

Issue 29

Winter 2022/23 - Dec • Jan • Feb



Cambridgeshire and Peterborough carers

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



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Welcome

Welcome to the winter edition of carers magazine.

In this issue we open with an article looking at how we and others can support with some of the specific challenges you may face this winter as a carer. And in the rest of the magazine you can read more about the help, information and support available to you, whatever your caring role.

This year the school census will, for the first time, see young carers identified. You can see how we are working with Centre 33 to make the most of this opportunity, as well as offering our other on-going support for carers.

As a charity we want to ensure we are able to give carers the support they need. We can't do this alone. You can read how we are working with others in a wide range of ways, including through the Carer Friendly Tick Award, and about the different ways that you and others can get involved so we can help more carers.

We hope you enjoy and benefit from reading this issue of carers magazine.

Miriam Martin
Chief executive



Have the support you need this winter

Winter months can bring specific challenges for people looking after a family member or friend, and for the person they care for.



For carers we know this winter is likely to have added challenges due to the cost of living crisis, and the continued impact of the COVID pandemic on carers, their cared for and health services.

If you are concerned or have had changes to your caring role you can contact us on 0345 241 0954 or email us at hello@caringtogether.org

Here just some of the ways you can get support. Throughout this issue of carers magazine you will see lots of other information you may find relevant to your situation.

Staying connected and reducing isolation

We have a range of carer hubs, trips and activities that you can make the most of through the winter. We recently reopened our Ely carers hub and you can see more about our hubs on page 15.

We also hold other activities where you can relax or where you can learn more about topics that may be affecting you. See our website at caringtogether.org/events/ or contact us to find out more.

Having an emergency plan

If you are caring for a family member or friend, knowing you already have a plan for how you will manage in an emergency can help alleviate unnecessary stress.

Caring Together can support you with a What if? Plan for if something happens to you. This covers situations when you are unable to look after your loved one, such as sudden illness, unplanned admission to hospital, family emergency, or your car has broken down.

If you have a plan in place, it can be helpful to check the details on it are up-to-date. See page 9 for more information or visit our website at caringtogether.org/whatifplan

Herbert Protocol

With darker nights and worsening weather conditions, if someone with dementia were to go missing, they could be more vulnerable.

You can download and complete a Herbert Protocol from the Cambridgeshire Police website which you only need to hand over to the police should the person you care for go missing. It means that you do not have to remember essential information at a stressful time and the search can be started sooner.

To find out more search for 'Herbert protocol' at cambs.police.uk/





Equipment breakdown

If you have equipment provided from the hospital, social care, occupational therapist or if you have bought privately from NRS Healthcare, there is a 24/7 team of technicians and engineers who can respond if your equipment breaks down.

You can call 0330 100 0098 or go to nrshealthcare.com

Power cuts

You can receive extra support during a power cut if you register on the UK Power Networks' Priority Services Register. You can call 0800 316 3105 or go to ukpowernetworks.co.uk/power-cut/priority-services-register

You can receive extra support if:

- You rely on medical equipment
- You have refrigerated medicines
- You have a serious or chronic illness
- You have a disability
- You or someone you care for is living with dementia
- You are of pensionable age
- You have children under five in your household
- You need extra support for a short time period (e.g. if you are recovering from medical treatment).

If you have torches, make sure you know where they are, they have batteries and can be easily accessed. Also torches are much safer than candles especially if you are caring for someone who regularly uses emollient and skin creams as these can pose a fire risk.

Water supply

You can get extra support for issues with your water supply if you register with Anglian Water's free 'Priority Services Register'. Call 0800 232 1951 or visit anglianwater.co.uk/priority

Once you are registered, Anglian Water will:

- Inform you of any supply interruptions
- Help you with meter readings
- Help protect you against scams and bogus callers
- Send bills in accessible formats.

As a carer, you can also be added to their nominee scheme, so you can manage your family members or friend's account for them. Anglian Water will get in touch with you directly to let you know about any interruptions to their water supply, and work with you to get them the help they need.

Anglian Water can also help some customers with discounted tariffs, assistance schemes and affordable payment plans. Contact them to learn more.

Risk to life

For all emergencies where there is a risk to life always dial 999 for an emergency response. If there is a fire in your home, have you thought about an evacuation plan for you and the person you care for?

Make a plan and share it with the person you care for.

The right support for young carers

If you have a young carer in your family, we understand how important it is that they are supported and can have breaks from their caring role.



Time together

We run a year-round programme of different activities to enable young carers to take a break from their caring roles, spend time with other young carers, relax and / or learn new skills. Christmas always means the chance for lots of festive fun together.

We work with partners to run sessions to help young carers and young adult carers develop skills that enable them to progress their education and in employment.

Have your voice heard

Young carers being able to talk about their experiences with decision-makers can make a difference to their own situation, and to what is faced by other young carers.

We provide young carers with opportunities to have their voices heard on a national level – and these have also seen young carers grow in confidence and develop new skills.

Bursaries and grants

We often have different funding available for young carers and their families or can talk about different support that might be available nationally. Contact us to find out the ways in which we can help your family.

Young carers app

The Young Carers Support app enables young carers in the UK to find information and advice, self-help resources, wellbeing tips and activities, plus a catalogue of support services – all in one place.

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

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

See links on our young carers page at caringtogether.org/young-carers

Find out more

You can find out more about our support for young carers at caringtogether.org/young-carers





Young carers project

In Spring 2023, the school census will include young carers. Centre 33 offers **FREE** training and support to schools to understand who a young carer is and how to identify and support them. Centre 33 update on their work.

Centre 33 have developed a robust offer of support for schools, including the Primary School Programme, a NEW Secondary School and College Programme, access to staff training, assemblies and awareness raising, champion network meetings and a range of resources.

During the school year 2021/22 we have managed to reach:



2,221 adults who attended awareness raising/training



17,164 young people who attended awareness raising assemblies



168 new young carers who were identified in primary schools as a direct result of our NEW Primary School Programme this year.



194 Young Carers Champions signed up and working with Centre 33 across Cambridgeshire and Peterborough

We offer a range of support to schools, and we can offer bespoke training and assemblies to tailor the needs of students and staff. Please get in touch with us to find out more if you feel your school needs support
youngcarerstraining@centre33.org.uk

 Young Carers Support For Schools & Colleges Offer 2022/2023 All support is FREE	
Young Carers Training Sessions	Available to all staff
Primary School Programme	Available to those leading on Young Carers within your setting
Secondary School & Colleges Programme	Available to those leading on Young Carers within your setting
Assemblies	In person or virtual
Whole School Staff Training	In person or virtual
One to one support from the Capacity Building Team	Available to Young Carers Champions & Senior Leadership Teams
Young Carers Champions Network Meetings	Available to those who have completed their young carers agreement
Young Carers Champions Teams Channel	Available to those who have completed their young carers agreement
To access any of the above, please email youngcarerstraining@centre33.org.uk	

Young Carers Action Day 15 March 2023

What can you do to support young carers in your school? Please get in touch to get involved.

Find out more

For more information and enquiries about training please contact Becca and Charlotte on youngcarerstraining@centre33.org.uk

To refer a young person please complete our online form at centre33.org.uk/young-carers-online-referral-form or contact us at youngcarers@centre33.org.uk or 07498 312776 for enquiries about referrals.

Young carers challenge for schools

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



Caring Together have been working with Centre 33, as the commissioned provider for young carers support across Cambridgeshire and Peterborough, to launch a challenge to make sure every young carer in Cambridgeshire and Peterborough has someone they can talk to in school and knows what support is available to help them.

From spring 2023 young carers will be included on the school census return for the first time. This will provide a better picture of the number of young carers in schools, help the impact of being a young carer to be understood, and potentially increase the support on offer to young carers.



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

1. Attend Centre 33 training sessions to understand more about the young carers champion role;
2. With a view to their school having a champion/young carers' policy in place by the end of the academic year.

Being a young carer can be hugely demanding. Too many children and young people are carers without their school or others knowing.

It is vital that young carers are identified at the earliest opportunity and that every young carer can get the support they need when they need it.

Having a young carers champion means young carers know there is a trusted adult they can talk to if they are in need of support. A young carers' agreement, policy or statement means young carers and parents know what help is available if young carers need it.

Centre 33 provide training and continued support to over 230 young carers champions, so that local young carers have easy access to support in their school. We want this to be the same for every young carer, in every school.

Support and resources are available to help schools with identifying young carers in the school census and joining the Young Carers Challenge.

You can find out more at caringtogether.org/youngcarerchallenge or contact youngcarers@centre33.org.uk

Support for carers of people with mental health conditions

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

As winter approaches we can reflect on a summer which was hot, hot, hot! But also on the wonderful get-togethers we had with predictable weather. The Golf Day was a real hit and everyone that took part, regardless of their golfing prowess, enjoyed the day with conversation that flowed and laughter shared but also support and encouragement given by carer to carer. We also had our first boat trip followed in quick succession by a second as it proved to be very popular with carers enjoying respite from their daily routines.



Carers reported a feeling of peace and relaxation, watching people on the riverbank, children playing in the water and watching wildlife that would be otherwise unseen. A visit from the pharmacist based at Fulbourn, a guided walk by one of our carers around Cherry Hinton Hall together with our regular coffee mornings, have all contributed to a fabulous summer.

With winter snapping at our heels, we hope to continue with our carer coffee mornings and despite the weather perhaps one or two trips.

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, our carers can be deeply affected too. You dedicate your lives to the wellbeing of those you support on a day-to-day basis, at the cost of your own needs and wellbeing.

We can help with practical advice, introducing you to services and organisations that may be able to help with your caring role, introduce you to other carers or just give you the opportunity to speak freely and confidentially to a dedicated, assigned caseworker who will help guide you through difficult times on a one-to-one basis. 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 can arrange to meet carers at a coffee shop, café, park or at home or maybe telephone contact, email or text is a preferred option – we would love to hear from you.

Find out more about Making Space

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

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 everything that Caring Together does.

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.





Discharge process for carers at Cambridge University Hospitals

Since 1 July 2022, any carer who is looking after an adult has had new legal rights when that person is being discharged from hospital. Cambridge University Hospitals explain the process.

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.

For some patients, leaving hospital after a stay on a ward is a straightforward process of going home - perhaps to a period of rest and recuperation before return to usual activities. For others, leaving hospital is more complicated. Additional support is needed at home, or changes to the support which was already in place before the patient came into hospital. We call these discharges 'complex discharges'.

Complex discharges from Cambridge University Hospitals (CUH) are managed by two teams - the Early Intervention Team and the Discharge Planning Team. The Early Intervention Team (EIT) work within our Emergency Department and short stay wards between 8am to 8pm, seven days a week. They assist with prevention of an unnecessary admission into hospital and complex discharge planning. The Discharge Planning Team cover all other adult inpatient areas between 8am to 8pm, seven days a week, and they assist patients, families, carers and ward staff with complex discharge planning.

Many patients will begin their journey through CUH in the Emergency Department, and move onto other areas within the hospital. Some patients will be admitted directly to ward areas for booked procedures and operations.

They identify carers through the 'This is Me' document (used for patients with dementia), and by using the 'What is important to me' posters that are situated by the bedside and document who the carer is. And, of course, by talking to carers and the person they care for!

The EIT try to gather as much relevant information from the patient, their relatives and/or their carers in the Emergency Department - this may include information about their life before admission, social circumstances, and how the patient and carer were coping. For patients not seen by EIT at the point of transfer from the Emergency Department to a ward, we encourage carers to identify themselves to nursing staff as early as possible, so this can be documented in the patient's records.



The EIT can discuss a 'What If?' Plan with carers - and signpost to organisations that can provide support to set one up.

Carer's passports are available for all carers of people who are admitted to hospital - they are available on every ward and the Patient Advice and Liaison Service (PALS) team can also help with making arrangements. Carer's passports help staff identify and support carers, and enable a discussion around working in partnership while the patient is in hospital.

Should a patient need ongoing support when leaving hospital, either the EIT or the Discharge Planning Team will complete a discharge referral to organisations in the community. Carers will be involved in the planning, with the consent of the patient. There are several options available, dependent on the patient's needs and where they live - different localities offer slightly different variations on services. We also have direct links with the voluntary sector who may be able to provide additional non-care based services.

We use information shared by family and carers at the point of admission to make sure we have a well-rounded and accurate picture of life before admission and what those needs

are in the present. This helps us to have the correct discharge pathway. For patients that lack capacity, we will identify if there are any legally appointed Attorneys and in what capacity they are held - we will discuss and seek their opinion on discharge, as well as the views of carers. For those patients that do not have Attorneys, we will discuss discharge referrals with family and carers to ensure their views are heard and recorded. There will be times when carers themselves become the patient: the EIT and the Discharge Planning Team are able to signpost and support with notifying relevant agencies of your admission, with your consent.

Both teams welcome discussions with carers, and are happy to take your calls.

Early Intervention Team covers Emergency Department, Urgent Treatment Centre/Minors, EAU4/ SDEC, EAU5 and G2, N2, C4, CAU (admission avoidance only)
Tel: 01223 274752

Seven days a week 8am-8pm

Discharge Planning Team covers all other inpatient areas
Tel: 01223 586951

Seven days a week 8am-8pm



Helping more organisations become carer friendly

How we work with the growing number of people who share our desire to ensure carers are identified and supported.

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 work team, 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

HMPO awarded Carer Friendly Tick Award - Employers for second time

His Majesty's Passport Office (HMPO) in Peterborough employs 600 people.

They have recently been awarded the Carer Friendly Tick Award - Employers for the second time, in recognition of their work to identify and support carers in their workforce.

Rebecca, carers group chair at HMPO, said HMPO are extremely proud to have been awarded the Carer Friendly Tick Award - Employer again. She said, "Being recognised for the policies we have in place and the support offered to carers in the workplace is fantastic!

"Applying for and being awarded the Carer Friendly Tick award as well as working with Caring Together has been hugely beneficial for HMPO staff. The award gives HMPO Carers Group a standard to work towards which helps us continue to offer the best support we can."

Read the full story at caringtogether.org/news/hmpo-receives-cfta/

Connecting with people

In a year the Caring Together carer helpline team speak to carers on more than 14,000 calls. Each call sees our team helping someone looking after a family member or friend.



Anna one of our carer helpline advisors explained to us, "No two days are the same. We speak to people who are different ages, all who are caring for their loved ones or friends with different types of illnesses or care needs.

"Sometimes carers have come for advice on what is available for them if they need help. Sometimes they come to us as they are at, or are coming to, crisis point.

"Every time I take a phone call it is different, sometimes people calling don't really realise they are a carer. People may come to us as they have no one else to talk to."

Anna and her colleagues have seen people feel a complete shift in their situation when they have a plan of support put in place. "It is a good feeling that by the end of the call – when they may have called us in crisis – that they are feeling relief there is something we can do to help, or they know to call if something happens again.

An important part of what Anna does is talk through people's situation with them, so they understand the options they have. "A lot of people don't recognise themselves as being a carer for quite some time – on average it can be two years.

"Some don't recognise they are a carer, or don't want to be seen as a carer.

"Talking to people, they then can be more aware of the decisions they can make and the choices they have.

Anna explained how the team work together to make sure they help carers get all the support relevant to them. "All the team who work on the carer helpline have to have a quite large knowledge of what might be available – from carer groups to more crisis situation support.

"Or if we don't know about something we will go away and find out for them.

"As most of us are carers or have been carers it means we can empathise. And from all the conversations we have we also realise any of us could become a carer at any point in our lives."

The carer helpline team can help you with:

- Help getting to medical appointments including arranging a sitting service for the person you look after
- Emergency planning
- Grants and bursaries in times of financial hardship.

Call us on 0345 241 0954, email hello@caringtogether.org or visit caringtogether.org



Carer learning opportunities

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



Helping adult carers and parent 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.

“I wanted to let you know how much I enjoyed the session, and how useful I have found it.”

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

“Thank you so much for the lovely welcome I received today and the fantastic presentations from the whole team. I learnt a lot and actually already feel the benefit from attending today.”

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 email newsletter 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 our email newsletter 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

Ely

First Thursday of the month
10.00am-12.00pm
Paradise Centre

Girton

Third Tuesday of the month
11.30am-1pm (no hub in Dec)
Arlington Manor Care Home

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 get inside news, our regular email newsletter, 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:





Carers help improve urgent and emergency care

Carers fed back their views on care in Addenbrooke's Hospital A&E as part of a volunteer-led project run by Healthwatch Cambridgeshire and Peterborough.

healthwatch
Cambridgeshire

healthwatch
Peterborough

Almost one in four (24%) of those who shared their stories with the health and care champion were carers.

The A&E department at the hospital is busier than ever and faces increasing pressures in treating patients due to the lack of space and resources available.

While most people had a positive experience, people shared concerns around long waits for treatment, poor communication during the waiting period and the poor quality of the waiting environment.

Disabled people and their carers raised specific concerns about difficulties they had waiting for care, including a lack of space for wheelchair users and problems knowing when they were being called for treatment.

"I am hard of hearing and found it difficult to understand what was being said". There was also a call for "more support for people that have hidden disabilities".

The project report, published in August 2022, suggested a number of ideas to improve care, including a redesign of the waiting area, better information and signage, and improved access for disabled people.

The hospital is using the findings to help them plan big changes to the department by 2025.

You can find the A&E report on Healthwatch Cambridgeshire's website at healthwatchcambridgeshire.co.uk/report/2022-08-02/future-urgent-and-emergency-care-addenbrooke's

Carers Partnership Board

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 joining one of the Adult Social Care Partnership Boards is another way you can do this.

Healthwatch will give you training and support, as well as paying 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
healthwatchcambridgeshire.co.uk/independent-member or
healthwatchcambridgeshire.co.uk/independent-member

Make a difference to carers where you are

You can help us improve the lives of people looking after a family member or friend

Have your say

Use your voice to help bring the changes carers need.



Support carers

Fundraise, make a donation or leave a gift in your Will.

Volunteer

Give your time and skills to support carers and the people they look after.



Get your organisation involved

Together we can achieve more.

Find out more about how you can make a difference
Visit caringtogether.org/make-a-difference
Contact us on hello@caringtogether.org





The Caring Together Christmas appeal

Please help us support children who are carers this Christmas

Freddie, 13, lives with his mum, dad and four sisters in Cambridgeshire. Mum, Emma is disabled due to Functional Neurological Disorder. She uses a wheelchair and is in chronic pain much of the time. Her condition also causes sudden weakness in her limbs which means that trying to cook can be very dangerous. She could easily lose her grip on a full kettle or hot pan.

Although husband Jack tried to give up work to look after Emma when she became ill, the family could not manage financially. Jack works long hours as a security guard to make ends meet as Emma was forced to give up work because of her disability.

It is the two eldest children, Freddie and Jasmine (aged 11) who have become carers for Emma, and their three younger siblings – Amy, 9 and twins Maisie and Megan aged 8. Jasmine helps her mum to stay clean by washing and showering her, and helping her get dressed. She also looks after her younger sisters, making sure they are washed and kept clean.

Freddie has been asking his cookery teacher at school about food hygiene so he can make sure he prepares food safely.

Freddie does much of the cooking at home and also cleans the house. He comes straight home from school and looks at what he can cook that evening. He makes meals such as spaghetti bolognese and is confident using the cooker. He always makes sure there is an evening meal prepared for the girls. He also makes breakfast for his sisters and makes their sandwiches for lunchtime. Freddie tidies the kitchen after he's finished cooking and has been asking his cookery teacher at school about food hygiene so he can make sure he prepares food safely.

Emma told us that Freddie can feel very isolated and anxious. **He doesn't have the time to take part in after-school activities that other children do, so making friends is more difficult.**

After Emma heard about Caring Together and got in touch with us the children began to take part in the activities for young carers we offer. They have been on trips to farms, a water-sports day at Grafham Water, and a trip to the seaside at Hunstanton.

Emma remembers that on one occasion it was the twins' birthday and the family were really struggling at the time. Caring Together bought the children a takeaway meal and took them to a park to celebrate the double-birthday which they all really enjoyed.

“The opportunities that Caring Together provide gives them time away from their caring role where they can just be a child and have fun and make new friends.”



Emma reflected on what support from Caring Together has meant for her children, "If it wasn't for Caring Together," she said, "they'd be even more isolated. Their self-esteem would be that low that I don't really want to think about it. The opportunities that Caring Together provides gives them time away from their caring role where they can just be a child and have fun and make new friends. It gives them opportunities to talk to others in similar situations because lots of other children are carers as well."

Emma continued, "You just need to know how grateful we are and that it does really help. My children look forward to the groups and activities and it's the highlight of their week. They look forward to it and they ask when the next one's on. I just want you all to know how much I appreciate it. It puts tears in my eyes because I know you're there looking out for my children."

Last year Caring Together supported 118 children like Freddie and Jasmine who are carers.

As a charity we depend upon donations to make this support possible. There are many more children out there across Cambridgeshire, Peterborough and Norfolk who are caring for a parent, brother, sister or other family member, and no young carer should be without support.

Please could you consider making a donation?

- £5 could help pay for materials such as coloured card, glue and crayons for a craft activity
- £20 could pay for a child to have a trip out to the seaside
- £50 could help cover the costs of a special treat such as a take-away meal

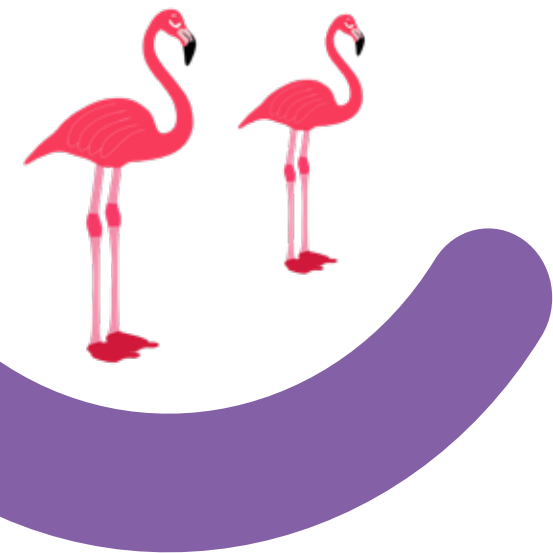
Please make cheques payable to 'Caring Together' and send them to:

Caring Together Christmas Appeal
L D H House
Parsons Green
St Ives
PE27 4AA

Or use the enclosed freepost envelope

You can also donate safely online at caringtogether.org/christmas-appeal or by phone – call us on 0345 241 0954 to donate using a debit or credit card.

Thank you for your support.



Thank you for taking part in our Summer Raffle!

We want to say a huge thank you to the hundreds of you who bought raffle tickets and made donations in our Summer Raffle this year. The raffle raised over £2,700 – vital funding that will enable us to support unpaid carers with frontline services such as the helpline and breaks for carers. Thank you for your kindness and generosity.



Huge congratulations to Paul from Norfolk who won first prize (£250), Clare from St Ives who won 2nd prize (£150) and Andrew from Cambridge who won third prize (£50).

Christmas cards still available!

Although our Christmas cards have been selling like hot cakes, as we go to print we still have packs of cards available at £3.50 per pack (10 cards and envelopes) plus postage and packing. You can order on our website at caringtogether.org/christmas-cards

Please ensure your order reaches us by Friday 9 December 2022 to receive your cards before Christmas.

Need a last-minute gift idea?

Our Gifts of Kindness are a lovely way to give a special gift and support unpaid carers across our region.

Your donation on behalf of a friend or family member could be:

- The phone call that changes a life – a call to our helpline (£10)
- Time to have fun and simply be a child - for a young carer (£20)
- Someone to talk to – expert counselling for a carer (£50).

**The call that changes a life**



A Gift of Kindness of £10 has been given in your name by
Mrs Betty Thomas

Thanks to
Mrs Anne Davidson

an unpaid carer in need will be able to get urgent help from our carer helpline.

Thank you for your compassion for people who give up so much to care for a loved one.

caringtogether.org 0345 241 0954 Registered charity number 1091522

You will receive a personalised certificate with their name on and the gift amount, to give to them for Christmas. Buy online at caringtogether.org/gifts-of-kindness

Please make sure your order reaches us by Friday 9 December 2022 to receive your posted certificate before Christmas (last order date for emailed certificates is Friday 16 December).

Kate's story

Kate is a mother of four and parent carer to two of them who have additional needs.

Read about her experiences.



Kate's eldest son was struck by a bus on his first day of secondary school and suffered a severe traumatic brain injury. The injury caused an organic personality change. He went from being a boy who was into maths, science and mechanics to identifying as a female with a different name who plays the guitar and studies music.

Her third son was diagnosed with autism at the age of eight and requires extra support at home and in school.

Kate is also disabled herself which adds further challenges to her role as a parent carer. She often misses her own medical appointments because of her caring responsibilities.

How has becoming a carer affected your family's lives?

"After my eldest son's accident, our lives changed completely. We'd never had a disabled child before, so it was a steep learning curve that our previous work experience in care, couldn't prepare us for. We were caring for one child with a brain injury, his nine-year-old brother who'd been diagnosed with PTSD following the accident, and our newborn baby.

"Our lives revolved around rehabilitation appointments, practical and personal care for each of our children, frequent nightmares, and unresolved grief. Going out as a family

became a distant memory due to the condition our eldest was in. Sleep was thin on the ground, and we had no idea where to go, what to do, or what support/services we were entitled to or how to get an education, health and care plan."

What type of challenges do you face daily?

"Getting the right support in place is a tremendous challenge. A change in teacher, a lack of teaching assistants or a difficult social interaction makes each day impactful for all of us.

"The morning routine can be one of the hardest things to do. Routine is very important to my son with ASD, but teeth brushing, and hair washing is an overload of sensory input, so meltdowns and delays are a normal part of daily living.

"Going out as a family, which is normal for others, involves so much planning and preparation, maintenance during, and recovery afterwards. This is something that goes on unseen, even by family."

Kate is a member of our carer council which makes sure the voices of carers and former carers are heard and evident in everything done by Caring Together.

Find out more on page 9.



Making time to talk about sight and hearing loss

Over 400,000 people in the UK are living with sight and hearing loss, but how can you tell if someone you care for is one of them?



It can be hard to know when someone's sight and hearing is giving them trouble, particularly when it happens gradually. Talking about it can be hard, but it's more common than many people realise – especially as we get older. Combined sight and hearing loss is also known as deafblindness. Carers are often best placed to recognise signs of sight and hearing loss. When you're close to someone and understand their routine, subtle changes in their habits or personality might be more obvious. Many people feel isolated, lonely, and stressed about the future as their sight and hearing gets worse. It's important for carers to know the signs and access support at an early stage.

Early signs to look out for include:

- Finding it difficult to move around in unfamiliar places or in familiar places that have changed – for example if you move the kettle or where mugs are kept!
- Do they seem withdrawn or distant? Sight and hearing loss can be a frightening experience, and an early sign may be a shift in personality.
- Being uncomfortable in bright or low lighting. Many people with sensory loss rely more on lipreading and facial expressions to follow a conversation. You may notice they find it easier to follow a conversation in daytime than evening or darker conditions.

It can be harder to communicate with someone who is struggling to see or hear as well as they used to. Conversations can be tiring, and this can affect mental health and your ability to manage health concerns, such as giving medication.

Many people who are deafblind prefer to communicate through clear speech, which involves taking care to talk deliberately and focus on key details. Using clear speech is a quick way you can make a difference to someone living with deafblindness:

- Face the other person directly.
- Ensure your face is well lit.
- Don't cover your mouth.
- Don't shout – it distorts both lip pattern and facial expression.
- Speak at a normal speed, with short, clear sentences.
- Take breaks to ensure you're being understood.

If you're caring for someone who is struggling with their sight and hearing, specialist support is available. We provide practical, emotional, and empowering support for deafblind people to be as independent as they want to. Support carers, giving you the space, comfort and reassurance and help you to feel more like you.

Contact us on 0800 132320 or email info@deafblind.org.uk to find out more.

Ferrule replacement service



Cambridgeshire Libraries are offering free ferrules to walking-aid users. Library staff will help to check the rubbery cap at the bottom of the walking sticks, walking frames or crutches for signs of wear and tear. If the ferrule is worn, staff members will help with replacing it.

There are three sizes of ferrules in libraries – 19mm, 22mm or 25mm in diameter. These can fit most walking aids. If these sizes don't fit particular walking aids, library staff will signpost users to suppliers, local pharmacies and shoe repairs for assistance.

This service is available at all of the 33 libraries and three mobile libraries managed by Cambridgeshire County Council, excluding smaller community libraries run by volunteers.

Information resources such as Cambridgeshire Guide to Independent Living, Stay Stronger for Longer and Age UK Staying Steady booklets are also available at libraries.



Events calendar

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

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

1 December 1.30pm-3pm
Young carers research, policy and practice forum – Improving the health and wellbeing of young carers through sport (Zoom)
Visit youngcarersandsport.eventbrite.co.uk

1 December, 5 January and 2 February 10am-12pm
Ely carers hub
Call Caring Together 0345 241 0954 for details
Visit caringtogether.org/events

2, 9 and 16 December 6, 13, 20 and 27 January 3, 10 and 24 February 10am-12pm
Pinpoint Parent Carer Tii Hub (Zoom)
Email linda@pinpoint-cambs.org.uk
Visit <https://www.pinpoint-cambs.org.uk/>

5, 12 and 19 December 9, 16, 23 and 30 January 6, 20 and 27 February 10.30am-12.30pm
Find Your Wild
Free wellbeing sessions for carers aged 50 and over, and the people they care for in Cambridge. Booking only event.
Call Lindsay 07764 850485
Email Irae@findyourwild.org

7 December and 1 February 10am-12pm
Cambridge and South Cambs Health and Care Forum
Call 0330 355 1285
Visit healthwatchcambridgeshire.co.uk/events

8 December and 9 February 10am-12pm
Fenland and East Cambs Health and Care Forum
Call 0330 355 1285
Visit healthwatchcambridgeshire.co.uk/events

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

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

Is someone in your life living with dementia?

How is it affecting you?

If you're struggling to cope,
we're here for you with our
FREE* phone and text support

*Please check with your network provider

Phone us

Monday-Friday
9am-5pm

0800 652 1102

Or, if you're feeling overwhelmed
or not quite yourself:

Text us

24 hours a day
7 days a week

text CARE to 85258



**DEMENTIA
CARERS COUNT**



www.dementiacarers.org.uk

SCAN ME



Dementia Carers Count is the working name for The Royal Surgical Aid Society. Charity registered in England & Wales (216613) and Scotland (SC051029). Company limited by guarantee, registered in England and Wales (515174).

LIBRARIES & WELLBEING WEBSITE

for information helpful to you and your family.



www.cambridgeshire.gov.uk/LibraryAndWellbeing

**Cambridgeshire
libraries**

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. The academy gives learners the flexibility to choose a course that is best suited to their needs, including rapid two-week courses, six-week 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



**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 or our
project, Creative Fenland. Past short courses have
included drama, expressive painting, songwriting,
creative writing and textiles.

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.



www.camcommarts.org.uk
admin@camcommarts.org.uk
07763 280029

www.creativefenland.org.uk
magda@camcommarts.org.uk
07707 972721



Registered Charity no. 1187718

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.

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	10.30am	Love to Move	Zoom
Tuesday	3.00pm-4.30pm	Young onset neurological	Zoom
Wednesday*	10.30am-12.15pm	Love to Move with Jane	Brampton
Wednesday*	2.00pm-4.00pm	Love to Move at Club Vintage with Sue	Swavesey

* not every week, please check before attending.

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



Jane Thomas	07731 097236	jane.thomas@britishgymnasticsfoundation.org
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 range of topics including:

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

“Thanks for taking the time to listen this morning, I am feeling more hopeful that we can work together to find a way forward for Kiera*.”

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

* name changed to protect the identity of the individual.

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 parent carers of children and young people with special educational needs and 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 TV
youtube.com/spectrumcio

SPECTRUM
#WEARESPECTRUM

Twitter, Facebook, Instagram, YouTube icons
@spectrumcio

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

Our services include three monthly sessions with our partners, 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, aswell as those that have already started, so a clinical diagnosis is not required. Our membership is free.

 Spectrum is proud to deliver our dedicated Spectrum Play SEND sessions with Littleport Leisure.

Registered Charity 1179618

01223 955404 hello@spectrum.org.uk spectrum.org.uk










 In partnership with
THE NATIONAL LOTTERY COMMUNITY FUND

SPECTRUM PLAY **NEW**
DEDICATED SEND SESSIONS
 SPECTRUM & LITTLEPORT LEISURE



- 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

Twitter, Facebook, Instagram, YouTube icons




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

 **care NETWORK**
 CAMBRIDGESHIRE
 People at the heart of everything

Registered charity
 1120693



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 and/or 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)
- Sharing time (friendship home visits)
- Friendship clubs
- Visiting support service for older people (Peterborough only)
- Cambridgeshire handyperson
- Community wardens
- Telephone befriending
- Day services

All enquiries **0300 666 9860**

Visit ageukcap.org.uk

Email infoandadvice@ageukcap.org.uk

Follow   @ageukcap

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.

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

St Neots Community Support

Offering support to St Neots residents including:

- Collect and deliver shopping
- Collect medication
- Small/medium sized garden or outside jobs
- Tasks for those that are housebound or struggling
- Weekly friendly calls to those who are isolated
- Signposting to other services.

Phone lines open Monday to Friday 9am-12pm and 4-5pm. Voicemail outside these hours.

Email: sncsassist@gmail.com

Tel: **0333 335 5344**

Visit: sncs.org.uk

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.

December No meeting

7 January Liz Davis from St Neots Museum - 'Regency St Neots'

4 February Carol & Paul - 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



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.



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.
Help and 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



Contact us
on 01487 832105
Email: office@caresco.org.uk

CARESCO
meeting needs in our local community

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 Company No: 7513432
Reg Address: The CARESCO Centre, Green End Road, Sawtry, Huntingdon, Cambs, UK PE28 5UX Reg in England & Wales



Bourn Surgery
Comberton & Eversden Surgeries
Horston Surgery

The Health Centre Practice
Orchard Surgery
Roisley Surgery

Carers Café

First Thursday of each month
2pm to 3.30pm

Join us for a cup of tea or coffee in a relaxed environment where you can chat with other carers in similar situations.

We meet at **The Community Hub**,
30 High Street, Melbourn. SG8 6DZ.
Free parking opposite.

Booking is not required, feel free to just turn up.

For further details please email Meridian PCN at:
cpicb.meridiancare@nhs.net
Or call: Claire 07873 758977



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 generosity of



We have received support from the
Cambridgeshire
Community
Foundation



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

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

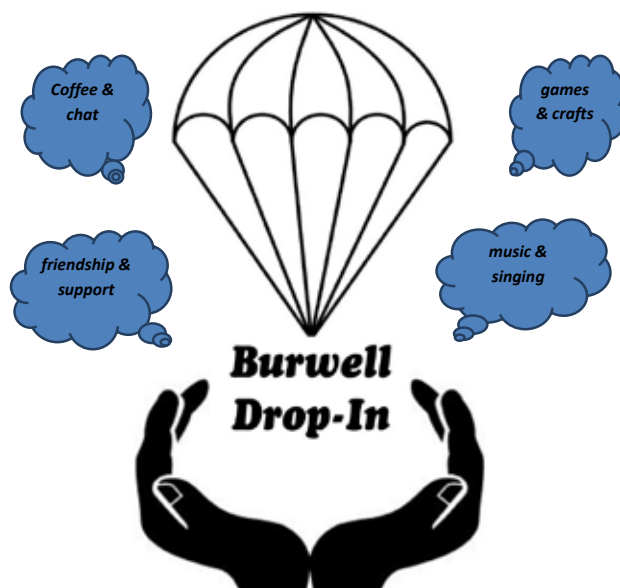
Email c.i.george@icloud.com

Web mndassociation.org/cambridgeshire



We never lose hope. Our aim is a world free of MND.

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



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

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



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



Brampton Dementia
Friendly Community



Our activities for 2022

The Reconnect Social Group

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

Love to Move

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

Singing Together

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

The Thursday Club

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



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

To find out more information call Jane on
07890 866389 or email jane@ccogin.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

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



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

CARERSMART

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

- Cash back on shopping from numerous high street retailers
- Best rates from energy suppliers
- Reductions on insurance renewals
- Discounts on holidays and travel arrangements
- Reduced price lifestyle activities
- Free legal advice services.

Find out more from our carer helpline 0345 241 0954 or visit the website carers.org/grants-and-discounts/carersmart-discount-club

**CARERS
TRUST**

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, please contact Deafblind UK

Tel: 0800132320

Email info@deafblind.org.uk

deafblinduk

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 operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (207197) and in Scotland (SC207754). © Parkinson's UK. Created in a moment.

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



**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



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 • RESPITE • EMPLOYMENT

Registered Charity No 219279



Inside news

Have you signed up to receive inside news, our regular email 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

 Caring Together

H.A.S.

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

LIFELINE

If days seems tough and you feel low, call lifeline helpline.

Freephone:
0808 808 2121

Monday to Friday
11am - 11pm
Weekends 2pm - 11pm



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

YOU deserve support and understanding

However you
think, feel or
behave.



**Our Personality Disorder Group
connects you with supportive
peers to
share experiences.**



visit www.cpslmind.org.uk

Registered Charity Number: 265087



Offering grants of up to £1500

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

Goodlifefund@cpslmind.org.uk



Registered Charity Number: 265087



Coffee Connections

10:00am Second Thursday of each Month
Contact: Andrew and Kathryn Gray 01733 351594




Work with us

Love caring for people?

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

Join our charity and make a difference.

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

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





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@caringtontogether.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 December 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

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12/11/22

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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

