

Caring

For everyone looking after a family member or friend



RICHARD'S STORY

"You're fumbling along in the dark, basically trying to learn what to do"



**HELPING YOU
GET TIME AWAY**
Ways to get a holiday

Thriplow Daffodil Weekend shines a light on unpaid carers

**Tell us about your
experiences of GPs**

Your rights when
someone is coming
home from hospital



Hello and welcome



Every time I read or hear someone's personal story of caring, it is hugely powerful. It is our voices – the voices of carers – that have the power to change things for the better, and help others in a similar situation.

In this issue, Richard talks very movingly about his experiences of caring for and losing his wife, Yvonne. And in our last edition we shared Malcolm and Pat's story. We were so sorry to hear that Pat and then Malcolm both passed away recently and are very grateful for the lovely message from their daughters we are able to share with you on page 7.

Our thoughts are very much with Malcolm and Pat's family, Richard and his two children, and everyone who has lost a loved one.

In this issue we also want to hear about your experiences (good and not so good) of GPs. Has your GP supported you as a carer, and if so how? What could they improve? See page 16.

Finally, if the person you have been caring for has passed away, please remember we are still here to support you. Do get in touch to find out about ways we can help.



Miriam Martin
Chief Executive
Caring Together Charity

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About Caring Together

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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Let's make time for tea

Holding a Time for Tea get-together is an easy way for you to raise money to support carers across Cambridgeshire, Peterborough and Norfolk.

You can arrange a time for a cuppa and cake with friends, neighbours, colleagues, or at a group you go to. The money you raise from the donations given will mean more people who are looking after someone can get the help they need.

This includes kind and compassionate support from our helpline, groups and hubs, and our expert counselling service. Your get-together could make a huge difference to a carer who is struggling, or prevent someone reaching crisis point. It will also be a great chance to have a meet-up and, of course, enjoy a cuppa and slice (or two) of cake.

Take a look at the leaflet enclosed in with your Caring magazine to see the simple steps to holding your Time for Tea get-together. Or you can see details on our website at caringtogether.org/tea

Whether your baked goodies are bought in or made in your own kitchen, unpaid carers will appreciate the difference you are making to them. And you can hold your event at any time.

Time for Tea

- Get some friends, family or colleagues together.
- Have a chat.
- Enjoy a cuppa and cake.
- Collect donations to help more carers get the support they need.

Making sure you are not isolated

A great part of a Time for Tea get-together is the social side. If you are looking after someone it can lead to you feeling isolated or that you are struggling on your own. Help is available.

- Our directory from page 20 includes details of groups and activities that may help you.
- You can see more events and activities that we have coming up on our website at caringtogether.org/events
- Or if you need to talk to us, please do get in touch. Call us on 0345 241 0954 or email us at hello@caringtogether.org

“You’re fumbling along in the dark, basically trying to learn what to do.”

Caring for Yvonne

Richard cared for his wife Yvonne from 2016 until she passed away in April 2023. This is his story.

Yvonne's presence is everywhere in the family home she shared with Richard and their two children in Cambridgeshire. Her quirky collectables sit on shelves and hang from walls. There are colourful wooden flowers, duck ornaments with bright boots on, and the head of a striking hand-knitted lion looming over us as we talk.

Yvonne passed away from breast cancer in spring 2023 when she was just 48 years old. Although she'd previously had a double-mastectomy the cancer returned in 2016 and she endured seven cycles involving multiple rounds of chemotherapy. Richard describes how the effects of the chemotherapy "nearly killed"

Yvonne. None of the side-effects she had were unique, but the fact that she had all the possible side-effects at the same time was rare. Despite this, Yvonne did not want to stop treatment as she could not live with herself if she hadn't tried all possible options. Eventually treatment had to stop. By that time the nerves in her legs were badly damaged by the chemotherapy and she needed to use a wheelchair. Other cancer treatments were given in 2016 and 2017 and despite setbacks along the way, Yvonne was able to resume some of her work as a teaching assistant at a local primary school, which she loved.

However, in 2022, Yvonne collapsed at home. It became clear the cancer had returned once again. Sadly, this time the doctors informed the couple it was terminal. After another couple of spells in hospital in January 2023

Yvonne decided she didn't ever want to go back into hospital. She passed away at home with Richard and their children at her side in April 2023.

For Richard, his experience of caring has been one of ups and downs - the lows of Yvonne's cancer treatment and the better times when she recovered from treatment and was able to adjust to her new restricted daily life. He describes her as "fiercely independent", much-loved by her big Irish family, and a close network of friends.

Initially, Richard tells me, he wouldn't have called himself a carer, as although Yvonne was ill and he was caring for her, she was having treatment. As far as they were concerned, it wasn't a permanent situation. He describes how he had been on the journey of cancer diagnosis and treatment with Yvonne over many months, and so adjusted to this new state in their relationship, although it was hard to find the help and advice he needed from the NHS. However, he had recognised that the children, Malachy and Robin, were young carers and needed support. Richard was referred to Caring Together by his GP. He signed up for an emergency 'What If' Plan and got support for the children who were aged nine and 13 in 2016.

The children were of course hugely impacted by their mum's illness. In addition to the emotional stress, the cancer meant they couldn't always do the things other families did because Yvonne wasn't well enough, or the couple simply didn't have the head space to organise days out or activities when they were dealing with so much at home.

Although Richard was Yvonne's primary carer, the children also had a role in caring for her. Malachy was supported at a Young Carers Group run



by Caring Together in his primary school and both youngsters went on trips to places like Grafham Water and the cinema with our Young Carers service. This gave them time with other children, and our specialist workers, to simply have fun and a break from the situation at home.

It also relieved the guilt Richard was feeling that they were missing out on 'normal' life.

**“
You don't
realise how
much you do
until you stop
doing it!
”**

Richard reflects on how caring for Yvonne affected their relationship as a couple. It was important to him to be coping and doing what needed to be done for Yvonne, but he now realises he also needed to feel sadness and grief, especially in the final weeks of her life.

"There are times that she couldn't understand why I wasn't getting emotional, and I'm just like, 'well, I need to do this' and that's it. I have to, as this is how I cope. And sometimes, maybe you don't need to do the coping. You need to do the not coping. And actually, I wish I'd done a bit more of that, especially in the last few months. But you're kind of conflicted between 'I'm doing alright, let's just get on with things' so she doesn't have the guilt that she's leaving.

"There are times where I was a carer more than a husband. And needs must. But you end up losing the intimacy... the intimacy of just holding hands."

It was in Yvonne's final weeks that Richard really struggled to cope emotionally and physically with caring for Yvonne, and a significant change to his caring role. Medical professionals were in the home and looking after her, meaning it was no longer just the family at home. Although Richard needed and appreciated their help, it was another big change to adjust to.

"I think probably early March I hit a wall and I've just gone 'I can't'. But not 'I can't do this' because you do it, you just do whatever.

"Yvonne was ready to die, and it's almost like when she died, there's a strange sense of relief, which is quite hard to deal with because you don't want her to die, but you know that this is what she wanted. If everything was fine, she'd still be here and we'd have a lovely life and grow old together..."



▲ Yvonne

▼ Family portrait painting



"The key thing is just take some time for yourself and don't try and fill all your time up straight away..."

"And so you get to the final part, and you just want it to happen. You just want to get it over with. And then she's gone, and you feel guilty. It's silly to feel guilty, but it doesn't stop."

Today, Richard is receiving bereavement support as he adjusts to losing Yvonne, and other changes in his life. Robin is at university and Malachy is studying for A-Levels. When I ask him is there any advice he would give to other bereaved carers, he thinks for a moment and replies, "I think that the key thing is just take some time for yourself and don't try and fill all your time up straight away... just take some time for yourself. If you've got family or friends, spend time with them. It's really important to get over the exhaustion and recover from those final months."

In memory of Yvonne

After Yvonne passed away, Richard and the family invited donations to be made to Caring Together in Yvonne's memory. Over £700 was donated. This is now being used to help other unpaid carers locally. He explains why he invited donations to be made,

"If you've had the support from Caring Together like I have had, then you can help other carers who may go through a similar thing... it's comforting knowing some good comes out of all this pain."

Remember a loved one

You can honour the memory of your loved one by supporting Caring Together Charity. Your kindness will help our vision, that no unpaid carer is in crisis, become a reality. There are many ways you can keep their memory alive.

Arrange a funeral collection

You may choose to have a funeral collection for Caring Together, perhaps instead of donations of flowers. We can supply beautiful cards and envelopes to make it easier to collect your donations. These can be supplied to you or sent directly to a funeral director.



Create an online Tribute Page

This is a special online place – personal to you and your family – to remember a loved one and celebrate their life. The page allows friends and family, wherever they are, to share memories and pay tribute to a precious person who has passed away. You could also create a virtual memory leaf on Caring Together's Memorial Tree. It's a special place for you to visit time and time again.

Find out more about remembering a loved one

Call us on 0345 241 0954, email us at inmemory@caringtogether.org or visit our website caringtogether.org/remember-a-loved-one

Remembering Pat and Malcolm

Many of our readers were moved by Malcolm's story of caring for Pat in the last edition of Caring magazine. Sadly, Pat passed away in January and Malcolm died just a few weeks later. They were a very special couple and by sharing their story they helped many other carers. Their daughters wrote,

"Your charity was a lifeline to both mum and dad. Trusting anyone else to look after mum was very tricky for dad but in his communication with you all, he found comfort, support and an understanding that you would honour



your word and keep mum safe when he needed to attend appointments. Your staff who looked after mum were kind, respectful, professional and entertained mum splendidly.... Thank you from the bottom of our hearts."



“It’s vital that we support our carers”

Zoe and Cara are huge believers in ensuring unpaid carers get the help they need. They each have very personal reasons why it matters to them and have seen first-hand the difference it makes to the people they support.

Zoe and Cara work for the Integrated Care Team (ICT) at Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) in Huntingdon. The team at the trust deliver services outside of hospital and in the community - this includes physical and mental health, and specialist services.

The ICT hold our Carer Friendly Tick Award in recognition of their work to identify and support unpaid carers. Zoe explained to us, "Cara and I are both Integrated Care Workers.

We visit people in their own homes after an accident or illness to rehabilitate them back to their base line and hopefully independence. We work closely with Physiotherapists and Occupational Therapists in our team and follow their plans."

Carer Champions Zoe and Cara know how tough caring can be. Zoe said, "I have been a parent carer for 25 years, and more recently a carer for my mum after a fall which resulted in a broken hip.

"I felt a huge sense of guilt when caring for my mum. I thought I should be doing more, even though I worked full-time.

"It took a lot of conversations for me to realise that I was doing everything possible, and mum was as safe and as well as she could be.

"As a parent carer I often felt overwhelmed, isolated and of course exhausted!"

Zoe remembers the feeling the first time she was asked '...and how are you doing?' Being able to speak honestly, without feeling judged helped lift some of the weight off her shoulders. This powerful personal experience has shaped the way she supports carers, "We give them the time to talk to us, face-to-face, about how they are doing. And we refer them to Caring Together to enable them to access the helpline, What If? Plan, information and guidance."

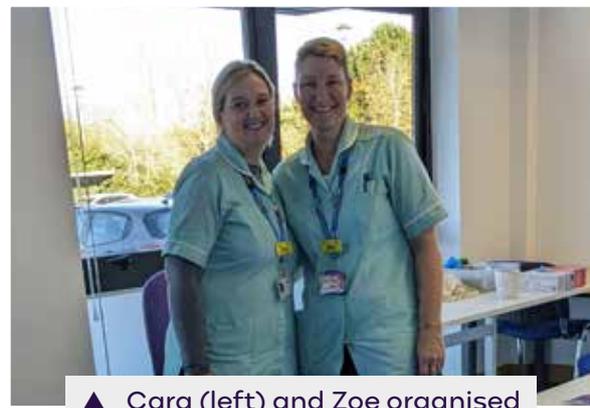
Cara also understands personally the huge value in making time to listen to and support carers, "I have a personal caring role with my mum. I see her regularly and support her with shopping, cleaning and companionship. I also take her to her doctor's appointments.

"This can overwhelm me at times, but I find if I talk to someone about how I am feeling this helps.

"I volunteered to become a Carer Champion because I genuinely want to help people and don't like to see people struggle. Often a chat to offload a little helps them greatly."

This support can make a huge difference to carers. Zoe told us how she finished a care call with a patient and then spoke to the patient's daughter, "As soon as I asked her how she was she burst into tears and said, 'no one has ever asked me that before.'

"She had completely changed her life to care for her mum and had even moved in with her. She felt like she had lost herself. After we chatted, she arranged a walk with a friend – something she hadn't done since



▲ Cara (left) and Zoe organised a cake sale to raise funds for Caring Together



moving in with her mum. It was like she needed permission to leave her mum. When I returned, a week or so later, she was so much happier and regularly going for a swim and meeting her friend.

“
She burst into tears and said, 'no one has ever asked me that before'.
”

"It is vital that we support our carers, especially in our role. We couldn't keep our patients out of hospital without some of them.

"They need supporting to keep doing their crucial roles well and with less impact on them personally."

Main photo: Zoe and Cara recently received the Staff Carer Awards at the CPFT staff awards ceremony in recognition of their work in supporting carers.

Find out more

Do you want to help recognise and support carers where you are? Find out more about our Carer Friendly Tick Award at caringtogether.org/carer-friendly-tick

Helping you get time away



For those of us caring for someone, getting away for a holiday can feel a real challenge. But help is available if you want a break with the person you care for.

Jean, who joins us at our Huntingdon carer's hub and other activities, explained to us how she and her husband have benefitted from supported holidays. She told us, "Jim was diagnosed with Alzheimer's disease nearly three years ago.

"Days out, and particularly holidays have become increasingly difficult. People with Dementia tend to become anxious and disorientated when in new surroundings and need much more support to manage."

Jean and Jim have taken holidays with Dementia Adventure which have given her and Jim the breaks they have needed. She told us, "It isn't a total break from caring responsibilities, but being able to share them with the helpers does make you feel like you have had a break. And it is a timely reminder that it can still be possible to enjoy time together with a person with Dementia."

Dementia Adventure cater for people with Dementia and their carer or another family member. Three or four couples share a holiday home with the helpers from Dementia Adventure giving support.

Jean said going away with people you don't know can be daunting but a Zoom meeting before heading away does help.

"It is a timely reminder that it can still be possible to enjoy time together with a person with Dementia."

"In the holidays we have done, it's been my experience that the family carers bond very quickly with each other, we have at least one very important thing in common! And the holiday helpers are so professional and relaxed that the people with Dementia tend to relax with them relatively quickly."

The holidays have trips and activities every day with a wide variety on offer, and all meals are provided as part of the cost.

"In addition the paid staff of Dementia Adventure are all incredibly well trained in Dementia and you generally come back from one of their holidays with a range of 'handy hints' to assist in our caring role."

If you are looking to get a break, make sure you are aware of the options and support available to you.

If you need some respite with a break from the person you care for we can talk to you about this. We may be able to help through our own services, or by referring you to social care for them to assess if you are eligible for regular respite.

For carers in Norfolk

Carers Matter Norfolk

Carers Matter Norfolk have a carer's break service which may be able to help you. See carersmatternorfolk.org.uk/carers-breaks

Norfolk Millennium Trust Grant

You may also be able to get a Norfolk Millennium Trust Grant. Find out more at caringtogether.org/carers-directory/norfolk-millennium-trust-for-carers

We also offer a befriending service. This gives companionship for the person you care for, making it easier for you to take a break or head out into your local community. See caringtogether.org/befriending

HELP TO GET AWAY

Here are some options that may be available to you.

Dementia Adventure

Jean and Jim went away with Dementia Adventure (who also offer dementia training). The Dementia Adventure Support Fund also helps people who are unable to fund a break on their own.

See dementiaadventure.org/holidays/

Carefree

Whether you are looking for a break in a city or by the coast Carefree offer vacant hotel spaces. Caring Together can refer you, or visit carefreespace.org

After Umbrage

If the person you care for has a life limiting condition, After Umbrage can help you to have a free break. See afterumbrage.org.uk

Family Fund

If you are caring for a child with a severe disability and on a low income, Family Fund provide grants towards the cost of holidays. Learn more at familyfund.org.uk

Honeypot

Young carers can be helped to get a countryside break by Honeypot. Find out more at honeypot.org.uk

Revitalise

Revitalise offer respite holidays for disabled people and their carers. See details at revitalise.org.uk/respite-holidays

Deafblind

Deafblind have a self-catering caravan which can help you have a break in Hopton-on-Sea, Norfolk, at heavily discounted rates. See details at deafblind.org.uk/get-support/holidays

“Before our first lesson, we’ve already done a whole day of work”

Looking after someone can be tough and young carers can find it even harder to be recognised and supported.

Sisters Shannon, 17, Erin, 16 and Roisin, 13, explained to us life as young carers, and why we all have a role to play in young carers being recognised and supported.

As we sit around their kitchen table, Shannon tells us, “Before our first lesson we’ve already done a whole day of work... and it doesn’t stop when we get home.”

Their dad has Fibromyalgia, ME and is diabetic, while their mum has auditory processing and sensory processing disorder. As well as helping their dad with medication, the sisters share household jobs of cleaning, doing the laundry, washing the car, preparing meals and more.

The sisters have a close relationship with each other and their parents. Shannon says, “Mum and Dad are always there when we need them and we’re always there when they need us.”

Their day starts early with each of them having responsibilities at home. They are quick to talk through any issues. Shannon said, “In the morning if something’s happened, we just talk about it. We have a five-minute walk to the bus that we have to just hash it all out with each other.

“We don’t believe if we go to school in a bad mood that it’s going to help us at all. We have a good relationship.”

Roisin told us the importance of what they each do, “Basically it is a struggle sometimes, but as you go on it gets easier and like it just becomes the normal.

“It’s like a jigsaw puzzle - without that one extra piece, that team isn’t complete.”

“**Nine times out of 10, the person themselves doesn’t know they’re a young carer.**”

Awareness and support are vital

Caring can mean young carers forgetting things they need for school, missing out on hobbies, teachers not realising the pressures they face and friends not understanding why they can’t go out.

Shannon said, “Nine times out of 10, the person themselves doesn’t know they’re a young carer, and if you don’t know you’re a carer then you can’t be identified by anyone else.”

The sisters are very clear on the need for better recognition and support of young carers.

Erin told us, “More people need to be aware, as not many people know what a young carer is.”



Awareness and support make a huge difference. Shannon reveals, "Every Monday we attend an after-school group for young carers, and we do little activities for just an hour or two, to take the load off of everyone."

"Or maybe you do need that extra time and support, and you don't need to be shouted at because you've had a rough morning."

Young carer activities provided by Caring Together also help. Erin said, "I get to be around people who are in the same position as me. The trips just make me happy. They give me a break, they make me be able to breathe properly."

Shannon said, "I still worry throughout the day, I'll still text my parents to make sure they're OK. But it's just a bit of light relief, a day where I'm free from my normal routine and I get to also socialize with people."

And aside from organised trips Erin said individuals taking a moment to give support is powerful, "I'm here for you" is the biggest thing, the most powerful thing anyone could ever say to someone.

"Don't ever judge by someone by the way that they look. Because you never know what's going on."

Simple ways to support young carers

See more at caringtogether.org/support-young-carers



Put it up – Could you put up a young carer poster somewhere it will be seen to help raise awareness?



Share the message about what it is like to be a young carer simply by sharing our social media posts on Facebook or Instagram.



Take a moment to understand more about what it is like to be a young carer, including ways you can show support.



Stay informed – sign up to our email newsletters giving you essential information for carers of all ages.



Help us to **support more young carers** – whether it is by a cake bake or making a donation you will be making a difference.



Our Carer Friendly Tick Award helps organisations show they are **recognising and supporting** carers where they are.

Home again



If someone we care for is in hospital, it's understandable we want them home quickly. But we also want to ensure it's safe for them to come home and that we're prepared to care for them when they're back with us.

Getting it right is essential for our wellbeing as a carer, and for the person we care for. Their care needs may well have changed.

Planning for someone to leave hospital – hospital discharge – can be a time of mixed emotions, when we want them home but may also feel under pressure for this to happen quickly – whether from hospital staff, the person we care for, or our family.

Hospital discharge – your rights

Your role as a carer is recognised when the planning for someone to leave hospital is being done.

The Health and Care Act 2022 places a duty on NHS trusts to involve carers and patients in hospital discharge.

This means NHS hospital trusts in England must make sure you, as an unpaid carer, are involved as soon as practically possible when plans for the person you care for leaving hospital are being made.

Involving you as the carer means getting it right for everyone. This is better for the health and wellbeing of you and the person you care for.

It is also important for the hospital that the discharge is planned properly. Otherwise, it may mean problems and more costly interventions down the line – something everyone wants to avoid! Particularly at a time when health and care services are so stretched.

So you shouldn't feel you are being awkward for speaking up to ensure a discharge is going to work well. No one wants what a hospital may call a 'failed discharge'.

How you should be involved

You should be asked by one of the clinical team or discharge team if you are willing and able to carry on caring for this person. You can say you are not.

If you are not willing or able to do so, the team needs to listen to you and adjust the discharge plan with the consent and agreement of you and the person you care for. It may be if the person you care for is not able to come home that other plans need to be considered or made.

Ideally the key stages that should happen before discharge are:

- Have you been asked if you are willing and able to continue caring?
- Have you been offered a Carer's Assessment?
- Have you been involved in a discharge meeting?
- Have you received a care plan?
- Do you know about any medication the person you care for now has and any side effects this may have?
- Have you spoken to a member of the discharge team?
- Do you know what referrals have been made for any treatment or support after they leave hospital, and who the contact person is for each referral?
- Is there a date for any equipment to be installed?
- Have you been shown how to use, or received training on use of any equipment?
- Have you received a detailed discharge letter?



We're here to help

To help offer a single point of access for support with hospital discharge we are part of the Voluntary Sector Alliance that covers Cambridgeshire and Peterborough. This partnership sees us working with Age UK Cambridgeshire and Peterborough and Care Network.



The type of support we can offer between us includes:

- Help with transport home.
- Ensuring the home is safe, warm, clean for someone to return to.
- Collecting and delivering food and urgent needs such as prescriptions.
- Helping people to reconnect with the community.
- Having an emergency plan.
- Support and advice.

As partners we can also offer wider longer-term support. Contact us to find out more.

Want to find out more?

If you need more advice about the person you care for coming out of hospital, do get in touch with us.

If you are caring for an adult in Norfolk we are part of Carers Matter Norfolk. See carersmatternorfolk.org.uk, or get in touch with us on 0800 083 1148 or at info@carersmatternorfolk.org.uk

You can also read more about hospital discharge and admissions at caringtogether.org/carers-and-hospitals



My 91 year old mum lives on her own in the next road with vascular and mixed dementia. Navigation of the whole process of getting help has been challenging. It's heartbreaking.

Help us change things for the better

We want to hear about your experiences with GPs – Carers Speak Out is a way for your voice to be heard.

When you are looking after someone it's vital you are included in decisions that impact you. When this is done well it can be hugely positive – when it doesn't happen it can have significant impacts on both you and the person you care for.

We want to hear from you about experiences of using GP services – what has been helpful or unhelpful, what could be improved and how? What other thoughts do you have?

Giving your views can help shape messages we deliver – to GPs, health professionals and other decision makers.

Sometimes, people need to be reminded of the important role of unpaid carers. At other times they need a greater understanding of how to include carers and their needs in what they do.

We also want to make people aware of the significant impact of not considering carers – on the carer and on the person they are supporting.

By giving your views through Carers Speak Out we can share your stories and views. You can help to improve the experiences of people like you.

It is important your voice is heard.

You can use the form opposite to give your views and post it to us, visit caringtogether.org/carers-speak-out or scan the QR code with your smartphone



You can speak out

Your full name

Would you be happy for us to use your name alongside your comments?

Full name

First name

Remain anonymous

Are your comments about using

GP services

Other

Your experience or comments you wish to share:

Your contact details

These are optional, and for our use only. They will not be shared.

Email address

Telephone

Address

.....

Postcode

Would you be happy for us to contact you to find out more about your experiences?

Yes

No

Please cut along the dotted line and return your completed form to:

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

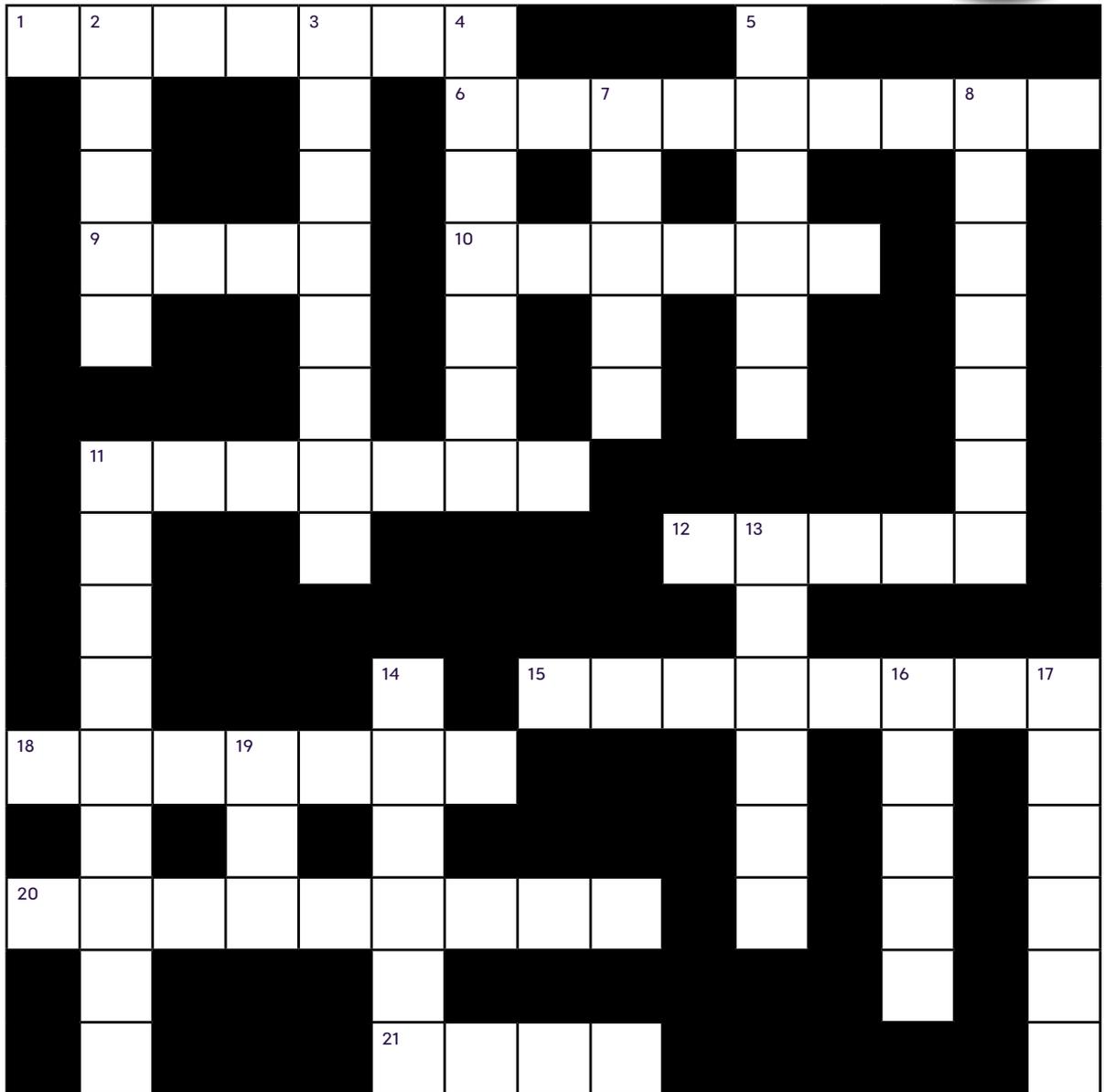
You can contact us to withdraw your consent at any time.



Answers
will be in
issue 35!

Time out

Spring into Summer



Across

- 1 Flowers of trees (7)
- 6 Causing sneezing and itching (9)
- 9 Dawn chorus animal (4)
- 10 Not nice for hay fever sufferers (6)
- 11 White flowers in your lawn (7)
- 12 What you hope to do on holiday (5)
- 15 Wrote a famous song about summertime (8)
- 18 A getaway, but not cops and robbers style (7)
- 20 Person making the beach or pool safer (9)
- 21 Chocolate ones appear during 13 down (4)

Down

- 2 Farm animals born in spring (5)
- 3 A frock for the warmer days (8)
- 4 Where dancing and weaving come together (3,4)
- 5 Feels welcome in warm weather (6)
- 7 Some may prefer one of these at the beach rather than 19 down (5)
- 8 When day equals night (5)
- 11 Bloom in spring, especially at Thriplow (9)
- 13 It comes after Lent (6)
- 14 With wildlife so active it is a good time to appreciate this (6)
- 16 Is that movements on the sea, or friends greetings you can see? (5)
- 17 Bees will be heading for this (6)
- 19 The best type of cream at the seaside (3)

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 more information and to find out if the person you look after can accompany you.

Adult carers

- Ely
- Girton
- Great Shelford
- Huntingdon
- Peterborough
- Wisbech

Parent carers

- Peterborough
- Parent carers (online)

Answers from issue 33 Quiz of 2023

- 1 Westminster Abbey
- 2 The Rugby Union World Cup
- 3 Prince Harry
- 4 The Eurovision Song Contest. Liverpool, who came second in 2022 hosted it on behalf of Ukraine, the winner that year, due to the Russian invasion.
- 5 Angela Rippon
- 6 The Katharine of Aragon Festival
- 7 Happy Valley
- 8 Alison Hammond
- 9 Myleene Klass
- 10 Oppenheimer and Barbie



The cake donated by Fifi's Cakery

Thriplow Daffodil Weekend and Country Fair

We are very grateful to the organisers of the Thriplow Daffodil Weekend and Country Fair for choosing Caring Together Charity as one of their charities this year. Not only were we able to have a free stall at the event in March, but we will also receive some of the proceeds from ticket sales.

Across the weekend our staff and volunteers gave up their time to provide visitors with a warm welcome at the Caring Together stall. As well as finding out about our services, visitors could enjoy home-baked cakes and treats made by our team and their families. We even auctioned off a stunning Daffodil cake donated by Fifi's Cakery, Elsworth.

We are very grateful to Hotpoint Factory Outlet, Peterborough; Scotsdales Garden Centre, Great Shelford; Cloud Nine Gems, St Ives and other raffle prize donors.



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 T: 01733 865710

National T: 0333 150 3456

W: 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.

T: 07890 866389

E: hello@bramptondementia.co.uk

Burwell Drop-In

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

T: 07799 360858

E: sueevans1949@hotmail.com

Cambridge South Rotary Club Memory Café

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

T: 01223 276192

W: 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.

T: 07889 319888

E: kimpigfarmer@tiscali.co.uk

Crocus Café

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

T: 01487 830114

Damsons Dementia Support Group

For carers and people with mild to moderate dementia at The Reed Barn, Peckover House, Wisbech. Tuesdays and Wednesdays 10-12 and 1-3.

T: 01945 583463

E: sarah.barnesdyer@nationaltrust.org.uk

Dementia Carers Count

Phone and text support.

Online community.

T: 0800 652 1102

W: 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.

T: 07780 674563

E: jan@hifriends.org.uk

Love to Move and Reminiscence

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

T: 01480 497314

E: communities@norrismuseum.org.uk

Music Makers Whittlesey

Relaxed friendly singing group for older people with memory challenges.

T: 01733 351594

Royal Air Force Reminiscence Group

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

T: 01480 497314

Sing! Together

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

T: 01353 662022

W: allinsound.co.uk

St Ives Dementia Café

Third Tuesday of the month 10am-12pm.
T: 07725 5888145
E: george.smerdon@btinternet.com

St Neots Rotary Coffee Pot Memory Café

Meets on a Wednesday.
T: 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.
T: 07890 866389
E: hello@bramptondementia.co.uk

Trumpington Memory Café

Third Wednesday of the month 10am-12pm. Organised by Trumpington Church and Rotary.
T: 01223 840268

Young Onset Dementia Group

For carers of those diagnosed under 65. First Friday of the month 2pm-4pm in St Ives.
T: 07827 159307
E: ruth.eod@yahoo.com

Mental health

Cambridgeshire Peterborough and South Lincolnshire (CPSL) MIND

Support for local people who may experience mental health challenges.
T: 0300 303 4363
W: cpslmind.org.uk

CPSL Mind Personality Disorder Group

Connect with supportive peers.
W: cpslmind.org.uk

MIND Lifeline

If days seem tough, and you feel low call the helpline.
T: 0808 808 2121

Making Space Cambridgeshire and Peterborough Carer Support Service

Support to relatives and friends of adults with mental health challenges.
T: 01480 211006
W: makingspace.co.uk

Rethink Carer Support

Carer support groups and information for carers of people with mental ill health.
T: 07783 267013
W: rethink.org

Motor Neurone Disease

Cambridgeshire Branch of MND Association

Support for those with MND and their carers. Monthly gatherings.
T: 01954 202095/ 07515 534430
W: mndassociation.org/cambridgeshire

Parkinson's

Parkinson's UK

Phone and text support. Online community. Local groups for people with Parkinson's and their carers.
T: 0808 800 0303
W: parkinsons.org.uk

Positively Parkinson's Café

Third Monday of the month 10.30am in Wisbech.
T: 07500 097222
E: jmwilson@parkinsons.org.uk

Sensory impairment

CamSight

Low vision and blindness services for children, adults, family members and carers across Cambridgeshire.
T: 01223 420033
W: camsight.org.uk

CDA Hearing Help

Services for people with hearing loss including hearing aid maintenance.
T: 01223 416141
W: cambridgeshirehearinghelp.org.uk

Deafblind UK

Support and advice for people living with sight and hearing loss and their carers.
T: 0800 132 320
W: deafblind.org.uk

Huntingdonshire Society for the Blind

Support and advice for individuals living with impaired vision or sight loss in Huntingdonshire.
T: 01480 453438
W: huntsblind.co.uk

Other conditions

Huntingdonshire Aphasia Support (H.A.S.)

Meets second Tuesday of the month 2pm-4pm.
T: 01480 891977
E: anna.bratby@alconbury.org

Community and peer support

Burwell Carers Group

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

Chatterbox

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

Coffee Connections

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

Simply Saturday

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

St Neots Voluntary Welfare Association Day Centre

Friendship group which provides a freshly cooked two course meal for retired people. Tues/Weds/Fri.
T: 01480 475274
W: stneotsvwa.org.uk

St Neots Community Support

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

Families and parent carers

Centre 33

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

Family Voice Peterborough

Support for parent carers in Peterborough.
T: 01733 685510
W: familyvoice.org

Pinpoint Cambridgeshire

Support for parent carers in Cambridgeshire.
E: information@pinpoint-cambs.org.uk
W: pinpoint-cambs.org.uk

Spectrum

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

General support

Age UK Cambridgeshire and Peterborough

Advice and services for older people.
T: 0300 666 9860
W: ageukcap.org.uk

Cambridgeshire Libraries

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

Care Network Cambridgeshire

Information and support to stay healthy, independent and in touch with your community.
T: 01954 211919
W: 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.
T: 0330 355 1285
W: healthwatchcambridgeshire.co.uk
healthwatchpeterborough.co.uk

Sibs

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

The Royal British Legion

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

T: 0808 802 8080

W: rbl.org.uk

Money, benefits and your rights

CarerSmart

Benefits and discounts for carers and people with care needs.

T: 0345 241 0954

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

Disability Huntingdonshire

Supporting people to claim for benefits.

T: 0330 3553 256

W: dish.org.uk

Voiceability

Support to help you speak up for your rights.

T: 0300 303 1660

W: voiceability.org

Exercise

Love to Move

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

Time to chat with tea and coffee.

T: Jane Thomas 07731 097236

PosAbility

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

T: 07565 598193

E: admin@posability.org

Training and courses

Cambridgeshire Community Arts

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

T: 07763 280029

W: camcommarts.org.uk

Health and Care Sector Work Academy

Training for a career in health and social care.

T: 0800 310 1160

W: 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



Let your compassion live on

In the future an 82-year-old woman tentatively picks up the phone and dials the number for Caring Together Charity. She is utterly exhausted after another sleepless night caring for her husband who has Alzheimer's disease. Even now she knows she has to grab the few minutes she has while he's asleep as the minute he wakes up she will be back on duty.

She is met by a kind, friendly voice on the other end of the phone and the tears fall. It is such a relief to talk to someone who understands.

Within days she is having a break to go out for coffee with her sister, safe in the knowledge that her husband is being well looked after by Caring Together staff. She has been invited to a local support group to meet up with other carers, and she has set up an emergency plan which gives her great peace of mind.

But none of this would have been possible without you. Your special gift left to Caring Together Charity has helped pay for the phonenumber, the expert care staff looking after her husband, and the hire of a hall for the support group.

When you leave a gift in your Will to support the work of Caring Together Charity, your compassion can live on.

Find out more
Visit caringtogether.org/leave-a-legacy
Email fundraising@caringtogether.org

Registered charity number 1091522

Registered with



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