

Caring

For everyone looking after a family member or friend

CARERS INFORMATION



Charity shop
coming soon!

Supporting
carers in
Peterborough

Welcome to the autumn/winter edition of Caring magazine.

Since Andy Burnham became Prime Minister back in the summer, you will have seen lots in the news about his aims to reform social care. Such a scheme would take time and investment, but it would be a positive step if it helps unpaid carers get the support they need when they need it while caring for a family member or friend.



While it has been all change at No 10, we also have a new Chair of our Board of Trustees at Caring Together Charity with Andrew Glover taking the reins from Stuart Evans at the end of his maximum nine-year term.

Stuart has done an incredible job of shaping the charity's development, growth and resilience since 2017 and we look forward to working with Andrew over the coming years. You can read Stuart's reflections on his tenure and Andrew's thoughts looking ahead in this edition.

We also have exciting news that our first-ever charity shop will be opening soon! Shop Manager Belinda Jones has been hard at work recruiting volunteers, overseeing the fit-out and gathering donations, so we cannot wait to welcome you to our King's Lynn store.

And with Christmas just around the corner, it could be just the place to get the perfect gifts for your loved ones!

A handwritten signature in dark ink that reads "Miriam" with a flourish underneath.

Miriam Martin
Chief Executive
Caring Together Charity

Contents

Charity shop coming soon!	3	Wishing Stuart a fond farewell	14
Boroughbury Medical Centre	4	Welcome to Andrew	15
Being there: How you can support the one you care for	7	Helping us raise funds this summer	16
Winter wellbeing for carers	8	Buy your Christmas cards	17
Taking control of your future	10	Time out	18-19
Mental Capacity Act webinars	12	Carers' hubs	19
Former young carer James builds a future behind the scenes	13	Caring at Christmas	20
		Picking the perfect Christmas presents	21
		Directory of services and support	22-23

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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Charity shop coming soon!



We are excited to announce the opening of our first-ever Caring Together Charity shop in King's Lynn High Street this autumn!

The opening date was still to be confirmed at the time of going to press, but we look forward to welcoming you to browse the shelves soon.

Our Shop Manager Belinda Jones has been working tirelessly for many months to bring the shop to life and deserves huge credit for her amazing efforts.

But while we are getting ever closer to opening our doors, there are two things any good charity shop will always need – volunteers and donations!

If you live in the King's Lynn area and can spare some time to help with the shop in some way, we would love to hear from you.

Whether you want to help on the shop floor, price items and prepare them for display, sort through donations in the stock room, or create attractive window displays, there are all sorts of roles you can get involved in.

We welcome volunteers from all backgrounds and levels of experience, and we will work with you to find a role that matches your interests, skills and availability, whether you can get involved for a few hours each week, a full day, or on a more flexible basis.

Every contribution you make as a volunteer will make a difference to our work supporting unpaid carers across Norfolk, Cambridgeshire and Peterborough.

For more information, please visit caringtogether.org/help-us-help-others/volunteering/kl-charity-shop-volunteers or email shop.volunteers@caringtogether.org

And if you want to give a second chance to your good quality pre-loved clothes or old bric-a-brac, we would love you to drop them in to us in a few weeks time!

Find out about what we accept and more details about donating at caringtogether.org/charity-shop/donate-items-to-our-shop or email kingslynn@caringtogether.org



Where to find us

We are conveniently located at 61 High Street, King's Lynn next to Marks & Spencer and near to the Tuesday Market car park.

Left to right
Dr Ruth Beesley - GP
Jess Marsden - Clinical Outreach Lead Nurse
Jenna Lusk - Social Prescribing Link Worker



Boroughbury Medical Centre

Supporting carers in Peterborough.

Boroughbury Medical Centre is a Primary Care Network (PCN) in Peterborough serving almost 48,000 patients across three sites.

Covering an urban area with a highly diverse and multicultural population, they are trying to reach people who may not visit the doctor regularly or may find it difficult to get help with their health problems. The PCN tries to offer a flexible service to enable unpaid carers to attend appointments and look after their own health needs.

"For example," explains GP Dr Ruth Beesley, "we might say to a patient, 'if you have someone that comes in to sit with your husband on a Wednesday afternoon, let's get your smear done on a Wednesday afternoon.'"

“
So, when it works, it works really well.
”

Boroughbury encourages patients to tell them that they are caring for someone as this is then recorded on the internal computer systems. Jenna Lusk, Social Prescribing Link Worker, says this is important as they can then be as flexible as they can.

"So, if someone calls up it, might highlight to whoever's on the phone that they need additional appointments or they need double appointments or they may need an appointment at short notice, those sorts of things. So then patient services will look at the patient record and say, okay, today's the only day that they can be available, so let me try and book whatever's available for them."

The team at Boroughbury are very aware that a carer may not attend to their own health needs because they are so busy caring, and focussed on the person they are supporting. "They may miss routine health checks, such as blood pressure monitoring, and delay attending screening appointments," says Jess Marsden, Clinical Outreach Lead Nurse. Jess explained: "We held a number of women's health sessions on Saturdays for patients who may struggle to attend routine appointments. During one of these I met a woman who had cared for her dad for 10 years. She hadn't seen a GP for over seven years as her caring responsibilities had always taken priority. So on that day, she was able to get her cervical screening done, blood tests, and she got to see a GP. As her dad had passed away and she was struggling with bereavement, she could be referred for mental health support. So, when it works, it works really well!"

One of the biggest challenges the team at Boroughbury has is finding out which patients are in a caring role at home. It's something GP Dr Beesley often experiences, "I think some people do struggle with the word 'carer'. You know, particularly older couples where you might say, for example, to a wife, are you your husband's carer?"

What is a Social Prescriber?

Boroughbury PCN offers additional support to patients, including carers, who face day-to-day challenges that have effects on their health. These include housing problems, loneliness and isolation, and financial problems. Social Prescribers (sometimes called Social Prescribing Link Workers) like Jenna Lusk take time to understand someone's situation and can then recommend groups or services to help them. "We bridge the gap," explains Jenna, "between medical care and everyday life, helping patients access the support and services they need."

You can make an appointment with a Social Prescriber by contacting your GP surgery reception. You don't need a GP referral. The Social Prescriber may be able to tell you about local support services that you aren't aware of.

“
*I'm his wife,
that's what I
signed up for.*
”

"And she will say, 'I'm his wife, that's what I signed up for'. She wants to be supported and recognised as the wife she signed up to be, rather than a carer."

Boroughbury supports some patients with complex social and medical needs, including people who are homeless or have addictions, as well as people with mental health challenges. It is often the carers of these patients who are in danger of going unrecognised and unsupported. Sometimes this is because of shame and embarrassment over a family member having a mental health problem, an addiction, or health problems related to their homelessness.

"We had a gentleman," remembers Dr Beesley, "who was dying of oesophageal cancer and a fellow rough sleeper, who was also living with drug addiction, actually did an incredible job as an informal carer to that person, supporting them, being with them, helping them sort things out."

Caring is seen as a duty

In some communities caring is seen as a duty that family members should fulfil, and it can be seen as shameful to get care support or involve outside organisations.

However, the team at Boroughbury are keen to help in whatever way is right for the carer.

"I often say to my patients," says Dr Beesley, "you're never as busy and your diary is never as full as when you're ill. And actually, for a lot of our patients, their diaries are really full and their carers are the ones that are making this happen. And if the diary is full of all things you've got to do for the person you're caring for, there's no space in the diary for you."

"Keeping you well and keeping you as healthy as you can be is the very best thing you can do in order to continue that important role you're doing. And, I often say to carers I'm talking to, if you fall over, not just physically, but emotionally, then that's going to have consequences for everybody. And actually a really important part of being a carer is looking after yourself."

"People sometimes worry that they might come across as being selfish. But actually, if you can't care for that person because you're not well, that's not doing them any service. Actually, if you put your hand up and say, actually, I could do a bit of help here, that's the very best thing you can do to allow you to continue caring for that person."



Why tell your GP you are a carer?

- 1 They may be able to offer flexibility with appointments so you can look after your own health needs too.
- 2 You may be entitled to free vaccinations such as flu jabs and Covid vaccinations.
- 3 They may be able to tell you about other support services locally.

Across Cambridgeshire and Peterborough Caring Together Charity can sometimes provide free care cover for the person you look after to enable you to visit the doctors or hospital. Contact us to find out more.

Tel: 0345 241 0954

Email: hello@caringtogether.org

Web: caringtogether.org

Being there: How you can support the one you care for



For unpaid carers, going to a GP or hospital appointment with the one they care for can make an enormous difference.

You will know the everyday health, habits, symptoms and communication needs of the person you care for better than anyone else.

If they want you there, and they need your support, your presence can help them feel calmer, understood and safer.

It is important to remember the person you care for has a right to privacy. If they have capacity to decide, they must agree to you being in the consultation.

Once they are happy for you to attend, you can help by filling in the gaps, explaining recent changes, asking questions and making sure instructions are clear before you leave.

Why your support matters

- You can describe symptoms, changes in behaviour, medication issues or daily difficulties.
- You can help the person understand what the doctor, nurse or consultant is saying.
- You can ask practical questions about treatment, follow-up, tests, discharge or care at home.
- You can reassure the person if they feel anxious, confused or overwhelmed.

If the person you care for has dementia

For someone living with dementia, a busy clinic or hospital can feel noisy, unfamiliar and frightening.

If there are sensitive updates, contact the GP in advance so they can read the information without distressing the person during the appointment.

- Tell reception that the person is living with dementia.
- Ask whether there is a quieter place to wait.
- Bring familiar items, such as a photo book, music on a tablet or a comforting object.
- Use the Alzheimer's Society's This is Me document to share routines, preferences and communication needs. See alzheimers.org.uk/get-support/publications-factsheets/this-is-me

Help in identifying yourself as an unpaid carer

It is valuable for people looking after a family member or friend to be identified as a carer.

Caring Together's carer's card is a great way for you to be identified a carer, whether this is when you are at the hospital, GP surgery, pharmacist or elsewhere.

If you don't yet have a carer's card you can find out more by emailing us at hello@caringtogether.org, visiting caringtogether.org/carers-card or by calling 0345 241 0954.



Winter wellbeing for carers

Looking after yourself is vital, so here are some tips on making this winter feel more manageable.

Winter for unpaid carers can bring extra pressure. Shorter days, colder weather, viruses, travel disruption and higher bills can all make caring feel harder, especially if you are already juggling appointments, medication, meals and emotional support.

Staying safe and warm

- Keep rooms you use most to at least 18°C where possible and reduce draughts with excluders or window film.
- Wear several light layers rather than one heavy layer.
- Book flu and Covid vaccinations if eligible and encourage the person you care for to do the same.
- Ask your pharmacist for advice if a minor illness starts to become harder to manage.
- Keep a kettle or flask nearby for regular warm drinks.
- Drink regularly as fluids are just as important in winter.

- Batch cook soups, stews or casseroles for nourishing meals to save time on busy days.

Practical and financial help

- Plan outings and appointments for daylight hours, wear non-slip shoes and use walking aids if conditions are icy.
- Ask for phone or online consultations when travel is difficult.
- Keep an emergency kit ready with water, snacks, medication, a torch and important contact numbers.
- Stock up on regular prescriptions, basic cold remedies and non-perishable food.
- Tell your GP you are a carer so your caring role is noted and support can be offered.
- Register with your energy and water suppliers' Priority Services Register for extra help during power cuts or supply issues. Visit the-psr.co.uk.

- Have a back-up plan in case you become unwell or need to go to hospital. See more about emergency planning on our website caringtogether.org/emergency-planning

If you live in Cambridgeshire, contact us to set up a free emergency What If? Plan. Visit caringtogether.org/whatifplan or call 0345 241 0954.

In Peterborough, call 01480 211006 or visit makingspace.co.uk.

Norfolk, call 0800 083 1148 or visit carersmatternorfolk.org.uk.

- Check whether you can claim Winter Fuel Payments, Warm Home Discount, Cold Weather Payments or carer-related benefits. Visit: gov.uk/the-warm-home-discount-scheme
gov.uk/cold-weather-payment
gov.uk/winter-fuel-payment

Look after your mental health and keep connected

- Try a short podcast, talking book or calming app when you cannot leave the house.
- Use chair stretches or breathing exercises to ease tension and boost your mood.
- Arrange video chats or phone calls with family or friends to stay connected.
- Join a local carers' group, online hub, trip or event to meet people who understand your situation. Check caringtogether.org/events for details.
- Look at local noticeboards for drop-ins, warm spaces and community activities.
- Sign up for Inside News, our free monthly email newsletter, at caringtogether.org/keepintouch.
- If you feel persistently low, call Mind on 0300 123 3393 or Samaritans on 116 123.

Have you checked yours recently?

Checking your blood pressure is important for everyone, no matter your age or general health.

- High blood pressure often has no symptoms.
- In Cambridgeshire, around one in 12 adults are estimated to have undiagnosed high blood pressure, equivalent to 45,000 to 50,000 people in the county.
- Left untreated, high blood pressure can significantly increase the risk of heart attack, stroke, kidney disease, and dementia.



Cambridgeshire Libraries are offering blood pressure monitors to borrow from all their libraries and mobile libraries.

Any library member aged 18 or over can borrow a monitor for free for three weeks.

Ask at your library for more information. Alternatively scan this QR code or visit cambridgeshire.gov.uk/libraryandwellbeing



Taking control of your future

Emily Littlehailes, LLB (Hons) LLM shares why lasting powers of attorney matter.

Lasting power of attorneys (LPAs) can be particularly important for carers and the people they care for.

Many people have heard of them, but far fewer understand just how important they can be. While a Will protects your wishes after your death, an LPA protects you during your lifetime if there comes a point when you are unable to make decisions for yourself.

There are two types of LPAs. The first covers Health and Welfare decisions, and the second covers Property and Financial Affairs. I recommend both.

An LPA allows you to appoint individuals, known as attorneys, to make decisions on your behalf if you become unable to do so yourself. They can be used if we develop a condition such as dementia or Alzheimer's, or have a stroke but also if we have a physical problem which makes it difficult to speak on the phone, nip to the bank or sign a document.

The benefits of putting LPAs in place are considerable. Perhaps the most significant is that they allow you to retain control over who makes important decisions on your behalf. Rather than leaving decisions to professionals, public bodies or a court process, you can choose the people you know and trust to act for you. This gives many people enormous peace of mind.

For loved ones, LPAs can remove many of the practical obstacles that often arise when someone becomes unwell or requires care. These documents give your loved ones the legal tools to be able to make arrangements for you and look after your home at what is often an emotional and challenging time.

Another overlooked benefit of making LPAs is that they encourage important conversations. Discussions about future health needs, care preferences and financial arrangements can feel uncomfortable. However, these conversations often help families better understand one another's wishes and values.

Important considerations

1. Timing

You need to make a lasting power of attorney **before** you need it. Think of an insurance policy, we hope we will never need to rely on it, but we take comfort in knowing it is there if circumstances change. Crucially, you must have the necessary mental capacity when creating the documents.

2. Choosing the right attorneys

Selecting the right attorneys is one of the most important aspects of creating a lasting power of attorney.



These should be people you trust implicitly and who understand your wishes, values and priorities.

You are not limited to appointing just one attorney. In fact, where appropriate, I often recommend appointing more than one person. Having multiple attorneys can provide valuable continuity and ensures there is support available if one person is unable to act.

Age is another factor worth considering. While there is no requirement for an attorney to be younger than you, it is sensible to think about who is likely to be available and capable of acting should the documents be needed many years in the future.

In the past, I would encourage people to think about where their attorneys lived. Today, however, much of our financial and administrative management can be handled remotely so location shouldn't be a problem.

You should also consider how your attorneys are to act. Attorneys can be appointed jointly and severally, meaning they can make decisions together or independently of each other.

You can choose to appoint attorneys jointly but this isn't always recommended as if one is away on holiday, or passes away, decisions cannot be made. Also the attorneys won't always agree!

A useful option is the appointment of replacement attorneys. These individuals step in only if the original attorneys are no longer able or willing to act. Replacement attorneys can provide an additional layer of protection and continuity, but the provisions need to be drafted carefully.

Ultimately, the best attorneys are people who know you well, understand your values and are willing to act in your best interests.

Find out more?

Please see gov.uk/power-of-attorney if you'd like to find out more about lasting powers of attorney.

Mental Capacity Act webinars

Understanding your rights, your loved one's rights, and professional responsibilities in relation to the Mental Capacity Act.

James Codling, Mental Capacity Act and Deprivation of Liberty Safeguards Training and Development Manager at Cambridgeshire County Council, will be delivering a series of webinars for Cambridgeshire and Peterborough unpaid carers on the Mental Capacity Act in 2026 and 2027.

The Mental Capacity Act applies to everyone 16 and above and provides a legal framework for making decisions where a person cannot give consent for themselves. The reach of this legislation is immense - any of us at any time could find ourselves incapable of taking decisions about our health, our welfare, or our finances.

By way of analogy, every single one of James' grandparents (he comes from a divorced family, so he has had quite a few) all died with a form of dementia, and at different stages in their life were all unable to make certain decisions for themselves. The same was the case for some of the young people who he supported as a care worker, who due to their profound learning disability could not make some decisions about the care he or their family was providing.

However, many families and unpaid carers sometimes feel that the legal language used is overwhelming or difficult to interpret. In the upcoming webinars, James aims to explain and demystify what the law means in practical terms. He will help you understand the frameworks that guide decision-making and understand your rights/your loved one's rights and professional responsibilities in relation to the Mental Capacity Act.

The webinar sessions will be very informal and we will discuss:

- What mental capacity is and how it is assessed.
- How best interests decisions are made.
- Using the Mental Capacity Act in day-to-day caring situations.
- What you should expect from professionals.
- How to challenge poor practice.
- Legal options such as: Lasting Powers of Attorney, Deputies, Advance Decisions and Appointeeship.
- What is meant by the legal term deprivation of liberty and what it means for you and your loved one.

Webinar dates

16 Oct 2026 10:00-11:30

4 Nov 2026 13:00-14:30

1 Dec 2026 10:00-11:30

14 Jan 2027 10:00-11:30

12 Feb 2027 10:00-11:30

8 Mar 2027 13:00-14:30

22 Apr 2027 10:00-11:30

19 May 2027 13:30-15:00

1 Jun 2027 10:00-11.30

Please visit caringtogether.org/mca-webinars-2627 to join a session. For our readers who receive the magazine electronically, you can click on the date you want to join.

Former young carer James builds a future behind the scenes



Ambitious and driven, James is building the career he once dreamed of working behind the scenes on major theatre and circus productions.

But as a young carer, those ambitions could easily have stayed out of reach. Now 23, James hopes his story will encourage other young carers to recognise their own strengths and follow their interests and passions.

Caring became part of everyday life when James was seven. His mum's health deteriorated after she caught swine flu, which triggered ME and fibromyalgia. She later developed mental health issues including anxiety, depression, bipolar type 2 and borderline personality disorder. He did not realise he was a young carer until three years later, when he overheard his mum talking to another parent at school.

Support first came through the Benjamin Foundation, before James joined Caring Together's Norfolk Young Carers Forum.

"From that, it was my goal to make sure other young carers didn't find themselves in a position where they didn't know they were a young carer," he said.

Through the forum, James helped set up the Carer Friendly Tick Award, encouraging schools and colleges to identify and support young carers. His own school, Wymondham High Academy, became one of the first recipients.

School offered James "an escape", but homework and revision were often difficult. There were nights when he was woken after his mum had fallen and times when he had to give CPR. At 18, after moving in with his nan, he was still called back in emergencies.

"That was around the peak of where I was looking after her," he said. "She also went through alcohol addiction, so I was supporting her through that."

But James held a fascination with technical theatre. A church youth ministry gave him a chance on a sound desk working with their band and he never looked back.

He went on to study technical theatre at Falmouth University, telling staff from the start that he might need to leave at short notice.

After graduating with a 2:1, James returned to his nan's home and took on further caring responsibilities after she developed vascular dementia following a stroke.

Soon afterwards, he got his first job as a sound technician. He is currently head of sound on the Silence of the Lambs UK tour.

"To achieve what you want to achieve, you have to be selfish sometimes," he said. "It's not easy, but it's possible and that makes you want it more."

"You cannot live your life just doing stuff for other people. Even if it's taking a couple of days to do something for you, life gets easier when you do that."

Wishing Stuart a fond farewell

Stuart Evans reflects on nine years as Chair of Caring Together Charity.



For Stuart, who joined the charity in 2017 after previously chairing Arthur Rank Hospice Charity, the time has passed quickly. He has seen the charity grow, adapt and strengthen its support for unpaid carers across Cambridgeshire, Peterborough and Norfolk.

He said: "I shall miss it, but it's amazing to realise it's been nine years. It doesn't feel as if it's been that long, but it's nice to reflect on how the charity has changed in that time."

"The first thing I did was hire Miriam (Martin) as CEO," Stuart recalled. "The most important thing is to make sure you've got the right CEO in any kind of charity."

Although Stuart brought considerable charity leadership experience, his time at Caring Together Charity also deepened his understanding of unpaid caring.

Together with his wife Brenda, he raised three adopted children, two of whom have learning difficulties, and supported Brenda's parents in later life. Yet, like many people, he had not initially seen himself as a carer.

He said. "A lot of carers don't realise they're carers. When you're running a charity like this, it's really important to remain focused on the beneficiaries."

Among the proudest achievements during his tenure, Stuart highlights Caring Together's response to the Covid pandemic. Faced with uncertainty in spring 2020, the charity managed its finances carefully, planned quarter by quarter and continued supporting carers.

He said: "We just held our nerve and kept going. It's a tribute to the team that we came through that very well."

Early investment in technology proved vital as services moved online. "We put the quill pen in the cupboard and got out the computer, just as everything went virtual," Stuart said.

Other milestones during Stuart's time include the rebrand from Carers Trust Cambridgeshire, Peterborough and Norfolk to Caring Together Charity, a move to new premises, strengthened fundraising, bringing on board the Great Yarmouth and Gorleston Young Carers service, and the recent recruitment of new Trustees.

But as Andrew Glover takes on the role of Chair, Stuart is confident Caring Together is ready for its next chapter.

He said: "I think Andrew is going to be terrific as Chair. I'm confident the charity is well positioned for the future under new leadership with a refreshed strategy, strong governance and a continued commitment to support carers."

Welcome to Andrew



Andrew Glover has been appointed as the new Chair of the Board of Trustees at Caring Together Charity.

Andrew brings with him extensive experience in business leadership and personal insight into the realities of caring.

He joined the charity's Board of Trustees in March 2026, having previously founded and run several IT and telecommunications businesses.

His connection with caring is deeply personal. Supporting his wife, Andrew spent a decade helping care for his mother-in-law, who had Alzheimer's. She lived with the family for around three years before her care needs became more than they could provide at home. More recently, Andrew supported his own mother through a period of increasing dependency.

Those experiences showed him both the resilience of carers and the difficulty many face in finding help.

He said: "It didn't feel like there was a great deal of support at the time. Trying to tap into what was out there definitely felt like an art rather than a science."

For Andrew, this makes awareness vital. He recognises carers often keep going because they are supporting someone they love, putting up with huge pressure before asking for help. "We often don't need to provide large amounts of support to transform these carers and keep them going. Small amounts of timely help can make a real difference to families and to wider society."

Andrew also brings charity experience from serving as churchwarden and treasurer at various Cambridge churches and is also Chair of Faith in Business. Since joining Caring Together, he has been encouraged by the strength of the charity.

He said: "Every meeting I've had with Miriam, Stuart, the Board and the Executive team, it's clear that these are good people who know what they are doing."

"I'm looking forward to helping Caring Together build on these strong foundations as it strives to reach and support even more unpaid carers."

Interested in becoming a Trustee?

Our Trustees serve Caring Together Charity voluntarily and they have responsibility for strategy, quality, compliance, governance and oversight of management. They make sure we comply with legislation and all relevant regulations, and are responsible for safeguarding our assets. Besides this, they are advocates and ambassadors for Caring Together Charity and unpaid carers.

Get in touch at hello@caringtogether.org if you think you could play a role in helping to guide our charity.

How you have been helping us raise funds this summer

Sponsored walks

Just over 100 young carers put their best foot forward with sponsored walks on Gorleston seafront to raise more than £1,000 for Caring Together Charity.

The funds raised went towards supporting our dedicated service in Great Yarmouth and Gorleston for young carers and young adult carers, aged 5-19.



Mayor of Great Yarmouth, Cllr Jade Martin, attended the first walk in the series. Having been a young carer herself, she was delighted to show her support.

She told the young carers: "I want you to know something very important. While your efforts are quiet, they do not go unnoticed. You are the heart of our community and we are deeply proud of you."

Choir concert

St Ives Community Choir struck a chord by raising more than £1,200 for Caring Together Charity with their sensational summer concert.



An excellent crowd of more than 100 people soaked up the sounds at St Ives Free Church, enjoying a marvellous mix of music featuring classics from The Beatles, Bryan Adams and The Eagles and songs from shows such as Grease, Dirty Dancing and The Lion King, plus much, much more.

Fishing match

Caring Together Charity netted almost £600 thanks to the efforts of anglers in a fundraising fishing match on a stretch of the Grand Union Canal in Northamptonshire.



After a tense weigh-in, Dave Rose was declared the overall winner with an impressive haul of 15lb 13oz, narrowly beating Paul Greensmith (pictured), who reeled in 15lb 11oz.

The match was organised by kind-hearted anglers Martin Douglas, Chris Howard and Joe Roberts, and thanks go to Northampton and Nene Angling Club for generously donating access to the canal.

Would you like to help?

There are so many things you can do to help us, whether it's a bake sale with your club, group or church, organising a sponsored walk, run, swim, or bike ride, running a bingo night, or holding a raffle.

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

If you want to get involved, please visit caringtogether.org/fundraise-for-us or email fundraising@caringtogether.org.

Buy your Christmas cards and help child carers

See the back page for our four new Christmas cards for 2026! The money raised from selling Christmas cards goes towards providing respite activities for our carers - of all ages. These trips are about so much more than just a day out. Let's ask our young carers:



"I feel like I'm a superhero at training camp. I learnt to sail, climb and shoot arrows! I think I could save the world now."

Grafham Water trip



"Caring Together's young carer services have given me freedom and allowed me to make new friendships. It's easier to get to know other young carers as we know what each other is going through."

Blakeney Point seal trip

Please support our young carers by sending our festive cards to friends and family.

Charity Christmas cards order and donation form

Or you can order online today at caringtogether.org/christmas-cards



Card design	Number of packs	Price per pack	Amount
Festive Friends at Christmas		£4.50	£
Cosy Christmas Eve		£4.50	£
Seasonal Settings		£4.50	£
The Christmas Story Bauble		£4.50	£
Total cost for cards			£
My donation to support local families			£
Total for postage 1-5 packs £3.50, 6-12 £6.50			£
Total amount			£

Scan to order cards



Registered with



FUNDRAISING REGULATOR

Gift Aid - boost your donation by 25p of Gift Aid for every £1 you donate.

☐ I would like to Gift Aid my donations. I am a UK Taxpayer. Please treat all donations I make or have made to Caring Together Charity for the past four years as Gift Aid donations until further notice. I understand that if I pay less Income Tax/Capital Gains Tax than the amount of Gift Aid claimed on my donations to charities in that tax year it is my responsibility to pay any difference.

Please complete the reverse of this form on page 18.

Poetry corner

Many thanks to John for sharing this moving poem about his experience of caring for his wife.

Only a carer can feel too tired to sleep, too anxious to eat, too frightened to speak

So helpless they cry to have felt despair,
love, hate, sorrow, and laughter mix in the same tears

And when death is near, feels betrayal and compassion mix in the same heartbeat

Only a carer could have touched such emotions. yet still have had the faith to care.

If you like to write poetry, please share your poems with us. Email them to communications@caringtogether.org

Sudoku solution

From issue 40

8	4	7	2	6	3	1	5	9
9	1	5	7	8	4	2	3	6
3	6	2	9	1	5	4	8	7
4	7	6	3	2	8	5	9	1
1	2	8	5	9	6	7	4	3
5	3	9	1	4	7	8	6	2
2	8	1	6	5	9	3	7	4
6	5	3	4	7	2	9	1	8
7	9	4	8	3	1	6	2	5

This Sudoku puzzle was provided by sudokuoftheday.com

Charity Christmas cards order and donation form (continued)



If you would like to order Charity Christmas cards or make a donation to support local unpaid carers, please complete both sides of this form, cut it out and send it with a cheque made payable to **Caring Together Charity** in the enclosed freepost envelope to: Caring Together Charity, L D H House, Parsons Green, St Ives PE27 4AA

Alternatively, you can make a donation online at caringtogether.org/donate

Your name _____

Address _____

_____ Postcode _____

Email address _____

Thank you for your support.

We'd love to keep you updated at other times about our support services, events, and ways you can support Caring Together Charity. This includes our monthly newsletter and magazine. If you've given us your details we may contact you by email in the future, unless you tell us not to below. You can opt out now by ticking the box below, or at any time by clicking 'unsubscribe' in our emails or contacting us at fundraising@caringtogether.org

☐ I would prefer not to receive emails

For more details on how we use your information, please read our Privacy Policy on our website at caringtogether.org/privacy-policy.



Pumpkin Soup

An quick and easy way to use up any pumpkin flesh after you've carved pumpkins for Halloween.



Prepare

Less than 20 minutes

Cook

25 minutes

Ingredients

- 2 tablespoons olive oil
- 2 onions
finely chopped
- 1kg pumpkin peeled,
deseeded and
chopped into chunks
- 700ml vegetable stock
or chicken stock
- 150ml double cream

Method

1. Heat the olive oil in a large saucepan, then gently cook the chopped onions for 5 minutes, until soft.
2. Add the pumpkin to the pan. Cook for 8-10 minutes. Stir occasionally until it starts to soften and turn golden.
3. Pour the stock into the pan and season with salt and pepper. Bring it to the boil, then simmer for 10 minutes until the pumpkin is very soft.
4. Pour the double cream into the pan, bring back to the boil, then purée with a hand blender. For an extra-velvety consistency you can pour the soup through a fine sieve.
5. Serve with fresh bread or croutons.
6. Don't waste the pumpkin seeds as you can toast and add those too!
7. You can freeze the soup for up to two months.

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.

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

Caring at Christmas



Christmas can be a joyful time, but for many unpaid carers it can also bring extra pressure.

While others may be slowing down, carers are often trying to keep routines going, manage visitors, plan meals, arrange medication and support someone whose needs do not stop for the festive season.

For some, it can feel stressful. For others, especially those caring with little regular support, it can feel lonely.

If you live with the one you care for, try to keep routines as consistent as possible.

Familiar mealtimes, rest periods and daily habits can help reduce anxiety and make Christmas feel more manageable.

It is also fine not to attend every festive event to which you are invited. Choose what feels right for you.

If you are expecting visitors, it can help to explain any communication, mobility or sensory needs in advance so everyone knows how best to support the person you care for.

If you don't live together, planning early can make a real difference.

Check that medication is ordered well before Christmas, share emergency contacts and key information with family members, and make sure heating, food supplies and transport arrangements are in place before services close for the festive period.

If you cannot visit, a daily phone or video call can provide reassurance and help you notice if something is not quite right.

One of the hardest things for carers can be admitting that things have become difficult.

Many older carers worry about burdening adult children or relatives about their situation. But Christmas can be a natural chance to have an honest conversation.

Family members may be visiting, off work, and more able to offer practical help or think through options with you.

Asking for support is not a failure and taking a short break is not selfish. It might be half an hour with a cup of tea, a walk, a quiet moment in another room, or asking someone else to sit with the person you care for while you rest.

Loved ones usually want to know if you are struggling and would want to help if they can, so this Christmas, give yourself permission to be honest and accept support if you need it.

Ask for help and advice

Our Carer Advice Line will be closed on bank holidays over the festive season but you can call us at other times on **0345 241 0954** or fill in our form at caringtogether.org/ask-for-support

Picking the perfect Christmas presents



Choosing Christmas gifts for people living with conditions such as dementia, Parkinson's, ADHD or autism can feel daunting.

But the most thoughtful presents are often those that provide comfort, independence and connection.

Here are some practical gift ideas to help you choose presents that will be enjoyable, useful and sensitive to individual needs.

For people living with dementia

- Memory books or photo albums containing labelled family photographs.
- Reminiscence activity packs featuring local history, where they grew up, seaside memories or local landmarks.
- Simple puzzles, sensory cushions, twiddle muffs and comfort items.
- Music players pre-loaded with favourite songs from their younger years.



For people living with Parkinson's

- Easy grip cups, cutlery and kitchen aids.
- Lightweight blankets and heated throws.
- Voice-activated smart home devices for reminders and calls.
- Adult colouring books, audiobooks and seated exercise resources.



For autistic children and adults

- Noise cancelling headphones.
- Sensory gifts such as weighted blankets, fidget toys and sensory lighting.
- Interest-based gifts that match specific hobbies or collections.
- Predictable, structured experiences rather than surprise events.



For people with ADHD

- Visual planners and reminder systems.
- Fidget tools and sensory items.
- Creative kits, craft projects or experience gifts.
- Smart speakers for setting reminders and routines.



In the run-up to Christmas, you may also be looking for festive things to do with the ones you care for.

Some major shopping centres and retailers in the region regularly provide relaxed shopping days or times of the day where they have toned down lighting and no music. Check your local stores in the lead up to Christmas to see what they have planned.

But you cannot beat a traditional panto to bring on the festive cheer! Here are just some of the pantos with accessible performances this year:

- Jack and the Beanstalk at The Arts Theatre, Cambridge.
- Peter Pan at Norwich Theatre.
- Cinderella at New Theatre, Peterborough.

Directory

**Information on
organisations that
provide support and
services to carers**

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

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 at The Salvation Army, Lincoln Road, Peterborough.

T: 07936 210718

E: maureenann1947@hotmail.co.uk

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: peckover@nationaltrust.org.uk

Dementia Carers Count

Phone and text support. Online community.

T: 0800 652 1102

W: dementiacarers.org.uk

Dementia Social Groups in Libraries

Monthly social events for people living with dementia and their carers. Burwell, Ely, Huntingdon, and Yaxley Libraries.

T: 0345 045 5225

E: YourLibrary@cambridgeshire.gov.uk

Dove Dementia Cafe

A time for fun, friendship, support and a light lunch for people with a dementia diagnosis and their carers. First

Wednesday of the month 10:00-13:00

T: 01379 309062

E: rthbridges@gmail.com

Forget me Not Journey Memory Support Groups

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

NNUH Dementia Support Group

For people living with dementia and their carers who have accessed NNUH services. First Friday of every month 10:00-12:00 at Priscilla Bacon Lodge.

T: 01603 288694

E: dementiaservices@nnuh.nhs.uk

Sing! Together

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

E: kathryn@allinsound.co.uk

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 second Wednesday of the month 10:30-12:30 at Berkley Street Methodist Church, Eynesbury.

T: 01480 395979

Sunshine Memory Café

Run by Reepham Rotary for those living with memory loss and their carers. Second and fourth Thursday of the month 10:00-12:00.

T: 01603 860253

E: trevor.nelson@btinternet.com

Trumpington Memory Café

For people with any form of dementia and their carers Third Wednesday of the month 10.15am-12.15pm. Organised by Trumpington Church and Rotary.

T: 07437 922631

Wymondham Dementia Support Group

Safe, friendly and understanding environment for people living with dementia and their carers in Pabulum Café. Every Monday and Friday (except bank holidays).

T: 07586 312809 or 07391 659057

E: organiser@wdsdg.org.uk

Herbert Protocol

The Herbert Protocol is a national scheme used by the Police and other agencies. It encourages carers to compile useful information which could be used in the event of a vulnerable person, for example someone living with dementia, going missing.

For Cambridgeshire and Peterborough residents

W: cambs.police.uk/advice/advice-and-information/missing-person/missing-persons/vulnerable-people-at-risk-of-going-missing/dementia-missing-risk-herbert-protocol

Cambridgeshire Constabulary also issue wristbands which contains next of kin's contact name and number, allowing the person to retain their freedom and independence but also giving them an extra measure of safety if they forget where they are or how to get home.

For Norfolk residents

W: norfolk.police.uk/advice/advice-and-information/missing-person/missing-persons/vulnerable-people-at-risk-of-going-missing/dementia-missing-risk-herbert-protocol

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

Care this Christmas

Spread joy this festive season,
support unpaid carers and their
families across Cambridgeshire,
Peterborough and Norfolk

Charity
Christmas
cards to
help local
families

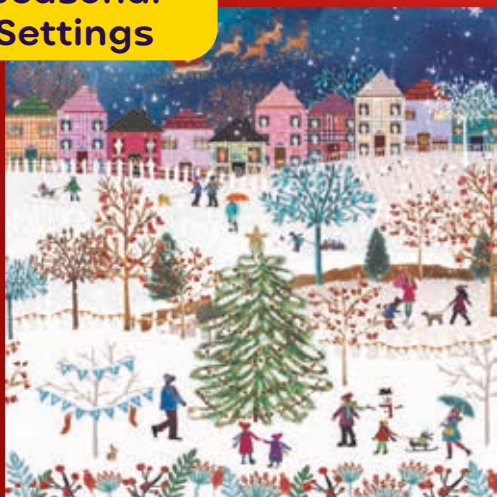
**Festive Friends
at Christmas**



**Cosy
Christmas Eve**



**Seasonal
Settings**



**The Christmas
Story Bauble**



Each pack costs £4.50 and contains 10 cards of the
same design with envelopes. Size: 140mm x 140mm.
Greeting inside the card reads 'Season's Greetings'.

See the order form on page 17 or visit
caringtogether.org/christmas-cards to order yours!

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