are working with a number of the surgeries in the Octagon Group. We held a virtual meeting to discuss best practice and share ideas around how to best support carers. Cornerstone Surgery in March became the first of the Octagon group to complete the award. Sharon the carer lead is keen to improve how they identify young carers and is working with other agencies around this. We have asked young carers for feedback and provided suggestions of what they think would help.

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

Health

Addenbrooke's Outpatients Department
Alconbury and Brampton Surgeries
Cornerstone Practice
East Norfolk Medical Practice
Norfolk Healthy Child Programme (0-19)
North West Anglia NHS Foundation Trust
Over Surgery
Spinney Surgery
Swavesey Surgery

Employers

Caring Together
Fosters Solicitors
Her Majesty's Passport Office
Peterborough
Norfolk County Council

Education

Hampton College
Hellesdon High School
Hewett Academy
King Edward VII Academy,
King's Lynn
Lynn Grove Academy
Magdalen Gates Primary School
Ormiston Venture Academy
Ormiston Victory Academy
Scarning Primary School
Sewell Park Academy
Sprowston Academy
St Clement's High School
The Outreach Team, University of East Anglia
Wymondham High Academy Trust

Communities

Holt Youth Project
MTM Youth Services, Norfolk



How you can help

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

Give carers a break

Having a proper break is something many of us can do at some point in the day and we take for granted.

But for those caring for a loved one or friend every day, all day having a proper break is simply not always possible.

We need your help to give carers a break.

With your support carers of differing ages and in varying situations will be able to take breaks in all sorts of different ways. By getting involved you can help us fund breaks that will alleviate the stresses and strains they experience day-to-day in their caring role and could benefit their general physical and mental wellbeing.

How to get involved

We need everyone to get involved. Simply share a photo of yourself with your favourite mug on your social media pages, nominate three of your friends and family to do the same, then text C4CARERS to 70331 to donate £3 - the price of a coffee. We are hoping that everyone will get on-board and share their photos and nominate their friends. To see how easy it is, fundraising officer, Bryony, has included her post on the right.

Don't forget to use
#GiveCarersABreak

Christmas cards

Included with this magazine is our Christmas card brochure for 2020.

This is the first year for many years that we have had a selection of Christmas cards on sale and we do hope you will like them; we are very excited about the range. All the cards come as a pack of ten cards and are of one design.

The cards are priced at just £3.50 per pack and the all proceeds from their sale will help us to support carers in our local communities.

The cards are available to purchase by using the enclosed order form, calling 0345 241 0954, emailing engagement@caringtogether.org, or via our hubs and groups. Please share the brochure with your family and friends and, if you require more, get in touch and we will be happy to send them to you.



Bryony Wainwright

Just now · 📍

Text c4carers to 70331 to donate £3 so @caringtogether can continue to support local carers!

I nominate @sophie @lauren @alex to show us your break time!

#givecarersabreak



Michael's story

Michael cares for his mum who has a range of complex and unpredictable needs - a physical disability, mental health issues and substance misuse issues. Since the lockdown his caring role has become a lot harder and he is doing a lot more to help his Mum.

Michael has been struggling to stay positive and he has developed back and shoulder pain as he is needing to hold his mum up more when they do go on walks to try and get out of the house. He tries to get her out each day as he thinks it will help her but she has to hold on to his arm as she can't walk very well and doesn't like to use her walker.

Because of his mum's mental health and substance and alcohol misuse, combined with them being together all day every day at this time, their relationship has become extremely strained. This puts a huge amount of additional pressure on Michael and some days he finds it very difficult and stressful but he avoids going out or seeing anyone because he doesn't want to risk bringing the virus back to mum. This has led to him feeling extremely isolated.

In addition to this additional time he spends caring, he is also trying to carry on his job remotely at home and trying to help home-school his younger sister. He's more aware than ever of juggling the different roles.

We were able to provide Michael a small grant of £300 to enable him to purchase a lazy spa to help him to have a much-needed break from his caring role within the confines of his back garden.

Thank you

As always we say thank you to everyone who has fundraised for us and supported Caring Together.

Here's just a small selection of the fundraisers.

Thank you to...

Angela Platt, who took on a 100-mile cycle ride around Cambridgeshire on Sunday 14 June to say thank you for the support her parents received at the Shelford carers hub. Angela raised a staggering £1,288.

Jean Reeves and the Burwell Belles WI who raised over £1,000 making face masks.

Amanda Wright who raised £164 and **Ness Escfan** who raised £140 by asking their Facebook friends to donate to celebrate their birthdays.

Michael at GMC Travel for choosing us as the charity to benefit from sales of facemasks.

Josie who donated an Amazon gift card.

"Thank you so much. My sanctuary right now is the garden and it means such a lot being able to have a little bit of space just for me. During lockdown, I've really struggled to 'switch off' and relax mentally and physically. Being able to purchase this helps me do this and is also helping to relax my muscles when they are aching. It is something I can look forward to at the end of a very challenging day."

If you would like to find out more and get involved, please contact Nicky by telephone on 07936 359122 or email nicky.newton@caringtogether.org



Live better with sight and hearing loss

National charity, Deafblind UK, is on a mission to make things easier for people who have sight and hearing loss.

Director of operations, Simone Moore said, "Combined sight and hearing loss affects around 400,000 people in the UK, but many people don't realise that they're suffering and just struggle on."

The charity has produced some guidance to help people live better with sight and hearing loss. The leaflet, available to download online, suggests some simple and inexpensive changes that people can make to their home, or when out and about, to make things a bit easier for them.

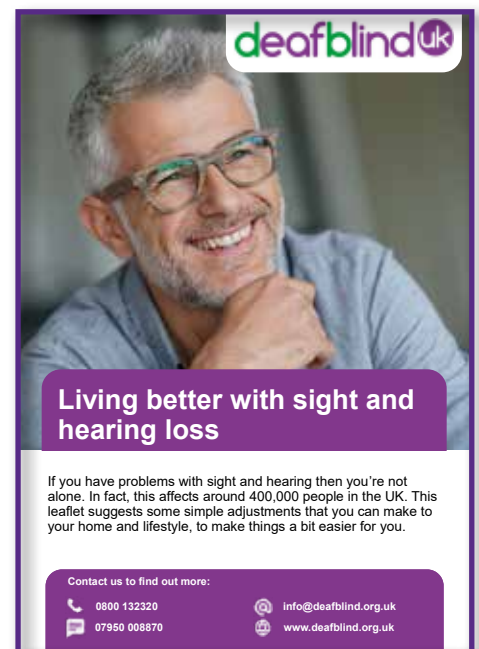
Simone said, "We know that a lot of people don't want to ask for help, or don't feel that they need help through our traditional

services. But when you have sight and hearing loss of any level, small things can make a huge difference, and that's what we want to tell people about. Things like changing the light bulbs that you use or rearranging the furniture to make use of natural light, can mean the difference between struggling and not."

The charity has also produced some guidelines to help organisations become more inclusive and accessible as they make adjustments to accommodate new government guidelines. These includes simple practical ideas that are easy to implement.

Both documents are free to download from deafblind.org.uk/live-better

If you have any questions about sight and hearing loss, or you know someone who would benefit from some more support, please contact Deafblind UK on 0800 132320 or email info@deafblind.org.uk



deafblinduk

Use your caring experience to help make services better for everyone



This issue we'd like to introduce you to Sue Honour, Chair of Cambridgeshire and Peterborough Carers' Partnership Board.

The Board helps improve services for carers across our area and involves local people in decision making on health and adult social care.

Sue is inviting any carers who might like to get involved to step forward and join her.

"Being part of the Partnership Board has been a real help to me personally," she said. "But it's also been really rewarding to use my caring experience to make change happen and improve services for others across our area.

"Having that voice and seeing the local councils really listening to us and making real change for carers has been really satisfying.

"If you are a carer, your experience is very much wanted - please consider joining us."

A carer herself – supporting her husband and daughter – Sue knows just what a tough role it can be: physically tiring, mentally exhausting and often very lonely and isolating.

"When things got really tough, I felt like getting in the car and just driving away from it all. Of course you would

never, ever, abandon the people you care for - but wanting to escape just felt so overwhelming.

"For me, finding a support group was a lifeline. I did feel nervous going the first time and I also felt guilty about taking time away. But actually, it felt good to be recognised for keeping my family safe and looked after.

"Being able to share experiences with others was huge. It felt a safe place, too, where people would understand if you got upset and cried."

.....

Contact Healthwatch

Interested in joining the Carers' Partnership Board or need help finding information or local support? Get in touch with Healthwatch.

Call: 0330 355 1285

Text: 07520 635176

Email: enquiries@healthwatchcambspboro.co.uk
healthwatchcambridgeshire.co.uk
healthwatchpeterborough.co.uk

healthwatch
Cambridgeshire

healthwatch
Peterborough



How you can help us support carers

Annie, our volunteer coordinator, talks about how you can make a difference as a volunteer

I joined Caring Together in January as the volunteer coordinator so I am probably a new face and name to most of you.

Although I am still relatively new, I have felt so welcomed by everyone at Caring Together and in particular by our wonderful volunteer team. Being part of something that makes such a difference to our local communities is an absolute privilege, which I enjoy every day, and I am excited to see how we can grow and expand services in the future with support from volunteers.

The last couple of months have certainly been different and I would like to send a big thank you to our fantastic volunteer team. Although many of the tasks our volunteers usually do have either temporarily stopped or changed considerably, we are so thankful that you all continued to support the charity, embracing new technology and ways of connecting with and supporting carers.

With more people working from home and an increasing sense of community, the thirst for volunteering is ever growing. Between March and June we were lucky enough to have five new volunteers join us in the Listening Ear service, which has considerably increased the number of carers we can support.

Volunteers continue to support our carers groups. It has been great to see these groups transition from face-to-face to online with carers still receiving the advice and support they need at this particularly difficult time.

We are steadily growing and expanding the volunteering opportunities at Caring Together, and continually looking at innovative ways to support carers during the next couple of months. If you would like to be part of this and help carers in your community, please do contact me.

Best wishes,

Annie

.....

How you can help

If you have a particular skill or experience that you think would benefit others or you just want to get involved in helping carers within your community, we would love to hear from you.

Whether you can volunteer regularly or on an ad hoc basis, we have a variety of roles that may be of interest.

.....

How to get in touch

Call: Annie Gault on 0345 241 0954

Email: volunteers@caringtogether.org

Visit: caringtogether.org

Carers hubs

During the COVID-19 pandemic, hubs are running online, please contact us for meeting details



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 join one of our 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. Carers hubs bring together a range of organisations who are able to offer support and information to carers through talks, presentations and information stands.

When we are meeting normally, our Cambridge carers hub is run in partnership with Arlington Manor and 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.

While our hubs and groups cannot meet as normal we are providing meetings by video conferencing.

If you are interested in joining one you can call 0345 241 0954 or email hello@caringtogether.org We can help you get set up on Zoom, which is what we use to meet together.

These groups are based on the times carer hubs would normally meet. You do not need to live in the area of the group you want to join in with while we are meeting virtually, but choosing a group local to you will help you join in with its activities when we go back to meeting normally:

Girton

Third Tuesday of the month at 10am

Great Shelford

Second and fourth Thursdays of the month at 10am

Huntingdon, Ramsey, Ely, Wisbech and Peterborough

Every three weeks on a Wednesday at 10.30am

9 September

30 September

21 October

11 November

Our groups moving forward

As restrictions ease you can call us on 0345 241 0954, see our website caringtogether.org, or contact us on hello@caringtogether.org to find out more about how and when our groups will go back to meeting.



Caring for someone with dementia?



Dementia Carers Count (DCC) is a national charity dedicated to supporting family and friends caring for someone with dementia.

DCC runs free, professionally developed and led one and three-day courses for carers, as well as a new online Virtual Carers Centre.



The resources in the Virtual Carers Centre have been created by the same health care professionals who run DCC's one and three-day courses and include:

- Clinical psychologists' tips for managing your stress and building your resilience.
- Speech and language therapists demonstrating strategies for managing everyday challenges, such as, navigating eating and drinking difficulties and changes in communication.

- An occupational therapist's ideas for meaningful activity during lockdown.
- A series of blogs on carers' rights.

As well as guidance from professionals, there is a whole 'Carer to Carer' section, where DCC Ambassadors share stories, tips, and supportive messages.

To register for the courses and to access the Virtual Carers Centre please visit dementiacarers.org.uk, follow DCC's social media pages for updates, or get in touch for more information.



020 3096 7895

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

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

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

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



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.



While groups are currently suspended you can access four pre-recorded Love To Move sessions to use in the comfort of your own home at

<https://britishgymnasticsfoundation.org/lovetomove/>

Also if you like the British Gymnastics Foundation Facebook page, turn on notifications you can join their Facebook Live sessions each week day. Find the page at facebook.com/britishgymnasticsfoundation/

To find out more information, enquire about the new live sessions available on Zoom and get the latest updates on when groups may reopen, please contact Jane or Kim.

Jane Thomas	07731 097236	jane.thomas@britishgymnasticsfoundation.org
Kim Hall	07715 081402	kim.hall@britishgymnasticsfoundation.org

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.



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

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 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 provide:

- Help parents engage with professionals across health, education and social care.
- Facilitate participation in service delivery.

- Provide a voice for parents at strategic level meetings.
- Hold informative events.
- Help parents and carers have access to the information about what services are available to them.
- Signpost parents and carers to other agencies/organisations who provide specific services that they do not.
- Provide family based trips and activities.
- Run a community centre.
- Provide short breaks.



NOW RECRUITING Parent representative

FVP are seeking parents or carers from Peterborough who have experience of services across health, education and social care relating to children and/or a disability aged between 0 to 25 to act as parent representatives (reps).

The main purpose of the role is to ensure that parents' collective views are fed into decisions about services at an operational or strategic level.

Find more at familyvoice.org/jobs or email HR@familyvoice.org

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)



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

Qwell

Mental health
problems can affect
anyone - you are not
alone



Chat online
to qualified
counsellors



Read and
write
articles



Get online
support from
the Qwell
community



Set personal
goals and
record how
you feel

qwell.io

GOOD LIFE
Recovery and Inclusion Service

mind | CPSL
for better mental health

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

Age UK Cambridgeshire and Peterborough

Age UK Cambridgeshire and Peterborough has extended and adapted services to meet the demands of COVID-19. Many carers have been unable to visit people they normally support and have turned to the charity for help.

The information and advice helpline hours temporarily increased to deal with extra demand. You can call 0300 666 9860 for help Monday-Friday, 10am to 4pm. Calls are answered until 8pm and at weekends by the national Age UK helpline, or email infoandadvice@ageukcap.org.uk

They produce, and publish a [community support resource document](#), which provides information on the support that is available to people who are in isolation or shielding by geographical areas. However, as community volunteers return to work, Age UK services may be more in need.



COVID support and shopping services

Doing shopping and delivering prescriptions. Making telephone calls to check on wellbeing, to having a chat to reduce loneliness and linking to other services. Call 0300 666 9860 or email shopping@ageukcap.org.uk or covid19@ageukcap.org.uk

Community warden services

Daily welfare contact, by calls and doorstep visits, providing shopping, to posting mail and doing other small jobs. Call 0300 666 9860 or email wardens@ageukcap.org.uk

Hospital discharge support and admission avoidance (professional referral only)

Installing safety measures to enable discharge such as grab rails, fitting key safes and moving beds/furniture; shopping and patient support for up to three weeks post discharge (not personal care).

Home services

Domestic cleaning and household support. Call 01733 557353 or email homes@ageukcap.org.uk

Cambridgeshire handyperson service

Currently mostly supporting hospital discharge and avoidance. They are carrying out telephone assessments for triage of essential work required. Call 01480 700205 or email chp@ageukcap.org.uk

Sharing time (befriending)

Volunteers maintain weekly contact with an older person to reduce loneliness. Most are currently making phone calls, but as restrictions lift home visits, or garden visits are being re-introduced.

Visiting support service for older people

Works across a number of networks and offers a greater level of support particularly during difficult periods, such as bereavement, ill health, financial worries or housing concerns. Call 01354 776110 or email vssop@ageukcap.org.uk

Age UK Cambridgeshire and Peterborough can offer support to carers of older people. Visit their website ageukcap.org.uk and follow them on Facebook [@ageukcap](https://www.facebook.com/ageukcap)



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 or to find out when the group is resuming, 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 • RESPIRE • 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

Do you wake up feeling low?



Call Lifeline on 0808 808 2121 from 9am for wellbeing support to help turn your day around



Reg. Charity Number 265867

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.



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



Brampton Reconnect Social Group

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

All groups temporarily suspended
until further notice
HOWEVER,

Join our club!

Fortnightly Reconnect zoom sessions

Wednesdays 11:00

Contact Jo for details on

01480 453554 / Jorod.fisher@btinternet.com

We are all excited about opening again, as soon as lockdown is back to the "new normal". We will let you all know our plans for Reconnect, The Choir and Love to Move.

We are also in the planning stages of some future projects such as: Friday Club & Golf plans etc and look forward to implementing them.

Carer Support Information available.

Phone Janet on 07702 010594



Shelford carers hub

A friendly, welcoming support group for all 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.



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.

To help control the coronavirus and following Government issued guidance, we made the decision to temporarily suspend all our face to face and group services. We are now offering increased telephone and online support for people affected by dementia during this difficult time.

If you have questions or concerns about dementia, you can speak to a trained Dementia Adviser by calling the Alzheimer's Society's Dementia Connect support line 0333 150 3456 or go to our website alzheimers.org.uk for information and advice about coronavirus and to access our online community, Talking Point.

The Dementia Connect support line is open Monday-Friday 9am-8pm, Thursday and Friday 9am-5pm and Saturday and Sunday 10am-4pm. If you have speech or hearing difficulties and have a textphone or an adapted computer, you can use text relay to call the Dementia Connect support line on 18001 0300 222 1122



sing! together

Goes Online!
from the comfort of your own home

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

**#singing #community
#livingwell**

**Contact kathryn@allinsound.co.uk
or call 01353 662022**



Rotary Club of
St Neots



Rotary Club of St
Neots St Mary's

The St Neots Rotary Coffee Pot Memory Café is for folk with memory loss or dementia and their carers. We invite you to join us.

We meet four times a month, always on a Wednesday, at different venues: a restaurant; a church hall; a garden centre and a music academy. Some folk attend all of the events, others only attend those events they most enjoy.

Our purpose is fellowship, friendship, entertainment, professional assistance by Caring Together and other organisations, singing, reminiscence, and chatting with other folk in a similar situation.

Membership is free.

ALL ARE WELCOME

For further details call Rob on 01480 395979
or Wendy on 01480 219925

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

Rotary



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 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.

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

St Ives Support Group

First Wednesday of the month

2pm to 4pm

The Old Ferry Boat Inn, The Front,
Holywell PE27 4TG

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 07815 541111

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
07815 541111

Web: www.parkinsonscambridge.org.uk

Contact for Ely and 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 March is your local support group for anyone with a lung condition, including carers, friends and family.

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.

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.

Zoom meetings until further notice.

Last Wednesday of the month
7.30pm-9pm

New WhatsApp group.

Jonathan Wells 07342 691768
jfgwells57@gmail.com

Rethink Carer Support Group - Huntingdonshire

Please contact us for more information.

01823 365308

huntingdoncarersgroup@rethink.org



Cambridgeshire and Peterborough Carer Support Service

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

Covering Cambridgeshire and Peterborough, we offer one-to-one support, information about mental illness and services which may be able to help you or your loved one, as well as carers groups and events.

Carers can contact the service themselves or we accept referrals from professionals and partner agencies.

For more information or to make a referral, please contact Christine, Gill or Annabel.
01480 211006

C&PReferrals@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



Recovery and Inclusion Service



NHS Foundation Trust



Cambridgeshire and Peterborough Clinical Commissioning Group



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.

It Starts on Wednesday 5th February 2020 (and every Wednesday afterwards) from 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



Join your local online Good Mood Cafe today!



Come and join others in
your community to meet
and re-connect

Email us at
goodlife@cpslmind.org.uk
or call us on
0300 303 4363



Reg. Charity Number 265887



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

We have adapted the delivery of our services

For details please contact our
Information and Advice Service

HELPLINE
0300 666 9860

or email infoandadvice@ageukcap.org.uk

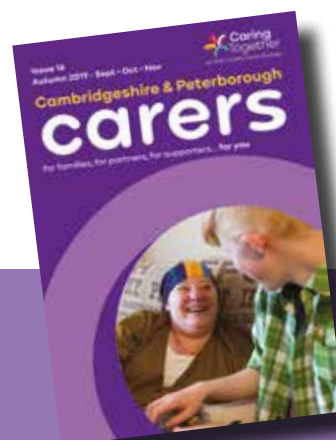
Available Monday to Friday 10am to 4pm
Calls will be answered until 8pm by the
national Age UK Helpline

Information about all of our services
can be found on our website

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 Peterborough City Council and operates 24 hours a day, 7 days a week, 365 days a year.

It can provide emergency support in the event of you being unable to care because of a sudden illness, accident or other unplanned event. This can include us contacting nominated friends or family who are able to help support the person you care on your behalf, to helping to ensure that the necessary support for the person you care for is in place whilst you are unable to care.

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 or Peterborough.
- 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 carer services team on 0345 241 0954 or see caringtogether.org/whatifplan

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

To be featured in our next issue please submit articles by 18 September 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!

© 2020 Caring Together Charity

Photos © Caring Together and Carers Trust

12/08/20

Review Date 12/11/20 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 so they can sign up to receive their own copy. Alternatively take it into your local surgery, dentist waiting room, pharmacy, library, community venue or place of worship.

