

Caring

For everyone looking after a family member or friend

**Ullswater Way
21-mile hike
raises £3,900
for unpaid carers**



JANE'S STORY

"We've all got experience of dementia in different ways – in our work environment or with a loved one"

**Time out including
quiz and recipe**



**CARING DURING
CHRISTMAS
AND NEW YEAR**
Tips and ideas for you

DIRECTORY
of services and support
available to carers

 **Caring
Together
Charity**

Hello and welcome

If you are caring for someone, whoever that person is and whatever their needs, we are here to give you support.

Caring can be both a hugely rewarding and incredibly demanding experience.

This issue of Caring magazine reflects that. As well as sharing the stories of carers, there is seasonal advice for you, and you can see more about some of the ways in which we can support you.

You will also be able to read about ways you can become involved in fundraising activities to help more carers get the help they need. And there are other opportunities for you to give your support and make a difference to carers. These range from you supporting carers as a volunteer, or taking small actions that together can add up to have a big impact.



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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The right support for you

When you are looking after a family member or friend it is important to have the support and advice that is relevant to you – for your sake, as well as the person you care for.

Your caring situation can change over time. There can be changes in the health of the person you care for, your own health or ability to support them, or your wider circumstances. For example, changes to your work, or other people's availability to help can affect you.

You may not be conscious of the impact of these changes on you and the person you care for straight away. It is worth thinking through your current situation, any changes you have had and what may now be beneficial.

You can get in touch with us to ensure you are getting all the support relevant to you in your situation. If you are currently getting support from us, tell us if things have changed, or if you have changed your mind about wanting something we have mentioned before.

If you have not been in touch for a while, you can let us know your current situation by phone, email or via our website.

We have an online form available where you can tell us about your caring role and the things that you would like to talk to us about.

One of our team will then get in touch and talk through how we and others can help.

As well as Caring magazine our monthly email newsletter can also keep you updated on what is available to you.

Find out more

See details of the ways you can get in touch and stay updated on the latest information for carers on page 15.

Emergency support

In an emergency call 999.

Cambridgeshire and Peterborough

If you need help with your care or need to report an adult at risk of harm in Cambridgeshire or Peterborough you should call 01733 234724

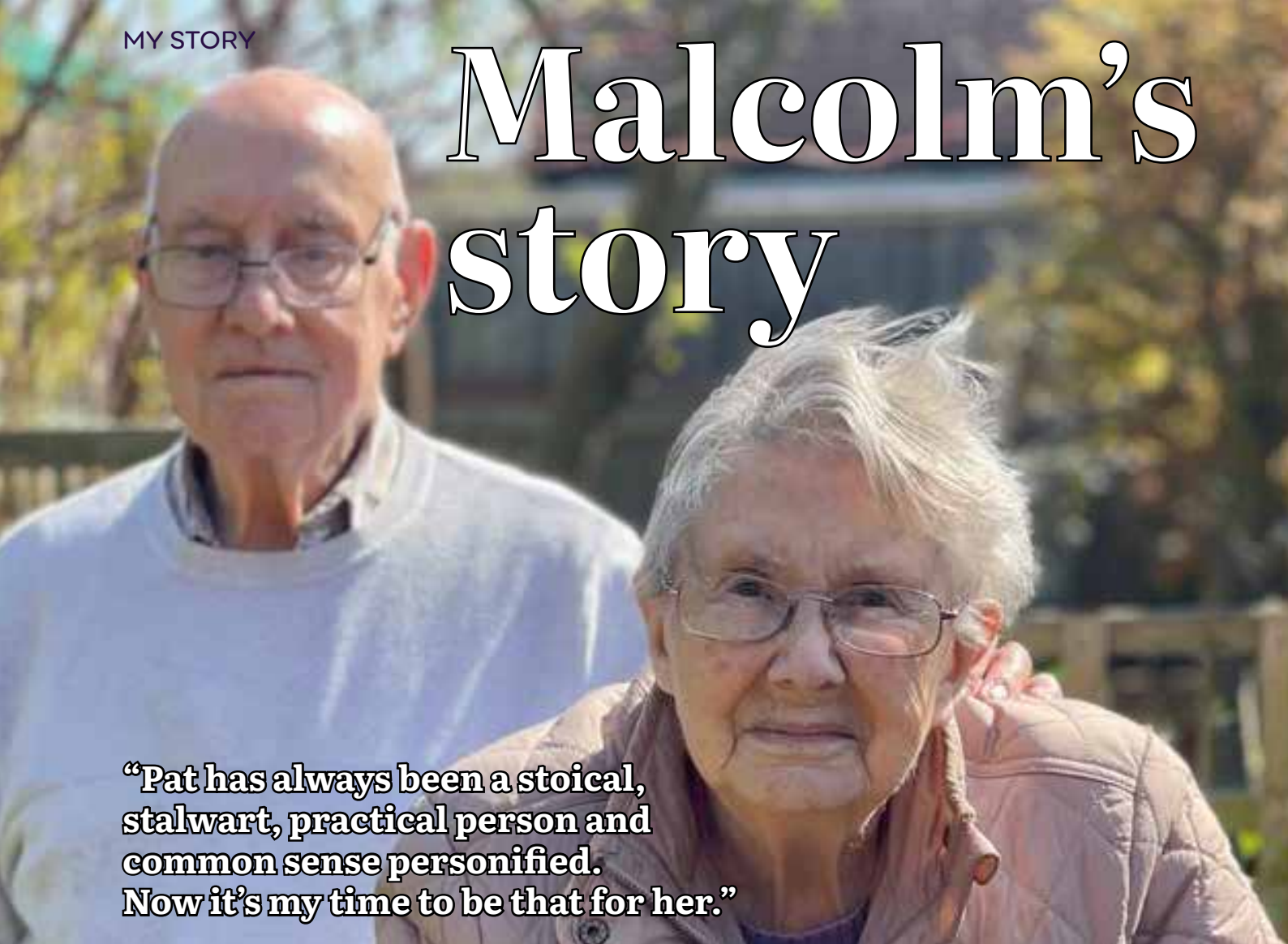
Norfolk

If you need help with your care or need to report an adult at risk of harm in Norfolk you can contact Norfolk County Council by phone or text relay.

Telephone: 0344 800 8020
This number is open 24-hours a day.

Text relay: 18001 0344 800 8020
for people with hearing or speech impairments.

Malcolm's story



“Pat has always been a stoical, stalwart, practical person and common sense personified. Now it’s my time to be that for her.”

Malcolm cares for his 91-year-old wife Pat, who has recurring bowel cancer and memory loss. He sees his role as a 'special job' and one he devotes his love and attention to.

On top of caring for his wife, 88-year-old Malcolm is also managing his own medical problems and has recently been diagnosed with a rare form of Burkett Lymphoma.

Although Malcolm sees caring for Pat as a privilege, it does cause him concern, especially as she will need to go into respite care while he is in hospital or recovering at home after radiotherapy treatment.

He says, "I am anxious about Pat. She's quite dependent on the attention I give her, or I want to give her all the attention she needs. Others may feel that is not necessary medically. It's this love of her."

Malcolm was keen to share his caring story with us because he not only wanted to raise awareness of the challenges unpaid carers face but say a huge thank you for the support he has received from our charity.

We have supported Malcolm with advice on support that is available, emergency planning and carer breaks.

Malcolm says, "The greatest concern I have for Pat is her mobility. If she fell over, we would have significant problems."

It's for this reason that he doesn't like to take a break from his caring role and leave Pat with someone else for too long. However, he has great trust in our Care Professionals that help to care for Pat while Malcolm attends medical appointments.

He says, "The carer breaks service is of great support to me. I can attend to my own medical needs knowing that Pat is being well looked after."

We sit down and chat in a home that is peppered with beautiful memories of the loving and precious life they have had together and continue to have. Wedding and family photographs sit proudly on side tables and on the wall and as we talk the couple hold hands, and Pat nestles her head into her husband's shoulder.

When asked whether he sees himself as Pat's carer, Malcolm takes a moment to reflect and says, "For the 64 years that we've been married, what Pat has done for me and the kids, I now have the privilege of doing for her.

"This is my opportunity to repay all the love she's bestowed on us over that time.

"Pat has always been a stoical, stalwart, practical person and common sense personified. Now it's my time to be that for her."

Malcolm was born and bred in Bolton and Pat in Leamington Spa. Malcolm was serving in the Royal Air Force at RAF Gaydon when they met at a local dance where Pat thought "he was a charming man". A few days later they had their first date at the local cinema to see the musical *Guys and Dolls*. The couple were married in 1959.

Malcolm and Pat have two supportive daughters and four grandsons who live out of the area but are in regular contact with them and would be 'up to see them in a flash' if anything happened.



He says, "It's difficult for us to go and visit them because Pat is unable to get up the stairs. But our daughters come and stay for two or three days every other two months. We text each other daily and talk on Zoom for 30 minutes each week."

“
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 after.**
 ”

Married life has dramatically changed for the couple whose Christian faith is very important to them. He says, "Prayers and praying is really important to us. But we have difficulty getting to the morning service. We've tried a couple of times, but by the time we get washed, dressed and fed, there is limited time."

Malcolm was a civil servant and Pat was a school cook before they retired and life before the onset of their medical conditions was full of walking, playing Bridge and going to jazz concerts.

Both their faces light up when they talk about their favourite Jazz musicians – Dave Brubeck, Ella Fitzgerald and Nina Simone.

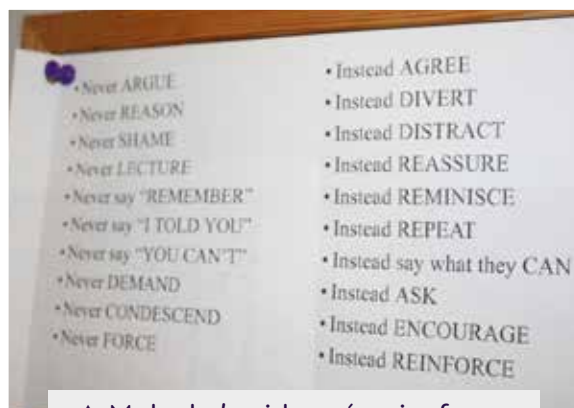
Malcolm's hours and days are now filled with caring for Pat, who needs 24-hour care. He says, "Caring for Pat is the whole nine yards. Both her physical needs and because of her memory loss. I am doing more caring for her on that side of things."

"As Pat will say, she's had a good innings and if her cancer which is growing very, very slowly moves to the terminal business then so be it."

"Despite us both being on Palliative Treatment Plans, we both are of the opinion that 'It ain't over till the fat lady sings!'"

"She is not in any pain. The main pain Pat is being exposed to is the indignity she is being exposed to now. Even though we've been married for all these years, the lack of total privacy causes her some angst."

Caring for Pat is a regimental operation combined with love and devotion for Malcolm.



▲ Malcolm's aide-mémoire for coping with Pat's memory loss
▼ Wedding photos from 1959



“Caring for Pat is the whole nine yards. Both her physical needs and because of her memory loss. I am doing more caring for her on that side of things.”

Apart from having a cleaner come in once every three weeks, all the cooking, cleaning, house and garden maintenance is done by him.

His day begins at 7am with a cup of tea and chat in bed. He then prepares breakfast and puts the washing machine or dryer on.

Malcolm adds, "I then get Pat into her dressing gown and we sit and have breakfast together. Pat has no concept of time, so breakfast takes time."

Malcolm will get Pat's clothes ready while she has a shower. When she's ready he helps her to dress. She will then sit in the lounge and have a nap. He uses this time to clean the house and do other jobs that need doing.

Lunch comes next and then dinner, where they enjoy a glass of sherry or wine together. They spend the evening watching the television and then it's on to the 'evening shift'.

Malcolm says, "The evening shift involves shutting things down and getting Pat ready for bed. I do the final locking up and I might have a stiff whisky and that's the typical day."

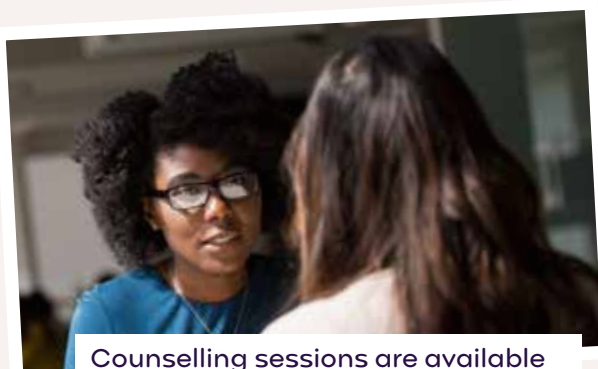
Making sure you are not caring alone

If you are looking after someone, you may at times feel isolated or as though you are struggling alone. Or you may feel you need to be able to talk to someone about your situation. We can support you.

As well as the local support mentioned here, you can read about how you and the person you look after can benefit from hubs and day clubs we provide (see pages 8-11) and a new befriending service that we are launching in Norfolk (page 13).

Support from counselling

If you are feeling stressed, anxious or overwhelmed, we currently have free counselling support on offer in central Cambridge and St Ives. If you would like to be considered for this support please call 0345 241 0954 or email counselling@caringtogether.org



Counselling sessions are available in central Cambridge and St Ives

Groups for carers

If you would like to meet up with other unpaid carers, see details of our hubs in Cambridgeshire on page 19. Or to find a group in Norfolk please visit carersmatternorfolk.org.uk/groups



You can meet other carers at our hubs or as part of the Connecting Carers service



Are you feeling isolated or lonely?

Our Connecting Carers service in Huntingdonshire offers opportunities to connect with another carer or carers so you can have social interaction, mutual support, and companionship. You can choose whether you would like to be introduced to another carer one-to-one, or as part of a group.

You also choose how you would like to organise the contact – by telephone, online meeting or in person. You can also tell us if you would like to be introduced to another carer who looks after someone with a similar condition, illness, or physical disability. The Connecting Carers team will then look to put this in place based on your needs and requirements, using the information you provide.

If you live in Huntingdonshire and would like to be involved in this opportunity, please email connectingcarers@caringtogether.org or call 0345 241 0954

“
Everyone’s journey
is different and
someone having some
understanding may help.
”



Caring at the heart of the community

You don't need to spend long at Brampton Day Club to realise, "It feels very much a community."

These were the words of volunteer Jane Coggin who leads on the running of the club, and has been part of it since it started. Jane became involved when she heard the day club was first being set up.

She has very personal reasons why her role matters so much to her, "I had lost my mum to Alzheimer's the year previous to that.

"I saw this group, and I saw a way of trying to help others – it can be a difficult disease to understand.

"It's a journey everyone has but everyone's journey is different and someone having some understanding may help."

Providing a valuable service

The Thursday Club is one of four activities of the Brampton Dementia Friendly Community. It runs monthly on the third Thursday of every month. The club provides activities for the people who attend and a break for carers, who know the person they look after is being well cared for. Jane says, "Caring Together provide professional carers who work alongside a large group of volunteers from the village who have all been trained by Caring Together.

"We've all got experience of dementia in different ways – in our work environment or with a loved one."

She says volunteers working alongside Caring Together Care Professionals works well.

"It is really nice because without having Caring Together we couldn't offer this as we [volunteers] are not able to provide any personal care. Caring Together are also able to bring us into their wider network and we ensure people are aware of other things they do to help carers."

There is a friendly and relaxed atmosphere at the club, "The sessions have different activities, they are fairly free flowing – craft, board games, puzzles – people can sit and talk.

"Before lunch we tend to have a volunteer to do a Love To Move session."

A cooked lunch and refreshments are provided. After lunch are more activities such as bingo.

The value of volunteering

Jane describes why she values her role with the day club, "I think it is feeling that you can offer advice or just an ear to listen to those who are on a similar journey.

"If you've not experienced dementia, it's really hard to imagine some of the symptoms and the difficulties of living with dementia."

For Jane it was her own experience with her mum Marg, but each of the volunteers brings their own experiences. And the chats with the unpaid carers are also a valuable part of the club.

"It makes people feel they are supported, and they are not on their own. Sometimes they may need to offload. They go away feeling better."

The club has been an important part of Jane's life since losing her mum, "It is part of the process of coming to terms with it.



▲ Volunteers are trained to deliver Love To Move sessions as part of the day club



▲ There is always plenty of time to talk

"I have filled my time in a different way – it is nowhere near as involved, and not as emotionally involved."

“
Between us we
can offer some
suggestions,
sometimes we are
just there with a
cup of tea.”

"We have people whose loved ones have passed away or have moved into a care home come back to volunteer."

The club is part of the Brampton community. People see each other in the village and arrange to meet up outside of the sessions.

It plays an important role for the attendees, carers and volunteers, and has also seen the wider community become more dementia aware.

Find out more

Learn more about day clubs at caringtogether.org/day-clubs

If you want to learn more about volunteering with Caring Together see caringtogether.org/volunteer



Caring during Christmas and New Year

The festive period can bring some precious times. It can also be demanding and exhausting. Everyone's Christmas is different, but here are some ideas for making life as a carer a little easier.



Plan ahead to reduce last minute stresses. If you like to do the cooking, try to do some beforehand and freeze it, or ask others to bring a dish. If you shop online, secure a delivery slot well before Christmas.



Agree your approach. Talk with family and friends beforehand about how to do things, it reduces misunderstandings and helps things run more smoothly.



Think of ways to make things easier. Noise, decorations, and changed routines can be stressful. Sometimes keeping things as normal as possible works best. Websites for specific conditions can help, such as:

National Autistic Society's Christmas tips autism.org.uk/advice-and-guidance/topics/leisure/christmas/tips

Alzheimer's Society's dementia Christmas alzheimers.org.uk/blog/how-support-dementia-christmas



Ask for help. Let people know your concerns around caring and Christmas. They may not have realised how stressful caring is and be happy to help out.



Try to have time for you.

If you can delegate some responsibilities, a little bit of 'me' time can make a big difference to your wellbeing.



Check Christmas opening times

and make sure you've got enough medication.

Some GPs, pharmacies and other services are limited over Christmas. Find out opening hours in advance. Remember, you can call NHS 111 for advice.



Have an emergency plan.

Planning for all situations can give you the peace of mind that your loved one will be looked after if something happens to you. See our emergency planning web page at caringtogether.org/emergency-planning and get in touch to discuss this with us (you don't have to live with the person you care for).



Reduce money worries

by talking to family and agreeing how you'll do gifts. Perhaps buying or making something small, having a secret Santa or agreeing no presents at all. You may find others feel the same as you and are relieved to talk about it.



Do something together. Set aside time to do something special together, watching a favourite film, having a takeaway - whatever feels like a festive treat for you and the person you care for.



Finally, **be realistic**, Christmas doesn't have to be perfect, take the pressure off by not putting high expectations on the day or yourself and enjoying the little things that don't go to plan!

Getting needed support

If over Christmas or New Year you realise you or someone you know would benefit from more help, get in touch.

Support could be regular homecare, time to attend an event or perhaps a day centre for the person you look after. See pages 3 and 15 or caringtogether.org for details.

If you or someone you know are feeling isolated, you might like to join our carer events, or face-to-face and online hubs. These are a great place for a chat as well as being a safe place to talk about issues without judgement. If you're a younger carer, you can also see our activities for you.

See our upcoming activities at caringtogether.org/events

Or you may want to consider volunteering as a great way to connect with people. To find out more visit caringtogether.org/volunteer

SELF-CARE

The festive period can be stressful, and you may feel empty when it's all over. These ideas might help:

- Try to get outside at least once a day, even for a short walk.
- Limit your time on social media.
- Do little things that help, like messaging friends each day.
- Lift your mood by consciously thinking of five things that you're grateful for.
- If you're feeling low, making plans can be difficult, but even a short time with friends can give you a boost.
- Set some realistic goals to achieve in 2024.

For more tips, please visit caringtogether.org/news/self-care-winter-and-christmas/

Together we can bring change

More than three in five of us will provide someone with care at some point in our lives. And many of us will need the care provided by one of our family or a friend.

Caring affects us all but none of us plan to become a carer.

Almost three quarters of us who provide care, or have provided care in the past, have never identified as or called ourselves a carer. This means many people miss out on essential support, and that carers do not get the recognition they deserve

For Carers Rights Day 2023 we have been raising awareness of the challenges faced by carers and calling for change.

While Carers Rights Day (23 November) is just one day our belief no unpaid carer should be in crisis, isolated or struggling alone is one we act on year-round.

Simple ways you can act

Each of us can help change the lives of unpaid carers.

- Speak to someone you know who looks after someone to see how they are, and check they know they can get help from Caring Together and other organisations.
- Use social media to share your own experiences – or share information posted by Caring Together on **Facebook, Instagram, X (Twitter) or LinkedIn.**
- Request our free posters or leaflets for use in your GP surgery, clinic, workplace, school, college or in any other place you can make carers aware of our support. See **caringtogether.org/order-resources** You can also use the back cover of this magazine as a poster.

There are lots more simple ways you can help raise awareness at **caringtogether.org/pledge**

Together we are stronger

This winter we are asking you to pledge to take one small step to support carers. In fact, you may already be doing one or more of our suggested actions and we just need you to tell us!

A simple action by you could make a huge difference for someone else.

To sign up today please go to **caringtogether.org/pledge**





You can change lives, by becoming a Befriender

You can help provide vital companionship and support to unpaid carers in Norfolk by joining our team of volunteers.

Arthur is 79 and cares for his wife, who has dementia. His wife no longer recognises him and over the years Arthur has lost touch with his friends due to the demands of his caring role. He lacks confidence to go out and spends his days at home. Arthur enjoys gardening but is no longer able to manage his garden alone.

There are currently more than 26,000 unpaid carers like Arthur, living in Norfolk, who provide over 50 hours of care each week to a family member or friend who need help because of an illness, frailty, disability, or a mental health issue.

Our Norfolk Befriending Service offers an inclusive, trusted service that connects volunteers with unpaid carers to make sure they can get out and about, take a break, or get some practical help at home.

The free service will match volunteers with unpaid carers to offer regular companionship at home, as well as supporting them to use services in their community, or to provide practical support such as dog walking, collecting prescriptions, shopping or gardening.

The service can also offer companionship for the cared for person at home, to help make it easier for the carer to get out into their local community for activities that give them support, friendship and improve their wellbeing.

Project Co-ordinator, Mel Ford, is excited to be leading this new initiative. She said, "I often speak to carers who are experiencing poor mental health, fatigue and loneliness due to the challenges of their caring role. The Norfolk befriending service will see our team of volunteers provide vital practical and emotional support to improve the wellbeing of carers in their community".

Thanks to The Earl of Northampton's Charity, via their sole Trustee, The Mercers' Company, for supporting this project.



Become a volunteer Befriender or refer an unpaid carer

If you are able to give some time to help carers like Arthur in Norfolk, or know an unpaid carer who would benefit from receiving this service, please contact the team for more information:

0345 241 0954

volunteers@caringtogether.org

We're here to listen and support



Striking a balance between keeping yourself healthy, caring and other parts of your life can be hard.

It may feel even more difficult in the dark winter months. You may be feeling low, finding it tough to cope during the festive season, and hard to have even a short break.

You may know what support you'd like and just need help to make it happen. But if you're not sure, talk to us. We're here for you, and can help in a range of ways.

Caring can be wonderful, it can also be really hard. If you feel close to breaking point, do get in touch. One of our team will listen and help you.

As Tom from our carer helpline says, "We're here to provide support. If you feel confused, tearful, angry or afraid, we are happy to speak with you, to listen and help make a difference."

How we can help

You may feel you need regular homecare for the person you look after, or something else. Support to have time for yourself or attend an important event might make a real difference to you. We can help with these and more, so do get in touch. Most of our services are completely free.

Being a carer or a former carer can feel isolating. Our hubs and carers trips may be helpful for you. They're a great way to connect with people in similar situations.

The festive season provides wonderful chances to be with people you haven't seen for a while. If you meet with someone looking after a loved one, and they seem to be struggling, please encourage them to contact us.

You can talk to us or see our website at caringtogether.org to find out more about how we can help you. Please do not hesitate to call us. The earlier you do, the sooner we can help.



John's story

John supports his wife, Mary, at home. Although they have four care calls a day, Mary cannot be left on her own. John was recently diagnosed with cancer and needed to begin chemotherapy treatment.

John contacted us for advice. We provided an experienced Care Professional to look after Mary when John needed to attend appointments, reducing stress for them both.



Julie's story

Julie looks after her mum who has dementia. Julie's son was going to university several hours drive away and she was the only person who could take him and his belongings.

Julie was not able to leave her mum for that long so we arranged for someone to be with her mum. Julie was able to have the day to take her son to university. She had peace of mind that her mum was being well cared for.

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](https://www.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](https://www.caringtogether.org)
- in our Carer's Directory which is at [caringtogether.org/carers-directory](https://www.caringtogether.org/carers-directory)

You can also sign up for our regular email newsletter and this Caring magazine at [caringtogether.org/keepintouch](https://www.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](https://www.carersmatternorfolk.org.uk)





Mission accomplished!

In October a team from Caring Together Charity took on the gruelling Ullswater Way Challenge and won.

It took the team just under 12 hours to complete their 21-mile hike around Ullswater in the Lake District, raising an incredible £3,900 to support unpaid carers across Cambridgeshire, Peterborough and Norfolk.

Despite the challenges of blisters, aching limbs, slips and trips, lots of mud and exhaustion the team were exhilarated at the end.

Lizzie Hindler who organised the walk wanted to raise vital funds and awareness. She said, "I have seen first-hand how lives can be changed overnight and people don't how to navigate the system without some help."

Lizzie is our Office and Customer Services Manager, but also sometimes helps with our trips and activities for children who are carers.

"It's very humbling," she said, "to go on the trips with young carers and see them happy and being a child for a couple of hours without their caring responsibilities."

The new year is a great time to plan a new challenge! If you enjoy walking, cycling, running or swimming, could you set yourself a goal and fundraise for Caring Together? You could team up with friends or colleagues so you support one another.

Scan here for lots of advice and inspiration!



Or visit caringtogether.org/fundraise-for-carers



Time for Tea in '23 continues...

...but this winter, how about swapping tea and cake for coffee and mince pies? You could even make the mince pies from the recipe on page 19.

A coffee and mince pies get-together can be a lovely way to meet up with neighbours, friends or family over the festive season, and enable us to continue to run local services to help unpaid carers.

Simply set a date and time, invite friends over to your get-together (and tell them it is to raise money for local charity, Caring Together) and collect donations on the day.

Go to caringtogether.org/tea for all the details you need including posters and invitations you can print off.



With love this Christmas

Many of the unpaid carers we support are very elderly themselves, with their own frailties and health problems. Donations and fundraising enable us to provide practical and emotional support for couples like Malcolm and Pat (you can read their emotional story on pages 4-6).

Donations to our special Christmas Appeal this year will mean that people who look after a family member can get advice from our helpline, support so they can go to their own medical appointments, and emotional support from our counselling service.

To make a donation:

- Send a cheque made payable to 'Caring Together' to:
Christmas Appeal
Caring Together Charity
L D H House
Parsons Green
St Ives PE27 4AA, or
- Call us on 0345 241 0954 to make a debit/credit card donation over the phone, or
- Scan here to make a donation online – it's easy and safe to do!
Or visit caringtogether.org/christmas-appeal



It's not too late to send Christmas cards!

We are very pleased to offer virtual Christmas cards this winter. These are cards you send by email so no need to worry about last posting dates or the cost of stamps.

Go to caringtogether.org/virtual-cards to pick your designs and personalise your cards.

A virtual or 'e-card' costs £2.00 and you can send it to up to 25 people. The best thing is you can add a donation amount of your choice, and every penny comes to Caring Together.

Time out

Quiz of 2023

Answers
will be in
issue 34!



2023 saw the Coronation of a new King after Her Majesty Queen Elizabeth II's reign of 70 years. For some readers seeing the Queen's Coronation on television may have been the first event they had seen televised. His Majesty King Charles III's Coronation will have been a much different experience as we got to see it in full glorious colour.

This issue's quiz takes a look back on the year includes questions on royalty, television, radio, sport and more!

- 1 King Charles III was crowned in May 2023, but in which historic building did the coronation take place?
- 2 Which major sporting event took place in Paris in Autumn 2023?
- 3 Who told the world that they felt like a 'Spare' early in 2023?
- 4 The 67th edition of which contest was held in May 2023 and what was unusual about it?
- 5 Which one-time host of Come Dancing returned to show off their high kicks in the 2023 season of Strictly Come Dancing?
- 6 The annual Tudor themed festival that took place in Peterborough in January 2023 commemorated which Queen?
- 7 Season 3 of which bleak Yorkshire based crime drama drew to a relatively a 'happy' conclusion in 2023?
- 8 Which popular presenter replaced Matt Lucas as co-host of The Great British Bake-off in 2023?
- 9 Which Classic FM radio celebrity returned to her home town of Great Yarmouth this year to open an education centre?
- 10 Which two blockbuster films were released on the same day in 2023?



Answers from issue 32 Test your TV knowledge

- 1 Dock Green
- 2 Five
- 3 Crossroads
- 4 Noughts and Crosses
- 5 Butcher
- 6 Piano
- 7 John Craven
- 8 A Yellowcoat
- 9 Margaret
- 10 Simon Wicks - EastEnders
- 11 Christopher Eccleston
- 12 Mary Berry and Paul Hollywood



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 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
10.30am-12.30pm

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



Make and freeze in advance

Mince pies

A simple mince pie recipe that all ages can enjoy making for the festive season.

Ingredients

350g plain flour plus extra for dusting
175g cold butter plus extra for greasing
6-8 tablespoons cold water
250g mincemeat
Milk for brushing pastry
3 tablespoons icing sugar

Method

1. Preheat oven to 220°C/200°C fan/gas mark 7/425°F.
2. Cut butter into 1cm cubes.
3. Grease two 12-hole cupcake trays with a little butter.
4. Add flour to mixing bowl.
5. Rub cold butter and flour between fingers until it looks like breadcrumbs.
6. Add 1 tablespoon cold water and stir into mixture thoroughly. Keep adding more until mixture comes together. Be careful not to add too much.
7. Form the pastry into a ball. Lightly dust surface with flour and roll the pastry as thin as it can go.
8. Use an 8cm circle cutter to cut out 24 circles. Place in greased tray.
9. Add one tablespoon mincemeat to centre.
10. Roll remaining pastry and cut 24 stars using a 7cm star cutter. Place stars on top of mincemeat.
11. Brush stars lightly with milk.
12. Bake for 15-20 minutes until pastry is golden and mincemeat bubbles.
13. While warm sprinkle over icing sugar using a sieve.

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

For those living with memory and dementia related illnesses, including a social café, singing group and Love to Move seated 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

Forget-me-not Journey Support Group

For those living with dementia and their carers. Every Tuesday 2-3pm at the Salvation Army Hall, Impington.

Tel: 07780 674563

Email: jan@hifriends.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, with professional carers, 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

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

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

Sibs

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



Looking after someone?

We can help you

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

- Expert advice and information from our helpline
- Groups, training, and activities for all ages
- Help to plan for emergencies
- Breaks and time off - including support from our care professionals.

Contact us to find out how we can help you

0345 241 0954

hello@caringtogether.org

caringtogether.org

