

Caring

For everyone looking after a family member or friend

Young
carers get
on their
bikes



Getting a
break this
summer



Remembering our
volunteer, Derek

Welcome to the summer edition of Caring magazine, which coincides with the biggest event in the caring calendar – Carers Week.

Running from 8-14 June, Carers Week is a national event that puts the spotlight on unpaid carers, raising awareness of the challenges they face each day and recognising the immense contribution they make to their families.



Our new Carers Speak Out report has been published to tie in with Carers Week and chimes in with the powerful experiences of carers shared via our online platform. You can read the full report, which has been sent to local decision-makers, at caringtogether.org/carers-speak-out. And you can get a flavour of how carers are feeling, as well as how actions have been taken because of Carers Speak Out, in this edition.

We also highlight Great Yarmouth and Gorleston Young Carers (GYGYC) after welcoming them into the Caring Together fold in April. We are proud to be entrusted with providing this incredibly vital service following the retirement of GYGYC founder Terry Macrowan.

Since the last edition, we have had some sad news with the passing of long-standing volunteer Derek Bond. But here we remember a remarkable man who brought a smile to everyone he met.

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.

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Registered charity number 1091522

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Great Yarmouth and Gorleston Young Carers and Carers Week



In April 2026, Caring Together Charity began delivering the Great Yarmouth and Gorleston Young Carers (GYGYC) service, ensuring the continuation of this vital scheme in the local community.

This transition followed the retirement of GYGYC founder and manager Terry Macrowan, whose dedication and leadership shaped this support programme into a valued resource for young carers and their families.

Set up in 2011, GYGYC supports young carers and young adult carers, whose lives are affected by caring for a parent, sibling or other family member with disability or long-term illness.

The service provides a wide range of help including age-specific support groups, one-to-one mentoring, counselling and fun respite activities, designed to boost wellbeing and reduce isolation.

Importantly, all frontline GYGYC staff transferred to Caring Together Charity, ensuring the continuity of care and preserving the strong relationships the team had built with the young carers they support.

And we are pleased that GYGYC will play a big role in the events and activities Caring Together will be involved in during Carers Week.

This year Carers Week runs from 8-14 June, and has the theme of Building Carer Friendly Communities.

For several years, GYGYC young carers have taken part in fundraising sponsored walks along the promenade at Gorleston beach, rounded off with a bag of chips!

We are delighted that they will continue to put their best foot forward with a series of walks in their age groups, including the Rainbow, Red and Green teams taking part on 8, 10 and 11 June respectively.

At our carers' hubs, we are looking forward to welcoming representatives from The Bobby Scheme and Healthwatch Cambridgeshire and Peterborough to Huntingdon on 9 June and Great Shelford on 11 June respectively.

Carers Week events

Although a full schedule of how we will be marking Carers Week was not available at time of publication, you can keep up to date via our social media channels (Facebook, Instagram and LinkedIn) or via Inside News, our email newsletter.

If you haven't already, please sign up at caringtogether.org/keepintouch



I don't know any different

Now 21, Sienna has never known a time when she has not been an unpaid carer.

From the tender age of just four years old, she has been helping look after her mum Lisa, who has severe epilepsy, as well as having bouts of depression and anxiety.

Sienna said: "I've got older sisters, but it got to the point where whenever my mum was unwell, I'd see her on the floor, having her seizures.

"At the start, it was more wondering what was going on because it's not something everybody witnesses.

"But from such a young age I was having to remember my home address and my home phone number in case anything happened.

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I just got used to it and assumed it's what everyone did.
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"We did have an epilepsy alarm, which had all the details, so all you had to do was press a button and then they'd send someone out. It was a lot of responsibility, but you don't think it at the time. Because of looking after mum from such a young age, I just got used to it and assumed it's what everyone did."

Sienna was around eight years old when she realised she was a young carer after a support worker from regional youth outreach charity The Benjamin Foundation visited her home and invited her to join a local support group.

It was also around this time when she and her mum were lucky to survive a major car accident. Her mum was left with long-term concussion that still affects her today in addition to her other issues.

"With the massive impact of the hit to the head, mum nearly ended up in a coma," said Sienna.

"When mum came out of hospital, she had to learn to walk and talk again. You could show her a selection of cards with different things on, and she would sit there for a long time and say 'I don't know what it is' and get really frustrated.

"My mum's still not completely the same today and any small thing can be a trigger. There was one time when a guy was whistling in the same aisle in Morrisons and my mum got agitated and started shouting so my nan had to take her out of the shop.

"She doesn't like it when people click their fingers, or even somebody eating a packet of crisps because of the crunching."

Sienna's own health issues

By the time of this horrific road collision, Sienna had herself been diagnosed with epilepsy, making her caring role even harder to cope with.

She said: "Because I'd seen my mum have all these seizures and go through it, even though I was still so young, I understood what it was.

Sienna's advice to young adult carers

"My advice is to get all the help and support you're entitled to and never feel ashamed when asking for help.

"Always be honest with your staff and management and ask for a plan to be put in place when at work so if you're needing to call home to see how the people you care for are okay and safe."

"Although I enjoyed education, school was difficult. A lot of people get to see you on the floor having seizures and in my first year at high school, there would be paramedics turning up most days to take me to hospital in an ambulance.

"I missed out on a lot of work and then once I got to Year 8, I led myself down a path where I didn't know how to act around staff. I wouldn't necessarily class myself as the naughty type, but there was a lot of anger and frustration and I think it just came out, which it shouldn't have done."

However, Sienna began attending Caring Together Charity's Norfolk Young Carers Forum around this time, which she found hugely beneficial as a break from both her caring role and a rough time at school, and still goes along now as a young adult carer.

She said: "It was interesting to see what other people did care-wise, whether it was for a parent or siblings and it was nice knowing that my voice was heard because I've had so many fantastic opportunities with this group.

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*It was nice
knowing that my
voice is heard.*
”

"I've been on the radio and down to the House of Lords to speak about the charity, and I nearly went on *This Morning*, but unfortunately Prince Philip passed away, so that didn't happen.

"I love Caring Together, I always have and I always will. I still come to the group, but I'm getting to the stage now where I want to do more. I want to be a role model for the younger ones."

After leaving school, Sienna gained qualifications in health and social care at college and has worked as a healthcare assistant and a teaching assistant in a SEND school.

However, her health has deteriorated with more frequent seizures once more and she has unfortunately had to give up work for now.

She said: "Both places where I worked were very understanding with my caring role for my mum and also with my health as well. But when they need someone to give them their full time, and it's not always possible, you can see the frustration."

"At the moment, I've been in and out of hospital. I still support and help mum as much as she needs, but when going in and out of hospital and being physically and mentally drained, I do struggle."

Sienna's strong bond with her mum

"Me and my mum make a good pair, don't we!", she jokes.

What cannot be doubted is the deep love Sienna and her mum share for one another.



▲ Sienna at a Norfolk Young Carers Forum meeting

Sienna said: "At times, she'll say to me "I know you struggle" and I'm like "we both struggle", but we both manage together. She looks after me, I look after her.

"The way I see it is my mum brought me up. She fed me and clothed me, so why aren't I able to do the same for her?

"I'd move heaven and earth for her, I'd do absolutely anything. A lot of people say me and my mum are like an old married couple because of how we bicker.

"But even then, it's not really bickering because we'll both look at each other and start laughing.

"I'll still go and lay on the sofa with my mum and give her a hug and she'll look at me and say "you're getting too big for this!". I'm such a child at heart!

"It probably doesn't help when I'm not overly well myself because they always say if you're not able to somewhat look after yourself, then how can you expect to look after somebody else?

"But I think we just take each day as it comes, and we're grateful that we're both still here.

“
*We just take
each day as
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”

Caring for someone with epilepsy

If a family member or friend has epilepsy there are things you can do to keep them safe and reduce the risk of seizures if they are not completely controlled by their medicine.



Symptoms of epilepsy often start in young children and people over 50, but it can happen at any age.

Usually, the only symptom of epilepsy is having seizures. Symptoms of seizures can include:

- Your body becoming stiff or floppy.
- Suddenly falling to the floor.
- Jerking or twitching movements in your body.
- Peeing unintentionally.
- Losing awareness of what is around you – you may stare into space and not be able to respond normally.
- Unusual feelings or sensations, such as strange smells, numbness or tingling, changes in your vision, or suddenly feeling scared.
- Unusual behaviour, such as fidgeting or walking around and not being aware of what you are doing.

A seizure usually lasts a few seconds or minutes and stops by itself.

You might be aware of having a seizure and remember it afterwards, or you might not.

Epileptic seizures are different from febrile seizures, which can happen in children when they have a high temperature.



Tips

- Make yourself familiar with what you need to do if they have a seizure.
- Encourage them to carry medical ID, such as a bracelet or a card, that lets people know they have epilepsy.
- Keep a diary or use an app to help track things that might trigger a seizure, such as tiredness, stress, your period, flashing lights, food, or drink. You can download one from [epilepsy.org.uk/living/keeping-a-seizure-diary](https://www.epilepsy.org.uk/living/keeping-a-seizure-diary).
- Make your home safer. For example thick carpets with underlay help cushion falls, and radiator covers can help prevent injuries and burns.
- Recommend they use an alarm to get help if they have a seizure.
- Take showers instead of baths.
- Think about safety when they are doing activities such as cooking, using tools or machinery, swimming, or sports.
- Limit alcohol consumption as it can increase the risk of seizures.
- Make sure they do not miss doses of their epilepsy medicine.
- Do not change their epilepsy treatment without getting advice from their GP or specialist.

Find out more

Visit [caringtogether.org/epilepsy](https://www.caringtogether.org/epilepsy) for more information about caring for someone with epilepsy, including useful organisations.



Time to take a break

Unpaid carers often put their own needs after those they look after, but taking a break this summer can make a meaningful difference to how you feel.

Holidays designed for carers offer valuable respite and a chance to recharge, with options tailored to individual circumstances.

Whether you prefer time away on your own, or a supported break with the person you care for, there are solutions available to help restore balance.

From grants to specialised respite packages and helpful holiday guides, finding the right getaway is more accessible than you may think.

Stepping away, even briefly, can improve wellbeing, reduce stress and help you return to your caring role feeling more resilient.

Taking time for yourself isn't a luxury, it's an essential. This summer, explore the options available and give yourself permission to rest and reset.

Here is a helpful guide to some of the options available to you this summer.

Holiday providers

After Umbrage

If the person you care for has a life-limiting condition, After Umbrage can help you to have a free break at one of their lovely cottages in Bath or Oundle if you want a quiet, informal getaway.

See afterumbrage.org.uk/carers

Carefree

Whether you are looking for a break in a city or by the coast, Carefree offer vacant hotel spaces to unpaid carers for one to two-night stays for a £38 admin fee per break.

Visit carefreespace.org

The Honey Pot Children's Charity

Young carers aged 5-12 can be helped to get a countryside break by Honey Pot. They provide a much-needed getaway from the demands and responsibilities at home.

Find out more at honeypot.org.uk

Dementia Adventure

Dementia Adventure offers supported holidays for carers and people with dementia, combining nature, guidance, and tailored support to create wonderful breaks that promote wellbeing, confidence and shared positive experiences.

The Dementia Adventure Support Fund also helps people who are unable to afford a break on their own.

See dementiaadventure.org/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 deafblind.org.uk/get_support/conifer-court-hopton-on-sea-norfolk

Grants and funds for carer breaks

Revitalise

Revitalise offers holiday funds to help unpaid carers and disabled people enjoy accessible breaks in the UK and abroad. Typical grant per individual is £500.

Visit revitalise.org.uk

Family Fund

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

Learn more at familyfund.org.uk

Family Holiday Charity

Free or subsidised UK breaks are provided for low income families, who have not had a holiday for at least four years. Eligible families must be referred by a professional (e.g. GP, social worker).

Family Holiday Charity also have an amazing resource with more carer holiday or break fund providers at familyholidaycharity.org.uk/holidays/other-holiday-charities-resources-and-family-fund

From our readers

In issue 38 of Caring magazine, Craig shared a tip with us for keeping bed protectors in place.

Since then we have received another suggestion from Sheila who uses bed protection sheets. She said: "I have two bed protection sheets, which have cotton sides attached which you tuck under the mattress. I have found them to be very good.

"They stay in place and work the same or better than the throw away pads. Only need to wash the pad not the whole bed sheet. They don't need ironing. I bought the ones below made out of bamboo but there are many other makes. They do sizes from single to UK king size."



Thank you for sharing this with us, Sheila. We hope other carers find this useful, especially as it's an environmentally friendly alternative to disposable bed protectors.

Share your tips

If you have a tip that could help other carers, drop us a line at communications@caringtogether.org and we'll include it in a future issue of Caring magazine or Inside News.

Derek Bond 1949-2026

We are deeply saddened by the recent passing of our much-loved volunteer Derek Bond.

Derek volunteered with Caring Together Charity for well over a decade and was always ready to help however he could, with a big smile, a great sense of humour, and a warm greeting for anyone he met.

From representing Caring Together at Golden Age fairs to attending many other events and meetings to spread awareness of the charity, he was happy to turn his hand to any task.

Derek was particularly well known for his support at our Wisbech carers' hub, still volunteering until last August when he sadly had to step back due to his health, and is deeply missed by those who met him.

We spoke to Derek's son Dean to discover more about his dad and why volunteering was so important to him. We are grateful to Dean for giving his time and send him our condolences.

Born-and-bred in Hackney London, Derek moved with his wife Ann to Manea in 1978. They adopted Dean (and his brother Craig) and he felt an immediate connection that summed up the warmth and positivity many knew his dad for.

He said: "I was being fostered at the time, and even from our first meeting, he was lifting me up and putting me on his shoulders, He was just fun from the outset."

Having initially been a bus driver, Derek gained an electrical engineering qualification and worked at Doddington Hospital, where his caring side was highlighted by arranging for old equipment to be sent for use in hospitals in Zimbabwe.

Unfortunately, after suffering nerve damage to his arm in a work accident, he was forced to take early retirement.

But alongside the many hobbies Derek enjoyed, from classic cars to model railways, he also loved meeting people and helping them, so volunteering for local causes became a calling.

Dean said: "He was a genuinely caring person and just loved to chat to people, tell a story and see how they were doing.

"Dad could walk in and light up a room and be the centre of attention, but not in an arrogant way. So many people knew him, and he just liked to be relaxed, silly, funny, and for the people around him to feel the same.

"He had no qualms about talking to anyone, whether they were homeless or millionaires. He taught me that people are people, titles and riches do not matter. Dad was very pleased if he could make you smile. If you were feeling down and he made you feel better, that made his day."



Derek may not have realised at the time, but as a child, he played a caring role for his diabetic mum Rose, giving insulin injections and running errands for her. He also cared for his wife Ann, who suffered with chronic fatigue syndrome ME (myalgic encephalomyelitis), and in her final years before sadly passing in 2020 due to a battle with a calcific brain tumour.

Dean feels this combination of experiences gave his dad a particular empathy towards unpaid carers and why he loved helping Caring Together Charity in any way he could.

As a wonderful gesture, donations from attendees at Derek's funeral went to Caring Together Charity.

Dean concluded: "He would want to be remembered for making a difference in people's lives and making them happy. He was just so committed to caring for other people."

If you would like to make a donation in memory of Derek or someone else who has been special to you, please visit <https://caringtogether.memorypage.org/memorytree> where you can tell us about the person your gift is in memory of.

Want to know more?

Derek's story showcases how important volunteers are in supporting the work of Caring Together Charity – and how it can help you feel good as well as others.

We currently have around 60 volunteers helping across the charity in a range of roles, from befriending unpaid carers or those they care for, to creating exciting reels for our social media channels!

Our volunteers are a hugely valued part of Caring Together Charity and we are always in need of more people to help in any way possible. Perhaps you could:

- Help us at awareness and fundraising events?
- Carry out research or provide support with admin tasks?
- Support our young carers' activities and groups?
- Use your skills to help us in another way?

Interested in doing something that will make a difference?

Call 0345 241 0954

Visit caringtogether.org/volunteer

Email volunteers@caringtogether.org

Slipping through the net

While compiling the 2026 Carers Speak Out report, we were struck by the response to our call for unpaid carers to tell us whether they felt they were slipping through the net in terms of support.

We contacted Craig, who cares for wife Pat (pictured below). She has had dementia for six years, but Craig told us the hardest part of being a carer was "getting the help, support and information I need to do my job".

Craig was made redundant from his job at around the time Pat was diagnosed with dementia and recognised himself as an unpaid carer "very quickly".

But while Craig accepted this situation, he felt he was "constantly having to battle a broken system" to be able to care for Pat in the best way possible. He said: "The biggest challenges have been around getting information and sifting our way through the multi-agency system.

"For example, the mental team deal with one query, then sign you off. Surely Pat should be kept as a live case throughout her entire journey rather than having to go back to the GP for a referral back to the mental team every time the condition worsens?"

Craig felt there had been a lack of information on practical support available, such as obtaining equipment, including handrails, shower seats and chair risers, to make life more comfortable for Pat. "Until someone says 'why do you not have a ...?'" otherwise, you are unaware that such items exist."

He added: "Ideally, even though Pat is currently self-funding for care, we should still have an assigned social worker to guide us through the process, but it seems you only get one of those once you are down to state-funded level.

"So basically, we get no support from anyone until we ask for it. But you can't ask for it if you don't know it is available. It's a vicious circle."

Craig explained he has just started a new claim for NHS Continuing Healthcare (CHC) for Pat but had only stumbled across this type of fully funded care package from a television commercial.

He said: "I just think that carers are being set up to fail. Nobody is giving them a good quality of preparation to do their job. If you go to work for a supermarket putting tins of baked beans on the shelf, full training must be provided by law, along with risk assessment and breaks.

"Who provides that for carers? The deal we are getting is just unfit for purpose."

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*The deal we
are getting is
just unfit for
purpose.*
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Blue Badges

We identified the Blue Badge application process could be an issue for unpaid carers after a member of our Carer Council shared the difficulties he faced when reapplying for his wife's Blue Badge.

Despite his wife having a degenerative condition, meaning her health would only decline and she would always require a Blue Badge, he was required to start the application process from scratch. This involved completing lengthy forms and repeatedly explaining their circumstances.

A key concern raised was why carers in such situations must reapply as though there could be a change in eligibility, when the only change is a deterioration in health.

When we invited carers to share their experiences of applying or reapplying for a Blue Badge on our Carers Speak Out platform, we were overwhelmed by the response.

Concerns included:

- The complexity and length of the application process.
- Struggling with specific requirements, such as uploading photographs or navigating lengthy questionnaires.
- Communication failures between agencies creating unnecessary barriers.
- Inconsistent decision-making, undermining trust in the system.
- The assessment being a distressing experience.
- Lack of flexibility in the system for short-term but serious conditions.

As a result of this wave of feedback, our Carer Council Chair Steve Acklam wrote to Blue Badge teams across Cambridgeshire, Peterborough and Norfolk, as well as carer leads within local authorities.

Responses have been mixed. As a result, the Carer Council asked Caring Together Charity Chief Executive Miriam Martin to contact Carers Trust to see if this is a common theme that they are hearing from other carers so we can see whether we need to respond locally or on a national basis.

Given the inconsistencies in the process, there is a concern that applying for a Blue Badge can feel like a postcode lottery.

Although this is a work in progress, it remains an important item on the Carer Council's agenda, and highlights that in expressing your experiences as a carer, you can make a difference.

Share your experiences

Craig shared his experiences of being a carer on our Carers Speak Out platform. It's easy to do and a great way to get your voice heard. If you want to share your experience like Craig or you've struggled getting a Blue Badge, please visit caringtogether.org/carers-speak-out

We value all the comments on the platform as they help us inform local and national decision makers about issues carers face.





"It's really lovely that they do trust you."

Best of both worlds

Emily (19) is combining her work as a Care Professional with studying psychology at university.

Working as a Care Professional isn't Emily's first job, but it is the most flexible. She was looking for a role that enabled her also to study, and enjoy time off with her friends and partner.

"I've got so much free time to do uni work and also have free time," explained Emily, "it really works for me."

Although she was initially nervous about providing personal care, she has found this is one of the most rewarding aspects of her job.

"I was the most nervous about that side of things when I first started, but you're given the training to do it. And when you start, you're shadowing someone else and you have a go when someone else is with you. Most of your clients, they know what they're doing anyway. If you get stuck, if you've forgotten what you're doing next, if you're uncomfortable about something, the client will help you out.

"They're going to be like, 'oh, it's this stage next' or, 'we've just missed a stage!'"

"And," continued Emily, "you've got your care plan, you've got on call, you've got your managers. It's so rewarding, because it, it just sort of mirrors back to you that you're actually helping another human being with a sensitive thing and they trust you with that. And it's really lovely that they do trust you."

It is getting to know her clients that Emily really enjoys. And she has time to chat with them which is great company for her clients too.

"I just love talking to the clients. I'm a bit of a busy-body. So being able to go into these people's houses and they'll just tell me their life story. I'll sit down after we've done like personal care, done all the jobs, ticked everything off the care plan. We sit down for a coffee and we have a right little chinwag and a gossip, and it's my favourite part of it. And it's just really enjoyable."

Emily finds that her shifts whizz by as she's busy on calls and travelling between them in her car. "You can just put your tunes on. You've got 20 minutes to drive... and you feel refreshed by the end of it."

From premiership to Peterborough



Anyone who receives homecare from Michal knows he is on the ball with his caring, compassionate, and conscientious attitude.

But did you know that he previously worked for a Polish Ekstraklasa (Premier League) football club?

In his early twenties, Michal spent 18 months treating bumps and bruises as physio for the U21 team of top Polish side KS Dyskobolia Grodzisk Wielkopolski, who knocked Manchester City out of the UEFA Cup (now Europa League) in 2003.

Although he enjoyed working for the club he supported, Michal decided to move to the UK with the hope of finding another job in physiotherapy, but to no avail.

Michal said: "I didn't have any certain plan of what I would do, but I was open for any work.

"Regarding my education as a physio, I didn't need to do my full studies again. But because I finished work in my profession as a physio for more than

two years, I needed to do a back-to-work course to be able to work as physio in UK. Also, I would have needed to get a HCPC (Health and Care Professions Council) registration which can be hard to get if you didn't study in the UK."

Michal began working for Caring Together after finding out about the charity at a job fair in Peterborough.

Thirteen years on, he remains as keen and committed as ever to his Care Professional role.

He said: "What is nice is we see many of the clients on a regular basis and we get to know each other. We can have nice connections with them, we know what to do, and if we see something has changed with them, we can spot that quickly to help prevent a potentially more dangerous situation.

"Caring Together is a good organisation to work for. I would say you just need to be caring and if you have that, you can learn and get experience."

Interested in joining our team?

Whether you're a mum who wants to return to work, someone looking for a career change like Michal, or a student like Emily who attends her in-person lectures on Mondays (her day off), our Care Professional roles may be of interest to you.

If you're an unpaid carer or former carer, we'd love to hear from you too.

Maybe you need something flexible? Emily has 2-5pm off on Tuesdays and Thursdays so she can join an online lecture from wherever she is, and then gets straight back to work afterwards.

For more information please contact us by phone on **0345 241 0954** or email **jobs@caringtogether.org**

Meet Lynnette, our Community Fundraiser



I began my fundraising journey in February 2024, inspired by my daughter and the incredible work she's done. Supporting her sparked a real passion in me, and I quickly realised how much I loved making a difference.

I've now been with Caring Together Charity for just over six months and have loved every minute. I've been building relationships with local community groups and businesses, which has been both rewarding and inspiring. A highlight has been working with Molly at Ivo Lounge, St Ives, whose fundraising has been fantastic. I'm also encouraging businesses to host our Purple Pots - an easy but effective way to support our work.

I'm always keen to connect with local groups and would love to give short talks about Caring Together Charity and what we do.

I've also attended young carers trips and delivered a presentation at the Young Carers in Education Summit, which reinforced how vital fundraising is in supporting young carers.

This summer is set to be a busy one with the St Ives Community Choir Concert, local fetes and fayres. If you see me at an event, please come and say hello.

Alongside my role, I'm completing a Level 3 Apprenticeship in Fundraising, which is helping me grow my skills across all areas.

My motivation is deeply personal. When my dad was ill, I saw how overwhelmed and isolated my mum felt as an unpaid carer. That experience drives my passion to support others.

No two days are the same, from supporting events to meeting businesses and developing new ideas. It's varied, fast-paced, and incredibly rewarding.

I'm proud of the relationships I've built and excited to continue growing our fundraising through 2026.

If you'd like to get involved, whether hosting an event, becoming a Purple Pot Champion, or arranging a talk, I'd love to hear from you at fundraising@caringtogether.org

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*And to every unpaid carer:
you are amazing. Your
dedication and love make
a real difference every day.*

”

Fundraising changing lives

An amazing total of around £4,000 was raised for Caring Together Charity by a terrific team of runners who went the extra mile at the Cambridge Half Marathon.

Six representatives from The Chase Care Home, Huntingdon, and parent company Connaught Care, teamed up with five members of Caring Together staff – John Platten, Lizzie Hindler, Ruth Young, Alice Longden and Ella McKenzie – plus Cambridge-based digital marketer Tim Callington, in a powerful show of solidarity for the thousands of unpaid carers who provide vital support to loved ones every day across Cambridgeshire, Peterborough and Norfolk.

Caring Together Charity Senior Fundraising Manager Laura Price said: "Three in five people in the UK will become a carer at some point in their lifetime – whether it's looking after family members long-term illnesses, or caring for a friend living with disabilities.

"Raising awareness has therefore never been more important, and we're very proud our runners used their energy and commitment to champion this cause."



Funds raised by events like this are vital in enabling Caring Together to run much-needed days out for young carers.

Caring Together gives young carers the chance to take a break from their caring roles and meet other young people with similar responsibilities by organising exciting activities throughout the year, allowing them to make new friends.

This Easter, young carers had a sweet time touring around Cadbury World in Birmingham, as they discovered more about the history of chocolate and how chocolate is made, as well as having a go at making their own choccy treat.

Meanwhile, lots of outdoor adventures were had during an exhilarating residential trip at Hilltop in Sheringham with youngsters trying their hand at everything from zip lining to mountain biking.

But these crucial breaks for young carers are only possible thanks to fundraising. And there is no need to run a half marathon! You could hold a bake sale, a sponsored walk, a bingo night, or a raffle.

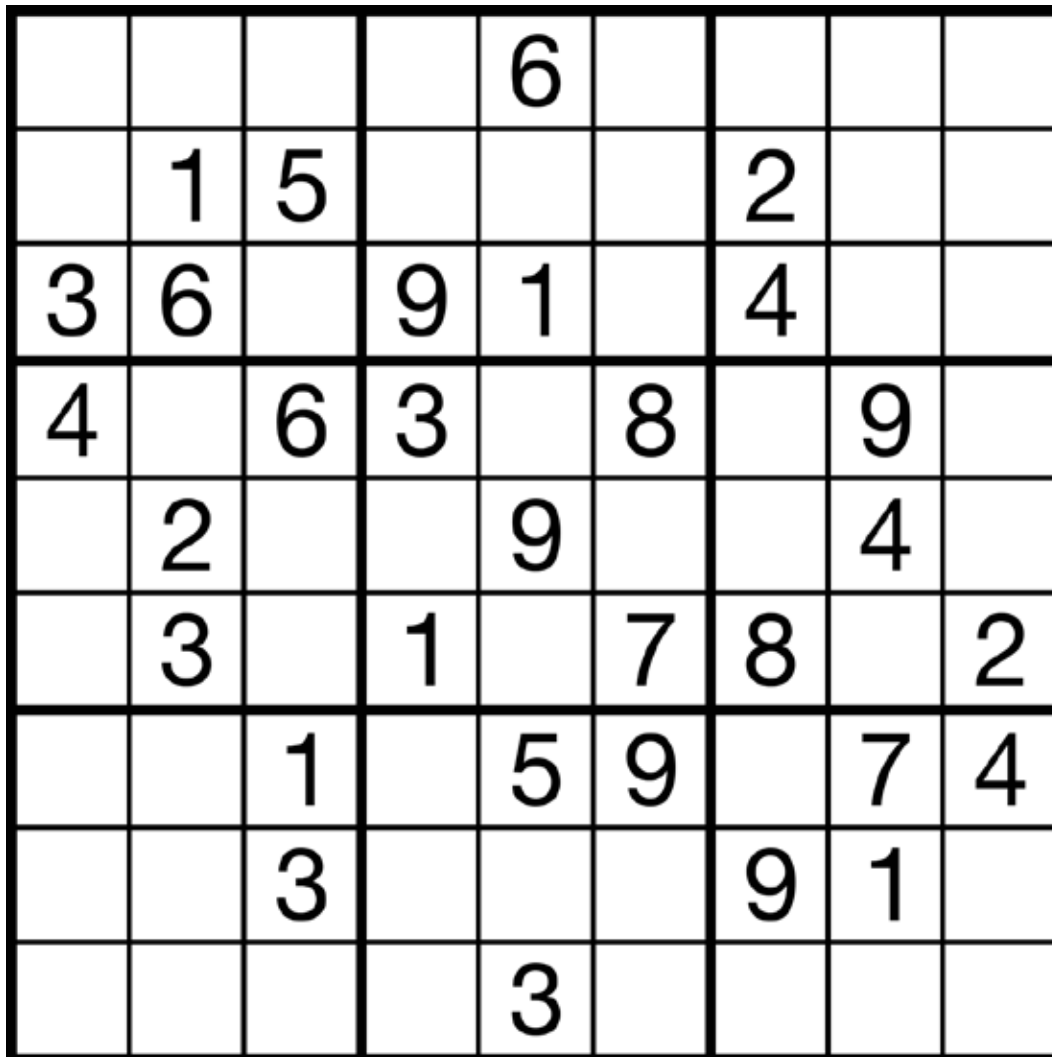
We would love to hear from you and would give you all the support and advice you need to make whatever you plan as successful as possible.



Find out more

For more information on how you can support Caring Together Charity, visit caringtogether.org or email fundraising@caringtogether.org

Sudoku

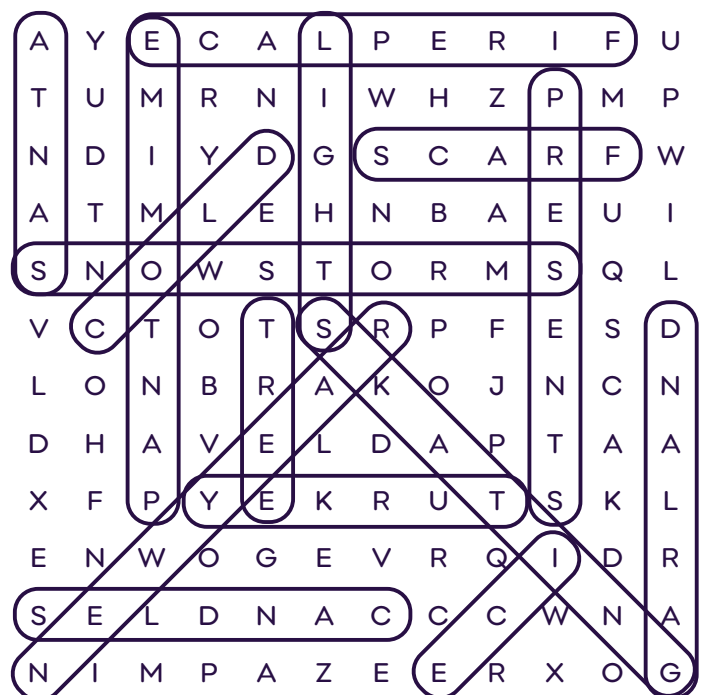


Answers
will be in
issue 41!

This Sudoku puzzle was provided by sudokuoftheday.com

Word search solution

From issue 39



Easy summer gardening jobs



Maxine, our green-fingered Digital Product Manager, shares her advice for summer.

Tidy flower beds and pots

Pull out obvious weeds and brush away old leaves.

No need for perfection, even a light tidy makes a big difference.

Water wisely in hot weather

Water plants early in the morning when it's cooler.

Move pots into a shady spot so they don't dry out too quickly.

Freshen up the lawn

Mow the grass and straighten the edges to make the garden look instantly neater.

Clean patios and paths

Sweep and wash down hard surfaces. A jet wash is ideal if you have one.

Help wildlife

Put out a shallow dish of water for birds, insects, and other small creatures. An old plate or bowl works well.

Support pollinators

Plant pollinator friendly flowers such as cosmos, sunflowers, and zinnias. Growing them from seed is easy and a fun activity for children too.

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

Directory

Information on
organisations that
provide support and
services to carers

Cancer

Cambridge Cancer Help Centre

Drop in centre for all affected by cancer.
120 Cambridge Road, Great Shelford.
Monday to Wednesday 10am-4pm.
T: 01223 840105
W: www.cambridgecancerhelp.org

Dementia/Alzheimer's

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

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 Community

Activities for those living with memory and dementia related illnesses.
T: 07890 866389
E: 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

Cambridge South Rotary Club Memory Café

First Friday of the month 10am-12pm.
T: 01223 276192
W: rotary-ribi.org/clubs/homepage.php?ClubID=500

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 Peckover House, Wisbech. Tuesdays and Wednesdays 10am-12pm and 1-3pm.
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

Dementia Social Groups

Monthly social events for people living with dementia and their carers. Burwell, Ely, Huntingdon and Yaxley Libraries.
T: 0345 045 5225
E: libraries.referralcentre@cambridgeshire.gov.uk

Forget-me-not Journey Support Group

For those living with dementia and their carers. Every Tuesday and Friday. HI Friends Wellbeing Hub, Histon.
T: 07780 674563
E: jan@hifriends.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 Friendly Community Group

For people with dementia and their carers. Café, Love to Move, Reminiscence, Singing Café, Games, Choir, Friendship Lunches and Carers' Support Group.
E: agipeach@icloud.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

CPSL Mind Personality Disorder Group

Connect with supportive peers.
W: 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

Rethink Carer Support

Carer support groups and information for carers of people with mental ill health.
T: 07342 691768
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

Neurodivergence

ADHD + Autistic Ives

Group in St Ives for autistic and/or ADHD adults and people who know an autistic/ADHD adult.
E: autisticives@outlook.com

Neurodivergent Neots

Peer-led support group for neurodivergent adults (18+) in St Neots.
E: neuroneots@gmail.com

Parkinson's

Parkinson's UK

Phone and text support. Local groups for people with Parkinson's and their carers.
T: 0808 800 0303
W: 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 2-4pm.
T: 01480 891977
E: 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

Cambridgeshire Libraries

Free books, e-resources and general information. Activities.
T: 0345 045 5225
W: cambridgeshire.gov.uk/library

Care Network Cambridgeshire

Information and support to stay healthy and independent.
T: 01954 211919
W: 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
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

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: britishlegion.org.uk

Community and peer support

Burwell Carers Group

Third Thursday of the month
10am-12pm.
T: 01638 741234
E: cpicb.burwellsurgery.admin@nhs.net

Carers Connected

Online Zoom groups for carers run by the Christian charity, Embracing Age.
T: 07964 895477
W: 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

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

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 people including 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

Julaybib Project

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

T: 07791 364221 / 07477 681276

W: julaybibproject.co.uk

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

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

Exercise

Love to Move

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

W: 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

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

Web: caringtogether.org



A very special way to remember a loved one is with a donation to help keep our services running here at Caring Together Charity.

There are many ways to give in memory of someone who meant a lot to you, such as having a funeral collection, setting up an online tribute, making a one-off donation, or taking on a challenge to remember them. The money raised could mean a young child caring for dad visits the seaside for the first time, or someone in their eighties can rest easy, knowing their wife is being looked by us after while they attend the hospital for urgent treatment.

Perhaps you would like any donations made at your funeral to be contributed towards our vital work in the community? If so, leave a simple note with your personal papers and tell your family.

To find out more

Visit caringtogether.org/remember-a-loved-one

Email fundraising@caringtogether.org

Call us on 0345 241 0954