

Issue 25

Winter 2021/22 - Dec • Jan • Feb

 **Caring
Together**
so that carers have choices

Cambridgeshire and Peterborough carers

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



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Welcome

Welcome to the Winter issue of Carers magazine.

Winter can always be a time which brings new and different circumstances for carers. With the on-going situation and uncertainties caused by coronavirus this year has its own unique challenges.

In this issue we start by looking at some of the recently announced health and social care reforms, and what they mean for carers, and then some advice for you specifically about the winter months..

You can then read the latest about the services that we and other organisations are continuing to offer, and how you can benefit from these.

The information in this Carers magazine about what we and others have available for you is here to help you be better equipped and supported in your role as a carer, and this includes support with your health and wellbeing.

You can also read information about our Christmas appeal and the ways people can act so we can do more to support carers like you in your caring role.

Miriam Martin
Chief executive



Health and social care reforms

Andy McGowan, our head of carer services, has summarised what some of the changes will mean for carers



For many years, numerous governments of various political persuasions have struggled to tackle the significant challenge of ensuring that both the NHS and social care are properly funded, while coping with the increased need for support.

Earlier this year, the government laid out its plans to change the way in which these are both funded moving forward. Some of the changes will come into effect this year, whereas others won't be until 2023.

What are the key changes?

The means test would become more generous



Currently, people have to pay for all of their care costs if their assets are above £23,250.

From October 2023, this would only be the case if their assets were higher than £100,000.

Currently, people make a contribution to their care costs if their assets are over £14,250 – with the changes, this would increase to £20,000. The government cover the rest of the costs.

This could potentially make a big difference to carers of a child with complex disabilities/health conditions and big care packages.

While there are some caveats (e.g. the cap will only cover the cost of a care home that the local authority was willing to pay for, and the local authority will only cover the number of hours of homecare that they think is needed), it will hopefully make a big difference.

There would be a cap to how much someone would pay for care



One of the other welcome proposals is the introduction of a cap on how much they would need to contribute over their lifetime.

Under the new plans, the cap will be £86,000 – if an individual spends that much, then the government would cover the rest.

What other changes are happening?



At the time of writing, the Health and Care Bill is currently going through Parliament. While this introduces new rights for carers, it also misses some really important things which we are working with other carers organisations to try to change (see page 5 for more information).

If you are interested in being involved in any of our work on policy or campaigning, then please sign up to our mailing list at caringtogether.org/maillinglist



Winter advice

How Caring Together can help you through winter

The winter months can bring new and different challenges for carers and people they look after. With the coronavirus pandemic continuing there are extra challenges and uncertainties that affect people looking after a family member or friend, and the people they care for.

Making sure you get the right support for you is all the more important.

Making sure you stay connected

Winter months can be a time when people feel more isolated.

We have a number of ways that you can stay connected with other people, including other carers who have an understanding of your situation and experiences.

Our hubs give you the opportunity to meet face-to-face, you can go along with the person

you care for, and online. If you need help getting online for a virtual hub then just contact us, we can help.

There are also other activities held for adult carers. Find out more at caringtogether.org/hubs

It is not only adult carers that we have activities for. To find out what we have for young carers and young adult carers you can visit caringtogether.org/young-carers

Help to go to your medical appointments

If you are struggling to make it to your medical appointments – including flu jab or coronavirus booster – we are able to help.

A listening ear

As well as our groups and activities we have other support.

Our Listening Ear service gives you, as a carer, the opportunity to talk to one of our trained volunteers on the phone about the things that matter to you. It can give you the chance to off-load some of your worries

or concerns about your caring role – it is good to know there is someone there to listen.

Counselling

We are also able to offer free counselling from qualified counsellors trained in different skills and approaches. The confidential counselling provided is person-centred. They can help with bereavement counselling, dealing with emotional and psychological difficulties and more.

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

Stay warm this winter

There are a number of national and local initiatives that can help you with reducing your energy bills by making your home more energy efficient or through discounts you may be eligible for. You can read more about these at caringtogether.org/warmer-homes

Get in touch to find out more

If you want to know any more about any of the support mentioned on this page please do get in touch. You can speak to us on 0345 241 0954, or email us at hello@caringtogether.org or visit caringtogether.org

Our work with young carers

In addition to providing support to young carers across the county, we do a lot of work to increase awareness of, and support for, young carers on a national level, ensuring that young carers are not forgotten.

Here is an update of some of the things we have been up to:

- We linked in with Kooth, who provide online mental wellbeing support to young people, to deliver young carer awareness-raising sessions to their practitioners
- We organised a young carers research and practice event which brought together over 70 professionals from carer organisations, academics researching young carers, and people with an interest in young carers policy, to look at the latest issues affecting young carers, and to identify ways to better join together research, practice and policy.
- We met with the Children's Commissioner for England's Office to look at ways to work together to better understand the needs of young carers following 'The Big Ask' survey earlier in the year.
- As part of the Young Carers National Voice Network, we have worked on recommendations that we want to see in the Health and Care Bill to help improve identification and support for young carers.
- We are working with Barnardo's, Carers Trust, The Children's Society and young carer organisations across the country to look at how to strengthen the voice of young carers in national policy.

If you are interested to know more about our campaigning and awareness-raising work, or how you can get involved, please email hello@caringtogether.org



Young Carers Support app

Young carers need support around them to ensure they are able to help their loved ones whilst looking after their own physical and mental health, and they are coupled with working towards a bright and healthy future for themselves.

A number of young carer organisations worked with Expert Self Care Ltd, to launch the Young Carers Support app which is free and available for any young carer, or professional working with young carers to download on both Android and iOS.

The app offers clear and easily accessible advice and is a comprehensive resource for young carers and professionals working with young carers and young people. The app bears the Patient Information Forum 'PIF Tick', the only UK quality mark for trustworthy health information.

Caring Together, Centre 33, Cambridgeshire County Council, Peterborough City Council and Cambridgeshire and Peterborough NHS Foundation Trust (CPFT), have worked together to compile localised information for young carers which is now available on the app.

To download the free app, search for 'YC Support' on the App Store or Play Store.



Supporting young carers at transition time



Centre 33 provides assessments and support to young carers across Cambridgeshire and Peterborough

Being a young carer can impact your life in many ways. It can give you opportunities to learn new skills, gain independence, a sense of pride and can increase your self-esteem – but it can also bring challenges, including isolation, worry, and difficulties with important transitions, such as moving up to secondary school, starting college or getting a job.

We know in some circumstances, caring can have an impact on educational attainment leading to fewer educational opportunities at secondary school, college and further education. Young carers tell us they don't always feel able to make free choices about their future aspirations. Offering support around transitions is very important, and Centre 33 does this.

Year 6 transitions work

Starting secondary school can be daunting. We know that for young carers this can bring lots of challenges. We aim to ensure you are supported throughout this time, and know what help is available to you in secondary school, and who to ask.

We work individually with young carers in Year 6 who may need extra support with your transition. Together we complete a 'My Plan' to identify any support needs, and to ensure the secondary school are aware of who you care for and the impact this has on you.

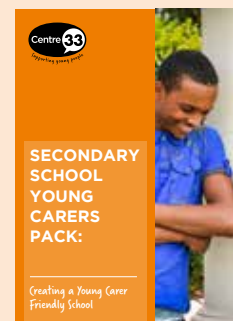
From April onwards, once you know where you will be going to secondary school, Centre 33 offers small group work and one-to-one support. Young carers can meet with others going to the same school, meet your Young Carers Champion, ask any questions, and share any worries. This work continues until September when we meet again to ensure you have settled in at your new school.

"It's been so nice to meet new people and people that are in the same situation as me. I'm not so worried about starting secondary school now, I'm excited!"

16+ transitions work

Centre 33 also works with young adult carers in year 11 and above to offer a statutory 16+ transitions assessment. Starting college, thinking about getting a job or starting university can be a worrying time for any young person, but for young adult carers you often have the added worry of the person you care for to think about.

Having choices about your future is vital for all young people, including young carers. This assessment gives you the chance to think about your goals and aspirations for the future and what support needs to be in place for you and your family to reach these goals and prepare for adulthood. We work closely with Caring Together and Making Space to ensure you have a smooth transition into adult services if you want ongoing.



Are you a young carer who would like some support with transitions? Or do you know someone who is? Please get in touch with us.

0333 414 1809 centre33.org.uk youngcarers@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



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 wellbeing of those you support on a day-to-day basis, sometimes 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.



In autumn of 2021 we were able to offer our first Carers Coffee Morning in the Pilgrim Hall in St Neots, this also included a craft session, which has had to be online until then.

We welcomed new carers as well as existing ones who have received support from our service and who have supported us with newsletter contributions, accessing online craft and coffee mornings and generally keeping in touch.

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.

Going into 2022 we hope to be expanding our groups to provide carers in Peterborough and the Fens the opportunity to meet others caring for friends and family, and look forward to a brighter dawn and embracing the 'new normal' with empathy, kindness and understanding.

Find out more

01480 211006

C&PReferrals@makingspace.co.uk
[makingspace.co.uk](https://www.makingspace.co.uk)



Personalised support for you to be healthier

How being healthy as a carer is beneficial to the person you look after too

For people looking after a family member or friend, it can be hard to make it a priority to take good care of themselves. And it may also seem daunting to start to make changes.

But if you are a carer, taking some small steps to being healthier can make a big difference to you – and if you are healthier it is also beneficial to the person you care for. Personalised support is now available to people across Cambridgeshire who are looking after a family member or friend.

Healthy You has a carer health trainer service for carers living Cambridgeshire. The aim is to help you make manageable steps to being healthier – including being given one-to-one support to know what will work well for them.

Susan Mayes, Healthy You's carer health trainer explained how she works with carers to put their needs first and work with them on an approach that works for them, "For carers taking care of themselves can be a challenge, but it is important and we can help them identify ways that they can improve on their health and well-being which take account of their caring responsibilities."

"We start with a one-hour initial assessment appointment where I can really get to understand more about the carer and what will work for them.

"And this is followed by six 30-minute appointments – all set at a convenient time for the carer. These appointments can be weekly, fortnightly or whenever it is convenient, spread over up to a year.

"We will look at simple, small changes, and set achievable goals that can have a long-lasting impact. We know it can be difficult to fit around your daily routine, so we look at what is best for your lifestyle and give you the support you need to be healthier."

"If you are wanting to get more active but not sure how to start please get in touch."

The type of changes that carers can be helped with include:

- Simple steps to being more active.
- Doable ways of having healthier eating.
- Achievable changes to lifestyle that you can start to introduce.
- Ways to introduce activity that may help improve your sleep.

To find out more call 0333 005 0093 or text healthyu to 60777



What if you are rushed into hospital?

Do you know what would happen to the person you look after if you are taken into hospital in an emergency?



Hospitals are under immense pressure and they need to ensure that the person who has been admitted gets the best possible care. All too often a carer has to take the person they look after into hospital with them which, as well as affecting the cared for person, can mean extra work for staff.

If you are signed up to the What If? Plan we can ensure this doesn't happen to you and the person you look after can stay at home either with your nominated contacts or with our homecare workers should no-one be available.

The What If? Plan isn't just for hospital admissions. It can also be activated if your car was to break down on the way back from work or the supermarket which means you cannot get home at the expected time. Maybe you are unable to care due to the impact of caring on your physical or mental wellbeing. Again we can help if you activate your What If? Plan.

This free service for people looking after someone who lives in Cambridgeshire and Peterborough, gives carers peace of mind that they have made plans should they not be able to carry out their caring role.

The What If? Plan is funded by Cambridgeshire County Council and Peterborough City Council.

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

Together after caring

We are still here when your caring role comes to an end

Many carers think that when their caring role stops – whether that be through bereavement, or the person they care for going into permanent residential care, that the support available for them as a carer also stops.

We are keen for carers to know that we are still here, even when your caring role has finished. Thanks to funding from the Masonic Charitable Foundation, we've been able to extend our Listening Ear support to bereaved carers, and we have got activities and outings for former carers and current carers alike.

You may want to consider volunteering, now or in the future. Your knowledge and experiences from your caring role are hugely valuable. 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 being involved in other ways. You can find out about our volunteering opportunities at caringtogether.org/volunteer

We are currently developing our information for carers at the end of their caring role and have run workshops with former carers to find out what information would be most useful and when. If you would be interested in helping us, whether that be sharing your top tips as to 'What you wish you knew' or telling us about resources/ organisations that you want others to know about, then do get in touch.

To find out more about what support may be 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 be able to update you on carer learning opportunities that we are making available for carers across Cambridgeshire. Learning opportunities have been available through our hubs for some time. But we have also been working with carers to developing a new programme of stand-alone sessions.

These are based on a three -step programme for carer learning, and we will be running these together with more specific bitesize topic talks. This approach is designed to give a structure and ensure key areas are covered, but you can choose which you do and the order you take them in.

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 your 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 make sure you have all the information about upcoming sessions, please sign up to our inside news for carers ebulletin via caringtogether.org/maillinglist

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 work to help you with this.

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

Register your interest via our helpline on 01480 499090 or email hello@caringtogether.org

Be your own BESTTIE

Breaks
Eat well
Sleep
Talking
Time for you
To do lists
Identify help
Exercise



Our three-step carer learning programme

Caring – First steps

- What is a carer/am I a carer?
- Jargon-busting – explaining commonly used terms
- Who's who in the statutory and voluntary services – understanding their roles
- Daily caring:
 - Managing medication
 - Moving, assisting and falls
 - Continence
 - Managing the night-time
 - Emotions and behaviours
 - Community support – what's out there
 - Emergency planning

Caring – My steps

- Taking care of yourself
- Physical health and wellbeing
- Mental and emotional health
- Exercise and sleep
- Taking breaks from caring
- Getting help

Caring – Next steps

- Having difficult conversations
- Balancing work and caring
- Support available in the home
- Coming out of hospital – what to expect
- Arranging paid carers
- What to consider when thinking about care homes
- Dealing with challenging behaviours
- Finances
- Lasting power of attorney.



Tell us about life in local care homes

healthwatch
Cambridgeshire

healthwatch
Peterborough

Do you – or does a friend or loved one – live in a local care home?

Then Healthwatch wants to hear what life is like there – and what you think about the care at the home.

Healthwatch Cambridgeshire and Healthwatch Peterborough are your health and social care champions. They make sure NHS leaders and other decision makers hear your voice and use your feedback to improve care.

What you tell them helps the NHS and local councils to provide good care for everyone.

The information you give them is confidential and anonymised before they share it. Your personal information is never included in their survey reports.

Care home reports

From time-to-time, Healthwatch makes visits to care homes. It gives them an opportunity to hear from residents and their families and carers about their health and care.

They have the legal right to enter and view places that provide publicly-funded health or care services and see and hear how people experience the services. After they visit, they publish reports which include suggestions about where care could be improved. Reports are shared with care home management, the Care Quality Commission, commissioners, quality assurers, Healthwatch England and other relevant people.

Read more

Find all the latest news and reports about health and care in Cambridgeshire and Peterborough here:

healthwatchcambridgeshire.co.uk/news-and-reports

healthwatchpeterborough.co.uk/news-and-reports

Share your thoughts in this care home survey

The COVID-19 pandemic has had a huge impact on care home residents and on their friends and families.

Healthwatch wants to hear about your experiences and challenges and what life is like now. They know lots of things have changed. So take 10 minutes to fill out their survey at healthwatchcambridgeshire.co.uk/care-home-survey

Need a paper version? Get in touch and they'll send one with a freepost envelope.

You can also share your feedback by

Phone: 0330 355 1285

Text: 07520 635176

Email: enquiries@healthwatchcambspboro.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 carers.

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 60 organisations have now been awarded the Carer Friendly Tick Award. These organisations are shown by the yellow star on the map below right. The white pin shows organisations who are working towards the award.

We have toolkits available for each award category to explain the standards, and give guidance on how these can be considered and met. The toolkits also include examples from other organisations who have successfully completed the Carer Friendly Tick Award.

Whether you are looking at the community, education, employer or health 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

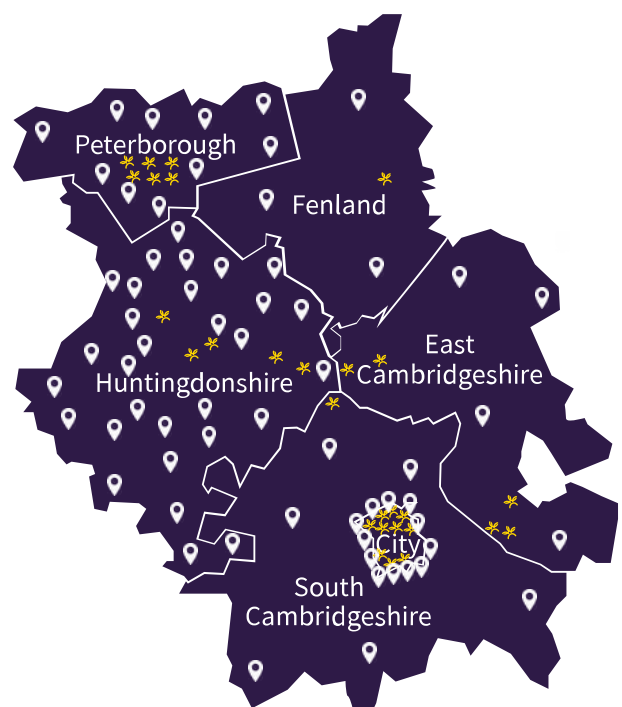
Carer Friendly Tick Award holder survey

We have recently conducted a survey of the organisations who hold the Carer Friendly Tick Award.

Organisations were keen to network with other award holders to share best practice and gain ideas of how to best support carers. They would also like to attend workshops so that is something we will be planning.

Almost 70% of organisations would be willing for another organisation to visit them to see how they are supporting carers. This shows they are proud of what they have achieved and want to encourage other organisations to support carers in the same way.

We would like to thank everyone for taking the time to provide feedback and building on the Carer Friendly Tick Award.





Volunteer with us

Meet our new volunteer coordinator, Jane, who joined the charity in September

I'm Jane Hawkins, I joined Caring Together in September 2021 as the new volunteer coordinator. I'm taking the role on from Annie Gault who has moved to a new position in the people team at Caring Together.

I have been working with volunteers for the past 15 years, in a variety of settings, including a small local sight loss charity through to bigger educational and mental health national ones.

I absolutely love my job! Where else can you work with the most amazing selfless individuals who give their time so generously to help support other people. It's just priceless.

If you are interested in joining our volunteer team and are willing to offer some of your precious time, once a week for a few hours or even once a month, we would love to hear from you.

Volunteer vacancies

We currently have the following roles that we are looking for people to give their time to:

- Carers breaks volunteers in East Cambridgeshire
- Volunteer befrienders for the Listening Ear service
- Volunteer counsellors
- Supporting young carers with workshops and trips.

Why become a volunteer?

We carried out our annual volunteer survey in May 2021 and our volunteers said this is what they valued:

"The feeling of being part of a large family."

"Knowing that I make a positive difference to those attending the Shelford hub... being part of a cohesive team... the laughter!"

"It is a positive, inclusive and supportive team. As a carer I benefit and I appreciate opportunities to help other carers."

Join our team

We would love to hear from you if you are interested in joining our volunteer team.

Call Jane 0345 241 0954 or 07843 327485

Email volunteers@caringtogether.org

Visit caringtogether.org/volunteer

Carers hubs

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



As restrictions due to COVID ease, we are continuing our blended approach for carers to meet together, both virtually and in person.

You will need to register your place to join us virtually, so that we can send you the Zoom link and joining instructions. If you would like some help with getting set up on Zoom or if you would like to register your place to join, please contact us at hello@caringtogether.org

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

To see other carers in person, you can find a list of opportunities see the link at caringtogether.org/hubs. You don't have to stay local and can come along and meet us at any of these events. Please note that booking your place is essential, in order that we can safely manage numbers.

Virtual group times

Our virtual groups meet as follows. These groups are based on the times carer hubs would normally have met in person. You do not need to live in the area of the group you want to join in with, 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?

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

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

Funded by:



Cambridgeshire Libraries

How the library service is supporting carers and others in our community



Cambridgeshire Libraries have created new web pages under the banner of 'Libraries and Wellbeing'. This new website section shows how you can make use of library resources and activities to benefit yourself and your family.

After a long year of managing our lives around the pandemic, our community has emerged more resilient and health conscious.

While we continue to act to keep ourselves and others safe from infections, we also want to find inspiration to support our health and wellbeing.

In 2008, the government think tank New Economics Foundation (NEF) highlighted 'Five Ways to Wellbeing'. It explains that having strong social connections, being physically active, being involved in learning, the acts of giving, and becoming more aware or mindful can have a positive impact on our sense of wellbeing.

What we can do now is to increase our time spent on such activities and live a more fulfilling life.

As well as wonderful books, eBooks and eAudios for all ages, Cambridgeshire Libraries provide a safe place for everyone to come and share resources.

Visit the new web pages at cambridgeshire.gov.uk/LibraryAndWellbeing and you will find many services and resources the libraries are offering.

Back in October the UK marked Libraries Week. This annual celebration of our much-loved libraries highlights how libraries take action and change lives in our communities.

Cambridgeshire Libraries took the opportunity to ask their customers 'What does your library mean to you?' They were encouraged by the flood of positive feedback they received and would like to share some of the heartfelt comments.

“ I am an avid reader but cannot afford to keep buying books, so my local library is a godsend to me. ”

“ The library means so much to me. During lockdown it was my lifeline as I could escape all the difficulties of shut-in life in a series of wonderful books, chosen for me by our truly wonderful librarian. I would have been in a far worse state without books. ”

If you are already a library customer, they would like to hear more from you. If you have not used library services before, they look forward to welcoming you.

Visit your local library, or go on the website at cambridgeshire.gov.uk/library

To get in touch, you can email to Your.Library@cambridgeshire.gov.uk or call 0345 045 5225

The Warm Home Scheme

Ensuring people have a warmer home over winter



PECT aims to support people to maintain a warmer home, so they can experience the associated health benefits and reduce their energy bills, in particular over the winter period.

If you live in Fenland, Huntingdonshire or East Cambridgeshire, then PECT (working in partnership with Cambridgeshire ACRE) can help you with energy advice and energy arrears. PECT is also offering this service in Cambridge City thanks to funding from UK Power Networks.

This service is vital, because NHS advice suggests that when the weather drops below 8°C, some people are at increased risk of physical and mental health conditions; such as heart attack, stroke, pneumonia and depression.

There is substantial evidence of the detrimental impact of fuel poverty on the physical and mental health of residents.

The free service aims to offer help and advice on behavioural changes, choosing the best energy tariff and supplier, managing water bills, and where eligible it can assist people to access the national £140 Warm Home Discount and other funding opportunities.

To find out more and discuss your situation, call 0800 802 1773 or 01733 568408 ext 313, email warmhomes@pect.org.uk or visit pect.org.uk/warmhomes

Carefree breaks for carers

Nearly half of all carers haven't had any time off in the last five years.

Being able to plan a break is something that carers cannot easily do and all too often their own health and wellbeing takes a back seat. Carers need to be able to recharge their own batteries once in a while to ensure they can provide the best care possible to their loved one.

Carefree aims to change this by partnering with hotels and cottage owners to offer breaks of one to three nights in hotels and four to seven nights in holiday cottages.

Caring Together has signed up to the scheme so if you feel you could benefit from a short break, please get in touch with our carer helpline to find out more. Call 0345 241 0954

We can even help with homecare for the person you look after while you are away too.





You can help give carers someone to talk to this Christmas

Claire from the carer helpline explains how vital your support is

I am Claire and I work on Caring Together's helpline. That means I am one of the team who answers the telephone each time it rings, and I talk to carers and their families living in Cambridgeshire and Peterborough.

We give people looking after family members or friends advice and information, and help them find the support they need.

People I speak to may have just become a carer, and be completely new to a situation that has turned their life upside down. Others have been caring for many years, and have reached a point of crisis, or where they need help or support they have not had before.

Everyone I speak to has their own story about why the person they care for needs their care.

How you can help this Christmas

I hear first-hand from carers about the struggles they and their family encounter daily.

Due to the COVID pandemic many carers have not had their usual support, with family and friends not able to help in their normal ways for a range of reasons due to restrictions, or the person they care for having to shield.

But the support of people like you has helped ensure the helpline and our services have been here to help carers in every situation throughout the pandemic.

On average our team take around 52 phone calls a day from carers, with others contacting us by email. They each have their very personal situation that we are here to help with. We may be able to help them buy essential equipment or give advice on benefits. Some may need to access our Listening Ear service or counselling support. They may feel isolated and benefit from joining one of our online or face-to-face groups. Or we could be helping them access any one of the other services we or our partners offer.

Christmas is often a very challenging time for carers and the people they care for. The coronavirus pandemic has made things even more difficult.

Could you help us with a donation gift this Christmas?

You can help us make a difference to carers. One carer said of our team, "I don't know what I would have done if they were not at the end of the phone to help me," and another told us "...your support truly has made the world of difference to the children and I."

Every donation means we can do more to help carers.

How you can donate

The easiest way to donate is to visit caringtogether.enthuse.com/cf/christmas2021

Alternatively you can post your donation to:

Caring Together, Unit 4 Meadow Park,
Meadow Lane, St Ives, PE27 4LG

Report highlights the vital need to recognise and support carers

Our annual report demonstrates the importance of our work supporting carers in your community

We have published our annual report for 2020-21, and it starkly highlights the huge impact the coronavirus pandemic has had on carers and the vital importance of work to support them.

Despite the sudden changes brought by the coronavirus, we responded to meet the needs of carers, reaching 17,500 carers, their families and the people who support them across Cambridgeshire, Peterborough and Norfolk.



Stuart Evans, our chair of trustees, said, "The coronavirus pandemic affected all of us. But for carers their world shrunk even further. It eroded the usual ways in which they could be supported in our communities, increased their caring responsibilities, made it harder for them to have a break and brought new challenges.

"It is overwhelmingly clear the coronavirus crisis has taken its toll and brought carers closer to breaking point than ever before.



"It has been essential for us to respond and adapt how we work to provide carers and the people they care for with the support they need. We are proud of all we have been able to do but we know we need to keep working to support carers. And the help of more people will be essential in helping us do more to support carers."

Three in five people will become a carer at some point in their life, meaning that any one of us could find ourselves needing the type of support we provide at any time. And many people looking after a family member or friend do not recognise they are a carer and able to get help and support.



Our impact report and trustees' annual report for 2020-21, can be found at caringtogether.org/about-us/annual-reports



Much of the work we do relies on donations from individuals and organisations that recognise the huge importance of ensuring carers have the support they need.

You can help us support carers by donating at caringtogether.org/donate

If you are not in a position to donate at the moment but would like to consider leaving us a gift in your will, please visit caringtogether.org/leave-a-legacy



The importance of social interaction

Services for people who care for, support or look after someone with sight and hearing loss



If there's one thing that many of us have in common since the start of the COVID pandemic, it's feeling lonely. A survey back in 2020 revealed that one in four UK adults have felt lonely since the start of the pandemic. This is hardly surprising when we have had to limit our social contact in order to stay safe.

For many people, these feelings will ease as life starts to return to normal but for others, loneliness is a long-term problem that is not easily going anywhere. Caring for someone who has sight and hearing loss can mean that social interactions are more difficult, tiring and sometimes less meaningful. Opportunities to socialise might be few and far between as your needs are pushed to the back of the queue and having time for yourself is reliant on having respite care.

So, it's no wonder that carers have been finding things extra tough. However, limiting your own social interaction could have a negative affect on your mental and physical health.

Hayley Headington, Counsellor at Deafblind UK said, "Being a carer can feel very lonely, this has certainly been made worse during the pandemic as other outlets and the opportunity to take a break have not been possible. Loneliness can increase the feelings of isolation, depression and anxiety.

"However, there is light at the end of the tunnel! Deafblind UK's new carers groups give you the chance to not only socialise but to meet other carers of people who have sight and hearing loss, instantly giving your something in common.

Hayley said, "Our carers groups run every other Friday at 3pm. They are virtual groups, using Zoom, so you don't even need to worry about leaving the house! There is always someone from Deafblind UK in every group, should you need more professional support."

If a group doesn't sound up your street then they can also introduce you to a telephone befriender, someone with shared interests who will call you regularly for a chat.

Alison told us, "I was finding things difficult... It was brilliant to talk to someone outside my situation and just have them as a sounding board to help process what I was going through. I encourage other carers to sign up and use the service as a safety net for when times get tough."

To find out more or to access any of the free services, contact Deafblind UK:
Tel 0800 132320 Text 07903 572885 Web deafblind.org.uk
Email info@deafblind.org.uk Twitter and Facebook @DeafblindUK

Carer voice and involvement

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

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.

Similarly, people who have been carers have got invaluable insight into what works, but also what doesn't work.

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

We are committed to learning from the experiences and insight of former carers when their caring role comes to an end. In addition to the benefit they bring to our work, we believe it can also be beneficial for the former carer.

You can make sure you can have your say and find out more about how you can be involved by going to caringtogether.org/caring-together-forum

You can choose how and when you want to be involved in carer voice opportunities and activities. There are different opportunities available and your voice matters.

Events calendar

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

1 December, 5 January and 2 February
12.30pm

Friendship Lunch

Seven Wives PH, Ramsey Road, St Ives PE25 5RF
For people with dementia and their carers.
Call Heather 01487 841543
Email aitchjay50@yahoo.co.uk

1 December and 2 February **10am-12pm**
Cambridge and South Cambs Health and Care Forum

Call 0330 355 1285
Visit healthwatchcambridgeshire.co.uk

6 December and 10 January **10am-11.30am**
Parent carer hub

Arthur Rank Hospice, Cambridge
Meet other families who are caring for a teenager or young adult with learning disabilities and/or health needs.
Call Caring Together 0345 241 0954

7 & 21 December, 4 & 18 January and 1 & 15 February
2-3pm

Read a Little Aloud

Online story time for adults!
Email RALA.Online@cambridgeshire.gov.uk

9 December and 10 February **10am-12pm**
Fenland and East Cambs Health and Care Forum

Call 0330 355 1285
Visit healthwatchcambridgeshire.co.uk

14 December, 11 & 25 January and 8 & 22 February
2-3pm

Engage Online

Various speakers followed by questions and answers.
Email Engage.Online@cambridgeshire.gov.uk

21 December, 18 January and 15 February
10am-12pm

Dementia Café

St Ives Free Church, St Ives PE27 5AL
For people with dementia and their carers.
Call George Smerdon 07725 588145
Visit [facebook/stivesdementiafriendlycommunity](https://facebook.com/stivesdementiafriendlycommunity)

4 January

2pm-4pm

Huntingdonshire Health and Care Forum

Call 0330 355 1285
Visit healthwatchcambridgeshire.co.uk

27 January

10am-12pm

Peterborough Health and Care Forum

Call 0330 355 1285
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 groups in the community, please contact Jane or Kim.

Monday	10.00am-11.30am	Parkinson's	Zoom
Monday*	10.00am-12.00pm	Dementia with reminiscence	St Ives
Tuesday	3.00pm-4.30pm	Young onset dementia	Zoom
Wednesday*	10.30am-12.15pm	Dementia	Brampton

Face-to-face sessions are £3 per person and £1 for carers including a welcome cuppa. Zoom sessions are free.

* not every week, please check before attending.



Jane Thomas 07731 097236

jane.thomas@britishgymnasticsfoundation.org

Kim Hall 07715 081402

kim.hall@britishgymnasticsfoundation.org

If you have a mental illness which has affected your normal day-to-day activity for over 12 months, you are eligible for a disability benefit.

A mental health condition may include but not be limited to:

- ✓ Anxiety
- ✓ Bipolar Disorder
- ✓ Dementia
- ✓ Depression
- ✓ Obsessive Compulsive Disorder
- ✓ Schizophrenia

We have dedicated workers to help you access mental health benefits.

Make a referral today: www.dish.org.uk/contact

We're a dedicated local charity championing individuals with disabilities to successfully access the vital benefits they are entitled to, for a better life.

www.dish.org.uk
info@dish.org.uk
03303 553256

Disability Huntingdonshire
The Maple Centre, Oak Drive
Huntingdon PE29 7HN

Charity No. 1061702



dish
benefits you

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, Level 2 qualifications 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 will upskill you with all the qualifications you or your staff need to succeed in the sector, including Level 1 and 2!

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

"As an unpaid carer CCA has given me the opportunity to have friends outside of my caring role, which at times has been very lonely and isolating. I have been able to share and develop my creativity in a very supportive and friendly environment, which has built up my confidence." – CCA learner 2021

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



How carers can get help and advice online

With the colder, winter months now upon us, you might want to check out some of the apps and websites to see if they might help you in your caring role



Agylia

agyliacare.com Available on Apple and Android devices - Free

Agylia Care is a social enterprise that provides information to carers both on their website and through their app, which is free for carers to use.

The service contains guides and videos to help people with the care they provide themselves, their families and others. They cover topics such as Alzheimer's, dementia, cancer, autism, mental health, children's care, support for carers, and many others.



Carers Community (app)

Available on Apple and Android devices - Free

An app created by a carers organisation in Barnet, but which any carer can sign up to. It is a community which enables you to speak to other carers and it also has resources on lots of different topics.

Carers UK Forum

carersuk.org/forum

An online forum for carers to speak with other carers, share tips or just off-load. It has over 25,000 carers signed up and has forum sections on a whole variety of topics.



Help at Hand (app)

Available on Apple and Android devices - Free

A free website and mobile app from Arthur Rank Hospice. A digital directory of resources to help carers access practical and emotional support in their community.

Mobilise

mobiliseonline.co.uk/support-for-carers

An online community helping to connect carers, including through their regular virtual cuppas, regular emails and Facebook community.

Timeless (app)

Only available on Apple

Timeless (Timeless | Care) is a mobile app that empowers people living with Alzheimer's to live a better daily life. Timeless connects Alzheimer's patients with their friends and family, reminds them of daily events, and helps them remember their loved ones.



Young carers support (app)

Available on Apple and Android devices - Free
See page 5.

Do you use any other apps or websites? Please let us know so we can share them with other carers email hello@caringtogether.org

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.



Caring for someone with dementia?

Access support whenever you need it on the new Virtual Carers Centre



**DEMENTIA
CARERS COUNT**

Supporting Family Carers

Dementia Carers Count's new Virtual Carers Centre contains a wide range of videos, audio recordings and articles, where you can access guidance and support from experts and listen to the experiences of people caring for someone with dementia.

You can also register for free 'Live Online Learning' sessions, run by a team of health and care professionals.

On the Virtual Carers Centre you can find:

- Strategies on managing emotions and feelings of guilt; tackling everyday challenges such as washing and dressing, or managing continence; and looking after your own physical and emotional health.
- Practical information about carers' rights and benefits.
- A look at the brain, its functions and how it can be affected by different types of dementia.

To visit the Virtual Carers Centre, see the full range of topics and register for courses and 'Live Online Learning', please go to dementiacarers.org.uk



Dementia Carers Count offers life-changing, professional health and care support that families living with dementia so often find isn't there for them.

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

020 3096 7895

support@dementiacarers.org.uk



[DemCarersCount](#)



[@DementiaCarersCount](#)

LIBRARIES & WELLBEING WEBSITE

for information helpful to you and your family.



www.cambridgeshire.gov.uk/LibraryAndWellbeing

Cambridgeshire
libraries

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, "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." If you are receiving support from social care, short breaks team or a medical professional they can make a referral for a transition plan on your behalf.

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.

SPECTRUM
#WEARESPECTRUM

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?

All of the sessions and events are currently being held virtually online.

Did you know?

Pinpoint provides all sessions FREE of charge and you can book quickly and easily online at 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 (link is at the very end of their homepage).
- Take a look at one of their workshops, Tii Hubs or group sessions and arrange to pop along.
- Follow them on Facebook and Twitter [@pinpointcambs](https://twitter.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

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

Tel: 01733 685510

Email: office@familyvoice.org

Web: 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

SCAN ME

ARE YOU A PARENT CARER? YOUR EMPLOYEES JUST MIGHT BE!

LET'S WORK TOGETHER

Signposting:
Our Parent Reps help parents engage with professionals across Health, Education and Social Care.

Forum:
Participate in service delivery and join informative events for parent carers in Peterborough.
We work in co-production with service providers on behalf of parent carers to shape local services according to need.

Community Engagement:
We run Orton Goldhay Community Centre and organise family-based events, activities and trips.

Short breaks:
Accessible & affordable holiday caravans by the coast.

Family Voice supports and empowers parents and carers of children and young people with disabilities. We can help you identify and support carers within your organisation.

We couldn't do it without the help of businesses like yours.

Corporate partners have helped us in many different ways. Visit www.familyvoice.org/corporate-partnership to find out how we can work together.

Registered Charity No. 1177558 (1030)

Call us Email us Tag us Find us Visit us

01753 645500 office@familyvoice.org Facebook @fivcommunity Instagram @familyvoice Goldhay Community Centre PE2 1GP www.familyvoice.org/corporate-partnership

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

Enjoy fitness and fun with our mix of chair-based exercise, standing group exercises and individual programmes for people with long term health conditions.

Everyone is welcome, including wheelchair users.

Face-to-face sessions take place in Histon, Soham, Littleport and you can join us online too!

Contact us for more information and to book your free taster session
Call: 07565 598193
Email: admin@posability.org

PosAbility Registered Charity: 1149783
 Email: admin@posability.org Tel: 07565 598 193 Website: posability.org

Community warden services

The community warden service is provided through Age UK Cambridgeshire and Peterborough who has been providing services across the county for over 26 years. Recently six new schemes have been added.

The community warden supports people aged 60 and over to continue living at home safely and independently, confident in the knowledge that someone is on hand. The warden can provide support in a number of ways such as:

- collect/drop off prescriptions
- small bits of shopping
- make hot drinks/light lunch
- provide company and reassurance on a short walk
- make phone calls on your behalf
- help with post and paperwork management
- arrange transport and accompanied visits to medical/health appointments
- signpost onto other services and liaise with them for you
- arrange home safety checks to reduce the risk of falls
- just have a chat to help reduce isolation and loneliness.

"I can't thank you enough for what you have done for my brother. You have gone above and beyond what I would expect."

Daily contact is made Monday to Friday either by phone call or a home visit, depending upon the individual's need. For all new referrals there is a two week **FREE** trial and afterwards there is a small weekly charge for the service of £9 per week for a single person or £11 per week for a couple.

If you would like more information or to refer yourself, relative, friend or neighbour

Call 0300 666 9860

Visit ageukcap.org.uk

Email infoandadvice@ageukcap.org.uk

Follow   **AgeUKCAP**



Warden service scheme areas

Cambridge City
Cambridge North West villages* (Fen Drayton, Fenstanton and Lolworth)
Cambridge small villages (Balsham, Castle Camps, Horseheath, Shudy Camps, Weston Colville, West Wickham and West Wratting)
Cambridge South villages* (Duxford, Hinxton, Ickleton, Pampisford, Sawston and Whittlesford)
Cambridge South West villages* (Bourn, Caldecote, Comberton, Hardwick, Papworth, Toft and Wimpole)
Ely
Fulbourn*

(* new schemes, more in development)

Girton
Histon and Impington
Linton
Littleport
Longstanton*
Peterborough
Ramsey
Stapleford
Swavesey
Teversham
Waterbeach, Landbeach and Chittering
Willingham and Over*

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



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



Work with us


Love caring for people?

- Open the door to a new career
- Great benefits package
- Varied development opportunities
- Minimum one-hour calls.

Join our charity and make a difference.

Call our people team to find out more about our care worker vacancies.

0345 241 0954
jobs@caringtontogether.org
caringtontogether.org/jobs



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 **Wednesday 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

No meeting on 4 December
January 2022 meeting is on 8 January

Bring and share / bring your own lunch at 12.30pm followed by activities from around 1.30pm including games, quizzes, music, talks.

(Come along for the activity time only if you wish)

We would welcome a £2 donation towards heating costs, etc.

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 Dementia, their family, friends & carers.

Tuesday mornings: 10.40-12.00

Horizon Resource Centre, 285 Coldhams Lane,
Cambridge 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 714700

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**

MEMORY LANE Singing Café

For anyone with dementia, Alzheimer's or memory loss and their carers



Singing is proven therapy for people with Alzheimer's/dementia, and great fun! We sing along to a variety of songs to suit everyone. It's a thoroughly uplifting experience, in a friendly atmosphere. You can sit in our café, or join in with the singing, and some of us dance too! Please drop in and join us, and find out what else is available in our dementia friendly town. Volunteers are on hand to support, and help with singing and refreshments.

**EVERY 2ND MONDAY OF THE MONTH 10-12PM
BURLEIGH HILL COMMUNITY CENTRE
CONSTABLE RD. ST IVES. PE27 3EQ**

Refreshments provided - No cost - Donations gratefully received
tel. George 07725 588145 - Sam 07724 339215

email: memorylanemusicalives@gmail.com www.facebook.com/groups/memorylanedementia
PRINTED MATERIALS KINDLY DONATED BY ST IVES QUICKPRINT LTD



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 Diana Writer
Tel: 01353 667847
Email: diwriter@icloud.com

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.



Crocus Café

First Monday of each month
10.00am to 12.00pm

The Salvation Army Peterborough Citadel
1203 Bourges Boulevard
Peterborough PE1 2AU

Are you caring for someone with dementia?

Rotary invites you both to join us for a monthly get together in our Crocus Café

Relax in the bright and airy café style surroundings

Be entertained, make new friends, have a cake and cuppa

Trips to interesting places

No charge will be made, free car park adjacent with full disabled access

Further details or to book a place
Phone Janet on 01487 830114

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

TRUMPINGTON MEMORY CAFÉ



EVERY 3RD WEDNESDAY OF THE MONTH

DROP IN FROM 10AM-12NOON

A place where people with varying forms of memory loss with their carers can visit and support each other and have fun.



Come and join us for coffee and cake at:

The Pavilion, Paget Road, T. Junction to Anstey Way
Trumpington, Cambridge, CB2 9JF

To book a place please phone 01223 840268,
and give your name(s).



PCC Trumpington is a registered charity. No. 1139132

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.

At the Dementia Resource Centre in Peterborough there is a variety of face-to-face services available from one-to-one support for people with dementia and their carers and family members, to Carers' Information and support programme (CrISP), weekly singing for the brain and advice and information.

To find out more about the full range of services available, contact the Alzheimer's Dementia Support Team:

Tel: 01733 865710 (Mon-Fri 9am-4.30pm)
peterborough@alzheimers.org.uk

If you have questions or concerns about dementia, you can speak to a trained dementia adviser by calling the Dementia Connect Team:

Tel: 0333 150 3456 (Mon-Weds-9am-8pm, Thurs-Friday 9am-5pm and Sat-Sun- 10am-4pm)
Dementia.Connect@alzheimers.org.uk
alzheimers.org.uk

If you have speech or hearing difficulties, you can use text relay to call the dementia connect support line on 18001 0300 222 1122

sing! together
COME AND JOIN US!

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

No experience is needed, just come along and take part in a session in a safe, friendly and fun environment.

Location: Ely Beet Club,
83 Lynn Road, Ely, CB6 1DE

When: Monday Mornings

IMPORTANT: You must contact Kathryn before coming to ensure that there is space for you, and to confirm dates and times.

For more information please contact Kathryn Rowland:
☎ 01353 662022
✉ kathryn@allinsound.co.uk
f AllInSoundMMT

Sing! Together is managed by:

All In Sound
Making Music Together
Registered Charity (CIO) No: 1179902



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:-

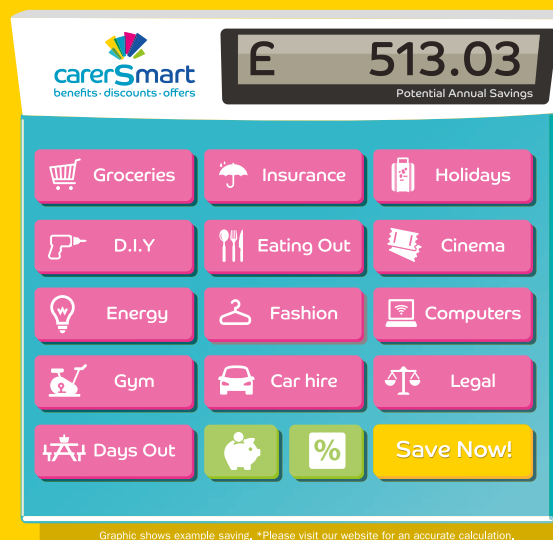
Telephone :- 01480 497314 or Email :- info@norrismuseum.org.uk

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 December, 8 January and 5 February.

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?

Free, confidential advocacy support for family carers is available from VoiceAbility. An advocate is an independent professional who will:

- support you to have your say
- help you understand your rights, choices and options
- enable you to make your own decisions about health and social care
- give you the tools to do as much as you can for yourself
- speak up for you.

Anyone who cares for another adult is eligible for our General Advocacy Service and can self-refer if they have an issue in relation to their caring role, and the cared for person is eligible for Care and Support from Cambridgeshire County Council.

You may be eligible for Care Act Advocacy if you:

- Are undergoing a carer's assessment under the Care Act
- Would have difficulty being involved in the Care Act processes or assessment, support planning or review without support.

Adult Social care will need to refer you.

We can also help if you need support to make a complaint about any NHS Service under our NHS Complaints Advocacy Service.

Contact VoiceAbility for more details:

Helpline: 0300 303 1660

Email: helpline@voiceability.org

Website: voiceability.org

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

JOIN US

Positively Parkinson's Café

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

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

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

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

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

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

Parkinson's UK offers information, friendship and support to those affected by Parkinson's through local groups. These also include regular events, exercise activities and social activities.

Local groups are in the process of restarting face-to-face activities and some venues may change so please check first on website parkinsons.org.uk or call Parkinson's UK helpline 0808 800 0303

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

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

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

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 are an independent registered charity supporting the old county of Huntingdonshire residents of all ages who are experiencing sight loss.

We provide a wide range of activities and services tailored to each individual, their carer and family. Our team of outreach workers, social events coordinators, technical support and volunteers are committed to providing members with support and advice to enable them to maximise their ability to remain independent, regain and boost their confidence and improve their quality of life.

If you are a resident of Huntingdonshire and living with sight loss, please contact us. There is no membership fee and you do not have to be registered sight impaired.

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

Cambridgeshire Hearing Help has opened monthly Hearing Aid Maintenance (HAM) Centres across the county. If you are an NHS hearing aid user and your hearing aid needs cleaning and re-tubing you can book an appointment at one of our HAM Centres. This is a drop-off and wait service, by appointment only.

**CAMBRIDGESHIRE
HEARING HELP**

Cambourne 1st Tuesday 10:00-12:00
Comberton 3rd Tuesday 14:00-15:30
Ely 2nd Tuesday 10:00-12:00
Girton 3rd Wednesday 14:00-16:00
Huntingdon 4th Tuesday 10:30-12:00
St Ives 2nd Wednesday 10:00-12:00
Sawston 3rd Monday 10:00-12:00
Whittlesey 4th Monday 14:00-16:00

Chatteris 2nd Friday 10:00-12:00
Cottenham 2nd Thursday 14:00-16:00
Fulbourn 3rd Thursday 10:00-12:00
Great Shelford 1st Thursday 10:00-12:00
Melbourn 4th Thursday 14:00-16:00
St Neots 4th Wednesday 10:00-12:00
Soham 1st Monday 10:00-12:00

If you require batteries only, you can collect them from a HAM Centre, without the need to make an appointment. Please drop in during opening hours and we will issue them to you.

To book an appointment or to request batteries by post please use our online booking service at cambridgeshirehearinghelp.org.uk or telephone the office 01223 416141 or text 07852 69919

We are still posting batteries. Please use our online battery request service or telephone 01223 416141, stating your name, full address and what size batteries you require: size 13 Orange, size 312 Brown or size 675 Blue.

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 a support group for those affected by lung conditions. It also supports their family, friends and carers.

We meet on the first Thursday of every month (except December and January)
2pm until 4pm
St Peter's Church Hall, High Street,
March, PE15 9JR

December 2021 & January 2021 no meeting
February 2022 guest speaker TBC

For further information please contact
Margaret on 07740 867047

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)



Huntingdonshire Aphasia Support (H.A.S.) meets on the second Tuesday of each month from 2.00-4.00pm at The Coneygear Centre in Huntingdon.

Aphasia is caused by damage to the part of the brain which is responsible for the understanding and production of language. Common causes include stroke, severe head injury, brain tumour and other neurological conditions. It can leave sufferers with very little or no language and H.A.S. offers people suffering from Aphasia (whatever the cause) an active, social and fun get together.

Each meeting consists of different activities from music to art, speakers or games and quizzes.

If you would like further information about the group, please contact:
Anna Bratby, Secretary 01480 891977
Email: cambsanna@hotmail.com



Do you want to know more about your lung condition and how to manage it?

Breathe Easy Wisbech is a support group for those affected by lung conditions. It also supports their family, friends and carers.

We meet on the last Tuesday of every month (except December)
1.30pm until 3.30pm

Onyx Court, Norfolk Street,
Wisbech, PE13 2NE

For further information please contact
Margaret on 07740 867047

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.

Face-to-face and Zoom meetings - contact Jonathan Wells for details.

Last Wednesday of the month
7.30-9.30pm
St Lawrence's Church
91 Milton Road
Cambridge CB4 1XB

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 ebuletin?

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

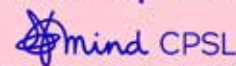
To sign up please call 0345 241 0954 or visit caringtogether.org/maillinglist

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

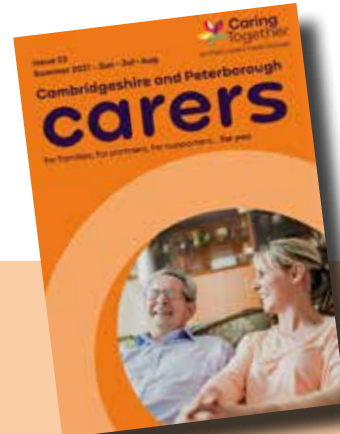
0300 666 9860

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 10 December 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.

If you no longer wish to receive the magazine please contact us on 0345 241 0954 or email carersmag@caringtogether.org

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12/11/21

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

We are here to help by providing:

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

We have a team of dedicated care workers who spend a minimum of one hour with people, providing care in the home and community. We can be contacted at:

Caring Together
Unit 4, Meadow Park, Meadow Lane,
St Ives, Cambridgeshire PE27 4LG
01480 499090 or 0345 241 0954
hello@caringtogether.org
caringtogether.org
Facebook: [/CaringTogetherCharity](https://www.facebook.com/CaringTogetherCharity)
Twitter: [@CaringTogether](https://twitter.com/CaringTogether)

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