

Issue 30

Spring 2023 - Mar • Apr • May



Cambridgeshire and Peterborough

# carers

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



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# Welcome

Welcome to the spring edition of carers magazine.

At Caring Together, we are here to support you in your role in looking after a family member or friend.

In the coming pages you can read about services and advice available to you, and how you and others can help us to be able to do more to help carers like you.

Having your voice as a carer heard by decision makers is important. You can read how the carers speak out web page helps you tell us about what affects you, and how we then act for your voice to be heard.

You can also read what new figures from Census 2021 have told us about the situations faced by people locally and nationally. It shows the huge demands faced by carers and is a powerful reminder of why support is so essential.

I hope you benefit from all the information in this issue.

Do please contact us if you need to know more about the support available to you.

Miriam Martin  
Chief executive



# The demands on carers

Figures now released from the England and Wales Census 2021 have shown the huge impact of caring on millions of people



The latest census figures, released in January, revealed the role played by millions of unpaid carers nationally, and in Cambridgeshire and Peterborough. They give a stark picture of what was faced by carers in March 2021.

With the figures taken during the coronavirus pandemic some findings are likely to be specific to the situations at those times, but the figures have made the huge demands of being a carer very clear.

Caring Together chief executive Miriam Martin said, "In some ways the situation we were in two years ago with the COVID pandemic and its restrictions seem a long time ago. But many carers and those they care for are still feeling the impacts of this time, and the census shows the hugely demanding situations carers can face.

"With almost one in ten people in England and Wales identifying themselves a carer this means caring is an issue that does, or will, affect almost all of us – as a carer, cared for, or both.

"The numbers of people locally who were caring for more than 35 hours a week, equivalent of a full working week, and those caring more than 50 hours a week are shocking.

"The restrictions on households mixing and travel during the pandemic mean the picture is quite specific to the time of the census. But anyone who is a carer will recognise how that also reflects that a single change in circumstances can have a huge effect – whether that is a personal or national change.

"At Caring Together we are here to give support whatever the situation you face. It is vital carers know help is available and they can contact us to find the help appropriate to them."

## The local picture

The census found that in March 2021 there were:

- **68,480** people identifying themselves as a carer in Cambridgeshire and Peterborough.
- **38%** or **26,273** of these people were caring for **35 hours** a week or more.
- **28%** or **19,354** were caring for **50 hours** a week or more.







## Unpaid carers in England and Wales

At a national level, it was found:

- There were **5 million** people identifying themselves as a carer in England and Wales. This was **9.0% of the population**.
- The proportion of people in England and Wales who were providing **more than 20 hours** of care a week had **increased** since the last census in 2011.
  - Those providing **20 to 49 hours** of unpaid care a week **increased** from 1.5% in 2011 to **1.9%** in 2021.
  - The proportion of people who provided **50 or more hours** of unpaid care a week **increased** from 2.7% in 2011 to **2.8%** in 2021.

## How many carers are there now?

The 2021 census figures may not reflect the number of carers there are now. The report recognises key factors, including the COVID pandemic and lockdown restrictions being in place, could have affected the number of people identifying themselves as carer. It says:

"Potential explanations for changes in the provision of unpaid care could include:

- Coronavirus guidance on reducing travel and limiting visits to people from other households.
- Unpaid carers who previously shared caring responsibilities may have taken on all aspects of unpaid care because of rules on household mixing during the coronavirus pandemic.
- There were a higher number of deaths than expected in the older population at the beginning of 2021 due to coronavirus (COVID-19) and other causes; this could have led to a reduction in the need for unpaid care.
- Changes in the question wording between 2011 and 2021 may have had an impact on the number of people who self-reported as unpaid carers."



# Young carers

Find out more about our work to support young carers



## Young carers in the school census

For the first time this year young carers are included on the school census return. Having this information available will provide a much better picture of the number of young carers in schools, and it gives the opportunity to be able to monitor attendance and attainment of young carers, and take action.

## Young carers challenge to schools

Through the work of Centre 33 and Caring Together, many schools across Cambridgeshire, Peterborough and Norfolk have a young carers champion so young carers in the school know there is a trusted adult they can talk to. Caring Together, Centre 33 and other organisations have set a challenge to every school in Cambridgeshire and Peterborough to:

- Attend Centre 33 training sessions to understand more about the young carers champion role.
- Have a view to their school having a champion in place by the end of the academic year.

This involves having a young carers policy / agreement in place so 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, email [youngcarers@centre33.org.uk](mailto:youngcarers@centre33.org.uk)

## Activities for young carers

We hold a range of groups and activities for young carers, including trips. It is important for carers to have these breaks from their caring role, and they are also able to meet with other young people who are carers.

Knowing there are other people with similar situations can be really helpful. And our activities are very much in keeping with this year's theme for Young Carers Action Day of 'make time for young carers'.

See our upcoming activities at [caringtogether.org/events](http://caringtogether.org/events)

## Young Carers Action Day

At time of going to print we were once again getting ready for Young Carers Action Day, to be held on 15 March 2023. This is a national awareness day with the 2023 theme of 'make time for young carers'.

It is essential young carers are identified and given the support they need. And our work includes helping young carers to be identified, and provided with activities and support they need.



## Centre 33 young carers project

**Does your GP know you are a young carer?**

We know that young carer identification in healthcare settings remains low, especially in primary care. The GP Patient Survey 2021 tells us that nearly 50% of young carers have at least one long-term condition, disability, or illness. Young carers are more likely to report a mental health condition, rising from 21% to 26% in the last three years.

We want to make sure that young carers are identified and supported across all sectors, so Centre 33 have worked closely with partners to make an exciting change on SystmOne and Enis, IT systems used within primary care.

We spoke to some young carers who told us...

“If they don't ask then they don't care.”

“We are not special or different in anyway, we just have extra responsibility and help our family.  
We just want to understand what is going on with the person we love, and I want them to understand that we want to understand.”

We have launched a 'pop up' which appears on a young carer's record when accessed via SystmOne and Enis. This pop up says, 'I am a young carer. Check in with me today'. We hope by adding this pop up, GPs and primary care staff will ask questions and offer support where necessary to ensure the young person feels listened to and their needs met. They may also make reasonable adjustments around appointments.

If you are a young carer and would like your GP to know, please speak to reception staff at your GP practice or speak to your GP directly. They can code you on your patient record as being a carer using the SNOMED code 'carer' 224484003. If you are currently known to Centre 33 and accessing support from us, please speak to us or your project worker and we can support you to inform your GP.

### Have you told your GP?

We would love to know what your experience has been when sharing this information with GPs. Please do let us know at [youngcarers@centre33.org.uk](mailto:youngcarers@centre33.org.uk)

### Find out more

If you are interested in learning more about the changes, would like information on referrals or have any questions regarding this, please email [youngcarers@centre33.org.uk](mailto: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**

Well here we are in 2023, where does the time go?! Here at Making Space Carers Support Service we are looking forward to seeing all our carers and perhaps enjoying more time out and about with the longer days and hopefully some dry weather.

We started our program of events in January when we held our first golf session on the driving range as this proved to be very popular last year and we held a craft session for that special day in February, Valentine's Day. We shall of course keep everyone informed regarding events throughout 2023.



We have held information mornings at Hinchingsbrooke and Peterborough Hospitals, as well as joining Healthy You in Ely, enabling our team to share with the people visiting the support we can provide to carers.

Not only have these been successful they have also been very enjoyable, meeting and talking to people throughout the day.

Our service is specific to those carers who are caring for family or 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 often at the cost of your own needs. We can help with practical advice, introducing you to services and organisations that may be able to help with your caring role. Through our Carer Coffee Mornings, carers can get together, share experiences, exchange contact details or just enjoy a cuppa and a slice of cake.

Making Space is a service built around the needs of our carers, we are here to listen and to help, enabling you to speak freely and confidentially with a designated support worker who will guide you through the difficult times. Remember that no question is right or wrong, too big or too small. 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**



# How our team can help you with emergencies

What happens if you can't look after your loved one?

If you are looking after a family member or friend, you may be concerned about what would happen if something happened which meant you were unable to look after your loved one.

A What If? Plan is available to people in Cambridgeshire or Peterborough looking after an adult. It means the person with care needs can be helped if there is an emergency involving their carer.

You can register your plan with us so we can then get in touch with your nominated contacts for you, and potentially vital back-up support is available from our professional homecare team, if this is needed. There is a phone number that can be called at any time if your plan needs to be activated.

**“What a lovely service, the weight was lifted of my shoulders, which has helped me recover more quickly from my health problems.”**

Janice is one of our team who responds when we have a call from someone needing their What If? Plan to be put into effect. Janice explained she has seen this needed for a range of situations such as a carer admitted to hospital, a family emergency or the carer being unwell. And she has seen the value of the plans to those facing an emergency.

**“...brilliant with my dad who has dementia, when my mother was very poorly with vertigo and couldn't get out of bed.”**

The emergency is often a very difficult time for the carer, and the support makes a difference - practically and emotionally. Janice said, “It gives them, and myself, a peace of mind knowing the person is in good hands and the staff who are supporting them have been trained for their roles and are passionate about their jobs.”

“It can really give a carer peace of mind, for example, that someone is caring for their loved one when they are in hospital recovering from their own health issues.”

And there is also follow up after the emergency has passed. If more or different support is needed for the carer or cared for this can be put in place.

Janice said through her roles she has seen first-hand the service delivered by the team making an impact for the carers who are struggling to care for their loved ones.

## Your What If? Plan

To find out more or sign up for a What If Plan visit our website at [caringtogether.org/whatifplan](http://caringtogether.org/whatifplan)



# Be ready for an emergency

If you are looking after someone there are situations that would inconvenience other people, but have far bigger implications for you and the person you care for

## Power supply

If you register on UK Power Network's Priority Services Register you can receive extra support during a power cut. Depending on the needs of the person you care for this could be very beneficial for you.

Call UK Power Networks on 0800 316 3105 or go to [ukpowernetworks.co.uk/power-cut/priority-services-register](http://ukpowernetworks.co.uk/power-cut/priority-services-register)

## Equipment

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

Call 0330 100 0098 or go to [nrshealthcare.com](http://nrshealthcare.com)

## Are you ready for other emergencies?

We can help you be ready for emergencies. Whether it is a power cut, issue with water supply, or how your pet would be looked after if something happens to you.

## To find out more

To find out more about the What If? Plan and other ways you can plan for an emergency visit [caringtogether.org/emergency-planning](http://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](mailto: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.





# All about the Carer's Leave Bill

How new legislation could make a difference for millions of working carers

The Carer's Leave Bill, if it becomes law, will make it compulsory for employers to offer staff who are carers a week of additional unpaid leave each year. Caring Together, along with many other charities that support unpaid carers, are campaigning in support of this.

The Bill (a Private Members' Bill) was introduced by Wendy Chamberlain MP, the Liberal Democrat MP for North East Fife. At the time of writing the Bill has passed two readings in the House of Commons and is about to have its third reading. It is supported by the Government.

## Why is carer's leave needed?

A 2019 report ('Juggling work and unpaid care' by Carers UK) found that one in seven of all workers are also carers and almost half a million people had given up work to care over a two-year period. Every day 600 people are forced to give up work because of their caring responsibilities. Juggling work and caring simply becomes too much.

In a cost-of-living crisis, enabling carers to stay in their jobs is more important than ever. A job gives financial security and other benefits such as social interaction, a sense of purpose, and a break from home life.

However, many working carers use their annual leave or holiday entitlement to support the person they look after, for example, attending hospital appointments with them, organising medication, or resolving a crisis. This means they never get a break. An entitlement to carer's leave would go some way towards addressing this and making life easier for working carers.

## Is a week of carer's leave enough?

In a word, no. But it is a move in the right direction. Caring Together would encourage all employers to go above and beyond this potential legal minimum requirement, offering working carers up to a week of paid carer's leave each year. This would make a far bigger difference to working carers as they wouldn't lose out financially from taking the leave.

## What's in it for employers?

With a little support, a skilled and experienced employee who is also a carer may be more able to manage the demands of caring and working, and is less likely to feel they have to give up their job. This means the employer holds on to a valuable staff member they may otherwise lose.

Three in five of us will become a carer during our lifetime so many existing and future staff members will need to manage caring alongside their job.

A carer-friendly employer will be more attractive to job seekers, better able to keep experienced staff, and will be able to show they value staff from a diverse range of backgrounds.

To keep up to date with the progress of the Carer's Leave Bill and other news you can sign up for our free regular email newsletter, inside news. Just go to [caringtogether.org/keepintouch](http://caringtogether.org/keepintouch) to sign up.

### Speaking out as a carer

We want to hear your views, as a carer, on the issues that affect you.

Our carers speak out web page is one way that you can do this. And you may also want to give your views through our carer council.

See page 13 for details of carers speak out or page 9 for details of our carer council.

## FAQs about the Carer's Leave Bill

### Will carer's leave become law?

At time of going to print, we don't know for sure but it is looking positive. Keep an eye on our website, follow us on Facebook or Twitter, or sign up for inside news to receive updates.

### Will I have to take it all at once?

No. If this becomes law you should be able to take Carers Leave flexibly e.g. take half a day to take the person you care for to a doctor's appointment one month, take half a day another month to receive a delivery of equipment for the person you support.

### Will it only be an entitlement once I have worked in a job for a set amount of time?

No. If it becomes law as proposed, you will be entitled to carer's leave from the day you start in your job.

### Is it paid?

No. The Carer's Leave Bill would entitle carers to one week's worth of unpaid leave. This is why we would encourage companies and other employers to offer enhanced carer's leave that is paid.

### What else can my employer do to support me?

Caring Together works with employers across Cambridgeshire, Peterborough and Norfolk to raise awareness of carers and caring. We can provide awareness sessions, information about supporting carers, and help employers become more carer-friendly.

Some employers may wish to apply for our Carer-Friendly Tick Award. Please see [caringtogether.org/carers-friendly-tick](http://caringtogether.org/carers-friendly-tick) for more information about this or email us on [carerfriendlytick@caringtogether.org](mailto:carerfriendlytick@caringtogether.org)







# Marking Mother's Day

Leave a thank you message or remember a loved one this Mother's Day

Mother's Day is on Sunday 19 March and is an opportunity to thank our mums and other special women in our lives, for the love and care they have shown us. It is also an opportunity to remember mothers and grandmothers with love.

On Mother's Day, as every other day of the year, tens of thousands of people will dedicate many hours of their day to looking after a family member with a disability, long-term illness or who is elderly and frail. The majority of these unpaid carers are women.

This year you can leave a public message to thank your mum or remember a loved one, and support unpaid carers across our region at the same time.

Our special website at [caringtogether.dedicationpage.org/mothersday2023](https://caringtogether.dedicationpage.org/mothersday2023) allows you to write a personal message, add a photo, and make a donation if you wish to. You can also reach the page by scanning the QR code below with your phone.



Once you have left your message you can easily email it to your mum, or share it on Facebook, Twitter or WhatsApp.

By leaving a Mother's Day dedication and making a donation (donations are optional) you can help us support more women who are unpaid carers.



# Carers speak out

Every day people looking after a family member or friend tell us how difficult life can be for carers, and about the challenges they face



Too often carers feel they are invisible and not heard – we are committed to changing that. Our carers speak out web page gives people looking after a family member or friend the opportunity to have their voice heard.

## Make your voice heard

Whatever the issue you want to speak out about you can have your voice heard by going to [caringtogether.org/carers-speak-out](https://caringtogether.org/carers-speak-out)

This explains how you can make use of our easy-to-use web page. You highlighting the issues affecting you is a powerful way to help us work together to raise awareness of the challenges carers face and what needs to be done.

## Our latest report

At the end of last year, we used the comments made on carers speak out to produce a report highlighting the huge challenges faced by unpaid carers of all ages. The report made recommendations on what needs to happen at both a local and national level to improve carers' lives. It was shared with local MPs, Government ministers, local authorities and others.

While in theory carers do have a number of rights, these are often not the reality of what they experience. In the report we highlighted the key messages that came through very clearly from carers:

1. Caring continues to have a hugely detrimental impact on the health, wellbeing and lives of unpaid carers of all ages.
2. Carers feel that they are not recognised, nor is the vital role that they play in supporting the person/people they care for.
3. Carers need there to be better communication from and with professionals supporting the person they care for.
4. Carers and the people they care for are not getting the support that they desperately need.

And we outlined the action needed at national and local levels to address each of these areas.

**Caring continues to have a huge impact on the health, wellbeing and lives of unpaid carers of all ages**

Through Carers Speak Out, local carers have reinforced the findings of recent national surveys which highlighted the huge pressures that can be placed on carers, whether they are caring full-time or trying to balance caring with working or studying

50% of carers' messages highlighted the significant impact that caring has on them. From finances, to mental health, to carers' own physical health, carers of all ages are reporting that caring is having a huge impact on their health, wellbeing and lives.

**"My only income is carer's allowance of £69.70 per week and for everything else I sponge off my family. It's so undignified. I care full-time. In social situations other people class me as 'not working' or a kept woman. It's shameful."**

Adult carers, parent carers and young carers all highlighted the pressures on finances. There were carers who were struggling with working full-time as well as caring, some for multiple people. Many carers raised concerns around the benefits system - both the complexity of it, and how it leaves them not being able to afford a reasonable quality of life.

One young carer also reported how they were getting in trouble at school because of the impact of the cost of living crisis.

**"I've been getting detentions at school because I haven't got the equipment I need. I'd rather get in trouble than ask mum or dad for money I know they don't have."**

Many carers also made reference to how tiring caring is, and how it can often feel never-ending. Carers reiterated the importance of being able to access a meaningful break from their caring role and the challenges they are facing in accessing respite

A photograph of an older man and woman sitting together. The man is wearing a blue shirt and the woman is wearing a light blue shirt. They are both looking down at a small object in the woman's hand. The background is a plain wall.

**"The difficult part of being a carer is the relentlessness of it. If I'm having a bad day or feel unwell, nobody else makes the dinner or does the cleaning, and I can't have a 'night off' or even an early night (unless my husband wants one too) as you can guarantee it will be a toileting or otherwise medically complicated night just when I could really do with a rest! Other couples share everyday chores and responsibilities; for me it's just me, all the time."**

Jan, adult carer

You can read the full report at [caringtogether.org/carers-speak-out](https://caringtogether.org/carers-speak-out)



# 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.

“  
**Sharing of information between other attendees is such a help - making some new friends who understand is a real boost!!**  
”

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](https://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](https://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.



# Come and meet us

Our hubs and events give you a chance to meet other carers and some of our team face-to-face



Being able to get out and meet other carers for a chat, have some peer-to-peer support or professional support from one of our advisors can be a really welcome opportunity if you are looking after someone.

That is exactly what our hubs and events can offer you.

There is no cost to join us, refreshments are provided. And a number of events also include local speakers or carer learning opportunities to help you in your caring role.

You could also join us for one of our trips for adult carers which are always popular. (Places are limited so check our website and sign up for our email newsletter to hear about them).

You can come to any of our hubs, it does not have to be the one nearest to you. 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-1.00pm  
Arlington Manor Care Home

### Great Shelford

Second and fourth Thursdays of the month  
10.00am-12.00pm  
David Rayner Centre

### Huntingdon

Second Tuesday of the month  
10.00am-12.00pm  
Cambs Therapy Centre

### Wisbech

First Wednesday of the month  
10.00am-12.00pm  
Rosmini Centre

## How to join us

You can find a list of all our activities at [caringtogether.org/events](https://caringtogether.org/events)

To stay updated on everything that is happening, sign up to get inside news, our regular email newsletter, at [caringtogether.org/keepintouch](https://caringtogether.org/keepintouch)

Please contact us before coming along as dates and venues can change  
0345 241 0954 • [caringtogether.org](https://caringtogether.org) • [hello@caringtogether.org](mailto:hello@caringtogether.org)

Funded by:





# 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 you 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 call 0345 241 0954, email [carerfriendlytick@caringtogether.org](mailto:carerfriendlytick@caringtogether.org), or visit [caringtogether.org/carers-friendly-tick](https://caringtogether.org/carers-friendly-tick)

## Early intervention team awarded Carer Friendly Tick Award - Health

The early intervention team at Cambridge University Hospitals NHS Foundation Trust (CUH) has been awarded Caring Together's Carer Friendly Tick Award – Health, in recognition of their work to identify and support carers.



Annie Plumb, specialist support sister, early intervention team, Cambridge University Hospitals NHS Foundation Trust said asking a carer "how are you?" can mean so much to them. She added, "As a team we wanted to improve the experience for the person being cared for and carers while in the acute hospital setting.

"By being a visible presence in A&E and other short stay areas, we are able to listen, advise, signpost and offer help and support to carers, which we feel has had a positive impact upon their overall wellbeing and hospital journey."

Read the full story at [caringtogether.org/news/hospital-receives-cfta/](https://caringtogether.org/news/hospital-receives-cfta/)

# 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](https://caringtogether.org/make-a-difference)  
Contact us on [hello@caringtogether.org](mailto:hello@caringtogether.org)







# Remembering a loved one

We can make it easy for you to have donations made in memory of your loved one. You and those giving will know carers benefit from each gift

At a time of bereavement and sadness it can be comforting to know that you are helping unpaid carers in your local community. This is why many people choose to give donations in memory of a beloved family member or friend.

Some people give in memory as a way of saying 'thank you' for the help they have received, some are thankful for the way Caring Together supported the person they were looking after, and some simply want to help unpaid carers in their local community. Sometimes families choose for donations to be made to Caring Together because they know the charity was close to their loved-ones' heart.

There are a number of different ways to give donations in memory.

## At or after the funeral

We can supply beautiful cards and freepost envelopes for you to make available at the funeral. The cards enable those attending to add Gift Aid to their donations which increases their value. To order cards, email [fundraising@caringtogether.org](mailto:fundraising@caringtogether.org) or call 0345 241 0954



<p>My name _____</p> <p>My address _____</p> <p>My email address _____</p> <p><input type="checkbox"/> I would like to receive your regular email newsletter</p> <p><b>Increase your donation with Gift Aid</b></p> <p><input type="checkbox"/> I want to Gift Aid my donation and any donations I make in the future or have made in the past four years to Caring Together. I am a UK taxpayer and understand that if I pay less income tax and/or capital gains tax than the amount of gift aid claimed on all of my donations in that tax year it is my responsibility to pay any difference.</p> <p>Date _____</p> <p><small>Caring Together will claim 25p of tax per £1 donated.</small></p>	<p>I am donating £ _____ in memory of _____</p> <p>My message (optional)</p> <p>_____</p> <p><small>Please make cheques payable to Caring Together</small></p>
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## With an online Tribute Page

A Tribute Page is a special online place to remember a loved one and celebrate their life. It is easy to set up and completely free. The page allows friends and family, wherever they are, to share memories and pay tribute to a precious person who has passed away. As well as sharing stories, you can post photos, light virtual candles and make donations in their memory.

Go to [caringtogether.org/remember-a-loved-one](https://caringtogether.org/remember-a-loved-one)



## By making a one-off gift

You may simply want to give a personal donation in memory of someone you lost recently or years ago. You can send a cheque made payable to 'Caring Together', make a donation online at [caringtogether.org](https://caringtogether.org), or phone us on 0345 241 0954 to make a donation with a debit or credit card. Do tell us about the person you are giving in memory of, if you wish to.

## Coming to the end of your caring role

If the person you have been caring for has passed away, please don't feel that we can no longer support you. You are still a member of our community and in time your experiences may help others who are looking after someone.

Caring Together can help before, during and after someone has a caring role. The transition from being a carer for a family member, to coming to terms with the end of that way of life can be all-encompassing, and take a long time. Staying in touch with our hubs and other carers can be an important source of support, as can our helpline who can advise on practical matters but also listen and support you. The helpline may also be able to tell you about other help that is available to you as you grieve and adjust to a new way of life.

In time you may feel that you could volunteer with us. Many of our volunteers have been carers themselves and their insights, experiences and ideas are extremely helpful to others.

**If you would like some help, or are interested in volunteering with us, do call us on 0345 241 0954. We would love to hear from you.**



# A great big thank you

We want to say a huge thank you to every person who supported carers by making a donation in 2022!

Last year hundreds of you supported our work across Cambridgeshire, Peterborough and Norfolk by making donations, taking on challenges, and getting your groups and organisations involved.

As a registered charity, Caring Together relies on donations and other types of support to enable us to provide our services. Every donation makes a difference and touches the lives of people who often face immensely difficult challenges.

## Christmas gifts

In the run up to Christmas many of you bought packs of Christmas cards and made donations. Thank you very much indeed! Our Christmas Appeal and sales of Christmas cards raised over £4,000 which will help to run our services, and help carers of all ages, in 2023!

## Thank you to Maxine Lester Lettings and Property Management

A huge thank you to all the staff at Maxine Lester Lettings and Property Management who chose Caring Together as their charity for their Christmas appeal and raised a magnificent £1,820 towards helping to fund our services to unpaid carers across Cambridgeshire.

## The March Day Club raffle

Thank you to all staff and members of the members of the March Day Club who held a Christmas raffle and raised £130. All the raffle prizes had been donated by local companies, so a big thank you to them too.

## Carer Friends

We are incredibly grateful to our Carer Friends who give at least £5 a month and have supported unpaid carers across the year. We have a number of long-standing loyal supporters who give with kindness every single month. Thank you to you all.



There are many different ways to support the work of Caring Together. Whether you send a cheque, make a donation online, or give by phone using a debit card/credit card, we will be hugely grateful for your support.

To find out more, please visit [caringtogether.org/help-us-help-others](https://caringtogether.org/help-us-help-others)



# Championing issues for local carers

Cambridgeshire and Peterborough carers help local authority and NHS decision makers improve support for people using adult social care



**healthwatch**  
Cambridgeshire

**healthwatch**  
Peterborough

The carer volunteers — called Independent Members — are part of the local Carers Partnership Board. And as such they give their time and carer expertise to help make sure that carers' views are represented.

In the last year, they've shared their insights on a number of topics from palliative care support and the recommissioning of the advocacy services to supporting the councils' refresh of the carers' strategy.

They also had the opportunity to ask questions about the local findings from the most recent Adult Carers national survey. This included responses to questions they and other carers helped the councils choose.

The survey covered a wide range of topics, including what support carers accessed for themselves and their cared for person, and how satisfied they were with that service. It also delved into issues around the impact of caring on carers' own health and asked how the councils could better support people. The Independent Members were also able to share their own insights.

The survey findings are being used by the councils to inform decisions about future carers' services. This includes exploring if a shift from formal assessments to a more conversation-based assessment is having better outcomes for carers.

## Get involved

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

Use your experience to help improve the support that people who get adult social care services receive. Healthwatch will give you training and support, as well as paying agreed out of pocket expenses.

Contact Graham Lewis, Partnership Development Manager

Call 0330 355 1285

Mobile 07432 865996

Email [graham.lewis@healthwatchcambspboro.co.uk](mailto:graham.lewis@healthwatchcambspboro.co.uk)

Apply online at [healthwatchcambridgeshire.co.uk/independent-member](https://healthwatchcambridgeshire.co.uk/independent-member) or [healthwatchpeterborough.co.uk/independent-member](https://healthwatchpeterborough.co.uk/independent-member)



# Deafblindness and mental wellbeing

Loss of sight and hearing can affect people's general mental wellbeing



Deafblindness, or dual sensory loss, is the loss of sight and hearing to the point that it affects someone's ability to communicate, find information and get around. This can be physically and mentally challenging so it's important for friends, family members and carers to understand what someone might be going through.

A lot of people find that deafblindness affects the way they feel and their general mental wellbeing. This might include feeling low or depressed; shocked, that their lifestyle might change; anxiety about what the future holds; sadness that they might not be able to do the things they enjoy; stress, from trying to do everyday activities that are now harder and slower; and loss of identity and self-worth.

It is normal for someone to feel sad when they no longer have the sight and hearing that they are used to and when they know that this will change aspects of their life. It is important to know that this is all completely normal, and that support is available for anyone who is finding things difficult.

## Why does deafblindness make people feel like this?

- Lack of control
- Change
- Coping strategies
- Resilience.

## What helps?

### Reassure them that they are not alone

It often helps people who are deafblind to meet other people in their position. Even if they don't want to socialise with these people, it is useful to know that many others are going through the same thing.

### Find products to help

There are a lot of products and technologies on the market which are designed to make things easier.

### Learn about communication

There are lots of different ways of communicating so they might find it reassuring to explore these different methods. They may never need to use them, but some people find it comforting to know that there are options.

### Help them to remember that they are who they are

Deafblindness does not define who someone is – it's just a part of what makes them! It doesn't need to identify you if you don't want it to.

For further advice, information or emotional support, contact Deafblind UK  
Tel: 0800 132 320  
Email: [info@deafblind.org.uk](mailto:info@deafblind.org.uk)  
Web: [deafblind.org.uk](http://deafblind.org.uk)

# New parent carer hub

We are pleased to now be holding a hub specifically for parent carers.

If you are a parent caring for a child or young person with additional needs this is an opportunity to meet up with other parent carers. The hub is free to attend and open to anyone living in Cambridgeshire or Peterborough.

It is held on the last Tuesday of every month, from 10.00am to 12.00pm at the Tesco Extra Community Room, Hampton, Peterborough.

It includes:

- Time to chat - share experience and support other parents.
- Workshops/training - we will have occasional speakers come along to the hub.
- Advice and support around transition to adulthood for families of young people aged 14+.
- Refreshments.

To find out more  
Call 0345 241 0954

Email [hello@caringtogether.org](mailto:hello@caringtogether.org)

To book visit

[peterborough-parent-carer-hub.eventbrite.co.uk](https://peterborough-parent-carer-hub.eventbrite.co.uk)



# Dates for our regular events

Please see below dates for our regular hubs and groups.

1 March, 5 April and 3 May  
10.00am-12.00pm  
Wisbech carers hub

1 March, 5 April and 3 May  
4.30pm-6.00pm  
St Ives young carers group

2 March, 6 April and 4 May  
10.00am-12.00pm  
Ely carers hub

9 & 23 March, 13 & 27 April and 11 & 25 May  
10.00am-12.00pm  
Great Shelford carers hub

14 March, 11 April and 9 May  
10.00am-12.00pm  
Huntingdon carers hub

16 March, 20 April and 18 May  
4.00pm-5.15pm  
Huntingdon primary age young carers group

16 March, 20 April and 18 May  
5.30pm-6.30pm  
Huntingdon secondary age young carers group

21 March, 18 April and 16 May  
11.30am-1.00pm  
Girton carers hub

21 March, 18 April and 16 May  
Hampton primary age young carers group  
4.15pm-5.45pm

21 March, 18 April and 16 May  
6.15pm-7.45pm  
Hampton secondary age young carers group

28 March, 25 April and 30 May (TBC)  
10.00am-12.00pm  
\*NEW\* Peterborough parent carer hub

To find out more about any of our events please call 0345 241 0954 or visit [caringtogether.org/events](https://caringtogether.org/events)

Also see page 15 for details of our carers hubs.



# 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](http://www.dementiacarers.org.uk)

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).

SCAN ME



## LIBRARIES & WELLBEING WEBSITE

for information helpful to you and your family.



[www.cambridgeshire.gov.uk/LibraryAndWellbeing](http://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 three-week courses (two days a week), six-week courses (one day a week) and Level 2 qualifications.

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](mailto:libby@healthandcareacademy.co.uk) to find out more.

 [/healthandcareacademy](https://www.facebook.com/healthandcareacademy)  [@HCSWAcademy](https://twitter.com/HCSWAcademy)  [@healthandcareacademy](https://www.instagram.com/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](http://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](http://www.camcommarts.org.uk)  
[admin@camcommarts.org.uk](mailto:admin@camcommarts.org.uk)  
07763 280029

[www.creativefenland.org.uk](http://www.creativefenland.org.uk)  
[magda@camcommarts.org.uk](mailto: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-12.00pm	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-12.00pm	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
Thursday	1.30pm-4.30pm	Love to Move at Making Memories	Buckden

\* 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 have a range of topics including:

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

## New parent carer hub

We have launched a new monthly parent carer hub in the Community Room at Tesco Extra Hampton in Peterborough. See page 23 for details.

“

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](mailto:hello@caringtogether.org) or visit [caringtogether.org/parent-carers](http://caringtogether.org/parent-carers)

## Support with your own medical or health needs

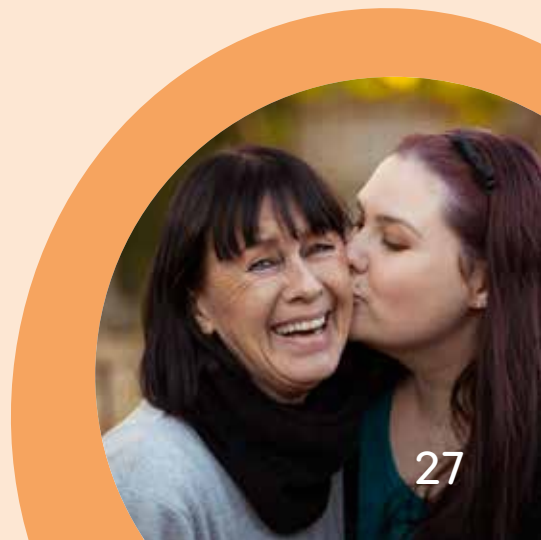
Do you have your own health needs or medical appointment that you need to attend? Are you feeling emotionally or physically overwhelmed? Or are you feeling close to crisis point?

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.



\* name changed to protect the identity of the individual.

# 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](http://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](mailto: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](mailto: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](mailto: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  
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PE2 5QP



**Visit us**

[www.familyvoice.org](http://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




## Where Do I Turn for Support?

You may be feeling unsure what activities or support are available in your area, or how to connect 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 in confidence

**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 211919

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

Registered charity  
1120693

# Community warden service

Age UK Cambridgeshire and Peterborough (AgeUKCAP) currently provides 20 Community Warden Services across the county. The service assists older people to continue to live independently at home by providing daily contact (Monday to Friday) and support, either by a personal visit or telephone call, to ensure a sense of security and wellbeing. Carers tell AgeUKCAP how supportive they also find the service:

"The support you have given to my Dad makes me feel so much better, knowing someone else is also looking out for him really helps and he loves talking to you."

What can AgeUKCAP help with?

- Ensuring your safety and wellbeing – a daily 'check in'.
- Listening to your concerns and linking you to helpful information and guidance.
- Small items of shopping.
- Collecting prescriptions.
- Reading post.
- Making phone calls on your behalf, if requested.
- Advice on other local community services.



**"I struggled doing a morning visit with my own family commitments, knowing you are calling in is so reassuring and helps relieve the pressure on my time when you do bits of shopping for Mum."**

You can try the service for a two-week free trial, after which there is a small charge (currently £9.00 for one person, £11 for two people living in the same household, per week).

Please see the AgeUKCAP website for more information including service locations.

You can email the Community Wardens at [wardens@ageukcap.org](mailto:wardens@ageukcap.org) or call 07944 181307 / 07812 496004 (These are mobile numbers as the wardens are community based). Alternatively, you can call the main information helpline on 0300 666 9860

**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
- Hospital discharge and admission avoidance

All enquiries **0300 666 9860**

Visit [ageukcap.org.uk](http://ageukcap.org.uk)

Email [infoandadvice@ageukcap.org.uk](mailto:infoandadvice@ageukcap.org.uk)

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




**Cambridgeshire & Peterborough**  
**ageUK**



**no one  
should have  
no one**


Supporting older people to live well, independently and safely in their own home.

 **0300 666 9860**  
 **infoandadvice@ageukcap.org.uk**  
[www.ageukcap.org.uk](http://www.ageukcap.org.uk)






Registered Charity No. 1155856

**ST NEOTS**  
  
**VWA**  
VOLUNTARY WELFARE ASSOCIATION  
**Day Centre**

**Community Centre**  
**Church Walk**  
**St Neots**  
**Cambridgeshire**  
**PE19 1JH**

*Social days to enjoy*

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

*"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](mailto:manager@stneotsvwa.org.uk)**  
**[www.stneotsvwa.org.uk](http://www.stneotsvwa.org.uk)**  
**[www.facebook.com/groups/stneotsvwa](https://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](mailto:sncsassist@gmail.com)**  
**Tel: 0333 335 5344**  
**Visit: [sncs.org.uk](http://sncs.org.uk)**



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.

**4 March** Fire Service Talk  
**1 April** St Neots Singers  
**13 May\*** Magician David Bale  
 \*May meeting is on 13 May (second Saturday of the month) as the Coronation of King Charles III is on 6 May

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](mailto: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](mailto: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 2<sup>nd</sup> & 4<sup>th</sup> 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](mailto: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](http://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



## Carers Cafe

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*



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

Booking is not required just drop in

For further details please email Meridian PCN at:  
[cpicb.meridiancare@nhs.net](mailto:cpicb.meridiancare@nhs.net)



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](mailto:admin@posability.org)

Sponsored by the generosity of



Sponsored by the generosity of



We have received support from the  
Cambridgeshire  
Community  
Foundation



PosAbility Registered Charity: 1149783  
Email: [admin@posability.org](mailto:admin@posability.org) Tel: 07565 598 193 Website: [posability.org](http://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

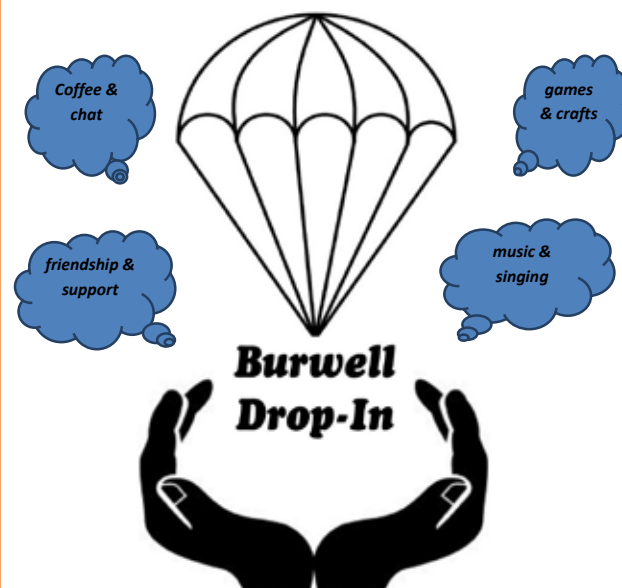
Email [c.i.george@icloud.com](mailto:c.i.george@icloud.com)

Web [mndassociation.org/cambridgeshire](http://mndassociation.org/cambridgeshire)



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

FOR PEOPLE WITH MEMORY PROBLEMS AND THEIR CARERS



**Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month,  
10:00-12:00 at Trinity Church,  
High Street, Burwell CB25 0HD**

**Contact Sue Evans - 01638 743688  
[sueevans1949@hotmail.com](mailto: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](mailto:george.smerdon@btinternet.com)



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



Royal Air Force Benevolent Fund



## ROYAL AIR FORCE REMINISCENCE GROUP

DID YOU SERVE IN THE RAF? WOULD YOU LIKE TO REMINISCE 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)



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 2023

### The Reconnect Social Group

Chat, cakes, cuppa, entertainment, help and support session  
First Wednesday of every month 10.30am – 12.30pm

### 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 [hello@bramptondementia.co.uk](mailto:hello@bramptondementia.co.uk)

Find us on Facebook  
[BramptonDementiaFriendlyCommunity](https://www.facebook.com/BramptonDementiaFriendlyCommunity)



## TRUMPINGTON MEMORY CAFÉ



EVERY 3<sup>RD</sup> 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](mailto: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](mailto:Dementia.Connect@alzheimers.org.uk)  
[alzheimers.org.uk](http://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  
in ELY!

A singing and music-making programme for people living with dementia, memory loss and their carers run by registered charity All In Sound.



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

Find out more:

**[www.allinsound.co.uk](http://www.allinsound.co.uk) or 01353 662022**



Photo credit ©Tas Kyprianou



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](mailto:richarddehorsey@gmail.com)

Visit [rotary-ribi.org/clubs/homepage.php?ClubID=500](http://rotary-ribi.org/clubs/homepage.php?ClubID=500)

Rotary



## 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](http://carers.org/grants-and-discounts/carersmart-discount-club)

**CARERS  
TRUST**



## Making Memories

A service for individuals & families

**Socially connect, make memories, be creative & get active**

**PRE-MEMORY ASSESSMENT SUPPORT SERVICE A1 PCN**

Every Thursday 1.30-4.30pm

The support service for patients, care givers & families

**Buckden Village Hall  
Burberry Road, Buckden, PE19 5UY**

Weekly activities subject to change / Counselling. Arts & Crafts. Jewellery making. Tea & chat. Games for mental stimulation. One to one sessions. Singing. Exercise. Dancing. Referral support service. Social prescribing service. Connect to the community. Make new friends.

Michelle Seal

Mobile: 07747 629490

Email: [michelle.seal1@nhs.net](mailto:michelle.seal1@nhs.net)

**All welcome**

A place to share experiences

Get support

Be part of the community

## 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](mailto: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](http://voiceability.org) or contact us:

☎ 0300 303 1660

✉ [helpline@voiceability.org](mailto:helpline@voiceability.org)



PARKINSON'S<sup>UK</sup> 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](mailto: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 (SC037546). © Parkinson's UK. Created in September.



## **PARKINSON'S<sup>UK</sup>** 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](http://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](mailto: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](mailto:huntsbranchnews@gmail.com)

Web: [huntspds.org.uk](http://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](mailto: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](mailto:ruthbrinkler@hotmail.com)

Web: [parkinsons-peterborough.org.uk](http://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](http://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](mailto:keithparkinsonscambridge@gmail.com)

Web: [parkinsonscambridge.org.uk](http://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](mailto: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	Cambridge 4th Thursday 10:00-11:30
Chatteris 2nd Wednesday 14:00-15:30	Comberton 3rd Tuesday 14:00-15:30
Cottenham 2nd Thursday 14:00-16:00	Ely 2nd Tuesday 10:00-12:00
Fulbourn 3rd Thursday 10:00-12:00	Gamlingay 3rd Thursday 10:00-11:30
Girton 3rd Wednesday 14:00-16:00	Great Shelford 1st Thursday 10:00-12:00
Huntingdon 4th Tuesday 14:00-15:30	Melbourn 4th Thursday 14:00-16:00
St Ives 2nd Wednesday 10:00-12:00	St Neots 4th Wednesday 14:00-16:00
Sawston 3rd Monday 10:00-12:00	Soham 1st Monday 10:00-12:00
Whittlesey 4th Tuesday 10:00-11:30	

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  
Email: [enquiries@cambsdeaf.org](mailto:enquiries@cambsdeaf.org)

Text: 07852 699196  
Web: [cambridgeshirehearinghelp.org.uk](http://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](http://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](http://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](mailto: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 [cambridgecarersgroup@rethink.org](mailto:cambridgecarersgroup@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  
[cambridgecarersgroup@rethink.org](mailto:cambridgecarersgroup@rethink.org)



### 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](mailto: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](http://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](mailto: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](https://caringtogether.org/whatifplan)

Carers magazine is produced by Caring Together.

If you have any suggestions for articles you would like included please do contact us.

The editorial team reserves the right to amend or withhold articles where deemed appropriate. We will attempt to contact you in regard to this.

If you no longer wish to receive the magazine please contact us on 0345 241 0954 or email [carersmag@caringtogether.org](mailto:carersmag@caringtogether.org)



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 professionals 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](mailto:hello@caringtogether.org)**  
**[caringtogether.org](https://caringtogether.org)**  
**Facebook: [/CaringTogetherCharity](https://www.facebook.com/CaringTogetherCharity)**  
**Twitter: [@CaringTogether](https://twitter.com/CaringTogether)**

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