

Issue 27

Summer 2022 - Jun • Jul • Aug

 **Caring
Together**
so that carers have choices

Cambridgeshire and Peterborough

carers

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



Contents

Carers Week	3
Support for young carers	4
Opportunities for adult carers	5
Young Carers Action Day	6
Support for carers of people with mental health conditions	8
Planning for an emergency	9
Policy update	10
Opportunities to share your views as a carer	11
Helping more organisations become carer friendly	12
Cambridgeshire Libraries supporting carers	13
Carer learning opportunities	14
Carers hubs	15
Your rights on health and care information	16
Betty's story	17
Remembering a loved one	18
Keeping you up to date with the latest news and information for you	19
Summer raffle	20
Digital resources for carers	21
Access Employment	22
Are you a qualified counsellor?	23
Events calendar	23
Support for you as a parent carer	27
Pinpoint	28
Family Voice Peterborough	29
More about what's available to you	30-43

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Welcome

Welcome to the Summer issue of carers magazine.

The role of carer can be a hugely demanding one. And people looking after a family member or friend are often not recognised or supported in the ways they should be.

In this issue you can read about support available to you if you are a carer, and about how we are working to ensure carers' voices are heard and their needs recognised and met.

We hope you will find details of the services available to you useful. And you will see details of how we have been working with carers on campaigning on key issues, and how you can have your voice heard, for example, as part of our carer council.

We have also included details of our fundraising activities, including our Summer raffle, which help fund our existing work to support carers and we hope will enable us to do more as we move forwards.

If you are reading carers magazine as someone who supports carers, please do pass on the information to those who will benefit from it.

Thank you for all you do, I hope you enjoy and benefit from reading the magazine.

Miriam Martin
Chief executive



Carers Week

Carers Week is a national campaign to raise awareness of caring, highlight the challenges faced by people looking after family members and friends, and recognise the contribution they make



The week also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

This year's Carers Week is 6-12 June. At the time of carers magazine going to print, here is what we have been working on.

Contacting carers

We will be writing to carers who we have been in contact with to thank them for they have done, look at what comes next for carers as we come out of the measures in place due to the coronavirus pandemic and share more information about opportunities for them and how they can also help us do more to support carers.

Young Carers Alliance forum

On Monday 6 June, as part of the Young Carers Alliance, we will be holding an event looking at support for young carers at key points of transition. The Young Carers Alliance is a network of organisations and individuals committed to changing this and improving the support available for young carers, young adult carers and their families. It brings together representatives from research, policy and practice.

Young carers activity

As well as our usual scheduled activities we will also be holding an event on Saturday 10 June.

Raising awareness of carers

We will be using events, social media, and media releases to raise awareness of carers and their experiences.

Find out more

To get the latest information:

- sign up for inside news at caringtogether.org/keepintouch
- see all our events at caringtogether.org/events
- read our latest news at caringtogether.org/news
- find out about the Young Carers Alliance at youngcarersalliance.org

Are you looking after someone?

Carers Week
6 - 12 June 2022

**Service of Thanksgiving
for Carers
followed by tea
Sunday 12th June 2022
3pm
St Mary's Church Burwell
All very welcome**

St Mary's Burwell
St Etheldreda's Reach
Loving God, Loving People

Carers Week
is an annual awareness campaign
to celebrate and recognise
the vital contribution made
by the UK's 6.5 million carers.
For more information
visit carersweek.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



Spotlight on... Young Carers Festival

In the first weekend of July, we will be taking a group of eight young carers from across Cambridgeshire and Peterborough, along with seven from Norfolk, to the national Young Carers Festival (YCF).

YCF is the world's largest gathering of young carers and takes place at YMCA Fairthorne Manor - it brings together over 1,000 young carers and gives them the chance to have a break, have fun, and have their voices heard.

Look out in July's edition of inside news for photos and feedback from the festival!



Helping young carers make a difference nationally

We launched the Young Carers Alliance in March and can now offer regular chances for young carers to have their voices heard on a national level - speaking directly to decision-makers. We've had young carers do media interviews, talk to the Children's Commissioner, and get involved with national campaigns around young carers.

If you know any young carers who might like the chance to take part in national projects with lots of other young carers, then give us a call on 0345 241 0954 or email youngcarersalliance@caringtogether.org



Activities for young carers

It is important young carers have a break from their caring role. They also benefit from spending time with other people their age who have experience of caring.

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

Find out more about the upcoming activities for young carers at caringtogether.org/events



Opportunities for adult carers

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



As lockdown restrictions have eased, and the weather has improved, it has been great to be able to get out and about in the community bringing carers together and having the opportunity for carers to have a break, get information and advice, and learn skills to support them in their caring role.

Carer hubs

Our in-person hubs, trips and activities are proving more popular than ever before. If you haven't yet heard about our hubs, or where you can pop along to meet other carers in a similar situation, then head to page 15 to find out more.

We know that some carers are still looking for virtual options because it makes it easier to take part without having to worry about transport, or finding someone to look after the person they care for. As well as our own monthly virtual carers hub, our carer helpline can give you details about other organisations who have virtual support available - from forums, to cuppas.

Carer learning

We know that carers are often expected to be experts when it comes to looking after the person they support - even though they've never had any formal training. Take a look at page 14 to find out more about the various carer learning sessions we are putting on to help carers in their caring role.

If you are caring for a disabled child...

Check out page 27 to find out more about the range of opportunities we have for parent carers - from hubs to learning sessions.

Having your voice heard

We have a number of ways you can have your say as a carer.

See page 9 for ways you can have your voice heard through our carer council. And make sure you are signed up to get inside news, our regular enewsletter, which tells you about more opportunities. Go to caringtogether.org/keepintouch

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



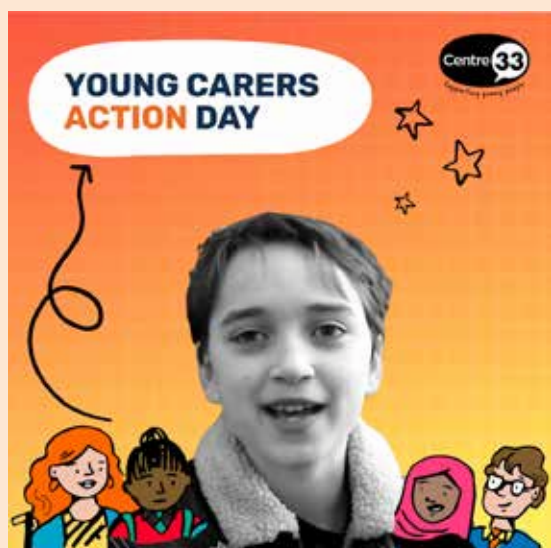
Young Carers Action Day

On 16 March we celebrated Young Carers Action Day. Centre 33 give an update on their work.

We put together a resources pack for schools and professionals to help them support young people to campaign and raise awareness about young carers and the issues that are important to them. The pack contained lots of suggestions on how professionals can plan and take action to support the goals of Young Carers Action Day. We created six social media posts as well as lesson plans and a brand-new primary school assembly.

As part of the assembly, we filmed two primary school students who talked about what it feels like to be a young carer and what adults can do to help them. Check out the full video on our [YouTube channel](#).

We also relaunched Ray's Story in which they share their experience of living with a loved one who has an alcohol addiction. You can watch this on our YouTube channel too.



Positive news and feedback

The Young Carer Action Day resource pack was sent out to 464 schools plus other professionals such as those within the health sector.

Here is what a few of our schools did to mark the day.

Burwell Village College Primary School used our 'Positives and negatives of being a young carer' resource for class discussion during morning registration. The students responded well and asked many questions.

Linton Infant School put together a wonderful display board to raise awareness in their school and help students identify themselves as young carers.

At **Ormiston Bushfield Academy** a young carer delivered an assembly presentation during tutor time to the rest of their year group talking about what a 'young carer' is, how it impacts their life and the fantastic support they receive from Centre 33.

The school said it was very thought provoking and prompted some interesting and useful classroom discussions.

At **Woodston Primary** teachers showed our assembly during form time which led to class discussion and students coming forward and identifying themselves, talking about their home

life and experiences as a young carer. The school also held a young carers tea party in the afternoon where the students had fun drawing, playing games and making resources from the young carers pack we provided them with.

Gunthorpe Primary showed our assembly to the whole school and students were asked to reflect on two quotes from young people we sent in our pack. They are currently looking at setting up a group in the summer for young carers.

Hampton College published our posts on their social media channels and will be publishing a piece in their next school newsletter talking about Young Carers Action Day and what they did. They currently run a weekly lunch time support group and on Young Carers Action Day they discussed isolation. Our posters were displayed around the school.

Fordham Primary invited young carers to a special afternoon tea party to celebrate Young Carers Action Day. The group that attended said the celebration helped them feel special and that their young carer status was being more understood by others.



One young carer said, "We all sat down to make treats and talked to each other about what we like doing. It was joyful and felt almost like being praised by adults and other children. It felt good that other people are thinking good things about young carers. It is great how much friendship we have in the group, how much respect we have for each other and how much support we give each other. We include each other in everything we do and it's nice to help others. We flourish in every activity we do".

Thank you!

A huge thank you to all our schools that celebrated Young Carers Action Day! Your support to these young people and to us is invaluable.

How can you help?

Who is going unnoticed in your community?

Do you know a young person who has a parent or sibling with a mental illness?

Do you know a young person living with a loved one with a drug or alcohol addiction?

These young people could all be young carers. Please help us to raise awareness to identify those young carers who are missing from support.

Visit our website for information, training, events and more at centre33.org.uk

Call 0333 414 1809 or email youngcarers@centre33.org.uk

Follow our work @centre33camb on Facebook, Twitter, Instagram and LinkedIn.

Support for carers of people with mental health conditions

Making Space provide services for carers of people aged 18-65 with mental health conditions. They give an update on their work.

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, which can be 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 2022 now in full swing, we have held our carers coffee mornings in and around Cambridgeshire and Peterborough. Our aim is to continue these regularly throughout the year and will include guest speakers and activities.

To date we have had Cambridgeshire Constabulary give a talk on their role in mental health and a carer hosting a craft session in Cambridge. We hope to welcome new carers as well as existing ones in Cambridgeshire, Peterborough and the Fens who have received support from our service and who have supported us.

Please keep sending in your newsletter articles for our quarterly editions, these make interesting, informative and often humorous reading for everyone, including our commissioners!

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. We look forward to seeing you all.

Find out more

01480 211006 • C&PReferrals@makingspace.co.uk • [makingspace.co.uk](https://www.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.

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.

Your What If? Plan can be activated if, for example, your car breaks down or your own medical situation means 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, please visit our website at caringtogether.org/whatifplan or call us on 0345 241 0954



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 steve.acklam@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.



Policy update

As well as providing support to carers, at Caring Together we also believe it's really important for us to take the experiences carers share with us and use these to try and improve the situation for all carers

This is an update about some of the work we've been doing. If ever you would like to get involved by sharing your experiences, or letting us know what needs to improve, then email haveyoursay@caringtogether.org or give us a call on 0345 241 0954

Hospital discharge

We often hear from carers how they have had a really bad experience of hospital discharge. We worked with Carers UK, Barnardo's and other carer organisations to ensure that the rights of carers are included within the new Health and Care Bill.

A big thank you to all of you who wrote to your local MP asking for their support - in the end we managed to convince the Government to include these really important rights for carers.

Locally, we are also working with Addenbrooke's Hospital, Hinchingbrooke Hospital and Peterborough City Hospital to look at ways to improve awareness of carers when they are looking to discharge patients.

If you have had a bad experience when the person you care for was being discharged - let us know and we will feed it back to the hospital.

“

The government seem to have forgotten about carers, especially those whom give up their career to care for their severely disabled child or adult and are on their own.

Sally

”

Cost of living

We know that the increased energy prices, and rising fuel costs is really hitting carers hard.

We are working with organisations such as Carers Trust, Carers UK and Contact to call for better financial support for carers, and for carer's allowance to be reformed because we know how it really doesn't work for many carers.

What else we have been doing...

In addition to these, we have also:

- given evidence about parent carer assessments and young carer assessments to a House of Lords committee.
- been working with other local organisations to feed into the new national mental health and wellbeing plan.

Opportunities to share your views as a carer

A lot has changed over the past few years - not least the COVID-19 pandemic - so it is really important that carers of all ages and from all backgrounds tell us what matters most to them and what they want to see for carers across Cambridgeshire and Peterborough



Cambridgeshire County Council and Peterborough City Council want to hear from you!

County Council and Peterborough City Council would like to invite carers to help co-produce the refresh of the all-age carers strategy across Cambridgeshire and Peterborough by joining a task and finish group.

The task and finish group will give carers the opportunity to voice their views on what is working well and what isn't, and share ideas on how we can shape future services.

If you would like to hear more about what participation involves or if you would like to join the online focus group with commissioners from across Cambridgeshire County Council and Peterborough City Council, then please email EIP.Team@cambridgeshire.gov.uk

You can also find out more by giving Caring Together a call on 0345 241 0954 and one of the team will give you a call to tell you more.

The councils look forward to co-production of the strategy with you.

Cambridge University Hospitals (CUH) carers' working group

The group meets every other month, over Zoom, for an hour between 9am and 5pm. This friendly, informal group consists of CUH staff (some of whom are also carers), representatives from carers' support organisations like Caring Together, and carers. CUH would love to have more carers participating in the meetings.

The group discusses initiatives to support unpaid carers at CUH. They have worked together to introduce carers' passports, improve the information for carers on the CUH website, and have recently published a carers' handbook. They also discuss the experiences of carers at CUH – both good and bad – and consider how they might make improvements.

If you would be interested in joining the group, please contact the chair, Nicola Hallows, head of patient experience at CUH on 01223 216756 or email nicola.hallows@addenbrookes.nhs.uk

If you are interested but think you might not be able to attend every meeting, please don't let that put you off. Any time that you are able to give will be welcome and valuable!



Helping more organisations become carer friendly

Carers regularly tell us that as well as getting support from carer organisations like ourselves, it can make all of the difference if they have a carer-friendly GP, school, social worker, employer – the list goes on.

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 200 organisations have now signed up to the Carer Friendly Tick Award. Why not make sure your GP surgery, employer or other organisation is one of them?

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

We are always keen to hear from carers willing to help assess Carer Friendly Tick applications – as it's carers who are the ultimate judge as to whether organisations warrant the title of 'carer friendly'.

To view the hall of fame visit caringtogether.org/professionals/carer-friendly-tick-award/hall-of-fame

Carer Friendly Tick Award renewal

We are delighted that Swavesey Surgery has renewed their Carer Friendly Tick Award - Health and continue to offer support to carers registered at their surgery.

One of the panel members assessing the application said "There are lots of good things happening at the Swavesey Surgery. Well done to all those who are facilitating this and to Pekka Tuuti whose commitment to supporting Carers is impressive!"



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, or you would like to assess applications, please contact us on 0345 241 0954 or email carerfriendlytick@caringtogether.org

Cambridgeshire Libraries supporting carers



To celebrate Carers Week, Cambridgeshire Libraries would love to invite you to join one of their free Read a Little Aloud sessions. Join them for a cup of tea and a relaxing hour listening to readings, stories and poems.



The theme they will be exploring through listening to volunteers reading aloud is 'Books that make you smile'. Join them, relax and listen in at your local library!

A member of the Caring Together team will also be there talk about what we have to offer. For information about visiting the libraries please call 0345 045 5225 or visit cambridgeshire.gov.uk/library

Huntingdon Library	Tuesday 7 June	10.30am-11.30am
Linton Library	Tuesday 7 June	11.30am-12.30pm
Wisbech Library	Tuesday 7 June	2.00pm-3.00pm
Ely Library	Wednesday 8 June	11.00am-12.00pm
Papworth Library	Thursday 9 June	2.30pm-3.30pm
Cambridge Central Library	Friday 10 June	11.00am-12.00pm

The 33 libraries and 3 mobile libraries in Cambridgeshire were recently awarded the Carer Friendly Tick Award - Communities.

Cllr Tom Sanderson, chair of Cambridgeshire County Council's social mobility and inclusion committee, said, "I am so proud of our dedicated libraries team who thoroughly deserve this award. Our team always put the needs of others first and love to find ways to go the extra mile for the communities in which they work."



L-R: Cllr Tom Sanderson, Gary Porter (Head of Cambridgeshire Libraries, Archives and Culture) and Caring Together's Jill Nooij



In celebration of Health Information Week 2022

Cambridgeshire Libraries invite you to join two free events with the Health Librarians from the Royal Papworth Hospital Library and Knowledge Service.

Tuesday 28th June **2.00pm - 3.00pm**

On Zoom

Engage Online – an online talk by the Health Librarian on how to find reliable health information.

To book your free ticket, email engage.online@cambridgeshire.gov.uk

For more information, visit <https://bit.ly/3MUv5BU>

Friday 8th July **12.00 noon - 4.00pm**

Arbury Court Library

Arbury Road, Cambridge CB4 2JQ

Health Information Week event – a drop-in event with the Health Librarians answering your health information enquiries and introducing you to online resources and helpful apps.

No need to book. For more information, email

HPResources@cambridgeshire.gov.uk

Or call 01223 699 952



Carer learning opportunities

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

Are you an adult carer? Would you like to feel more confident in your caring role?

Then our carer learning opportunities are for you. We have developed a comprehensive programme of learning opportunities, on a wide range of topics that are designed to give you information and practical skills to help in your caring role.

How the learning is delivered

Sessions are a mixture of in-person, face-to-face and online. There are a range of session lengths from short, bite-sized topics to longer part-day sessions, so there should be something to suit all.

What is on offer?

Developed in partnership with carers, we aim to cover all of those "I wish I had known about that sooner" areas and have a breadth of topics including legal and finance, taking care of your back, moving and assisting someone, first aid,

carers' rights, understanding health and social care and what support is available locally.

What if I can't see anything for me?

We want to work with carers to make sure what we are offering is as relevant and useful as possible. If you do not see anything for you, or if you have suggestions for other topics that you would like covered, we would love to hear from you, as we are keen to continually expand our programme.

Fact sheets

If the sessions aren't for you but you would like more information about topics relevant to carers, we have a range of fact sheets available including carers' rights, occupational therapy and emergency planning.

To request copies contact our helpline team on 0345 241 0954

How can I find out more and book?

To be the first to hear about our learning opportunities for carers, sign up our regular e-newsletters at caringtogether.org/keepintouch

You can also view sessions and book at caringtogether.org/events

If you are not online, or would like to discuss this with someone, please call our helpline team on 0345 241 0954 who can advise on what is coming up and book your place.

Carers hubs

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



While we continue to offer monthly virtual sessions to carers, we are back in the community running hubs, trips and carer learning sessions. Thank you for your patience and support whilst we safely re-open our face-to-face opportunities for carers.

Our hubs offer an opportunity to meet with other carers, have some peer-to-peer support or professional support from one of our advisors, engage in relaxing activities or learn from local speakers. There is no cost to join a hub and refreshments are provided.

We are glad to be offering day trips for adult carers again too. Trips are always popular and places are limited so make sure you receive inside news to hear about them (see below).

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

Face-to-face carers hubs

Girton

Third Tuesday of the month*

11.30am-1pm

William Collyn Community Centre

Great Shelford

Second and fourth Thursdays of the month 10am-12pm

David Rayner Centre

Huntingdon

Second Tuesday of the month*

10am-12pm

Cambs Therapy Centre

Virtual carers hub

We still offer the opportunity to meet monthly with other carers via Zoom. These sessions are usually on the third Wednesday of the month. Please contact us to register your interest and we will share the link with you in order that you can join.

If you would like to join us virtually but don't have the equipment, we may be able to help so please do get in touch.

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. You can sign up to inside news at caringtogether.org/keepintouch to stay updated on everything that is happening and be the first to know about trips and activities.

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

Funded by:



* subject to change



Your rights on health and care information

Everybody should get clear information about their health and care that's easy to understand

healthwatch
Cambridgeshire

healthwatch
Peterborough

Family carer Debbie, from Huntingdon, her daughter Natalie and partner Sean want everyone to know their rights to accessible information.

They're backing a campaign called **Your Care, Your Way** run by local health and social care champion Healthwatch.

And they're encouraging others to share their experiences about how health and care services communicate and give out information to people with a disability, sensory loss or impairment.

"I help Sean and Natalie if they go to the dentist, the doctor or hospital," says Debbie. "They have learning disabilities. So I can look at information and help them understand it, so they can make choices about their health and care.

"But some people don't have that kind of support or maybe they just want to be independent. That's why it's important you know you can get help if you need it."

What the law says

If you have a disability, are deaf or blind or have an impairment, you should get information in a way you understand.

Letters and information can be sent in formats like easy read or Braille if that's best for you.

You can also ask for information by email or text instead of post if you want your phone or computer to read them to you.

Services should also offer extra help at appointments if you have communications needs. If you're D/deaf, for example, you should be able to use a sign language interpreter.

Are you missing out?

Healthwatch is concerned many people are not getting accessible information and support.

It wants the Government and local services to do more to make sure people get what they're entitled to.

Have your say

How do services communicate with you and give you information - is it good or bad?

Share your experiences via the online feedback form at healthwatchcambridgeshire.co.uk/share-your-views. There's a BSL version too.

Find out more about Your Care, Your Way

Visit the Healthwatch website healthwatchcambridgeshire.co.uk

Or contact the free Healthwatch Information Service

Call: 0330 355 1285

Text: 0752 0635 176

Email: enquiries@healthwatchcambspboro.co.uk

Betty's story

Betty has been a carer for her husband, John, for 16 years. She has spoken about the challenges she faces daily, the support she receives from Caring Together and what would make a difference to her caring role.



What challenges do you face as a carer?

"Caring is a huge challenge. I thought, I am married to my husband, and I am supposed to look after him and know what to do.

"Before you even try caring for someone you don't realise how hard it is. It has affected my life dramatically – mentally and physically.

"All the work is down to me, like bathing, toileting, cleaning, helping him move about. He can't go out without me, it's just way difficult, way challenging.

"A lot of carers are financially affected by their caring role because they can't go to work or can only work part-time. There is no future for security for carers."

How has support from Caring Together benefited you?

"I couldn't cope mentally, always feeling low and wanting to cry.

"I went to my GP for help and through counselling I was told about Caring Together.

"I started to go to the Caring Together carers hub where I was able to talk to someone. As a carer, you need to talk to somebody because you feel so isolated, lonely, helpless. When someone listens to me, it makes a huge difference to my life."

What would make a difference to your caring role?

"A long break would be good and financial help so I can get outside carers in to help with some of the difficult tasks, like the toileting.

"Carers need to have more help from the Government. For example, to receive the carers allowance your income needs to be under £6,800 a year, which is ridiculously low. If I had that income, I wouldn't even be able to support myself.

"Carers have to be recognised by the Government and the public and they need more help."

You can help us support more carers like Betty

As a charity we rely on donations and fundraising to enable us to support unpaid carers across Cambridgeshire and Peterborough.

Perhaps you could sell tickets for our Summer raffle, hold a small event such as a bake sale with your friends, or simply make a donation.

Every gift makes a difference!



Remembering a loved one

Caring Together can still support you if your loved one has passed away

If the person you have been caring for has passed away, please don't feel that we can no longer support you. You are still a member of our community and in time your experiences may help others who are looking after a family member or friend. If we can help, please call us on 0345 241 0954 or email us at hello@caringtogether.org

A new service for bereaved carers

We can now offer a new service to people who have been bereaved. A tribute page is a special online space to remember a loved one and celebrate their life. It is easy to set up and completely free. Here friends and family can share memories and pay tribute to a precious person who has passed away. You can also make donations in memory of your loved one.

As tribute pages are online, your friends and family can come together to share this space and remember, although you may live miles apart.

A tribute page may be something that you would prefer to set up weeks or months after the funeral, or it may be something you want to use straight away. Whatever you decide, you can set up and use a page when you are ready to. You can add photos, write down your memories and even light virtual candles on your page.

Visit caringtogether.org/remember-a-loved-one to find out more.

Giving in memory of a loved one

Many people choose to make donations to charity in memory of a loved one, or they may have a collection at a funeral.

You may choose to support the work of Caring Together in this very special way. These donations given at a time of sadness can bring joy and hope, making a positive difference for carers in our region.

Donations help us provide support groups, breaks from caring, advice through our helpline, and counselling support. They also enable us to help young carers who may be supporting a parent or sibling.

If you would like to have a collection, we can provide envelopes to make this easier for you. Please email fundraising@caringtogether.org or call 01480 499090



Keeping you up to date with the latest news and information for you



If you enjoy reading carers magazine and find the information provided useful, you may well benefit from inside news.

While carers magazine comes out each quarter, inside news is an newsletter sent direct to your email inbox every month. It is for carers, those who support carers, and everyone who has an interest in ensuring carers of all ages are properly recognised and supported.

This includes information for people who have previously been carers who want to know about support and services they may benefit from, opportunities to share their experiences, or ways that they can support our work to help other current and former carers.

Whatever your role, inside news is available to you, to ensure you have the information you need – to make a difference to you and so you can make a difference to others.



Keep in touch

You can sign up to the latest news and information relevant to people looking after a family member or friend, former carers, professionals, and anyone with an interest in ensuring carers are recognised and supported.

To sign up, simply go to caringtogether.org/keepintouch

Help carers stay connected

If you already receive inside news and know of other people who would benefit, let them know they can sign up at caringtogether.org/keepintouch

Do you work with carers?

If you work in health or social care, or have another role where you regularly come into contact with carers of any age (for example, in a school or college) signing up for inside news will keep you and your colleagues up to date on what is available to carers. Sign up at caringtogether.org/keepintouch



Summer raffle

Your chance to win £250 cash and make a huge difference to carers where you live

Following the success of our first ever Summer raffle last year, we would like to invite you to join in to make a huge difference to carers where you live, and have a chance of winning a cash prize of up to £250!

Caring for a family member, partner or friend can be very challenging. When you take part in our Summer raffle, you help provide vital support for unpaid carers. Every ticket sold will make a difference. Your support could help give carers expert advice and support from our helpline, a break from their caring role, or the opportunity to meet with other carers and get support at one of our hubs.

Whether you sell tickets to your family, friends or work colleagues, or buy some yourself, you will be supporting local carers.

How you can take part

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

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

Thank you for your support.

Caring Together
so that carers have choices

Summer raffle 2022

You can make a huge difference to carers and the people they look after where you live. Plus you could win a cash prize of up to £250!

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

Tickets cost just £1 each

Draw date: 8 September 2022

caringtogether.org/raffle

Charity registration number 1091522

Sign up for inside news

Would you like information, articles and ways you can get involved in the work of Caring Together – straight to your inbox?

Thousands of people already receive our regular e-newsletter, inside news. If you haven't already signed up, why not do so today?

Simply go to caringtogether.org/keepintouch

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



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.



Access Employment

Securing a job can be difficult at the best of times but when health conditions drain your confidence and motivation, it can be really tough to get into the world of work



Deafblind UK's new 'Access Employment' programme is a free 12-week course designed to help you develop the mental and practical skills to find employment.

Simone Moore, director of operations, said: "We estimate there are 100,000 people who are of working age and deafblind in the UK yet only 20% of these are in employment. We know there are barriers to employment for people who are deafblind and it's not just the physical difficulties. Sight and hearing loss presents many different challenges to daily life and as a result, people often find their confidence, social skills and energy levels take a hit – all skills that you need to find and hold down a job.

"We understand that finding employment is about so much more than applying for jobs – it's about developing the mental strength to

start the process, and the resilience to keep going. Through this new programme, we will work with people to develop these traits and to understand how to apply them to start a job search."

The program aims to motivate people with sight and hearing loss to find paid employment or voluntary work, improve delegates' wellbeing and confidence to approach employers, improve skills for specific roles and support access onto employment related learning and finally, to increase the amount of people who are deafblind and in work.

Delegates will explore motivational change, education, training, self-employment, searching for jobs, writing a CV, interview skills as well as learning about disability employment and Access to Work entitlements.

The course will be taught through both group learning and one-to-one sessions and led by an experienced employability coach.

Guest speakers will also be a key focus and delegates will hear from speakers who are living with deafblindness and are in employment, local advocates, and industry specialists.

Delegates will also have the chance to work with external mentors who will continue to support them for three months after the course.

The course is free and is open to anyone who is affected by combined sight and hearing loss. Participants need to be aged between 18 and 60, living in the UK and not currently in employment.

**For more information
or to apply, call or
visit Deafblind UK
0800 132320
deafblind.org.uk/work**

Are you a qualified counsellor?

If you are a qualified counsellor, would you be willing to volunteer to help us in delivering mental health and wellbeing support to carers in Cambridgeshire, Peterborough and Norfolk?

This is an important and much needed part of the support we provide, and we want to be able to help more carers in this way.

Stephanie Child, our counselling and wellbeing service manager, said, "At Caring Together we offer a wide range of services to support carers. We want to make our counselling service available to more carers who need and would benefit from mental health support. If you are a qualified counsellor and would be willing to volunteer to use your skills to help carers we would love to hear from you."

For further information please contact Stephanie on 07843 327665 or email stephanie.child@caringtogether.org



Events calendar

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

1 June and 3 August **10am-12pm**
Cambridge and South Cambs Health and Care Forum
Call 0330 355 1285
Visit healthwatchcambridgeshire.co.uk/events

1 June, 6 July and 3 August **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

5 June **11am-2pm**
Queen's Platinum Jubilee
Bringing different communities together. Booking essential.
Call Family Voice Peterborough 01733 685510
Visit familyvoice.org

9 June and 11 August **10am-12pm**
Fenland and East Cambs Health and Care Forum
Call 0330 355 1285
Visit healthwatchcambridgeshire.co.uk/events

14 June and 4 July
Parent carer hub
Call Caring Together 0345 241 0954 for details
Visit caringtogether.org/events

15 June, 20 July and 17 August **12.30pm-2.30pm**
Goldhay Centre community meet and eat
Visit familyvoice.org

5 July **10am-2pm**
Caring first steps workshop
For carers at the start of their caring journey.
Call Caring Together 0345 241 0954
Visit caringtogether.org/events

5 July **2pm-4pm**
Huntingdonshire Health and Care Forum
Call 0330 355 1285
Visit healthwatchcambridgeshire.co.uk/events

7 July **10am-3pm**
Public health and care event in Peterborough
Visit healthwatchcambridgeshire.co.uk/events

13 July **2pm-3pm**
Healthy You - looking after yourself
Call Caring Together 0345 241 0954
Visit caringtogether.org/events

28 July **10am-12pm**
Peterborough Health and Care Forum
Call 0330 355 1285
Visit healthwatchpeterborough.co.uk/events



Do you, or someone you know, look after a family member or friend with dementia?



Dementia Carers Count is a national charity, offering a range of free services that give family carers the opportunity to understand more about dementia.

Caring for someone with dementia can affect every area of your life. They offer you practical advice on the everyday reality and challenges of being a carer; including the importance of looking after yourself, a look at carers' benefits and what could be available to you - and where you can go for help.

The courses and information, designed and delivered by experienced health and care professionals, help you develop skills and build confidence to navigate the highs and lows of caring for someone with dementia every day.

“ The courses have been like gold dust... they've been a lifeline.”

The Virtual Carers Centre is packed with information. You can also:

- Find the answers you need exactly when you need them.
- Register for free, Live Online Learning sessions covering a range of topics.
- Connect and share with other carers on the carer-to-carer forum.

You and your personal experience of dementia will be different from anyone else's, but sometimes it can help to share what you're going through.

Dementia Carers Count provides a safe space to connect with other people in a similar situation.

You count – they're here to help, wherever you are and whenever you need them.

For more information, or to book a place on one of the courses:
Visit dementiacarers.org.uk/vcc,
call 020 3096 7895 or email
support@dementiacarers.org.uk

LIBRARIES & WELLBEING WEBSITE

for information helpful to you and your family.



www.cambridgeshire.gov.uk/LibraryAndWellbeing



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

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 sociable, seated exercise programme set to music, designed to get you moving more confidently and having fun. There are physical, social, emotional and cognitive benefits for all older adults including those with memory loss, dementia, Parkinson's and other neurological conditions. Sessions are also an opportunity for carers and loved ones to relax, make new friends and get advice and support if needed.

To book a space on the friendly Zoom groups or find out the latest information about groups in the community, please contact Jane Thomas.

Monday	10.00am-11.30am	Parkinson's	Zoom
Monday*	10.00am-12.00pm	Love to Move and reminiscence	St Ives
Tuesday*	Mornings	Love to Move at Green End Day Club	Sawtry
Tuesday	3.00pm-4.30pm	Young onset neurological	Zoom
Wednesday*	10.30am-12.15pm	Love to Move with Jane	Brampton
Wednesday	12.30pm-1.30pm	Love to Move with Jill Marrs	Ramsey
Wednesday*	2.00pm-4.00pm	Love to Move at Club Vintage with Sue	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
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

Need support with your Carers Allowance?

We now offer support for Carers Allowance claims. Refer via www.dish.org.uk/contact to check your eligibility & if you qualify we will help you complete your form.



dish
benefits you

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

Support for you as a parent carer

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



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.

The sessions are a mixture of online and face-to-face and vary from short bite-size topics to longer part-day sessions, so there's something for everyone.

We aim to cover all of those "I wish I had known about that sooner" areas and have a breadth of topics including:

- Benefits
- Legal and finance
- Personal budgets
- Relationships
- Carers' rights
- Understanding health and social care.

“

Having specific preparing for adulthood topics has helped me to plan for my son's future and helped me to think about myself and my own needs too.

”

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

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

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.



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

Your child or young person doesn't need a diagnosis for you to seek Pinpoint's help or attend one of our sessions.

They 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 parents and 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.

Where can you find us?

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

Did you know?

We provide sessions **free** of charge and you can book quickly and easily online, through our website.

How can we help you?

We offer practical sessions with visiting speakers and specialists. 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 parents and carers in similar situations.

Where can you find out further information?

- Visit our website:
www.pinpoint-cambs.org.uk
- Sign up to our newsletter
- Register to come along to one of our workshops, Tii Hubs or group sessions
- Follow us on Facebook and Twitter to hear all the latest news:
[@PinpointCambs](https://www.facebook.com/PinpointCambs)

How can you contact us?

Email us at:
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 don't 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



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.

Registered Charity 1175018

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

Reg in England & Wales

ST NEOTS
VWA
VOLUNTARY WELFARE ASSOCIATION

Day Centre

Social days to enjoy

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

Community Centre
Church Walk
St Neots
Cambridgeshire
PE19 1JH

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

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

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

Andy Shaw - Day Centre Manager
01480 475274

Email: manager@stneotsvwa.org.uk

www.stneotsvwa.org.uk

www.facebook.com/groups/stneotsvwa



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.

Find us in Histon, Soham, Littleport and Ely



Contact us for more information and to book your free taster session

Call: 07565 598 193

Email: admin@posability.org

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Sponsored by the



We have received support from the
Cambridgeshire
Downshire
Foundation



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.

Thursday mornings 10am to 12pm
(usually the third Thursday of the month)

Trinity Church, High Street,
Burwell CB25 0HD

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

****But please note, June meeting is on 11 June**

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

- 11 June** Talk - Ernie Almond from Black Cat Radio: 'A Lifetime of Children's Entertainment'
2 July To be arranged
6 August Chris Bylett – puppets and singing

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

For more information, please contact Helen:
Tel. 01480 216255
Email: young_paxton@ntlworld.com

The Cambridgeshire branch of the MND Association offers

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

Monthly social afternoon gatherings are held for members to come together so that people have an opportunity to meet others affected by MND. Zoom meetings are held for members and carers to chat. Contact Cynthia George for the link.

We can provide practical help, for example transport to appointments, and financial help through support grants for 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.



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

riverport singers
The St Ives Dementia Friendly Community Choir

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

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



THURSDAYS 10.15-11.15am (during school term time)
The Corn Exchange, The Pavement,
The Old Riverport, St Ives, Cambs PE27 5AD
£3 per person per session
For further info, contact Agi
Email agipeach@icloud.com
Tel 07757 811802
Follow us on:
www.facebook.com/riverportsingers
SING, SMILE AND SHINE!

Working to become Dementia Friendly 2021

Riverport Singers are 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 Museum

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
(unless it is a Bank Holiday when we meet on the second Monday)
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



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@ccoggin.co.uk

Find us on Facebook
BramptonDementiaFriendlyCommunity

TRUMPINGTON MEMORY CAFÉ



EVERY 3RD WEDNESDAY OF THE MONTH

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

sing! together
COME AND JOIN US!

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

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

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

When: Monday Mornings

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 St Neots St Mary's

The St Neots Rotary Coffee Pot Memory Café is for folk with memory loss or dementia and their carers. We invite you to join us.

We meet four times a month, always on a Wednesday, at different venues: a restaurant; a church hall; a garden centre and a music academy. Some folk attend all of the events, others only attend those events they most enjoy.

Our purpose is fellowship, friendship, entertainment, professional assistance by Caring Together and other organisations, singing, reminiscence, and chatting with other folk in a similar situation.

Membership is free.

ALL ARE WELCOME

For further details call Rob on 01480 395979 or Wendy on 01480 219925

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

Rotary 

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

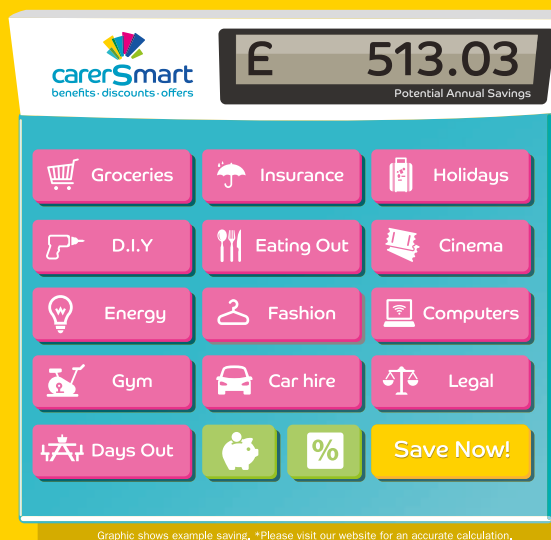
Supported by the St Ives Dementia Friendly Community Group and the Town Council

Refreshments will be available.



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

How much could you save?



Take the challenge today.

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

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

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

deafblinduk

Remote social groups

For anyone affected by sight and hearing loss. Meet new people and share experiences at our friendly groups.

Groups run every two weeks and last up to an hour. You can join via telephone or video call. To book your place, contact Deafblind UK on 0800132320 or email info@deafblind.org.uk

Music Makers Whittlesey

A relaxed and friendly singing group for older people

If you like to sing, enjoy good company and like having fun, please come and join us

Last Thursday of every month
2.00-3.30pm

At
Whittlesey Baptist Church
Gracious Street



£1 per person includes refreshments

This group welcomes people with memory challenges

For further information contact: Kathryn Gray 01733 351594

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 (208187) and in Scotland (SC037046). © Parkinson's UK. Parkinson's UK logo.

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

Parkinson's UK offers information, friendship and support to those affected by Parkinson's through local groups. These also include regular events, exercise activities and social activities. Local groups have been restarting face-to-face activities so please check with group contact as they may be subject to change. Details can also be found online at parkinsons.org.uk/information-and-support/local-groups or call the Parkinson's UK helpline on 0808 800 0303

Ely and District Support Group

Not running at present.

Contact Lisa Lowe for more information.

Tel: 0344 225 3614

Email: llowe@parkinsons.org.uk

March Support Group

The group runs a social meeting on the first Wednesday of the month

10.30am to 12.30pm at The Braza Club,
Elm Road, March PE15 8NZ

For more information the group contact is Wendy Summerlin.

Tel: 01354 653761

Email: wendysummerlin@live.co.uk

Huntingdon & district Branch (covering St Ives, St Neots & Ramsey areas)

The group is currently running exercise classes, a walking group and opportunities to meet up for a cuppa. They also produce a newsletter and have their own website too.

For more information the group contact is Malcolm Ryman.

Tel: 07724 400527

Email: huntsbranchnews@gmail.com

Web: huntspds.org.uk

Wisbech Café

Meets 10.30am on 3rd Monday of the month at Tesco Extra Community Room Wisbech for an informal cuppa and chat. Anyone affected by Parkinson's welcome. For more information contact Julie Wilson.

Tel: 07500 097222

Email: jmwilson@parkinsons.org.uk

Peterborough Branch

The group has activities running every week including coffee mornings, walks, exercise classes, art class and table tennis. They produce a branch magazine 'The Shaker' and have a Facebook page. Full details of all their activities can be found on their website or by contacting the chair, Ruth.

Tel: Ruth Brinkler-Long 07752 014998

Email: ruthbrinkler@hotmail.com

Web: parkinsons-peterborough.org.uk

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

Cambridge Branch

The group runs a monthly social meeting along with a variety of other activities including Cuppa and Cake, which is a monthly online meeting usually with a guest speaker. The group also produces a regular newsletter and has its own website parkinsonscambridge.org along with a Facebook page.

For any other information about the branch, please contact

Keith Howlett (secretary/membership)

Tel: 07885 976194 or email

keithparkinsonscambridge@gmail.com

Web: parkinsonscambridge.org.uk

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

Cambridge Working Age Friendly Group

Currently in the process of being set up. There will be opportunities in the coming months to meet throughout the county both face-to-face and online. For more information contact Julie Wilson.

Tel: 07500 097222

Email: jmwilson@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 those afflicted with very little or no language. H.A.S. offers people living with aphasia (whatever the cause), and their family, friends or carers, 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 help.

Our carer support group

For families and friends of adults with mental health conditions across Cambridgeshire and Peterborough – all welcome.

In person and Zoom meetings.

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

For more information please contact
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 photograph of three women smiling and talking outdoors. One woman is wearing a pink hijab. In the top left corner of the photo is a circular logo with a flower-like design and the text "Good Life Fund". At the bottom of the photo is a dark blue banner with white text. Below the banner is a light blue box with dark blue text. At the very bottom is another dark blue banner with white text.

Good Life Fund

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

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

goodlifefund@cpslmind.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.

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



Registered Charity Number: 265087



Inside news

Have you signed up to receive inside news, our regular newsletter?

Inside news 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/keepintouch





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 20 June 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

12/05/22

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
L D H 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)

Charity Reg No. 1091522
Registered in England & Wales No. 4379948

