

Issue 23

Summer 2021 - Jun • Jul • Aug

 **Caring
Together**
so that carers have choices

Cambridgeshire and Peterborough carers

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



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Welcome

Welcome to the Summer edition of Carers magazine.

We are pleased to share with you details of a wide range of services, support and information available to you as a carer.

Carers can naturally be very focussed on what can be done to benefit and meet the needs of the person they look after. Much of what you read about is also of direct help to the person you look after.

But we know how important it is that you, as the carer, are well supported. This is so important for your wellbeing and so you are able to have choices in your life; looking after a family member or friend can be very demanding. And, of course, it also matters to the person you care for, the support you have has a direct impact on your on-going ability to be a carer.

The role of carers is a hugely significant one – it is one that should be visible and valued. You can read how Carers Week this year has exactly that as its focus.

Stay safe and keep well.

Miriam Martin
Chief executive



Carers Week 2021



Making caring visible and valued

Carers Week 2021 takes place from Monday 7 to Sunday 13 June. This year's theme is 'making caring visible and valued'.

We would really value you joining with us and others to be involved.

All of us coming together will help more people understand the role played by carers and appreciate the value of what carers do.

Throughout the week we will have people, including from organisations who have our Carer Friendly Tick Award, talking about why they recognise the importance of identifying and supporting people who look after a family member or friend.

We will be holding a number of events through the week, which will involve carers and show our appreciation of them, as well as having activities to help people and organisations understand how they can identify carers and support them.

The week will also give us an opportunity to tell people about the

resources that we, and others, have available to a range of different types of organisations to help them know more about carers and how to support them.

One way you can support us in this is to follow us on social media and share the posts we make about Carers Week, as well as about other topics.

You can find us on:

- Facebook at facebook.com/caringtogethercharity
- Twitter at twitter.com/caringtogether
- Instagram at instagram.com/caringtogether
- LinkedIn at linkedin.com/company/caringtogether

You can also look out for social media posts with the hashtag #CarersWeek.

If you are holding an event during Carers Week where you will be showing how carers are valued (or one to make caring more visible) then let us know so we can also talk about this. Contact us at engagement@caringtogether.org to tell us about your event.

We will be keeping you updated on Carers Week including with a page on our website at caringtogether.org/carersweek



**St Mary's Burwell
& St Etheldreda's Reach**



CARERS WEEK 7 – 13 June 2021
We will be holding a service for Carers
More details about venue or online details
will be available nearer the time
Contact Sue Evans 01638 743688
sueevans1949@hotmail.com



Counselling for carers

Looking after a family member or friend can be hard. It can affect your mental health and wellbeing.

As a carer you may have worries, or feel pressures, stress and anxiety. You may also face difficult experiences such as bereavement or changes to the health of the person you care for.

It is important you benefit from good support and having the right people to talk to.

This is essential for your own mental and physical wellbeing.

Caring Together are able to offer free counselling from qualified counsellors.

We have qualified counsellors trained in different skills and approaches, and can offer evening and weekend sessions subject to availability.

Counsellors provide confidential person-centred sessions to help with bereavement,

dealing with emotional and psychological difficulties and more.

Counselling can help you begin to make changes in the way you understand and manage your thoughts and feelings; gradually changing how you relate to themselves and others in a positive, real way.

Sessions are available by telephone, Zoom or face-to-face as appropriate, and in accordance with COVID-19 guidance.

Together after caring

Losing a loved one is a painful and upsetting time for you and your family. We are here to support you as you come to terms with the changes this brings and look at continuing your life after your caring role.

- Changes to your life and routine may be difficult to manage. Bereavement can be a lonely and isolating time, it also affects people around you. It is important that you receive help and support.
- We can help in many ways – by you continuing to be a part of our hubs, with invitations to social events, continued one-to-one support, a pen pal scheme, our listening ear service and with signposting to other support and opportunities.
- You may want to consider volunteering, now or in the future, – your knowledge and experiences from your caring role are valuable, and hugely important.
- You may wish to use these, or other skills you have to help others. Volunteering could be helping at hubs, joining the listening ear service, helping with fundraising or you being involved in other ways.

Volunteering is a good way to reduce isolation and to either stay connected with your community, or to build new connections.

To find out more about counselling for carers or together after caring, please call 0345 241 0954 or email hello@caringtogether.org

Young carers

How Caring Together support young carers

At Caring Together we offer a range of activities for young carers and young adult carers.

These include sessions where you can socialise and get to know other carers who are your age, have some fun, develop new skills and make contributions to 'carer voice' work – your chance to raise awareness of carers and influence decisions that affect you.

We have everything from fun activities, including a virtual escape room, quiz nights, through to advice to help with your career and personal development.

So whether you are a young carer (aged under 18) or a young adult carer (16-25) you can get involved. Recent activities have included:

- cooking sessions
- online dance sessions
- mindfulness and self compassion workshops
- aspirational talks from a GP, nurse, teacher and senior lecturer in paramedicine.
- Employability skills workshop.

On 7 June to coincide with Carers Week, our very own chief executive Miriam Martin, will be holding a talk on working for a charity.

On 22 June Nick will be talking about his career as chief internal auditor at Quilter Plc.

On 7 July Chris will be talking about his role as a customer service centre manager.

More information is online about each session. Get in touch if you would like to book onto one of the sessions.

Other ways we can help young carers

We have a wide range of support for young carers, including:

- Carer breaks – giving you a break from your caring role, either on your own, with other young carers, or time together with your family.
- A specialist carer helpline that can give information and advice to you and your family about all the support available to you.
- Help with planning ahead.
- Carer Friendly Tick Award – supporting schools, colleges and other organisations to become more carer friendly.
- Young carer voice – giving you the opportunity to have your voices heard and listened to on a local, regional and national level.
- Providing information about any bursaries and grants available to you or your family.
- Ebulletin to update young carers and their families about what is happening - sign up at caringtogether.org/maillinglist

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



Meet Centre 33's young carers team

Centre 33's young carers project supports over 900 young carers each year in a range of ways including one to one support, work in schools, young carers needs or transitions assessments and specialist group work. The young carers project team are all dedicated to ensuring young carers are heard and supported.



Hi, I'm Kate and I'm the young carers service manager

I've been lucky enough to work with young carers at Centre 33 for the last 15 years. I really enjoy supporting the team to ensure young carers voices are being heard and influencing decisions that affect their lives. I am passionate about the team learning and responding to the changing needs of young people.

Hello, I'm Helen and I'm a senior project worker

I have worked for Centre 33 for the past 12 years. I am a senior project worker and my role is to support our team of project workers, and lead on the face-to-face work with young carers. I am very lucky to work with such an amazing group of young people and to work in a job where I see the difference that the right support can make.



Hi, I'm Kristi, the young carers team administrator

All young carer related enquiries come through me to be answered or allocated to the right project worker and manage the young carers referrals. The young carers we work with are amazing and I feel honoured to be part of a team supporting such inspirational young people on their journey.

Hi, I'm Charlotte and I'm a senior young carers project worker

I lead on capacity building, which is raising awareness, training and working with our partners to help identify and support young carers. I have been part of the team since 2016 and continue to feel inspired by the young people we work with and support.



Hi, I'm Frances, one of the project workers

I deliver one-to-one support in south Cambridgeshire, and spend one day a week researching how we can best support hard to reach young carers. I love working with young people to support them to achieve their potential.



Hello, I'm Becca and I have two exciting roles within the young carers team at Centre 33

I'm a project worker covering the South and Cambridge City, you might meet me for a needs assessment or some ongoing support. My other role is young carers participation worker, where I have been really excited to set up and support our amazing young carers advisory board, centre33.org.uk/help/young-carers-advisory-board/

Hello, my name's Zoe and I'm the capacity builder for Peterborough and Fenland

My role involves working with schools and other partners, such as health and social care, and armed forces, to increase awareness of young carers and support for them and their families. I also meet with young carers to assess their caring role and the impact that it has on them.



Hi, I'm Amanda and I'm a young carers project worker

My role is young carers project worker for the north of the county, covering Fenland and the Peterborough area. I feel very privileged to be able to support young carers.

Hello, I'm Nicky and I'm a young carers project worker for Fenland and Peterborough

I mainly provide one-to-one work, which includes supporting and enabling young carers to access activities, talking about caring roles and enabling young carers to have a voice.



Hello, I'm Mia and I'm a project worker covering the south of the county

My role involves supporting young carers one-to-one or in group settings. I enjoy watching young carers set goals and achieve them while managing their caring role and responsibilities.

Hi, my name's Sophie and I'm a student social worker on placement at Centre 33

I assist with the running of the young carers participation board. I also work alongside project workers.



Find out more

To find out more about what support Centre 33 can offer young carers up to the age of 18, get in touch and we will contact you to learn about you and your family and to understand how we can support you.

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.

The summer is here and the warmer brighter days bring sunshine and renewal. Just a simple walk can fill your heart and your mind with a sense of achievement and reflection and perhaps some respite away from your caring role.

At Making Space we can provide company on that walk, share a conversation or have a cuppa. We can also visit you at home, a community space or café in line with any ongoing government guidelines.



Throughout the last few months we have continued with our online craft groups and carers coffee morning. These have been very rewarding and has meant learning new skills.

Discovering how to use Zoom for staff and carers has been 'interesting' and despite some technical issues, we have all managed to successfully complete more than one group, sharing stories, information and having a few laughs along the way.

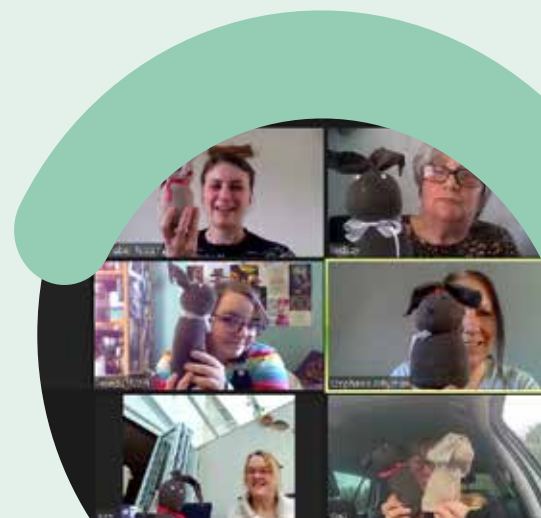
While we continue some online groups, we hope to be running our community carer groups in St. Neots and Cambridge once again and set up a new group in the Fens.

With renewed hope, we look forward to seeing all our carers throughout the summer and beyond. If you have any questions, concerns or wish to enquire about any of our groups or maybe just want to have chat with someone who understands your caring role, remember we are only a phone call away.



01480 211006

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



What If? Plan and carer's card

Carers who look after someone who lives in Cambridgeshire or Peterborough can register for the free 'What If?' Plan.

The plan can be activated if something happens which means they cannot carry out their normal caring duties.



Registered carers will be issued with our dual-purpose carer's card which 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.

You do not need to have a What If? Plan to have a carer's card.

How does the What If? Plan work?

Once registered, the What If? phone line is 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, call us on 0345 241 0954 or visit caringtogether.org/whatifplan

Helping carers into employment

- Are you a young carer or young adult carer looking for your first job?
- Or maybe, you're a carer whose caring role has changed so you are looking to combine work with your caring role?
- Or maybe your caring role has come to an end and you are looking to get back into employment after a long time out?

Caring Together is able to provide free, personalised employability support to any carer who is looking to get back into work. The help on offer includes:

- Reviewing your CV/job applications or giving you advice on how to go about writing one.
- Doing a mock interview to help improve your interview confidence.
- Workshops to help you identify the skills/attributes you have acquired through your caring role which are really attractive to employers.
- Providing information on your rights as a carer in the workplace.

"Taking part in the workshops helped me build up my confidence as a young carer on how to learn how to manage employment and finances for myself in the future whilst being a young carer alongside. Useful resources was given to help us in the future as well."

"I have no words to explain how well structured and amazingly supportive the workshops were and how much I learnt. It's an experience I'll never forget and I now feel more confident for my future ahead of me."

To find out more please call us on 0345 241 0954, visit caringtogether.org or email hello@caringtogether.org

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 and be involved as much or as little as you like. There are four different areas you can get involved with across the organisation.

Design, delivery and evaluation of services

We are looking for carers to help us shape ideas for new projects and make sure that the ones we already have are working as well as they could. This could be from focus groups, to helping us put together funding bids.



Help us to raise awareness of carers

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

We also link carers in to other carer forums.



Workforce recruitment and development

We are looking for carers who are willing to be involved in recruitment and the induction of new employees and volunteers - this could be from being involved in interview panels, to sharing your experience as a carer as part of their induction.



Organisational governance

Carer voice and involvement is at the heart of what we do and it drives the work of our senior managers and trustees. So there will be opportunities to regularly link in with trustees, and also to help with things like developing key strategies.

For further information please contact Andy McGowan or Tony Elliott on 01480 499090, email hello@caringtogether.org or visit caringtogether.org/carers_voice_involvement

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





Carers wanted to help improve services for others

healthwatch
Cambridgeshire

healthwatch
Peterborough

Healthwatch Cambridgeshire and Healthwatch Peterborough is looking to recruit carers to the Carers Partnership Board which supports and improves health and adult social care services across our area.

The board brings together carers, organisations that support carers, Cambridgeshire County Council and Peterborough City Council.

What's involved?

- You'll be invited to attend six meetings a year. These run online or at different locations around Cambridgeshire and Peterborough (travel expenses are reimbursed).
- Give your views about services and local issues.
- Tell them about your experience of being a carer or what it's like for other carers you know.
- Suggest how things can be done differently to improve services.

Over the last year, the partnership board has raised issue such as:

- Renewal of blue badges – before COVID-19, this could be done online or by phone. But during the pandemic, a carer who doesn't use the internet kept being told to apply through the council website. We were able to raise this and get things changed.
- PPE – the partnership board was able to tell the councils that information about free protective personal equipment for carers had not been sent to people who manage their own budgets through direct payments.

The partnership board has also helped to review and improve day opportunities.

And on Young Carers Action Day back in March, the board heard about the experiences of young carers, how the pandemic has affected them, their schooling and the care they provide. The partnership board wants to work closely with young carers to ensure their thoughts about services are heard.

Find out more

Are you interested in joining the partnership board? Call Graham Lewis, Healthwatch partnership development manager, on 07432 865996 or email graham.lewis@healthwatchcambspboro.co.uk

Healthwatch organises the partnership board meetings and provides support and training to the independent members to help them in their roles.

Digital resources for carers



The technology enabled care teams at Cambridgeshire County Council and Peterborough City Council support 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 the person you care for, 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 family and friends 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 teams or about the digital resource then please contact them.

In Cambridgeshire please call 01480 378160 or email TEC@cambridgeshire.gov.uk

Or in Peterborough you can ask for a referral to the TEC Team by calling Peterborough City Council on 01733 747474



Cambridgeshire
County Council

PETERBOROUGH
CITY 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-reflexive 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.

Celebrating our volunteer team

Annie Gault, HR and volunteer coordinator, thanks our fantastic team of volunteers

Well, what a year we have had since the last Volunteers' Week in 2020. Volunteers' Week gives us a chance to say thank you to our fantastic volunteer team and reflect on their achievements in the last year.

Since June 2020 Caring Together's volunteer team has doubled in size, with volunteers now supporting almost every project within the charity and still growing.

Despite the pandemic restrictions volunteers have continued to support carers in many ways including:

- at online hubs
- as listening ears on the telephone
- helping with outings
- supporting the Norfolk Young Carers Forum
- working within the inclusion project
- creating digital media content
- assisting with administrative functions
- assessing Carer Friendly Tick Award applications
- delivering PPE
- training as mental health first aiders
- contributing to awareness sessions
- as counsellors, penpals and mentors
- providing face-to-face welfare visits.

Seeing this all together really demonstrates how vital volunteers are to the Caring Together workforce in continuing to support carers and grow our services. This contribution was recognised by the Lord-Lieutenant of Cambridgeshire who wrote personally to a number of volunteers to thank them for their dedication to volunteering.



This past year has also seen a number of volunteers recognised by the Hunts Forum annual volunteer awards to celebrate their contribution to our community.

I would personally like add my thanks to the whole volunteer team for supporting me this last year and making me laugh so often. The dedication, adaptability and resilience has been remarkable.

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 have not been out about in the communities in the usual way. But we are still here to meet people using online resources such as Zoom and will be moving back to more face-to-face approaches as these become possible.

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.
- 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 online, 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

At the time of writing we are making plans for re-introducing face-to-face support opportunities. Call 0345 241 0954, see our [website caringtogether.org](http://caringtogether.org), or email us on hello@caringtogether.org to find out more about how and when our groups will go back to meeting.



Wristbands for carers at North West Anglia NHS Foundation Trust hospitals

The bands are being used at Peterborough City Hospital and Hinchingsbrooke Hospital

For those groups of carers who are allowed to stay with patients in hospital, mostly parent carers and end of life carers at the moment, the wards are giving out green wristbands which are recognised by the restaurants so they can buy food and drinks.

The restaurants are really open just for staff at present, however an arrangement has been made that they recognise the green bands and serve food and drinks to carers to take away.



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New palliative care hub for Cambridgeshire and Peterborough

A new collaborative project between Arthur Rank Hospice Charity, Cambridgeshire and Peterborough Clinical Commissioning Group and HUC, has recently been launched in Cambridgeshire and Peterborough.

The Palliative Care Hub is a free telephone service that started on 6 April 2021 for the people of Cambridgeshire and Peterborough to call if they require support living with a life limiting illness. This is for patients, families, carers, and healthcare

professionals too who might require palliative or end of life care advice for patients in the community. It is part of the NHS 111 service and is funded by the Cambridgeshire & Peterborough Clinical Commissioning Group (CCG) – the caller will need to call 111 and select option 3 to speak to a specialist palliative care nurse who is available for advice, support and signposting to local services. The service will initially be available from 5pm to 9.30am Monday to Friday and 24-hours during weekends and bank holidays.

Helping more organisations become carer friendly



With three in five of us likely to become a carer – with responsibilities for looking after a family member or friend – at some point in our lives, more and more organisations are understanding the benefits to them of identifying and supporting the carers they have.

And we can all play a role in encouraging organisations involved in health, the community, education or who are employers to understand the difference they can make.

More than 50 organisations covering employers, education, health and community organisations have now been awarded the Carer Friendly Tick Award. And we now have toolkits available to help organisations put in place the standards needed to get the Carer Friendly Tick Award.

This toolkit explains the standards that need to be met, and gives guidance on how these can be considered and met, including examples from other organisations who have successfully complete the Carer Friendly Tick Award for that category.

Whether they are looking at the health, employer, community or education award you can talk to us about the best ways for you to be carer friendly and work through meeting the standards, including recognising all you already have in place.

If you want to know more about your organisation becoming carer friendly and how you can get the Carer Friendly Tick Award, including how you can make use of our toolkits, please contact us at carerfriendlytick@caringtogether.org or on 0345 241 0954

Some of those who have already gained the Carer Friendly Tick Award have given their feedback:

"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."

"I think the most beneficial thing about achieving the Carer Friendly Tick Award has been the identification of more carers that we may not have known about."

"Something that has been really lovely to watch is how our carers have bonded together as a group."

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





How you can help

We really appreciate the ways in which so many of you support the work of Caring Together; this has a real impact on the ways how we can support carers and the services we can offer.

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 email fundraising@caringtogether.org

We look forward to hearing from you.

Whether you are joining our book club, taking on a challenge, making a donation or getting involved as part of a community group or business, you make a difference to what support carers in your community are able to receive. And we love to see that so many of you really enjoy getting involved in the activities.

If you have your own idea for a fundraising activity you would like to do as an individual, with friends or with your group or employer please do get in touch.

Book club



We are really enjoying our book club and it is proving popular with a range of people who have all joined up.

Whether you are a carer joining to regularly meet a group of friendly people, a book lover looking to share your enthusiasm and interest, or looking to be part of a social group you can easily meet online, the group is for you. And you will be raising money to help people looking after a family member or friend.

You can sign up to the Caring Together book club for a donation of just £4.99 per month or £3 per month if you are a carer with a carer's card.

You can join our online community, where you can get to know other members, chat about books you'd like to read and much more.

Every six weeks, we start a new book – chosen by our members around any theme – it really is led by you, our book club members. We have virtual discussions about the books as we read them. Towards the end of the six-week cycle, we have our book club meetings via online chats and video calls (usually on a Thursday evening).

One member said, "I love being part of book club. Every year I promise myself that I will read more books and never do. This year alone I have read three books which is three more than last year. It's all so sociable and relaxed; I have been introduced to books and authors that I would never have read. I highly recommend joining."

If you would like to join it is very easy to do, simply go to our website caringtogether.org/book-club and click on the link at the bottom. It is £4.99 per month or £3 if you have a carer's card. If you know someone who like to join you can always gift a membership. Just get in touch with Bryony at bryony.wainwright@caringtogether.org

Join a unique community of book lovers today and help support carers living locally with every book you read.

Walk your walk for carers

In March we asked people to put on their walking shoes and walk for carers. You made up your own walking challenges, with the money you raised going to help carers, including with the support we have offered in getting to appointments to have their COVID-19 vaccinations.

Some chose to walk 10,000 steps a day, one family (pictured left) set themselves a challenge of walking a million steps between them and one person set himself the challenge of walking three marathons during the month.

It was great to see everyone's photos and how much everyone enjoyed taking part. A huge thank you who took part by walking or making a donation.

Challenge events

Are you someone who likes a challenge, who likes to push themselves to the limit? Or do you enjoy the experience of trying new or different things?



Why not sign up for a challenge event - whether it is running, cycling, walking - we are here to support you all the way. If you raise over £50 you will receive a T-shirt or running vest and if you raise over £100 you will receive a Caring Together water bottle.

For more information about our challenge events see caringtogether.org/challenges

How you can give in celebration

Are you celebrating a special event - a birthday, a milestone achievement, or a special anniversary?

One way you can support carers is to ask people to make donations as part of marking the occasion. You can do this using a donation button on Facebook or Instagram and choosing Caring Together. Or we have specially designed envelopes that you can give to your guests. If you would like to request envelopes please contact Nicky on nicky.newton@caringtogether.org or call 07936 359122

Together, you can transform your celebration into vital support for carers in your local community.

More easy ways to get involved and support carers

- Shop on AmazonSmile. It's the same as Amazon but they donate 0.5% on eligible purchases to charity - just choose Caring Together! Visit smile.amazon.co.uk
- When using eBay you can select Caring Together as the charity to benefit when you sell items. You can choose to donate from 10% to 100% of your sale and the money comes straight to us.
- Why not have a coin jar at home and put in your loose change. Every six months or whenever it is full, have a count up and send it in?

smile.amazon.co.uk



However you choose to support Caring Together, you are making a difference to carers living in your community.



Empowering support from Deafblind UK



As we start to get used to our 'new normal' and, hopefully, a world less dominated by COVID, many of us are looking forward to the prospect of increased freedom and independence. Released from lockdown restrictions, opportunities to do what we want when we want, become more real.

But for many people living with sight and hearing loss, this independence is far from reality. Deafblind UK member John said: "A lot of services in our society are just not easy for me to access which is really frustrating."

The empowering support service from Deafblind UK provides people who are deafblind and their carers with bespoke, 1-2-1 support to help them to overcome practical barriers to independence or get back on their feet after a setback.

Head of national services, Mike Wycherley said: "We help people to address any problems

or concerns that are preventing them from living the life they want. We can help people to access health and social care, apply for welfare and benefits, research and access local services, understand housing options, investigate leisure and transport options, connect with opportunities to make new friends or try new activities or to find help to fix a problem in the home."

Empowering support is a free service, and the Deafblind UK team will work with you for as long as you need. It complements Deafblind UK's wellbeing and emotional support service to form a holistic, person-centred support package for those who need it.

The empowering support team recently helped Silvia, who was also receiving the six-week emotional support service after feeling particularly low.

"Silvia's living arrangements were causing a great deal of problems and impacting on her mental health. As well as supporting her emotionally, we arranged for a number of water leaks to be repaired and fixed some damp issues. Silvia was living off cold meals because her cooker wasn't working, so we worked with another local organisation who donated a cooker to her," continued Mike.

The team also supported Derek who was struggling to use his hearing aids alongside his phone and TV. "We helped Derek to understand how his devices worked, which gave him the confidence to make another appointment with his audiologist to get some further help. We liaised with Boots and the hearing aid manufacturers to get more information for Derek. He has had nothing but praise for our team!" continued Mike.

To make use of this service or to speak to Deafblind UK about any other concerns, contact the team:

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

Events calendar

2 June 10am-12 noon
Greater Cambridge health and care forum
 Via Zoom (TBC). Call 0330 355 1285
 Book at healthwatchcambridgeshire.co.uk

4, 11 & 25 June 10am-12 noon
Pinpoint Tii hubs
 Book at pinpoint-cambs.org.uk/pinpoint-events/

4, 11, 18 & 25 June 4.30pm
MNDA tea and chat
 Facebook video call - [Cambridgeshire MNDA Together group Facebook page](#)

7 June 10am-12 noon
Mindfulness for children
 Book at pinpoint-cambs.org.uk/pinpoint-events/

8 June 8-9pm
Pinpoint SENDads & mums group
 Book at pinpoint-cambs.org.uk/pinpoint-events/

9 June 10am-11am
Families and mental health with Rethink – Jonathan Wells
 Book at pinpoint-cambs.org.uk/pinpoint-events/

10 June 9.30am-11am
Pinpoint Fenland SEND parents & carers group
 Book at pinpoint-cambs.org.uk/pinpoint-events/

10 June 10am-12 noon
Fenland health and care forum
 Via Zoom (TBC). Call 0330 355 1285
 Book at healthwatchcambridgeshire.co.uk

15 June 2pm-3.30pm
MNDA Zoom meeting
 For MNDA Cambridgeshire branch members, their carers and others to meet up and chat informally. Peer support and sharing of ideas. Email c.i.george@icloud.com for link.

17 and 18 June
Pinpoint annual conference
 Two days of sessions. Hear directly from policy makers, experts and specialists from health, social care and education on the support and services available in Cambridgeshire. Book at pinpoint-cambs.org.uk/pinpoint-events/

24 June 10am-12 noon
Peterborough health and care forum
 Via Zoom (TBC). Call 0330 355 1285
 Book at healthwatchcambridgeshire.co.uk

28 June, 5, 12 & 19 July 10am-12 noon
Pinpoint self-care for SEND parents course
 Book at pinpoint-cambs.org.uk/pinpoint-events/

2, 9 & 16 July 10am-12 noon
Pinpoint Tii hubs
 Book at pinpoint-cambs.org.uk/pinpoint-events/

2, 9, 16 & 30 July 4.30pm
MNDA tea and chat
 Facebook video call - [Cambridgeshire MNDA Together group Facebook page](#)
6 July 2pm-4pm
Huntingdonshire health and care forum
 Via Zoom (TBC). Call 0330 355 1285
 Book at healthwatchcambridgeshire.co.uk

6 July 8pm-9pm
Pinpoint SENDads & mums group
 Book at pinpoint-cambs.org.uk/pinpoint-events/

8 July 9.30am-11am
Pinpoint Fenland SEND parents & carers group
 Book at pinpoint-cambs.org.uk/pinpoint-events/

20 July 2pm-3.30pm
MNDA Zoom meeting
 For MNDA Cambridgeshire branch members, their carers and others to meet up and chat informally. Peer support and sharing of ideas. Email c.i.george@icloud.com for link.

21 July Time TBC
Healthwatch Cambridgeshire and Peterborough AGM and board meeting in public
 Via Zoom (TBC). Call 0330 355 1285
 Book at healthwatchcambridgeshire.co.uk

22 July 10am-12 noon
Peterborough health and care forum
 Via Zoom (TBC). Call 0330 355 1285
 Book at healthwatchcambridgeshire.co.uk

4 August 10am-12 noon
Greater Cambridge health and care forum
 Via Zoom (TBC). Call 0330 355 1285
 Book at healthwatchcambridgeshire.co.uk

6, 13, 20 & 27 August 4.30pm
MNDA tea and chat
 Facebook video call - [Cambridgeshire MNDA Together group Facebook page](#)

9 August 11am-1pm
Cambridgeshire & Peterborough wheelchair users forum
 Via Zoom (TBC). Call 0330 355 1285
 Book at healthwatchcambridgeshire.co.uk

12 August 10am-12 noon
Fenland health and care forum
 Via Zoom (TBC). Call 0330 355 1285
 Book at healthwatchcambridgeshire.co.uk

17 August 2pm-3.30pm
MNDA Zoom meeting
 For MNDA Cambridgeshire branch members, their carers and others to meet up and chat informally. Peer support and sharing of ideas. Email c.i.george@icloud.com for link.

26 August 10am-12 noon
Peterborough health and care forum
 Via Zoom (TBC). Call 0330 355 1285
 Book at healthwatchcambridgeshire.co.uk

Love to Move



Love to Move is the first cognitive enhancement exercise programme of its kind in the UK, based on scientific research.

It is a fun, age and dementia friendly seated movement programme to music. There are physical, emotional and cognitive benefits for those living with dementia and Parkinson's and it is designed to get you moving more and having fun.

To book a space on the 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 britishgymnasticsfoundation.org/lovetomove or there are hundreds of videos from the last year on the Facebook page at facebook.com/britishgymnasticsfoundation

NEW DEVELOPMENT! A new Love to Move session aimed at people living with Young Onset Dementia is being piloted. Volunteers are being sought to help to develop this to roll out across the UK. If you know anyone who might be interested, please contact Kim Hall.



Jane Thomas 07731 097236
Kim Hall 07715 081402

jane.thomas@britishgymnasticsfoundation.org
kim.hall@britishgymnasticsfoundation.org



dish
benefits you

Disability Huntingdonshire provides benefits advice, guidance and support for disabled people and their carers.



We can help you with:
Disability Living Allowance
Personal Independence Payments
Employment Support Allowance
Attendance Allowance



You can refer or make a general enquiry via

www.dish.org.uk/contact

0330 3553 256

Charity Number: 1061702

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, the Academy gives the learners the flexibility to choose a course that is best suited to their needs, including rapid two-week courses, longer 12 Week courses, evening courses and even the ability to choose whether they would like to be delivered online via Microsoft Teams or in-person at City College Peterborough, it's really up to you.

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 email 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)



Sibs For brothers and sisters of disabled children and adults

NATIONAL ADULT SIBLING SUPPORT GROUP

Do you have a brother or sister who has a lifelong disability?

Would you like to meet others who just 'get' what life as an adult sibling is like? **You are not alone.** Join others from Cambridgeshire and Peterborough at our national support group that meets online.



Sibs networkUK

For more information and to register, go to www.sibs.org.uk

Sibs is the UK charity for brothers and sisters of disabled children and adults
Registered charity number 1145200 | Limited Company number 7834303

Cambridge Community arts

CREATIVE COURSES

Improving Mental Health with Creativity

VISUAL | DIGITAL | PERFORMING ARTS



OPEN DAY
TUESDAY 13 JULY
1-4 PM
ARBURY COMMUNITY CENTRE

CCA offers part-time creative courses for adults 19+ across Cambridgeshire, both online and face to face, including informal 8 week and accredited year-long options

Drop in to find out about our year-long courses starting September 2021!

Join our mailing list to find out more...

"I have developed new techniques and confidence to try things and fallen in love with art again"

www.camcommarts.org.uk



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)

Think Autism



The family subscription box that promotes positivity, growth mindset, and acceptance



Can Do! Boxes were launched in January 2021 and provide families with activities that promote growth mindset, positivity and acceptance of neurodiversity for ALL primary age children.

Research shows that children with a growth mindset (the desire to learn, grow, embrace challenges and learn from mistakes) enjoy life more, cope better and learn to see set-backs as opportunities.

Developing tools for life through self-regulation, kindness and a can-do attitude is essential for our children of the future!

Elisa Ferriggi of Think Autism's mission is to create the next generation who not only have the self-regulation skills and growth mindset to be amazing, creative and mindful individuals but who also show kindness, understanding and acceptance to others no matter our differences.

Every month the box includes:

- A thoughtfully sought after book relevant to inspiring growth mindset.
- A sensory activity for experience sharing.
- a seasonal activity to keep it relevant to the here and now.
- A nature activity to encourage being outside and appreciating the little things.
- A self-care activity for parents because it's important to take care of you.
- There is also a Facebook group to share even more ideas and resources each month.

All activities come with a parenting guidance card that gives you multiple ways to use the activities and opportunities to enhance development and growth mindset so that you know not only what you are doing but why.

Elisa is also eco-conscious about every aspect of the box to help the environment because she cares and wants to set a good model for looking after our world too!

If you are interested in learning more, subscribing, gifting or trying out a single box please visit can-do.subbly.me/ Use code **CarersMag1** for a 10% discount off your first order.

Are the impending summer holidays causing you to worry already?

If you would like to learn more about how to improve your interactions, connection and relationship with your child over summer get in touch to discuss the Solutions Support Package elisa@thinkautism.co.uk or call 07961 027007



Transition planning - the move to adulthood

The time when a young person is preparing for adulthood can be particularly difficult for parent carers. We recognise that this stage of their child's life brings about change also for the parent themselves. Our parent carer lead, Carole Darlow, has worked together with parent carers and partners such as Pinpoint Cambridgeshire and Family Voice Peterborough to develop support for parents at this stage.

We are now able to offer parent carers in Cambridgeshire and Peterborough a parent carer transition plan. This is an informal conversation about the parent's own needs; how they are feeling, changes that lie ahead for them and what support is available as they become a carer to an adult. It is a time for parents to reflect on their own needs and take some time to think about themselves and their own future. We will also work together to ensure that parents are linked in with the appropriate support services available for their child, as they approach adulthood.

If you would like further information on how a parent carer transition plan could help your family or to make a referral, please email hello@caringtogether.org or telephone our helpline on 01480 499090



SPECTRUM TV
youtube.com/spectrumcio

SPECTRUM
#WEARESPECTRUM

   
@spectrumcio

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 assistance with DLA, PIP & EHCP.

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

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

Our membership is free.

Registered Charity 1179618

spectrum.org.uk

01223 955404

hello@spectrum.org.uk



Grants available for low income 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. Our support is focused on those on low incomes with a child/children who have a high level of additional support needs.

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

We 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](#).

Elsie's story

Elsie is three years old has a rare genetic condition called Smith-Lemli-Opitz Syndrome (SLOS) for which there is no cure and limited treatment. Smith-Lemli-Opitz Syndrome affects multiple parts of the body. People who have Smith-Lemli-Opitz Syndrome are unable to make enough cholesterol to support normal growth and development, both mentally and physically. As a result Elsie has complex medical needs and has developmental delay, very weak muscle tone and delayed growth, and is fed through a tube.

Kayleigh, Elsie's mum, is a qualified social worker, but after attempting to return to work part time in 2019, made the decision to become Elsie's full time carer at the start of the year,

due to her 24-hour care needs. "Elsie is under the care of approximately 20 different professionals and on average has between four and five appointments each week. This often involved travelling in excess of 200 miles every week to see the specialists she needs."

"Family Fund granted Elsie an iPad last year, little did we know at the time just how valuable this would be during lockdown. It's enabled Elsie to engage in weekly story time with her friends, engage in virtual therapies and even do her 'homework' tasks via apps."



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 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 support you to better help your child or

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

Pinpoint specialise in signposting to relevant organisations.

They hold coffee mornings called '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.

Where can you find them?

During the pandemic Pinpoint are exclusively online.

Did you know?

Pinpoint provides all sessions FREE of charge and you can book quickly and easily online, through their website pinpoint-cambs.org.uk/pinpoint-events/

What's coming up?

Pinpoint are holding a number of online events from autism and ADHD workshops, to help with benefits, mental health and managing behaviour.

Their annual conference will take place online on 17 and 18 June 2021 where you can hear directly from policy makers, experts and specialists

from health, social care and education on the support and services available in Cambridgeshire.

What do you do now?

The best thing you can do right now is:

- Visit their website pinpoint-cambs.org.uk
- Sign up to their newsletter (follow the link at the very end of their homepage).
- Pop along to one of their workshops - free booking through the website.
- Drop in for a cuppa at an online Tii hub.
- Follow them on Facebook and Twitter [@pinpointcambs](https://www.facebook.com/pinpointcambs) so you see the latest news.

How can you make contact?

Go 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 call 01480 877333 and leave a message.

Pinpoint is run by parent carers for parent carers. They understand because they 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 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

Centre 33
Supporting young people

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

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

You are a young carer and we are here to help.
We work with young carers who are 18 years of age and under.

"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."

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 YouTube Instagram Facebook Twitter @centre33Camb

SCAN ME

Events **Parent Carer Forum**
Community Centre **Caravans**

family voice
together improving services

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

f t i in

Step into Spring with confidence

As we all prepare to come out of the national lockdown, your local **Community Navigator** can provide you with information on what's available and help you access services and your community once more.

As things start to open up again - not just the spring flowers - we can help you navigate through the changes and gain confidence to take those first steps.

Give your friendly local coordinator a call 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 211919

care network
CAMBRIDGESHIRE
People at the heart of everything

INVESTING IN VOLUNTEERS

Pos Ability
Positive About Your Ability

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, Multiple Sclerosis and Muscular Dystrophy.

Also, **'POSABILITY CONNECT' SOCIAL SESSIONS**, online every week, so we can chat with others from the comfort of our own homes!

Whatever your age or ability you could join us – Give Us A Try!
We provide the company and motivation to **get moving and keep moving**.
Simple, achievable exercises will help you maintain your level of **mobility** and improve your **balance**.
Our **Social sessions** are fun and keep you **connected** with others!

Everyone is welcome, including wheelchair users
Call: 07565 598 193
Email: posability3@gmail.com
Our experienced and qualified instructors want to hear from you

LIVING SPORT
INSPIRING ACTIVE LIFESTYLES

THE NATIONAL LOTTERY

SPORT ENGLAND

Welcome back

Most of Age UK Cambridgeshire and Peterborough (AUKCAP) Day Services have re-opened.

The centres offer opportunities to socialise and feel secure in a happy and stimulating environment, with games, quizzes, crafting and entertainment. Tea or coffee is offered and a hot meal is provided at most of the clubs. All activities will follow the latest government advice and will be carried out with COVID-19 safety measures in place. AUKCAP staff are very excited to welcome back service users who they have missed. Throughout, staff have kept in regular contact by the telephone or doorstep/garden visiting when possible.

Many carers are also looking forward to regaining some personal time.

Call the free and confidential local helpline **0300 666 9860** Monday-Friday, 10am to 4pm. Calls are answered until 8pm and at weekends by the national Age UK helpline.



"You do an amazing job at the day centre. My husband needs a lot of care and it gives me a break when he is at the day centre. He always enjoys going and it is a real lifeline for me."

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 or 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

Sharing time (befriending)

Volunteers maintain weekly contact with an older person to reduce loneliness.

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

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

AUKCAP supports older people AND their carers. They support carers by being able to share responsibilities as they have a number of services that offer practical help (like handyperson, housework, welfare checks and contact) and offer social contact which assists to reduce loneliness and isolation.

Call 0300 666 9860, visit their website ageukcap.org.uk, email infoandadvice@ageukcap.org.uk and follow them on social media.

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

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

Please check with the relevant organisations to find out if they are meeting up virtually or face-to-face.



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

CARESCO
meeting needs in our local community

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

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: 7513432



ST NEOTS
VWA
VOLUNTARY WELFARE ASSOCIATION

Day Centre

Social days to enjoy

OPEN:
Tuesdays,
Wednesdays
and Fridays
10am to 3pm

Community Centre
Church Walk
St Neots
Cambridgeshire
PE19 1JH

**“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.

Andy Shaw - Day Centre Manager
01480 475274
Email: manager@stneotsvwa.org.uk
www.stneotsvwa.org.uk
www.facebook.com/groups/stneotsvwa

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
Care Network Cambridgeshire on 01954 211919 or
email admin@care-network.org.uk



Supported by
Community Development
care network
Working with local communities People at the heart of everything



I'M NOT GOING ANYWHERE.

Martin - Advice and Information Officer - The Royal British Legion

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

FINANCE • INDEPENDENT LIVING • CARE • RECOVERY • RESPIRE • EMPLOYMENT

Registered Charity No 219279

Please check with the relevant organisations to find out if they are meeting up virtually or face-to-face.



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.

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.

Please check with the relevant organisations to find out if they are meeting up virtually or face-to-face.



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 **CB1 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**



St Ives Dementia Friendly Community Group

The St Ives DFCG is a voluntary community organisation founded in 2016 in association with the Alzheimer's Society's initiative. These are intended to increase awareness through creating Dementia Friendly Communities, where people with dementia and their carers are understood, respected and supported.

Due to the pandemic our activities are currently running online via Zoom. We will recommence face to face meetings as soon as Government regulations and guidelines permit.

What can you do now?

Reminiscing sessions with the Norris Museum via Zoom

These are fun, informal sessions centred around discussion topics to stimulate meaningful conversations in small groups.

When? Fortnightly on Mondays and Tuesdays at 10.30am.

For more info contact Susan Bate
susanbate@norrismuseum.org.uk
01490 497314

Love to Move sessions via Zoom

Love to move is a fun, interactive, age and dementia friendly seated movement programme to music, developed by the British Gymnastics Foundation.

When? Weekly on Mondays and Thursdays at 2.30pm.

For more info contact Jane
jane.thomas@britishgymnasticsfoundation.org
07731 097236 (Jane) 07721 068606 (Polly)

Regular Love to Move sessions also run on the British Gymnastics Foundation's Facebook page, and pre-recorded classes can be found on the British Gymnastics Foundation's website and on YouTube.

Sing with the Riverport Singers - St Ives Dementia Friendly Community Choir via Zoom

These weekly sessions include informal chat as well as singing a wide range of songs (folk, pop, musicals) with lyrics shared on screen.

When? Weekly on Thursdays at 10.15am.

For more info contact Agi
agi@peachcloud.com 07757 811802

These sessions are all FREE but donations to the DFCG are always welcome.

You can also register your interest in the Memory Lane Singing Cafe (monthly) and the St Ives Dementia Cafe (monthly) that will recommence as soon as possible to meet in person again.

For more info contact George
george.smerdon@btinternet.com
07725 588145

If you are interested in becoming a Dementia Friend, visit
www.dementiafriendly.org.uk

For more information about the St Ives Dementia Friendly Group contact Roger Kuch (Chair)
reikuch@gmail.com 07796 793521

Ely Dementia Group

**Usually 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

Please check with the relevant organisations to find out if they are meeting up virtually or face-to-face.



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
homecare
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 and 3rd Wednesdays 11:00

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

Love To Move on Zoom

Every Thursday 14:30-16:00

Contact Jane Thomas 07731 097236



Dementia Choir on Zoom

Every Friday 16:00-16:40

Term time only

Contact Jane 07890 866389 Email jane@coggin.co.uk

Carer support information available

Contact Janet on 07702 010594



**Offering small grants of up to
£500**

Created to help you set up activities
or groups that improve wellbeing in your
community

All you need is lived experience of poor mental health,
and at least four people to join your journey

Goodlifefund@cpslmind.org.uk

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.

They continue to follow government guidance regarding coronavirus; however, they are looking to provide limited, appointment only face-to-face dementia support. Telephone and online support for people affected by dementia will remain in place. Please contact the dementia connect support line to find out more.

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 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-Wednesday 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

Please check with the relevant organisations to find out if they are meeting up virtually or face-to-face.

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.

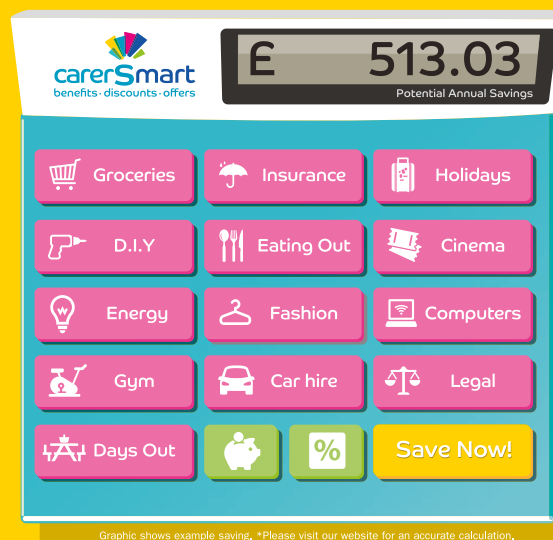
The aim of the group is to evoke old memories that are complete and comfortable through refreshments in china cups, home-made cakes, photos and documents from past years, songs and poems and informal talks, all in a fun relaxed atmosphere.

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 5 June, Saturday 3 July and Saturday 7 August.

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

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Cambridge Branch Parkinson's UK

The Parkinson's Cambridge Branch
historically met on the fourth Friday of
each month at the David Rayner Building,
Scotsdale's Garden Centre and hopes
to do so when circumstances permit.

They currently meet on Zoom on the
second and fourth Fridays of each month
for a Cuppa and Cake meeting, with
friendly chatter, regular speakers and
entertainment. Meetings are open to
PUK and non-PUK members.

To join the Cuppa and Cake Zoom
sessions or for any other information
about the branch, please contact:

Tel: Keith Howlett 07885 976194

(secretary and membership)

keithparkinsonscambridge@gmail.com

Web: parkinsonscambridge.org.uk

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

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

Please check with the relevant organisations to find out if they are meeting up virtually or face-to-face.



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.

An online booking system is now available for battery requests and hearing aid maintenance appointments. Please visit cambridgeshirehearinghelp.org.uk

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.

We 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

Please check with the relevant organisations to find out if they are meeting up virtually or face-to-face.

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 - contact Jonathan Wells.

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



Please check with the relevant organisations to find out if they are meeting up virtually or face-to-face.



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 you as a carer need to know about.

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



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



** 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

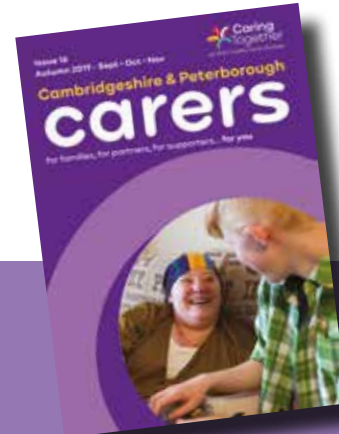
Available Monday to Friday 10am to 4pm
Calls will be answered until 8pm by the national Age UK Helpline

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 June 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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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 at every stage of your caring journey.
- Care in your home and community for adults and children.
- Dedicated staff to identify and arrange support for you.
- Emotional support including listening ear and counselling.
- Specific services for young carers and young adult carers.
- Local carer groups and support from other carers.
- Carer training and learning opportunities.
- Providing breaks away from your caring role.
- Help to plan for the unexpected.

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)

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