

Issue 38  
Aug-Nov 2025

# Caring

For everyone looking after a family member or friend



Caring for  
someone with  
Multiple  
Sclerosis

Find out how our  
homecare service  
can benefit you

 Caring  
Together  
Charity

# Nominate your care hero!



The Kerry Care Award recognises those from our Homecare team who have provided really exceptional care, either as part of our homecare service, by covering when carers needed a break or to attend medical appointments, or when someone needed to activate their 'What If?' Plan. The annual award is given in memory of Kerry Giles-Brown, a devoted Caring Together Charity Care Professional who was a member of our team for over 30 years. She sadly passed away from cancer in 2024 and is greatly missed.

Is there a member of our Homecare team you would like to nominate for this special award? Has someone made a real difference to you? Have they gone 'over and above' to make you and your family feel supported and cared for? If you would like to nominate a member of our Homecare team for the Kerry Care Award 2025, please write to us at Awards, Caring Together Charity, L D H House, Parsons Green, St Ives, PE27 4AA or complete the form at [caringtogether.org/kerry-care-award](https://caringtogether.org/kerry-care-award) If writing, please tell us your name, their name and what they did that was so special or helpful to you. Nominations close on **Monday 15 September**.

We look forward to receiving your nominations.

Miriam Martin  
Chief Executive  
Caring Together Charity

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### About Caring Together Charity

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.

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

Phone: 0345 241 0954 • Email: [hello@caringtogether.org](mailto:hello@caringtogether.org) • Web: [caringtogether.org](https://caringtogether.org)

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# Carers Speak Out

Unpaid carers across the region speak out for Carers Week 2025



"They just dumped him."

**We are so grateful for every one of you who takes the time to contribute your views on our Carers Speak Out web page. We read every message, and our Carer Council, a group of former and current carers who help to guide us, regularly review and use these. However, your messages also help us campaign for better support for unpaid carers across our region.**

Released for Carers Week (9-15 June), the 2025 Carers Speak Out report sets out how carers were regularly finding it difficult to access GP services for both themselves and those they look after. It highlighted how carers are feeling financially very stretched, especially following the changes to the Winter Fuel Payment in 2024. The report also set out how unsupported and overwhelmed many carers are feeling.

One carer shared, "It's heartbreaking trying to keep my mum with dementia safe and calm." Another said changes to the Winter Fuel Payment have left him unable to heat his home while caring for his disabled wife.

"It is extremely difficult and frustrating."

"Things are getting harder each day."

We sent the Carers Speak Out report to every MP across our region, asking them to help protect the financial wellbeing of unpaid carers in their constituencies.

We also sent a copy to every GP surgery in Cambridgeshire, Peterborough and Norfolk, asking them to prioritise unpaid carers and be flexible, for example by offering alternative ways to book an appointment. The report and its findings were covered on BBC Radio Norfolk and BBC Radio Cambridgeshire on the first day of Carers Week, and later in the week on BBC Look East breakfast news bulletins. A number of carers helped with this publicity, which helped raise awareness of carers and caring, as well as the specific issues raised in the report.

The findings in the report were shaped by the Carer Council based on the messages left by carers like you. You can find out more about the Carer Council on our website at [caringtogether.org/carers-council](http://caringtogether.org/carers-council)

## Read the full report

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



## *Jackie's story*

### **A life changed by caring for her husband with Multiple Sclerosis**

**What started as a typical year quickly took a turn that changed everything for Jackie and her family.**

Primary Progressive Multiple Sclerosis (MS) is a condition that slowly affects mobility and independence, and it brings a lot of unknowns with it. For Jackie and her husband, Aidan, it meant adjusting to a very different way of life, one that involved managing symptoms, making practical changes at home, and trying to maintain some sense of normality while raising a young family.

We sat down with Jackie and asked about the initial shock of the diagnosis.

"In 2003 we had a bolt out of the blue when my husband was diagnosed with Primary Progressive Multiple Sclerosis. The prognosis for the disease was gloomy and so too was the prognosis for married life with the disease. Fear of being abandoned and worry of becoming a burden are two natural reactions that may occur when someone learns they have MS. From the start we have always attempted to have honest and open conversations about the difficulties of married life - living as well as we could with the effects of severe and life limiting disease, whilst bringing up a young family."

## Becoming an unpaid carer

Jackie and Aidan's lives changed significantly with the diagnosis, and many of the plans they had for the future had to be reconsidered. MS brought a lot of uncertainty and gradually impacted their everyday routines. From the beginning, they focused on being honest with each other, talking openly about the challenges ahead, and working together to adapt to a new way of living as a couple.

We asked Jackie how the role has impacted her own health and about the changes she has faced over the last 22 years, "Being my husband's main unpaid carer has been exhausting. Because it is a role that has challenges at each stage of the progressive progress of the disease - there has always been difficulties to negotiate. These can be very physically draining - the pushing of heavy wheelchairs, the putting together of scooters, the lifting and the heaving.

"It can also be emotionally draining, coming to terms with on-going loss and grief. And it can be mentally draining dealing with complex crisis situations that can hit the family thick and fast. And yes, when children are involved being a patient, loving, main carer for all the family would be impossible even for a saint - and we are only human."

## Caring for a loved one over decades requires strength and resilience

Jackie tells us how her daily routine involves countless responsibilities, some seen, but many invisible, "My husband is totally restricted to his electric wheelchair and home these days. His Multiple Sclerosis needs have become more complex.

## More about MS

Multiple sclerosis (MS) is a condition that affects the brain and spinal cord, there are three main types of MS and they affect everyone differently. MS symptoms can affect mobility, and adaptations may need to be made i.e. using mobility aids, reducing working hours or needing more help around the home.

"My life revolves around my husband - not only as his wife but also carer, nurse, physio, taxi, cook, entertainer, housekeeper, event planner, car mechanic etc. The list is endless..."

“  
*Being my  
husband's main  
unpaid carer has  
been exhausting*  
”

In the midst of all this, Jackie juggles not only with physical tasks, but also the anxiety of medical emergencies that can descend without warning, "The dreaded falls and infections that might easily lead to sepsis can be such dark days." These are just some of the real challenges that many unpaid carers face but Jackie still finds ways to create light, small moments of freedom and control, however brief.

"It is very difficult now to get time alone, without worrying about my husband - even though I try to ensure care is at hand. We have great carers for personal care and gardening. The Caring Together 'What If' plan is helpful as is having a personal alarm on my husband when I leave the house. It works in the garden and this is where my husband likes to be if there is even a bit of sunshine."

The garden is Aidan's haven. And for Jackie, time in that space, even if tied to responsibility, brings rare moments of calm.



When asked how MS has affected her own mental wellbeing, Jackie responds, "as you might imagine life has been profoundly affected by our situation. We are of an age when, like our friends, we should be having retirement fun and adventures. That's difficult when your loved one doesn't want to leave the house. My main priority is my husband's wellbeing - he enjoys it when I am sitting by his side reading our books together or watching a good film. Of course, he falls asleep often these days - but I still sit, keeping a silent vigil."



▲ Jackie and Aidan in his haven

### Celebrating the small things are what keeps Jackie going

From birthdays, to anniversaries, and even small victories, Jackie is a believer that joy must be actively pursued. "It is hard to donate the same time and energy to other people when home-life is so demanding. It is important though to have events all together that we celebrate!"

### What Jackie wants you to know

Jackie wants other unpaid carers to know that they are not alone with feeling lonely and frightened. Behind every unpaid carer is a world few see: the emotional toll, the isolation, and the fear.

Thankfully, she has not faced this alone, when speaking about Caring Together Charity, she praised the much-needed support and respite on offer. "Caring Together has been supporting us for many years, and I have found the help these kind and caring experts have shown, to be invaluable. I belong to one of their carer's hubs, and we meet other carers, have speakers and brilliant treats.

"Whether it is a trip to the seaside, constructing a festive wreath or a cream-tea in an old train carriage - these always cheer me up and are invaluable."

We know more than anyone that these small gestures of care for the carer can make all the difference.

### Their next chapter...

Recently, the couple began a new chapter in their journey, joining Arthur Rank Hospice's Living Well programme - a holistic approach offering support in body, mind, and spirit.

“  
*It is hard to donate the same time and energy to other people when home-life is so demanding*  
”

"Our GP referred us to Arthur Rank hospice in January as she felt we now needed their help and support. It is going very well and like Caring Together - exceeds our expectations. The support is holistic from health professionals, to wellness and art therapists and chaplaincy support."

In a world that often overlooks the silent strength of unpaid carers, Jackie's story reminds us of the love that endures and that there are other people going through what you are going through, and that you're not alone.

# Frequently asked questions about Multiple Sclerosis



## How can I manage the stress of being a carer?

Caring can be overwhelming, so it's important to prioritise self-care. Taking regular breaks, finding support from family, friends, or support groups, and seeking respite care when needed can help reduce stress. Our local hubs are a good way to take some time out and meet other unpaid carers in similar situations, you can find your local hub at [caringtogether.org/carers-hubs](https://caringtogether.org/carers-hubs)

## How can I handle the financial burden of caring?

Caring for a loved one with MS can be financially difficult therefore exploring financial support options such as Carer's Allowance or local grants from charities may be helpful to look into. Speaking to our Advice Line can give you important information about the options available to you, simply call them on 0345 241 0954



## What should I consider when thinking about long-term care?

Choosing long-term care with and for a loved one is a big decision and there is a lot to consider, including:

- What daily support is needed? Are there medical or emotional needs to be cared for?
- Would your family member prefer to stay at home with support, or would they benefit more from a care home environment?
- If you're caring for someone, think about your own wellbeing too. Extra help can make a big difference.
- We offer professional, flexible homecare and can create the right care plan for you.

We're here to support you, whether you are just starting to explore homecare or need to make decisions now. Please reach out if you'd like to talk through your options. Call us on 0345 241 0954

## Where can I find respite care or additional support services to give me a break?

You may be eligible for a free carer break where our Care Professionals can step in to look after a family member or friend, while you have some much-needed time off. If you have your own health needs such as a hospital appointment we can also sometimes help free of charge. Contact us to find out how we may be able to help.





# *Increasing carer awareness and support in your local community*

**Unpaid carers are the unsung heroes of our communities providing essential support and often at great personal cost. Yet, too many go unrecognised and unsupported. That's where our Carer Friendly Tick Award makes a real difference.**

The award celebrates organisations that are committed to identifying and supporting unpaid carers. From GP surgeries and hospitals to schools, employers, and community groups, the Carer Friendly Tick Award allows organisations to showcase their commitment to being carer-aware, carer friendly and supportive.

The award is also a meaningful standard. Applications are assessed by a panel of unpaid carers themselves, ensuring the needs of carers are at its heart. The award is usually free to apply for, remains valid for two years, and comes with expert support including tailored resources, a detailed toolkit, and awareness-raising workshops to help involve carer awareness into local organisations.

The goal of the Carer Friendly Tick Award is to prevent carers feeling isolated or overwhelmed, by helping them get support early in their caring journey.



This means carers are more likely to stay healthy, be able to continue in work or education, and avoid isolation. The aim is to prevent burnout before it begins.

An inspiring example of an organisation with the Carer Friendly Tick Award is Burwell Surgery, a GP practice in Cambridgeshire. By committing to being carer-friendly, they have transformed the experience of local carers, offering better access to information, regular check-ins, and practical help. Carers using the surgery feel seen, heard and supported.

"We have found that having this tick award has helped our team (both clinical and admin) identify carers in our local community more easily and offer them the support they may need. We often find that loved ones don't see themselves as a carer so it has been a great help to raise awareness of who carers actually are and the help they can access nationally and locally, including the local Burwell Carers group. We also find it easy to get assistance for carers in the Burwell Surgery from other organisations such as Alzheimer's Society. We are able to identify carers of patients with memory issues and book them into our dementia clinic with a lovely lady from Alzheimer's Society to access even more support. We also have connections with Healthy You where reps attend our Burwell Carers coffee mornings to give local carers advice on how they can stay healthy and active whilst caring for loved ones."

By recognising carers and taking steps to support them, organisations can help build stronger, more compassionate communities. The Carer Friendly Tick Award is a step towards a future where carers are not just acknowledged - but prioritised.



▲ Sienna, one of our Volunteer Assessors

“  
*We often find  
that loved  
ones don't see  
themselves as  
a carer*  
”

If you know of a local organisation that would benefit from achieving this award, please do pass on our details and ask them to get in touch with our team on [carerfriendlytick@caringtogether.org](mailto:carerfriendlytick@caringtogether.org) or call 01480 499090. Alternatively they can visit [caringtogether.org/carers-friendly-tick](https://www.caringtogether.org/carers-friendly-tick)

## Could you become a Carer Friendly Tick Award Assessor?

Would you like to make a difference to other carers in Cambridgeshire, Peterborough and Norfolk?

If you are an unpaid carer, or have been in the past and are passionate about fostering carer-friendly environments, we invite you to join us as a Volunteer Assessor for the Carer Friendly Tick Award! Your contribution will be invaluable in recognising and promoting organisations who are identifying and supporting carers in health, the workplace, education and the wider community.

This voluntary role is incredibly flexible and you can do it from home – you are welcome to provide as little or as much time as you are able. To express your interest or learn more about the role, please contact us on [volunteers@caringtogether.org](mailto:volunteers@caringtogether.org)

# Could you benefit from homecare?

**Professional homecare when you need it most across Cambridgeshire, Peterborough and Norfolk**

**Our professional homecare service has been designed with unpaid carers in mind and offers relief for families by providing much-needed support. It allows carers to take breaks, reducing stress and ensuring they can focus on their own wellbeing.**

Professional homecare is vital for individuals needing daily support while remaining in the comfort of their own home. Our homecare service is flexible and personalised to every individual, including those with long-term conditions, disabilities, and the elderly.

We caught up with Mr Peters\* who cares for his wife, Jean\*, who benefits from our professional homecare service to find out why they chose Caring Together Homecare.

"We started looking for help online and got in touch with Caring Together Homecare. One of their Homecare Advisors got back to us really quickly and talked us through everything. At first, we just wanted someone to come once a week, but we soon saw the benefits and we've now increased to twice a week. What's been amazing is how easy it is to adjust things when we need to, because life doesn't always stick to a routine, and having that kind of flexibility has been a real lifeline for us."

Our friendly Care Professionals are compassionate and experts in their field, plus we tailor care to each individuals' needs, whether it's assistance with personal hygiene, medication, or social activities. We ensure we actively listen to the carer and family members when we are creating their personalised care plan.

When Caroline, one of our Care Professionals, visits Mr and Mrs Peters, she brings real support and comfort to their everyday lives.

“

*It means so much to see her happy and active*

”

"Caroline gives us a hand with things around the house and take my wife out to the shops or nearby places she enjoys. It means so much to see her happy and active. I've even been able to get to my own appointments knowing Caroline is with her. It gives me such peace of mind knowing she's being well cared for by someone we trust completely."

"Getting help from Caring Together Homecare has made a huge difference for me and my wife. It's really improved our day-to-day life and we've also had the chance to meet some lovely people through their service. Our Care Professional, Caroline, is absolutely fantastic. I'd definitely recommend Caring Together Homecare to any unpaid carer who needs a bit of extra support."



We also spoke to Mrs Harman, who cares for her husband about how Caring Together Homecare has positively impacted their lives by providing professional care for her husband, "I chose Caring Together Homecare as I liked the idea that it was a non-profit organisation, rather than one just out to make money. Not only were myself and my husband benefiting from the homecare, but other local unpaid carers were too."

The role our Care Professionals play is more than just practical help. They provide morning and evening assistance, ensuring the safety of her husband, offering food and drinks, and companionship, "They keep my husband safe and engaged. It gives me the time to go out and do the things I need to do... It enables me to have my husband live at home and without their support, I would struggle to care on a daily basis."

"All the carers have been caring, confident and compassionate. I feel more than comfortable leaving my husband with them, and I have no qualms he will be cared for and kept safe."

Our professional homecare starts at £34.17 per hour and allows individuals to stay in their own home, easing anxiety, particularly for those with dementia, Alzheimer's, or those recovering from illness.

You can choose from a one-off hour call, to daily calls or weekly calls, plus we pride ourselves in ensuring you have the same Care Professionals so you can build a bond with them and feel at ease.

## Find out more

Call 0345 241 0954

Visit [caringtogether.org/homecare](https://caringtogether.org/homecare)

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



\* names have been changed

Our  
professional  
homecare starts at  
**£34.17**  
per hour

# Carer Money Matters

**Are you worried about making ends meet for you or the people you're caring for?**

**Carer Money Matters is a project supported by Carers Trust and operates across Norfolk helping unpaid carers and their families with advice and support on financial matters.**

As a carer, we know that your own worries aren't always at the top of your list. But we also know that there are so many other things you're worrying about too. Many of you have told us you're struggling to make ends meet and pay bills on time. We can offer free information and signposting to support with reducing energy costs, home safety measures (such as carbon monoxide alarms, making sure you're on the Priority Services Register with utility providers and other practical help).

Our Advisors can talk to you about other money matters too, whether it's for you or the people you care for. We understand that balancing caring responsibilities and finances isn't easy, and we can help you to access the support you need to manage money and reduce debt.

At the time of going to print, we also have 400 grants available for Norfolk residents. The money could be used to buy interview clothes, an energy efficient air fryer, or gas bottles, obtain your driving licence or pay energy bills. Please contact us for more details.

We know that many carers are either forced to leave work altogether or to reduce their paid hours because of the pressures of their caring roles. We have advice and information for you about the Carer's Leave Act which entitles you to unpaid leave if you are employed and caring.

Taking care of others means taking care of yourself. So, please get the help you need to help the people you care for - this service can help to improve your quality of life and reduce your worries about finances.



**CARERS  
TRUST**

## Find out more

To access our Carer Money Matters support, please call 0345 241 0954 or email [carermoneymatters@caringtogether.org](mailto:carermoneymatters@caringtogether.org)



# Carers Week 2025

## 9-15 June: A week of connection and care

**Carers Week is always special, but this year felt especially meaningful. Across the East of England, we celebrated the incredible contributions of unpaid carers who give so much of themselves every single day. We were also proud to launch our Carers Speak Out report. If you haven't read it yet, you can find it at [caringtogether.org/carers-speak-out](https://caringtogether.org/carers-speak-out)**



### A warm start in Wisbech

We kicked things off early with a breakfast gathering for parent carers of neurodiverse children. This local peer support group meets weekly at a café, and we were delighted to help fund this special morning. The Mayor of Wisbech and Wisbech Rotary also joined us, adding an extra sense of community pride.



### Connecting with carers

We joined an event hosted by Care for Carers, a brilliant opportunity to meet unpaid carers and local organisations. The atmosphere was welcoming and inspiring as we shared how we can support carers in their journey.



### Skills and support

At our Huntingdon hub, carers joined a hands-on first aid session run by the British Red Cross. For some, it was their first refresher in over 20 years making it both fun and valuable. Meanwhile, in St Ives, volunteers hosted a relaxed coffee catch-up at Ivo Lounge, offering carers a break and support in a friendly space. Ivo Lounge also treated ten carers to a delicious lunch on 24 June.



### Nature, cakes, and kayaks – a busy day!

At Anglesey Abbey, 21 carers enjoyed a peaceful guided tour through beautiful gardens. One carer said, "I had a magical time... it was a treat, thank you!"

We also visited a bake sale at Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) which sparked meaningful conversations about carers' needs.

Meanwhile, Ivo Lounge's Head Chef Kieron and General Manager Sophie, kayaked from St Neots to St Ives for over seven hours to raise funds for our work. Huge thanks to them and everyone who supported their effort!



Our team also attended Hinchingsbrooke Hospital's carer awareness event and met many local carers.



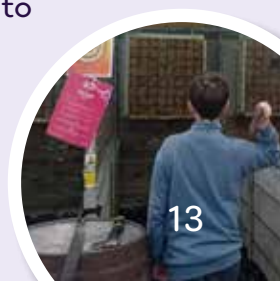
### Celebrating together


At our Great Shelford hub, carers gathered for a joyful lunch. With delicious food and great company, the room was full of warmth and connection. Guests from Healthy You, Cambridgeshire County Council, and Barley Manor Care Home also joined. One carer said, "This is a real treat! I've thoroughly enjoyed this."

### Young carers take a break too

In schools, we ran creative, food-focused activities under this year's theme, 'Take a Break'. Young carers made pizzas, decorated cakes, and created mindful fish crafts, giving them a chance to relax, laugh, and just be children.

To every carer who joined us, and to all the volunteers, partners, and organisations who helped make this week special, thank you. Your support reminded everyone that carers are never alone.





"Never be  
ashamed of the  
one you're caring  
for, and never ever  
be afraid of asking  
for help."

Steve

## *New to caring?*

**Here's our top tips to help you feel supported and get the help you are entitled to**

**Starting your journey as a carer can feel overwhelming but you're not alone. Whether you're looking after a parent, partner, or child, it's okay to feel unsure at first.**

To help you feel more confident and supported, here are the first eight things we recommend to get your caring journey off to a smooth and steady start.

1. Get in touch with your local carers organisation! If you live in Cambridgeshire or Peterborough, contact us. If you live in Norfolk, contact Carers Matter Norfolk on 0800 083 1148 or visit [carersmatternorfolk.org.uk](http://carersmatternorfolk.org.uk)
2. Make an emergency plan. You can either register for a free What If? Plan (see [caringtogether.org/wif](http://caringtogether.org/wif)) or if you are in Norfolk, make an emergency plan by contacting Carers Matter Norfolk.
3. Find out about your rights and entitlements as a carer. Visit [caringtogether.org/help-and-advice-for-carers/carers-rights](http://caringtogether.org/help-and-advice-for-carers/carers-rights) for essential information including help at local hospitals and your rights at work.



4. Tell your GP you are a carer.
5. If you can, reach out to family or friends for support. If you feel isolated, Caring Together Charity and Carers Matter Norfolk may be able to provide face-to-face and online opportunities for you to get to know other unpaid carers. See our Events for more information [caringtogether.org/events](https://caringtogether.org/events)
6. Request a carer's assessment via your local council or from Carers Matter Norfolk if you live in Norfolk.
7. Your own self-care – take time out where you can and explore our carer breaks, events and hubs. See [caringtogether.org/events](https://caringtogether.org/events)
8. Register for our Carers Magazine and Inside News email newsletter for the most up to date news, tips and real life carer stories. Go to [caringtogether.org/keepintouch](https://caringtogether.org/keepintouch)

**"Don't be worried about approaching the people that have offered help in the past. The response may surprise you."**  
Hazel

## Could you be in our next issue?

If you have helpful advice or tips that would benefit other unpaid carers we would love to hear from you! Please email your advice and name to [communications@caringtogether.org](mailto:communications@caringtogether.org) to be in with a chance of being featured in the next issue of Caring magazine.

## Thank you to everyone who has shared their top tips so far! These nuggets are from carers themselves

### Securing disposable mattress protectors

"The disposable bed protectors always move about, especially if the person is restless. Even the ones with a bit of sticky on them don't stick to the sheet. So, what I do is stick them to the sheet using ultimate parcel tape - for me it's been a game changer, as it saves me constantly washing sheets and large mattress protectors. Make sure the sheet is as smooth as possible before using tape."

Craig



### Put your mental health first

"I cared for my mum who had late rapid onset Alzheimer's for two years before she went into care. The caring was relatively easy but what I hadn't expected was the toll on my mental health. She spent 14 months in care (in a truly wonderful home) before passing away last autumn and now, six months on, I am only starting to feel brighter.

"My top tip is to be aware of how much caring affects your own mental health, and do everything you can to boost it. However much you love someone, and however straightforward the caring may be, it is relentless - so do anything that supports your mental health, as far as it's possible to."

Gill



# *Are you ready for a physical challenge?*

**If you are a runner, dust off your running shoes and fundraising for Caring Together Charity in the TTP Cambridge Half Marathon next year!**

On 8 March 2026 we'll be cheering on a team of runners who are up for an adventure. It's a beautiful route, taking in some of the great sights in this incredible city... and it's flat! The team will be raising funds and awareness whilst having great fun and getting fit too.

Of course, we'll support you every step of the way. Get in touch with us at [fundraising@caringtogether.org](mailto:fundraising@caringtogether.org) for more information.

If running isn't for you, why not organise your own fundraiser this summer to support young carers and others in your area?

Host a summer cream tea and ask your friends to donate, do a sponsored walk or swim, open your garden in return for donations, organise a plant sale, hold a quiz, hold a baking competition or dress up. The list is endless and it's all for an important cause - helping local young carers and adults in need of support.

Our work with young carers is only made possible by the generosity of local people who raise funds. These contributions allow children with caring responsibilities to take a well-deserved break and enjoy fun activities together - whether it's axe throwing, swimming parties, or other exciting experiences.

Your support helps give young carers the chance to relax, connect, and enjoy being children again.



## Celebrating a decade of dedication: Steve's charity cycle challenge

In September Steve is challenging himself to cycle 61 miles. "I have worked for Caring Together Charity for ten years and felt I needed to do something to mark the occasion so in my infinite wisdom (or stupidity) I decided to take on a 61-mile bike ride from London to Brighton (off Road). I have never done a ride longer than 26 miles but hope to build up my stamina in the coming months."

If you or a family member have needed help urgently, or when someone was discharged from hospital, it could very well have been Steve who helped you! Your donation will encourage Steve during his training. Just go to his fundraising page at [justgiving.com/page/steve-nicholson-1](https://justgiving.com/page/steve-nicholson-1) or scan the QR code opposite.



Good luck Steve, we'll be rooting for you!



### Support Steve

Contact us to support Steve or tell us about your fundraising ideas and plans. Call us on 0345 241 0954 or email [fundraising@caringtogether.org](mailto:fundraising@caringtogether.org)



No unpaid carer in crisis

We know that carers are extra busy people, that's why we're offering access to a **free Will writing service** - a simple, secure way to protect what matters most.

It's free to make your Will. It can be done online, by telephone or in-person with a local solicitor. You'll gain peace of mind knowing your loved ones are looked after and your wishes are known - at no cost to you.

Partnered with:



## Make your Will for free and think about leaving a gift to help support unpaid carers into the future.

### How to make your Will for free:



**Online:** We partner with Farewill (regulated by the Solicitors Regulation Authority), the largest Will writing service in the UK. Write your will in the comfort of your own home – in as little as 20 minutes! Visit [farewill.com/caringtogether-1](https://farewill.com/caringtogether-1)



**Telephone:** Farewill also provides a telephone service. You can speak to a Will specialist on the phone who will guide you through the process. Call now on: 0203 318 4279



**In-person:** Meet with a local solicitor to have your Will made or updated for free. This service is provided by our partner, the National Free Wills Network. They'll send you a list of solicitors in your area. Simply fill out the form at: [mynetworkportal.org/CaringTogetherCharity](https://mynetworkportal.org/CaringTogetherCharity)



[legacies@caringtogether.org](mailto:legacies@caringtogether.org)



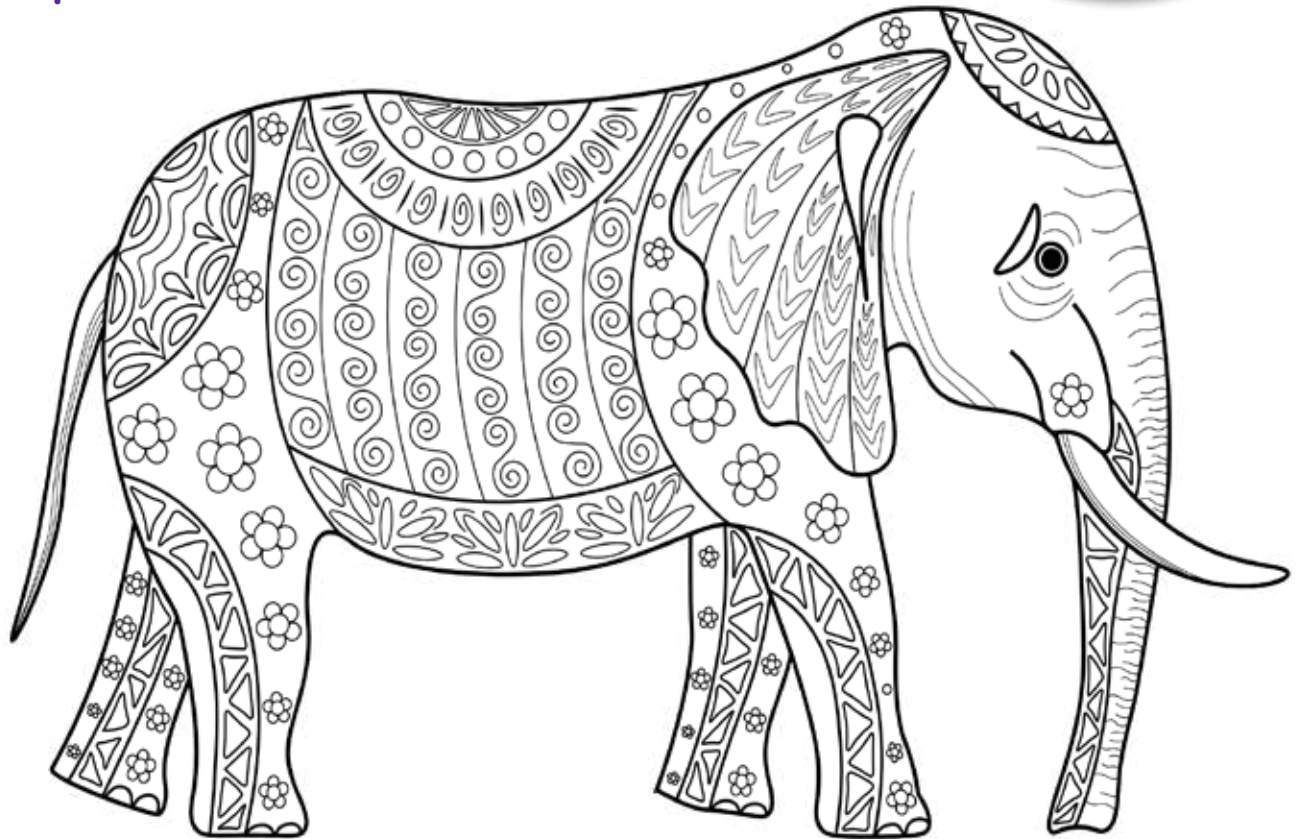
0345 241 0954



[caringtogether.org/legacies](https://caringtogether.org/legacies)

# Mindfulness colouring

Use some colouring pencils and spend some 'me time' colouring the elephant below



Share your  
completed elephant  
and tag us!



/caringtogethercharity

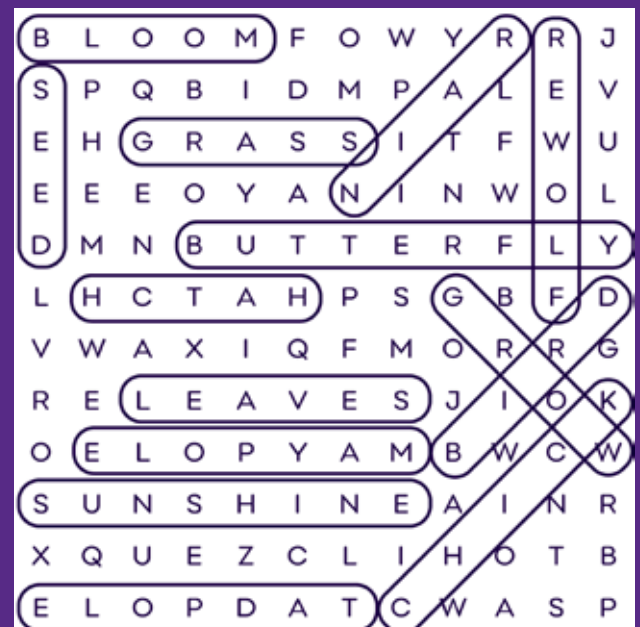


@caringtogether

## Word search solution from issue 37

What do you like to do to take some time out and relax? Maybe you like to spend time in the garden, your workshop or have a coffee with friends.

We would love to hear what people do so we can help other unpaid carers. Send your stories to us at:  
[communications@caringtogether.org](mailto:communications@caringtogether.org)





# Easy banana ice cream

Something for the whole family to enjoy

## Prepare

30 minutes to one hour

## Cook

No cooking required

## Serve

Makes 4

## Ingredients

- Two large, ripe but firm bananas

## Method

1. Line a baking tray with baking paper. Peel and slice the bananas into 1cm/½in pieces. Place a single layer on the tray and freeze for 4–6 hours until solid, or overnight. Transfer to a lidded container if not using immediately, transfer and return to the freezer for up to a month before using.
2. Put the frozen bananas into a sturdy food processor. Blend on the pulse setting until the bananas become finely chopped. Whiz into a very thick, creamy purée. It should form a soft ball.
3. Spoon into dessert dishes and eat just as it is, or top with chocolate, berries, sauce or anything you fancy.
4. Any leftover ice cream should be transferred as quickly as possible into a lidded container. It can be frozen for up to two weeks.



## 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.

- Ely - first Thursday of the month 10:30-12:30.
- Girton - third Tuesday of the month 11:30am-13:00.
- Great Shelford - second Thursday of the month 10:30-12:30.
- Huntingdon - second Tuesday of the month 10:30-12:30.
- Wisbech - first Wednesday of the month 10:30-12:30.
- Online parent carers - third Wednesday of the month 10:00-11:30.

We often arrange café meet ups, trips and activities around the county for adult carers and parent carers, so please sign up with us to be the first to know.

Visit [caringtogether.org/keepintouch](https://caringtogether.org/keepintouch)

# Directory

Information on  
organisations that  
provide support and  
services to carers

## Dementia/Alzheimer's

### Arbury Court Library Dementia Social Group

Monthly social event for people living with dementia and their carers. Last Monday of the month 10-11.30am.

T: 0345 045 5225

E: [libraries.referralcentre@cambridgeshire.gov.uk](mailto:libraries.referralcentre@cambridgeshire.gov.uk)

### Adams Creative Café

For carers and people with mild to moderate dementia. Alternate Friday afternoons 1.30-3.30pm in Littleport.

T: 07821 683130

E: [info@adamsheritagecentre.co.uk](mailto:info@adamsheritagecentre.co.uk)

### 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](http://alzheimers.org.uk)

### Brampton Dementia Friendly Community

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

### Burwell Drop-In

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

T: 07799 360858

E: [sueevans1949@hotmail.com](mailto: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](http://rotary-ribi.org/clubs/homepage.php?ClubID=500)

### Carers Coffee Club

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

T: 07889 319888

E: [kimpigfarmer@tiscali.co.uk](mailto: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 10am-12pm and 1-3pm.

T: 01945 583463

E: [sarah.barnesdyer@nationaltrust.org.uk](mailto:sarah.barnesdyer@nationaltrust.org.uk)

### Dementia Carers Count

Phone and text support.

Online community.

T: 0800 652 1102

W: [dementiacarers.org.uk](http://dementiacarers.org.uk)

### Forget-me-not Journey Support Group

For those living with dementia and their carers. Every Tuesday and Friday. HI Friends Wellbeing Hub, Kay Hitch Way, Histon.

T: 07780 674563

E: [jan@hifriends.org.uk](mailto:jan@hifriends.org.uk)

### Love to Move and Reminiscence

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

T: 01480 497314

E: [communities@norrismuseum.org.uk](mailto: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](http://allinsound.co.uk)

## **St Ives Dementia Café**

Third Tuesday of the month 10am-12pm.

T: 07725 5888145

E: [george.smerdon@btinternet.com](mailto:george.smerdon@btinternet.com)

## **St Neots Rotary Coffee Pot Memory Café**

Meets on a Wednesday.

T: 01480 395979

## **Trumpington Memory Café**

Third Wednesday of the month 10.30am-12pm. Organised by Trumpington Church and Rotary.

T: 01223 840268

## **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](http://cpslmind.org.uk)

### **CPSL Mind Personality Disorder Group**

Connect with supportive peers.

W: [cpslmind.org.uk/peer-support-in-cambridgeshire-and-peterborough](http://cpslmind.org.uk/peer-support-in-cambridgeshire-and-peterborough)

### **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](http://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](http://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](http://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](http://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](http://camsight.org.uk)

### **CDA Hearing Help**

Services for people with hearing loss including hearing aid maintenance.

T: 01223 416141

W: [cambridgeshirehearinghelp.org.uk](http://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](http://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](http://huntsblind.co.uk)

## **Other conditions**

### **Huntingdonshire Aphasia Support (H.A.S.)**

Meets second Tuesday of the month 2-4pm.

T: 01480 891977

E: [anna.bratby@alconbury.org](mailto:anna.bratby@alconbury.org)

## General support

### Age UK Cambridgeshire and Peterborough

Advice and services for older people.  
T: 0300 666 9860  
W: [ageuk.org.uk/cambridgeshireandpeterborough](http://ageuk.org.uk/cambridgeshireandpeterborough)

### Cambridgeshire Libraries

Free books, e-resources and general information. Activities.  
T: 0345 045 5225  
W: [cambridgeshire.gov.uk/library](http://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](http://care-network.org.uk)

### Healthwatch Cambridgeshire and Healthwatch Peterborough

Local independent champion for health and social care, gathering experiences of care to help influence decision makers.  
T: 0330 355 1285  
W: [healthwatchcambridgeshire.co.uk](http://healthwatchcambridgeshire.co.uk)  
[healthwatchpeterborough.co.uk](http://healthwatchpeterborough.co.uk)

### Healthwatch Norfolk

Local champion for health and social care, gathering experiences to make sure decision makers hear your voice.  
T: 0808 168 9669  
W: [healthwatchnorfolk.co.uk](http://healthwatchnorfolk.co.uk)

### Sibs

Support for siblings who have a brother or sister with a life-long disability.  
W: [sibs.org.uk](http://sibs.org.uk)

### The Royal British Legion

Supporting service men and women, veterans and their families since 1921.  
T: 0808 802 8080  
W: [britishlegion.org.uk](http://britishlegion.org.uk)

## Community and peer support

### Burwell Carers Group

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

### Carers Connected

Online Zoom groups for carers run by the Christian charity, Embracing Age.  
T: 07964 895477  
W: [embracingage.org.uk/for-carers](http://embracingage.org.uk/for-carers)

### Chatterbox

Second and fourth Mondays of the month  
2.15-4.15pm at CARESCO Centre, Sawtry.  
T: 01487 832105  
W: [caresco.org.uk](http://caresco.org.uk)

### Coffee Connections

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

### Older Peoples Monthly Friendship Meeting

Second Thursday each month 2-4pm at St Peters Church Hall, March.

### Simply Saturday

Monthly shared lunch, entertainment, and friendship in Little Paxton Church.  
T: 01480 216255  
E: [young\\_paxton@ntlworld.com](mailto: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](http://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](http://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](http://centre33.org.uk)

### Family Voice Peterborough

Support for parent carers in Peterborough.  
T: 01733 685510  
W: [familyvoice.org](http://familyvoice.org)



## Julaybib Project

Supporting parents/carers of children with special needs and disabilities in Peterborough.

T: 07791 364221 / 07477 681276

W: [julaybibproject.co.uk](http://julaybibproject.co.uk)

## Pinpoint Cambridgeshire

Support for parent carers in Cambridgeshire.

E: [information@pinpoint-cambs.org.uk](mailto:information@pinpoint-cambs.org.uk)

W: [pinpoint-cambs.org.uk](http://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](http://spectrum.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](http://carers.org/grants-and-discounts/carersmart-discount-club)

### Disability Huntingdonshire

Supporting people to claim for benefits.

T: 0330 3553 256

W: [dish.org.uk](http://dish.org.uk)

## Exercise

### Love to Move

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

W: [britishgymnasticsfoundation.org/lovetomove](http://britishgymnasticsfoundation.org/lovetomove)

### PosAbility

Accessible exercise sessions for those with long-term health conditions and reduced mobility. Potential carer respite.

T: 07565 598193

W: [posability.org](http://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](http://camcommarts.org.uk)

## Caring Together Charity

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

- **Carer advice line** 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.
- **Befriending service** where volunteers support Norfolk carers and those they care for.
- **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 Charity  
L D H House  
Parsons Green  
St Ives  
Cambridgeshire  
PE27 4AA

Call: **0345 241 0954**

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

Web: [caringtogether.org](http://caringtogether.org)

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carers where you live.**



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