

Caring

For everyone looking after a family member or friend

READ ALISON'S STORY

"It was very difficult
because at the time I didn't
identify myself as a carer"



CARING IN WINTER

Tips and ideas

Time out including
quiz and recipe

DIRECTORY
of services and support
available to carers

 Caring
Together
Charity

Hello and welcome



Whoever you care for and whatever the support you provide for them, we at Caring Together are here for you.

Many unpaid carers have to try to balance their caring role with working. This can be hugely challenging. Like many carers these working carers often don't recognise their caring role, or have it recognised by their employer. In this issue we look at the new Carer's Leave Act and hear from working carer Alison.

You can also read about Kerry, one of our care professionals who has recently passed 30 years of service with us. We are incredibly proud of her and the difference she has made to many families.

As well as information on support available to you and advice for your caring role, you can see our directory with details of more groups and organisations who can help you. And do make sure you take a break with our Time out section.

Miriam Martin
Chief executive
Caring Together Charity

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

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**Caring
Together
Charity**

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New rights for working carers

Combining work with looking after someone can be extremely demanding.

Earlier this year the Carer's Leave Bill, sponsored by Wendy Chamberlain MP, gained Royal Assent. People looking after a family member or dependent will have new rights when the Act comes into effect next year.

The new law will mean a right to one week's unpaid leave each year for employees who are providing or arranging care for a relative or dependent. This will be available from the first day of their employment, with employees able to take the leave flexibly for planned and foreseen caring commitments.

Figures released from the 2021 Census suggest that in Cambridgeshire, Peterborough and Norfolk alone there are nearly 75,000 employees currently juggling paid work and caring. Over the next two decades, the number of carers in the UK is expected to grow as our population ages.

Research has also found that 600 people a day leave work to care (Carers UK, Juggling Work and Care).

It is essential more is done to help unpaid carers who work as well as care for someone. And for employers it will now be essential they know which of their staff are unpaid carers.

We work with employers and other organisations to help them identify and support carers.

Are you working as well as caring? Do you have contacts in local companies? Or are you a manager or employer?

We have a free awareness video available to employers to share with their staff. This could help you in your workplace. You can request our awareness video by visiting our website at caringtogether.org/companies

Is your employer carer friendly?

Our Carer Friendly Tick Award recognises organisations, including employers, who are effective in identifying and supporting carers.



We can provide support such as awareness-raising sessions, resources, and examples of what similar organisations have done. We also have a toolkit specifically for employers and each of the other categories - community, education and health.

For more information, please call us on 0345 241 0954 or email carerfriendlytick@caringtogether.org

You can read more at caringtogether.org/carers-friendly-tick

Alison's story

“I think I came off the phone and cried...

“And since I’ve realised I’m mum’s carer I do that a lot because it’s a huge responsibility.”



Caring for someone can bring huge challenges. Facing them while working makes life even more difficult.

We sat down with Alison to listen to her experiences of caring for her 86-year-old mum, Daphne. Over the 14 years Daphne has had Parkinson's disease Alison has seen her life and relationship with her mum change dramatically.

It's just what you do...

Like many unpaid carers, while Alison's role was taking a huge toll, she felt what she was doing was just part of family life, "I didn't ever see myself as a carer. I just thought everything I was doing for my mum was because, you know, it's just what you do for your parents."

It was during COVID a colleague suggested Alison contacted Caring Together, "Her dad was really ill and she was talking about the charity, Caring Together.

"Even when I rang them I said 'I don't think I'm a carer really' and she said 'well, you tell me what you do'. When I explained, she said, 'you are – you're caring for your mum on a daily basis, seven days a week.'"

The huge responsibility

This call led to practical and emotional impacts.

We were able to put an emergency plan in place in case Alison was not able to carry out her caring role.

And when her mum had to go to hospital with a broken hip during lockdown restrictions Alison had the confidence to say she was her carer. "I was at the door at the hospital and they said 'no, you can't come in'. I was in tears so they looked and said 'Are you your mum's carer?' I said 'yes', and they said you can come in."

But that call giving the realisation of being her mum's carer had big emotional impacts, "I think I came off the phone and cried. I think that's all I seemed to do. And since I've realised I'm mum's carer I do that a lot because it's a huge responsibility.

"Emotional support is crucial because at times I come home from work and I can't even function. Luckily, we've got the garden and my garden has been my saviour. I just come home and sit in the garden."

The fight for support

When Alison's caring role began, she was working full-time in education, "It was very difficult because at the time I didn't identify myself as a carer.

"When I was working full-time there was doctors' appointments, hospital appointments, Parkinson's nurse appointments and 'can you just do this?', and 'can you just do this?' and it's just like, 'well, I'm working!'"

Throughout her time as a carer, Alison has battled to get her mum the support she needs. As Daphne's health has deteriorated the needs have increased. Alison saw the hallucinations and 'freezes' (a symptom of her mum's Parkinson's disease) getting worse, and meaning her mum has more falls.



At work Alison can't have her phone on, and the frustration is obvious as she talks about what it has been like to finish work and see missed calls, not only from her mum, but also the GP, Parkinson's nurse or others... each time delaying her mum getting needed support.

Mum's been very let down

Alison has found health services inflexible to the needs of working carers. When clinic times have clashed with work hours, no alternatives were available, "I feel my mum's been very let down by the system really."

"From my point of view, it's all about mum. And as I say, I feel I've lost me in all of this. Supporting mum would support me too, it would make things a lot better for me.

“
You lose the joy of being a daughter when you're caring for your mum because it takes so much energy mentally and physically.
 ”

"You lose the joy of being a daughter when you're caring for your mum because it takes so much energy mentally and physically."

The impact of hard choices

Like many working carers Alison made the tough decision to reduce her working hours, and has felt a lack of recognition for working carers, "I did consider giving up work totally, but I just couldn't afford to with the cost of living and everything.

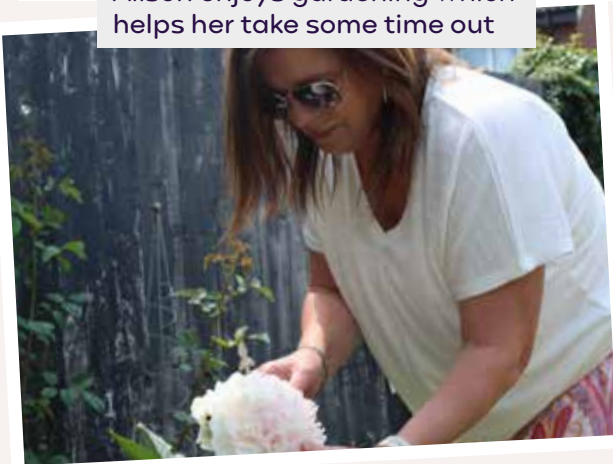
"The idea was that most Thursdays I would do overtime to top up my wages, but the reality is that every Thursday mum's needed to go somewhere or do something, and I've not been able to do it."

The exasperation of many carers at the value of their contribution being acknowledged is clear, "You would be spending thousands if somebody had to do what I do for my mum, and yet there's no recognition for unpaid carers, whatever age you are.

"There's children, husbands, wives, me... I just don't feel there's any recognition."



Alison enjoys gardening which helps her take some time out



"You would be spending thousands if somebody had to do what I do for my mum, and yet there's no recognition for unpaid carers, whatever age you are."

And working and caring has had other impacts and tough decisions. Alison was working as a nanny during lockdown. She worried being at work meant there was a risk she could pass the virus to her mum, "But I didn't have a choice because there was no one else."

Making a difference

While some of the challenges of being a working carer need fundamental changes to the system, it is possible for people to make a difference.

Her current employers are supportive of her caring role. She believes the managers having experience of similar family situations has helped them understand of the demands of caring, "When I went for the interview, I said to them 'I am a carer for my mum and that is my main priority'. So, we talked about the expectations of the job."

The managers have a flexible approach to Alison's work, "I've changed my hours and days probably three times now and each time I've just said, 'it's because of mum's appointments or whatever' and they've said, 'no problem, leave it with us!'"

Are you a working carer?

You do not have to tell your employer you are a carer but it may help you to be given additional support.

The Carer's Leave Act 2023 will bring in the right to five days unpaid leave a year from, next year, and we can help employers with identifying and supporting carers (see page 3).

Check with your employer what help and flexibility they have available to you. You may also be able to benefit from flexible working or unpaid parental leave.

Flexible working

Flexible working is a way of working that suits an employee's needs, for example having flexible start and finish times, or working from home.

All employees have the legal right to request flexible working and employers must deal with requests in a 'reasonable manner'.

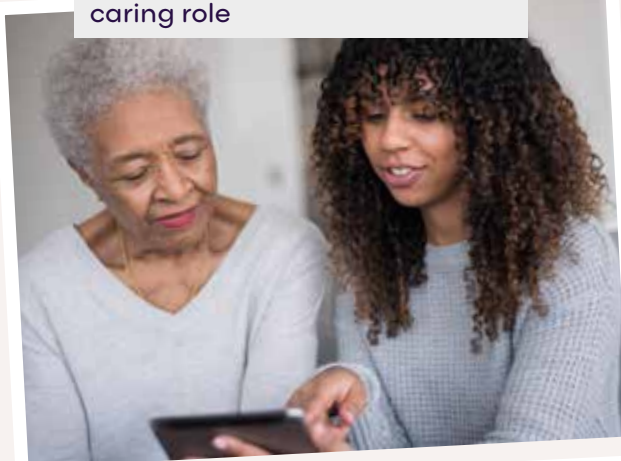
See [gov.uk/flexible-working](https://www.gov.uk/flexible-working)



Parent carers can request parental leave to help look after their child



Carers can request flexible working to help carry out their caring role



Parental leave

Parental leave is unpaid. You're entitled to 18 weeks' leave for each child up to their 18th birthday.

The limit on how much parental leave each parent can take in a year is four weeks for each child (unless the employer agrees otherwise).

You must take parental leave as whole weeks rather than individual days, unless your employer agrees otherwise or if your child is disabled. You don't have to take all the leave at once.

For further information visit [gov.uk/parental-leave/entitlement](https://www.gov.uk/parental-leave/entitlement)

Open at 8.30am!

If you are working you may find it easier to phone our helpline before you start work. We are open Monday to Friday 8.30am to 5pm.



“
I've seen myself what caring for a loved one can do to you, as my dad cared for my mum who had physical health problems.
”

Changing lives through homecare

If you are looking after a family member or friend, the support of homecare professionals can be essential in providing support for you and the person you care for.

Care professional Kerry Giles-Brown recently celebrated 30 years of helping people through her work at Caring Together Charity. To mark her three decades of service she held a fundraising tea party to help us do more to support unpaid carers across Cambridgeshire, Peterborough and Norfolk. We caught up with Kerry and others to learn more of her work and the impact that she has had.

Kerry has her own personal reasons for knowing how challenging and relentless it can be for people looking after someone who could not cope without their support.

She said, "I've seen myself what caring for a loved one can do to you, as my dad cared for my mum who had physical health problems.

"He cared for her at home until she sadly died and even though the caring was immense and stressful, never once did I hear him complain."

"My aim is to keep people living in their home, safely."

Our chief executive Miriam Martin expressed her appreciation of Kerry's on-going work. She said, "Providing homecare is an essential part of our charity's work to relieve the pressures that many unpaid carers face in looking after someone.

"It means an unpaid carer can take a much-needed break, knowing their family member or friend is

being well looked after. We are immensely proud of the work our care professionals do. And seeing all that Kerry has done for people over 30 years is absolutely outstanding.

"She really is thoughtful and compassionate and willing to go the extra mile for unpaid carers and their families.

"I am so grateful to Kerry, she is a dedicated care professional and a great ambassador for Caring Together. People like Kerry are essential to our work to prevent unpaid carers being in crisis, isolated or feeling they are struggling alone.

"Having attended the fundraising event Kerry held, it was humbling to hear from some of the families she has supported just how life changing her help has been.

"It says a lot about Kerry, and how the people she supports value all she does, that she chose to hold a fundraising get-together, and the response that she had."

Kerry's role includes providing personal care, helping with meal preparation and jobs such as washing. But many of her clients have commented on how Kerry's friendly personality and companionship are also hugely valuable.

Trevor and his wife, Irene, are among those to have been supported by Kerry. Trevor and his daughter provide much of the support Irene needs but value Kerry's help with each visit. He said, "Kerry is very upbeat, she livens the place up. Not only for Irene, for me as well."

Kerry helped to support Helen Oliver's mum, Shirley, and Helen is also grateful to have had this support.



▲ Miriam made a presentation to Kerry in recognition of her outstanding service as part of the Time for Tea in '23 event held at Littleport Ex-Servicemen's Club



▲ Kerry with Trevor

“
My aim is to keep people living in their home, safely.
 ”

Helen said, "She changed our lives. We called her Hurricane Kerry! She would come in like a hurricane and lift the mood in the house. When I say about bringing the outside world in, well she did. It came gusting through the door with her, but it was really, really positive and she would lift my mood."

Could you benefit from homecare?

Homecare can take the pressure off you as an unpaid carer, and give additional support for the person you look after. If you would like to know more about how homecare can help you do contact us for a chat.

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

You can also contact us if you would be interested in working with us as a care professional or in another role.

The support you need this winter



If you are looking after someone, winter challenges can include the cost-of-living crisis, weather, seasonal illness, and other factors.

Support and advice are available to help you be prepared. If you want to talk to us about anything we mention here, please do get in touch.

Staying connected and reducing isolation

We have carers hubs, groups and activities for carers of all ages. You can see our website at caringtogether.org/events or contact us to find out what we have coming up that would suit you.

Also see our directory at caringtogether.org/carers-directory or pages 20-23 for details of other organisations and services that can help you.

For more about what is available in Norfolk at carersmatternorfolk.org.uk/carers-directory

Have an emergency plan

Knowing you have a plan for how you would manage in an emergency is a practical help and takes away worry.

In Cambridgeshire and Peterborough we can support you with a What if? Plan. This covers situations when you are unable to look after your loved one, such as sudden illness, unplanned admission to hospital, or your car has broken down.

You can be prepared for other emergencies including equipment breakdowns, power cuts, loss of water supply and more. See caringtogether.org/emergency-planning for information on organisations that can help in these situations and other things for you to plan for.

If you are in Norfolk, you can see details on emergency planning on the Carers Matter Norfolk website at carersmatternorfolk.org.uk/emergency-planning

Herbert Protocol

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

The Herbert Protocol is used by Cambridgeshire and Norfolk Police and other agencies. It encourages carers to compile useful information which can be used if a vulnerable person goes missing. This means a search can begin more quickly.

See more at caringtogether.org/carers-directory/herbert-protocol-cambridgeshire or carersmatternorfolk.org.uk/carers-directory/herbert-protocol-norfolk

Planning with your family

Thinking and planning ahead around upcoming events, including Christmas, can make life easier for you and the person you look after.

Talk to your family and friends, and raise any worries or concerns you have. Manage their expectations and be realistic about what is doable or desirable for you and the person you care for. Say what you and the person you care for would find helpful and useful, and what may be challenging.

You can see what opportunities there are for you to have a break or share caring responsibilities. People may not be aware of what is involved in your caring role and its demands until you explain the situation to them.

There may be other ways for you to be able to take a break. Contact us to find out more.

Help with medical appointments

If you have a medical appointment of your own and are struggling to attend it, help is available. Contact us for support, that may include making sure the person you look after is cared for while you are at your appointment.

If you are invited for a flu vaccination this can help protect you and the person you care for. Make sure your GP knows you are an unpaid carer.

Staying warm

NHS advice suggests that when the weather drops below 8°C, some people are at increased risk of physical and mental health conditions. With colder weather, having the right advice and support for staying warm is important. If you would like to know more about help potentially available to you, please do contact us.

Get in touch with us!

See page 15 for how to get in touch.

YOUR MENTAL HEALTH AND WELLBEING

You or the person you care for may benefit from support with your mental health during winter. Below are some local and national organisations that can help.

For urgent help with mental health call the NHS on 111 and choose option 2.

National

- Samaritans - 116 123
- Childline - 0800 1111
- Kooth - [kooth.com](https://www.kooth.com)

Local

- Cambridgeshire and Peterborough NHS Foundation Trust - cpft.nhs.uk/carers
- Mind CPSL - cpslmind.org.uk
- Qwell - cpslmind.org.uk/Qwell
- Norfolk and Suffolk NHS Foundation Trust - nsft.nhs.uk/mental-health-conditions
- Wellbeing Norfolk and Suffolk 0300 123 1503 wellbeingnands.co.uk/norfolk
- Norfolk and Waveney Mind - 0300 330 5488 norfolkandwaveneymind.org.uk

Your voice matters

There is nothing more powerful in helping us campaign for change than your voice as an unpaid carer!

This year we are once again producing a Carers speak out report to share what needs to be done to help carers across our region.

Are you a working carer, retired, in education or caring full-time? Whoever you care for we want to hear about the issues that have affected you and the support that would make a difference to you.

Thank you to every unpaid carer who has already shared their thoughts and experiences.

We want you to share your voice as well.

“

As my partner becomes less physically able, blind and his mental capacity reduces, I find myself less able to fulfil my own needs mentally physically or emotionally. I am exhausted and very low in mood. I get help and support from the local services but feel at a loss as to how to maintain my own self.

”

Telling your story

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

Or you can:

- Send your comments by post to Carers Speak Out, Caring Together, L D H House, Parsons Green, St Ives, Cambridgeshire, PE27 4AA
- Call us on 0345 241 0954 with your comment for us to note it down.

Your comments will help us 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.

You can read last year's Carers speak out report at caringtogether.org/news/carers-speak-out-report/





Unpaid carers and domestic abuse

Amanda Warburton, Partnership Officer at Cambridgeshire and Peterborough Domestic Abuse and Sexual Violence Partnership, says domestic abuse is something that can affect people of all ages and backgrounds.

A project at Cambridgeshire County Council is looking at the issues around unpaid carers who are subjected to domestic abuse.

Domestic abuse can take the form of physical violence, which is probably the image that first comes to mind, but it can also involve controlling behaviours, sexual abuse and economic abuse. The Domestic Abuse Act 2021 sets out the types of behaviours covered by the Act and explains that abuse can happen between intimate partners, ex-intimate partners and relatives.

Carers can be at particular risk of abuse from the person(s) they are caring for, for a number of reasons.

There may be a history of domestic abuse in the relationship and caring adds a further complexity to that.

In some cases, health issues and medication can lead to a change in behaviour and sometimes this could result in aggression.

Carers may feel that asking for help could be seen as a sign that they 'can't cope' with their caring role, or they may feel guilty if the behaviours appear to be as a result of ill-health. Speaking out might also lead to worries about costs of alternative care and accommodation as well as concerns about affecting other relationships within the family.

Cambridgeshire and Peterborough Domestic Abuse and Sexual Violence Partnership are working with Caring Together to provide training for professionals about the complexities of domestic abuse where there is a caring relationship and how they can support carers who are in this situation.

They are also running an anonymous online survey to gather information from carers about what support they would like. This can be found at smartsurvey.co.uk/s/WVCYQY/

Do you need support for domestic abuse?

Domestic Abuse Support Service (DASS) provide support to anyone experiencing domestic abuse in Cambridgeshire and Peterborough.

You can self-refer to DASS by phone on 0300 373 1073 or email DASSReferrals@impakt.org.uk



We are here to help you get the support you need

If you are looking after someone having the right support for you makes a huge difference.

You may be new to your caring role, your circumstances may change suddenly, or you face a new situation, and it can be difficult to know where to turn, or what is available to you. We believe no unpaid carer should be in crisis, isolated or struggling alone.

That is why you can speak to us to make sure you get the support you need.

See how you can get in touch, other ways you can get information to help you, and just a few examples of the type of situations where we have been able to help people like you.

Jane's story

Jane's husband had just had a stroke. She was new to being a carer and unsure about what support would be available to them. She was worried who would support her husband if she was unwell.

We arranged an emergency plan with her, which would come into effect if this happened. This gave her peace of mind.

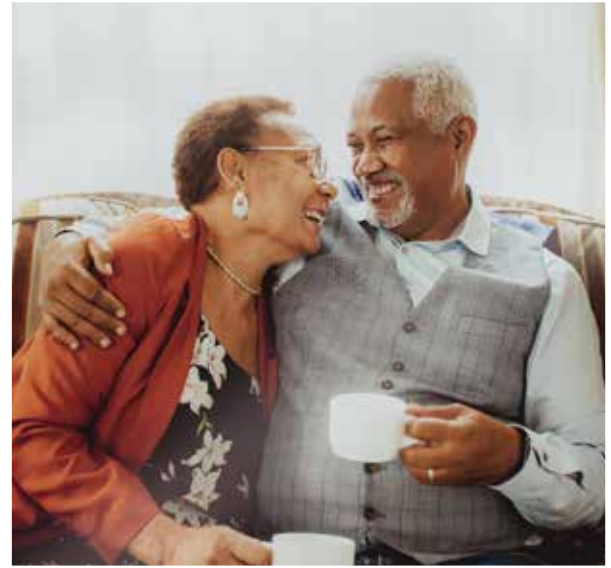
We also talked her through other support available, and Jane was referred to the occupational therapy service for equipment to help her husband in their home.



Keith's story

Keith was referred to us as he had started to feel isolated and lonely in his caring role. He was caring for his wife and had no family locally.

Keith was able to leave his wife for short periods, so we put Keith in touch with one of our carers hubs where he was able to meet other carers in a similar situation.



Bob's story

Bob contacted us as he needed some help to get to a hospital appointment. He was unable to leave his wife who has dementia and was worried about taking her with him.

Our homecare team were able to provide a care professional to look after his wife without any charge to Bob, while he went to his appointment.

FOR MORE ADVICE OR HELP

Contact us

If you live in Cambridgeshire or Peterborough, you can call us on 0345 241 0954 or email hello@caringtogether.org

Our phone line opens at 8.30am each weekday.

You can now also use our online self-referral form at caringtogether.org/refer-a-carer to tell us about your situation. We will then contact you to help you get the help and advice you need.



Online

You can also find information online:

- on our website at caringtogether.org
- in our Carer's Directory which is at caringtogether.org/carers-directory

You can also sign up for our regular email newsletter and this Caring magazine at caringtogether.org/keepintouch

Do you live in Norfolk?

If you are a carer in Norfolk, we are a partner in Carers Matter Norfolk. Call 0800 083 1148 or email info@carersmatternorfolk.org.uk

You can also make a self-referral via the website at carersmatternorfolk.org.uk



Christmas cards that change lives!



We are very excited to launch our Christmas card range for 2023, including a unique Christmas card that has been designed by one of the young carers we support in Cambridgeshire, 10-year-old Sophie.

Sophie looks after her mum who suffers from a long-term, debilitating illness, which is tough when you are only 10 years old.

Children like Sophie, who look after a parent or sibling, are often busy after school and at weekends helping with jobs such as cleaning, cooking dinner, administering medication, looking after younger brothers or sisters, and helping the person they look after with getting ready for bed or getting washed.

Children and young people who have a caring responsibility face all the usual challenges of being a young person such as making friends and passing exams, but with added responsibilities on top that many adults would struggle to cope with.

They can feel tired and struggle to get homework done, miss out on the fun times that other children can take for granted, and miss school because someone needs them at home. In lessons they may be distracted, worrying about the person they look after.

At Caring Together Charity we provide outings and activities for children who look after someone, that give them that much needed break from their caring role. They meet up with other children of a similar age who are also young carers and understand what it is like to carry these responsibilities every day of the week. All activities are organised by specially trained staff and volunteers who are on hand to give that bit of extra support and guidance to the young carer and their family and provide a much-needed listening ear.



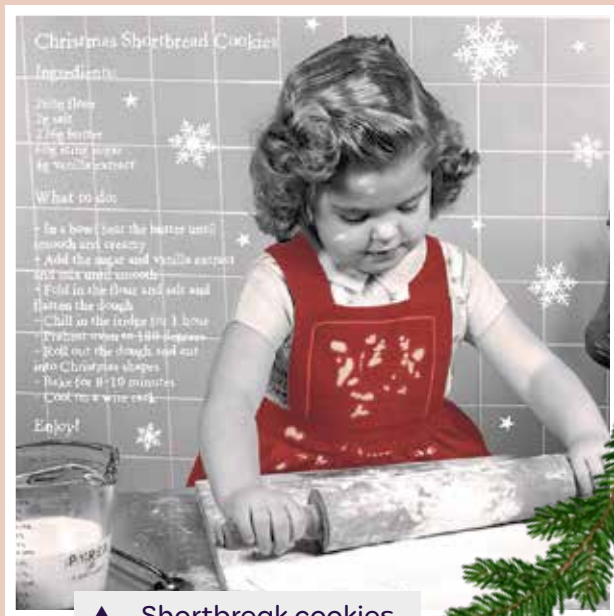
Tonya, Sophie's mum said: "Sophie's confidence has grown so much since she joined the young carers groups. She gets to try new things and is always up for a challenge."

"It's lovely to see her taking part in activities that I am unable to do with her because of my disability. Sophie deserves a break from caring for me, so thank you Caring Together."

Sophie's card, 'Gingerbread House' is just one of our new range of four cards for this Christmas. Every pack bought helps to fund our vital services for carers of all ages. We receive 58p for every £1 spent on our Christmas cards, so a much higher proportion of what you spend comes to the charity than for most supermarket charity cards.

You can order your cards online at caringtogether.org/christmas-cards or by completing the order form in the enclosed leaflet. To request additional Christmas card leaflets for 2023 please:

- email your name and address to fundraising@caringtogether.org, or
- phone us on 0345 241 0954



▲ Shortbread cookies
▼ Over the roof tops



▼ Festive donkeys and geese



▲ Gingerbread House by Sophie



Time out

Test your TV knowledge

Answers
will be in
issue 33!



Television has changed a lot over the years!

Some programmes have come and gone, and there are now new favourites. And this quiz also highlights a few that have stood the test of time and are still on screen after many years (see the years given for each show being produced).

How many of the programmes are there that you remember or enjoy? And how many answers do you know without looking them up?

- 1 Which fictitious police station was PC George Dixon based at? (1955-76)
- 2 In University Challenge how many points is the penalty for a team interrupting a starter question with an incorrect answer? (1962-)
- 3 Soap opera character Meg Mortimer brought the role of unpaid carers to TV screens. This led to the creation of a charity named after the TV show. What was the name of the programme? (1964-2003)
- 4 In the 1960s a 'test card' was introduced featuring a girl and her toy clown. What game were they pictured playing? (1967-1997)
- 5 In Dad's Army, what was Corporal Jones' (played by Clive Dunn) day job? (1968-77)
- 6 When 'Newsround' first aired, the presenter's name was part of the title of the programme. What was his name? (1972-)
- 7 In The Muppet Show, what instrument did Rowlf the Dog play? (1976-81)
- 8 In Hi-De-Hi, what job did Peggy aspire to have? (1980-88)
- 9 What was the name of Victor Meldrew's wife in One Foot in the Grave? (1990-2001)
- 10 Nick Berry played PC Nick Rowan in Heartbeat. But what character and popular soap has seen him become a well-known TV actor? (1992-2010)
- 11 When Dr Who returned to our screens in 2005, which actor played The Doctor? (1963-89, 2005-)
- 12 When The Great British Bake Off first came on to television, who were the first judges? (2010-)



Issue 31 A day at the seaside

Across: 1 Beach, 3 Bucket, 8 Dune, 10 Fish and chips, 12 Hut, 13 Crab, 15 Spade, 17 Lilo, 19 Ice cream, 23 Marina, 24 Parasol. **Down:** 1 Boat, 2 Camp, 3 Ball, 4 Cold, 5 Towel, 6 Ocean, 7 Sandcastles, 9 Pier, 11 Shell, 14 Sun cream, 16 Rockpool, 18 Swim, 20 Chair, 21 Mat, 22 Waves

Carers hubs

You can also take time out at our carers hubs

Our carers hubs offer opportunities for you to meet other unpaid carers, have peer-to-peer support or professional support from one of our advisors, enjoy relaxing activities and hear from local speakers.

There is no cost to join a carers hub and refreshments are provided. Please contact us (see page 23) for venue information and to find out if the person you look after can accompany you.

Adult carers

Peterborough

Second Wednesday of the month
10.00am-12.00pm

Huntingdon

Second Tuesday of the month
10.00am-12.00pm

Girton

Third Tuesday of the month
11.30am-1.00pm

Wisbech

First Wednesday of the month
10.00am-12.00pm

Ely

First Thursday of the month
10.00am-12.00pm

Great Shelford

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

Parent carers

Peterborough

Last Tuesday of the month
10.00am-12.00pm

Parent carers (online)

Fourth Thursday of the month
10.00am-11.30am



Autumn crumble

Who can resist a tasty crumble when the clocks change? It's a real comfort food.

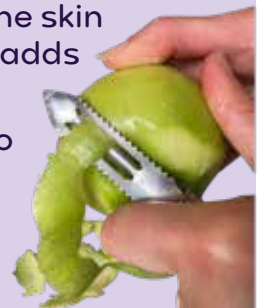
Ingredients

4 cooking apples or pears, or a mixture of both
Handful of sultanas
140g plain flour
100g margarine
2-3 tablespoons demerara sugar
4 tablespoons rolled oats
1 teaspoon cinnamon
1-2 teaspoon honey



Method

1. Heat oven to 200°C/180°C fan/gas mark 6.
2. Soak sultanas in hot water for 10 minutes.
3. Sift flour into a bowl with margarine.
4. Use your hands to rub margarine and flour together until it all looks like breadcrumbs.
5. Add sugar, oats and cinnamon to the bowl.
6. Core apples and pears. Peel the skin if you prefer but keeping it on adds fibre, vitamins and minerals.
7. Thinly slice fruit and place into an ovenproof dish.
8. Drain sultanas and add to ovenproof dish.
9. Drizzle honey over.
10. Sprinkle crumble mixture over top and bake for 20-30 minutes until fruit is bubbling and crumble is golden.
11. Serve with custard, ice cream or crème fraîche.



You can make a crumble with different fruits. Why not try your favourites?

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 Activities

Events for those living with memory and dementia related illnesses, including singing and Love to Move exercises.

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

The Thursday Club

Respite day club in Brampton for people with dementia related illnesses. Third Thursday of the month 9.30am-3.30pm.

Tel: 07890 866389

Email: hello@bramptondementia.co.uk

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

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

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

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



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.

Interested in joining or want to find out more?
Please contact
Steve Acklam - Chair of the Carer Council
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.



“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

