

Issue 24

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 **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 Autumn edition of Carers magazine.

Once again we are publishing the magazine not knowing what the coming months will bring us all due to the coronavirus pandemic.

You as carers have had to adapt and cope with a series of challenges, demands and changes since the start of last year. We and others have worked and will continue to work to support you and provide services that are relevant to you whatever the circumstances are in the world around us.

So in this edition you will find more about what is available to you, and we will adapt as needed to any changes of situation.

On page 3 you can read about our carer voice and involvement plan. We really are committed to carers being at the heart of all that we do and this shows how you, as a carer or former carer, can get involved.

We also have details of our first ever Summer raffle. This is a really exciting new way of us raising money to do more to help carers, and we would really appreciate you helping us by selling tickets or encouraging people to buy theirs online. See page 18 and the enclosed brochure for details.

Miriam Martin
Chief executive



Carer voice and involvement plan launched

At Caring Together, we believe carers really are the experts when it comes to issues affecting them and those they care for. We are committed to carers being at the heart of all that we do.

And that is why we have launched a new carer voice and involvement plan. This is designed to:

- Set out our approach to promoting the voices of carers.
- Make it clear to carers how they can get involved in all aspects of our work and throughout their caring journey.
- Give an overview of the work being done by the organisation to promote the voices and involvement of carers as experts by experience.
- Highlight examples of the ways in which we involve carers.

Caring Together chief executive Miriam Martin said, "We believe carer voice is essential to us being able to ensure our work is relevant and delivers lasting impact for carers. We need to understand their needs and experiences in delivering every area of our work.

"Whether someone is a current or former carer their views, experiences and insights matter.

"We are also committed to helping the voices of carers being heard by others – to shape the work other people and organisations do, and to increase the wider awareness of what it means to be a carer."

Steve Acklam is one of the carers on the carer voice and involvement steering group which helped shape the plan. He said, "The nature of the caring role often means carers feel alone and in need of support to help them cope.

"It is therefore critical that organisations such as Caring Together are available to provide this assistance, but to succeed they must have a clear understanding of the need.

"Only carers themselves can shape this understanding and Caring Together has shown great awareness and sensitivity in setting up the carer voice and involvement



opportunities based on a systematic plan that captures and responds to carers views and concerns.

At Caring Together one of our core values is that everything we do is based on what carers are saying will make the greatest difference for them and the people they care for.

Therefore, it is essential that carers and former carers can see how their voices influence not only our work, but also the work of other organisations.

We have identified four areas of our work where the voice of carers is key.

- Design, delivery and evaluation of services.
- Carer awareness (including fundraising and influencing policy).
- Organisational governance.
- Workforce recruitment and development.

You can find out more about our carer voice and involvement work, including how you can get involved at caringtogether.org/forum



Carers Rights Day - parent carers

Your rights to assessments as a parent caring for your child

What are parent carer needs assessments?

Under the Children and Families Act 2014, parent carers have the right to request a parent carer's needs assessment. But many do not realise. The local authority also has to provide one if they think the parent carer may be in need of support.



What is an assessment for?

A parent carers needs assessment should look at not just whether it's appropriate for the parent carer to provide or continue to provide that level of care, but also the wellbeing of the parent. This also includes the impact on their physical health and ability to take part in activities beyond your caring role, including work.



Parent carer transition assessments

As part of our transition planning support for parent carers (see page 27), if it looks like a parent carer is going to need extra support after their child turns 18, and it would be of 'significant benefit' to the parent carer then you have the right to a parent carer transitions assessment under the Care Act 2014.



What is a transitions assessment for?

A parent carer transitions assessment must include an assessment of the parent carer's own needs, both now and when the child turns 18, as well as what the parent wants from their day-to-day life.



Transition assessments for parent carers must also specifically consider whether the carer:

- is able to care now and after the child in question turns 18
- is willing to care now and will continue to after 18
- works or wishes to do so
- is or wishes to participate in education, training or recreation.

We are working with Pinpoint Cambridgeshire, Family Voice, Cambridgeshire County Council and Peterborough City Council to ensure parent carers can access assessments and ensure the assessments are meaningful and make a difference for parent carers.

If you are interested in being involved in this work, then make sure to sign up to the Caring Together Forum (see page 10) or caringtogether.org/forum

Young carers

How we support young carers

As restrictions eased, it was so good for Ella, Melissa, Chloe and our team of volunteers, to get back out seeing young carers and young adult carers in person, enabling them to have a much-needed break from their caring roles.

We've had a range of fun activities such as:

- A beach trip
- Grafham Water outdoor centre
- Norris Museum
- Froglife
- Pleasurewood Hills.

We've also continued with virtual fun activities such as quiz nights, puppet making and virtual bingo, as well as aspiration-raising and employability sessions for our older young carers.

We have activities planned for October half term. If you want to find out more, go to caringtogether.org/young-carers or call 0345 241 0954

Thanks to the support of the Huntingdon Freeman's Trust, Carers Trust and BBC Children in Need, we have been able to support young carers in Huntingdon and across the county with bursaries to enable them to have breaks from their caring roles, or to purchase things that will support their own mental health and wellbeing.

"A massive thank you for sorting out the bursary for Oliver* and his laptop, that will really help him and his Nan"

* name has been changed to protect the identity of the individual.



Mentoring from Quilter Plc and Carers Trust

We are now able to offer young adult carers resources including mentoring support from staff at Quilter Plc and Carers Trust. This is thanks to funding from Carers Trust.

One of our young adult carers has spoken about his difficulty in accessing employment for some years. Some of the reasons were due to being unable to drive or to find suitable work that he could carry out around his caring responsibilities.

Liam was approached about the mentoring opportunity and asked if he would be interested in meeting with Carers Trust and Quilter Plc staff to unpick the difficulties he was having and put a plan of support together. At the first session they outlined what they would like to cover from Liam's needs, including building his CV, writing a covering letter, practising looking for jobs and interview skills.

Over the course of four weeks Liam practiced interview techniques. He said he found he was "a bit shaky to start with but after a while I was better at answering questions. I have found it incredibly helpful, as it has helped me with areas that I haven't had much experience in, such as writing a covering letter." Liam said, "I would recommend this to other young adult carers as they are open and friendly."

Centre 33's young carers project

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 is dedicated to ensuring young carers are heard and supported.

Working with schools

We work closely with primary and secondary schools across Cambridgeshire and Peterborough to ensure young carers are understood, supported and celebrated in school. We support staff to understand the impact of caring; celebrating achievements and recognising the challenges young carers may face.

Young carers advisory board

We work closely with the young carers advisory board representatives, who are young carers, aged 8-18, to ensure the information and support we are sharing with schools reflects the real lived experience of young carers.

Young carers champions

We support schools to identify a member of staff who can take on the role of the young carers champion, who is a point of contact for all young carers in the school, and promotes awareness raising and identification of young carers across staff, parents and students.

We provide training and resources to support the young carers champions. This can range from providing guidance on how to set up a young carers group, to our team delivering an awareness raising assembly or staff training sessions to increase understanding of young carers.

School resource packs

The young carers team have developed a resource pack for schools which is as a step-by-step guide on how to support young carers.

During COVID-19, the team have been running online training sessions for schools about how to get the most from the resource pack, which includes:

- Information on how to identify young carers in school.
- Ways in which schools can support young carers.
- PSHE resources and lesson plans to increase students' knowledge and understanding of young carers experiences.
- How the coronavirus pandemic has impacted young carers and their education.
- Posters, templates and flyers to use around school.
- And much more!



Find out more

To find out if your school has a young carers champion, ask for the role to be created in your school, or hear more about what support Centre 33 can offer young carers, get in touch!

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.

For over 36 years, Making Space have been helping adults with care and support needs.

Our Cambridge and Peterborough service is specific to those caring for family and friends with mental ill health. We realise that you, our carers can be deeply affected too. You dedicate your lives to the people you support, at the cost of your own needs and wellbeing. We can help with practical advice, introducing you to services and organisations that may be able to help with your caring role, introduce you to other carers or just give you the opportunity to speak freely and confidentially to a dedicated, assigned caseworker who will help guide you through difficult times on a one-to-one basis.



Owing to restrictions across the country, we have tried to support our carers in more imaginative ways, for carers week we held a Picnic in the Park event, had a stall at a car boot sale and had a day in Hunstanton with carers.

We shared the day with people they care for as well as friends and family members. Some carers exchanged contact details and some who started as strangers became friends. The sun shone for us at all events making them all the more enjoyable.

As the country opens up that little bit more and community centres open, we hope to start our face-to-face carer coffee mornings, information sessions and carer support groups across our service in Cambridgeshire, Peterborough and the Fens, welcoming existing and new carers.

As always, we aim to meet carers at a time and place that is convenient to you perhaps at a coffee shop, café, park or at home or maybe telephone contact, email or text is a preferred option. We know how difficult it can be to make that initial contact with a new service but no question is right or wrong, too big or too small – we are here to help.

Find out more

01480 211006

C&PReferrals@makingspace.co.uk

makingspace.co.uk





PECT's CHESS service is helping residents to keep warm and safe

With the days starting to get colder as we move into Autumn, we maybe using more energy in our homes which means we might see an increase in our energy bills. This can be a cause of worry, especially if we don't have enough money to cover the costs.

Cambridgeshire Home Energy Support Service (CHESS), a service provided by environmental charity PECT and Cambridgeshire ACRE, is supporting vulnerable residents in Northern Cambridgeshire with free energy advice and support.

The free service can offer you a wide range of support, from providing debt relief, to small home improvements and accessing additional support such as grants. The service can also offer support and advice with your home energy and bills.



To make this service possible, Warm Homes has been funded by the Energy Industry Voluntary Redress Scheme, please visit energyredress.org.uk for more details.

CHESS has recently helped support someone who is a full-time carer for her son and was struggling financially with electricity bills and her oil central heating.

“If I hadn't been referred, I would never have known the help was out there. We have been in difficult circumstances, and this has made such a huge difference for me mentally in the past few weeks. My son is also happier now that we can have the heating on.”

If you would like to find out more about the service and discuss your situation, you can freephone 0800 802 1773, email warmhomes@pect.org.uk or visit pect.org.uk/warmhomes



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 are 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 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



Planning for tomorrow

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.

Whether or not you had support from Caring Together during your caring role – we can now support you during your bereavement.

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, 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. And a volunteering role can reduce isolation and help connect you with your community.

- You may wish to use 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.
- You can find out about what volunteering opportunities we have available at caringtogether.org/volunteer

To find out more about what support may be most relevant and available to you, email us at hello@caringtogether.org or call us on 0345 241 0954

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/forum

Carer learning opportunities

We are excited to announce that we will soon be offering carer learning opportunities.



We have offered learning through our carer hubs but are now developing a new programme of stand-alone sessions.

We will be covering topics such as self-care and wellbeing for carers, Lasting Power of Attorney and back care. We aim to cover some of those 'I wish I had known about sooner' areas.

We will be looking to deliver these sessions as face-to-face (restrictions permitting) short day and online sessions so there should be options to suit everyone's needs. Our topics aim to cover a wide range of information so there should be something for you whether you are new to caring or have been caring for some time.

To be one of the first to have all the information about the sessions coming up, please sign up to our inside news for carers ebulletin via caringtogether.org/inside-news-carers

We welcome any suggestions on topics that you feel would be of benefit to you and invite you to register your interest via our helpline on 01480 499090 or email hello@caringtogether.org

If transport or having replacement care for the person you support is a potential barrier to attending, please do not hesitate to get in touch and we can explore solutions with you.

We look forward to welcoming you to a learning session in the near future.

Top tips for improving sleep



Improving sleep is very much trial and error. What works for one person may not work for another. Below are some tips shared by carers during a virtual sleep workshop. If you are concerned about your sleep do also speak with your GP.

We hope these tips improve your sleep.



Focus on your breathing. Breath out for longer than you breath in. Try breathing out for a one syllable word and in for a two syllable word e.g. breath in for 'calm' and out for 'relax'.



If you are tired in the day try a nap. This is best before 3pm and for about 25 minutes.



Just having a lay down can be nearly as good as sleep, even if this is for five minutes.



Try some mindfulness and take time for you, even if this is just five minutes a day thinking about your breathing or taking in nature in your garden.



Try 'body scanning', focusing on tensing then releasing each muscle from your head down or toes up.



Try to keep the bedroom as a calm and dark environment, black out blinds could help, as well as a digital free zone with phones on silent and no TV.



Try to exercise during the day. Even 5-10 minute bouts throughout the day is good for us – our bodies are designed to move. Gentle walking even around the garden will help with sleeping. Any movement is better than nothing.



Listen to quiet music before bed. Music can put people in a better frame of mind.



Keep a notepad and pen by your bed to note down anything that pops in your head, so you can park it until the next day. Note down worries too so they are 'out of your head'.



Try to go to bed in a positive mindset. Think of at least one thing you are proud of from the day and/or up to five things you are thankful for from the day.



Use your caring experience to improve services for everyone

healthwatch
Cambridgeshire

healthwatch
Peterborough

Are you a family carer who could use your experience to speak up and improve services for others?

Healthwatch is searching for local carers who can give a few hours to make a difference with the Carers' Partnership Board. The board works with local councils to improve social care services across Cambridgeshire and Peterborough.

You may be new to caring or can share what you know about caring for an elderly loved one, someone with dementia, mental ill health or an additional need or disability.

You don't need to attend every meeting - it's really flexible. And Healthwatch will support you to share your experiences and have your say about local services for you and the person you care for.

Carers from any part of Cambridgeshire and Peterborough are welcome to get involved.

“As a carer I find it very reassuring that whenever I have a query about my daughter's entitlements, her status re the latest COVID restrictions or basically any other questions I may have, I can get accurate advice from someone at the Carers' Partnership Board.”
Helen, Huntingdonshire

Like to know more?

Contact Graham Lewis, partnership development manager

Email: graham.lewis@healthwatchcambspboro.co.uk Tel: 07432 865996

Visit: healthwatchcambridgeshire.co.uk/joining-our-partnership-boards

Read these recent reports

- **Keep on moving**
Shining a light on the everyday barriers to getting around for elderly people, those with disabilities and sight and hearing loss. This report is by the Cambridgeshire and Peterborough Partnership Boards.
- **Autistic voices**
Features the stories of autistic people of getting diagnosed and finding and using autism services and support.

To find out more call 0330 355 1285 or visit healthwatchcambridgeshire.co.uk or healthwatchpeterborough.co.uk

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 you 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

First Carer Friendly Tick Award workshop

During Carers Week in June, the awareness team at Caring Together were delighted to hold their first Carer Friendly Tick Award workshop.

With a range of attendees from fields including communities, education, employers and health, successful recipients of the Carer Friendly Tick Award were invited to share their experiences of applying for the award to prospective applicants. Potential applicants could pose questions and receive first-hand answers on the application process and criteria.

At the end of the session, Norfolk and Suffolk NHS Foundation Trust were awarded their carer friendly tick award certificate by chief executive Miriam Martin.

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





Why people volunteer with us

Annie Gault talks about some of the talented people who volunteer with us

Our volunteer team remain busy and with an ever increasing variety of roles there are plenty of ways you can get involved.

We have had a number of new projects start over the last few months, including an entirely volunteer-based service providing breaks for carers within East Cambridgeshire. Another new role was taken on by Bob, a volunteer with a passion for data. His current role involves cleansing and updating the carers' directory; a really important task, with its challenges. Bob is a carer and was looking for a volunteer role to use his IT skills and experience and provide some intellectual stimulation.

Bob said, "The volunteering team and whole charity are super-friendly and welcoming and you feel part of a team from the beginning. It is also great that they are flexible and accommodate my other commitments around my volunteer role."

Our existing teams have also been increasing as demand for services grow, with new counsellors and Listening Ear volunteers recruited, as well as young carer volunteers.

Part of my job as volunteer coordinator is ensuring our volunteers feel valued and I am constantly looking for new and exciting ways of saying thank you. This led me to perhaps the most exciting way we have found so far. With the help from Brendan (pictured below) who is one of our hugely talented care workers, we were able to make a great video of a song to say thank you <https://youtu.be/C7Z3ci2m7Z4>

Speaking of videos, one of our other extremely talented volunteers Sam, created an impressive thank you video to all our supporters over the last year. You can view it here <https://youtu.be/fhaVx4iWI44>

We are so lucky to be surrounded by such creative people.



Join our team

We'd love to hear from you if you're interested in joining our volunteer team.

Call Annie Gault on 0345 241 0954

Email volunteers@caringtogether.org

Visit caringtogether.org

Carers hubs

Find out how you can meet other carers where you live at our carers hubs



As restrictions due to COVID change we are continuing to change how we deliver our hubs, clubs and groups.

At the time of Carers magazine going to print we are meeting virtually and face-to-face in outdoor spaces.

From September onwards we expect to be holding a gradual re-opening of our hubs in indoor spaces.

For our virtual sessions you will need to receive a Zoom link and for our outdoor sessions we need to be able to give you details including, if we need to cancel due to adverse weather. (We can also help you get set up on Zoom if this is needed).

If you would like to meet with other carers or access our speakers and activities, please get in touch to register your interest. And also sign up to inside news for carers to stay updated on everything that is happening. You can do this at caringtogether.org/inside-news-carers

Virtual group times

Our virtual groups meet as follows (with outdoor face-to-face meetings being arranged at times). 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 as 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

We look forward to meeting with more of you over the coming weeks and months.

Interested in joining us?

0345 241 0954 • caringtogether.org • hello@caringtogether.org

Funded by:





Caring for you

Deafblind UK has launched a new package of services for people who care for, support or look after someone with sight and hearing loss

Head of national services, Clare Watson said: "We speak to so many people who are caring for loved ones with sight and hearing loss and they're exhausted. They are continually being someone else's eyes and ears, taking on their emotional challenges as well as their own, and putting their own wellbeing aside.

"We understand that carers are facing their own battles too. Our 'Caring for you' service aims to give you the time, attention and head space to feel more like you. We can help you to deal with the stress and anxiety that comes with caring for someone who is deafblind and help to motivate you to be the best carer you can."

The new services from Deafblind UK include emotional support to help you clear your head and make sense of your emotions, and social opportunities to connect you to other people in a similar position to you.

The service includes:

- Remote friendship groups to give you the opportunity to socialise with other carers of deafblind people and discuss real issues with people who are in a similar situation.
- Telephone befriending service specifically for those who care for people who are deafblind. You can be introduced to a friendly volunteer for regular chats and support.
- Six-week support service giving you emotional support via telephone or video call, to help you through particularly tough times.
- If you are going through a difficult time then the counselling service can help you to understand your emotions and make sense of what's going on. This service is via telephone or video call.
- A friendly, accessible helpline available five days a week to answer any questions you or your family might have.
- Help you to use the latest technology to stay connected and access online services to make your life a little bit easier.
- A carers Facebook group gives you the chance to connect with other carers of people who are deafblind in a safe, private online environment.
- Book a holiday in one of their self-catering caravans to relax and unwind. Holidays are available in Norfolk and North Wales at heavily reduced rates.
- Open Hand quarterly free magazine for carers which contains useful and interesting information for people who have sight and hearing loss.
- Christmas and birthday wishes – it's the small things that count! We can contact you at Christmas or on your birthday to remind you that someone is thinking of you.

deafblinduk

To find out more or to access any of the above free services, contact Deafblind UK:

Tel 0800 132320

Text 07903 572885

Web deafblind.org.uk

Email info@deafblind.org.uk

Twitter and Facebook @DeafblindUK

Carers' passports at Cambridge University Hospitals

One way that the hospitals are supporting carers and the people they look after



Cambridge University Hospitals aim to support carers and the people they care for. One of the ways they do this is the 'Carers' Passport' scheme.

Carers may wish to continue some or all of their caring duties while the person they care for is in hospital – for example, they may wish to assist at mealtimes, with personal care, or provide support with communication and mental health – and they need to know that this will be supported and facilitated wherever possible. Carers' passports are yellow badges worn by a carer so that they can easily be identified by staff.

Badges are issued after discussion with the patient, carer and staff about the caring duties that the carer would like to provide while the patient is in hospital. The discussion is intended to be supportive to the patient and carer – reassuring them that staff will work with them as partners and that they should not feel obliged to continue their caring role as the hospital staff will be responsible for the patient's care. Carers may need a break!

Wards have used carers' passports for some time, and they are now extending the scheme to outpatients. When access to the site is restricted due to COVID-19, it is important that those patients who need their carer with them at



outpatient appointments can be reassured that this will be possible. It may be particularly helpful for carers to be present to assist with communication and provide mental health support, and to be involved in discussions about the patient's treatment. Outpatients and their carers can obtain a carers' passport from the accessibility team.

The accessibility team, based at outpatient main reception, have a supply of carers' passport agreements and badges. The accessibility team are happy to receive calls and emails from patients and carers about the carers' passport, and will complete the agreement and issue a badge.

The accessibility team can be contacted on 01223 256998 or email accessibility@addenbrookes.nhs.uk

Information for carers is also available on the CUH website at cuh.nhs.uk under 'Visiting our hospitals'.



Summer raffle

Make a huge difference to carers and you could win a cash prize of up to £250!



We are delighted to announce our first ever Summer raffle, and to invite you to join in to make a huge difference to carers where you live, and chance of winning a cash prize of up to £250!

- 1st prize £250 cash
- 2nd prize £150 cash
- 3rd prize £50 cash

Caring Together chief executive Miriam Martin said, "Every ticket sold will make a difference to a carer, and our raffle will make more people aware of the needs and challenges faced by carers. We look forward to people buying tickets and spreading the word and selling tickets to their family and friends."

Looking after someone who can't cope without your support can be hard but you can help make a difference.

Your support could help give carers of all ages:

- a break from their caring role enjoying a trip or activity
- support in their home for the person they look after from a qualified care worker
- a grant or bursary to help their health, wellbeing, education or employment opportunities
- the practical and emotional support they need through our helpline.

How you can take part

Please see your enclosed raffle pack for details. You can also see more at caringtogether.org/raffle where you can buy online tickets or request more tickets if you would like to help sell them.

Or you can telephone the fundraising team on 01480 499090 or email fundraising@caringtogether.org

You can help us support more carers like Ruth

"I am mum to Josie 15 and triplets Jamie, Phoebe and Amelia 13. Phoebe and Amelia have a rare condition called GRIN2b. They are profoundly disabled needing round the clock care.

"As a family, we do absolutely everything for them throughout the day and night such as changing their pads, dressing, feeding through their gastrostomies, bathing, medication, turning them in bed. Caring for the girls is what we do as we love them dearly but it is never ending and physically demanding. It's hard. It is restricting and isolating.

"When Caring Together walks through the door we feel the weight of responsibility lift. Sometimes you do feel like you're the only person in the world who is in this situation. To know that you have support is amazing."

Read more about Ruth at caringtogether.org/news/ruths-story

Charity Christmas cards

Your chance to help us support more carers in Cambridgeshire and Peterborough

Even during the Summer, you can start getting ready for Christmas - and do so in a way that will help carers.

We are delighted to be selling Christmas cards once again. They were a great success last year with many carers and their families buying cards to enable us to support more carers in our community.

Cards come in packs of 10 of the same design with envelopes. There are four designs to choose from which are priced at £3.50 per pack.

To place your order, either complete and detach the form below, email engagement@caringtogether.org or call 0345 241 0954



Charity Christmas card order form

Please complete and detach this form and send it with a cheque made payable to **Caring Together** at Caring Together, Unit 4, Meadow Park, Meadow Lane, St Ives PE27 4LG

| Card design | Number of packs | Price per pack | Total cost for cards |
|---|-----------------|----------------|----------------------|
| 1 Hanging with my gnomies | | £3.50 | £ |
| 2 Journey to the Holy Land | | £3.50 | £ |
| 3 Christmas tree | | £3.50 | £ |
| 4 Snowman friends | | £3.50 | £ |
| Total cost for cards | | | £ |
| I would like to make a donation to Caring Together of | | | £ |
| Total for postage | | | £ |
| Total amount | | | £ |

Please keep me up to date with supporter news and updates from Caring Together by email

Yes ☐ No ☐

Postage costs

1-3 packs £1.95
4-10 packs £3.45



| | | | |
|-----------|--|----------|--|
| Your name | | | |
| Address | | | |
| | | Postcode | |
| Email | | | |

Caring Together will not share your details and will process your data in line with our privacy policy at caringtogether.org/privacy-policy



Caring for my mum

Ayesha highlights the need for carers to be listened to around the language, cultural and religious needs of the person they care for

“ I am a carer for my parents who are originally from Bangladesh alongside four siblings. My mother was the sole carer for my grandmother and my father was the breadwinner, so their roles were very clear.

As times have changed, roles have evolved and my brothers have had to adapt. They are now more involved in the caring role, but the roles are not simple, and this has made caring for mum a lot harder.

Both my parents have needed intermittent care for unexpected health issues. I have always been the child that attended all of mum's healthcare appointments.

We need to do more to ensure that people like mum receive the best possible support.

Mum recently suffered a complete heart block and there were several

issues that I felt showed the system had failed

Mum was taken into hospital on her own. We were informed that she had suffered from a complete heart block and was in a critical condition. She needed complete bed rest until she had a pacemaker. I felt a translator or one of us, her children, should have been bought in to explain the severity of the situation. She was confused, scared, and thought she was going to die.

As a Muslim woman, her day is fixed around her five daily prayers. In order to pray you need to be in a state of purification. As mum was bed bound and using a bed pan, she had to use wipes so she was clean and could pray. We provided everything she needed to stay clean. Explaining to the nurses to wipe her down so she could pray was difficult with the language barrier. If the bed pan leaked, the nurses would dry her but not change her clothes. She could not pray in this state.

On numerous occasions we asked the nurses to change her clothes and for her to be able to have a wipe down, as required for her to perform her

daily prayers. Her inability to perform prayer increased her anxiety levels. Her mental health was affected; she wanted to give up.

She said she would rather come home than have this pacemaker fitted, and that if she was going to pass away, she did not want it to happen like this.

This could have been avoided if we were able to support her. If she were able to pray this would have given her the mental strength she needed. Her performing her daily prayer was not given the importance it should have.

The two issues were the language barrier and the lack of understanding of her religion and its importance.

As a family we are frustrated that the system didn't meet mum's needs.

It is frustrating that we live in such a diverse society, yet there are no clear processes involved when meeting the needs of a patient where English is not their first language and religion is not given the level of importance that it should be given.”

Ensuring carers' voices are heard

Situations like the ones experienced by Ayesha and her family highlight the need for carers to be listened to and involved in decision making and the care of the person they look after. They also highlight the importance of carer awareness.

Carer voice and involvement

Carer voice and involvement is an important way of making sure services are shaped by the needs of carers and the issues affecting those that they care for.

If you want to find out more, including seeing how you can be involved in having your voice heard, please see page 3 or go to caringtogether.org/forum

Carer Friendly Tick Award

Another key piece of our work to help carers is to raise awareness and understanding in the community with health, social care and education professionals, and employers.

We can provide free support to help organisations through the Carer Friendly Tick Award process, from awareness-raising sessions, to useful resources, to examples of what similar organisations have done.

We have toolkits available for each of the four categories of education, community groups, employers and health organisations which can help you with your application.

For more details on the Carer Friendly Tick Award please see page 13 or visit caringtogether.org/carers-friendly-tick

Events calendar

Throughout this issue in the articles, partner updates and adverts, you will see information about planned events and activities for September to November. Please see below some details on a number of other activities.

1 September, 6 October and 3 November
12.30pm

Friendship Lunch

Seven Wives PH, Ramsey Road, St Ives PE25 5RF

For people with dementia and their carers.

Prebooked lunch with friendly chat and support.

Heather 01487 841543 or email
aitchjay50@yahoo.co.uk

7 September and 2 November
2pm-4pm

Huntingdonshire Health and Care Forum

0330 355 1285 or visit

healthwatchcambridgeshire.co.uk

20 September

6-7pm on Zoom

Supporting your child with anxiety - twilight session

pinpoint-cambs.org.uk/pinpoint-events

21 September, 19 October and 16 November
10am-12pm

Dementia Café

St Ives Free Church, St Ives PE27 5AL

For people with dementia and their carers.

£2.50 per person.

Call George Smerdon 07725 588145 or visit
[facebook/stivesdementiafriendlycommunity](https://facebook.com/stivesdementiafriendlycommunity)

23 September, 28 October and 25 November
10am-12pm

Peterborough Health and Care Forum

0330 355 1285 or visit

healthwatchcambridgeshire.co.uk

6 October

10am-12pm

Greater Cambridgeshire Health and Care Forum

0330 355 1285 or visit

healthwatchcambridgeshire.co.uk

7 October

9am-5pm

Virtual Deafblind UK convention 'Living better with sight and hearing loss'

Free online event. Welcoming world class speakers covering a wide range of topics.

Call 0800 132320, email info@deafblind.org.uk, visit deafblind.org.uk

11 October

6-7pm on Zoom

Mental capacity and the liberty protection safeguards — what does it mean for us?

pinpoint-cambs.org.uk/pinpoint-events

14 October

10am-12pm

Fenland Health and Care Forum

0330 355 1285 or visit

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

Want to start your career in health and social care but don't know where to start? Maybe you already work in it but don't have the qualifications or are looking to upskill. Well, fear not, because the Health and Care Sector Work Academy is here to help!

The 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'll gain a recognised City and Guilds Level 1 award in preparing to work in adult social care as well as the support of the academy team. 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 learners the flexibility to choose a course that is best suited to their needs, including rapid two-week courses, well-paced 12 week courses, evening courses and even the ability to choose whether they would like to be delivered online via Microsoft Teams or face-to-face out in the community, 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!

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  @HCSWAcademy  @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



Improve your mental health with local creative arts courses

Cambridge Community Arts (CCA) offers a wide range of creative courses for adults 19+ in Cambridgeshire and Peterborough.

CCA know that using your creativity and imagination is beneficial - improving both our mental health and overall wellbeing.

Unleash your inner artist or musician... discover something new at CCA. Past short courses have included drama, expressive painting, song writing, creative writing and ceramics. CCA also offer year-long, part-time Level 2 accredited courses with a September start.

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

Find out more
Call 07763 280029
Visit www.camcommarts.org.uk
Email admin@camcommarts.org.uk



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



Sarah, 33, cares for her dad, Vince who has young-onset Alzheimer's disease. She attended the Dementia Carers Count three-day course and said, "DCC's course is the best thing I've come across. It came to me at a time when I was really struggling, and it was like hitting a reset button."

If you are caring for a partner, family member or friend with dementia, Dementia Carers Count (DCC) can help. DCC is a national charity dedicated to supporting family and friends caring for someone with dementia. They run free, professionally developed and led courses that give you the opportunity to learn about dementia, connect with others and gain strategies to help you maintain your wellbeing while 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 your own circumstances.

DCC's Virtual Carers Centre contains a wide range of videos, audio recordings and articles, where you can access guidance and support from health and care professionals and listen to the stories of family dementia carers.

To visit the Virtual Carers Centre, sign up for the newsletter, access 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 them on social media.

020 3096 7895

support@dementiacarers.org.uk



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

LIBRARIES & WELLBEING WEBSITE

for information helpful to you and your family.



www.cambridgeshire.gov.uk/LibraryAndWellbeing

Cambridgeshire
libraries

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-advocacy guide for carers.
- More resources & info**
Links to local resources
Access links to further resources and sources of information and support for people who are looking after a loved one.



How Anglian Water support carers



To mark Carers Rights Day, Anglian Water has teamed up with local carer organisations across their region, including us here at Caring Together, to raise awareness of the support offered to carers across the East of England.

Anglian Water's Priority Services Register provides support to a range of customers, including people with sight or hearing impairments, people with limited mobility and people living with serious or long-term illnesses.

Customers can sign up to be added to the register so that the water company is aware of their circumstances and can provide free practical support, suited to their individual needs. For example, if a customer needs a little bit longer to get to the door, they can register for Anglian Water's 'Knock and Wait' service which means the water company will give some extra time for the customer to get to the door when visiting their home.

Beth Kennedy, Anglian Water's partnership manager said, "We are delighted to be supporting Carers Rights Day alongside brilliant organisations like Caring Together. This is something we are incredibly passionate about and want to be able to support any of our customers should they be in need."

"Making sure all of our customers have access to water is essential and it is vital that we know who may need extra help should there be any interruptions to water supplies."

"We want to urge all carers to get their cared for signed up to our priority services register, to ensure we are able to support them in the best way."

Visit the carers support page on Anglian Water's website to read stories of how the priority services register has helped support people caring for their loved ones anglianwater.co.uk/community/charity-work/carers

To register for priority services

Call 0800 232 1951

Visit anglianwater.co.uk/priority

Scan the QR code below



Transition planning - the move to adulthood

As your child approaches adulthood, there are often many concerns over how this will impact upon not only the young person but you, their family too. It's important that families have access to up-to-date and clear information on the process, what to expect and who to go to if they need help or support. This is also a crucial time for parents to take the opportunity to think about themselves and their own needs as this is a transition for them too.

Supported by our colleagues at the local parent carer forums - Pinpoint Cambridgeshire and Family Voice Peterborough - and with parent carers themselves, we have developed a parent carer transition plan and have started to complete these with families. One parent recently said, "Thank you so much for supporting our family! We are in a better place now than before". Another said, "I literally didn't know who to turn to or where to get help. I felt like I kept hitting brick walls. You've helped me understand what's what and actually think about myself for a change too."

To request a parent carer transition plan or to find out more about any activities in your area, please get in touch via hello@caringtogether.org or our helpline on 0345 241 0954



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



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

Your child doesn't need a diagnosis for you to seek Pinpoint's help or attend one of their sessions. Your child may be on a waiting list, accessing services, or have had a referral turned down!

Who are Pinpoint?

Pinpoint are your local parent carer forum and hub for information, signposting and events for all things SEND.

They offer free signposting, information, professionally supported workshops and events. They work across Cambridgeshire linking parent carers to the right professionals.

They work to make sure you get the services you need in a way that works for you, by feeding back to those who are responsible for them.

What do Pinpoint do?

They offer practical sessions with visiting speakers and specialists who will be able to help you. They can 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?

Pinpoint are exclusively online during the pandemic.

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 mental health, managing behaviour and preparing for adulthood.

They also hold support groups - weekly Tii Hubs and monthly SENDads and Mums evening sessions.

What can 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 a workshop - free booking through their website.
- Drop in for a cuppa at one of their online Tii Hubs.
- Follow them on Facebook and Twitter [@pinpointcambs](https://www.facebook.com/pinpointcambs) so you see their latest news.

How can you contact Pinpoint?

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)



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

Young Carers Project

CAMBRIDGESHIRE & PETERBOROUGH

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

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

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

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

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

Events

Parent Carer Forum

Community Centre

Caravans

www.familyvoice.org Charity no. 1171389

We are operating

Email for advice and signposting
communities@familyvoice.org

Helpline for advice and signposting
Monday – Friday
12pm-3pm
on 07780586475

Information available via our social media channels

Connect with Care Network!

You may be feeling unsure what activities or support are available in your area, or how to reconnect with your community. Your local **Community Navigator** can help, including access to our **Help at Home** and **Wellbeing** services if you're looking for practical or emotional support to get back on track

Speak to your local coordinator today

Fenland: 01354 695208
 East Cambridgeshire: 01353 659639
 Cambridge City: 01223 300460
 South Cambridgeshire: 01954 212100
 Huntingdonshire: 01480 775493

To learn more, donate, or volunteer with us please visit <https://care-network.org.uk/> or call 01954 211 919

We are running LIVE

ONLINE CHAIR-BASED EXERCISE GROUPS

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

Supporting carers and older people



All Age UK Cambridgeshire and Peterborough (AUKCAP) Day Services are open and running.

Carers can regain some personal time confident in the knowledge that loved ones are in a safe environment and enjoying time with peers. Email dayservices@ageukcap.org.uk

AUKCAP offers several services that can support carers by sharing responsibilities – take a look on their website ageukcap.org.uk or call their 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."

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).

Cambridgeshire handyperson service

Small jobs, promoting safety at home. Help such as fitting grab rails, keysafes, shelves, small plumbing jobs, assembling flat pack furniture. Call 01480 700205 or email chp@ageukcap.org.uk

Sharing time and telephone befriending

Volunteers maintain weekly contact with an older person, by a home visit or telephone call, to reduce isolation and loneliness.

Home services

Domestic cleaning, shopping and household support. Call 01733 557353 or email homes@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: 1140728 Reg Address: The CARESCO Centre, Green End Road, Sawtry, Huntingdon, Cambs, UK PE28 5UX Reg Company No: 7513432
Reg in England & Wales



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




Caring Together

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



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 your own lunch from 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.

The group should have resumed by the time you see this!

For up to date information 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



Cambridgeshire
County Council

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**

The St Ives Dementia Friendly Community Choir



Do you *love* singing? Or *care* for someone who does?

Join our Community Choir, created to welcome people living with dementia, their carers, families and friends. We sing a great range of songs (folk, pop, musicals) in a fun, relaxed atmosphere.



THURSDAYS 10.15-11.15am (during school term time)

The Corn Exchange, The Pavement,
The Old Riverport, St Ives, Cambs PE27 5AD

£3 per person per session

For further info, contact Agi

Email agipeach@icloud.com

Tel 07757 811802

Follow us on:

www.facebook.com/riverportsingers

SING, SMILE AND SHINE!



Riverport Singers are supported by the St Ives Dementia Friendly Community Group and the St Ives Town Council

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.



LOVE TO MOVE and

The Norris Museum Reminiscence Session



Reminiscing with The Norris Museum

Do you enjoy reminiscing and sharing stories from the past to stimulate memories and conversations.

A fun, interactive session that will use museum objects, general chats, quizzes and discussion topics to stimulate meaningful conversations.

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

Demonstrable benefits in the physical emotional and cognitive aspects of older people especially those living with Dementia.



No need to book, just come along and a welcoming cuppa provided.
Costs £3 for participant and £1 for carer

When? Monday Morning 10am - 12 o'clock (except the 2nd Monday of the Month)

Where? Burleigh Hill Community Centre, Constable Road, St Ives PE27 3EQ

For more info:

Susan, phone 01480497314 or email communities@norrismuseum.org.uk
Jane or Polly, phone 07731097236 or 07721068606 or email jane.thomas@britishgymnasticsfoundation.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

Mind CPSL

Registered Charity Number: 265087

Unite against dementia across Cambridgeshire and Peterborough



Alzheimer's Society in Cambridgeshire and Peterborough is there 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 visiting alzheimers.org.uk for information and advice about coronavirus and to access their 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



Reminiscence at The Norris Museum



A support group for those who live with dementia and their carers who enjoy reminiscing, sharing stories and handling objects from the past to stimulate memories and conversations.

We meet at the Norris Museum on the 1st and 3rd Wednesday of every month between 10.30 to 11.30am.



Places are limited and you will need to book
Cost £2.50 per person

To book a session, please contact Susan Bate, Community Officer on:-

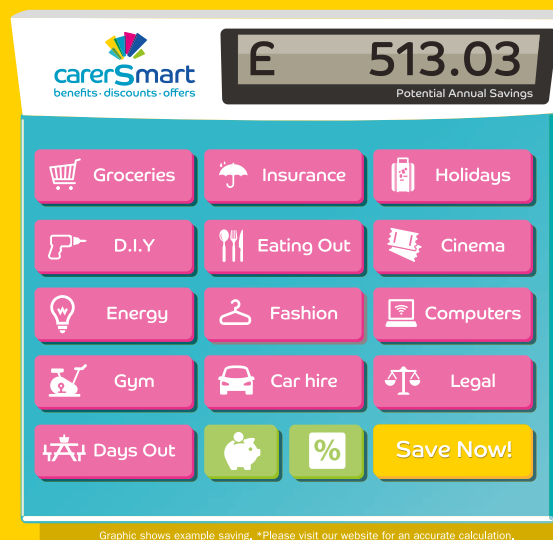
Telephone :- 01480 497314 or Email :- info@norrismuseum.org.uk

These sessions are supported by [St Ives Dementia Friendly Community](#)
Refreshments will be available.



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

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

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 4 September, 2 October and 6 November.

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

To book an appointment please call our carer helpline on 0345 241 0954 or email hello@caringtogether.org



VoiceAbility

Need support to speak up? VoiceAbility can help

Do you know where to turn for help if you struggle to be heard? Would you like support to understand your rights and make decisions about health and social care?

It can be very daunting understanding the legal and statutory procedures involved with social care, but advocacy support for family carers is available from VoiceAbility. The service is free, independent and confidential.

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

Family carers have rights under the Care Act 2014, to protect their own health and wellbeing. The legislation puts the family carer's needs on the same level as the person they care for. This includes rights to advocacy, subject to eligibility.

VoiceAbility can:

- support you to be heard
- help you understand your rights, choices and options
- enable you to make your own decisions about health and social care
- help you to get support from the people around you in your community
- give you the tools to do as much as you can for yourself.

You will need to be referred to VoiceAbility by your local adult social services.

Contact VoiceAbility for more details:

Helpline: 0300 303 1660

Email: helpline@voiceability.org

Website: voiceability.org

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

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

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

JOIN US

Positively Parkinson's Café

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

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

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

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

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (204987) and in Scotland (SC037046). © Parkinson's UK. Parkinson's UK logo.

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

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

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

Please telephone 0808 800 0303 or email to check dates are correct before attending.

Ely and District Support Group

Third Tuesday of the month

2.30pm to 4.30pm

Bell Holt Community Centre,
Off Lisle Lane, Ely CB7 4ED

Come along to have a chat, enjoy
the entertainment and refreshments.

March Support Group

First Wednesday of the month

10.30am to 12.30pm

The Braza Club, Elm Road,
March PE15 8NZ

Ramsey Support Group

Second Wednesday of the month

2pm to 4pm

Ramsey Resource Centre,
Stocking Fen Road, Ramsey PE26 1SA

St Ives Support Group

First Wednesday of the month

2pm to 4pm

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

St Neots Support Group

Third Monday of the month

2pm to 4pm

Old Market Court, Tebbutts Road,
St Neots PE19 1RQ

Peterborough Branch Parkinson's UK

Meets several times every month for
coffee mornings, walks, exercise classes
and meetings.

Full details of events are on the events
page on the website.

Tel: Ruth Brinkler-Long 07752 014998

Email: ruthbrinkler@hotmail.com

Web: parkinsons-peterborough.org.uk

Facebook: /Peterborough.Shakers

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

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 Cambridgeshire and Peterborough

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



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

**Do you hear voices, see
visions or have similar
experiences?**

You are not alone



**Our hearing voices group can help you gain
insight into your experiences.**

Email us at goodlife@cpslmind.org.uk
or visit www.cpslmind.org.uk



Registered Charity Number: 265087

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 ebulletin?

Inside news for carers gives the latest news and information that you as a carer need to know about.

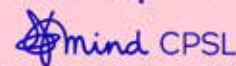
To sign up please call 0345 241 0954 or visit caringtogether.org/maillinglist

Stay connected and look after your wellbeing

Good Mood Cafes offer an opportunity to meet like-minded people in a friendly and informal space and have a chat about things that are positive for our wellbeing



No booking needed and FREE to attend
Email us at goodlife@cpslmind.org.uk
or visit www.cpslmind.org.uk



Registered Charity Number: 265087



SUPPORTING OLDER PEOPLE'S INDEPENDENCE

- Free and confidential **Information and Advice**.
- **Social Opportunities** to reduce isolation and loneliness.
- **Practical Support** such as: help with shopping; housework; safety aids to prevent falls; welfare calls; hospital discharge and hospital admission avoidance support.

CALL OUR

HELPLINE

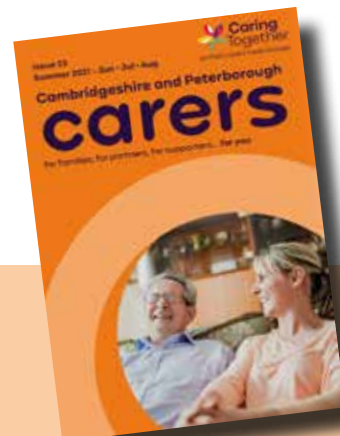
0300 666 9860

or email infoandadvice@ageukcap.org.uk

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 September 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,
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01480 499090 or 0345 241 0954
hello@caringtogether.org
caringtogether.org
Facebook: [/CaringTogetherCharity](https://www.facebook.com/CaringTogetherCharity)
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Charity Reg No. 1091522
Registered in England & Wales No. 4379948

