

Issue 26

Spring 2022 - Mar • Apr • May

 **Caring
Together**
so that carers have choices

Cambridgeshire and Peterborough carers

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



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Welcome

Welcome to the Spring issue of carers magazine.

Throughout this issue you can find information on a range of support and services available to people looking after family members or friends.

As well as details on some of our services we are pleased to share updates on the latest from other organisations who are working to support carers.

You can also learn more about how we are working to ensure your voice, as a carer, is heard and your needs understood and taken into account by those who shape services, or who make decisions that impact you. This includes information on our new carer council (page 10) and details on how we are delighted to be involved in the creation of the Young Carers Alliance.

We want to be able to continue the ways in which we currently support carers and also increase the help we can offer. You can read ways you, or people you know, could support us in this by volunteering or through our fundraising work.

Thank you to each of you for all you do.

Miriam Martin
Chief executive



Young Carers Alliance

A network of organisations and individuals committed to improving the support available to young carers



More than five years on from the introduction of formal rights for young carers, and young adult carers, thousands of children and young people are still being negatively affected by the impact of their caring responsibilities.

These impacts can be on their education, health and wellbeing, opportunities available to them, and other areas of life.

Caring Together are working with a coalition of organisations and individuals committed to changing this and improving the support available for young carers, young adult carers and their families.

This network called the Young Carers Alliance will bring together representatives from research, policy

and practice, all of whom are committed to bringing about improved outcomes for all young carers and their families.

The Young Carers Alliance provides opportunities for collaboration, sharing best practice and a strong, collective voice for young carers and those who work with them.

Miriam Martin, Caring Together chief executive said, "Carers of all ages play a hugely important role in supporting the person they look after. The demands of being a carer can be very varied and personal.

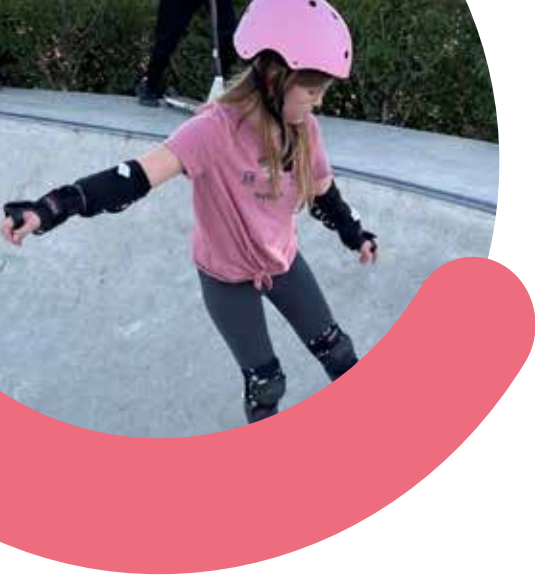
"Far too often we see how caring impacts on people's health and wellbeing, and this certainly applies to young carers.

"But being a young carer means that the demands of their caring role can have an impact on other areas of life that are specific to their age – their education, their social development, their ability to look for and find a job, and other aspects of their life that are part of childhood and the transition to adulthood.

"We work to support young carers, but by working in partnership with other organisations and individuals we hope that together we can do more to improve the lives and opportunities of young carers and their families."

We will be sharing more information on this in the coming months, including around Young Carers Action Day on 16 March.

If you have any questions about the Young Carers Alliance, please email youngcarersalliance@caringtogether.org



Support for young carers

We run a range of activities for young carers and young adult carers, and campaign to have their rights recognised and the challenges they face understood



Activities for young carers

It is important young carers are able to have a break from their caring role, and they also benefit from spending time with other people their age who have experience of caring.

Activities we hold for young carers can range from craft to skateboarding, from detective evenings to ice skating. We also work with partners such as Carers Trust to offer sessions to help build employability or life skills.

Find out more about the activities available at caringtogether.org/events

Read about support for young carers at caringtogether.org/young-carers

Meeting with the children's commissioner for England

In November, on the eve of Carers Rights Day, we helped bring young carers from across the country together to tell the children's commissioner for England about the challenges they face and what they would like to see changed.

We were delighted to host the online meeting, which saw 20 young carers from across England share their views and experiences with children's commissioner, Dame Rachel de Souza.

The children's commissioner, whose role is to promote and protect the rights of children, especially the most vulnerable, said young carers were at the top of her list and she is keen to listen to their views and interests. She agreed that she would take their feedback to the policymakers and people who make decisions that affect their lives.

The young carers talked passionately about a range of topics, including lack of availability of young carer's assessments, the stress of juggling education and caring, and not being given the authority to pick up their parent's medication from the pharmacy.

There was an agreement that schools have a key role in identifying young carers, and that this is not happening across the board.

A young carer told the children's commissioner that his caring role was having an impact on his emotional wellbeing and accessing mental health support is a struggle. He made the point that, if he became unwell, who would care for his parents?

We have got a follow-up meeting with her team in the diary to look at things they can help us with.

Opportunities for adult carers

A range of ways we provide support for you if you are looking after a family member or friend

Information on just a few ways are given here but do please contact us or visit our website to find out more about what is available to you.

Carers hubs, groups and activities

Many of you value meeting and talking to people who have similar experiences to you, and who can relate to your situation.

Whether face-to-face or online, we have carers hubs that have continued to meet monthly, group trips and other activity sessions.

Visit caringtogether.org/events for more information.

Help with your health and more

Are you caring for someone and feeling emotionally or physically overwhelmed? Do you have your own health needs or medical appointment that you need to attend? Or are you feeling close to crisis point?

We can help you make a plan to support your needs. This could mean us providing help to make it easier for you to attend your own medical appointments, support with your own physical or mental health, or help to buy equipment or access services that make things easier for you in your caring role.



Monthly updates on the information you need

Whether you want the latest on services or support available to you, opportunities to have your voice as a carer heard, details on upcoming activities, or information on how you can help us support more carers we are able to keep you up to date.

Inside news for carers is a monthly newsletter that keeps you informed.

Find out more at caringtogether.org/inside-news-carers

Planning for tomorrow – after bereavement

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

Bereavement can be a lonely and isolating time, it also affects people around you. It is important that you receive support, and we are here to help you.

Find out more

Whatever your caring role you can contact us to find out more about these services and other support and services available to you.

You can speak to us on 0345 241 0954, email hello@caringtogether.org or visit our website at caringtogether.org





Carers Rights Day



Recognising that all young carers have a voice

any different. You're often very humble in terms of never asking for things. So, it is great that you've got a place like Centre 33."

Dr Johnson also shared an inspirational message for all young carers, "You should never underestimate what you bring to the party and how you helped society in looking after your brothers or sisters, your mum or dad or grandparents. I'll stand by that and it's something I recognise."

Members of the advisory board had the opportunity to ask questions about the things that are important to them and highlighted struggles they can face with education, health, social care and housing. They felt the Mayor listened to what they had to say, and were delighted that he tweeted Centre 33 after the meeting.

Would you, or a young carer you know, like to be a voice for young carers in the area? Join our young carers advisory board! We are recruiting!

All carers have the right to education, emotional support, respite and to have their voice heard. The Centre 33 young carers advisory board is a safe place for young carers to share their experience, views and offer solutions with the shared aim to improve the lives of other local young carers. It also provides opportunities for them to share their experiences with decision makers to find solutions and goals to reduce the negative impact of caring. The board encourages all young carers to be who they want to be!

Interested? Please email becca@centre33.org.uk or visit centre33.org.uk/help/young-carers-advisory-board/

Carers Rights Day took place on 25 November. Centre 33 know that lots of young carers are not aware that they have a right to tell us what they need from local services.

The young carers advisory board met with Dr Nik Johnson, Mayor of Cambridgeshire and Peterborough (pictured). They were able to share their lived experiences and ask questions.

Holly shared her story with the Mayor and he said, "You know what is so very telling is that you didn't really ever think much about yourself and from what I have often seen with young carers is it's because you never know

As well as giving young carers a voice through our young carers advisory board, we provide the following support to young carers aged 18 and under living in Cambridgeshire and Peterborough:

- A young carers needs assessment to identify individual needs and reduce the negative impact of caring.
- Individual and group support, giving young carers someone to talk to and the opportunity to meet other young people in similar situations.
- Support with transitions to secondary school, college, university or work.
- Activities and trips for young carers who are getting support from us.

We also work closely with schools and other professionals to raise awareness of young carers, increase understanding and ensure they are supporting young carers in their role.

For more information about Centre 33's young carers service please contact us.
0333 414 1809 centre33.org.uk youngcarers@centre33.org.uk

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



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, 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.



With Spring on its way, we will once again be holding our carers coffee and information mornings in St. Neots, and throughout Cambridgeshire these will include guest speakers and

activities. We hope to welcome 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



Planning for an emergency

Do you know what would happen to the person you look after if you were taken into hospital or had another emergency?



If you are signed up to a What If? Plan support can be given to the person you care for if you are not able to carry out your normal caring role.

For example, if you are admitted to hospital, you may have to take the person you look after with you. As well as affecting your loved one, this can mean extra work for staff and use of hospital resources.

But if you are signed up to the What If? Plan, 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 meaning you cannot get to the person you look after. Or it can be activated if you were unable to care due to the impact of caring on your physical or mental wellbeing.

This free service for people looking after someone who lives in Cambridgeshire and Peterborough, gives you peace of mind that you have a plan in place if you are not 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 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



The carer council

Steve Acklam shares his experience of being a carer and how you can join the carer council to make a difference

If you are interested, or would like to find out more, don't hesitate to contact Steve, chair of the carer council, at haveyoursay@caringtogether.org

I can't speak for the many, many other carers looking after those they love. But for me, even though I had been helping my wife following her becoming disabled in 1985, and suffering emergency brain surgery in 1989, it is only in the past five years as her dementia worsened that I realised I was a carer. Until then I was a husband doing my best to provide support and assistance, without serious consideration for the support and assistance I needed, or where to go to find this. And then there comes a point when you realise you simply can't cope on your own, you need professional intervention and advice, only to be faced with a vast canvas of sometimes conflicting options.

It was during this time that I became aware of Caring Together and the services they offer which were appropriate for my geography as I live in Cambridge, and appropriate for my needs as a long-term carer. Subsequently I have accessed each of homecare and Listening Ear, benefitting from both.

And however essential the assistance provided by other agencies, if I needed them in the future, I would effectively need to start again. The particular advantage of Caring Together in this context was that they were always reassuringly there, and provided an excellent service.

When they indicated they were planning to almost forensically examine their business model, with the aim of ensuring this service excellence related directly to what the carers they sought to help both wanted and needed, I determined to offer my help.

I participated in a series of workshops under the headline of carer voice and involvement steering group. I would like to record at this stage what a courageous decision by Caring Together I judge this to have been. It is my experience that very few organisations would be willing to be assessed in this way from the board downwards, or to then commit the necessary resource to enabling any emerging improvements.

The carer council emerged from this consultation process with a remit to ensure that the voice of carers is heard and evident in the agreed strategic direction, operational activity, and continuous improvement of Caring Together. But if it is to deliver this, it needs more carers to join the discussions, including young adult carers, parent carers and former carers, to ensure a diverse range of lived experience and thinking.

Those interested will only need to attend quarterly Zoom meetings, which will be a maximum of two hours each. Some understanding of the challenges carers face in navigating the health and social care system will be valuable, together with suggestions for improvements. And overall, to want to make a positive difference to the lives of other carers.

Caring Together will reimburse reasonable expenses and look to coordinate replacement care if needed to enable carers to be part of the council.



Could you help shape the work of Caring Together?

We are looking for people to join the Caring Together carer council.

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

The carer council has been created to ensure the voice of carers is heard and evident in the agreed strategic direction, operational activity, and continuous improvement of Caring Together.



If you are interested, or would like to find out more, you can contact Steve Acklam, chair of the carer council, at haveyoursay@caringtogether.org

Caring Together will reimburse reasonable expenses and look to coordinate replacement care if needed to enable carers to be part of the council.



Share your story as a carer and make services better for others

healthwatch
Cambridgeshire

healthwatch
Peterborough

Your experience as a family carer is unique. But your knowledge of finding support and information for the person you care for can really help many others like you.

Could you share your insights about the support carers need, the concerns they have – and what's working well or needs improving? Then the Cambridgeshire and Peterborough Partnership Boards want to hear from you.

They represent carers, older people and people with a sensory loss, physical or learning disability. And they work with Cambridgeshire and Peterborough councils to make health and adult social care services work better for the people using them.

Parent carer Kate from South Cambridgeshire has joined two Partnership Boards because she wants to make things easier for families to get

help for themselves and the people they care for.

She has an adult daughter with an acquired brain injury, three of her four children are neuro-diverse, and Kate has her own disability as she lives with a neurological condition.

"I want to use any experience I have to make things a little better, fill a gap, or highlight a need that may have been missed. I know so many carers and parents that I want to help represent and advocate for them."

"You have the right to be heard as a carer. You are advocating for someone who can't do that for themselves. They have rights but you, as a carer, have your own – and you need to look after yourself."

Kate believes that organisations like hospitals and councils should recognise what carers have to say – and then work together to

make services work well for everyone.

"There's often a lot of nervousness about challenging professionals and services. But by asking questions and helping them see things from your point of view, things can improve and get better, although it can take time."

"I'm passionate about working together. Sometimes it feels like a tick-box exercise. You've got someone to look after the person you're caring for, you turn up using your own petrol, with your own lunch, offer up this awful experience you've had and you get a pat on the head and maybe an Amazon voucher if you're lucky."

"But when it's good, it works really well. Everybody listens to everyone's views, you're all on the same playing field and it doesn't matter what role you are in - you are recognised for your expertise in whatever area it is."

Find out more about joining the Partnership Boards

Have a chat with Graham Lewis, Partnership Development Manager at Healthwatch, which runs the Partnership Boards for the local councils.

Call 07432 865996

Email graham.lewis@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. Some of the organisations are going through the reassessment process to ensure they retain the award so it is great to hear of their continuing commitment to identifying and supporting carers.

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 Education

We are delighted that Centre 33 will be supporting us to promote the Carer Friendly Tick Award to schools/ colleges across Cambridgeshire.

Staff from Centre 33 already raise awareness of young carers in schools and colleges across Cambridgeshire and Peterborough through their capacity-building team and so this partnership work will help build on that work.

There is also the opportunity for young carers in Cambridgeshire to be trained as assessors for the Carer Friendly Tick Award.

If your school or college would like more information about becoming young carer friendly, please contact Centre 33.

0333 414 1809
centre33.org.uk
youngcarers@centre33.org.uk



Congratulations to Hampton College for successfully applying to keep their carer-friendly status.



Carer learning opportunities

How we can help you develop a range of skills and knowledge that will help you and the person you care for

We are rolling out our carer learning sessions, either as stand-alone sessions, in partnership with other local organisations, or by taking the sessions out to established groups of carers.

We have worked with carers and former carers to develop the content, making sure it contains the information that will be most helpful to them, and delivered in ways that works for them.

In November, we ran a successful session on preparing for adulthood in partnership with Pinpoint Cambridgeshire. It was attended by 18 parent carers.

We also ran a session on carer's rights, assessments and support in the community at a Parkinson's UK group. Together with Healthy You we organised an in-person wellbeing day, where carers could learn new, fun physical activities and how to keep themselves well and healthy.

In the last quarter of 2021 there were fewer learning sessions than usual as the focus in December was on carer breaks, fun and relaxation opportunities for carers. Carers definitely needed these sessions after a stressful year due to the pandemic.

What's coming up

Looking ahead, we have carer learning sessions already planned up until April.

Sessions include:

- Mini-health MOTs for carers or the person they care for.
- Legal advice for parent carers to be delivered by a local solicitor.
- Finance and legal session.
- Assistive technology.
- Self-care.
- Scam awareness.
- Personal budgets (for parent carers).
- Overview of Making Space's services.
- Overview of Care Network's services.

To find out more about any of the sessions or if you would like us to run a session for your group, please call us on 0345 241 0954, email hello@caringtogether.org or visit the events section of our website caringtogether.org/events

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 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 11.30am

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 to 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:





The mood-boosting cafes connecting people in our community



We all know taking steps to maintain and improve our mental wellbeing is important – particularly after a testing few years for us all!

Cambridgeshire, Peterborough and South Lincolnshire (CPSL) Mind's Good Life Service offers free and accessible community-based wellbeing support for adults across Cambridgeshire and Peterborough. This includes Good Mood Cafes, Open Door calm spaces and Peer Support Groups which are also now available in six rural communities in the Peterborough area.

After a period of being solely online through the pandemic, these services are now beginning to return to face-to-face sessions. This includes opportunities to join sessions in Eye, Thorney, Whittlesey, Yaxley, Newborough and Wansford - helping to address the gap in mental health community resource in these rural areas of Peterborough.

You can now drop-in to Good Mood Cafes in these areas for an informal get-together with like-minded people within your community, sharing interests, skills and wellbeing tips. Alternatively, CPSL Mind's Open Door calm spaces provide somewhere to go for those seeking some space and tranquillity, while Peer Support Groups offer a more structured opportunity to share lived experiences with others.

If you are looking to connect with local people or to learn self-help wellbeing techniques, you can join by coming along to a Good Mood Cafe or signing up to an Open Door calm space or Peer Support Group.

For more information, please visit cpslmind.org.uk or email ruralgoodlife@cpsl.mind.org.uk

Calm Space

Somewhere to go if you need a bit of space and tranquillity. Online and in the community, you will find guidance on self-help techniques to help 'ground yourself' and feel better.

Open Door Calm Space

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


Registered Charity Number: 265087

Mental health and wellbeing Spring clean

Tips for taking some time for yourself

With Spring upon us, it's the time of year traditionally associated with spring cleaning our homes but have you ever considered the concept of Spring cleaning your mental health and wellbeing?

Perhaps now is a good time to think about how much care and attention you pay yourself. By using one or more of the following strategies daily you can develop healthier patterns of meeting your own inner needs.

Meditation and relaxation

There are many guided meditation and relaxation videos online for you to try if you've never experienced this before. You only need ten minutes to allow yourself this form of inner connection – beneficial for you to do in the morning before you start your day and again in the evening before going to bed.

Internal connection

Take the time to stop a few times during the day to reflect on how your body is feeling. Close your eyes and scan your body to notice any signs of stress or tension, and to determine what you need at that moment. Do you need a moment to stretch, to focus on your breath or simply step outside for a minute of fresh air and feel the sun, wind or rain on your face.

Journalling

Invest in a notebook or journal to write, draw or doodle in, to allow your thoughts and feelings to be expressed in a visual way.

Fun and creativity

Allow your inner child to play, be messy and creative, enjoying an activity that you and the person you care for enjoy. Using paint, clay, arts and craft materials can meet some of your sensory needs too!

Movement

Provide yourself with lots of opportunities to move during the day; allowing your body the freedom of how it wants to move, perhaps immersing yourself in the rhythm of your favourite music at the same time.

Caring Together offers a range of support to carers to help them with their mental wellbeing.

To find out more, please contact us.

Call 0345 241 0954

Email hello@caringtogether.org

Visit caringtogether.org/support-for-carers/someone-to-talk-to





You can help us support more carers

Why fundraising is essential for us to be able to continue supporting carers

In carers magazine you can read many of the ways in which we support carers.

We want to be able to continue to support carers in these ways and to help more carers in the ways that they value most – that is why our fundraising is so essential. It means we can carry on the work we are doing, help more carers and respond to the needs of people looking after family members or friends.

The coronavirus pandemic has been a huge challenge for many carers and has also had an impact on our ability to fundraise in communities.

You and people you know can make a big difference to carers. Here's how.

Join in our fundraising activities

You can make a donation at any time at caringtogether.org/donate, and we have a range of fundraising activities you can join in with.

We have our summer raffle on the way where you can buy tickets and also help by requesting tickets to sell to family, friends and colleagues.

You can take on your own fundraising activity. Last October Calista ran the London Marathon and we saw five people take on the peaks of Yorkshire to raise money to support carers. Other people have done cake baking or mask making.

You can read below about ways you can get more people involved.

If you shop online with Amazon you can raise money for carers. By using AmazonSmile – where you shop in the same way as on Amazon – Amazon will then make a donation of 0.5% of the price of your eligible purchases to Caring Together if you select us as your chosen charity.

All you have to do is:




- Go to AmazonSmile at smile.amazon.co.uk
- Select Caring Together as your chosen charity
- Shop at smile.amazon.co.uk

Stay informed

It is great you are reading carers magazine as staying up to date with our work and fundraising means you can see ways to get involved and also help us spread the word.

You can make sure you are up to date by receiving our inside news for supporters newsletter – sign up at caringtogether.org/inside-news-supporters

And follow us on

-  CaringTogetherCharity
-  CaringTogether
-  Caringtogether

Help spread the word

While three in five of us will become a carer at some point in our lives many people are unaware of the roles played by people looking after a family member or friend or the challenges they face.

If you have your own experience of being a carer and the difference the support has made to you, or how more support would make a difference, then you can use your voice to help people understand the importance of carers, and why it matters carers are given the help and support they need.

Sharing the ways in which we fundraise means more people know about carers and how they can make a difference.

You can share ways people you know can get involved and support carers:

- On social media by sharing our posts or by posting your own linking to our stories or information.
- By telling family and friends.
- When talking to colleagues at work.

If your workplace has a charity of the month or year, corporate social responsibility activities or people who are interested in fundraising then let us know. We would love to hear from you.

If you want to know more, please email fundraising@caringtogether.org

Thank you to...



Cherie Gouldthorp, Ladies captain and all the members of Lakeside Golf Club.



All the partners at John Lewis Peterborough for their donation.



Mick Marks and all the members of the St Neots Masonic Lodge.



Maxine Lester Lettings and Property Management and their clients raised money for 100 Christmas gift boxes for carers.

And...

All the members of Huntingdon Inner Wheel for donating £35.

The Rotary Club of St Ives and its members for raising £110.00.

We also want to say thank you to the anonymous donors who have made a difference to carers through the donations they have made via our website. We really appreciate your kindness and generosity.



Give yourself a break

Caravan breaks are one of the many Deafblind UK services for people who care for, support or look after someone with sight and hearing loss



There's no denying that caring is mentally and physically challenging and constantly putting someone else's needs above your own can take its toll on your own wellbeing.

Taking a break can be far from easy but getting away is proven to trigger genetic changes which dampen stress, boost the immune system and lower levels of proteins linked to dementia and depression.

Deafblind UK's self-catering caravans are available to anyone who is in need of a break, for stays of up to one week at a time from as little as £72 a week.

Clare Watson, Head of National Services said: "We meet people every day who's health condition makes daily life really difficult and sometimes physically draining. It's vitally important that these

people and those who support them have somewhere safe and secure to get away to – you might not be able to stop caring but you can at least get away from home. Our caravans are somewhere that the whole family can enjoy."

The modern caravans at Haven Holiday Parks in the coastal villages of Hopton-on-Sea in Norfolk or Presthaven in North Wales are suitable for people with sight and hearing loss and other care needs. With room to sleep six people, it is large enough to accommodate friends and family, or care workers if needed.

Experts from Deafblind UK have installed various items to make the caravan as easy to navigate as possible. "We have added a hearing loop in the lounge and dining area, and have installed an accessible TV which is set up with

subtitles and easy to use by people with low vision. We have furnished it with as many highly contrasting colours as possible and used tactile markers to help people to identify switches and sockets. A 'Bellman' alerting system also gives visual and vibrating indicators when the doorbell, smoke alarm or carbon monoxide detector are activated," continued Clare.

One guest recently said: "This is the first holiday I have had since all of these problems and a very much needed one for myself, Jack and my parents. I wanted to be able to treat them to a break away and having this beautiful caravan on such a lovely location and caravan site was wonderful. Thank you so much for giving us all as a family this opportunity and a really lovely break away, I cannot describe how happy Jack was the whole week."

For more information or to book a stay in a Deafblind UK caravan:

Tel 0800 132320

Email caravan@deafblind.org.uk

Web deafblind.org.uk/what-we-do/holidays/

Carefree breaks for carers

With Spring almost upon us, it is the perfect time to be thinking about planning a break to recharge your batteries.

Thinking about a short holiday may seem daunting, especially if it is something you haven't done before as a carer. It is essential to focus on your own health and wellbeing to ensure that you provide the best care possible to your loved one.

If you are one of the almost 50% of carers that haven't had any time off in the last five years, this year could be the perfect time to change this.

Carefree has partnered with hotels to offer one to three night breaks and holiday cottage owners to offer four to seven night breaks.

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

If you need homecare for the person you look after while you are away, please speak to us about that as we can help with that too.



Events calendar

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

1 March and 3 May **2pm-4pm**
Huntingdonshire Health and Care Forum
Call 0330 355 1285
Visit healthwatchcambridgeshire.co.uk/events

2 March, 6 April and 4 May **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

7 March, 4 April and 9 May
Parent carer hub
Contact us to find out if we are meeting virtually or face-to-face.
Call Caring Together 0345 241 0954
Visit caringtogether.org/events

16 March, 20 April and 11 May
12.30pm-2.30pm
Goldhay Centre community meet and eat
Family Voice Peterborough.
Visit familyvoice.org

22 March
Tools for mental wellbeing resilience
10am-2pm
Family Voice Peterborough. Virtual meeting.
Learn how to conserve and build your energy reserves, what depletes your energy and the steps you can take to improve that.
Visit familyvoice.org

24 March and 26 May
10am-12pm
Peterborough Health and Care Forum
Call 0330 355 1285
Visit healthwatchpeterborough.co.uk/events

6 April **10am-12pm**
Cambridge and South Cambs Health and Care Forum
Call 0330 355 1285
Visit healthwatchcambridgeshire.co.uk/events

11 April **10am-12pm**
Cambridge and Peterborough Wheelchair Users' Forum
Call 0330 355 1285
Visit healthwatchcambridgeshire.co.uk/events

14 April **10am-12pm**
Fenland and East Cambs Health and Care Forum
Call 0330 355 1285
Visit healthwatchcambridgeshire.co.uk/events

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 Thomas or Kim Hall.

Monday	10.00am-11.30am	Parkinson's	Zoom
Monday*	10.00am-12.00pm	Dementia with reminiscence	St Ives
Tuesday	Mornings	Love to Move at Green End Day Club	Sawtry
Tuesday	3.00pm-4.30pm	Young onset dementia	Zoom
Wednesday*	10.30am-12.15pm	Dementia	Brampton
Wednesday	12.30pm-1.30pm	Love to Move - Jill Marrs	Ramsey
Wednesday*		Love to Move at Club Vintage - Sue Hope	Swavesey

Sessions are an opportunity to socialise, make new friends and get advice and support if needed.
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
Ramsey	07936 037567	Jill Marrs
Sawtry	01487 832105	Green End Day Club at CARESCO
St Ives	01480 497314	Susan Bate communities@norrismuseum.org.uk
Swavesey	07787 990380	Sue Hope admin@bethelbaptistchurch.org.uk

Disability Huntingdonshire (DISH) Volunteer Buddies Needed (home-based)

Do you want to help the community?
Do you want to do something new?
Volunteers needed.



Interested? Please contact: anna@dish.org.uk



dish Charity No. 1061702
www.dish.org.uk
benefits you 0330 3553 256

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



Improving Mental Health with Creativity

LOCAL CREATIVE ARTS COURSES

For adults 19+

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

Unleash your inner artist or musician... discover something new at Cambridge Community Arts. Past short courses have included drama, expressive painting, song writing, creative writing and ceramics.

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.

To see what is on offer right now visit
www.camcommarts.org.uk
admin@camcommarts.org.uk
07763 280029



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 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

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



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.

Parents are the best resource a child can have

Elisa Ferriggi of Think Autism Ltd explains why she believes parents are the best people to guide their children

Parents know their children better than anyone else, their history, their edge of competence and their fears and achievements. Parents also have the most time with their child over a period of time and therefore the most opportunities to support their child's development. When you have an autistic child it can really challenge that belief that you are the best person to guide your child, it can make you doubt yourself, feel ill-equipped and too emotionally enmeshed. That conclusion can be due to finding yourself in 'crisis mode'.

Do you recognise yourself in crisis mode?

Crisis mode is a negative un-serving obstacle, pattern or mind-set that is keeping you from moving forward. This is often the result of a compound effect; an accumulation of negative events, thoughts, stress directly and/ or indirectly related to autism, that traps you in a negative cycle. No one wants to be in crisis mode and many parents find it extremely challenging to operate in crisis mode, yet is common for parents of children with additional needs to find themselves in this position.

Recognising yourself in crisis mode could be a constant feeling of being overwhelmed, helplessness, desperate, frantic, given up. Perhaps you find yourself, more often than not, focusing on the short-term immediate issues and putting out fires rather than having a long-term perspective for your child's development. In terms of your behaviour maybe you are trying

everything, jumping from one approach to the next, constantly researching and looking for answers and solutions at the detriment of your own well-being and other relationships leaving you feeling exhausted, unaccomplished and isolated. Sometimes you may be easily triggered by external stimulus maybe something someone says, a look, a form.

You may find that you dip in and out of crisis mode at various points in your parenting journey. Common examples include choosing schools, completing forms, diagnosis, multiple diagnoses, tribunals, finding appropriate support, disagreements in relationship, sleep deprivation, illness etc. Generally, we are wanting to aim to recover from crisis mode and be in it for as little time as possible.

There are various things you can do to aide your recovery from crisis that may include improvements in your mind-set, sleep, behaviour, self-care and addressing child and parental obstacles. In step 2 of the CORE Steps 12 week course we cover all of this and provide support to help you move away from crisis mode so that you can be the best guide you can be for your child; functioning from a calm point, focusing on long-term goals and feeling confident in your parenting decisions. You can learn more about CORE Steps at <https://bit.ly/3F8QenD>

In the meantime what is the priority you need to focus on and the one thing you can do now to help you move away from crisis mode?

Support for you as a parent carer

If you are a parent carer we have support available to you



Parent carers hubs

We now run parent carer hubs on the first Monday of every month.

If you are caring for a teenager or young adult with complex needs these are ideal opportunities for you to come along to meet other families who are caring for a teenager or young adult with learning disabilities and/or health needs.

When we meet in person the sessions are held at Arthur Rank Hospice, Cherry Hinton Road, Shelford Bottom, CB22 3FB. At times they are held digitally via Zoom.

They sessions include information and guidance on transition to adult services, and signposting to services and organisations which can support you and your family. Refreshments are available.

Support with your own medical or health needs

Do you have your own health needs or medical appointment that you need to attend? Are you feeling emotionally or physically overwhelmed? Or are you feeling close to crisis point?

We can support you in these situations including with help to enable you to take time away from your caring role to go to your own medical appointments.

Transition to adulthood

As your child approaches adulthood, you may have questions and concerns over how this will impact them and you, their family too.

We can help with transition planning. We can give you up-to-date and clear information on the process, what to expect and who you can go to for help or support. This is also a time for you to take the opportunity to think about yourself and your own needs as this is a transition for you too.

Learning sessions to help you

Working with carers and former carers we have developed carer learning sessions to help you have the knowledge and skills you need. Find out more on page 11.

Please contact us to learn more about the ways in which we can help you.

Call us on 0345 241 0954, email hello@caringtogether.org or visit caringtogether.org/parent-carers



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 our sessions. Your child may be on a waiting list, accessing services, had a referral turned down, or just be struggling...

Who are Pinpoint?

We are your local Parent/Carer Forum and hub for information, signposting and events for all things SEND (Special Educational Needs and Disabilities).

We offer **free** signposting, information, professionally supported workshops and events.

We work across Cambridgeshire linking parent/carers to the right professionals.

We 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 we do?

We offer practical sessions with visiting speakers and specialists who will be able to help you. We can support you to better help your child or young person with high quality information, practical ideas, tips and techniques.

We specialise in signposting to relevant organisations. We hold virtual coffee mornings called 'Tii Hubs' where you will always find a friendly face to chat to and can meet with other parent/carers in similar situations.

Where can you find us?

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

Did you know?

We provide all sessions **free** of charge and you can book quickly and easily online, through our website:
www.pinpoint-cambs.org.uk/pinpoint-events/

What can you do now?

The best thing you can do right now is:

- Visit our website:
www.pinpoint-cambs.org.uk
- Sign up to our newsletter (follow the link at the very end of our website's homepage)
- Take a look at one of our workshops, Tii Hubs or group sessions and arrange to pop along
- Follow us on Facebook and Twitter @PinpointCambs to hear all the latest news

How can you contact us?

Come to one of our parent workshops or groups for professional advice and expert signposting plus a friendly place to off-load.

Email: information@pinpoint-cambs.org.uk

Pinpoint is run by
parents for parents.
We understand
because we are like you!



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 carers of children and young people with special educational needs & disabilities (SEND). We have much taking place for parent carers across Peterborough .

We dont want you to miss out, on the services we have available.

Contact us on
office@familyvoice.org if you are a Parent Carer in Peterborough; looking for information about your child with SEND; seeking support or simply want to know more about us.

Registered Charity No. 1171389 (CIO)



Call us

01733 685510



Email us

office@familyvoice.org



Tag us

Facebook:
[@fvpcommunity](https://www.facebook.com/fvpcommunity)
Instagram:
[@family.voice](https://www.instagram.com/family.voice)



Find us

Goldhay
Community
Centre
PE2 5QP



Visit us

www.familyvoice.org



Registered Charity 1175018

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

Our services include three monthly sessions, family support, days out, access to the Max Card, the Arts Award and secure Minecraft servers.

You can access our dedicated Child & Family Support team, covering such areas as diagnosis advice, anxiety, developmental and behavioural aspects, mental health and assistance with EHCP and disability benefits like DLA/PIP.

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

Spectrum support families from the beginning of their journey, as well as those that have already started, so a clinical diagnosis is not required.

Our membership is free.

01223 955404

hello@spectrum.org.uk

spectrum.org.uk



In partnership with
THE NATIONAL LOTTERY
COMMUNITY FUND

SPECTRUM PLAY

DEDICATED SEND SESSIONS

SPECTRUM & LITTLEPORT LEISURE

NEW



- FAMILY FOCUSED PLAY & MEET
- SPORTS & ACTIVITIES
- MEET LIKE MINDED FAMILIES
- FAMILY WORKER SUPPORT
- REFRESHMENTS AVAILABLE
- SPECTRUM MEMBERS ONLY
- SPECTRUM.ORG.UK/PLAY

SPECTRUM
#WEARESPECTRUM
spectrum.org.uk

Our membership is free



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



Hospital Discharge and Admission Avoidance Support Service

Age UK Cambridgeshire and Peterborough (AgeUKCAP) supports older people, living in Cambridgeshire or Peterborough, to receive a safe and timely discharge from hospital. They work with the NHS teams at Peterborough City, Hinchingsbrooke, Stamford & Rutland, Addenbrooke's, Doddington, Brookfield, Princess of Wales and Queen Elizabeth hospitals.

Staff and volunteers support settling at home which includes:

- Assistance with transport home from hospital.
- Furniture moves (e.g. bed brought downstairs), key safe fitting, grab rails installation, to facilitate discharge.
- A home visit on the day of discharge.
- Shopping and delivery of essential groceries and medicines.
- Liaising with other services - offering support to identify and navigate to longer term services needed (e.g. health, social care, AgeUKCAP services or other voluntary/community organisations).
- Daily welfare contact, by home visit or phone call, to check on your wellbeing.
- Information pack providing essential information to help you maintain your independence.



"Your daily contact is so reassuring and lessens the anxieties."

The service, for people aged 60 years and above living in Cambridgeshire or Peterborough with an identified need, also aims to avoid or reduce admission to hospital, by offering a range of support services.

For enquiries or to make a referral to the Hospital Discharge and Admission Avoidance Support Service:

Telephone: 01354 691896

Open daily 10am to 4pm - seven days a week, 365 days a year including Bank Holidays.

Email: HDsupport@ageukcap.org.uk

Other services from AgeUKCAP that can provide longer term or ongoing support:

- Information and advice
- Home support (housework, shopping)
- Visiting support service for older people
- Girton older residents' coordinator
- Sharing time (friendship home visits)
- Cambridgeshire handyperson
- Community wardens
- Telephone befriending
- Friendship clubs
- Day services

All enquiries **0300 666 9860**

Visit ageukcap.org.uk

Email infoandadvice@ageukcap.org.uk

Follow   [@ageukcap](https://twitter.com/ageukcap)

Please check with the relevant organisations to find out if they are meeting 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

ST NEOTS
VWA
VOLUNTARY WELFARE ASSOCIATION

Day Centre

Social days to enjoy

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

Community Centre
Church Walk
St Neots
Cambridgeshire
PE19 1JH

**"I love coming here.
It's so friendly.
Everyone is lovely
and we laugh a lot."**

St Neots Day Centre aims to help those who may be frail and elderly to maintain their independence and get the most out of life by providing the opportunity to meet others socially, to engage in activities and enjoy a good lunch.

Our professional, caring staff provide a safe environment for those with physical disabilities and/or memory issues but we also welcome people who simply need to get out of the house.

Andy Shaw - Day Centre Manager
01480 475274

Email: manager@stneotsvwa.org.uk

www.stneotsvwa.org.uk

www.facebook.com/groups/stneotsvwa



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.



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

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



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

The group meets on Thursday mornings (usually the third Thursday of the month) at Trinity Church, High Street, Burwell CB25 0HD from 9.45am to 12.15pm.

For further details, please contact Amy Robertson at Burwell Surgery on 01638 741234 or email amy.robertson12@nhs.net

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, Activities & Friendship

Come & Make New Friends!!!

We generally meet on the first Saturday** of each month in St James Church, Little Paxton

**** Please note April meeting will be on 9 April**

Bring & share lunch at 12.30pm.
Activities commence at 1.30pm, including games, quizzes, music & talks.

5 March W I Jewels Choir
9 April Bingo
7 May Ivor Sanderson Sings

We request a £2 donation per person towards cost of heating, drinks and entertainment.

For more information, please contact Helen:
Tel. 01480 216255
Email: yvonne_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 virtually or face-to-face.



THE ROYAL BRITISH LEGION

I'M NOT GOING ANYWHERE.

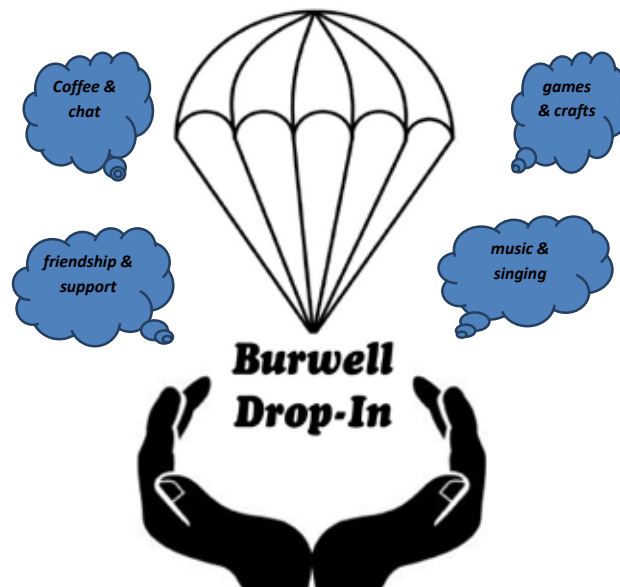
Martin - Advice and Information Officer - The Royal British Legion

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

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

Registered Charity No 219279

FOR PEOPLE WITH MEMORY PROBLEMS AND THEIR CARERS



**Every 2nd and 4th Tuesday of the month,
10:00-12:00 at Trinity Church,
High Street, Burwell CB25 0HD
Contact Sue Evans - 01638 743688
sueevans1949@hotmail.com**

The St Ives Dementia Friendly Community Café

Dementia Café

This is a monthly drop-in café for those who live with dementia and for their carers. Somewhere to relax, chat about experiences and share information. Former carers most welcome. The meetings will usually include a speaker or some form of light entertainment.

When? Every 3rd Tuesday of the month 10.00-12.00pm
Where? The Free Church, Market Hill, St Ives, PE27 5AL

£2.50 per person per session
For further info, contact George on 07725 588145
george.smerdon@btinternet.com

Working to become Dementia Friendly 2021

The Dementia Café is supported by the St Ives Dementia Friendly Community Group and the St Ives Town Council

British Gymnastics Foundation
Love to Move

THE NORRIS MUSEUM
Wharfedale Trust
Leeds City Centre

LOVE TO MOVE and The Norris Museum Reminiscence Session

Reminiscing with The Norris Museum

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

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

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

A fun, seated exercise set to music, with demonstrable benefits in the physical, emotional and cognitive aspects of older people, especially those living with Dementia.

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

Supported by the St Ives Dementia Friendly Community Group and the Town Council

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

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

For more info:
Susan, phone 01480497314 or email communities@norrismuseum.org.uk
Polly, 07721068606 or email jane.thomas@britishgymnasticsfoundation.org

Please check with the relevant organisations to find out if they are meeting 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 Dementia
Friendly Community



Our activities for 2022

The Reconnect Social Group

Chat, cakes, cuppa, entertainment, help and support session
First Wednesday of every month 10am – 12 noon

Love to Move

Social seating exercise group providing support and smiles!
Every Wednesday morning 10.30am – 12.15pm (Except first of the month)

Singing Together

A fun opportunity to sing songs and help improve wellbeing!
Usually third/fourth Wednesday of each month (Contact for exact dates)

The Thursday Club

Provides respite to carers in a safe and friendly environment
Third Thursday of every month 9.30am – 3.30pm

All our activities take place at Brampton Memorial Centre, Thrapston Road, Brampton PE28 4TB (Free and plentiful parking available)

To find out more information call Jane on
07890 866389 or email jane@coggin.co.uk



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, their carers and family members, advice and information to weekly singing for the brain and other groups.

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



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

For more information please contact Kathryn Rowland:

 01353 662022

 kathryn@allinsound.co.uk

IMPORTANT: Contact Kathryn before coming to ensure that there is space for you, and to confirm dates and times, as well as our Covid Safety Guidance.

Sing! Together is run by Registered Charity All In Sound



Rotary Club of St Neots

Rotary Club of 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 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.

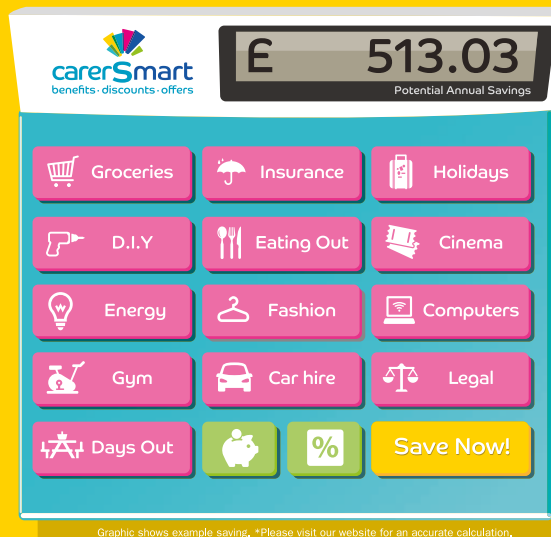
Call Richard de Horsey 01223 276192

Email richarddehorsey@gmail.com

Visit rotary-ribi.org/clubs/homepage.php?ClubID=500



How much could you save?



Take the challenge today.

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

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

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

Reminiscence 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

Supported by the St Ives Dementia Friendly Community Group and the Town Council

Refreshments will be available.



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

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

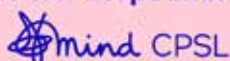
Please check with the relevant organisations to find out if they are meeting virtually or face-to-face.

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

VoiceAbility

Need support to speak up?

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?

Advocacy is free, independent support to involve you in decisions about your health, care and wellbeing.

An advocate is an independent professional who is on your side. They can support you to have your say and know your rights. Advocates don't work for the council, the NHS, or care providers. You don't need to pay for an advocate.

At VoiceAbility, our advocates can help you do things for yourself and support you to make your own decisions. They can:

- Listen to what you think about what's happening to you.
- Help you say what you want and don't want.
- Help you understand information about your situation.
- Explain your options.
- Plan with you about what to do next.

To find out more about advocacy for you or someone you know is eligible to receive advocacy support, or to make an enquiry or referral, contact us at:

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 (204987) and in Scotland (SC037046). © Parkinson's UK. Parkinson's 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,
Scotsdales 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 virtually or face-to-face.



**Huntingdonshire
Society
for the
Blind**

SOME OF THE SERVICES WE PROVIDE INCLUDE

- HOME VISITS FROM OUR OUTREACH TEAM TO ASSESS NEEDS AND PROVIDE INFORMATION AND SUPPORT
- IDENTIFICATION OF AND ASSISTANCE WITH ENTITLEMENT APPLICATIONS
- MONTHLY SOCIAL MEETINGS IN RAMSEY, ST NEOTS, ST IVES AND HUNTINGDON
- WALKING GROUP
- BOOK CLUB
- TECHNOLOGY SUPPORT
- VISUAL AID EQUIPMENT CENTRE BASED IN HUNTINGDON
- VOLUNTEER DRIVERS TO HELP MEMBERS GAIN ACCESS TO OUTINGS WE ORGANISE

IF YOU ARE A RESIDENT OF HUNTINGDONSHIRE AND LIVING WITH SIGHT LOSS, PLEASE CONTACT US.

01480 453438
INFO@HUNTSBLIND.CO.UK

 @huntsblind



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.



Cambourne 1st Tuesday 10:00-12:00
Chatteris 2nd Friday 10:00-12:00
Cottenham 2nd Thursday 14:00-16:00
Fulbourn 3rd Thursday 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 14:00-15:30

Cambridge 4th Thursday 10:00-11:30
Comberton 3rd Tuesday 14:00-15:30
Ely 2nd Tuesday 10:00-12:00
Gamlingay 3rd Thursday 10:00-11:30
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 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
2pm until 4pm
St Peter's Church Hall, High Street,
March, PE15 9JR

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
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.
- Financial support.

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

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



The advertisement features a background image of a small potted plant with a circular sticker that says "Good Life Fund" with a sunflower icon. A blue box with white text is overlaid on the bottom right of the image.

**Offering grants of
up to £500**

Helping you set up activities or groups that improve wellbeing and connect people in your community, such as book clubs, craft classes, or activities that encourage people to learn new skills

GoodLifeFund@cpmind.org.uk

mind CPSL

Registered Charity Number 275087

We've moved!



Our main office has now moved to our new address - Caring Together, L D H House, Parsons Green, St Ives, PE27 4AA

With the lease on our previous building coming to an end we took the opportunity to look at different options and are pleased to have found very suitable new premises only a short distance from where we were previously.

Our new office is much more accessible – for our staff and also volunteers, carers and other people we want to be able to welcome to our office. This has been an important factor in deciding where we should move to.

Our office also has suitable space for supporting the services we deliver – a training room set up for the specific needs of training our homecare staff, and a room we can use as part of our counselling services.

There is also adequate car parking for staff and visitors.



Inside news for carers

Have you signed up to receive inside news for carers, our monthly newsletter?

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



Work with us

Love caring for people?

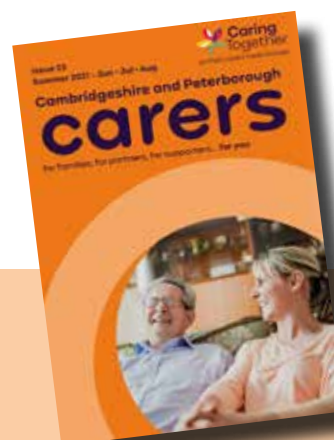
- Open the door to a new career
- Great benefits package
- Varied development opportunities
- Minimum one-hour calls.

Join our charity and make a difference.

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

0345 241 0954

jobs@caringtogether.org
caringtogether.org/jobs



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 March 2022.

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

© 2022 Caring Together Charity

12/02/22

Ver 1.0



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

We are here to help by providing:

- Information, advice and guidance to help you 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 support 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
LDH House, Parsons Green
St Ives, Cambridgeshire, PE27 4AA
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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