

Issue 21

Winter 2020/21 - Dec • Jan • Feb

 **Caring
Together**
so that carers have choices

Cambridgeshire and Peterborough

carers

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



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Welcome

Welcome to the Winter edition of Carers magazine.

Knowing about the services, information and support available to you, as someone looking after a family member or friend, is more important than ever. We trust you will find what you read valuable and helpful. And thank you to everyone who has contributed.

We also now have inside news for carers, our regular ebulletin, giving the latest news and information for carers. To get your own update each month please do sign up at caringtogether.org/maillinglist

As this hits your doorsteps, Thursday 26 November marks Carers Rights Day. See caringtogether.org/carersrightsday to find out more. Carers Rights Day is an annual event which sees people and organisations across the UK coming together to make carers more aware of their rights, and how to access all the support and assistance they are entitled to. If you are unsure about your rights as a carer or how we can help, please do get in touch.

We have included lots of information about local services provided by other organisations that may be of interest to you. Of course these are subject to change as a result of coronavirus, and at short notice, so we recommend that you check with them that they are going ahead to avoid any disappointment.

Miriam Martin
Chief executive



Caring Together support for adult carers

Through the coronavirus crisis we have continued to make sure carers have the support, advice and information they need.

One part of this has been having a range of ways carers can stay in contact with people, in ways that work for them.

As well as digital group meetings and different types of one-to-one support, when restrictions have allowed, we have had small groups of carers meeting together.

The use of digital meetings has certainly been helpful. Whatever the format of the sessions, they have been greatly appreciated. We have continued to offer a range of activities and talks including exercise and mindfulness, quizzes, guest speakers and more.

See page 15 for more about the hubs and page 9 for information on the mindfulness and exercise sessions we are offering carers.

Carer adviser Arda Lavelle said, "Our virtual sessions are generally light-hearted offering a variety of guest speakers, quizzes, and general information and guidance.

"Most attendees are happy just to have a chat and engage with other members, this has helped individuals feel connected and supported during these times.

"In addition to our virtual sessions we continue to support carers through regular telephone calls. Some carers have been linked in to our Listening Ear service for additional support."

With ongoing uncertainty around government guidelines, we will continue to look at how best to keep carers connected at important times such as Christmas.

How we can help you

We have a full range of services if you are looking after a family member or friend, including:

- **homecare**
- **telephone support Listening Ear service**
- **support for young carers**
- **helpline with advice and information for carers**
- **access to a dedicated case worker if required**
- **community carer clinics for one-to-one support**
- **carer learning/training to support you in your caring role**
- **support with planning ahead, including our What If? emergency planning scheme**
- **opportunities for breaks from caring including carer hubs, trips and activities**
- **carers magazine and e-bulletins**
- **online information and resources**
- **free carer's card**
- **enabling carers' voices to be heard to influence service design, delivery and policy.**

Find out more by calling us on 0345 241 0954, visiting caringtogether.org or emailing hello@caringtogether.org





Support for carers of people with mental health conditions

Making Space provide services for carers of people aged 18-65 with mental health conditions on behalf of Cambridgeshire County Council and Peterborough City Council

At Making Space we are proud to announce that our new partnership with Caring Together and Centre 33 which officially started on 1 August is well and truly up and running! This enables all carers to access the right advice and support from whichever of the providers is most appropriate to their needs, regardless of which service they initially reach out to.

What a strange time it has been with coronavirus dominating not just the news but our everyday lives, from lockdown to face masks, from planning to cancelling and staycations becoming the norm! For some it has been a time of reflection for others it has meant enforced isolation. Here at Making Space we have continued contact with carers by telephone, email and for some, online conversations.

Since July, in line with government guidelines we started meeting carers back out in the community, we carry chairs in our cars in order to increase our capacity to visit someone who felt safer in an open space away from home. Our one-to-one visits are almost back to pre-COVID numbers and even if the government guidelines change again, carers can feel assured that we will always be on the end of the phone.

Recently we have made tentative steps towards arranging carers meetings and our first was in October

in a local park but unfortunately our meeting in November had to be cancelled due to the change in government guidelines. Obviously we shall be watching for any changes. But following a survey that was distributed to our carers back in August, it is the carers support groups/coffee mornings/information mornings, that are missed the most.

We, like many, are full of hope for when life becomes more familiar once again and the 'new normal' becomes 'just normal'. A time we can feel safe with or without face masks – some really jazzy ones are out there! - and a time when the most vulnerable amongst us can find comfort again. We look forward to meeting new carers and our existing ones and remember we are only a phone call away.

01480 211006

C&PReferrals@makingspace.co.uk
makingspace.co.uk



Support for young carers



Do you help to look after someone in your family? It might be someone who has a disability, is not well physically or mentally, or misuses alcohol or drugs.

We are here to help young carers, and can support you to overcome any challenges or barriers you are facing because of your caring role.

We work with young carers up to the age of 18.

Ollie's story

Ollie* is a 12-year-old young carer, caring for his mum and now his brother. Ollie's mum has fibromyalgia, causing pain and extreme tiredness. Ollie and his brother cared for her together, helping with practical tasks, reminding her to take her medication, and helping with lifting and carrying.

Last month, Ollie's 15-year-old brother was diagnosed with psychotic depression and will likely to stay in hospital for several months. Ollie found this hugely distressing, and was upset that he was not allowed to attend meetings with his brother's doctors when he was brought to the intensive care unit.

Ollie has been left to care for his mum on his own, which has caused him a big increase in responsibility and stress. He worries about his brother, particularly how to keep his illness private so that he does not get bullied at school.

What did Centre 33 do?

Centre 33 have supported Ollie by providing one-to-one support from a project worker. Ollie's evenings are taken up by visiting his brother, so together with school they have found time in Ollie's busy schedule (during PE lessons!) to meet and chat.

Ollie was worried that he would not have time to do schoolwork in the evening. His project worker met with

the young carers champion to discuss this concern and put a plan in place for Ollie to know who to talk to if he is struggling.

"I've got all these 'what ifs' going round in my head... and no one can tell me what is going to happen."

Ollie's project worker has been able to provide lots of information about his brother's condition, and the treatment he is receiving.

What happened next?

Ollie finds being included in meetings about his brother's progress helpful for stopping him getting anxious with 'what if' questions about his brother's health.

Ollie's project worker is completing a young carers needs assessment and will be able to refer the family to additional means of support if necessary. Our young carers project will be able to support Ollie through his brother's return home, and beyond.

How to get involved

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

* name has been changed to protect identity.



Our support for young carers

Like all organisations, COVID-19 required us at Caring Together to significantly change how we support young carers – shifting to Zoom groups, phone support and socially distanced activities.

But thanks to recent funding, we are excited to start back up with a new offer of support for young carers across the whole of Cambridgeshire and Peterborough. The support on offer includes:

Workshops in the community and schools

We will be putting on a range of workshops for young carers of all ages – covering a whole variety of areas from managing your wellbeing, to healthy living, to planning for your future.

Previous workshops have included organisations like Hunts FA coming in to run active lifestyle fun sports sessions for young carers, and others have helped young carers to learn how to cook healthy and nutritious meals as part of our 'Make a meal of it' activities.

As well as running these workshops in different venues across the county, schools and colleges will be able to arrange for us to come and deliver these workshops for young carers in their school.

Breaks from caring – trips and activities

In the school holidays, young carers will be able to have a much-needed break from their caring role. We will be putting on our own trips and activities where young carers will be able to enjoy time together with other young carers, such as in October half-term where we arranged COVID-19 secure trips to Halloween fun days and Inflatabounce. We also support young carers to have fun and make memories with trips to a pantomime or football match, for example.

Information and advice

Through our carer helpline, young carers, their families and professionals can continue to access specialist information and advice about what support is available for young carers, both from us, and from other organisations. We can also give information about areas such as emergency planning and planning for the future.

Bursaries

We will continue to seek funding to be able to offer young carers bursaries to help them to have a break from their caring role or to reduce the impact that caring has on them. Since the COVID-19 pandemic started, we have provided over £25,000 in individual bursaries to carers.

Carer Friendly Tick

Any organisation who works with young carers – whether they are a school, GP surgery, hospital or community organisation, can apply for our Carer Friendly Tick Award. We have got a toolkit to support organisations to work towards the award.



If your organisation wants to be part of our Carer Friendly Tick Hall of Fame, email us at carerfriendlytick@caringtogether.org

Carer's card

Young carers are able to register for a carer card to show that they are a young carer. We plan to work with businesses and organisations to encourage them to offer discounts to carers who hold a card.



Save the date Young Carers Action Day 16 March 2021

You may have heard of Young Carers Awareness Day which has been held nationally for the past few years to raise awareness of young carers. The focus has now changed to encouraging people to take action to support young carers! So from 2021, Young Carers Awareness Day will now be Young Carers Action Day, which will take place in March – next year it is on 16 March 2021.

Look out for more information and tips in inside news for carers, our monthly ebulletin. If you don't already receive the ebulletin, you can sign up at caringtogether.org/maillinglist

March 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

To make sure you receive all of the latest information about upcoming workshops, trips, bursaries and other opportunities for young carers, please email hello@caringtogether.org or call 01480 499090 to register a young carer with us and be added to our mailing list.



Carer's card and What If? Plan

The What If? card is more than just an emergency card now

The What If? card has been available for a few years but we have now made it dual purpose - it has become a carer's card too. It tells people working in shops, GP surgeries, pharmacies and other places that you are a carer.

During the coronavirus pandemic we received many calls for help from people who were struggling to go shopping as they didn't have anything that showed they are a carer. We sent people letters so they had a form of identification which we know helped many of you at a difficult time.

When thinking about the redesign of the What If? card, we decided to use it to show people that the holder is a carer so we hope this overcomes any issues you may come across.

Another purpose of the new card is that we plan to work with businesses in Cambridgeshire and Peterborough to

encourage them to offer discounts, for example cafés, restaurants and shops. We hope to be able to give you more information about this in future issues of the magazine.

Many people have already registered for a What If? Plan but you do not have to have a plan to have a card, which means that any carer of any age can request a card.

If you request a carer's card you can register a What If? Plan at a later date if you are eligible.

We will be sending out a new card to everyone who is already registered for a What If? Plan.

Why register for a What If? Plan

If the adult you look after lives in Cambridgeshire or Peterborough you can register a 'What If? Plan' with us. The What If? 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 for them.

This free service is funded by Cambridgeshire County Council and Peterborough City Council, to look after adults with care needs during an emergency involving the family member or friend who is their carer.



To request a carer's card or find out more about the What If? Plan, please call 0345 241 0954 or visit caringtogether.org/whatifplan

Help to reduce stress if you look after someone with dementia



If you are a carer, particularly if you look after someone with dementia, then you may well be interested in two online groups that have been receiving very good feedback from the carers who have been using them.

The groups run by Don't Tone Alone are Mindfulness with Dementia and Enerchi. With each of the groups meeting once a fortnight, there is one or the other being held every Tuesday at 2pm.

We have received very positive feedback on these groups that are being supported by Carers Trust:

"The skills are very relevant to the stress and difficulties of caring. It also made me aware that dementia sufferers can really benefit too."

"The sessions were good for improving mobility and mood. I highly recommend them. The trainer was very calming. I was impressed that he was able to help each of us through Zoom."

Mindfulness with dementia

Mindfulness with Dementia is a four-part course delivered by Don't Tone Alone CIC that is there to help you feel less stressed and more in control of your emotions and mental well-being.

The course provides carers and those they care for with tools to diffuse difficult situations, cultivate positive emotions, and reconnect with themselves and each other.

The topics covered in the course involve breathing exercises and an introduction to mindfulness, anchoring, posture and mindful movement, and different ways to meditate. You can connect to the sessions via Zoom.

Enerchi

Enerchi is an exercise class that is more of a work-in than a workout. Using mindful movements taken from practices like QiGong and Tai Chi, the session helps you reconnect, re-energise, and recharge your body and mind. The sessions are highly inclusive as they involve gentle movements and last for roughly 50-minutes. The movements are ideally performed standing but can be adapted for seated positions if necessary. Enerchi takes place over Zoom.

If you want to register for either of the courses, please call 0345 241 0954 or email hubs@caringtogether.org



Have your voice heard

As part of Caring Together's new carer voice and involvement plan, there are a range of opportunities for carers of all ages to have their voices heard and to be involved with the work of Caring Together.

You can get involved in a number of different ways.

Carer Friendly Tick assessors

Could you join our pool of assessors to assess Carer Friendly Tick applications? You can review as many or as few as you like and it can all be done virtually so you are able to fit it around your caring role.

Helping us to shape our support for carers

Do you belong to one of the following groups who could help shape our services?

- Carers from the Black, Asian and minority ethnic communities
- Carers who are trying to balance caring with work
- Parent carers of young people aged 16-25
- Former carers.

Help us to raise awareness of carers

We always want to hear from carers who are willing to share their experiences in our carer awareness work, and to share their stories to help us as a charity to fundraise to be able to support more carers.

We link carers in to other carer forums such as the Addenbrooke's carer strategy group and dementia strategy group, the carers partnership board and Peterborough City Hospital's carers co-production group.

For further information on the above opportunities please call Tony Elliott on 01480 499090 or email tony.elliott@caringtogether.org

Help us to review the support that we provide

We are also looking for carers who would be willing to join:

- Our carer voice and involvement steering group to ensure the voices of carers are being heard and acted upon across the organisation, and that the carer voice and involvement plan is being delivered.
- Our carers service quality assurance group to help us review the performance of our carer support service.

For more information please contact Andy McGowan on 01480 499090 andy.mcgowan@caringtogether.org



Carer Friendly Tick Award



Congratulations to the following organisations who have been awarded the Carer Friendly Tick Award since the last edition of the magazine (correct at the time of printing):

- Age Care Advice (Communities)
- Diss High School (Education)
- East Coast College (Education)
- East Norfolk Medical Practice (Health)
- Milton Surgery (Health)
- Peterborough College (Education)
- Willingham Surgery (Health).

Carer Friendly toolkit

We have now finished the first of our carer friendly toolkits – the one for education. The toolkit has been produced in partnership between Caring Together and schools who have the Carer Friendly Tick, and is designed to help schools and other education organisations to work towards the Carer Friendly Tick Award. It has example agreements and useful tips and advice about ways in which to raise awareness and increase support.

If you are a school, college or university wanting to improve your ability to identify and support young carers or young adult carers, or if you are already doing great work and want everyone to know that your organisation is a carer-friendly one, then contact us to find out how to sign up for the Carer Friendly Tick and get your copy of the toolkit.

Over the coming months, we will be producing similar toolkits for the employer, health and community versions of the Carer Friendly Tick.

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

Feedback from organisations that have the Carer Friendly Tick Award

It is important the community sector can identify and recognise carers of all ages in their community.

"Carers champions are selected due to their experience in working with carers. They must be passionate, dedicated, considerate, empathetic, friendly, safe, knowledgeable and reliable."

"We regularly attend external carers training, so that we can keep our champions up to date."

Having awareness and support in place for young carers in schools really does make a huge difference.

"We are very proud of our Carer Friendly Tick Award - Education. It highlights all of the good work we are doing as a school with our students, parents, and local community. It raises awareness of young carers and hopefully encourages other local schools to do the same."



Staying connected: not everyone's online

healthwatch
Cambridgeshire

healthwatch
Peterborough

The COVID-19 outbreak and social distancing rules have affected the way organisations and support groups meet.

And while online sessions using video conferencing can be a boon for those with the right technology and skills, they are not accessible to everyone.

Healthwatch is using a blend of online and offline options to help people stay involved and continue to have their say and improve local health and care services. They invited Stuart, an independent member on the Carers' Partnership Board, to trial video-conferencing service Zoom.

Carer Stuart trials a remote meeting

Full-time carer Stuart, from Wisbech, is a long serving member of the Carers' Partnership Board.

The board helps to improve services for carers in Cambridgeshire and Peterborough and usually meets every two months in different places across the area. But since the start of the pandemic, meetings have switched to online.

"I've been involved with the partnership board for nine years. I enjoy it because it keeps me in touch with developments on services for carers. I can also put forward any concerns that I hear," Stuart explained.

"I tried joining the previous meeting remotely - by telephone, using the landline and hands-free option. But that didn't work very well because the quality of the sound.

"So Healthwatch, which organises the partnership boards, suggested I try using Zoom on a laptop."

Stuart joined the Zoom meeting at the Healthwatch offices and his visit was fully risk-assessed, socially-distanced and safe.

"It took a bit of getting used to seeing people's faces in those little squares as they joined in.

"Sometimes people just disappeared and there was just a black space on the screen but it was just the internet connection fading in and out.

"The technology seemed quite fiddly and I felt that it was a bit of a distraction and slowed the flow of the meeting.

"Zoom was better than no communications at all and it was definitely worth trying. However, for me it wasn't as effective as meeting face to face where you get the personal interaction with others," summed up Stuart.

Making sure people can access services in different ways

The Carers' Partnership Board has constantly raised the need to ensure that there are routes of using services other than just through a website.

Over the coming months, all five partnership boards for Cambridgeshire and Peterborough – which work to improve adult social care in the area – are exploring the digital divide.

They are looking at better support for people who are online and also making service providers aware of the barriers stopping people from accessing and using computers and the internet.

These include:

- Living in very rural areas with no broadband or mobile connection
- The cost of equipment and internet connection
- Lack of confidence/skills to use the equipment
- Worry about scams.

Tell Healthwatch what you think

How are you – and friends or family – accessing health and care information?

Share your views through their websites

healthwatchcambridgeshire.co.uk
healthwatchpeterborough.co.uk

You can also

Call: 0330 355 1285

Text: 07520 635176

Email: enquiries@healthwatchcambspboro.co.uk

Post your thoughts: Healthwatch Cambridgeshire and Peterborough, Maple Centre, 6 Oak Drive, Huntingdon, PE29 7HN

Help with looking after your health needs

Are you caring for someone and feeling emotionally or physically overwhelmed?

Do you have your own health needs or medical appointment that you need to attend?

Are you feeling close to crisis point?

A Family Carers' Prescription gives carers of any age, including young carers, access to a specialist worker at Caring Together who will help you make a plan to support your needs.

This means you can have help with your own physical or mental health (which could include a break), as well as support to make it easier for you to attend your own medical appointments. The support to make this happen can include someone being with the person you look after. This service is available to carers who are registered with a GP surgery within the Cambridgeshire and Peterborough NHS Clinical Commissioning Group (CCG).

If you would like to find out more about the Family Carers' Prescription, please ask at your GP surgery or call Caring Together on 0345 241 0954





Meet our volunteer Clare

The volunteer team at Caring Together is growing steadily as we expand the services we can offer to carers. For this edition of Carers Magazine, we talked to one of our newest volunteers, Clare, about her role and why she volunteers with us.

How long have you volunteered with Caring Together?

I signed up to volunteer with Caring Together back in July and after the appropriate checks were carried out, I was given the 'all clear' to start during September. I've really liked the way I have been communicated with from the start; the charity has kept me fully updated on my application process and has given the correct tools and equipment to complete my role.

I've had the opportunity to contribute to fundraising ideas and planning, along with entering colleague competitions. The charity has gone far and beyond to make me feel included.

What is your volunteer role?

I volunteer for the charity's 'Listening Ear' service where I make weekly calls to carers. I have two ladies that I speak to every Tuesday and Thursday where we discuss anything from how their week has been to how they are feeling. The ladies have very different situations and it is nice that I'm able to support them differently. They have both told me how much my calls mean to them and how they look forward to hearing from me.

I ensure that I always call at the agreed time and I follow the volunteer guide to keep not only myself safe, but to ensure that I am discussing the appropriate topics.

Why did you want to volunteer with Caring Together?

I live in St Ives and wanted to make a contribution to my local community. I also wanted to demonstrate to my son the importance of giving back. The charity really stood out for me for being local and supporting residents in Cambridgeshire, Peterborough and Norfolk.

I visited the charity's website and took some time to research what they did, how they help carers and how I could get involved.

I work full-time so I needed to be able to volunteer in my leisure time. The Listening Ear services ticked all the boxes for me as I can do this during the evenings and weekends.

You can read Clare's full interview on our website at caringtogether.org/news/volunteer-clare and hear how volunteering gives her a purpose.

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How you can help

Clare is a fantastic addition to the volunteer team, and we are really happy that she, and all our volunteers, choose to gift their time to carers and support Caring Together. If you would like to join our team or find out more please do get in touch with Annie.

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

2 December

23 December

13 January

3 February

24 February

Our groups moving forward

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



A message from the medical director at Addenbrooke's Hospital

The COVID-19 pandemic has had a big impact on our services this year. We've made many changes in our hospitals over the last few months and are busily preparing for the coming winter.

Our aim is to be here for you if you do contract COVID-19 and require hospital care, but also to treat you and your family safely for your other health conditions while this pandemic continues.

We are taking a number of steps to keep you safe in hospital, including:

Social distancing

You will see directions and instructions explaining what to do to maintain social distancing.

Testing

We test patients for COVID-19 who are being admitted to hospital and our staff are regularly tested, even if they have no symptoms, and self-isolate if necessary. Information about testing for patients is available on our website cuh.nhs.uk

Protective equipment

In line with national guidance, patients and their visitors will be asked to wear a mask or face covering when walking around our hospitals. Full information about this is on our website. Our staff wear protective equipment appropriate to the setting designed to prevent the spread of infection.

Waiting times for treatment

During the peak of COVID-19, we had to make the difficult decision to delay some less urgent treatments, including some surgery. Although most services are now open, some are running more slowly due to ongoing COVID restrictions and waiting times for treatment have increased. The pause we experienced earlier in the year caused a backlog of patients that we are working through as quickly as we can.

If you or a loved one are waiting for treatment

I want to assure you that you haven't been forgotten and we know that everyone who is on a waiting list is there for an important reason. We understand the stress and anxiety that delays can cause.

We are managing our waiting lists so that patients who are most at risk from a delay in diagnosis or treatment are seen first. If you're currently waiting, we will be assessing the risk of the delay you are experiencing. Everybody who has waited longer than we would normally expect to will receive a letter explaining what to do if you're worried or if your condition is getting worse. Again, our website has more information.

The likely waiting times for patients needing tests or treatment with us will become clearer over the coming months.

Of course we do recognise that it will be very frustrating and disappointing if you started the waiting list with an idea of when you might be treated, but now you don't know how long your wait might be.

While you are waiting, if your health changes or you become worried about worsening symptoms, it is important that you contact your clinical team and more information about how to do this is available on our website.

Your questions and comments

Any questions you might have can be directed to the Patient Advice and Liaison Service on 01223 216756 or email

pals@addenbrookes.nhs.uk

It's fine to raise questions and discuss any concerns.

Please can I take this opportunity to thank you so much for your patience and support as we have worked through this pandemic together. Your health matters a huge amount to us and we look forward to getting you on the road to recovery as quickly as possible.

With my very best wishes

Dr Ashley Shaw

P.S. Do look after yourselves and get a flu jab this year – it really matters and will make such a difference to our hospitals and our communities if we can minimise the impact of seasonal flu.

North West Anglia NHS Foundation Trust

An update from the trust that runs Peterborough City Hospital, Hinchingsbrooke Hospital and Stamford and Rutland Hospital.

Hospital visiting

Hospital staff understand it is a very difficult time for carers not being able to have open visiting due to COVID-19. Strict visiting restrictions have had to be put in place to keep patients, visitors and staff safe from the spread of infection. Please continue to check for updates on social media and their website to ensure you have the most up to date information on visiting.

See nwangliaft.nhs.uk

Discharge letters

Restricted visiting has sometimes meant carers have not felt as well informed about a patient's condition and treatment, including information which they need to know in order to provide ongoing patient care when the patient returns home. To help with this communication, patients are discharged home from hospital with a detailed discharge letter which reports on all the patient's treatment and medicines throughout their hospital stay. A copy of the discharge letter is also sent to the patient's GP. Discharge letters can often be found in the green polythene bags containing the patient's medicines to take home. Carers may find them very informative and helpful.

What If? Plans

As a carer it often helps to plan ahead for if you are not able to carry out your caring role, such as a hospital admission. This is where the What If? Plan can help and can be arranged by Caring Together.

Over Christmas and during lockdown there has been an increase in carers being admitted to hospital as patients. In some cases the ambulances have brought the cared for into hospital as well because they cannot be left home alone. Hospitals are not the right place to be if it is not necessary. For this reason we would like to urge all carers to consider a What If? Plan.



How you can help

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

As with all charities Caring Together has been impacted by COVID-19. This has affected our fundraising activities, but for carers their caring role has not stopped and carers rely on our services and support. For many carers their caring role has increased and many feel more isolated and lonely. We need your help and support to raise money so that Caring Together can ensure that we are there when carers need us most.

There are lots of ways to get involved and here are just a few.

Christmas cards

It is not too late to order your Caring Together Christmas cards. Packs contain 10 cards of one design and there are five designs available, priced at £3.50 per pack. To order your Christmas cards please visit caringtogether.org/christmas-cards or send an email with your order to fundraising@caringtogether.org

Balloon race

Are you looking for an unusual Christmas gift this year, or perhaps you are looking for that virtual secret Santa gift? Well, this could be the gift you are looking for. Why not take part in our virtual balloon race?

All the balloons are virtual, so there is no harm to the environment or wildlife. You can design your balloon in the colours you like or have the name of the person you are gifting the balloon to written on it.

There is no limit on the number of balloons you can buy and each balloon costs £3.

The balloons will be launched at the same time on Christmas Day from Father Christmas's office in Lapland, once he has got back from delivering presents!

For more information and to buy your balloons please go to caringtogether.org/balloon-race

You will be able to track your balloon making sure it has enough virtual helium inside it or maybe you will need to adjust it a bit to make it go faster as they will be experiencing the real weather conditions!

The race is virtual but the prizes are real! The balloon that travels the furthest will win £500, 2nd prize is an iPad and 10 lucky winners could win a £10 book token.

For more information please email nicky.newton@caringtogether.org

Caring Together
book club
so that carers have choices

This December we are launching our first ever virtual book club. We are inviting everyone who loves reading to join. Book club meetings will be hosted online so that anyone can get involved and take part regardless of where they live.

You can sign up today with a minimum monthly donation of £4.99. You will receive a welcome email from the head librarian, access to the book club hub where you can chat online with your fellow book club members who share the love of a good read. There will also be the opportunity to meet authors as they discuss their book. Every six weeks a new book will be chosen from all the suggestions which will open up new genres, new authors and expand your love for reading.

If you are a carer and have a carer's card you can sign up with a minimum donation of £3 per month.

You will be given a Caring Together tote bag to keep your book in and a bookmark so you never lose your place.

You will also get updates on how your membership is helping carers.

To find out how to join or buy a membership as a gift, please contact the head librarian, bryony.wainwright@caringtogether.org for more information or head over to our website caringtogether.org/book-club

Christmas card competition

Are you creative? Do you enjoy photography, drawing or painting? We are looking for a creative design for our 2021 Christmas card range.

The design needs to have a festive theme, but everything else is completely down to you. It could be a photograph of a wintery scene, a pen and ink drawing or painting.

The closing date is midnight on 31 January 2021 and the winning design will be announced in the next issue of Carers magazine. The design will be professionally produced and will form part of our 2021 Christmas card range. Unfortunately, it will not be possible to return any entries.

For more information please contact fundraising@caringtogether.org

Good luck!

Thank you

A big thank you to everyone who has supported, fundraised and donated to Caring Together. Here is just a small selection.

Thank you to...

The Burwell Belles and volunteers, who have been baking cakes and making face masks, raised £1,048.



BGL Community Fund who donated £5,000 to help fund more breaks for carers.

Thank you to everyone who has bought our **Christmas cards** so far. All profits raised go directly to helping support local carers. We've been blown away by how popular the designs have been and appreciate everyone's support! Thank you to the many people who have also made donations on top of their card purchases.

We cannot raise funds without you and we need you now more than ever.

If you would like to get involved or have an idea that you would like to talk through, please contact Nicky or Bryony at fundraising@caringtogether.org or telephone 07936 359122

We look forward to hearing from you.



Deafblind UK launches remote support groups to combat loneliness

The COVID pandemic has forced us all to change the way we are used to doing things and adapt to a new normal. But regular social groups were more than a chance to catch up with friends.

For many people, social groups were possibly their only chance to leave the house, to meet other people and the only chance they had to combat those awful feelings of loneliness and isolation.

So, when Deafblind UK was forced to pause their social groups because of COVID, they set up some remote social groups, and so far they have been really popular! These groups are free for Deafblind UK members, and people can join using either a video call or telephone. They limit the size of the groups to make it easier for people to keep track of who's who, and to give everyone a chance to talk if they want to.

Mike Wycherley, head of regional services said, "Social interaction is so important for our wellbeing, but when you have sight and hearing impairment, it is not always easy to socialise. Our groups give people that chance to meet others who may be facing similar challenges."

A participant at a recent virtual social group said: "It's good to have a conversation with someone in the same position, who understands."

"We have been unable to run our physical social groups for some time now, and many of our members are still very isolated and feeling lonely and low. The remote groups give people the chance to meet new friends or to catch up with old friends

from our existing social groups. You don't need any special equipment or skills to take part, just a phone and/or a tablet or computer," continued Mike.



The groups take place every other Wednesday and last for up to an hour. For more information about virtual social groups or to book into a group, contact Deafblind UK:

Tel 0800 132320

Text relay 18001 then 0800 132320

Email

info@deafblind.org.uk

BSL video relay

deafblind.org.uk/bsl

deafblinduk

Safe+Well

Getting out and about



In September David Lacy and Jess Kaye from Safe+Well provided a virtual information session using Zoom to the Girton carers hub about equipment and aids that can help with getting out and about.

There can be many barriers to getting out and about which affect people with mobility difficulties or memory problems, but there are several solutions that may be helpful.

Grab rails

Getting in and out of the front door can be difficult for people with mobility problems. Grab rails can be fitted to wood or brick surfaces and can provide a secure handle to help with balancing when negotiating steps.

Local handyman services can help with installation.



Pendants with GPS

GPS pendants can help people with dementia stay active, as they can be worn outside the home on walks and local trips, for example to the shops. They can allow the carer to locate where the person is, contact them by calling the pendant, and the person can use the pendant to call the carer if they have any difficulties.

These pendants could help provide reassurance to the carer when the cared-for person is out and about.

Half steps

A portable half step can make a big difference and make negotiating the front or back door step much easier. They can potentially halve the step height. Some options also have integrated hand rails for additional support.



The Zoom session formed part of the partnership between Caring Together and NRS Healthcare in 2020. This partnership has also included information sessions for staff at Caring Together and fundraising by David at NRS Healthcare.

What is Safe+Well?

Safe+Well is a service, supported by Cambridgeshire County Council and Peterborough City Council, where residents can get advice when they are looking to buy aids that can help with everyday activities and mobility. The team can provide advice on equipment that may be helpful and advise about trustworthy suppliers.

Feel free to contact David and Jess for free advice about getting out and about (and many other activities).

Tel 01480 415719

Email enquiries@safeandwell.co.uk

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.

To book a space on our friendly Zoom groups or find out the latest information about where groups are running in the community please contact Jane or Kim.

If you prefer to join in on your own or with a loved one at home you will find four pre-recorded video sessions online at <https://britishgymnasticsfoundation.org/lovetomove>

Or if you like the British Gymnastics Foundation Facebook page, turn on notifications, you can join our Facebook Live sessions and videos each weekday. Find the page at facebook.com/britishgymnasticsfoundation

NEW DEVELOPMENT! We are piloting a new Love to Move session aimed at people living with 'Young Onset Dementia' and are looking for volunteers to help us to develop this ready to roll out across the UK. If you know anyone who might be interested, please contact Kim Hall



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

By joining our FREE Priority Services Register, we're making you our priority

We want to do all we can to help you.

CAMBRIDGE
WATER
COMPANY

"I would find it difficult to answer the door quickly or collect water from a water station, if my water supply was ever affected"

"My eyesight isn't the best and I want my son to receive my bills"

"I have a young family myself and I care for my mother who is not able to get out of the house"

Do you or anyone you know need extra support should your water supply be affected?

Visit our website www.cambridge-water.co.uk/psr to find out more and register. It's free but may help us make you our 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 them 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.



Are you a family member or friend caring for someone with dementia?



Dementia Carers Count is a national charity dedicated to supporting family and friends caring for someone with dementia. They run free, professionally developed and led courses for carers.

To register for their courses and to access their virtual carers centre please visit dementiacarers.org.uk and follow their social media pages for updates.

Tel: 020 3096 7895

Email: support@dementiacarers.org.uk

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

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

Improve your mental health with local creative arts courses



Evidence shows that taking a course with the charity Cambridge & Fenland Community Arts (CCA) improves mental wellbeing, reduces loneliness, and helps people get back to work. CCA offers a range of creative arts courses for adults, often not in paid employment, in Cambridge and Wisbech, including year-long level 2 accredited courses and regular eight-week short courses.

Short courses offered in the past include environmental art, drama, beginners guitar, the language of paint,

performance poetry and drama.

Denise took part in a visual arts course and commented: "It improved my self-esteem, made me have something to look forward to in my week. Doing something I enjoy has made me feel happy, which is rare. Great experience".

The COVID-19 crisis has increased the risk of mental health problems and during lockdown, many people have turned to creative activities to keep themselves busy.

"What we do is needed now more than ever," says Jane Rich, CCA Founder and CEO. "We bring people together in small groups in the community, to learn and practice all forms of art. They gain in confidence, improve their mental health, make friends and in some cases get back to work".

For more details please call 07763 280029 or visit camcommarts.org.uk



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 receiving 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.

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.

 [/healthandcareacademy](https://www.facebook.com/healthandcareacademy)  [@HCSWAcademy](https://twitter.com/HCSWAcademy)  [@healthandcareacademy](https://www.instagram.com/healthandcareacademy)



Spectrum is a multi-award winning parent-led charity, supporting families of children with Autism, additional needs and disabilities.

We provide a wide range of services including events, sessions, days out, access to the Max Card and secure Minecraft servers.

You can also access our dedicated Family Worker and Child Psychology support team, covering such areas as anxiety, developmental and behavioural aspects, as well as EHCP.

We are family-focused, passionate about inclusion, wellbeing and reducing isolation whilst supporting SEND.

Spectrum support families from the start of their journey, a clinical diagnosis is not required.

Our membership is free.

Registered Charity 1179618

spectrum.org.uk

01223 955404

hello@spectrum.org.uk



Caring for a child with autism



When a child is self-motivated to develop their skills, it is an encouragement to the parent to offer growth providing opportunities. The child's learning, growth and development accelerates as a result of this natural cycle between parent and child. Over the years a parent's role to provide growth opportunities naturally reduces as the responsibility to manage learning moves more and more to the child; they follow interests, pick up clues, get curious about the world and people, develop hypothesis, and essentially develop personal and interpersonal agency.

For children with autism, that growth seeking aspect may not be there as strongly, or for some, at all. This is what can make it particularly challenging for a parent of an autistic child to help their child grow. Because of this challenge met with strong desire for stability, the parent-child relationship focus is not such a guiding relationship but instead can be on keeping everything the same/ static.

The child creates static, repetitive systems and the parent typically goes through phases of accepting and following that and then at times aiming to change it. However, without the basis of a solid guiding relationship between the parent and child, the change can be perceived by the child as chaotic, too dynamic and a disruption to their comfort zone. That can lead to both the parent and child retreating back to static which negatively reinforces the pattern of static stability.

It is possible to develop the child's own motivation, spark growth seeking and strive for personal agency.

CORE Steps: The Guide to become Confident, create Opportunities, build Relationships, and enhance Engagement is a step-by-step way to learn the transformational steps towards improving the parent-child relationship and learning necessary guiding tools.

You can find out more by going to thinkautism.co.uk and clicking on 'courses' or email elisa@thinkautism.co.uk

*Jumpstart
Week!*

18th - 22nd January 2021



The guide to
become **C**onfident,
create **O**pportunities,
build **R**elationships and
enhance **E**ngagement

with Elisa Ferriggi

Grants available now for low income families with disabled children



Family Fund is the UK's largest charity providing grants for families on low incomes raising disabled or seriously ill children and young people.

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

Family Fund provide grants for essential items such as kitchen appliances, sensory toys, family breaks, bedding, tablets/computers, furniture and clothing.

It can be a struggle financially, emotionally and physically for families raising a disabled or seriously ill child, and these grants help break down many of the barriers families face, improving their quality of life

and easing the additional daily pressures.

Family Fund has seen a dramatic rise in applications as a result of the coronavirus pandemic. They have received extra funding from government funders to support more families, including £10 million in funding from the Department for Education to provide extra grants for families in England.

Families can usually apply once every year, but in response to the increased need for support due to the impact of Coronavirus, families who have not received a grant on or since 1 April 2020 can apply to Family Fund again.

To find out more visit their website www.familyfund.org.uk, call 01904 550055 or email info@familyfund.org.uk

Alfie's story

Alfie is five-years old. He has Fragile X Syndrome. Mum Kimberly explains: "It's a genetic condition that causes learning disabilities, speech problems, low muscle tone, behavioural issues and autism."

"Alfie is a very happy boy at home but going out to busy and loud places over-stimulates him. He can generally only manage about 45 minutes somewhere before it becomes too much."

School has also been a big challenge for Alfie. "He struggles with changes to his routine – the hall being set-up for school photographs, or being taken over for school plays. Then there's the noise of the other children and their movements."

"Alfie has hospital check-ups for his sight, due to his low muscle tone, as well as speech and language therapy. Developmentally, Alfie is a couple of years behind where he should be. A big achievement for Alfie during the Coronavirus lockdown was learning to recognise the numbers one to six. We're very proud of his hard work!"

Due to Alfie's condition, he needed a grant that could help with his movement as well as fulfilling his sensory needs.

Kimberly applied for a swing set. "Alfie loves being outside, so a safe place for him to play is an absolute must. He has low muscle tone from his Fragile X syndrome, so the ladder on the swing set is great for getting him to use all his muscles."

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 are Pinpoint?

Pinpoint are 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 specialise 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 them 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:

- 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.



Keep up-to-date

Family Voice regularly update their website and events calendar with the latest virtual events they are hosting each month, so head over to familyvoice.org/events to find out what support is available and how you can get involved.

Make sure you're following their social media pages (Facebook, Twitter and Instagram) to stay up-to-date with the latest government advice, community support available, and upcoming virtual events.

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)



Peterborough

adult sibling group

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

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

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

Registered Charity: 1149783

Keep moving at home with our online groups!

PosAbility usually runs 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. To stay covid-19 secure we are piloting **online** services. Exercise and social zoom groups are available.



Have you got reduced mobility?

Need some company and motivation to get moving and keep moving from the comfort of your own home?

You could join one of our online groups! Everyone is welcome, including wheelchair users.

Whatever your age or ability - why not get in touch?

Call : 07565 598 193 or Email: posability3@gmail.com

Our experienced and qualified instructors are waiting to hear from you

Our simple and achievable exercises can help you maintain your level of mobility and help to alleviate pain and fatigue.

Tel: 07565 598 193, Email: posability3@gmail.com Web site: www.posability.org
We are positive about YOUR ability



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.

You can call the free and confidential helpline on **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, 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, 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 (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. Telephone triage assessments are being carried out for 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.

Visiting support service for older people

Offering 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!

During these challenging times our **Community Navigators** can help you find local support. This includes access to our **Help at Home** essential shopping and our **Wellbeing Phoneline** services

Speak to your local Coordinator today on:

Fenland: 01354 695208

East Cambridgeshire: 01353 659639

Cambridge City: 01223 300460

South Cambridgeshire: 01954 212100

Huntingdonshire: 01480 775493

To learn more or donate to our Covid-19 response services please visit <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.

Join us for an online relaxation session via Zoom on **Monday mornings at 11am.**

If you would like to join, please contact Elaine Ellis at Burwell Surgery on 01638 741234 or e.ellis2@nhs.net for more information.

Funding for the sessions is from Burwell Carers Funds.

LIFELINE

If days seems tough and you feel low, call lifeline helpline.

Freephone:
0808 808 2121

Monday to Friday
11am - 11pm
Weekends 2pm - 11pm



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 to find out when the group is resuming, 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: 1148128

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

Reg Company No: 7513412



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



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**



Inside news for carers

**Have you signed up to receive
Inside news for carers, our
monthly e-bulletin?**

**Inside news for carers
gives the latest news and
information that carers need
to know about.**

**To sign up please call
0345 241 0954 or visit
caringtogether.org/maillinglist**

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.



**We provide
homework**
so that carers have choices



Our dedicated staff provide personalised care for people of all ages and with a range of conditions. We arrange and deliver support in the home and community to best meet your needs and wishes.

We also provide information, advice and guidance to help carers in their caring role.

Contact us to find out how
we can help you

0345 241 0954
hello@caringtogether.org
caringtogether.org



Brampton Reconnect Social Group

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

Some groups are temporarily suspended
until further notice, however, the following
groups are running

Fortnightly Reconnect zoom sessions
Wednesday at 11.00am

Love to Move with Jane Thomas via Zoom
Thursday at 2.00pm

The Dementia Choir with Kate Cooke
Friday at 4.00pm (except school holidays)

Carer support information available.

Contact Jo for details on
01480 453554 / jorod.fisher@btinternet.com



Shelford carers hub

A friendly, welcoming support group for all carers, including people living with dementia and the people who care for them.

We are meeting virtually 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 visit their 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



Now 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**

**Sing! Together is managed
by registered charity
All In Sound**



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



Online Reminiscence with The Norris Museum

A group for those who enjoy reminiscing and sharing stories from the past to stimulate memories and conversations.



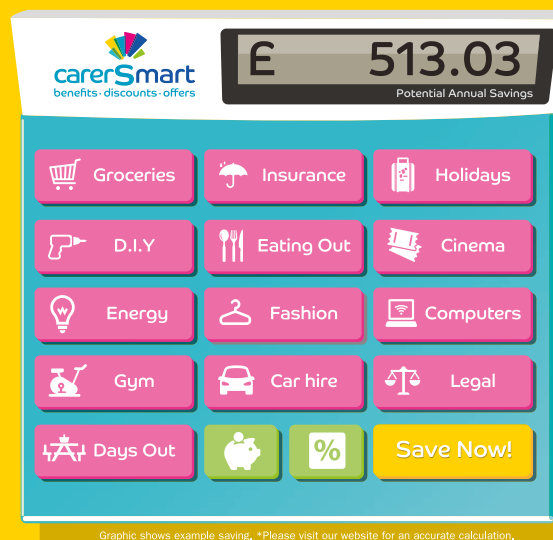
The museum is now able to offer online reminiscence session held on zoom. If you are interested in taking part or would like to know when the next session takes place please contact Susan Bate Community Officer on: - communities@norrismuseum.org.uk



01480 497314
 @TheNorrisMuseum
info@norrismuseum.org.uk
www.norrismuseum.org.uk



How much could you save?



Take the challenge today.

See our online calculator to find how much you could save.

CarerSmart is a club from Carers Trust which offers offers, benefits and discounts exclusively for carers and people with care needs.

Find out more from our carer helpline 0345 241 0954 or visit carersmart.org

deafblinduk

Remote social groups

For anyone affected by sight and hearing loss. Meet new people and share experiences at our friendly groups.

Groups run every two weeks and last up to an hour. You can join via telephone or video call. To book your place, contact Deafblind UK on 0800132320 or email info@deafblind.org.uk

Virtual carer clinics

We realise that a traditional Monday to Friday 9am-5pm service doesn't work for everyone so we are delighted to be able to offer virtual carer clinics on the first Saturday of the month from 10am-1pm.

Dates are Saturday 5 December 2020, Saturday 9 January 2021 and Saturday 6 February 2021.

The 50-minute sessions give carers the chance to speak to one of our carer advisors to get specific information and advice and explore what support is available to support them in their caring role.

To book an appointment please call our carer helpline 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 operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (208187) and in Scotland (SC037046). © Parkinson's UK. Parkinson's UK logo.

PARKINSON'S^{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: [/Peterborough.Shakers](https://www.facebook.com/Peterborough.Shakers)

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Cambridge Branch Parkinson's UK

Bi-weekly Cuppa and Cake Zoom meetings

To find out more information, including how to join the meeting, please contact Trish.

Tel: Trish Carn 07815 541111

Email: trishc.parkinsonscambridge@gmail.com

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





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

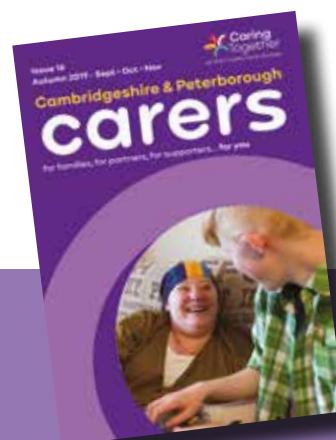
Available Monday to Friday 10am to 4pm
Calls will be answered until 8pm by the
national Age UK Helpline

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 can be activated 24 hours a day, seven 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 adult 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 helpline 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 December 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

12/11/20

Review Date 12/02/21 Ver 1.0



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

We are here to help by providing:

- Information, advice and guidance to help you in your caring role.
- Care in your home and community for adults and children.
- 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.

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

