

Caring

For everyone looking after a family member or friend

READ FREIDA'S STORY

"I was his wife and I wanted
to give him a good end"



**CARING
THROUGH THE
SUMMER**

Tips and ideas

New in this issue
**Time out section including
puzzles, recipes and more**

DIRECTORY
of services and support
available to carers



Hello and welcome

You will see that our magazine for unpaid carers has a new look and a change of name. You can read more about this on page 3. What hasn't changed is that Caring magazine is for you! Whether you help look after a parent for a few hours each week, or are caring for a disabled partner or child 24/7, this is your magazine.



Sadly, every week we hear from many unpaid carers who are at breaking point. We know from the messages left on our Carers Speak Out webpage (see page 12 for details) that caring can be relentless, exhausting, overwhelming and very stressful. It is thanks to our supporters and funders that we can provide vital support at just the right time. On page 4 you can read about how Freida found herself at crisis point, and how we were able to help. We are very grateful to Freida for sharing her story.

We hope our free, quarterly magazine is a help to you. If you don't already receive it regularly, just give us a call or email us and we can add you to our mailing list.



Miriam Martin
Chief executive
Caring Together Charity

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Caring Together Charity is a registered charity supporting unpaid carers (who are looking after a family member or friend) across Cambridgeshire, Peterborough and Norfolk.

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Your new caring magazine

If you have been a regular reader of Carers magazine, you will have noticed that this issue has a new look.

A lot has changed since it was first launched over 20 years ago in an A4 photocopied format.

At Caring Together we continue to work to give you, the carers, the information you need, in the best formats for you.

Paper and print costs have recently risen significantly, and you have a range of ways to get the information you need - through our website, monthly email newsletter, online carers directory, online groups and sessions, social media, by email, over the phone, and of course face-to-face sessions. But you have also told us you value having a printed magazine and what you most would like to see in it.

So Caring magazine will focus on giving helpful information on services and support, informative articles on subjects including your health and wellbeing, your rights as a carer, ways to have a break from your caring role, and real life stories from carers like you, where you tell us about your experiences as a carer.

In the back of each issue your directory will give you a guide to local groups and events, and organisations who can help you in your caring role, or help the person you care for.

Thank you to all of you who have helped shape the new look and content for the magazine. If you have more thoughts on Caring magazine, please do drop us an email at caringmag@caringtogether.org or write to us at the address on page 2.

Your story

We will be highlighting the experiences of different people looking after a family member or friend in each issue. Your experiences of caring could be a great help to other readers. If you would like to share your story as a carer, please do let us know by emailing engagement@caringtogether.org or call Jeanette on 0345 241 0954

Stay informed

Turn to **page 20** for a **directory** of groups and organisations who can help you

View your online directory of support for carers

caringtogether.org/carers-directory

Find out about our upcoming events for carers

caringtogether.org/events

Sign up for your monthly email newsletter

caringtogether.org/keepintouch

Call us on **0345 241 0954**

Email us at hello@caringtogether.org

Freida's story

“It didn't feel the whole weight was on my shoulders. I knew there would be someone there in the morning.”

75-year-old Freida, was born and bred in Yorkshire and now lives in Cambridgeshire. She becomes emotional at times as she talks about being a carer for her husband Colin who died peacefully at their home in November 2022.

Freida fondly remembers Colin as a 'strong, solid type of guy, that treated everyone the same'.

In 2015, Colin, suffered a head injury after a motorbike crash in Crete, where the couple lived a happy and contented life.

Freida's caring journey

This is where Freida's caring journey began. Although Colin's rehabilitation was going well in Crete, he would never be the same again.

Freida knew she wouldn't be able to cope with looking after their house, land and the numerous animals they had rescued.

The couple returned to the UK later that year and in 2017, after what Freida remembers as a 'very bad experience in the car', Colin was diagnosed with Alzheimer's and vascular dementia.

"We were driving back from London and Colin told me to stop the car in the middle of the motorway. He told me I was going the wrong way. He got very angry and was banging the window with his walking stick.

"I knew then that something wasn't quite right, and we went back to the neurologist."

Over the following years, Colin's health quickly deteriorated but Freida who had trained as a nurse, was unhappy with the care he received in hospital. She made the dedicated decision to care for him at home.

Freida says, "I was his wife and I wanted to give him a good end. He had been a good husband to me. He wasn't easy but I knew what a good guy he was, and deserved a good end. I didn't think he was getting one through the hospital, social services or the care system."

Freida did consider moving Colin into a care home and after a couple of attempts at respite, she took the decision he was better off at home.

She said, "I cared about him and couldn't bear the thought that he was unhappy, and I was at home."

Reaching crisis point

However, Freida says the saddest thing was watching the man she married 25 years ago, deteriorate so quickly.

Freida says, "I always felt that I had a lot of emotional support from my three adult children and their partners; from my first marriage, they were all very fond of Colin, together with my 89-year-old sister who had been through a similar experience with her husband."

Freida knew she was physically strong enough to care for Colin on her own but when she instinctively realised that he didn't have long to live she began to feel isolated and scared. With the right support, she wanted to make sure Colin had the best possible ending.

She adds, "I didn't know anyone near where I lived and didn't know what services were available to support me."

“
**I was his wife
and I wanted to
give him a good
end. He had
been a good
husband to me.**
”



▲ Freida and Colin's wedding day and one of their holidays abroad

Caring Together support

This is where Caring Together came in to help Freida and Colin. Freida's GP told her about our charity. She made contact to let us know she was a carer and to find out what support we and others could offer her.

Three weeks later, Freida reached crisis point after Colin refused to allow her to move him in bed, which meant she was unable to clean and wash him.

Freida who always prided herself on the loving care she gave her husband, desperately needed support.

Colin was falling out of the bed, vomiting, and developing bed sores, but he still wouldn't accept her help.

The GP prescribed medication for Colin's vomiting and reassured her that the district nurses would visit, but they only arrived during the last few days of his life.

Freida was starting to feel desperate and lonely and rang our carer helpline for emergency support. We understood Freida's situation and our team of care professionals were able to provide Colin with short-term emergency care.

Colin allowed our care professionals to provide him with personal care, meaning Freida could step back for a well-needed break.

Freida felt like a weight had been lifted off her. She says, "It didn't feel the whole weight was on my shoulders. I knew there would be someone there in the morning.

"They were all terrific. They knew what they were doing, they knew what I call good nursing care. They knew how to turn him without causing him pain. They knew he was frightened when they turned him because he started thinking he was going to fall out of bed. And I just couldn't fault them at all."



Freida enjoys painting and playing the piano



“Colin was scared and having a nice male carer coming in and holding him and rolling him over, made him feel secure.”

Saying goodbye to Colin

Hospice at Home supported Freida with Colin's care during the last week of his life. Freida remembers Colin's death with sadness, but she knows in her heart that she did the 'very, very best' for him.

"I went to bed and I kissed him goodnight and a short time later he stopped breathing. I was on my own, but I didn't mind that. It's what we wanted and it's what he wanted."

We are sat talking in the home Freida shares with her two rescue dogs Sarah and Winnie.

She points to Colin's ashes in an urn in the corner of the room, his hat is laying neatly on top. She adds, "I am not ready to part with him yet, but when I am, I plan to take them to where we lived in Greece and scatter them."

We are here to support you

If you can relate to the situation faced by Freida, please don't struggle alone.

Are you reaching crisis point?

We are able to help you if you are facing challenging situations in your caring role. For example:

- Are you caring for someone and feeling emotionally or physically overwhelmed?
- Do you have your own health needs or medical appointments that you need to attend?
- Are you feeling close to crisis point?
- Is the person you care for having palliative or end of life care?

If you are in one of these situations, you can speak to us about the support we can arrange.



- ▲ We can help you take a break
- ▼ We can help with equipment that can assist you in your caring role



How we can help

Help for you could include:

- A break from your caring role.
- Support to make it easier for you to attend your own medical appointments.
- Help to buy equipment or services that make things easier for you.

The support we can offer could include one of our team of care professionals being with the person you look after.

As well as these services in Cambridgeshire and Peterborough, you can also access support if you are a carer in Norfolk.

Want to know more?

Call us on 0345 241 0954 or visit our website at caringtogether.org



Carers need time to attend their own medical appointments

Meet Stephanie, one of our volunteers



“

I feel a sense of achievement by helping others and it's good to get out of your comfort zone once in a while.

”

Stephanie is one of our volunteers, who each play a valuable role as part of the team at our charity.

She joined us in 2022 as our fundraising volunteer and already feels she is learning new skills as well as boosting her self-esteem. We are pleased to have her with us, helping for four hours a week during the school term.

She says, "Volunteering benefits me as well as Caring Together. I feel a sense of achievement by helping others and it's good to get out of your comfort zone once in a while."

About Stephanie

Stephanie and her family moved from Hong Kong to Huntingdon over two years ago. In Hong Kong, she worked full-time for the web service provider Yahoo, where she was responsible for their online advertising.

Her role with us includes entering our supporter donations into our online database.

Life is different for Stephanie now, as she adjusts to being a full-time mum who cares for her 11-year-old son. She says it can be hard to find paid work that fits around school hours.

Being a parent carer

Stephanie is no stranger to the challenges carers face daily, especially parent carers, as her son has global development delay.

She says, "When he was young his walking and talking were very delayed, but now he is a very loud and happy boy who is very happy at school.

"Being a parent carer is mentally challenging. I've learnt not to set my own expectations on him and most importantly not compare him to other children, which is what we tend to do in my culture. Comparisons can make your life harder, so I try not to compare."

Volunteering

Stephanie made the decision to volunteer for our charity after she came across us when looking for parent carer support, especially carer breaks and peer support.

She says, "Volunteering has been good for me. I enjoy using the database, learning new things and understanding how Caring Together is run.

"I've learnt to be patient whilst learning new skills at Caring Together and this has helped me deal with my son. I feel like I've become a much more patient Mum."

When Stephanie is not caring for her son and volunteering, she likes to crochet, read and spend time in her garden.

55
people give
their time to
volunteer
for us

You can make a difference

We have volunteer roles ranging from counsellors with our counselling service to administration roles, or supporting our day clubs and young carer groups and activities.

If you would like to use or develop your skills we would love to hear from you, do get in touch.

To have a chat call our volunteer coordinator on 0345 241 0954 or visit caringtogether.org/volunteer

Caring during the summer

Looking after yourself and the person you care for in warmer weather



Summer can bring its own challenges for carers, but there are also opportunities for you and the person you care for to take a break and enjoy yourselves.

Taking a break this summer

If you are looking after a family member or friend you may find it harder to take a break or get a holiday. We can help, including by connecting you with one of a number of organisations and charities that are able to help carers have a holiday.

If you are looking after someone and need some respite with a break from the person you care for we can discuss support either through our own services, or we can refer you to social care for them to assess to see if you are eligible for regular respite.

If you are looking to have a holiday with the person you care for there are a number of options including:

- We can refer you to Carefree (carefreespace.org). They offer vacant hotel spaces in cities and by the coast so carers can take a break.
- After Umbrage provide free breaks to carers looking after a family member with life-limiting conditions. For more information visit afterumbrage.org.uk
- Family Fund can provide grants towards the cost of holidays for families on a low income who are caring for a child with a severe disability. To find out more visit familyfund.org.uk
- HoneyPot offer countryside breaks for young carers honeypot.org.uk
- Revitalise provide respite holidays for disabled people and their carers. See revitalise.org.uk/respit-holidays/

Taking care in the heat

While warm weather can be enjoyable, and give some of us more opportunities to be out of the house, when it's too hot, there are health risks. If hot weather hits this summer, make sure it does not harm you or the person you care for.

The main risks posed by a heatwave are:

- Dehydration - this means your body loses more fluids than you take in. If it's not treated, it can get worse and become a serious problem. Learn more at [nhs.uk/conditions/dehydration/](https://www.nhs.uk/conditions/dehydration/)
- Overheating, which can make symptoms worse for people who already have problems with their heart or breathing.
- Learn more about heat exhaustion and heatstroke at [nhs.uk/conditions/heat-exhaustion-heatstroke/](https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/)

A heatwave can affect anyone, but among those more likely to be affected are people who are elderly, living alone, have certain medical conditions or medications, people who are bedbound, and those who are very young. Speak to your GP about any increased risks to the person you care for and what can be done.

TIPS FOR COPING IN HOT WEATHER

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.

Stay out of the sun

Keep out of the heat if you can. If you go outside stay in the shade, especially in the middle of the day. Make sure you wear sunscreen, a hat and light clothes, and avoid activities that make you hotter.



Drink plenty

Cool yourself with cold food and drinks (avoid alcohol, caffeine and hot drinks). Have a cool shower or put cool water on yourself.



Keep cool

Keep your living space cool. Electric fans can help but are less effective at extreme temperatures. Check the temperature of rooms, especially where people at higher risk live and sleep.



For more advice

See [nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/](https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/)

SUMMER ACTIVITIES

Children and young people

If you have children, you may have challenges due to them not being in school or college during the holiday period.

We have trips and activities for young carers, and your child's school and other groups may offer opportunities too.

Connecting carers

If you want to be in touch with other carers we are piloting a project called 'Connecting carers' in Huntingdonshire. We are putting carers in touch with each other, either face-to-face or by telephone or online.

Groups and trips for adult carers

As well as our regular carers hubs that you can go to with the person you care for, we also arrange trips through the summer.

For details of our activities
0345 241 0954
[caringtogether.org/events](https://www.caringtogether.org/events)
hello@caringtogether.org



We need you to speak out

At Caring Together we believe it is essential for the voices of carers to be heard by those who make decisions that affect carers.

That is why we have our Carers speak out webpage at caringtogether.org/carers-speak-out. It is your opportunity to have your say.

Carers Week

As part of our activities around Carers Week (5–11 June) we are once again asking you to give your views on the situations and challenges you face. And, as last year, we will be using these to produce a report we will share with local MPs, Government ministers, local authorities and others in the build up to Carers Rights Day on 23 November.

While Carers Week gives an opportunity to raise awareness of the situations faced by carers, we know carers are caring 52 weeks of the year, sometimes for long hours, seven days a week.

Sadly, carers sometimes reach crisis point, and many others can be just one change of circumstance away from a crisis.

We are asking you to share with us any crisis situations you have faced, or the support that would make a difference to you - preventing a crisis situation from happening.

Give your views on this, or any other subject that affects you as a carer, at caringtogether.org/carers-speak-out

Make sure Caring Together services work for you

The carer council is a great way to volunteer with us and use your experience to help others. It is a friendly group who meet on Zoom once every three months (for a maximum of two hours each time) to help guide the charity as we support unpaid carers like you.

By being part of this group, you can help shape our services and the support we provide – making sure they really help carers.

You may have personal experience of the challenges carers face in navigating the health and social care system, and ideas about how it could be better. This would be very helpful to the wider staff and volunteer team.

If you are interested, or for a chat to find out more about how you could get involved, contact Steve Acklam, chair of the carer council, at steve.acklam@caringtogether.org

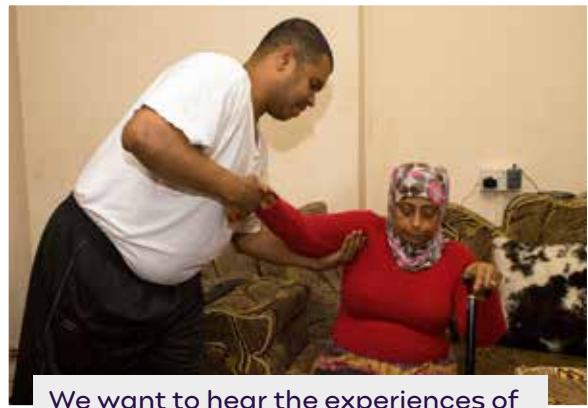
“

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.

”



We want to hear the experiences of different unpaid carers



Telling your story

Our carers speak out webpage and carer council give you the opportunity to have your voice heard.

We also work to tell the stories of people who look after a family member or friend. This can be in articles, videos, on social media or in the media. All of these help more people recognise they or someone they know is a carer, be aware of situations carers face, and understand what makes a difference to carers.

If you would like to raise awareness through sharing your experiences let us know by emailing engagement@caringtogether.org

Planning for an emergency



“

I am just amazed how quickly the plan came in to action as soon as it was activated. I really would like to thank all the people involved in getting to us and organising the emergency care.

”

Ready for the unexpected

If you are looking after someone, having plans in place in case of an emergency can make a big difference to you and the person you care for.

For carers situations that would be an inconvenience to other people can have a major impact on them and the person they care for. But having plans in case of the unexpected can make all the difference.

Our What If? Plan is available to you if you are a carer in Cambridgeshire or Peterborough. It can be activated if something happens to you and you are unable to carry out your normal caring role, such as such as:

- Sudden illness
- Unplanned admission to hospital
- Family emergency (e.g. close relative taken ill)
- Risk to employment
- An accident or car breakdown
- Other emergencies preventing you caring for the person you look after.

Also see our information on other emergencies below or visit our website at caringtogether.org/emergency-planning which includes information on emergency planning in Norfolk



Your What If? Plan

Once you have registered your plan, the What If? phone line is available for you to call 24-hours a day if you need to activate your plan.

We can contact someone you nominate or provide urgent support to the person you care for, if needed.

Register your What If? Plan by calling 0345 241 0954 or visit our website at caringtogether.org/whatifplan

This service is funded by the local authority to look after adults with care needs during an emergency involving their carer.

OTHER EMERGENCIES

Power supply

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



Water supply

Anglian Water's priority service is available by calling 0800 232 1951 or by visiting anglianwater.co.uk/priority



Equipment

If you have equipment provided from the hospital, social care, occupational therapist or you have bought privately from NRS Healthcare, there is a 24/7 team of technicians and engineers available if your equipment breaks down. Call 0330 100 0098 or visit nrshealthcare.com





Time for Tea in '23

Hold a tea and cake get-together to support unpaid carers across Cambridgeshire, Peterborough and Norfolk

Many unpaid carers tell us that socialising with friends and meeting up with other people helps them to cope with their caring role. It is one of the reasons that our carers hubs and events are so popular. This summer there is one extra reason to get together with friends and family, and that is to hold your Time for Tea in '23 get-together to raise money.

Caring Together is a registered charity and we depend on donations, fundraising and support from funders to provide our services. Small fundraising events like a Time for Tea event raise vital funds to help provide services such as our helpline, fun activities for children who are carers, breaks for carers, counselling and more.

It's easy to do!

Just plan a get-together with friends, family or neighbours to enjoy a cup of tea and a slice of cake. Whether your guests make a donation of a couple of pounds, or much more, you will be helping us support unpaid carers in your local community.

Some people make donations or fundraise for us because they want to say thank you for the help they have had, some want the support they have benefited from to help others too, and some want to make sure unpaid carers have even more support in future.



Donations get bigger with Gift Aid

giftaid it

Let us know if you or one of your guests are a UK taxpayer. We can then claim Gift Aid on top of your donations, increasing them by 25% at no cost to you!



Contact us

Simply request our special Time for Tea leaflet. Here you can list each donation to let us know who is a UK taxpayer and able to gift aid their donation. Please provide your name and address and we will pop this in the post for you.

fundraising@caringtogether.org
0345 241 0954



HOW TO HOLD A TIME FOR TEA IN '23 GET-TOGETHER

Plan



Think about who to invite. If you are holding your event at home you could invite family, friends and neighbours. If it will be at work, invite your colleagues.

Set the date



Set a date and time. Remember to give your guests at least a couple of weeks notice.

Baked goodies



Decide whether you will provide the cakes/biscuits or whether you will suggest guests bring something to share. It doesn't matter if the baked goodies are home-made or shop-bought.

Invitations



Send out your invitations. Remember to tell guests you are holding a **Time for Tea in '23** fundraising get-together to raise money for local charity Caring Together.

Have fun!



On the day, let your guests know where to put their donations and ask them to add their details to the donations list. This means we can boost their donations with Gift Aid. If they prefer, they can give online at caringtogether.org/tea

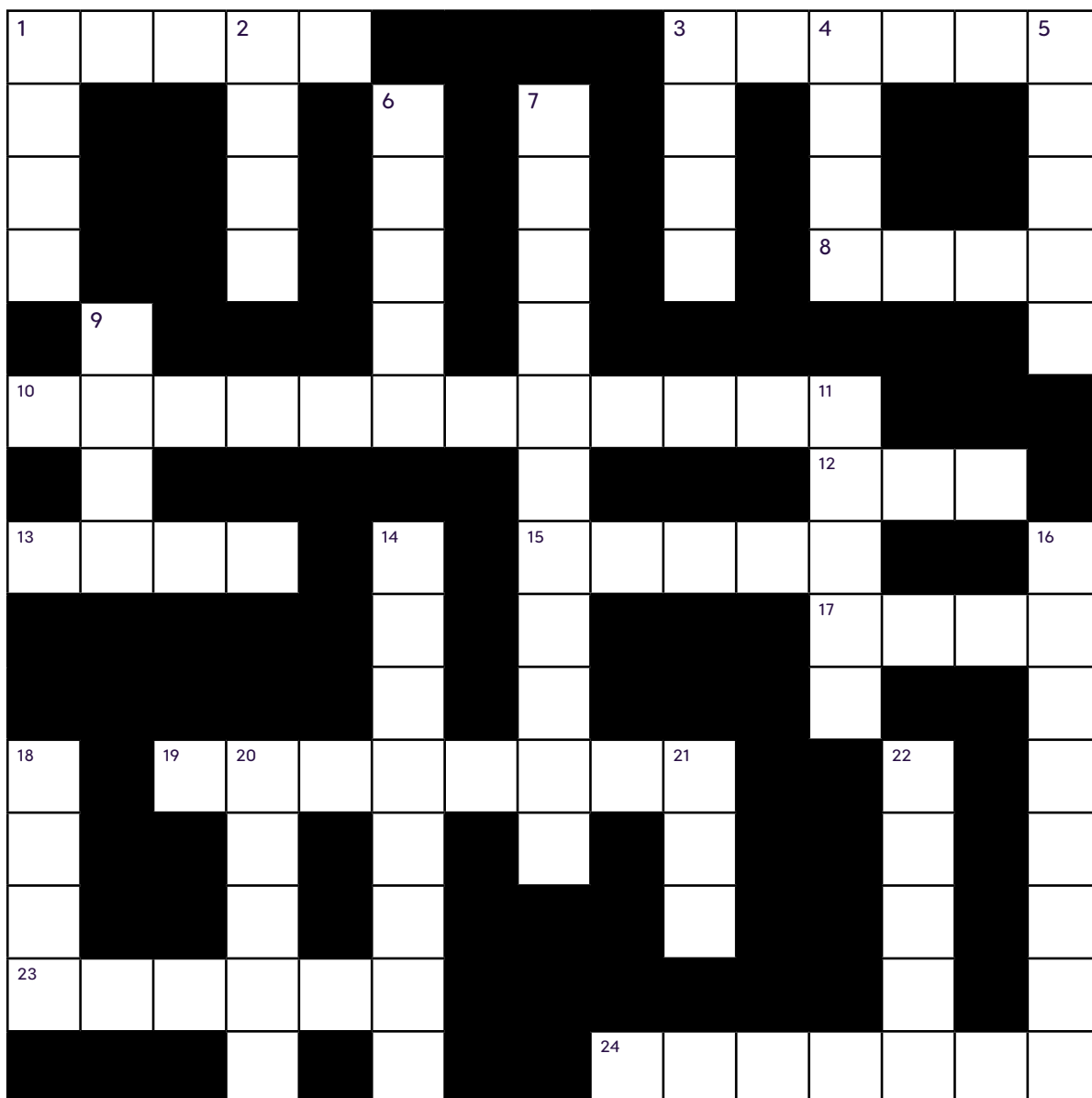
Make a donation



Pay any cash into your account and send a cheque to Caring Together at the address below OR make the donation online at caringtogether.org/tea

Time out

A day at the seaside



Across

- 1 Made of sand (5)
- 3 Fill it with sand (6)
- 8 Sandy hill (4)
- 10 Traditional seaside food (4,3,5)
- 12 Seen along the promenade (3)
- 13 Can be painful if they pinch you (4)
- 15 Helpful for building (5)
- 17 Relax on this (4)
- 19 Tasty treat (3,5)
- 23 Home for watercraft (6)
- 24 Use this for shade (7)

Down

- 1 Powered by an engine or oars (4)
- 2 Many do this near the seaside (4)
- 3 Great for playing a game with (4)
- 4 British sea is often this (4)
- 5 Use one to dry off (5)
- 6 Great expanse of water (5)
- 7 Have some fun making these (11)
- 9 Walk along it (4)
- 11 Can hurt if you tread on them (5)
- 14 Make sure you don't get burnt (3,5)
- 16 Find lots of interesting things here (8)
- 18 Do this in the water (4)
- 20 Pull up a (5)
- 21 Used for sitting on the sand (3)
- 22 Surf these (5)

Answers will be in issue 32!

Get your garden summer ready!

Maxine, our resident green-fingered digital product manager at Caring Together, shares her tips for getting your garden ready for summer.



- Tidy up your flower beds by clearing away any weeds or dead plant debris.
- Take a trip to a local garden centre and buy a few summer flowering annuals, like cosmos, calendula, petunias and verbena, to inject some fresh colour into the garden. If you only have a small space, you can plant these in pots.
- If it gets hot, water your garden early in the morning and move pots into the shade.
- Encourage birds to your garden by hanging up a bird feeder.
- Provide a shallow dish of water for insects, birds and other garden creatures to drink from.
- And most importantly, try to take a few minutes each day to enjoy your space, watch the birds, other creatures, and relax.



Eton Mess

A perfect summer dessert that's enjoyed by the whole family. Why not try varying the fruits depending on what is available and what you like?

Ingredients

500g strawberries plus extra for decoration
 125g raspberries plus extra for decoration
 1 ½ tablespoons caster or granulated sugar
 360ml whipping cream
 120ml mascarpone cheese, thick greek yogurt or soured cream
 70g meringues

Method

1. Quarter and hull strawberries. Place in a large bowl with raspberries. Sprinkle over sugar and stir until all the fruit is coated. Leave to one side.
2. In a separate bowl, whip cream using an electric mixer until soft peaks form. Stir through mascarpone cheese/greek yogurt/soured cream.
3. Crush meringues using your hands. In a large bowl, gently fold together the whipped cream, fruit and crushed meringue.
4. Serve in individuals bowls or glasses, and decorate with extra fresh fruit.



Young or old, Eton Mess is a firm favourite that young carers can have fun making too.

Directory

Information on organisations that provide support and services to carers

Dementia/Alzheimer's

Alzheimer's Society

For anyone worried about their memory or affected by dementia.

Local tel: 01733 865710

National tel: 0333 150 3456

Web: alzheimers.org.uk

Brampton Dementia Friendly Community

Regular events including singing and Love to Move exercise sessions.

Tel: 07890 866389

Email: hello@bramptondementia.co.uk

Burwell Drop-In

For people with memory problems and their carers. Second and fourth Thursday of the month 10am-12pm.

Tel: 07799 360858

Email: sueevans1949@hotmail.com

Cambridge South Rotary Club Memory Café

Meets first Friday of the month 10am-12pm.

Tel: 01223 276192

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

Carers Coffee Club

Third Wednesday of the month 2pm-3.30pm at The Royal Oak, Hail Weston.

Tel: 07889 319888

Email: kimpigfarmer@tiscali.co.uk

Crocus Café

First Monday of the month 10am-12pm in Peterborough.

Tel: 01487 830114

Dementia Carers Count

Phone and text support.

Online community.

Tel: 0800 652 1102

Web: dementiacarers.org.uk

Love to Move and Reminiscence

Mondays (except 2nd Monday of month) 10am-12pm in St Ives.

Tel: 01480 497314

Email: communities@norrismuseum.org.uk

Making Memories

Pre-memory assessment support service in Buckden. Every Thursday 1.30pm-3.30pm.

Tel: 07747 629490

Email: michelle.seal1@nhs.net

Music Makers Whittlesey

Relaxed friendly singing group for older people with memory challenges.

Tel: 01733 351594

Royal Air Force Reminiscence Group

Second Monday of the month 1.30pm at the Norris Museum, St Ives.

Tel: 01480 497314

Sing! Together

Weekly singing and music-making in Ely for people living with dementia, memory loss and their carers.

Tel: 01353 662022

Web: allinsound.co.uk

St Ives Dementia Café

Third Tuesday of the month 10am-12pm.

Tel: 07725 5888145

Email: george.smerdon@btinternet.com

St Neots Rotary Coffee Pot Memory Café

Meets on a Wednesday.

Tel: 01480 395979

Trumpington Memory Café

Third Wednesday of the month 10am-12pm. Organised by Trumpington Church and Rotary.

Tel: 01223 840268

Young Onset Dementia Group

For carers of those diagnosed under 65.
First Friday of the month 2pm-4pm in
St Ives.

Tel: 07827 159307

Email: ruth.eod@yahoo.com

Mental health

Cambridgeshire Peterborough and South Lincolnshire (CPSL) MIND

Support for local people who may
experience mental health challenges.

Tel: 0300 303 4363

Web: cpslmind.org.uk

CPSL Mind Personality Disorder Group

Connect with supportive peers.

Web: cpslmind.org.uk

MIND Lifeline

If days seem tough, and you feel low call
the helpline.

Tel: 0808 808 2121

Making Space Cambridgeshire and Peterborough Carer Support Service

Support to relatives and friends of
adults with mental health challenges.

Tel: 01480 211006

Web: makingspace.co.uk

Rethink Carer Support

Carer support groups and information
for carers of people with mental
ill health.

Tel: 07783 267013

Web: rethink.org

Motor Neurone Disease

Cambridgeshire Branch of MND Association

Support for those with MND and their
carers. Monthly gatherings.

Tel: 01954 202095/ 07515 534430

Web: mndassociation.org/
cambridgeshire

Parkinson's

Parkinson's UK

Phone and text support. Online
community. Local groups for people
with Parkinson's and their carers.

Tel: 0808 800 0303

Web: parkinsons.org.uk

Positively Parkinson's Café

Third Monday of the month 10.30am
in Wisbech.

Tel: 07500 097222

Email: jmwilson@parkinsons.org.uk

Sensory impairment

Cam Sight

Low vision and blindness services for
children, adults, family members and
carers across Cambridgeshire.

Tel: 01223 420033

Web: camsight.org.uk

CDA Hearing Help

Services for people with hearing loss
including hearing aid maintenance.

Tel: 01223 416141

Web: cambridgeshirehearinghelp.org.uk

Deafblind UK

Support and advice for people living
with sight and hearing loss and
their carers.

Tel: 0800 132 320

Web: deafblind.org.uk

Huntingdonshire Society for the Blind

Support and advice for individuals
living with impaired vision or sight loss
in Huntingdonshire.

Tel: 01480 453438

Web: huntsblind.co.uk

Other conditions

Huntingdonshire Aphasia Support (H.A.S.)

Meets second Tuesday of the
month 2pm-4pm.

Tel: 01480 891977

Email: anna.bratby@alconbury.org

Community and peer support

Burwell Carers Group

Third Thursday of the month
10am-12pm.
Tel: 01638 741234

Carers Café

First Thursday of the month
2pm-3.30pm in Melbourn, SG8 6DZ run
by Meridian PCN.
Email: cpicb.meridiancare@nhs.net

Chatterbox

Second and fourth Mondays of the
month 2.15pm-4.15pm in Sawtry.
Tel: 01487 832105
Web: caresco.org.uk

Coffee Connections

Second Thursday of each month at
Whittlesey Baptist Church at 10am.
Tel: 01733 351594

Sibs

Support for siblings who have a brother
or sister with a life-long disability.
Web: sibs.org.uk

Simply Saturday

Little Paxton monthly shared lunch,
entertainment, friendship.
Tel: 01480 216255
Email: young_paxton@ntlworld.com

St Neots Voluntary Welfare Association Day Centre

Open three times a week for those who
are elderly or frail.
Tel: 01480 475274
Web: stneotsvwa.org.uk

St Neots Community Support

Volunteer service to help with shopping,
prescriptions and other support.
Tel: 0333 335 5344
Web: sncs.org.uk

Families and parent carers

Centre 33

Support for young carers in
Cambridgeshire and Peterborough.
Tel: 0333 414 1809
Web: centre33.org.uk

Family Voice Peterborough

Support for parent carers in
Peterborough.
Tel: 01733 685510
Web: familyvoice.org

Pinpoint Cambridgeshire

Support for parent carers in
Cambridgeshire.
Email: information@pinpoint-cambs.
org.uk
Web: pinpoint-cambs.org.uk

Spectrum

Support for families of children with
autism, additional needs, disabilities
and life-limiting conditions.
Tel: 01223 955404
Web: spectrum.org.uk

General support

Age UK Cambridgeshire and Peterborough

Advice and services for older people.
Tel: 0300 666 9860
Web: ageukcap.org.uk

Cambridgeshire Libraries

Providing free books, e-resources and
general information; offering activities
for you and your family.
Tel: 0345 045 5225
Web: cambridgeshire.gov.uk/Library

Care Network Cambridgeshire

Information and support to stay
healthy, independent and in touch with
your community.
Tel: 01954 211919
Web: care-network.org.uk

Healthwatch Cambridgeshire and Healthwatch Peterborough

Local independent champion for health
and care, gathering experiences of care
to help influence local decision makers.
Tel: 0330 355 1285
Web: healthwatchcambridgeshire.co.uk
healthwatchpeterborough.co.uk

The Royal British Legion

Supporting service men and women, veterans and their families since 1921.

Tel: 0808 802 8080

Web: rbl.org.uk

Money, benefits and your rights

CarerSmart

Benefits and discounts for carers and people with care needs.

Tel: 0345 241 0954

Web: carers.org/grants-and-discounts/carersmart-discount-club

Disability Huntingdonshire

Supporting people to claim for benefits.

Tel: 0330 3553 256

Web: dish.org.uk

Voiceability

Support to help you speak up for your rights.

Tel: 0300 303 1660

Web: voiceability.org

Training and courses

Cambridgeshire Community Arts

Creative arts courses for adults 19+ to improve your mental health and overall wellbeing.

Tel: 07763 280029

Web: camcommarts.org.uk

Health and Care Sector Work Academy

Training for a career in health and social care.

Tel: 0800 310 1160

Web: citycollegepeterborough.ac.uk/hcswa

Exercise

Love to Move

Seated chair exercises for people with dementia/other neurological conditions.

Time to chat with tea and coffee.

Tel: Jane Thomas 07731 097236

PosAbility

Exercise programmes for those with long-term health conditions in Histon, Soham, Littleport and Ely.

Tel: 07565 598193

Email: admin@posability.org

Caring Together

We offer a range of support for carers and the people you look after including:

- **Carer helpline** to talk to someone about information and advice to support you at every stage of your caring role.
- **Emergency planning** to help you to plan for the unexpected, including the What If? Plan. The What If? Plan ensures you know what will happen should you not be able to carry out your caring role.
- **Carers hubs** where you can meet others for peer support, activities and learning. At some hubs you can attend with the person you look after.
- **Homecare** in your home and community for adults and children. You can have a break knowing that the person you look after is being cared for by a trained care professional.
- **Day clubs** giving you a break and the person you look after can spend time doing activities such as singing, crafts, jigsaws, and more.
- **Support for parent carers** including hubs and transition planning.
- **Support for young carers** including activities and trips for children and young people aged five and above.
- **Emotional support** for carers, including counselling.

To find out more about any of our services, please contact us.

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

Tel: 0345 241 0954

Email: hello@caringtogether.org

Web: caringtogether.org

**“I can’t rate
Caring Together
highly enough.”**

Our care professionals stepped in to help Helen when her mum had cancer. We made sure Helen could take a break from her full-time caring role. She told us, “Caring Together’s care professionals were phenomenal. The professionalism of the organisation was outstanding.”

As a registered charity, we are different to other care agencies.

Our dedicated staff can support you and the person you look after, enabling you to take a break knowing they are in safe hands.

Contact us to discuss your needs today

0345 241 0954

homecare@caringtogether.org

caringtogether.org

Registered charity number 1091522



No unpaid carer in crisis