

Issue 22

Spring 2021 - Mar • Apr • May

 **Caring
Together**
so that carers have choices

Cambridgeshire and Peterborough

carers

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



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Welcome

Welcome to the Spring edition of Carers magazine.

Given the constantly changing nature of the coronavirus pandemic it is very good to read about the range of support for carers available at this time.

The role of everyone who looks after a family member or friend is hugely important. And we are absolutely committed to ensuring we keep offering the services, advice and support that carers need at this time.

One example of this is the free support we are offering carers, and the people they look after, to get to their COVID-19 vaccination appointments. When you are invited to your appointment, tell us and we can help you attend.

We have been booking taxis, providing care workers and speaking to carers to make sure getting to their appointment is as convenient as possible. While we don't book the appointments, this service is one way we can make a difference to carers at this time. See page 3 for details.

We have another full issue of Carers magazine this time so I am sure that, whatever your current situation, you will find plenty of useful information in this issue.

Stay safe and keep well.

Miriam Martin
Chief executive



Supporting carers to attend their COVID-19 vaccination

We are providing free tailored support to help people looking after a family member or friend, so they and the person they care for can get to their appointment for the COVID-19 vaccination.

Miriam Martin, Caring Together chief executive, said, "We know many people who are looking after a family member or friend find it hard to attend medical appointments, so we are here and ready to help.

"Whether it is the carer or the person they are looking after who has the appointment, practicalities such as transport or finding replacement care for the person who is being looked after can be a challenge. That is why we are offering this support.

"When a carer gets an invitation for a vaccination appointment, they can contact us, and we will work with them to help in every way we can. That may mean our trained homecare team looking after someone for the duration of their appointment, it could be us providing transport, or any other way to ensure they can get to the appointment and get the vaccination they need."

Please contact us to find out more.

This support is for carers and the people they look after to attend appointments, we are not able to arrange for people to be given an appointment to receive the vaccination.

You can also complete the form at caringtogether.org/coronavirus-covid-19/support-for-carers-to-attend-covid-19-vaccinations

If you would like to donate to help Caring Together support carers to get to their vaccination appointments please go to caringtogether.org/donate

Other ways 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 plan
- 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 young carers



Centre 33 provides services for young carers on behalf of Cambridgeshire County Council and Peterborough City Council. They provide an update on what they have available to young carers.

Centre 33's young carers advisory board

We aren't just here to listen and to help, we are here to make a change.

Centre 33 now has a group of young carers ambassadors in place, forming a young carers advisory board, to ensure young carers' voices are heard.

The young carers advisory board aims to help other services and the local community of Cambridgeshire and Peterborough to better understand the lived experience of young carers. The board will ensure that young carers voices are heard and help shape the services that affect their lives.

A young carers ambassador

"I am 17 years old. I look after my dad who has depression whilst also looking after my own mental health issues.

"The reason I am passionate about speaking out for young carers is because I feel that people with mental health issues (or those who care for people with them) don't get a chance to speak out when in some cases they might be able to provide a better perspective - due to the fact they either care for someone with mental health issues or have/ still do suffer from some themselves. I feel that mental health is also a topic that people my age don't really

speak out about enough and if some of us started to, it may help others."

Another young carer said, "I think that a difference needs to be made and I would like to be part of the driving force that changes it."

How to get involved

If you would like to get involved with shaping services for young carers in Cambridgeshire and Peterborough, or would like to speak to our young carers ambassadors, please contact Centre 33's young carers participation worker - Becca Bryant by email becca@centre33.org.uk

Young Carers Action Day, protecting young carers' futures

Centre 33 is passionate about supporting young carers to plan and protect their future. If you are 16+ and unsure what you want from the future, we can support you to complete a young carers transitions assessment, helping you to take control of your future.

Find out more

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

0333 414 1809

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

Support for carers of people with mental health conditions

Making Space provide services for carers of people aged 18-65 with mental health conditions on behalf of Cambridgeshire County Council and Peterborough City Council. They provide an update on what they have available to carers.



As we approach the spring and leave 2020 behind us, we all look forward to happier days ahead in a country, and possibly a world, free of COVID and the restrictions it has brought on us all. It has to be said that it has brought with it the good, the beautiful, the bad and the ugly. It has felt strange to some, difficult for others, enlightening for most. In the beginning the trees looked greener, the flowers that much brighter and birdsong was clear and beautiful – no cars on the road brought safety and a sound of silence. Since then we have adapted to shielding, isolating, social distancing, meeting in various guises, wearing face masks and face shields, all of this to help keep us and each other safe.

At Making Space we have continued to meet with carers, having outside one-to-one walks in line with government guidelines. For others it has been telephone and email contact, but many have also discovered new skills including accessing Zoom! Our online carer coffee mornings are now underway and have been well attended. Our first online craft morning with simple ideas to try something new was in February. Simple craft materials are sent out from our office to carers who have shown an interest in joining in or having a go on their own. Please contact us on our landline for further information.

We will all remember last year for all sorts of reasons, we know that for you it has been an extremely difficult time but as always, like Captain Tom, you have just kept going and risen to the challenge. We look forward to being able to meet up with all our carers again soon, with the warmer weather on its way it makes meeting up anywhere that much easier and the vaccine certainly paves the way for a brighter 2021.

If you have any questions or concerns or just want to have a chat with someone who understands your caring role, remember we are just a phone call away.

Find out more

01480 211006

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





Caring Together - continuing to be here for young carers

Caring Together offer a wide range of support to young carers of all ages across Cambridgeshire and Peterborough

Young carers can:

- Have a break from their caring role – whether that is with other young carers on one of our trips, or with the person they care for (such as a brother and sister having some time out together with the help of our staff).
- Develop new skills to help them in their caring role through our fun and informative workshops.
- Have the same opportunities as other children and young people through schemes such as bursaries, mentoring and employability support.

Workshops

During the latest lockdown, we've been running lots of different virtual workshops for young carers such as:

- Active Living (including yoga, Clubbercise and boxing and mindfulness).
- Arts and craft sessions to help improve your wellbeing and distract yourself when things are tough at home.
- Keeping yourself healthy including healthy 'Make a meal of it' activities and managing stress.

In March, April and May we have more of these workshops booked in and as the focus of Young Carers Action Day (see page 7), we've also got activities to help young carers to think about their future.

Have a break from your caring role – trips and activities

We know from speaking to young carers and families, and from the feedback from our October half term trips how much young carers value having a break away from their caring role – even more so since the lockdowns began.

We obviously make sure that everything we are doing is in line with the latest government guidance, but we are busy planning some exciting trips and activities for Easter and May half term. Make sure to register with us to find out the latest about trips and activities available for young carers.

Time together for siblings

We know sibling carers often miss out on many normal activities, whether away from their home or with their brothers and sisters. We can enable them to have a fun break and some time just for them.

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.

Young Carers Action Day 2021

Protecting young carers' futures

#YoungCarersActionDay

Young Carers Action Day (YCAD) is an annual event all about young carers, and now also young adult carers, and was formerly known as Young Carers Awareness Day. Young Carers Action Day is about trying to make real change for young carers and young adult carers.

This year's theme is protecting young carers' futures – it's an opportunity to recognise the incredible skills that they have developed through being a carer – like resilience, time management and empathy. But it's also about making sure that young carers have the same life choices as other children and young people.

Some of the young carers and young adult carers who Caring Together support have put together a survey to capture the voices of young carers and young adult carers from across Cambridgeshire, Peterborough and Norfolk, and they will be sharing what young carers have said for YCAD.

For all of the latest news on YCAD 2021, and resources you can use to help spread the message, visit caringtogether.org/ycad or sign up to receive inside news for carers, as we will be sending out a special YCAD edition.

What Caring Together are doing to help

- Providing workshops for young carers to help them improve their skills, think about their future, and to support them in their caring role (for YCAD, we are partnering with NEACO and Peterborough United Community Trust to help young carers think positively about their futures).
- Over the past year, we have provided over £21,000 in bursaries to support young carers and young adult carers to access education. We have also provided tablets and access to mobile data.
- Setting up a mentoring scheme where local employers, successful individuals and others will provide support to help young carers and young adult carers to be positive about their futures.
- Helping young carers and young adult carers to get employability support – such as mock interviews, help with CVs and reviewing of personal statements.

What you can do to help

- Join Caring Together's Young Carers Action Day event on Zoom on Monday 15 March from 4.45pm where young carers and young adult carers will be giving an exclusive preview of the results of their 'COVID-19 – one year on' survey.
- Share the results of the survey on your social media channels and with people you know.
- Join the other 200+ organisations who have signed up to the Carer Friendly Tick Award to demonstrate their commitment to identifying and supporting carers of all ages (see page 17).
- Volunteer your time and expertise to be able to offer employability/ aspirations support to young carers and young adult carers.
- Make sure that young carers know about the support available from Caring Together and Centre 33.

Be a part of Census 2021

Census day is 21 March 2021.

By taking part and encouraging others to do the same, you'll help make sure your community gets the services it needs.

Census 2021

It is hugely important that the voices of carers, people looking after family members and friends, are heard and that the importance of their role is understood

This year gives a very important opportunity for the number of carers, and their situations to be officially recognised.

Census 2021 inform decisions on services that shape our communities, such as healthcare, education and transport. The census findings are used by the government and many other organisations.

The opportunity only comes around once every 10 years to complete the census in England and Wales. So these figures will provide a very important update.

There is a specific question asking about whether you look after, or give help or support to, someone else.

Caring Together chief executive Miriam Martin said, "Many carers in England and Wales, and in the areas supported by Caring Together are hidden.

"It is good that this census provides an opportunity for the government and others to get a more accurate and up to date figure for the number of carers. This will also help their contribution be better understood.

"We support the messages that are being given in encouraging as many people as possible to complete the survey. Having a more complete picture of how many people have a caring role, in looking after a family member or friend, could help make a big difference.

"The information could help central government, local government and many others understand the needs of communities, including carers, more accurately. They can then better recognise their needs when planning and funding services."

Because these things matter to us all, everyone needs to complete the census. The Office for National Statistics (ONS) runs the census in England and Wales and is independent from government. Your details are protected by law and information published is always anonymous.

Census Day is Sunday 21 March 2021. You can fill yours in online as soon as you get your access code in the post. If your household circumstances change on Census Day, you can let the ONS know.

Everyone should have the support they need to fill in the census. If you, or anyone you know, needs help, there's a wide range of support services available.

These include a contact centre that can give you help over the phone and guidance in a range of languages and accessible formats, including paper questionnaires and large print.

If you need help or have any questions, visit census.gov.uk



@Census2021

Being recognised as a carer - carer's card

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



It has always been valuable for people looking after a family member or friend to be identified as a carer.

The government restrictions in place due to coronavirus recognise the need for carers to be able to carry out tasks, such as shopping and collecting medication, for the people they look after, so being able to show you are a carer has become even more relevant.

The Caring Together carer's card is a good way for you to be identified as a carer, whether this is when you are at the shops, GP surgery, pharmacist or other places. We would also recommend you make sure that the GP of the person you look after is aware that you are their carer.

Early in the coronavirus pandemic we provided people with letters to show they are a carer but our carer's card is now available.

For carers who have a What If? Plan with us – a plan which can be activated if something happens which means they cannot carry out their normal caring duties - the card is now dual purpose. And we have been sending people with What If? Plans a new carer's card which serves both purposes. But you do not need to have a What If? Plan to have a carer's card.

If you don't yet have a carer's card you can find out more by calling 0345 241 0954 by emailing us at hello@caringtogether.org

Registering for a What If? Plan

If the person 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. This includes us getting in touch with a named contact, such as another family member or friend, to make them aware of the situation and to put the agreed plans into action.



If you are a carer who is caring for an adult, we can also 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 request a carer's card or find out more about the What If? Plan, please call us on 0345 241 0954 or visit our website at caringtogether.org/whatifplan

Caring Together forum

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 choose how you want to get involved.

Carer Friendly Tick Award assessors

Could you join our pool of assessors to assess Carer Friendly Tick Award 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? We want to hear from you and have your help in shaping 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. You will be part of ensuring 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. You will help us review the performance of our carer support service.

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



Help to reduce stress if you look after someone with dementia



Don't Tone Alone are continuing to run their Mindfulness and Enerchi courses for carers supporting someone living with dementia.

You can sign up now to get involved.

There has been really positive feedback from carers who took part in the first set of courses including:

"The sessions have been extremely useful. They have taught me how to relax and to breathe properly."

"Meeting with people who are now friends. The mindfulness is informative, comforting and soothing."

"We found them extremely useful. I have used the strategies I learnt from them to relax and deal with stress. Helps with sleep and a positive outlook."

"My husband has dementia and is usually very reluctant to take part in the various activities that are available but he really looks forward to the Enerchi sessions and we both find them enervating and feel fitter after doing the exercises."

"The classes are brilliant. They show me how to have a gentle workout and to get rid of stress."

"The exercises are obviously geared to ability and age and we are given loads of encouragement and praise. Extremely useful."

Mindfulness with dementia

Mindfulness with dementia is a 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. The course is delivered over 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 (and receive information about the confirmed dates), please call 0345 241 0954 or email hubs@caringtogether.org





Improving support and communication for carers

healthwatch
Cambridgeshire

healthwatch
Peterborough

It's been a really tough 12 months for carers.

Since the pandemic began last March, Healthwatch have been listening to local people about how they have been affected by the many changes to health and care because of COVID-19.

From their survey last year, they know that carers, older people and those with disabilities or long-term health conditions have been hit the hardest.

Healthwatch have been sharing what you told them with the people planning and delivering care in Cambridgeshire and Peterborough. And they have been learning from your experiences so that they can respond better to your needs.

One big change has been the way people leave hospital in our area. Because of COVID, patients have been leaving hospital faster by having their ongoing care needs assessed at home.

Healthwatch's recent [Leaving Hospital during COVID-19 report](#) found that although the new system has worked well for some patients, others were left without the information, support and equipment they needed.

As a result, they have called on hospitals, health and care services to work with patients, their families and carers to improve information, communication and support.

Tell Healthwatch what you think

Have you had a hospital stay recently? Perhaps you've had your COVID-19 vaccination? Or you might like to tell us about home care or social care services that you use?

Please share your health and care experiences with us. Your feedback helps the NHS and local care teams to provide good care for everyone.

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

Carers' Partnership Board

At the last Cambridgeshire and Peterborough Carers' Partnership Board meeting for 2020, members heard about how our local authorities are working to better support carers.

Kadie Chapman, vice chair of the partnership board, welcomed Shauna Torrance, head of commissioning, and Helen Duncan, head of adult safeguarding and principal social worker, at Cambridgeshire County Council and Peterborough City Council to the meeting. They told the board how they are working to improve the early identification of carers and support them in a flexible way.

Communications are also being developed to reach people who see themselves a parent, child, husband/wife/partner rather than as a carer.

They are working with the commissioned carer support services — Caring Together, Centre 33 and Making Space — to focus on prevention services offering advice and information, support groups and contingency plans.

The councils also hope more carers will consider direct payments. Under this scheme, anyone getting help from social services – or their carer – can apply to have their care funding as a cash payment. They can then choose and buy the care and support services they need themselves rather than getting them from the council.

Find out more about the Carers' Partnership Board: go to 'Get Involved' on the Healthwatch websites.

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





Congratulations to our volunteer team

Many members of our volunteer team have been recognised for their roles in supporting the local community

Caring Together has a wonderful volunteer team made up of 43 dedicated people who give their time and talents tirelessly to support carers. Their roles vary widely from Listening Ear volunteers, young carers activity volunteers, to IT support. We are so lucky to have such skilled and dedicated people as part of our team which is growing as we develop new ways to support carers.

Since the last issue of carers magazine we have been delighted that the contributions of some of our volunteers during the pandemic have been recognised by the Lord-Lieutenant of Cambridgeshire, Mrs Julie Spence OBE QPM DL. 13 volunteers were sent a card of recognition and thanks for the services to carers through the pandemic. Most of our volunteers will say that they don't do it for thanks, but it is brilliant to see the quiet hard work since March marked so personally.

In December we were also delighted to hear that Richard (pictured below) was awarded the silver award for rural volunteer of the year by the Hunts Forum. Richard was awarded this for his continued service since March assisting carers by delivering PPE, providing welfare calls as well as home visits and a range of other activities we asked him to do as part of our work to support carers. It is a very well deserved award.



The Hunts Forum awards also saw nine of our volunteers recognised for their

contribution to carers. Certificates were issued to the Shelford hub volunteer team who support the very successful fortnightly group held in Great Shelford. Since the pandemic this group has moved online and the volunteer team continue to support and engage via Zoom. This team is made up of Gloria, Trish, Yvonne, Ian, Barbara, John and Richard.

Our Listening Ear volunteer team was recognised for its consistent support to carers over the phone with Pat receiving an individual certificate for her huge contribution. Rylan and Robert also received certificates recognising their service to carers as part of Caring Together's volunteer team.

Join our team

If you would like to join our team or find out more please do get in touch with Annie Gault.

Call Annie on 0345 241 0954

Email volunteers@caringtogether.org

Visit caringtogether.org

Our online support for carers

At Caring Together we are still supporting carers, we have just changed how we meet you. Restrictions due to coronavirus and the situations facing many carers, and the people they look after, mean we are not out about in the communities in the usual way. But we are still here to meet people using online resources such as Zoom.

What we are offering includes:

- Support for bereaved carers. In these current times it is more important than ever to stay connected.
- For adult carers we have interactive Zoom groups where you can get support from each other, try relaxation therapies, hear from a variety of speakers providing different information and advice, as well as enjoying some light-hearted fun.
- Adult carers can have one-to-one support via Zoom with one of our professional carer advisors – we call these carer clinics. These clinics run mostly on a Tuesday or Friday, but if you are not able to have a carer clinic during normal business hours, we run some clinics on a Saturday too that you can book in for. All these clinics are in addition to the support available through our helpline.
- For young carers we have interactive Zoom workshops available for primary and secondary age carers. Our workshops aim to achieve some key objectives – trying something new, improving confidence or health and wellbeing, and providing all important fun!

If you would like to access any of our virtual support services, please get in touch via hello@caringtogether.org or speak to us on 0345 241 0954

If you are interested in joining a group you can email us at hello@caringtogether.org or call us on 0345 241 0954

If you need help to get set-up with Zoom, which is what we use to meet together, we can help with that too.

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

Third Wednesday of the month at 10.30am

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 email us on hello@caringtogether.org to find out more about how and when our groups will go back to meeting.



Interpreting services at North West Anglia NHS Foundation Trust

The trust is committed to delivering an outstanding experience of care to all of their patients and their carers. Some of their patients and carers require extra services to help support their care, and one of these is their interpreting service.

It is their statutory and moral responsibility to patients, carers and the public to ensure that the services they provide are equally and easily accessible to all of the communities they care for.

The trust employs an in-house interpreting team covering Lithuanian, Polish, Slovak and Czech languages. Interpreters are based at Peterborough City Hospital and support every department of the hospital, including assistance with carers' assessments.

In April 2020 the trust, in partnership with Capita TI, launched the LiveLINK app trust-wide. It is on all trust mobile devices.

The easy-to-use audio and video interpreting app provides access to 180 interpreters on demand twenty-four hours a day, seven days a week.

The app also has an option to merge calls which has allowed clinicians to carry out remote access conference calls with patients and have an interpreter present.

The trust is one of the first in the country to launch this interactive service which is a very innovative way of reaching out to families and carers who might not be able to access their carer services otherwise.

The SignLive app, similar to LiveLINK, is for the use of British Sign Language (BSL) interpreting and also available on all trust mobile devices. SignLive offers an instant communication solution for BSL users 24-hours a day. BSL is the first preferred language of many deaf people; it is estimated that there are around 150,000 BSL users in the UK. Many BSL users are not confident using spoken or written English, and/or a text-relay service, and they experience communication barriers

when trying to connect with health care service providers.

SignLive is a deaf-led organisation with over a decade of experience in delivering interpreting services to the deaf community and provides online BSL interpreters who can be contacted at the click of a button.

The trust offers 'Attend Anywhere' video consultations where you can attend hospital appointments remotely via online video calling. They have now launched Attend Anywhere consultations with a language interpreter and BSL interpreter. Non-English speaking patients and BSL patients will now have a pre-booked interpreter waiting for them in the virtual waiting area and they will be merged to the call when the consultation begins.

It is an excellent opportunity for non-English speaking and BSL patients and carers to use the video consultation services with full support of an interpreter.

If you would like to know more about the services, please contact Hyacinta Zozulakova.

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):

Health

- Arbury Road Medical Practice
- Bottisham Medical Practice
- East Barnwell Medical Practice
- Nuffield Road Medical Practice
- York Street Medical Practice.

Employers

- Arbury Road Medical Practice
- Bottisham Medical Practice
- East Barnwell Medical Practice
- Nuffield Road Medical Practice
- York Street Medical Practice.

Communities

- Peterborough United Foundation
- Swan Youth Project.

Education

- Diss High School
- Eastgate Academy
- Great Yarmouth Charter Academy.

To view the full list of organisations who have the Carer Friendly Tick Award, check out the hall of fame at caringtogether.org/professionals/carer-friendly-tick-award/hall-of-fame

Feedback from organisations that have the Carer Friendly Tick Award

It is important that a range of organisations can identify and recognise carers of all ages in their community.

"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."

"The toolkit was extremely easy to use and follow, it gave great insight to the award and what is needed to achieve. Without the toolkit to support completing our application, I don't believe we would have been able to put forward such a strong application as we did."

Carer Friendly Tick Award toolkits

We have now finished three of our carer friendly toolkits – education, health and communities, with the employers version to be completed soon. The toolkits have example agreements and useful tips and advice about ways in which to raise awareness and increase support of carers.

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





How you can help

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

Caring Together, like many charities, continues to be impacted by the coronavirus crisis and the effects that this has had on our fundraising activities. But for carers, their caring role has not stopped and for many, it has increased. With your support, we are helping carers to get to their COVID-19 vaccination appointments giving them the confidence that they will be able to keep their older, disabled or seriously ill loved ones safe.

Walk your walk for carers 2021

Step out to help carers in Cambridgeshire, Peterborough and Norfolk. Come together with hundreds of others this March by signing up today from wherever you are.

There are three easy steps:

1. Choose your challenge

Walk your walk your way: choose your own challenge that works for you.

Set your fitness tracker or app and choose from either a steps, miles or time challenge.

- **Steps** - aim to walk your chosen number of steps over a set period in March, or a set number of steps per day.
- **Miles** - aim to walk your chosen number of miles or kms over a period in March, or choose a number of miles to walk per day.
- **Time** - aim to walk for a certain amount of time over a set period in March, or choose an amount of time each day.

2. Sign up

Sign up by creating a fundraising page at virginmoneygiving.com

It's completely free, but if you pledge to raise £50 we will send you a Caring Together T-shirt to wear with pride. And if you hit £100 we will send you a water bottle to say thank you.

3. Tell people about it

Share with your friends and family that you are taking part in walk your walk for carers and ask them to sponsor you. Better yet, why don't you encourage them to take part too?

Team together

Take part by yourself or join up with family, friends, colleagues, and club members virtually; it's great to take part as a team! Why not challenge each other to see who can do the most or combine your efforts to take on a team challenge as part of your WI, Rotary or walking club?

It is important that in taking part you keep yourself and others safe by adhering to all current government guidance and restrictions in relation to COVID-19.

For more information, visit caringtogether.org/wywf2021, call 01480 499090 or email fundraising@caringtogether.org

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 on 07936 359122 or fundraising@caringtogether.org

We look forward to hearing from you.

Book club

If you have a New Year's resolution to read more books, joining our book club will help keep you on track and introduce you to new book genres, new authors and expand your love for reading while making new friends.



You can sign up with a monthly donation of £4.99. If you have a carer's card you can sign up with a donation of £3.00. You will receive a welcome email from the chief 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 books. Every six weeks a new book will be chosen at random from all the suggestions.

Everyone will receive a Caring Together tote bag to keep your book in and a bookmark, so you never lose your place. You will also receive updates on how your membership is helping carers.

For more information, please email bryony.wainwright@caringtogether.org who will be able help you.

Other news

Christmas virtual balloon race

The balloon race was a huge success with over 266 balloons taking part from Caring Together. To see where your balloon came in the race, visit caringtogether.org/balloon-race

Christmas cards

Thank you to everyone who bought our Christmas cards in 2020. We were overwhelmed with the response and raised over £1,000 for the charity. We still have a few designs left so if you would like to get ahead for this year, we are selling them as buy one, get one free! For details on the available designs, please email bryony.wainwright@caringtogether.org

Cuppa and chat

In November we held our quarterly supporter cuppa and chat over Zoom. Our head of carer services, Andy McGowan kindly joined us and gave an interesting presentation on the services we have been providing to support carers during the pandemic. If you would like to join the next cuppa and chat in March, please email nicky.newton@caringtogether.org

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...

All the staff and customers at **Maxine Lester Lettings and Property Management** for organising a Christmas hamper appeal.



Members of **Huntingdon Rotary** and **St Ives Rotary** for your kind donations towards activity hampers for young carers.

Staff and customers at **Morrisons, St Ives** for choosing us as your charity for Christmas and donations for young carers.

Staff and customers at **Waitrose, St Ives** for choosing us a charity of the month for the Community Matters appeal.



Offload with Deafblind UK's six-week support service

"Talking to you has been much more beneficial than talking to my doctor!"

Caring for someone who is deafblind can be physically and mentally draining. You are their eyes and ears, their guide and often, their voice. Perhaps you are taking on their feelings, anxieties and emotions as well as your own, perhaps you worry about their mental and physical wellbeing.

So, who supports you and who is there to pick you up when you're down?

Deafblind UK's new six-week support service gives carers an opportunity to offload and talk through feelings, thoughts and emotions. It is not a counselling service but offers you the space, safety and warmth to talk openly and honestly with our trained advisors who all have the relevant counselling skills to support you.

Head of national services, Clare Watson said: "Carers work so hard and constantly put their own needs aside, but is that really sustainable? We are offering them a space to be honest with themselves about how they're really feeling, without fear of being judged or feeling guilty."

Clare continued: "We recently supported a lady who cares around the clock for her 80-year-old mother - who has sight and hearing loss - as well as her own teenage children. She was exhausted and broke down in tears when we spoke to her; she was trying to deal with so much and just needed to offload. We offered

her our six-week support service and she now feels supported herself, and empowered to give her mum and children the care that they need."

How it works

We understand that everyone's situation is different, and everyone is facing different challenges. We will work with you through a six-week programme which aims to help you to make sense of your feelings and give you the strength to be the best carer you can. This might be the start of a longer journey for you, or it might be a continuation of one you have already started.

At the end of the six-week programme, we will agree a personalised ongoing plan to make sure that you are fully supported in the future.

To make use of this new free service contact us using the following details:

Tel 0800 132320

Email wellbeing@deafblind.org.uk

Text relay 18001 then 0800 132320

Facetime helpline.dbuk@deafblind.org.uk (Not BSL)

BSL video relay deafblind.org.uk/bsl

The Deafblind UK helpline is also available to give carers and the people they support immediate practical advice and emotional support. This can be accessed using the contact details above.

deafblinduk

Walk your walk for carers this March

Choose your walking challenge and
raise money to help carers get to their
COVID-19 vaccination.

caringtogether.org/walkyourwalk

Charity registration number 1091522

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

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



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

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



Registration is quick and easy! To find out more about priority services and to sign up, call Anglian Water on 0800 232 1951 or visit anglianwater.co.uk/priority

Digital resources for carers



The technology enabled care team at Cambridgeshire County Council supports people of all ages to live well and independently in their own homes for longer.

They also support carers and aim to work with you in promoting the safety and happiness of yourself and your loved ones, by assessing which items of assistive technology can best support your current lifestyle. Last year, 22% of their interventions resulted in informal carer support, reducing anxieties and stress.

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

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

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

A key feature of the digital resource is Jointly, the care coordination app.

As a user of this app you can communicate with other carers and set up circles of care. Alternatively the app can be used to simply organise your own care, with features such as tasks allocation, calendars, notes and medications lists. However you choose to use it, this app will make caring for your loved ones a little easier. The app can be easily accessed from any smartphone, tablet or iPad.

If you are interested in hearing more about the TEC team or about the digital resource then please contact 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 (DCC) is a national charity dedicated to supporting family and friends caring for someone with dementia.

DCC runs free, professionally developed and led one- and three-day courses for carers, as well as a range of live online learning sessions to support family members and friends caring for someone with dementia.

All of DCC's services are devised and delivered by expert health and care professionals who have experience supporting people with dementia and their families. Sessions and courses cover a wide range of topics, with time built in to reflect, ask questions and relate the information to carers' own circumstances.

Live online learning topics include:

- Carers' rights and benefits
- Understanding the Mental Capacity Act
- Attachment issues and making the person with dementia feel secure
- Understanding your unique experience as a carer
- Visual changes in dementia
- Sundowning
- Communication support
- Music and dementia.

DCC's Virtual Carers Centre contains a wide range of videos, audio recordings and articles. Here, carers can access guidance and support from healthcare professionals and listen to the stories of family dementia carers. Resources include:

- Strategies from DCC's healthcare professionals on managing stress; building resilience; and overcoming everyday challenges, such as eating, drinking and communication difficulties.
- Practical guides on issues like continence, delirium, and seizures.
- A 'carer to carer' section, where family carers share their experiences, tips and supportive messages.

To visit the Virtual Carers Centre, see DCC's full range of topics and register for courses and live online learning, please see DCC's website dementiacarers.org.uk

Please feel free to contact DCC for more information or follow the charity on social media.

Tel: 020 3096 7895

Email: support@dementiacarers.org.uk

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

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

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 will 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 and tutors. You'll also cover the theory behind the 15 care certificate standards, with the opportunity of a guaranteed interview at the end of the course. On top of this, all courses are currently being delivered remotely, meaning that you can get all of the support of the academy without having to leave the comfort of your own home!

Are you already in paid employment within the health and care sector? The academy offers 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.

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



Creative courses for improved wellbeing



Cambridge & Fenland Community Arts know that using your creativity and imagination is super beneficial - improving both our mental health and overall wellbeing. Regularly announcing short courses for small groups of adults in Cambridge & Wisbech, both online and face-to-face, offering you the perfect place to discover new talents and skills.

Unleash your inner artist or musician... discover something new at Cambridge Community Arts.

Past short courses have included drama, expressive painting, song writing, creative writing and ceramics. CCA also offer year-long, part-time Level 2 accredited courses with a September start, announced in May.

"I found it really amazing, and felt well supported...A really fantastic course, interesting, thought provoking, and confidence building" - CCA learner

To see what is on offer right now visit camcommarts.org.uk

Short courses are free for those on benefits or low incomes. Priority is given to those with health conditions and/or disabilities and their carers.





Support for parent carers from Caring Together

We are delighted that we now have Carole Darlow, a new carer advisor, as part of our communities team. Carole will be developing support for parent carers, with an emphasis on the 'preparing for adulthood'. This time of transition can be particularly daunting for parent carers, to say the least, as they start to navigate new systems, laws and opportunities.

Carole is currently working with Pinpoint Cambridgeshire, Family Voice Peterborough and parent carers themselves to ensure that parents are able to access the support and information they need.

Through one-to-one professional support, we will help parents with knowing their rights, including what is available to them and who can help. We will also be able to offer emotional support and a friendly listening ear at this time.

If you are a parent carer and would like to be part of developing this new support, please get in touch with us. You can reach us via email at hello@caringtogether.org and mark your email for attention of Carole Darlow.



SPECTRUM
#WEARESPECTRUM



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, the Arts Award and secure Minecraft servers.

You can also access our dedicated Child & Family Support team, covering such areas as anxiety, developmental and behavioural aspects, as well as EHCP and Disability Benefits.

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



Grants available now for families raising disabled children



Family Fund supports families living across the UK who are who are raising a disabled or seriously ill child or young person up to the age of 17. Their support is focused on those on low incomes with a child/children who have a high level of additional support needs.

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

They support this by providing grants for a range of essential items. Families can apply for kitchen appliances such as fridges, freezers and cookers, as well as clothing, bedding, games, books and music, laptops and tablets, family breaks, sensory toys and more.

Who can apply?

Family Fund uses their own child and young person's eligibility criteria to assess a disabled or seriously ill child or young person's additional support needs based on the social model of disability. You can read more about their general eligibility criteria online.

Children and young people do not need a diagnosis to meet the criteria.

How can I apply?

If you're thinking of applying to Family Fund, you can do so in a number of ways. You can register to apply online, download an application pack to print at home, or you can order a free application pack to be sent out to you.

Find out more

Visit familyfund.org.uk, email info@familyfund.org.uk, call 01904 550055, or join the conversation on [Facebook](#), [Twitter](#) or [Instagram](#).

Skye's story

Skye is nine years old. She has attachment disorder, cognitive development delay and sensory processing disorder. Mum Carol-Ann explains, "Every day is a challenge – I constantly have to read Skye's mood and her anxiety in order to adapt and change her environment or social situation."

"The most challenging aspect of daily life is the feeling of walking on egg shells, and trying to avoid situations that will trigger her anxiety or aggressive reactions."

Carol-Ann tells us that Skye has to follow the same routine each day. Skye also finds school emotionally challenging. "She often holds all her emotion, fear and anxiety in at school, and it's not until the end of the

day, when she comes home, that she releases all the pent up emotion and fear."

Carol-Ann first heard about Family Fund through a friend who had received a grant. Carol-Ann applied for a laptop when the family were in the middle of the first coronavirus lockdown.

"The laptop has reduced her frustration and in the long term, it will be invaluable in helping Skye complete her school work without having to physically write." Skye has hypermobility in her upper limbs, which means writing is incredibly uncomfortable for her.

"She's a very happy little girl – thank you."

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

Your child doesn't need a diagnosis for you to seek Pinpoint's help or attend one of their sessions. Your child may be on a 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, professionally supported 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 sessions with visiting speakers and specialists who will be able to help you. They can help you to better help your child

or young person with high quality information, practical know, tips and techniques.

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.

Where can you find them?

During the pandemic they are exclusively online.

Did you know?

They provide all sessions free of charge and you can book quickly and easily online, through their website.

What's coming up?

Pinpoint are holding a number of events from PIP and benefits to housing and support information hub. You can find help and support to manage behaviour and find out more about autism and ADHD.

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 - free booking through the website.
- Drop in for a cuppa at one of their Tii hubs.
- Like their Facebook page [@pinpointcambs](https://www.facebook.com/pinpointcambs) so you see the latest news.

How can you make contact?

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

You can also call them on 01480 877333 and leave a message.

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Pinpoint is run by parent carers for parent carers. We understand because we are like you.

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)



Young Carers Project

CAMBRIDGESHIRE & PETERBOROUGH

Do you help to look after someone in your family? Is this because of:

- Disability?
- Mental illness?
- Physical illness?
- Drug or alcohol misuse?

"I feel really supported and able to talk honestly about my worries, meeting with my Centre 33 worker and having a plan is like having a weight lifted off my shoulders."

You are a young carer and we are here to help.

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

Our Young Carers Project can help you by:

- Giving you **someone to talk to**
- Working with you to **make sure your voice is heard**
- Offering you a **young carers needs assessment** to understand how caring impacts you
- Helping you to **meet other young carers**
- Helping you with your **move to secondary school**
- Offering you a **transitions assessment** if you are aged 16+

We support young carers from armed forces families

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

Tel: 0333 4141809 | email: youngcarers@centre33.org.uk
www.centre33.org.uk You @centre33Camb

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

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

We are running LIVE

ONLINE CHAIR-BASED EXERCISE GROUPS

(MAY INCLUDE STANDING EXERCISES ACCORDING TO ABILITY)
 for people living with all kinds of long-term conditions,
 including but not limited to, Stroke, Parkinson's,
 Neurological Conditions, Multiple Sclerosis
 and Muscular Dystrophy

Whatever your age or ability you could join us

We provide the company and motivation to **get moving and keep moving** from the comfort of your own home!

Simple, achievable exercises will help you maintain your level of **mobility**, improve your **balance** and help alleviate pain and fatigue

Everyone is welcome, including wheelchair users

Call: 07565 598 193

Email: posability3@gmail.com

Our experienced and qualified instructors want to hear from you

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, or have been overwhelmed by the additional care needs and have turned to the charity for help.

You can call the free and confidential local helpline on **0300 666 9860** 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

COVID support and shopping services

Shopping and delivery of essential groceries. Welfare telephone calls to check on wellbeing, reduce loneliness and link to other services, if appropriate.

Call 0300 666 9860 or email shopping@ageukcap.org.uk or covid19@ageukcap.org.uk

Community warden services

Daily welfare contact and doing small jobs such as: reading post, shopping, collecting prescriptions.

Call 0300 666 9860 or email wardens@ageukcap.org.uk

Hospital discharge support and admission avoidance

Installing safety measures to enable discharge such as grab rails, fitting key safes and moving beds/furniture; providing welfare checks, 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

Small jobs, promoting safety at home. Telephone triage assessments for work required, during COVID-19 restrictions.

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 social media.

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

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



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: 1146728

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

Reg Company No: 7512432

ST NEOTS
VWA
VOLUNTARY WELFARE ASSOCIATION

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 0800 802 8080 or visit your local Pop In Centre.

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

Registered Charity No 219279



A friendly support group for carers living in the Burwell area.

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

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)

We would welcome a £1 donation towards heating costs, etc.

Though we are unable to meet at present, for more information and to find out when the group is resuming, please contact:

Helen Young 01480 216255
or email young_paxton@ntlworld.com



Registered Charity No. 294354
Cambridgeshire Branch

The Cambridgeshire branch of the MND Association offers support to all those in the county and surrounding areas who are affected by Motor Neurone Disease (MND). This includes their carers, partners, relatives and friends.

Regular Zoom calls are currently taking place where members, their carers and others can meet up and chat informally.

The branch can also provide practical help with transport to appointments, financial help and other support. This applies both to people with MND and their carer/family.

For further information contact:

Cynthia George

Tel 01954 202095/07515 534430

Email c.i.george@icloud.com

Web mndassociation.org/cambridgeshire



We never lose hope. Our aim is a world free of MND.



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

**All groups temporarily suspended
until further notice
HOWEVER**

Join our club!

Fortnightly Reconnect Zoom sessions



1st & 3rd Wednesdays 11:00

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

Love To Move on Zoom

Every Thursday 14:00-15:30

Contact Jane Thomas 07731 097236



Dementia Choir on Zoom

Every Friday 16:00-16:30

Term time only

Contact Jane 07890 866389 / email jane@coggin.co.uk

Carer support information available

Phone Janet on 07702 010594



**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

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



**sing!
together**

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.

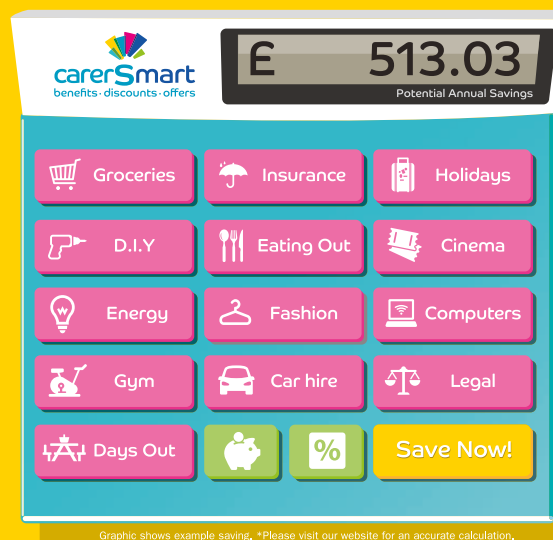
The aim of the group is to evoke old memories that are complete and comfortable through refreshments in china cups, home-made cakes, photos and documents from past years, songs and poems and informal talks, all in a fun relaxed atmosphere.

Parking and disabled access.

Contact Richard de Horsey 01223 276192
richarddehorsey@gmail.com
rotary-ribi.org/clubs/homepage.php?ClubID=500



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 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

Reminiscence with The Norris Museum

Both virtual and in person

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 and in person* reminiscence session held on zoom or at the museum or community setting. If you are interested in taking part or would like to book a session please contact Susan Bate Community Officer on: - communities@norrismuseum.org.uk

*the museum will be following all government guidelines



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



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 for the next clinics are Saturday 6 March, Saturday 10 April and Saturday 1 May.

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



VoiceAbility

Need support to speak up? VoiceAbility 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 VoiceAbility. The service is free, independent and confidential.

An advocate is an independent professional who is on your side. They can support you to have your say and know your rights, and where necessary, they can speak up on your behalf.

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.

VoiceAbility 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 VoiceAbility by your local adult social services.

Contact VoiceAbility for more details:

Helpline: 0300 303 1660

Email: helpline@voiceability.org

Website: voiceability.org

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

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

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 (SC037056). © Parkinson's UK. Parkinson's logo is a registered trademark.

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

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

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

Please telephone 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)

.....

Cambridge Branch Parkinson's UK

Bi-weekly Cuppa and Cake Zoom meetings.

To find out more information, including how to join the meeting, please visit the website.

Web: 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: huntspds.org.uk

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

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

If you are an NHS hearing aid user, Cambridgeshire Hearing Help is pleased to announce the limited re-opening of its hearing aid re-tubing service. If your hearing aid needs cleaning and maintenance they have a 'drop-off and pick-up 20 minutes later' service at five hearing aid maintenance centres located in Cambourne, Ely, Fulbourn, Soham and St Ives.



To comply with the social distancing regulations and COVID-19 risk assessments the re-tubing process will take longer and therefore sessions will be by appointment only and initially for those most in need. Please place your hearing aids in a sealed envelope labelled with your name, date of birth, postcode and contact phone number.

If you are in urgent need of hearing aid maintenance please call 01223 416141 or email enquiries@cambridgeshirehearinghelp.org.uk

If you are unable to get to any of the hearing aid maintenance centres please contact your original provider - your hospital audiology department or Specsavers.

Batteries are still available by post. Please telephone 01223 416141 or email enquiries@cambridgeshirehearinghelp.org.uk stating what size batteries you require - size 13 Orange, size 312 Brown or size 675 Blue.

Cambridgeshire Hearing Help do their best to continue to respond to telephone enquiries during their advertised times, but apologise that the need to respect social distancing for their staff may restrict this at times.

They hope to return to providing a full service as soon as possible and thank service users, volunteers and staff for their understanding and continuing support.

Tel: 01223 416141 Text: 07852 699196
enquiries@cambridgeshirehearinghelp.org.uk

cambridgeshirehearinghelp.org.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 - await invite via email.

Last Wednesday of the month
7.30pm-9pm

New WhatsApp group.

Jonathan Wells 07342 691768
jfgwells57@gmail.com

Rethink Carer Support Group - Huntingdonshire

Please contact us for more information.

01823 365308
huntingdoncarersgroup@rethink.org



Cambridgeshire and Peterborough Carer Support Service

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

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

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

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

C&PReferrals@makingspace.co.uk

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



HEARING VOICES NETWORK
www.hearing-voices.org

Do you hear voices?

If you do then join one of our peer support groups



We offer friendly groups who share life experience and understanding!

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

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



Reg Charity Number 265887



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

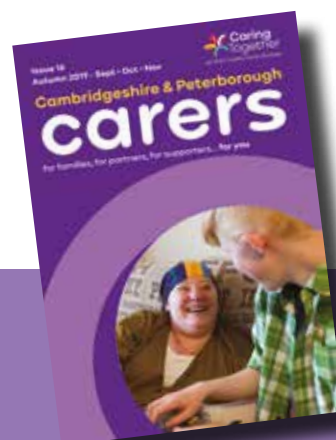
Available Monday to Friday 10am to 4pm
Calls will be answered until 8pm by the
national Age UK Helpline

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 person* you look after lives in Cambridge City, East Cambridgeshire, South Cambridgeshire, Fenland or Huntingdonshire or Peterborough.
- You are aged 18 or over.

* If you are a parent carer looking after someone who is under 18 you can register an emergency plan with us and in the case of an emergency we would contact your nominated contact(s) on your behalf.

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 March 2021.

The editorial team reserves the right to amend or withhold articles where deemed appropriate. We will attempt to contact you in regard to this.

We welcome stories from carers and organisations that support them throughout Cambridgeshire and Peterborough, along with any suggestions for articles you would like included.

Please contact us on 0345 241 0954 or email carersmag@caringtogether.org

We'd love to hear from you!

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Photo page 1 © Carers Trust

12/02/21 Review Date 12/05/21 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.
- Specific services for young carers and young adult carers.
- Help to plan including for emergencies and changes to your situation.
- 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

