

Issue 28

Autumn 2022 - Sep • Oct • Nov



Cambridgeshire and Peterborough

carers

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



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Welcome

Welcome to the autumn issue of carers magazine.

We are delighted to update you on services and support available to you, if you are looking after a family member or friend.

Being a carer has always brought challenges, but the COVID pandemic, cost of living crisis and other factors mean it is more essential than ever for carers to be properly recognised and supported. We continue to do all we can to help and support carers, whatever their individual caring role.

We are also sharing opportunities on how you and others can work with us – by adding your voice to our campaigning work, supporting our fundraising so we are able to help more carers, or by joining our team of volunteers who play an essential role in supporting carers.

We are glad to be able to tell you more about our work. Thank you to each organisation that has given an update on what they are doing for carers. And a special thank you to each carer who has contributed by sharing something of their experiences.

Miriam Martin
Chief executive



Carers speak out

Your chance to have your say. Speak out to tell the Government, other decision-makers and the public what they need to hear about life as a carer.



Every day people looking after a family member or friend tell us how difficult life can be for carers. And many carers feel they are invisible and not heard – we are committed to changing that.

It is essential that the voices of carers are heard, better understood and their needs taken into account at all levels of decision making.

That is why we are inviting carers and former carers to use our Carers speak out page to talk about the difficulties they face or faced.

We want to continue to tell the Government, other decision-makers and the public what needs to change to ensure carers are better supported.

We are already using the comments made to help more people understand what it is to be a carer, and what life is like for people looking after someone.

And in the run up to Carers Rights Day on 25 November, we will be passing the feedback from carers to the Secretary of State for Health and Social Care and asking for their response.

Go to caringtogether.org/carers-speak-out to find out more and send your message.

You can add your voice to the hard-hitting messages that many carers have already posted. Your voice, and your experiences matter and need to be heard.

“

Into the unknown

It was only as I became hopelessly exposed to the emotional, financial and physical challenges of looking after my wife that I accepted I was a carer...

”

“

Carers rights

Carers need to be regularly asked if they are coping with their situation. It should never be the case that professionals assume that carers can and will deal with all the aspects of caring required.

”

“

The government seems to have forgotten about carers

It has been very difficult to manage as a carer now that restrictions have been lifted.

”

You can speak out and have your voice heard

caringtogether.dedicationpage.org/carersspeakout



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.



Young Carers Festival

At the end of June, Caring Together and Centre 33 took 12 young carers from across Cambridgeshire and Peterborough to the biggest gathering of young carers in the world – the Young Carers Festival. They joined with over 800 other young carers from across the country where they got to have a much-needed break from their caring role with activities ranging from canoeing to arts and crafts to a silent disco and a huge fireworks display.

The young carers also got the opportunity to get their voices heard on lots of important topics from support for young carers in school to improving the health and wellbeing of young carers.

“Amazing, I made new friends, had a break from my day to day responsibilities and really enjoyed myself.”

“It was amazing, it made me feel like a teenager again.”

“Thank you, you’ve helped me more than you’ll ever know.”

“The best weekend ever!”

Find out more

To find out about upcoming Caring Together activities for young carers, visit caringtogether.org/events, sign up to inside news or contact our carer helpline on hello@caringtogether.org or 0345 241 0954

If you are a young carer or have one in your family, we can help. We can give breaks from their caring role, advice through our helpline team, help with planning ahead, opportunities for you to have your voices heard, and information about bursaries and grants that are available. See caringtogether.org/young-carers

Opportunities for adult carers

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



18+

We support carers aged over 18 caring for people of any age with a long-term illness, disability or due to frailty.

Our carer helpline offers information and advice to ensure you get what you need in your caring role.



You can make an emergency plan so the person you look after is supported if you can't be there.

Come along to groups where you can meet other carers for support and learning opportunities.



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



Centre 33's young carers project



The project supports over 900 young carers each year. They give an update on their work.

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

As well as offering support with their caring role through one-to-one and group support, Centre 33 also recognise the importance of giving young carers a break from their caring responsibilities. We know that for many young carers it can be difficult to have days out and do fun activities with their family so Centre 33 organise trips, activities and residentials throughout the year to enable young carers time to focus on themselves, have some fun and try new activities.

Centre 33 are very lucky to work with external funders who support us to offer a range of amazing opportunities for young carers, including days at the beach, water sports, art sessions, picnics and many more.

Residentials give young carers the opportunity to have a one or two night break away from home. We see young carers grow in confidence, make new friends and often push themselves out of their comfort zone to try new and exciting activities.

Centre 33 have been lucky enough to take some advisory board members to the Young Carers festival held at YMCA Fairthorne Manor in Southampton. This is the biggest gathering of young carers in the world. The event allows groups of young carers to come together, have fun and make new friends as well as providing a platform for young carers to be heard and influence change. The weekend consists of fairground rides, live music, fireworks and a silent disco.



Find out more

Visit our website to find information, training, events and more 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 37 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, as carers can be deeply affected too. You dedicate your lives to the wellbeing of those you support on a day-to-day basis, at the cost of your own needs and wellbeing. We can help with practical advice, introducing you to services and organisations that may be able to help with your caring role, introduce you to other carers or just give you the opportunity to speak freely and confidentially to a dedicated, assigned caseworker who will help guide you through difficult times on a one-to-one basis.

With Summer now upon us and COVID slowly taking a back seat for many, we have once again been holding our carers coffee and information mornings in St. Neots and Peterborough. These have already included a visit by the local constabulary who talked about their role in mental health and a craft session run by one of our carers.

As we head on through the year, we have identified new opportunities for our get togethers including a visit by a GP, a boat trip and walks around places of interest.



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 hope to welcome new carers as well as existing ones to our meetings throughout 2022 and to continue our newsletters, put together with articles from our carers, contact information and an update of our service.

Find out more about Making Space

01480 211006 • C&PReferrals@makingspace.co.uk • makingspace.co.uk



Young carers challenge for schools

Helping schools be ready for young carers being added to the school census.



Through the work of Centre 33 and Caring Together, over 300 schools across Cambridgeshire, Peterborough and Norfolk already have a young carers' champion so that young carers in the school know there is a trusted adult they can talk to if they are in need of support. A number of these schools also have a young carers' agreement/policy/statement so that young carers and parents know what help is available if young carers need it.

Ahead of young carers being added to the school census for the first time in Spring 2023, Caring Together, Centre 33 and other young carer organisations in the area are setting a challenge to every school.

By the end of the academic year 2022-23, we would like as many schools as possible in Cambridgeshire and Peterborough to:

Attend Centre 33 training sessions to understand more about the young carers champion role with the view to have a champion in place by the end of the academic year. This involves having a young carers policy/agreement in place so that every young carer knows what support is available to them in school.

If you have a young carers champion in your school but have not yet let Centre 33 know who it is, please email youngcarers@centre33.org.uk
On Young Carers Action Day 2023 - Wednesday 15 March, Centre 33 will publish an updated list of which schools have got champions in place.

There is a lot of support available to schools looking for support with the young carers challenge. Please contact Centre 33 to find out more. If you have any questions on Centre 33 training please contact youngcarerstraining@centre33.org.uk

Visit caringtogether.org/youngcarerchallenge for more information and resources to help schools. There are also template letters/emails for parents to send to their child's school.

Help us to make sure that every young carer in Cambridgeshire has someone they can talk to in school and knows what support is available to help them.

Visit caringtogether.org/youngcarerchallenge

Be ready for an emergency

If you look after a family member or friend, being prepared and knowing what would happen if something meant you couldn't carry out your caring role is hugely important.

Whether it is a train being cancelled or a medical emergency, having a What If? Plan means the person you care for will be given support, and the relevant people contacted if you are not able to carry out your normal caring role. If the people you have named for us to contact are not available our homecare team can offer support.

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.

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



We have you covered

If your plan is activated, we will assess what is needed at that time. If the details of who you want us to contact have changed since you registered your plan, simply notify us. Call us on 0345 241 0954 or email us at hello@caringtogether.org

To find out more

To find out more about the What If? Plan and other ways you can plan for an emergency visit our website at caringtogether.org/emergency-planning 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.



Carers new rights around hospital discharge

From 1 July 2022, any carer who is looking after an adult has new legal rights when that person is being discharged from hospital.

Under the Health and Care Act 2022 – if the adult being discharged from hospital is going to need any care or support when they get home, then you have the right to be consulted before they are discharged.

Hospitals should also be making sure you are aware of the support available from Caring Together, Making Space, Centre 33 and other carer organisations.

This legal right applies whether the person has been in hospital because of their physical or their mental health, and it also applies equally to young carers who care for a parent or other adult.

More about discharge planning from your local hospitals

We asked North West Anglia NHS Foundation Trust (NWA AngliaFT) who run Hinchingsbrooke Hospital and Peterborough City Hospital, to provide some information about what you should expect before the person you care for is discharged, and who you can contact if you feel you are not being consulted as you should.

- When patients are ready to come out of hospital it can be a relief to get them home again but sometimes there is uncertainty about the future and changes in care needs.
- Once the doctors decide someone is well enough to leave hospital an assessment is made by the ward team, which should include family and carers, as to what type of support, if any, the person is going to need. It may be the person has recovered back to how they were managing before and they are able to go home and continue with the same support. However, unfortunately sometimes due to the person's deteriorating health they will need more help and support after discharge. Here it is very important that carers, family members and other supporters speak up about any needs they have or concerns about the future.
- The ward team will discuss with the patient (if they are able to understand) what their future care needs will be and how they might be met and then the patient may discuss this with whomever they feel they need to. However, good communication is vital, it is a two-way street, so do not be afraid to ask questions of the ward team and do not just expect them to tell you what is going to happen.

NWAngliaFT has a Discharge Planning team whose role is to take the assessment provided by the ward team and decide on the most appropriate type of care provision as there are several options available, each having their own criteria depending on the needs identified by the ward team. This team is made up of nurses and administrators and covers the whole Trust.

The team liaise with Adult Social Services, Continuing Healthcare and Cambridgeshire and Peterborough NHS Foundation Trust about discharge arrangements. Someone from the Discharge Planning team may contact you about care arrangements. The different types of care and support available, together with who provides and funds them, can seem daunting or confusing, so if this is how you feel please ask for advice.

NWAngliaFT has two carers' advisors, one each based at Hinchingbrooke and Peterborough Hospitals. They give advice and support to carers of patients and can liaise with the ward teams, if necessary. If you have an issue or concern with the care provided by the Trust then the Patient Advice and Liaison service (PALS) can help you.

Who to contact

Carers' advisors

Peterborough City, Stamford & Rutland Hospitals
01773 677997

Hinchingbrooke Hospital
01480 363554
nwangliaft.carersadvisor@nhs.net
.....

Patient Advice and Liaison Service (PALS)

Peterborough City, Stamford & Rutland Hospitals
01733 673405
nwangliaft.pals@nhs.net

Hinchingbrooke Hospital
01480 428964
hch-tr.pals@nhs.net

Carers Rights Day

This year's Carers Rights Day is on Friday 25 November.

The national day is held to make carers aware of their rights, let carers know where to get help and support, and raise awareness of the needs of carers.

This year, as well as raising awareness in this way, we will be doing more.

We will be sharing the messages that carers have shared on our Carers speak out online page – see page 3.

And we will be calling for carers rights to be made a reality. Some rights that carers already should have are not consistently applied or available in practice.

This needs to change. We want your support and would value you using your voice to help ensure carers rights are a reality for everyone looking after a family member or friend.

If you want to be kept up to date on our plans or give your support, please make sure you get our updates. See caringtogether.org/keepintouch

And do please see page 3 about how to be involved with Carers speak out.





Helping more organisations become carer friendly

It can make all of the difference to people looking after someone if they have a carer-friendly set up with their GP, school, social worker, employer and elsewhere.

More than 200 organisations have signed up to the Carer Friendly Tick Award. Why not make sure your 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.

Or as a carer would you be willing to help assess Carer Friendly Tick applications?



If you want to know more about the Carer Friendly Tick Award, please email carerfriendlytick@caringtogether.org, call 0345 241 0954 or visit caringtogether.org/carers-friendly-tick

Carer Friendly Tick Award Education

We have recently been working in partnership with Centre 33, delivering Carer Friendly Tick information sessions to both primary and secondary schools in the Cambridgeshire and Peterborough areas.

Centre 33 provides support for young carers aged 18 and under who live in Cambridgeshire and Peterborough. They are able to offer free awareness raising activities in schools to support them to be more young carer friendly.

Our Carer Friendly Tick Award - Education comprises of five very achievable standards that if a school are meeting, they will be ensuring they are offering a high level of awareness and support for the young carers in their setting.

Find out more

If you would like to know more about how you can identify and support the young carers in your educational setting – please get in touch by calling 0333 4141 809 or emailing youngcarers@centre33.org.uk

Lasting Powers of Attorney

Sara-Rose Welch, Associate Solicitor at Buckles Solicitors, explains why it is important to have Lasting Powers of Attorney in place.

Having a properly drafted Will can ensure that our final wishes are followed. However, what happens if we cannot make decisions for ourselves about our health and finances whilst living, e.g. as a result of dementia or injury?

You can keep some control and protect your interests if you have Lasting Powers of Attorney (LPAs) in place. LPAs are legal documents that allow you to choose a trusted person to make decisions on your behalf, in the event that you cannot.



Remarkably, whilst LPAs are just as important as Wills, less than 1% of the adult UK population has one. Many people incorrectly assume that their next of kin will automatically be able to make decisions on their behalf should they lose capacity.

If there are no LPAs, the Court of Protection can intervene and choose someone to make crucial decisions

on behalf of the person who has lost capacity. However, the Court's choice may not necessarily be who the person affected would have chosen.

Sadly, loss of capacity is increasingly common, partly due to the growing number of people living with dementia – one in three people over 65 will develop it. But loss of capacity can happen at any age - every 90 seconds, someone is admitted to hospital in the UK with an acquired brain injury.

Having LPAs in place ensures that decisions can be made by the people you have chosen, and they will be in a stronger position to act in your best interests should the situation ever arise.

We have no control over whether or when we lose capacity to make decisions for ourselves, but we do have the power to take control by making LPAs before it's too late.



For more information on Lasting Powers of Attorney, please call Buckles Solicitors on 01733 888888



Carer learning opportunities

Opportunities for you to develop skills and knowledge to benefit you and the person you care for.



Helping adult carers become more confident in their caring roles

We have a full set of learning opportunities for carers, on a wide range of topics that carers have told us are important to them.

If you are a carer, they are designed to give you information and practical skills to help in your caring role.

Sessions are a mixture of online and face-to-face. They vary from short, bite-sized topics to longer part day sessions, so there should be something to suit all.

“
...it was really useful information broken up well with some fun activities and laughs.
”

We also 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

“

I have taken away lots that will be useful for the future. It is really helpful to know who I can turn to, to help me navigate all the information out there.

”

What is on offer?

Developed in partnership with carers, we cover topics carers say they wish they had known more about sooner.

These include topics such as caring – first steps, 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.

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 ensure we cover what you as carers want.

How can I find out more and book?

You can see our events section at caringtogether.org/events

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

You can also call our helpline team on 0345 241 0954 who can advise on what is coming up and book your place.

Meet with other carers

You can meet other carers face-to-face at hubs and events.



We would love to see you at one of our carer hubs, trips or carer learning sessions.

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

A number of events include carer learning opportunities to help you in your caring role. We also hold day trips for adult carers which are always popular. Places are limited so make sure you check our website and get inside news to hear about them.

You don't have to stay local and can come along and meet us at any of these hubs or events. If you would like to know more, or let us know that you are coming along, please contact us.

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

Wisbech

First Wednesday of the month
10am-12pm
Rosmini Centre

How to join us

To see other carers in person, you can find a list of all our opportunities at caringtogether.org/events

To stay updated on everything that is happening and be the first to know about trips and activities, sign up to inside news, our regular enewsletter, at caringtogether.org/keepintouch

Please contact us before going along as dates and venues can change
0345 241 0954 • caringtogether.org • hello@caringtogether.org

Funded by:





Support for carers - helping to improve adult social care

Join one of the Adult Social Care Partnership Boards and use your experience of being a carer to help improve the support that people who get adult social care services receive.

Family carers and those they support have been disproportionately affected by the current pressures on local health and care services. And are telling Healthwatch that they can find it harder to get the support they need.

It's important that the people making decisions about the services you use know what care is like for you and your loved ones.

And as part of this, Healthwatch is funded to support volunteers, called Independent Members, to be part of Cambridgeshire County Council and Peterborough City Council's five adult social care Partnership Boards.

The role of each Partnership Board is to support and improve care for people who use health and adult social care services.

Last year, The Carers' Partnership Board raised concerns about letters from the councils in Cambridgeshire and Peterborough as they could be very formal and hard to understand.

As a result, the councils are now working with Partnership Board Independent Members to improve the tone and content of the letters they send out. This will make letters easier to understand, reduce worry in carers and stop them needing to contact the council to check things they don't understand.

In the next year, the Carers' Partnership Board are also planning to look at adult social care charging and the impact of COVID-19 on carers.

healthwatch
Cambridgeshire

healthwatch
Peterborough

Get involved too

Interested in joining one of the Partnership Boards? We will give you training and support and pay any agreed out of pocket expenses.

Contact Graham Lewis, Partnership Development Manager
Call 0330 355 1285 Mobile 07432 865996

Email graham.lewis@healthwatchcambspboro.co.uk

Apply online at healthwatchpeterborough.co.uk/independent-member or healthwatchcambridgeshire.co.uk/independent-member



How our volunteers make a difference

Volunteers are an important part of our work to support carers.



We spoke to Louisa, a mum of two older children and frontline worker for the ambulance service, about her role supporting carers as part of our Breaks for carers in East Cambridgeshire project. This project provides company for the person being looked after so carers can take a break and do something they enjoy – going for a walk with a friend, to the hairdressers, an exercise class, or doing something at home.

Why did you decide to volunteer with Caring Together?

Whilst working for the ambulance service I attend to many people who are unwell, who have a family member who is caring for them full time, or I may have to attend to the carer.

Many people have spoken to me about the difficulties of this or how lonely it can be, or how they do not always have time to do other things they need to do. I have also met many people who would prefer not to attend hospital even if they need to as they are too worried about leaving their loved one, and they have no one else they can call to help.

This is something I have always thought about and has made me appreciate how easy it is for me to just pop to the shop or do something I need to do.

When I found out about Caring Together and the project giving carers a break it was something I definitely wanted to get involved in to help other people.

What difference do you feel your volunteer role has made?

I really enjoy making my visits, I find talking to the people and finding out about history very interesting. I know they appreciate me visiting and giving my time for them to be able to do something or even just have some different company. It's nice to feel that even a small amount of my time can make such a difference to someone else's life.

Read more about Louisa and her role at caringtogether.org/news/louisa-volunteer-story

Volunteer with Caring Together

If you would like to find out more about our volunteering roles and changing the lives of carers, get in touch.

Please contact Jane, our volunteer co-ordinator
07843 327485
volunteers@caringtogether.org

You can help us make a difference!



Reaching 'hidden' carers

Together we can make sure that no one struggles alone.

Annie had been struggling looking after her partner Ian for many years before she found out about Caring Together. And by that time, she was at breaking point. Ian has serious back problems causing chronic pain and limiting his mobility. He also has heart problems. Ian's condition resulted in Annie getting very little sleep and she felt exhausted. He was anxious about being left on his own so would ask her not to go out, and phone or text her constantly if she did. Annie said, "I got to the point on one particular day that I was physically pulling my hair out and I completely broke down. The doctor said to come round. She said I needed support and that's when I heard about Caring Together and other support that was available."

Annie called our helpline and for the first time found she was talking to someone who understood, was listening and could help. She now sleeps in the spare room to get more rest, takes time for herself going swimming each week, and no longer feels guilty about going out.

Annie is just one of the 12,000 unpaid carers we support every year. But there are 178,000 carers across our region - **we are not reaching 93% of the people who need us.** In streets, villages and cities there are unseen people who are often looking after a loved one 24/7 with no support.

They do not know they are entitled to a carers' assessment, or that there is a local carers hub they could attend, and they feel they are completely on their own. For many, the sense of isolation is overwhelming. They feel exhausted, having put their life on hold to care for someone they love. Some, like Annie, are at the end of their tether.

40 years of caring

It is 40 years since Caring Together began as Fenland Crossroads in 1982. Since we began, we have helped thousands upon thousands of carers, but our work is far from finished. Today, the need is greater than ever. The pandemic has put untold pressure on thousands of carers across our region who were already struggling with their mental health, physical strength, and ability to cope with daily life.

We cannot stand by and leave people in your street, your town, your community without support when they are doing such an amazing thing as caring for a loved one. We are determined to reach more of the 93% - the over 165,000 people who are hidden carers. But we can't do this without your help.

Could you, or could others in your family, consider leaving a gift in your Will to support the work of Caring Together?

“
As one person I cannot change
the world, but I can change the
world of one person.
”



Of course, you must firstly make sure that your loved ones are provided for. For many carers, providing for those they support comes first, which is absolutely right. However, if after you have provided for family and friends you could consider including a gift to Caring Together, your special legacy gift will touch the lives of carers who desperately need support.

When you make or update your Will, all that your solicitor will need is our legal name: **Caring Together Charity**, and our registered charity number: **1091522**. You could choose to leave a set sum or a proportion of your estate (the money and value of possessions you leave behind). As little as 1% of your estate could enable us to reach and support many hidden carers.

Someone once said, "As one person I cannot change the world, but I can change the world of one person." It is a very special thing to leave a gift in your Will that will change the worlds of hidden carers for the better. Your care, compassion and kindness will live on in the lives of the people you have helped us to reach.

If you would like to tell us about a gift you have already left, or would like further information, please complete the slip below and return it to:

Hidden Carers
Caring Together
L D H House
Parsons Green
St Ives
PE27 4AA

Title First name

Last name

☐ I have already included a gift in my Will to Caring Together

☐ I would like further information on leaving a gift in my Will to Caring Together

Address

..... Postcode

Email address

(I am happy for you to contact me in this way)

Telephone number

(I am happy for you to contact me in this way)

Thank you for your kindness.



A caring Christmas

Christmas cards and gifts that support unpaid carers.



Buying Caring Together Christmas cards is a really great way to support unpaid carers across our region. Not only do all profits help to fund our services for carers, but they also raise awareness of what we do. As three in five of us will become a carer at some point in our lives, knowing that support is available when that happens, could make a huge difference for your family and friends.

Please order your cards online at caringtogether.org/christmas-cards or using the leaflet enclosed.



This year for the first time we are also offering Gifts of Kindness – donations made in the name of a family-member or friend to help children who are carers, people who need advice from our helpline, or those who need emotional support from our counselling service. These gifts will help unpaid carers who have given up so much to care for someone they love.

Gifts of Kindness are particularly good for those who are difficult to buy for! You will receive a special, personalised certificate to give to your friend at Christmas. You can choose whether to receive this by post or email so even if they live miles away, you can still make sure it reaches them in time for Christmas.

Please buy your Gifts of Kindness by using the enclosed leaflet or online at caringtogether.org/gifts-of-kindness



Janice's story

Janice looks after her 86 year old husband. She contacted us to see if we could help when she needed to attend a hospital appointment.



Janice looks after her husband, Ted, who has a physical disability. She contacted Caring Together because she had an important hospital appointment for herself that clashed with a hospital appointment for Ted.

She contacted Caring Together to find out if someone could escort Ted to his appointment. Pedro, a rapid responder/care worker escorted him to the hospital, attended the appointment with him and wrote down notes which he could relay back to Janice.

"I had already booked a hospital ambulance or car, but that was very reluctantly. I made further enquiries to find out if there was a charity that would be able to help us, and this is where Caring Together came into our lives.

"They made such a difference from the first telephone call I had with them. I felt so much better after just being told, 'I am sure we can help you'. So positive, so reassuring.

"I was asked a lot of questions and the circumstances, and this was all taken note. I was told yes, they can help us and my husband would be able to have an escort with him to the appointment, meaning that I could relax and go to my own appointment and not have to worry about my husband's situation.

"The person who escorted my husband to hospital got a hospital wheelchair for him and took him to the appointment. He also went into the consultation with him. Pedro who was the person taking my husband was absolutely wonderful the whole of the time he was with my husband. He bought him home and came in and relayed to me what had happened and what the consultant had said, what the prognosis was and what the treatment was.

"It has made such a difference to our lives, the fact that this was able to happen with the help of Caring Together."

You can help us support more carers like Janice

As a charity we rely on donations to enable us to support unpaid carers across Cambridgeshire and Peterborough. You can show your support by buying Christmas cards, a Gift of Kindness, or by becoming a Carer Friend. See caringtogether.org/carers-friend to become a Carer Friend today

Every gift makes a difference!

* names have been changed to protect the identity of individuals.



Deafblind UK presents 'Embracing Change'

The virtual Deafblind Convention,
hosted by Deafblind UK is back for its
second year on 6 October 2022.



The event will comprise many well-known international and UK based speakers who will focus on the topic of 'Embracing Change'.

Like last year, this event will feature world class speakers who have a professional or personal interest in sight and hearing loss. CEO Steve Conway, said, "It's a real pleasure to once again bring you this event. Being deafblind means living with constant change; it's an ever-evolving cycle that has no end point. From experiencing first symptoms to adapting to a global pandemic, sight and hearing loss changes lives. This event will explore how deafblindness forces change and how a changing world impacts deafblindness."

Deafblind UK hosted the UK's very first Deafblind Convention last year and over 700 delegates attended. This year's event will bring people together to share thoughts, opinions, research, and experiences of living better with sight and hearing loss.

Delegates will be able to personalise their day by choosing from a wide range of insightful talks, giving a truly unique experience to all who attend.

Chloe Joyner is founder of Usher Kids UK and the parent of a young girl with Usher syndrome. Chloe will be talking about what can be done to help children, young people and

their families adjust to the changes associated with Usher syndrome. What tools and skills will enable them to thrive in the journey ahead? In this talk Chloe will share insights from the lived experiences of the Usher Kids UK community and shine a light on strategies and tools which can help empower children, young people and their families to embrace change and thrive.

Chloe will be joined by many other speakers including public speaker and DEI Consultant, Catarina Rivera, who will be talking about how the future of work must prioritise disability inclusion.

In her keynote, Catarina addresses three myths blocking leaders from focusing on disability, explores the emotions surrounding disability, and articulates a vision for the future of work that centers on disability inclusion. Catarina will also share tips for how you can influence other stakeholders to care about disability inclusion and accessibility.



The event is free to join and
is available to book online
at deafblind.org.uk/convention

It's easy to join the library



Become a member of Cambridgeshire Libraries and get free access to hundreds of thousands of physical books and online titles. You can also borrow research resources and use their library PCs. For borrowers with a visual impairment they offer large print books, free audiobooks and services such as Audiobooks by Post.

Anyone who is living, working, visiting, or studying in Cambridgeshire or neighbouring counties is welcome to join, even if you just want to access the online resources. Membership is free. If you'd like a membership card please just visit any library, bringing proof of your ID and address.

You can also join online. You will be given a library card number which you can use straightaway to access e-services, browse their catalogue and place reservations on books. You'll have the option to create card-free membership on your mobile phone to use in the library.

Find out more by visiting cambridgeshire.gov.uk/library



Events calendar

Throughout this issue in the articles, partner updates and adverts, you will see information about planned events and activities for September to November.

Please see below some details on a number of other activities.

6 & 20 September, 4 & 18 October and 1 & 15 November 2pm-3pm
Read a Little Aloud

Online Cambridgeshire Library event for adults with a different theme each month.
Call 0330 355 1285
Email RALA.Online@cambridgeshire.gov.uk

6 September and 1 November 2pm-4pm
Huntingdonshire Health and Care Forum
Call 0330 355 1285
Visit healthwatchcambridgeshire.co.uk/events

13 September 10am-12pm
Self care workshop
Delivered at our Huntingdon hub.
Call Caring Together 0345 241 0954 for details
Visit caringtogether.org/events

13 & 27 September, 11 & 25 October and 8 & 22 November 2pm-3pm
Engage Online
Online Cambridgeshire Library event with a variety of speaker followed by Q&A.
Call 0330 355 1285
Email Engage.Online@cambridgeshire.gov.uk

21 September 10am-12pm
Parent carer workshop
Universal credit workshop with Q&A.
Call Caring Together 0345 241 0954 for details
Visit caringtogether.org/events

22 September and 24 November 10am-12pm
Peterborough Health and Care Forum
Call 0330 355 1285
Visit healthwatchpeterborough.co.uk/events

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

13 October 10am-12pm
Fenland and East Cambs Health and Care Forum
Call 0330 355 1285
Visit healthwatchcambridgeshire.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

What DISH can help with

Do you know we support people to claim for the following benefits?

- Attendance Allowance
- Disability Living Allowance
- Carers' Allowance
- Personal Independence Payment
- Employment Support Allowance

<http://dish.org.uk/contact>



Charity No. 1198841
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

The carer learning sessions and resources we now have available have been developed to help carers, including parent carers like you.

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



Registered Charity 1175018

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

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

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

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

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

Our membership is free.

01223 955404

hello@spectrum.org.uk

spectrum.org.uk



In partnership with
THE NATIONAL LOTTERY
COMMUNITY FUND

SPECTRUM PLAY

DEDICATED SEND SESSIONS

SPECTRUM & LITTLEPORT LEISURE

NEW



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

SPECTRUM
#WEARESPECTRUM
spectrum.org.uk

Our membership is free



Connect with Care Network!

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

Speak to your local coordinator today

Fenland: 01354 695208

East Cambridgeshire: 01353 659639

Cambridge City: 01223 300460

South Cambridgeshire: 01954 212100

Huntingdonshire: 01480 775493

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



Hospital Discharge and Admission Avoidance Support Service

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

Staff and volunteers support settling at home which includes:

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

“My confidence was really shaken after my fall and stay in hospital. Knowing that everyday someone was checking in on me to see how I felt and take the time to listen and have a chat, made me feel much better.”

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

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

Sponsored by the



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

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

- | | |
|---------------|-----------------------------|
| 3 Sept | Bingo |
| 1 Oct | Sandy Ukulele Group |
| 5 Nov | Eastern Waves Duo (singers) |

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.

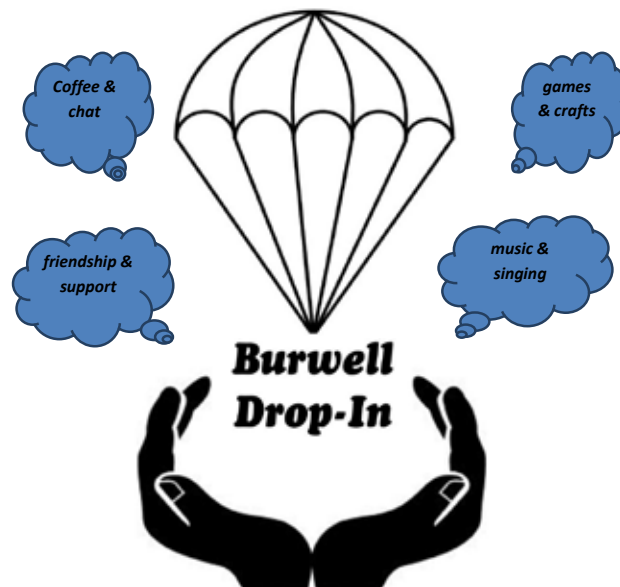
Martin - Advice and Information Officer - The Royal British Legion

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**

The St Ives Dementia Friendly Community Café

Dementia Café

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

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

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

Working to become Dementia Friendly 2021

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

Royal Air Force Benevolent Fund

THE NORRIS MUSEUM

ROYAL AIR FORCE REMINISCENCE GROUP

DID YOU SERVE IN THE RAF? WOULD YOU LIKE TO REMINISC ABOUT YOUR RAF SERVICE IN A FRIENDLY ENVIRONMENT WITH OTHERS WHO SERVED?



We are a sociable group of RAF veterans and spouses. We welcome those who are dealing with memory loss and also those who would just like to 'pull up a sandbag' and chat with likeminded people.

Advice and support available from a representative from the Royal Air Force Benevolent Fund.

Where: We meet at the community Room, Norris Museum, The Broadway, St. Ives PE27 5BX.

When: The second Monday of each month from 1.30pm.

Drop in or call Ian 07784 238185 or Susan 01480 497314 for more details.

Registered charity in England and Wales (1081009) and Scotland (SC038109)

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



YOUNG ONSET DEMENTIA

(Diagnosed before 65 years old)

A group for those who care for their loved ones

- Are you living with someone with Young Onset Dementia?
- Would you like to talk with others in a similar caring role?

Come and join us for a chat.

We meet on the **first Friday** of the month

Time: 2pm-4pm

Place: **The Golden Lion**, Market Hill, St Ives PE27 5AL

(As you enter through the double doors, turn to the right and there is a room straight ahead through glass doors).

No need to book, just turn up.

Everyone will receive a warm welcome!

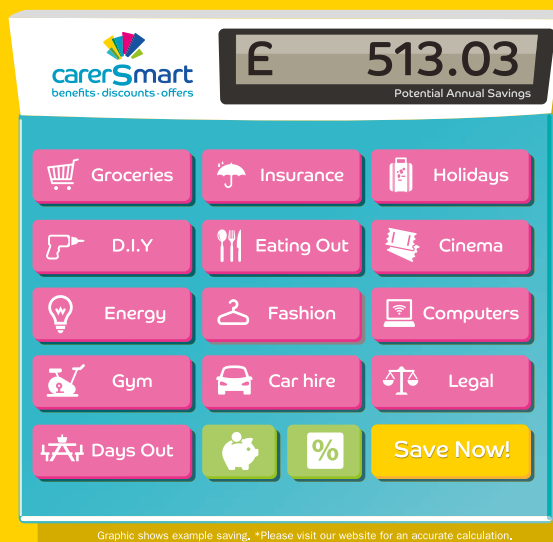
For more information please get in touch with either

Ruth: 07827 159307 ruth.eod@yahoo.com

or

Lesley: lesley.yod@gmail.com

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

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

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

Do you need support to speak up for your rights?

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

An advocate is an independent professional who is on your side.

An advocate 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

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.

Make a referral

To find out more, or to refer yourself or someone else, visit voiceability.org or contact us:

☎ 0300 303 1660

✉ helpline@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 supporting name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (205191) and in Scotland (SC037546). © Parkinson's UK. Content is a registered trademark.

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

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

CDA Hearing Help has 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 David, Gill, Christine or Angela.

01480 211006

C&PReferrals@makingspace.co.uk

Facebook: /MakingSpaceCambridgeshire
CarerSupport



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 a dark blue banner with white text.

**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 September 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

12/08/22

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

We are here to help by providing:

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

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

Caring Together
LDH House, Parsons Green
St Ives, Cambridgeshire, PE27 4AA
01480 499090 or 0345 241 0954
hello@caringtogether.org
caringtogether.org
Facebook: [/CaringTogetherCharity](https://www.facebook.com/CaringTogetherCharity)
Twitter: [@CaringTogether](https://twitter.com/CaringTogether)

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

