

CAMBRIDGESHIRE & PETERBOROUGH

carers

This magazine is for you

Quarterly Magazine | Issue 11 | Summer 2018 - Jun • Jul • Aug Edition



Inside this issue:

- Carers Week
- Sharing the Caring
- Pride in Our Carers Awards
- Setting up a Carers Group
- Events Calendar

Are you an unpaid family carer?

Do you look after someone?

Do you help someone with their day to day life?

Are you a working family carer supporting a loved one?


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Cambridgeshire & Peterborough
Norfolk
Carer Support and Homecare
action · help · advice


Cambridgeshire
County Council

PETERBOROUGH

CITY COUNCIL

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From our CEO

Three months on, I continue to be inspired every day by the people I have met, the experiences that you have shared and the challenges that are faced by family carers and the people you care for. I feel so privileged to have met you and the committed people who work to support family carers or deliver care services during such challenging times where budgets are being cut and money is restricted. All of us are united in our commitment to ensure that your voices; the voices of family carers and the professionals who work with you, are heard. Most of all we are committed to ensure that everyone receives the support and help you need whatever your age.

By 2037, according to Carers UK, there will be 9 million unpaid carers in the UK¹. I wonder how many of these people will recognise themselves as such? I wonder how many of these people will be aware that there is practical support available that can help change lives? I wonder how many of you may still not recognise the importance of the role that you play caring for the people you love and if you do recognise your role, how long did it take for you to do so?

It is with this in mind that we are planning our third Sharing the Caring and Pride in Our Carers Awards as part of Carers Week. This year, for the first time, it is to be held in Peterborough. The event is an opportunity for all of you to come together, to have a chat, take part in workshops, perhaps learn something new and to recognise all family carers in the region for your outstanding work. In July we are looking forward to the Family Carers Picnic and we hope to see many of you there.

I very much look forward to meeting you again or for the first time, to hearing more of your stories and to taking your ideas back to ensure that we continue to meet your needs in the future in the best way that we can.

Miriam Martin
Chief Executive
Carers Trust
Cambridgeshire,
Peterborough, Norfolk



Carers Week 11-17 June



Supporting carers to be Healthy and Connected

Caring can be a hugely rewarding experience, enriching relationships and bringing satisfaction and wellbeing. However, caring for others often comes at a cost to the carers' own health and wellbeing as they put their own health needs to the back of the queue.

To be Healthy and Connected, carers need the information and practical support to care safely without harming their own physical and mental health and the right advice and financial support to be able to stay fit and eat healthily. Carers need access to breaks – from a few hours to a couple of weeks – to recharge the batteries and maintain a life of their own alongside caring.

All parts of our communities have a part to play in connecting carers and helping them get the support they need to care without putting off their own health needs or losing important relationships with others. This could include an employer creating Carer Friendly policies by listening to the experiences of their workforce, a GP practice offering an annual health check or alternative appointment times to carers struggling to attend due to their caring responsibilities or a leisure centre offering special deals for carers.

We need to work together to create carer friendly communities which support

carers health and wellbeing. Carers Week and all the partner organisations are committed to making this happen.

What do carers say they want?

The Carers Week charities work with carers across the country and listen to what is important to carers and their families, and what they need from the people, organisations and services in their lives.

Carers say they want to live in communities that both support them to care well and be healthy themselves, to be able to work if they want to, and to have a life of their own outside their caring role. They want to be treated as individuals with their own health and wellbeing needs, and not only as a carer of someone else.

What are the health and wellbeing issues affecting carers?

By 2037, there will be nine million carers in the UK¹. Many people will care for someone multiple times in their lives, but often do not think of themselves as a carer. They see themselves as just a husband or wife, son or daughter, parent or friend, doing what needs to be done. Carers need help to recognise their caring role and the support that's available to them.

The health and wellbeing needs of the carer can sometimes be overshadowed by the health conditions of the loved one they are looking after. People are rarely prepared for the health impact that caring responsibilities can have on their own lives, with three out of four carers saying they were not prepared for caring².

"I never get asked if I need any support. My GP, even though he knows I'm a carer, does not ask how things are going or whether I need further help. Something only gets done when I ask. I feel GPs are the best people to know your health situation, and just like they offer annual health checks to patients. They should offer annual checks for carers too, to ensure all levels of care are maintained throughout, not just when you need something."

- Carers can find it a challenge to find time to take care of their own wellbeing whilst caring: Over half of carers (54%) also reported that they have reduced the amount of exercise they take because of caring and 45% reported that they have found it difficult to maintain a balanced diet. 7 in 10 carers (69%) said they find it difficult to get a good night's sleep because of their caring role³.

- Carers are more likely to have physical or mental health conditions and often neglect those conditions: 3 in 5 carers have a long term health condition, this compares with half of non-carers. This pattern is even more pronounced for younger adults providing care – 40% of carers aged 18-24 have a long term health condition compared with 29% of non-carers in the same age group⁴.
- Carers are more likely to experience stress, anxiety and worse mental health: Half (50%) of carers said their mental health has got worse as a result of caring⁵. 8 out of 10 people (78%) said they feel more stressed because of their caring role, and 7 out of 10 (72%) said caring has made them feel more anxious⁶.
- Carers often experience physical injury as a result of their caring role: 2 in 5 carers who hadn't received any information or training on keeping well reported injuring themselves physically through caring⁷.



- Carers can often experience loneliness and social isolation which can have a negative impact on health: Carers who had felt lonely or isolated were almost twice as likely to report worsened mental (77%) and physical (67%) health⁸.

Why not make your pledge to support family carers to become healthy and connected

www.carersweek.org/get-involved/pledge-support

Article originally published on the Carers Week website.

Our pledge to ensure family carers are supported to stay healthy and connected

We do not just organise events and raise awareness of family carers for one week in June.

Our pledge is to work all year round to ensure carers are supported to stay healthy and connected.

We pledge to do this by working closely with GPs through our Family Carers' Prescription service so they can identify and refer more family carers.

Our pledge is for life.

We support family carers to stay healthy and connected by offering*:

- Flexible breaks for family carers of all ages
- Homecare for people with care needs in their home or the community
- Specialist dementia support
- Carer's Assessments to identify and arrange the support you need to care
- Award winning Family Carers' Prescription
- Carers emergency planning (What If? Plan)
- Groups and activities for children and young people with disabilities
- Young Carers and Young Adult Carers support and groups
- Family Carers Hubs and peer support
- Support for employers and working family carers
- Information, support and training for family carers
- Palliative care and end of life support.

If you would like to find out more about the support available to you, please contact us.

* Some of our services are available at no cost to family carers. Not all services are available in all areas.



**SHARING
THE CARING
2018**

13 June

10am-4pm

**PRIDE IN
OUR CARERS
AWARDS**

**KingsGate Community Church
2 Staplee Way
Peterborough
PE1 4YT**

**Come along to our third annual
Sharing the Caring and Pride in Our Carers Awards**

Practical information and advice about the support and services available to family carers.

- ◆ Interactive Sessions, Workshops and Marketplace
- ◆ Inspirational speakers
- ◆ Awards presented by Dotty McLeod, BBC Radio Cambridgeshire Breakfast Show host
- ◆ Lunch and refreshments

To book your place

Call 01480 499090

Visit www.carerstrustcpn.org/pioc-2018

FREE ADMISSION

Book at <https://sharing-the-caring-pioc-2018.eventbrite.co.uk>


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Carers Week Highlights

There are more Carers Week events in the Events Calendar on pages 18-23 that are organised by us and our partner organisations.

Booking is essential for some events, so ensure you secure your place as early as possible.



National Carers Week, June 11th–17th 2018

**Service of
Thanksgiving
for Carers**

Sunday 17th June, 3pm

**St Mary's Parish Church,
Burwell**

**Followed by tea.
Everyone most welcome!**

**For further details please contact
Sue Evans 01638 743688 or
sueevans1949@hotmail.com**

Carers Trust Cambridgeshire, Peterborough, Norfolk
would like to invite you to join us for a

Carers Lunch

At Trinity Hall, March, Cambridgeshire
On Tuesday 12th June 2018
From 11am to 3pm

Lunch
&
Entertainment

RSVP to Kerry Dring 01480 499090 by 1st June

Raising funds for family carers
Any donations gratefully received

 www.carerstrustcpn.org 
Charity Registration Number 1091522

Thursday 21st June 2018 Sandringham Estate Trip

Spend a day at Sandringham Estate with coach travel and admission to the House and garden included.

For family carers and their loved ones.

9.30am Pick up St Ives Park and Ride
4.30pm Return to St Ives
Cost £5 per person
Refreshments not included.

Subject to demand, a second pick up/drop off may be possible. Please enquire when booking.

Please call us to
book your place
01480 499090





FAMILY CARERS PICNIC

**Saturday
14 July**

12pm-3pm

Hinchingsbrooke Country Park
Brampton Road
Huntingdon
PE29 6DB

**Join us for our third annual
Family Carers Picnic**

Fun for the whole family

To book your place
Call 01480 499090
Visit <https://family-carers-picnic-2018.eventbrite.co.uk>

For more information see
www.carerstrustcpn.org/events/picnic-2018
FREE ADMISSION




Setting up a Carers Group

Neil Silby shares his experiences of setting up a new Carers Group



The original inspiration for the Carers Coffee Club presented itself at a “Carers Away Day” organised by Cambridgeshire County Council four years ago.

The morning sessions of this event were taken up by useful presentations to the assembled carers on such topics as claiming all the appropriate benefits, Lasting Powers of Attorney and safeguarding. This was followed in the afternoon by various suggestions on how to relax and cope with the stress of being a carer. Ironically though, for me, the most valuable time was spent around the lunch table with fellow dementia carers discussing our predicament. For the first time in ages, I did not feel isolated, alone, and the only one in the world in my situation.

In the weeks that followed I decided to try and reproduce that effect in a peer support group, where carers could meet from time to time to support each other in a more social setting. I found that there was the possibility of a small grant to help set up such community groups.

As part of accessing funding, I was handed over to Susan at Care Network (based in the Saxongate in Huntingdon) who gave me much support and good advice on how to proceed. She was also able to help with publicity material. My local Rotary Club and medical practice were also very supportive of the project, and it launched in May 2015.

It was decided that we would meet in a local village pub with a nice ambience and which could provide refreshments (if needed) and a discreet setting, eventually settling on the Royal Oak in Hail Weston where we are well looked after. Meetings are very informal and generate much discussion of the many issues with which Dementia carers have to deal with on a daily basis. The tips and experiences that we are able to exchange help to prevent each of us “re-inventing the wheel”.

If you are already a carer yourself, you will know how challenging it can be to get all the useful information that you need to help you to cope. It can seem like doing a jigsaw, but one where you have to visit endless shops to find a few pieces each time. What's more, the picture you have to work to is blurred (if you have one at all!). This all adds to the stress of the caring role. By pooling the knowledge and experience within the group it can guide and reassure its members and help reduce that stress.

Research has shown that stress is a serious threat to the carer's own health, especially if they are dealing with Dementia, and that it is very important for carers to learn how to maintain their own mental health.

The Carers Coffee Club is now doing some valuable (and much appreciated) work and is helping to meet the needs of those attending. This is perhaps best illustrated by a comment from Hazel “I could not have got through this without you”. Hazel lost her husband after a pretty traumatic period but continues to come along because she got so much out of it and would like to offer something back.

We meet on the third Wednesday of the month at The Royal Oak, Hail Weston, from 2.30-4pm. We welcome new members or anyone coming along with a view to setting up another group.

For more information, please give me a call on 07889 319888 or email kimpigfarmer@tiscali.co.uk.

Neil talks about setting up a Carers Group for carers of people living with dementia but the same principles can be applied to any group.

Bursaries for setting up peer support groups are available from Cambridgeshire County Council. If you would like our support in helping set up your own carers group, please get in touch.



Avoiding Scams and Fraud

To coincide with World Elder Abuse Awareness Day on 15 June, find out how we can protect ourselves and the people we care for from scams and fraud

Scams are designed to trick you, or the person you are caring for, into giving away money or personal details.

Scams are constantly changing and come in many forms, such as mail, email, telephone, website links and from visitors to your home.

Scammers may try to deceive with promises of prizes, free money, discounted goods and other enticements. Another common ploy is to try to scare people by saying that there's something wrong with their account, or that their money is at risk.

Talk to the person you care for so they are aware of scams and fraud and how to avoid them.

Remember

- Never send money, give credit card, debit card, bank account or other personal details to anyone who makes unexpected offers or requests for information.
- Never share your card PIN with anyone and never enter it into a telephone.

Stay safe online

- Remember, don't share any private information online via email or web chat.
- Use a computer, laptop or mobile device that's protected with up-to-date security software. Some banks have free security software you can download.
- Know who you're buying from before giving your card details online or over the phone.
- Register for Verified by Visa and/or Mastercard SecureCode.



- Only enter your card details on secure sites – check the web address begins with 'https' and that there's an unbroken padlock symbol in the browser address bar.
- Avoid entering your card details on shared or public computers (for example ones in a library).
- Always log out after shopping and save the confirmation email as a record of your purchase.
- Never write down your security details or passwords in a way that someone else would recognise.
- Only download apps, files and programmes from trusted sources, such as official websites and app stores.
- When you log in to online banking, always type the web address into the address bar of your browser or use your bookmarks.

How your bank can help?

- If you've received a suspicious email that claims to be from your bank, email your bank (using the email on their website) and then delete the email immediately.
- If you receive a text message asking you to call your bank on a number you don't recognise, check it's a genuine number by calling the number on the back of your card.
- Always check your statements and contact your bank straight away if you spot anything unusual.

Find out more

The [Financial Conduct Authority \(FCA\)](#) has further advice to help protect yourself and others from scams.

How to report scams and fraud

Contact Action Fraud to report a scam, fraud or cyber crime. Your bank may also be able to help.

Visit the [Action Fraud website](#) or you can also call them on 0300 123 2040.

If you, or the person you care for, has had money taken from a bank account or handed over personal bank details to a fraudster contact your bank straightaway.

Fairer Contributions Proposal

We are delighted that Cambridgeshire County Council's Adults Committee approved recommendations brought to them at a meeting on 8 March 2018 on the Fairer Contributions Policy.

The meeting was attended by Miriam Martin, CEO of Carers Trust Cambridgeshire, Peterborough, Norfolk, along with Sandie Smith, CEO of Healthwatch Cambridgeshire & Peterborough and Sarah Conboy, CEO of Pinpoint. Sarah and Miriam both spoke about the impact to parent carers and the young adults they support.

Miriam commented, "I am delighted with the decision made by councillors at their committee meeting to reject the proposals that were set to see increased charges to families for care and support. Family carers are the invisible backbone of our health and social care system which would collapse without them. They need our support not more pressure. The committee considered the consultation responses carefully in reaching their decision which demonstrates that people do have the power and influence to challenge the council when what is proposed has such a detrimental affect on so many family carers."

The proposals were revised as a consequence of responses received to their consultations, including a letter we sent to Councillors in early February.

The proposed recommendations were:

- Reject Proposal One: To include the Enhanced Rate of Personal Independence Payment (PIP) in the person's income when carrying out financial assessments to establish the level of contribution towards the cost of care and support.
- Reject Proposal Two: To assess individuals who receive short term respite accommodation under residential rules rather than community rules to determine the contribution towards the cost of the respite stay.
- Reject Proposal Three: To charge for the appointee function (for help with running their finances) for all services users who have capital above £3,000.
- Accept Proposal Four: To make direct debits the default method for Adult Social Care invoices issued in respect of contributions towards the cost of care and support.
- Delegate approval of the change to the wording of the Fairer Contributions Policy, to reflect the acceptance of Proposal Four, to the Executive Director: People and Communities in consultation with the Chairwoman of the Adults Committee.

Have you ever thought "*I wish I knew that before?*"

Family carers have their own story to tell and by sharing it with others you may make their life a little bit easier.

You may attend a support group, have had a Family Carers' Prescription, get regular breaks or get support from your GP. Whatever your story, others may relate to it and that one bit of advice you give, could make all the difference to them either on a regular basis or that one day when they really need it.

If you would like to share your story please send it to us at carersmag@carerstruscpn.org or give us a call on 01480 499090 and we will take the details from you.



Lasting Power of Attorney Refunds

If you applied to register a power of attorney from 1 April 2013 to 31 March 2017, you can get part of your application fee back.

The refund applies to lasting powers of attorney (LPA) and enduring powers of attorney (EPA) made in England and Wales.

Who can claim

To claim the refund you must be the '*donor*' (the person making the power of attorney) or the '*attorney*' (the person appointed by the donor in an LPA or EPA to make decisions on their behalf).

How much you will get

The refund amount depends on when the power of attorney was made. It varies from £34 to £54.

How to claim

You can claim online at www.gov.uk/power-of-attorney-refund or by calling the Refunds Helpline on 0300 456 0300 (choose option 6).

The office is open Monday, Tuesday, Thursday, Friday 9am to 5pm and Wednesday 10am to 5pm.

Before you start the claim, make sure you have:

- the donor's UK bank account number and sort code
- a copy of the LPA.

You must telephone to make a claim if:

- the donor doesn't have a UK bank account
- you're a court-appointed deputy for someone who previously had a registered LPA or EPA
- you have a trust organisation as the attorney.

Refunds must be claimed by 31 January 2021.



Primary Care Mental Health Service (Prism)

The Primary Care Mental Health Service (Prism) is a new service run by Cambridgeshire and Peterborough NHS Foundation Trust (CPFT).

The service provides specialist mental health support for GP surgeries so that people with mental ill health can access prompt advice and support, receive help in a community setting and experience a more joined-up approach to their care.

The Primary Care Service for Mental Health is for anyone aged between 17-65 years with mental health conditions and is based on a person's needs rather than their diagnosis.

The service has rolled out to every GP surgery in the county. Patients are seen by the Prism team in their GP surgery where they receive signposting, education, advice or interventions. This new service also means a notable reduction time for patients waiting to be assessed or seen by a consultant.

To find out more please contact the Prism project team.

Phone: 01733 748777



Email: cpm-tr.prismservice@nhs.net

Web: www.cpft.nhs.uk/services/prism-service.htm



Day Clubs

Would your loved one benefit from some time with others in a safe, friendly and relaxed environment where they can try a variety of different activities covering all interests?

Carers Trust Cambridgeshire, Peterborough, Norfolk's Day Clubs are aimed at older people with conditions including dementia, strokes, mental health and being elderly and/or frail.

Family carers get a regular break to enable them to do whatever they choose while their person with care needs is being looked after by our trained Care Workers.


Hot cooked lunches are prepared on the premises and other refreshments are provided.

We run Day Clubs in the following locations:

- **Trinity Hall, March**
Mondays & Tuesdays 10am-3pm
Cost: £6.50 per day to cover food and refreshments.
- **Chaplin's Close, Fulbourn**
Mondays 10am-3pm
Tuesdays 9.30 am-2.30pm
Cost: £35.50 per day including lunch and refreshments.
- **Emmerich Court, King's Lynn**
Tuesdays 9.30am-2pm
Cost: £35.00 per day

Transport may be available - please ask at the time of enquiry.

To discuss your loved one's care needs and for further information:

 Phone: 01480 499090

Email: homecare@carerstrustcpn.org

Web: www.carerstrustcpn.org/homecare/day-clubs-groups



Healthy Peterborough

FREE Integrated Lifestyle Service for Peterborough

Solutions 4 Health, in partnership with Peterborough City Council, are providing local residents with a Single Point of Access (SPA) for all lifestyle services including smoking cessation, weight management classes, health trainer service, NHS Health Checks and exercise sessions. Trained staff will provide health testing, advice and help local people access services that promote a healthier lifestyle.

The new integrated lifestyle service provides self-help, telephone, face to face and web-based healthy lifestyle information and guidance.

Councillor Diane Lamb, cabinet member for public health said: "Improving the lives of all our residents and tackling the health issues that they face is one of the council's biggest priorities. This is why we are proposing to maintain the amount of money we spend on public health, despite a ten per cent cut in the grant the government gives us to provide these services.

"But we can't help people unless they're willing to help themselves. We know that people are busy and may not feel they have the time to eat healthily or exercise, but it's the small changes that matter. It could be as simple as upping your fruit and vegetable intake or walking to the shops instead of driving. Even the smallest changes could have a big impact on your health and ultimately your life expectancy."

If you would like to access the FREE lifestyle services please contact the Healthy Peterborough Team.



Phone: 01733 590064 / 0800 376 56 55

Email: healthy.peterborough@nhs.net

Web: www.healthypeterborough.org.uk

Come along to Sharing the Caring on Wednesday 13 June for a mini MOT with the Healthy Peterborough team.

 Solutions4Health


Peterborough
Creating a Healthy City



Multiple Sclerosis Carer's Club

Supporting the Carer

Coping is a phenomenon all carers face; often in a position that ideally we would not wish upon ourselves. Whilst caring involves 'looking after' thus bringing people closer; MS carers have to learn quickly to cope with different challenges as the cared for becomes weaker. At a meeting Tony Collett shared some practical coping strategies:

- **READ UP** about the MS problems faced. The insight will make you more knowledgeable - that empowerment can lead to greater confidence in your coping capability. Willingness to adapt and change to accommodate MS can avoid living a limited life.
- **NETWORK** with others who are involved in the same area - other carers, health professionals, advisors, etc. This will remind you that you are not alone and that your burden can be shared which will add to your knowledge bank - a problem shared is a problem halved!
- **SEEK HELP** from individuals and organisations (MS Society, etc.); do not be embarrassed or restrained and hide your feelings or worries (from others or even yourself); it is not a sign of failure. Whilst you can do anything, you cannot do everything. People are intrinsically kind - especially those who have a remit to help in the area of one's concern. They will do so willingly, want to understand and be therapeutic for you. Relate to them as friends or extended family.
- **CONTRIBUTE** in any (small) way to the area of concern; become a member of a local group, volunteer at events; and if time and circumstances allow - use one's experience and skills. To make a difference is very rewarding not only physically but also at a deeper emotional level. In giving, we receive!
- **STAY CALM** as much as possible. There will be times when it's only natural to be upset, angry or hurt; finding a place of solitude briefly away from the situation is vital. Peacefulness can be found in the strangest of places (garden, toilet as Churchill did), but wherever it is - one comes away in a better state of mind. Hide or plan little treats (favourite comedy, book, music, aromatic oil/cream, snack or task) to help you recover. Keep laughing and recall funny events!
- **POSITIVE THINKING** is enormous - no matter what the circumstances, a half-empty situation also has a half-full one too. The caring that one gives, no matter how small and apparently trivial or even taken for granted - should be celebrated. Say 'Well done' to yourself from time to time; it leaves a good feeling. Think more about what you can do, rather than what you cannot. You can only ever do your best, and that there is mainly one of you. Life is for living - do not neglect or put your own needs last till your wellbeing takes a hit.
- **FAITH**; whatever your faith is, one can find solace in engaging with it in any form.

We look forward to welcoming you - to connect with others for support and friendship.

Contact the Co-ordinators if you have any queries:



jacqueline.tevlin@hotmail.co.uk
paul.msc7@gmail.com

See page 36.





What If? Draw Winner

Bob Burns was thrilled when he heard he was the latest winner of the What If? Plan draw. Bob wins the pictured hamper.

Bob, 71, lives near Huntingdon and looks after his wife, Sandy (70), who has suffered much ill health for the last few years. Bob registered for the plan at the recommendation of a lady from the NHS who came out to see him and his wife for an assessment.

"If anything should happen to me, such as an unplanned hospital stay, I know there would be someone to look after Sandy. Both my daughters work full-time and so they would find it hard to leave work at a moment's notice. You just don't know what is around the corner!

"Thank you for the hamper, the only thing that would top that would be winning the lottery!"

Whilst we can do nothing to help you win the lottery, we are here to give you peace of mind. The What If? Plan encourages family carers to plan ahead for an emergency.

The free service delivered by Carers Trust Cambridgeshire, Peterborough, Norfolk is funded by Cambridgeshire County Council and operates 24 hours a day, 7 days a week, every day of the year.

Find out more about the What If? Plan on page 40.



Name change for Speakability Huntingdonshire

Speakability Huntingdonshire became Huntingdonshire Aphasia Support on 31st March 2018.

Founded in 2004 by the then national charity Speakability (Action for Dysphasic Adults), the local group has enjoyed 13 very happy and successful years as a self-financing social support group covering the whole of Huntingdonshire.

Three years ago Speakability merged with The Stroke Association and it was found that the requirements of being part of such a large charity did not sit easily with how Speakability Huntingdonshire was used to operating. The decision was made that the local group will leave The Stroke Association to become an independent body. Sadly, this means the name Speakability must be lost along with its charitable status, but the new Huntingdonshire Aphasia Support (H.A.S.) is confident that the people of the old county will continue the wonderful interest and financial support that they have offered for so long.

The ethos of the group is, as ever, to offer an informal family atmosphere which is understanding and non-judgemental toward those who suffer adult acquired aphasia from whatever cause, and their friends and family.

Most members come along with spouse, son, daughter, friend or even a professional carer. Those supporters are as much members as the person with aphasia. The only financial commitment is to pay the subscription of £2 per person per afternoon attended or the £5 deposit per person required to reserve meals out.

The group meets at The Medway Centre, Huntingdon on the second Tuesday of the month 1.30pm-4pm and also meets for meals, afternoon tea and holds other events.

For further information, please contact:

Phone: Anna Bratby, Secretary 01480 891977
Email: cambanna@hotmail.com.



Register for FREE Digital Resources today

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life

Carers Trust Cambridgeshire, Peterborough, Norfolk, in partnership with Cambridgeshire County Council, have teamed up with Carers UK to offer family carers in Cambridgeshire a comprehensive solution that brings together Carers UK's digital products and online resources with our own information and support for family carers onto a single web page.

What's included:

About Me: Building resilience for carers, an e-learning resource that helps carers identify and build networks of support and promotes their self-care.

Jointly: Carers UK's care co-ordination app for people sharing care (web, iOS, Android).

The role of good nutrition when caring for someone: An e-learning course which aims to help carers understand the role of nutrition both for themselves as well as the person they are looking after.

Upfront Guide to Caring: A simple assessment tool to guide people new to caring or seeking support for the first time to navigate the Carers UK website.

Looking after someone: Carers Rights Guide which helps carers understand their rights as a carer and where to go for financial or practical help.

Being Heard: A self-advocacy guide for carers which helps carers develop the skills to self-advocate.

Technology and care: Information and resources on how to access products and services that can help with care and caring.

Access information and support resources for carers

To create an account and get free access to all the products and support resources visit <https://carersdigital.org/login/signup.php?DGTL3385> or to find out more about the Digital Resource for Carers visit carersdigital.org and create a new account by using code **DGTL3385** (for family carers in Cambridgeshire only).

Brought to you by **carersUK** making life better for carers. In collaboration with **Cambridgeshire County Council**.

FREE digital resources for carers

Looking after someone?

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

Visit **carersdigital.org**

Your Free Access Code is: DGTL3385

Use this code to get free access to all the digital products and online resources, including:

- About Me eLearning Course**
This online course aims to help you identify and find resources, technology and sources of support to prevent your caring responsibilities from becoming overwhelming.
- Jointly Care co-ordination app**
A central place to store and share important information about the person you are caring for. Set up appointments, allocate tasks, save files and notes, manage medication and lots more.
- Free publications Carers UK guides**
Essential reading for carers including: Upfront guide to caring, Looking after someone - Carers Rights Guide 2016 and Being heard: A self-advocacy guide for carers
- Links to more info and local resources**
Access links to further resources and sources of local information and support for people who are looking after a loved one.

Scan to register without using a code:

Olga's story

Olga struggled to juggle work and caring for her parents who lived 170 miles away. Jointly helped her and her siblings to co-ordinate things between themselves



When I first heard about Carers UK's Jointly app, I was juggling full-time work with caring for my parents.

I was living in London - 170 miles away from their home in Staffordshire. It was a complicated and stressful situation. My mum has a range of conditions, including osteoporosis and arthritis. My dad had been caring for her, until 2015 when he was diagnosed with lymphoma and needed care himself.

My siblings and I tried to co-ordinate it between us, taking turns to travel to their home to help around the house, cook meals and take them to appointments.

Jointly was an excellent way of making sure we had all the information we needed in one place. We only had to enter the information once and all of us had access to it. Up until then we'd been trying to co-ordinate everything through email, phone calls and trying to share calendars.

Each time one of us took mum or dad to an appointment we would make notes in Jointly. The medication list meant we all had up-to-date information to share with the GP – which was essential when dad was prescribed aspirin, which he wasn't allowed to have whilst on his cancer drugs.

Being able to look after my parents has been really important to me. I wanted to return the care and love they gave me during my childhood. After dad passed away in 2016, my siblings and I have continued to share the care for mum, and Jointly helps us do that.



Names have been changed to protect the identity of individuals




Family Carers Hubs

Looking after someone?

Family Carers Hubs can help you, your family and the people you look after.

- Friendship and peer support
- Short breaks with registered CQC Care Worker
- Social activities
- Access to other support organisations
- Health and wellbeing activities
- Legal, financial and benefits advice
- 1-to-1 support and advice
- Help with Family Carer's Assessments
- Emergency and forward planning
- Refreshments.

 01480 499090 for more information.

[See calendar for programme of events.](#)


carerstrust
Cambridgeshire & Peterborough
Norfolk
Carer Support and Homecare
action · help · advice

Working in partnership with
 Cambridgeshire
County Council

 PETERBOROUGH
CITY COUNCIL


NATIONAL
LOTTERY FUNDED

We have received support from the
 Cambridgeshire
Community
Foundation



Alan Hudson Day Treatment Centre

Based in Wisbech, the Centre supports people with a life limiting illness across the Fens.

Care and support is provided free of charge to patients and their carers to help them and their loved ones to make every moment count.

Caring for Patients

Rated 'Outstanding' by the Care Quality Commission, services include:

- **Treatment and clinical days** including haematology, oncology and symptom management
- **Day Therapy** creative arts, advice and planning support to ensure integrated care with wider health services
- **Hospice at Home** caring for patients in their own home
- **Complementary Therapies** aromatherapy, massage, reflexology, and Reiki
- **Bereavement and family support**
- **North Cambridgeshire Hospital** specialist clinical advice and support to palliative care patients on Trafford Ward.

Caring for Carers

Carers are offered information and advice and introduced to other support they might need such as OT, physio or speech therapies, and organisations such as Age UK, Alzheimer's Society and CAB, to help secure benefits and entitlements.

Carers are encouraged to use the Complementary Therapy services at the Centre to relieve stress and have a bit of 'me' time, both whilst caring and as part of the bereavement support that is available.

"My partner is obviously emotional, and they sat there and had a good chat to her. There doesn't seem to be any problem with time. They're there to listen and they'll help you whenever they can."

Barry, patient (pictured above)



To learn more about the centre, please visit www.arhc.org.uk/alan-hudson-day-treatment-centre.asp.

Alan Hudson Day Treatment Centre



Would you prefer to receive the magazine electronically?

We can save costs and send the magazine to more people if you sign up to receive it via email.

Please subscribe by emailing carersmag@carerstrustcpn.org.

Peterborough Information Network

Peterborough's new information directory



Peterborough City Council has launched a new information directory, bringing together the Families Information Service (FIS), the Adults Care Directory and the special educational needs and disability Local Offer into one place. The new directory is called the [Peterborough Information Network](#).

The Peterborough Information Network can be found by searching 'Peterborough Information Network' on Google, or from within the [Peterborough City Council website](#).

The new site has a wealth of information for carers, whether you care for an adult, an older person or a child. There are information pages, links to useful external websites, leaflets and documents that can be downloaded and printed, and a wide range of services and providers to choose from.

Providers and services can be viewed and added to a shortlist, which can then be emailed or printed or the providers can be shown plotted on a map.

An additional new function is the ability to request to have a service or provider's name, phone number, email address and website texted directly to your mobile telephone.

The site includes a Personal Assistants Register where people seeking care can find someone to support them.

There is also an Equipment and Living Aids section where pieces of equipment can be searched for and then purchased direct from the retailer.



A 'What's On' function is available where local events can be featured and promoted.

A further new feature is a Glossary of Terms where when hovering over a term or acronym, the definition of that term is displayed.

The site is fully mobile friendly and features 'Browsealoud' which will read the text out loud to those with visual impairments.

Peterborough City Council is keen to hear from members of the public with their views on the site, what works and what does not work and what you would like to see on there. Please complete our Contact Us form or email PIN@peterborough.gov.uk.



Events Calendar June 2018

Fri
1

Ely CPFT Dementia Friday Club The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm-4pm (p 33).

Mon
4

St Ives Love to Move Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
Wisbech Alzheimer's Society Dementia Café Please call for venue details 01954 250322 10am-12pm (p 32).
Histon Pinpoint ADHD/ASD Parent Group Early Years Centre, New School Road CB24 9LL 10am-12pm (p 29).

Tues
5

March Alzheimer's Society Dementia Café St Peter's Church Hall, 54 High Street PE15 9JR 10am-12pm (p 32).
Huntingdon Pinpoint ADHD/ASD Parent Group Hunts Forum, The Maple Centre, 6 Oak Tree Drive PE29 7HN (sat nav ref: PE29 7LB) 10am-12pm (p 29).
Peterborough Alzheimer's Society Open Carers Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).
Cambridge - Milton Parkinson's Bring & Share Lunch Barnabas Court, Cambridge Road CB24 6WR 12.15pm-3pm (p 35).
Fordham CPFT Dementia Carers Lunch Scotsdales, Market Street CB7 5LQ 12.30pm-2.30pm (p 33).
Cambridge CPFT Dementia Friendly Drop-In Sainsbury's Café, Coldhams Lane CB1 3HP 2.30pm-4.30pm (p 33).
Cambridge Borderline Personality Disorder Carer's Group The Edge Café, Brookfields NHS Site, 351 Mill Road Cambridge CB1 3NN 7pm-9pm (p 38).

Weds
6

March CT CPN Family Carers Drop-In - Reiki Session March Library, City Road PE15 9LT 10am-12pm. 
Ramsey Alzheimer's Society Dementia Café Rainbow Surgery, Stocking Fen Road PE26 1SA 10am-12pm (p 32).
March Parkinson's Support Group The Braza Club, Elm Road PE15 8NZ 10am-12pm (p 35).
Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 11am-12.30pm (p 32).
St Ives Parkinson's Support Group Dolphin Hotel, London Road PE27 5EP 2pm-4pm (p 35).
St Neots Relaxation, Meditation and Music Group Tesco Community Room, Barford Road PE19 2SA 3pm-3.50pm (p 36). 
Huntingdon Rethink Carer Support Group CPFT, Redshank House, Kingfisher Way PE29 6FN 7.30pm-9.30pm (p 38).

Thurs
7

Peterborough Pinpoint ADHD/ASD Parent Group Family Voice, Goldhay Community Centre, 105 Paynels, Orton Goldhay PE2 5QP 10am-12pm (p 29).
Ely Ely Dementia Group Recreational Hall, Militia Way 10am-12pm (p 23).
Yaxley Time for Tea Memory Café The Royal British Legion, 210 Broadway PE7 3NR 10.30am-12pm (p 33).
March Breathe Easy Fenland Support Group St Peter's Church Hall, High Street PE15 9JR 2pm-4pm (p 39).
Peterborough *NEW* CT CPN Family Carers Hub - variety of speakers, activities and light refreshments Lapwing Apartments, Orton Brimbles PE2 5YR (meet in the restaurant area) 2.30pm-4.30pm (p 36).

Fri
8

Ely Pinpoint ADHD/ASD Parent Group Ely Children's Centre, Spring Meadow Infant & Nursery School, High Barns CB7 4RB 12.30pm-2.30pm (p 29).




Mon
11

St Ives Memory Lane Singing Café Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
Sawtry Chatterbox Family Carers Drop-In CARESCO Centre, Green End Road PE28 5UX 2pm-4pm (p 30).


Tues
12

Bluntisham Pinpoint Carers Week Event Bluntisham Village Hall, Mill Lane PE28 3LR 10am-12pm (p 29). 
Burwell Burwell Drop-In Ness Court, Baker Drive CB25 0AB 10am-12pm (p 30).
Peterborough Alzheimer's Society Open Carers Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32). 
March CT CPN Carers Lunch – booking essential RSVP 1 June Trinity Hall PE15 9LH 11am-3pm (p 6). 

Weds
13

Peterborough Sharing the Caring & Pride in Our Carers KingsGate Community Church, 2 Staplee Way PE1 4YT 10am-4pm (p 5). 
Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 11am-12.30pm (p 32). 
Peterborough Rethink Carer Support Group Centre 68, 68b Westgate PE1 1RG 1pm-3pm (p 38).
Ramsey Parkinson's Support Group Ramsey Resource Centre, Stocking Fen Road PE26 1SA 2pm-4pm (p 35). 

Thurs
14

Burwell Carers Group - Pamper Morning Trinity Church, High Street CB25 0HD 9.15am-12.15pm (p 30). 

Great Shelford CT CPN Dementia Family Carers Hub - Everyone Health – exercises to promote health and wellbeing David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).



Huntingdon CT CPN Family Carers Drop-In - Crystal Healing Huntingdon Library, Upstairs Meeting Room, Princes Street PE29 3PA 10am-12pm.



Peterborough Alzheimer's Society Dementia Café St. Botolph's Church, Longthorpe, Thorpe Road PE3 6LU 2.15pm-3.45pm (p 32).



Fri 15

St Neots Making Space Cambridgeshire Carers Coffee Morning Pilgrim Hall, United Reformed Church, High Street PE19 1BN 11am-1pm (p 37).



Ely CPFT Dementia Friday Club The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm-4pm (p 33).



Sun 17

Burwell Service of Thanksgiving and Tea for Carers St Marys Church, High Street CB25 0HD 3pm-4.30pm (p 6).



Mon 18

St Ives Love to Move Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).

Ramsey CT CPN Family Carers Hub - Crystal Healing Ramsey Library, 25 Great Whyte PE26 1HA 10am-1pm (p 15).

St Neots Parkinson's Support Group Old Market Court, Tebbutts Road PE19 1RQ 2pm-4pm (p 35).

St Ives Young Onset Dementia Group Little Acre Kitchen, 7 Crown Street PE27 5EB 2.30pm-4pm (p 33).

Tues 19

St Ives Alzheimer's Society Dementia Café St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am-12pm (p 32).

Cambridge CT CPN Family Carers Hub – Carers Week – Department of Work and Pensions Benefits for Carers Meadows Community Centre, Garden Wing, 1 St Catharine's Road CB4 3XJ 10am-12.30pm (p 15).



Peterborough Alzheimer's Society Open Carers Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).

Ely Parkinson's Support Group Bell Holt Community Centre, Off Lisle Lane CB7 4ED 2.30pm-4.30pm (p 35).

Weds 20

Wisbech CT CPN Family Carers Hub – Mindfulness Session The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am-1pm (p 15).



Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 11am-12.30pm (p 32).

Hail Weston Rotary Club Carers Coffee Club

The Royal Oak, High Street PE19 5JW 2.30pm-4pm (p 30).

St Neots Relaxation, Meditation and Music Group

Tesco Community Room, Barford Road PE19 2SA 3pm-3.50pm (p 36).

Thurs 21

CT CPN Trip to Sandringham for family carers and cared for 9.30am-4.45pm (p 6).



Great Shelford Alzheimer's Society Dementia Café David Rayner Building, Scotsdales Garden Centre CB22 5JT 10am-12pm (p 32).

Ely Ely Dementia Group Recreational Hall, Militia Way 10am-12pm (p 23).

March Alzheimer's Society Information Drop-in March Library, City Road, PE15 9LT 10.30am-12.30pm (p 32).

Peterborough Alzheimer's Society Dementia Café Lakeside Meeting Room, Ferry Meadows, Nene Park, Ham Lane PE2 5UU 2pm-3pm (p 32).

Fri 22

Cambridge Parkinson's Support Group David Rayner Building, Scotsdales, Cambridge Road, Great Shelford CB22 5JT 10.30am-1.30pm (p 35).

Mon 25

St Ives Love to Move Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).

Girton CPFT Dementia Carers Meeting St Vincent's Close Community Centre CB3 0PE 2pm-3.30pm (p 33).

Sawtry Chatterbox Family Carers Drop-In CARESCO Centre, Green End Road PE28 5UX 2pm-4pm (p 30).

Huntingdon Rotary Club Memory Café All Saints in the Hollow PE29 1XP 2.30pm-4.30pm (p 31).

Tues 26

Ely Alzheimer's Society Dementia Café Cathedral Centre, Palace Green CB7 4AW 10am-12pm (p 32).

Burwell Burwell Drop-In Ness Court, Baker Drive CB25 0AB 10am-12pm (p 30).

Peterborough Alzheimer's Society Open Carers Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).

CT CPN Family Carers Neuro Hub Please contact us on 01480 499090 for the time and venue.

Weds 27

Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 11am-12.30pm (p 32).

Peterborough Rethink Carers Support Group Centre 68, 68b Westgate PE1 1RG 1pm-3pm (p 38).

Peterborough Parkinson's Support Group PJ Care Neurological Centre, Eaglewood PE3 8DE 2pm-4pm (p 35).

Weds
27

Cambridge C2 M.S. Carer's Club - Workshop with Janet Williams on 'How to Stop Worrying and Start Living' Church of Good Shepherd Hall, Mansel Way, Arbury CB4 2ET 2.30pm-3.30pm (p 36).

Cambridge Rethink Carer Support Group St Laurence's Church, 91 Milton Road CB4 1XB 7.30pm-9pm (p 38).

Thurs
28

Great Shelford CT CPN Dementia Family Carers Hub - Resilience and Emotional Wellbeing David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).

Fri
29

Ely CT CPN Family Carers Hub – Mindfulness Session Larkfields Community Centre, High Barns CB7 4SB 10am-1pm (p 15).

Mon
2

St Ives Love to Move Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).

Histon Pinpoint ADHD/ASD Parent Group Early Years Centre, New School Road CB24 9LL 10am-12pm (p 29).

Wisbech Alzheimer's Society Dementia Café Please call for venue details 01954 250322 10am-12pm (p 32).

Tues
3

March Alzheimer's Society Dementia Café St Peter's Church Hall, 54 High Street PE15 9JR 10am-12pm (p 32).

Huntingdon Pinpoint ADHD/ASD Parent Group Hunts Forum, The Maple Centre, 6 Oak Tree Drive PE29 7HN (sat nav ref: PE29 7LB) 10am-12pm (p 29).

Peterborough Alzheimer's Society Open Carers Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).

Cambridge - Milton Parkinson's Bring & Share Lunch Barnabas Court, Cambridge Road CB24 6WR 12.15pm-3pm (p 35).

Fordham CPFT Dementia Carers Lunch Scotsdales, Market Street CB7 5LQ 12.30pm-2.30pm (p 33).

Cambridge CPFT Dementia Friendly Drop-In Sainsbury's Café, Coldhams Lane CB1 3HP 2.30pm-4.30pm (p 33).

Cambridge Borderline Personality Disorder Carer's Group The Edge Café, Brookfields NHS Site, 351 Mill Road Cambridge CB1 3NN 7pm-9pm (p 38).

Weds
4

Ramsey Alzheimer's Society Dementia Café Rainbow Surgery, Stocking Fen Road PE26 1SA 10am-12pm (p 32).

March Parkinson's Support Group The Braza Club, Elm Road PE15 8NZ 10am-12pm (p 35).

Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 11am-12.30pm (p 32).

St Ives Parkinson's Support Group Dolphin Hotel, London Road PE27 5EP 2pm-4pm (p 35).

St Neots Relaxation, Meditation and Music Group Tesco Community Room, Barford Road PE19 2SA 3pm-3.50pm (p 36).

Huntingdon Rethink Carer Support Group July meeting is an evening meal - please email to find out details huntsrethink@gmail.com (p 38).

Cambridge Making Space Cambridgeshire Carers Peer Support Group Meadows Centre, 1 St Catharine's Road CB4 3XJ 7.30pm-9pm (p 37).

Thurs
5

Peterborough Pinpoint ADHD/ASD Parent Group Family Voice, Goldhay Community Centre, 105 Paynels, Orton Goldhay PE2 5QP 10am-12pm (p 29).

Ely Ely Dementia Group Recreational Hall, Militia Way 10am-12pm (p 23).

Yaxley Time for Tea Memory Café The Royal British Legion, 210 Broadway PE7 3NR 10.30am-12pm (p 33).

March Breathe Easy Fenland Support Group St Peter's Church Hall, High Street PE15 9JR 2pm-4pm (p 39).

Peterborough *NEW* CT CPN Family Carers Hub Lapwing Apartments, Orton Brimbles PE2 5YR (meet in restaurant area) 2.30pm-4.30pm (p 36).

Fri
6

Ely Pinpoint ADHD/ASD Parent Group Ely Children's Centre, Spring Meadow Infant & Nursery School, High Barns CB7 4RB 12.30pm-2.30pm (p 29).

Ely CPFT Dementia Friday Club The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm-4pm (p 33).

Mon
9

St Ives Memory Lane Singing Café Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).

Sawtry Chatterbox Family Carers Drop-In CARESCO Centre, Green End Road PE28 5UX 2pm-4pm (p 30).

Tues
10

Burwell Burwell Drop-In Ness Court, Baker Drive CB25 0AB 10am-12pm (p 30).

Peterborough Alzheimer's Society Open Carers Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).

Weds
11

March CT CPN Family Carers Drop-In - 'Tax Care and Toy Boys' light-hearted talk about inheritance tax, wills and future care followed by Relaxation, Meditation & Music Therapy March Library, City Road PE15 9LT 10am-12pm.

Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 11am-12.30pm (p 32).

Peterborough Rethink Carers Support Group
Centre 68, 68b Westgate PE1 1RG 1pm-3pm
(p 38).

Ramsey Parkinson's Support Group Ramsey
Resource Centre, Stocking Fen Road PE26 1SA
2pm-4pm (p 35).


**Thurs
12**

Great Shelford CT CPN Dementia Family Carers Hub - South Cambs Visiting Support Team David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).

Huntingdon CT CPN Family Carers Drop-In - Scam Awareness talk Huntingdon Library, Upstairs Meeting Room, Princes Street PE29 3PA 10am-12pm.

Peterborough Alzheimer's Society Dementia Café St. Botolph's Church, Longthorpe, Thorpe Road PE3 6LU 2.15pm-3.45pm (p 32).

**Sat
14**

Huntingdon CT CPN Family Carers Picnic
Hinchingbrooke Country Park PE29 6DB  12pm-3pm (p 6).

**Mon
16**

St Ives Love to Move Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).

Ramsey CT CPN Family Carers Hub - Scam Awareness talk Ramsey Library, 25 Great Whyte PE26 1HA 10am-1pm (p 15).

St Neots Parkinson's Support Group Old Market Court, Tebbutts Road PE19 1RQ 2pm-4pm (p 35).

St Ives Young Onset Dementia Group Little Acre Kitchen, 7 Crown Street PE27 5EB 2.30pm-4pm (p 33).

**Tues
17**

St Ives Alzheimer's Society Dementia Café
St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am-12pm (p 32).

Cambridge CT CPN Family Carers Hub - Assistive Technology Meadows Community Centre, Garden Wing, 1 St Catharine's Road CB4 3XJ 10am-12.30pm (p 15).

Peterborough Alzheimer's Society Open Carers Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).

Ely Parkinson's Support Group - Tai Chi demonstration £2 Bell Holt Community Centre, Off Lisle Lane CB7 4ED 2.30pm-4.30pm (p 35).

**Weds
18**

Wisbech CT CPN Family Carers Hub – Reiki Session The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am-1pm (p 15).

Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 11am-12.30pm (p 32).

St Neots Relaxation, Meditation and Music Group Tesco Community Room, Barford Road PE19 2SA 3pm-3.50pm (p 36).

Hail Weston Rotary Club Carers Coffee Club
The Royal Oak, High Street PE19 5JW
2.30pm-4pm (p 30).

**Thurs
19**

Burwell Carers Group Trinity Church, High Street CB25 0HD 9.15am-12.15pm (p 30).

Great Shelford Alzheimer's Society Dementia Café David Rayner Building, Scotsdales Garden Centre CB22 5JT 10am-12pm (p 32).

Ely Ely Dementia Group Recreational Hall, Militia Way 10am-12pm (p 23).

March Alzheimer's Society Information Drop-in March Library, City Road, PE15 9LT 10.30am-12.30pm (p 32).

Peterborough Alzheimer's Society Dementia Café Lakeside Meeting Room, Ferry Meadows, Nene Park, Ham Lane PE2 5UU 2pm-3pm (p 32).

**Fri
20**

Ely CPFT Dementia Friday Club The New Cottages, Princess of Wales Hospital, Lynn Road CB6 1DN 2pm-4pm (p 33).

**Mon
23**

St Ives Love to Move Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).

Girton CPFT Dementia Carers Meeting St Vincent's Close Community Centre CB3 0PE 2pm-3.30pm (p 33).

Sawtry Chatterbox Family Carers Drop-In CARESCO Centre, Green End Road PE28 5UX 2pm-4pm (p 30).

**Tues
24**

Ely Alzheimer's Society Dementia Café
Cathedral Centre, Palace Green CB7 4AW
10am-12pm (p 32).

Burwell Burwell Drop-In Ness Court, Baker Drive CB25 0AB 10am-12pm (p 30).

Peterborough Alzheimer's Society Open Carers Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).

**Weds
25**

Parkinson's UK Cambridge Branch Outing to Sandringham Flower Show pick-up Trumpington Park & Ride for anyone with Parkinson's. Branch Members £27, Guests £30. Book in advance Margaret Steane on 01223 860128 or email margaretsteane1@gmail.com 9.30am-c. 5.30pm.

Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 11am-12.30pm (p 32).

Peterborough Rethink Carers Support Group Centre 68, 68b Westgate PE1 1RG 1pm-3pm (p 38).

Cambridge C2 M.S. Carer's Club - Workshop with Teresa Dixon on 'My Journey on the MS Circuit' Church of Good Shepherd Hall, Mansel Way, Arbury CB4 2ET 2.30pm-3.30pm (p 36).

Weds
25

Peterborough Parkinson's Support Group
PJ Care Neurological Centre, Eaglewood PE3 8DE
2pm-4pm (p 35).
Cambridge Rethink Carer Support Group
St Laurence's Church, 91 Milton Road CB4 1XB
date to be confirmed 7.30pm-9pm (p 38).

Thurs
26

Great Shelford CT CPN Dementia Family Carers Hub - Basic First Aid David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).

Fri
27

Ely CT CPN Family Carers Hub - 'Tax Care and Toy Boys' light-hearted talk about inheritance tax, wills and future care followed by Relaxation, Meditation & Music Therapy Larkfields Community Centre, High Barns CB7 4SB 10am-1pm (p 15).
Cambridge Parkinson's Support Group David Rayner Building, Scotsdales, Cambridge Road, Great Shelford CB22 5JT 10.30am-1.30pm (p 35).

Mon
30

St Ives Love to Move Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
Huntingdon Rotary Club Memory Café
All Saints in the Hollow PE29 1XP
2.30pm-4.30pm (p 31).

Tues
31

Peterborough Alzheimer's Society Open Carers Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).
CT CPN Family Carers Neuro Hub Please contact us on 01480 499090 for the time and venue.

Weds
1

Ramsey Alzheimer's Society Dementia Café
Rainbow Surgery, Stocking Fen Road PE26 1SA
10am-12pm (p 32).
March Parkinson's Support Group The Braza Club, Elm Road PE15 8NZ 10am-12pm (p 35).
Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 11am-12.30pm (p 32).
St Ives Parkinson's Support Group Dolphin Hotel, London Road PE27 5EP 2pm-4pm (p 35).

Thurs
2

Ely Ely Dementia Group Recreational Hall, Militia Way 10am-12pm (p 23).
Yaxley Time for Tea Memory Café The Royal British Legion, 210 Broadway PE7 3NR 10.30am-12pm (p 33).
March Breathe Easy Fenland Support Group St Peter's Church Hall, High Street PE15 9JR 2pm-4pm (p 39).
Peterborough *NEW* CT CPN Family Carers Hub Lapwing Apartments, Orton Brimbles PE2 5YR (meet in restaurant area) 2.30pm-4.30pm (p 36).

Mon
6

St Ives Love to Move Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
Wisbech Alzheimer's Society Dementia Café
Please call for venue details 01954 250322
10am-12pm (p 32).

Tues
7

March Alzheimer's Society Dementia Café
St Peter's Church Hall, 54 High Street PE15 9JR
10am-12pm (p 32).
Peterborough Alzheimer's Society Open Carers Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).
Cambridge - Milton Parkinson's Bring & Share Lunch Barnabas Court, Cambridge Road CB24 6WR 12.15pm-3pm (p 35).
Cambridge Borderline Personality Disorder Carer's Group The Edge Café, Brookfields NHS Site, 351 Mill Road Cambridge CB1 3NN 7pm-9pm (p 38).

Weds
8

March CT CPN Family Carers Drop-In - Holistic Therapy Session March Library, City Road PE15 9LT 10am-12pm.
Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 11am-12.30pm (p 32).
Peterborough Rethink Carers Support Group Centre 68, 68b Westgate PE1 1RG 1pm-3pm (p 38).
Ramsey Parkinson's Support Group Ramsey Resource Centre, Stocking Fen Road PE26 1SA 2pm-4pm (p 35).

Thurs
9

Great Shelford CT CPN Dementia Family Carers Hub - Cambridgeshire Libraries David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).
Huntingdon CT CPN Family Carers Drop-In Talk from the library 'Researching your family tree' Huntingdon Library, Upstairs Meeting Room, Princes Street PE29 3PA 10am-12pm.
Peterborough Alzheimer's Society Dementia Café St. Botolph's Church, Longthorpe, Thorpe Road PE3 6LU 2.15pm-3.45pm (p 32).

Mon
13

St Ives Memory Lane Singing Café Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).
Sawtry Chatterbox Family Carers Drop-In CARESCO Centre, Green End Road PE28 5UX 2pm-4pm (p 30).

Tues
14

Burwell Burwell Drop-In Ness Court, Baker Drive CB25 0AB 10am-12pm (p 30).
Peterborough Alzheimer's Society Open Carers Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).

Weds
15

Wisbech CT CPN Family Carers Hub - 'Tax Care and Toy Boys' light-hearted talk about inheritance tax, wills and future care followed by Relaxation, Meditation & Music Therapy The Oasis Community & Children's Centre, St Michaels Avenue PE13 3NR 10am-1pm (p 15).

Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 11am-12.30pm (p 32).

Hail Weston Rotary Club Carers Coffee Club The Royal Oak, High Street PE19 5JW 2.30pm-4pm (p 30).

Thurs
16

Great Shelford Alzheimer's Society Dementia Café David Rayner Building, Scotsdales Garden Centre CB22 5JT 10am-12pm (p 32).

Ely Ely Dementia Group Recreational Hall, Militia Way 10am-12pm (p 23).

March Alzheimer's Society Information Drop-in March Library, City Road, PE15 9LT 10.30am-12.30pm (p 32).

Peterborough Alzheimer's Society Dementia Café Lakeside Meeting Room, Ferry Meadows, Nene Park, Ham Lane PE2 5UU 2pm-3pm (p 32).

Mon
20

St Ives Love to Move Crossways Christian Centre, Ramsey Road 10am-12pm (p 31).

St Ives Alzheimer's Society Dementia Café St Ives Free Church (United Reformed), Market Hill PE27 5AL 10am-12pm (p 32).

Ramsey CT CPN Family Carers Hub - Talk from the library 'Researching your family tree' Ramsey Library, 25 Great Whyte PE26 1HA 10am-1pm (p 15).

St Neots Parkinson's Support Group Old Market Court, Tebbutts Road PE19 1RQ 2pm-4pm (p 35).

St Ives Young Onset Dementia Group Little Acre Kitchen, 7 Crown Street PE27 5EB 2.30pm-4pm (p 33).

Tues
21

Cambridge CT CPN Family Carers Hub - Cambridgeshire Libraries Meadows Community Centre, Garden Wing, 1 St Catharine's Road CB4 3XJ 10am-12.30pm (p 15).

Peterborough Alzheimer's Society Open Carers Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).

Weds
22

Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 11am-12.30pm (p 32).

Peterborough Rethink Carers Support Group Centre 68, 68b Westgate PE1 1RG 1pm-3pm (p 38).

Thurs
23

Great Shelford CT CPN Dementia Family Carers Hub - Falls Prevention David Rayner Building, Scotsdales, 120 Cambridge Road CB22 5JT 10am-12pm (p 31).

Fri
24

Ely CT CPN Family Carers Hub - Singing for the Brain (NB earlier date to avoid bank holiday weekend) Larkfields Community Centre, High Barns CB7 4SB 10am-1pm (p 15).

Cambridge Parkinson's Support Group David Rayner Building, Scotsdales, Cambridge Road, Great Shelford CB22 5JT 10.30am-1.30pm (p 35).

Sat
25

Cambridge C2 M.S. Carer's Club - Bring and Share Picnic Jesus Green by the River Cam, Chesterton Road CB5 8AR. Weather permitting - Meet at 1pm near the ice cream kiosk by Jesus Lock bridge. Open to MS carers and cared for. Contact paul.msc7@gmail.com if you wish to join us (p 36).

Mon
27

Huntingdon Rotary Club Memory Café All Saints in the Hollow PE29 1XP 2.30pm-4.30pm (p 31).

Tues
28

Ely Alzheimer's Society Dementia Café Cathedral Centre, Palace Green CB7 4AW 10am-12pm (p 32).

Burwell Burwell Drop-In Ness Court, Baker Drive CB25 0AB 10am-12pm (p 30).

Peterborough Alzheimer's Society Open Carers Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 10.30am-12pm (p 32).
CT CPN Family Carers Neuro Hub Please contact us on 01480 499090 for the time and venue.

Weds
29

Peterborough Alzheimer's Society Open Minds Group Dementia Resource Centre, 441 Lincoln Road, Millfield PE1 2PE 11am-12.30pm (p 32).

Peterborough Parkinson's Support Group PJ Care Neurological Centre, Eaglewood PE3 8DE 2pm-4pm (p 35).

Thurs
30

Ely Ely Dementia Group Recreational Hall, Militia Way 10am-12pm (p 23).

Ely Dementia Group

Meets fortnightly on a Thursday from 10am-12pm

Recreational Hall, Militia Way, off Barton Road Car Park.

Meetings are for carers, past and present, and people living with dementia.

The charge is £2 per head which goes towards refreshments and outings.

For further information please contact Debbie Saberton.



Phone: 01353 777093 or 07546 481175.



Young Carers and Young Adult Carers

The latest news on our support for Young Carers and Young Adult Carers

Are you a Young Carer and going to secondary school this year?

Carers Trust Cambridgeshire, Peterborough, Norfolk is offering support to young carers who are transitioning from Year 6 to Year 7 in September. Young carers can receive support from workers to help them develop the skills and knowledge to get off to a flying start at their new school. The programme will connect young carers, enable them to build a network of support and access information which will help them make decisions for their future.

Would you like your child to access support during this crucial period, or perhaps they would like to make new friends? Contact Tania Bingham to find out how to make a referral. Tel: 01480 499090 or email tania.bingham@carerstrustcpn.org.

St Neots Academy gets Young Carer support off to a flying start!!

Ernulf Academy in St Neots has just received its bronze award for creating support within school to identify and support young carers. The Academy began running a group for young carers this academic year and have since identified a number of young carers and families who are now benefiting from support both in and outside of school. Mr Williams is the Young Carer Lead in school responsible for the growth of Young Carer provision, running a weekly peer group for young carers and mentoring young carers who need extra support. Mr Williams recognises young carers as being a group of students who have extra pressures at home and needing a break from caring.

If you are a parent or professional and you are interested in finding out more about how schools can get involved and make a difference for young carers, get in touch with the Young Carer team.

Young Carer receives Children of Courage Award 2018!

Willow Stevens was recently commended by the Rotary Club by winning a 'Children of Courage' Award. Willow is a Young Carer living in St Neots and she is a carer for her mum who has a physical disability. Congratulations Willow - we are really proud of you!



Young Carer Champions. Do you want to join the crew at CT CPN?

CT CPN have recruited a bank of Young Carer champions who have volunteered their time and skills to support at fundraising and awareness raising events. Look out for their super bright green and pink t-shirts at our upcoming events (photo top left)!

Our peer support project enabled young carers to have their voices heard at a recent Board of Trustees meeting and as a result, young carers' ideas will continue to shape the support we offer those in our communities. Would you like to join the YC champion crew? Get in touch today!

Carers Trust Cambridgeshire, Peterborough, Norfolk Young Carers Team

Phone: 01480 499090 or 0345 241 0954

Email: referycyac@carerstrustcpn.org

Web: www.carerstrustcpn.org/support-for-carers/young-carers

Centre 33



Centre 33 offers support to young carers across Cambridgeshire aged 8-18

As part of our 'My Time' and 'My Schools' projects, we run a variety of community and school based groups during term-time across Cambridgeshire. These groups give young people the chance to take part in fun activities with other young carers and to have a break away from their caring responsibilities. We offer 1-2-1 time to all of our young people during groups, which gives them the opportunity to talk to a member of staff about any worries or concerns you might have.

For further details about the support we run in secondary schools across Cambridgeshire and for further information about the support we offer and how to make a referral, please visit our website www.centre33.org.uk, email youngcarers@centre33.org.uk or call us on 0333 4141 809.

'My Time' community based groups

Centre 33 run community based groups for primary aged young carers across Cambridgeshire. Details of these groups can be found below. To refer a young carer to any of these groups please complete our referral form which can be found on our website.

Cambridge City

Milton, Alternate Wednesdays evenings

East Cambs

Ely, alternate Tuesday evenings

South Cambs

Cambourne, alternate Tuesday evenings

Sawston, alternate Monday afternoons

Fenland

March, alternate Tuesday evenings

Huntingdon

Yaxley, alternate Wednesday afternoons

My Future Project (16+)

As part of our support to our older young carers, we run a group which meets monthly to enable young carers to socialise, relax and access support from Centre 33 staff.

Fire Station, Parkside, Cambridge, first Monday of the month

The poster features the Centre 33 logo at the top right. Below it, the text 'Young Carers Project CAMBRIDGESHIRE' is displayed. A central image shows a group of young people walking across a stone bridge over a river. To the right of the image, the text asks 'Are you aged 8-18?' and 'Do you look after someone in your family who has an illness, a disability, or is affected by mental ill-health or substance misuse?'. Below this, it states 'our Young Carers Project can help you by:' followed by a list of benefits: 'Giving you someone to talk to', 'Providing you with support in your school', 'Inviting you on young carers trips and activities outside of school', 'Working with you to make sure your voice is heard', 'Making sure you are getting the help and support that you are entitled to', and 'Sending you regular copies of our Juicy News newsletter.' A red speech bubble contains a quote: 'I never really get to talk about Dad's illness so it's like carrying a rucksack full of bricks around. Being able to talk about it is like having a weight lifted off my shoulders.' At the bottom, a blue box with a pink border contains contact information: 'If you think you, or someone you know is a young carer, get in touch!', 'E-mail us: youngcarers@centre33.org.uk', 'Phone us: 0333 4141 809', '@Centre33Camb', and 'www.centre33.org.uk'. A QR code is located in the bottom right corner.



Free to be Me

Bisha Mistry provides an update on our BBC Children in Need funded project for children and young people with disabilities, siblings and young carers

I would like to begin by expressing a very heartfelt thank you to everyone that has supported and participated in 'Free to Be Me' so far. I'm so pleased to say that following a very successful program of activities last year, we have now entered Year Two of our BBC Children in Need Funded project, which is available across Cambridgeshire and Peterborough. Based on your feedback, we will continue to provide a variety of engaging activities and events for children and young people with additional needs and disabilities, siblings and young carers from ages 5 to 18.

Here's a reminder of what's on offer...

Time Together

Are you a young person in need of some support which will enable you to spend more meaningful time with your family? We are open to your ideas about how you would like to do this. Maybe you would like to spend a day out with the family but it is difficult to do so. We can help arrange this for you and provide any additional support you might need to make the most of your time together.

Make a Meal of it

Are you a young person that enjoys cooking and team work? If so, this project is for you! You will be supported to plan and cook a delicious and nutritious celebration meal from start to finish, which you can proudly share with your nearest and dearest.

Rise

Are you a young person interested in developing a special interest, learning a new skill and/or facing new challenges? If the answer is yes, we want to hear all about it so that we can help you to rise to the opportunity and achieve your desires and goals. Perhaps you would like to join a local club but need some help to choose the right one for you? Or maybe you would like a new hobby such as football or swimming? Get in touch and let us know.

We are here

Are you a young person looking for local places where you can get involved in interesting activities, campaigns and events, whilst sharing your own life experiences and views with others? If so, you will be pleased to hear that we can enable you to do this by introducing you to the right people and ensuring that you have the correct resources and support in place so that you can thrive.

Want to know more?

If you would like to know more about the 'Free to Be Me' BBC Children in Need project please visit our website or contact us. I look forward to hearing from you!

Bisha Mistry

Phone: 01480 499090

Email bisha.mistry@carerstrustcpn.org

Web: www.carerstrustcpn.org/support/free-to-be-me



CHUMS

Supporting Children's Wellbeing and Mental Health



CHUMS provides emotional health and wellbeing support to children and young people across Cambridgeshire and Peterborough.

The service supports children and young people with mild-moderate mental health issues such as anxiety and depression, as well as offering preventative support for other issues such as self-harm.

It also supports those with significant emotional wellbeing difficulties arising from life events such as bereavement and bullying. There is a mixture of group and one-to-one support available.

In Cambridgeshire, services are available for primary school aged children up to the age of 25 years and in Peterborough it is up to the age of 18.

For more information on CHUMS visit <http://chums.uk.com>

To find out about more services that can support children and young people's mental health across Cambridgeshire and Peterborough visit www.keep-your-head.com/cyp



Phone: Cambridgeshire 0330 0581 659
Peterborough 0330 0581 657

Contact

(Previously Contact a Family)

Contact is a national charity for families with disabled children. We support families with the best possible guidance and information. We bring families together to support each other, and we help families to campaign, volunteer and fundraise to improve life for themselves and others.

We enable families to support themselves

- Contact helpline
- Medical information
- Website and parent resources
- Workshops and information sessions
- SENDirect.

We enable families to support each other

- Parent support groups
- Connect with families
- Contact in your area
- Parent carer participation
- Working with professionals.

Contact has a wide range of publications for parents and professionals including the Helpful Guide - the guide is our all-in-one book with all the information and help you need to enjoy family life.

Our Helpline is open Monday to Friday 9.30am to 5pm.

Phone: 0808 808 3555

Textphone: 0808 808 3556

Email: helpline@contact.org.uk

Web: <https://contact.org.uk/>

Facebook: [/contactfamilies](https://www.facebook.com/contactfamilies)

Twitter: [@contactfamilies](https://twitter.com/contactfamilies)



SCIP

SCIP (Special needs Community Information Point) is an information and advice service for families with 0-25 year olds with a disability or additional needs.

Contact:

Joan Adamson - SCIP Co-ordinator

Phone: 01480 379827

Email: joan.adamson@cambridgeshire.gov.uk

Web: www.cambridgeshire.gov.uk/scip



Cambridgeshire
County Council

Respect is a unique counselling service aimed at young people aged 13-24 years of age, who may have emerging or moderate domestic abuse behaviours. Counsellors will deliver seven weekly solution focussed sessions to individuals on your premises. This is not a domestic abuse intervention. The focus will be on working on solutions rather than understanding problems.

The family programme is designed to work with young people and their families. All of the YMCA Respect provisions are FREE to use over the next 3 years.

For further information contact:

Clare Taylor

Phone: 07799 901502

Email: clare.taylor@ymcatrinity.org.uk

Web: www.ymcatrinity.org.uk

YMCA Break 4 Change Programme

Outlined below are some of the characteristics of child/adolescent to parent violence and the acceptance criteria:

A young person aged 10 to 17 years could be:

- Controlling in the home environment where parents are having to modify their own behaviour through fear of consequences
- Being violent or aggressive towards the parent/carer, using weapons
- Putting the parent or carer down/name calling
- Missing from home as a use of control/not attending school
- Making threats/unreasonable demands with consequences
- Hurting siblings either physically or emotionally
- Demanding/stealing money
- Any behaviour used by a young person to control, dominate or coerce parents/carers. It is intended to threaten and intimidate and puts family safety at risk.

Acceptance Criteria:

The programme is for families in Peterborough and Cambridgeshire experiencing abuse within the home environment from their child.

We have some families where there is violence at a high level, some low and some where there is no physical violence, however, there is a high level of coercive control.

Some young people have diagnosis for ADHD, ASD, and ODD, however, we can still work with them as they are still able to make a choice.

We are able to run programmes in different areas if we can assess that there is a need – if we receive 10 referrals. I would like to encourage professionals to contact me if they have families who would like support. Once referrals have been submitted, we will make home visits and carry out assessments. Professionals will be kept in the loop.

Clare Taylor

Phone: 07799 901502

Email: clare.taylor@ymcatrinity.org.uk

Web: www.ymcatrinity.org.uk

Inclusion Project

The Inclusion Project is an innovative initiative that promotes a healthy, social and active lifestyle for young adults (aged 16+) with learning difficulties. The emphasis is for participants to be included into the happenings of the community. There is a daily timetable of activities including sports club, cinema, shopping, golf and much more. Please go to the website for full details: <https://inclusionproject.co.uk/>



Do you have a child or young person with additional needs or disability?

Pinpoint offers free information, support and involvement to Cambridgeshire parents and carers, especially those with children with additional needs and disabilities. Find out about events, meet-ups, holiday ideas and local services and other local support groups on our website www.pinpoint-cambs.org.uk.

Autism/ADHD Parent Groups

Do you have a child with suspected/ diagnosed autism or ADHD? Then come along to our parent groups at Ely, Peterborough, Huntingdon and Histon. If your children are accessing services, are on the waiting list, or have had a referral turned down, come along for practical advice and ideas on how to boost your resilience and work with your children at home and help manage their behaviour. Please check our website for event details on topics and speakers.

Ely & Peterborough Groups



Eve Redgrave
Phone: 01480 877333
Email: eve@pinpoint-cambs.org.uk

Histon & Huntingdon Groups



Jackie King
Phone: 01480 877333
Email: jackie@pinpoint-cambs.org.uk

Pinpoint Preparing for Adulthood Group

For parent carers of young people aged 14-25 with additional needs and disabilities.



Jackie King
Phone: 01480 877333
Email: jackie@pinpoint-cambs.org.uk

See our events calendar for group dates, topics and speakers
www.pinpoint-cambs.org.uk/event-archive/

Pinpoint Carers Week Event

12 June 2018
10am-12 noon



Bluntisham Village Hall, Mill Lane,
Bluntisham PE28 3LR

Join us for a relaxing morning involving coffee, cake, pampering and lots of chat.

For Cambridgeshire parent carers with children and young people with additional needs and disabilities.

Please call to book or see our website.

Pinpoint Contact Details



Phone: 01480 877333
Email: info@pinpoint-cambs.org.uk
Web: www.pinpoint-cambs.org.uk
Facebook: [/pinpointcambs](https://www.facebook.com/pinpointcambs)
Twitter: [@pinpointcambs](https://twitter.com/pinpointcambs)



We support **young people** aged 13-25 in **Cambridgeshire and Peterborough** with a range of **free and confidential services** to address your **practical and emotional needs**

Centre 33

Someone to talk to

"I don't think I will ever be able to say how **grateful** I am for your help"

You can talk to us about anything such as **sexual health**, housing, **money**, caring and **mental health**. We also offer **free condoms**, pregnancy tests, **chlamydia tests**, foodbank vouchers and **c-card registration and pick-up**.

Friendly, free and non-judgemental drop-ins and appointments in Cambridge, Peterborough, Ely, Huntingdon and Wisbech

You can refer yourself to us or an adult can help you.

"It was such a relief that I was being listened to and something was being done"

"Thank you for not judging me, and allowing me to be just me"

Contact:
DROP-INS: opening times on our website
HELPLINE: 0333 4141 809
E-MAIL: help@centre33.org.uk
TEXT: 07514 783745
www.centre33.org.uk
@Centre33Camb
[facebook.com/centre33cambs](https://www.facebook.com/centre33cambs)



A friendly support group for carers living in the Burwell area. Monthly drop-ins for carers to come and have a cup of tea or coffee, chat to other carers and for advice and support.

We meet on Thursday mornings (usually the third Thursday of the month) at the Trinity Church, High St, Burwell CB25 0HD from 9.15am to 12.15pm.

Meeting on 14th June and 19th July.

For further details please contact Janet Parker.

Phone: 01638 741234.

FOR PEOPLE WITH MEMORY PROBLEMS AND THEIR CARERS



**Every 2nd and 4th Tuesday of the month,
10:00 – 12:00 at Ness Court**

Contact Sue Evans – 01638 743688

sueevans1949@hotmail.com



DROP-IN SESSIONS FOR FAMILY CARERS

Come along to our friendly drop-in to meet other family carers, relax and chat over a cuppa. Carers Assessments, help or advice available.

Every 2nd & 4th Monday

between 2 - 4 pm

11th & 25th June

9th & 23rd July

13th August

No drop-in on 27th August

At The CARESCO Centre,

Green End Road, Sawtry, PE28 5UX

Contact Miranda on 07751 798287 or 01487 832105



Your local charity supporting our community

Registered charity number 1140728



the rotary club of **Kimbolton Castle**

Carers Coffee Club

Are you caring for a loved one with memory loss?



Come along and enjoy a cup of tea or coffee whilst chatting with others in a similar situation.

The group meets every third Wednesday of the month 2.30pm to 4pm at our **NEW VENUE** The Royal Oak, High Street, Hail Weston, St Neots, PE19 5JW.

No need to book, just turn up. Hope to see you there.

For further details contact Neil Silby

Phone: 07889 319888

Email: kimpigfarmer@tiscali.co.uk

A community project of The Rotary Club of Kimbolton Castle and Care Network.



Shelford Dementia Family Carers Hub

A friendly, welcoming support group for people living with dementia and the people who care for them.

Come along for friendship and support. We have a variety of speakers of interest along with some fun activities, including poetry and reminiscence.



To book a place and discuss the needs of the person you care for phone Rebecca Browne on **01480 499090**.


carerstrust
 Cambridgeshire & Peterborough
 Norfolk
 Carer Support and Homecare
 action-help-advice

The Rotary Club of Huntingdon
 invites you to its

MEMORY CAFE

where people with various forms of memory loss and their carers can visit to support each other and have some fun



Enjoy free light refreshments,
 information,
 entertainment,
 informal talks,
 memorabilia
 music and singing
 all in very pleasant
 surroundings



**ON THE LAST MONDAY OF EVERY MONTH
 INCLUDING BANK HOLIDAYS**

2.30 pm to 4.30 pm

At the Church Room adjoining All Saints Church
 in the Hollow Hartford, Huntingdon
 (next to the river, ample parking,
 and on guided bus route or service 1A -
 alight at bottom of Sapley Road/Barley Mow)



For further information Phone **01480 417001** or
 email memorycafe@rotary-huntingdon.co.uk

Love to Move

Age & Dementia Friendly Gymnastics Programme
 & Norris Museum Reminiscence Group



What is it?

A seated exercise & movement programme packed with fun, music & laughter, specially designed to help improve the fitness of your mind and body.

All Welcome!

Love to Move is the first exercise programme of its kind in the UK: proven to have significant physical, emotional and cognitive benefits for all participants, with those living with dementia experiencing the biggest benefits to their well-being.

Sessions run on Mondays 10am – 12noon, starting with a chat over tea and coffee with the Norris Museum Reminiscence Group, followed by the British Gymnastics Foundation Love to Move programme, delivered by an experienced and enthusiastic tutor

Crossways Christian Centre, Ramsey Road, St Ives
Monday mornings 10am – 12noon

For more info: Kim 0771 5081 402 or

kim.hall@britishgymnasticsfoundation.org

** Memory Lane Singing Café is held on second Monday of each month



Taking part is
 FREE &
 refreshments
 are provided

The Friday Group, Salem Court, Chatteris

A friendly group run entirely by volunteers who all have long term experience of helping people with dementia.

We provide support for sufferers of low to medium dementia and their carers in a loving, respectful, and happy environment.

We offer interesting and stimulating activities, and entertainment.

The group is open to anyone from the local area including March, Ramsey, Somersham, and surrounding villages.

Meets every Friday 10am to 3pm.

Cost £6.50 per day including a 2 course lunch.



Phone: Mike Hill 07910 557199 or
 Anne Chambers 01354 740225

Unite against dementia across Cambridgeshire and Peterborough



Alzheimer's Society in Cambridgeshire and Peterborough is here for anyone affected by dementia.

There are more than 10,000 people living with the condition across the county and dementia affects everyone differently.

Alzheimer's Society provides information and support, improves care, funds research, and creates lasting change for people affected by dementia.

Across Cambridgeshire and Peterborough there are a number of ways people can access support networks and speak to professionals. If you need:

Someone to talk to

You can phone at any time during the opening hours to talk in confidence with a member of staff from the Dementia Support Service.

Contact details for Cambridgeshire and Fenland services or Peterborough services can be found below right.

Alternatively, at Peterborough's Dementia Resource Centre, come to one of the drop-in peer support groups:

- Tuesdays, 10.30am-12 noon for carers
- Wednesdays, 11am-12.30pm, for people living with dementia.

Staff are available to listen when you just feel the need to talk, or to offer information and advice on specific issues.

Dementia Advisers and Dementia Support Workers

Dementia Advisers offer information about all aspects of living with dementia and supports people to access services.

Dementia Support Workers give personalised information and support to people with dementia and their carers to help better understand the condition, cope with day-to-day challenges and prepare for the future.

Home visits can be arranged if needed.

The Carer Information and Support Programme (CrISP)

The Carer Information Support Programme is a series of workshops available in Peterborough for carers and family members of people with dementia. This programme aims to offer structured information to inform and support the caring role. Carers do not necessarily have to live with the person with dementia.

Activity Groups

There are various opportunities available to give people affected by dementia the chance to take part in structured activities. These give people the availability to meet others in an informal relaxed setting.

Become a Dementia Friend

Alzheimer's Society's Dementia Friends Programme is a national initiative to improve people's understanding of dementia.

As a Dementia Friend you will learn a little bit more about what it is like to live with dementia during an hour long information session and then turn that understanding into action.

To find your nearest Dementia Friend Information Session, visit www.dementiafriends.org.uk.

Peterborough contact

The Dementia Resource Centre
441 Lincoln Road
Millfield
Peterborough
PE1 2PE
Phone: 01733 893853
Email: peterborough@alzheimers.org.uk
Open 9am-5pm Monday to Friday

Cambridgeshire and Fenland contact

Phone: 01954 250322
Email: cambridgeshire@alzheimers.org.uk

Time for Tea Memory Café

Join us for conversation, entertainment, activities and refreshments every month!



When First Thursday of the Month

Times 10.30am-12pm

Where The Royal British Legion,
210 Broadway, Yaxley,
PE7 3NR

This group welcomes people with memory loss along with their carers and/or family and friends in safe and supportive environment. You can meet other similar people and find out about other resources in your community.

No need to book, just turn up.

Everyone will receive a warm welcome!

For more information, please get in touch with Susan Bate at Care Network Cambridgeshire on 01480 423085 or email susan.bate@care-network.org.uk

Previously known as Yaxley Dementia Café



CPFT*

Cambridgeshire and Peterborough
NHS Foundation Trust

Dementia Friendly Drop-In at Sainsbury's Café, Coldhams Lane, Cambridge CB1 3HP

First Tuesday of the month
2.30pm to 4.30pm

For carers and people living with dementia.

Volunteers from the Dementia Carers Support Service will be there to welcome visitors. Refreshments served at the table. Please phone to confirm dates. No meeting in August.

Dementia Carers Meeting at St Vincent's Close Community Centre, Girton CB3 0PE

Fourth Monday of the month
2pm to 3.30pm

Join us for a coffee, cake and a chat in an informal atmosphere. No meeting in August.

Lunch Group at Scotsdales, Market Street, Fordham CB7 5LQ

First Tuesday of the month
12.30pm to 2.30pm

Informal lunch group for carers and people living with dementia. Please phone to confirm dates. No meeting in August.

Friday Club at New Cottages, Princess of Wales Hospital, Lynn Road, Ely CB6 1DN

Usually first and third Friday of the month
2pm to 4pm

For carers and people living with dementia. Tea and coffee, plus activities run by volunteers from the Dementia Carers' Support Service. Please phone to confirm dates and times. No meetings in August.

Phone: 01353 652092
Email: dcss@cpft.nhs.uk

Young Onset Dementia

Do you live with a loved one under the age of 65 years that has been diagnosed with young onset Dementia?

Then come and share a cuppa with others who are in a similar caring role at home.



The group meets on:

When: **Third Monday** of the month

Time: 2.30pm to 4pm

Where: **Little Acre Kitchen**, 7 Crown Street,
St Ives, Cambridgeshire, PE27 5EB

No need to book, just turn up.

Everyone will receive a very warm welcome!

For more information, please get in touch with Ruth

Mobile: 07565 845663 or e-mail: ruth.eod@yahoo.com

TotalVoice

Cambridgeshire and Peterborough

Need Support to Speak Up? TotalVoice can help

Do you know where to turn for help if you struggle to be heard? Would you like support to understand your rights and make decisions about health and social care?

It can be very daunting understanding the legal and statutory procedures involved with social care, but advocacy support for family carers is available from Total Voice Cambridge and Peterborough. The service is free, independent and confidential.

An advocate is a person who speaks up or acts on someone else's behalf, or supports you to speak up for yourself.

Family carers have rights under the Care Act 2014, to protect their own health and wellbeing. The legislation puts the family carer's needs on the same level as the person they care for. This includes rights to advocacy, subject to eligibility.

Total Voice can:

- support you to be heard
- help you understand your rights, choices and options
- enable you to make your own decisions about health and social care
- help you to get support from the people around you in your community
- give you the tools to do as much as you can for yourself.

You will need to be referred for our support by your local adult social services. Contact us for more details.

Helpline: 0300 222 5704

Email: tvcp@voiceability.org

Website: www.totalvoicecp.org

Facebook: [/totalvoicecp](https://www.facebook.com/totalvoicecp)

Twitter: [@TotalVoiceCP](https://twitter.com/TotalVoiceCP)

Total Voice Cambridge and Peterborough is a partnership between VoiceAbility, Cambridgeshire Deaf Association and the National Youth Advocacy Service (NYAS).

ST NEOTS

VWA

VOLUNTARY WELFARE ASSOCIATION

Day Centre

Social days to enjoy

OPEN:

Tuesdays,

Wednesdays

& Fridays

10 am to 3 pm

St Neots Day Centre aims to help those who may be frail and elderly to maintain their independence and get the most out of life by providing the opportunity to meet others socially, to engage in activities and enjoy a good lunch.

Our professional, caring staff provide a safe environment for those with physical disabilities and/or memory issues but we also welcome people who simply need to get out of the house.



*"I love coming here.
It's so friendly.
Everyone is lovely
and we laugh a lot."*

**Community Centre
Church Walk
St Neots
Cambridgeshire
PE19 1JH**

Glenys Shaw - Day Centre Manager

01480 475274

Email: manager@stneotsvwa.org.uk

www.stneotsvwa.org.uk

www.facebook.com/groups/stneotsvwa



AGE UK

Cambridgeshire and Peterborough

Orton Day Care Centre
Steve Wooley Court
Orton Malborne
Peterborough PE2 5HP

Mondays, Wednesdays and Fridays
9.45am to 2.30pm

Orton Day Care Centre provides a venue for older people to socialise and enjoy entertainment and a hot meal.

Focus is to promote wellbeing and independence.

£7 per day without transport provided
£11 per day with transport

Phone: Doreen Wallace 01733 231227

Email: doreen.wallace@ageukcap.org.uk

Website: www.ageuk.org.uk

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

We offer information, friendship and support to local people with Parkinson's, their families and carers. We also organise regular events and social activities.

Join us and meet other people affected by Parkinson's in your area.

Ramsey Support Group

Second Wednesday of the month.
2pm to 4pm.
Ramsey Resource Centre, Stocking Fen
Road PE26 1SA.
Phone: Lisa Lowe 0344 225 3614
Email: llowe@parkinsons.org.uk
Web: www.huntspds.org.uk

St Ives Support Group

First Wednesday of the month.
2pm to 4pm.
Dolphin Hotel, London Road PE27 5EP.
Phone: Lisa Lowe 0344 225 3614
Email: llowe@parkinsons.org.uk
Web: www.huntspds.org.uk

St Neots Support Group

Third Monday of the month.
2pm to 4pm.
Old Market Court, Tebbutts Road PE19 1RQ.
Phone: Lisa Lowe 0344 225 3614
Email: llowe@parkinsons.org.uk
Web: www.huntspds.org.uk

Ely and District Support Group

Third Tuesday of the month (not August).
2.30pm to 4.30pm.
Bell Holt Community Centre, Off Lisle Lane,
Ely CB7 4ED.
Come along to have a chat and enjoy the
entertainment and refreshments.
Phone: Brian Hayes 01353 860102 or
Jenny Lowles 01353 669326
Email: jlowles3@gmail.com

March Support Group

First Wednesday of the month.
10am to 12pm.
The Braza Club, Elm Road PE15 8NZ.
Phone: Frances Clark 01354 654677

Peterborough Branch Parkinson's UK

Peterborough Branch meets on the last
Wednesday of the month (can be subject to
change - please contact us to check).
2pm to 4pm.
PJ Care Neurological Centre, Eaglewood,
Peterborough PE3 8DE.
Phone: Ruth Brinkler-Long 07752 014998

Cambridge Branch Parkinson's UK

Fourth Friday of the month.
10.30am to 1.30pm.
The David Rayner Building,
Scotsdales Garden Centre, Gt Shelford
CB22 5JT.
Meetings include speakers and activities,
followed by lunch. For those living with
Parkinson's and their carers.
Phone: Trish Carn 01223 363435
Email: trishc@parkinsonscambridge@gmail.com

First Tuesday of the month.
12.15pm to 3pm.
Barnabas Court, Cambridge Road, Milton
CB24 6WR.
Bring and share lunch with occasional speakers
and activities. For those living with Parkinson's
and their carers.
Phone: Gabby 01223 356433
Web: www.parkinsonscambridge.org.uk
www.facebook.com/parkinsonsukcambridge/

For general information about Parkinson's, please see the
national Parkinson's website: www.parkinsons.org.uk

New Peterborough Family Carers Hub

1st Thursday of the month 2.30-4.30pm
Lapwing Apartments (restaurant area) Orton Brimbles, PE2 5YR



In Partnership with Cross Keys Homes, we welcome you to join us at our Family Carers Hub. This is open to all carers, the person they care for and their families.

This is an opportunity for you to join in with a variety of activities and listen to various local speakers. You can also access support and comfort from other carers, as well as professional support, information and guidance from our Carer Support Officer.

Light refreshments provided, no booking required. We look forward to seeing you!



Phone: 0345 241 0954 or 01480 499090 Email: hello@carerstrustcpn.org



Hunts Blind is an independent, local charity dedicated to supporting Huntingdonshire residents of all ages and who are experiencing sight loss. Our services include social activities, information and advice, outreach and benefits, visual and mobility aids, volunteer visiting and subsidised holidays.

We hold monthly club meetings in Bury, St Ives, Huntingdon and St Neots. We also have a bi-monthly arts and craft group, sports and social club, walking group and theatre club. Door-to-door transport can be provided for all our social activities.

For further information phone 01480 453438 or email info@huntsblind.co.uk



Multiple Sclerosis Carers Club

Meets on the fourth Wednesday of the month (subject to change)
2.30pm-3.30pm

The Church of the Good Shepherd Hall,
Mansel Way, Arbury,
Cambridge CB4 2ET

Free parking and refreshments

Co-ordinators
jacqueline.tevlin@hotmail.co.uk
paul.msc7@gmail.com

Relaxation, Meditation and Music Group

Are you looking for something new? Then come along, relax, de-stress and alleviate the pressures of modern day to day life, whilst enjoying the company of new friends.



When Fortnightly (sessions run term time only)

Time 3pm-3.50pm

Where Tesco Community Room, St Neots Tesco Store,
Barford Road, St Neots, PE19 2SA

Further details please contact Claire Bright on
07890 608465 or email clairemusictime@yahoo.co.uk



Working across Cambridgeshire, Peterborough and South Lincolnshire

Changing Lives

Counselling support and therapeutic interventions

What we do...

Psychological Wellbeing Service

We provide 6 sessions of one-to-one low intensity Cognitive Behaviour Therapy (CBT) and guided self-help to people living in Huntingdonshire, March and Wisbech.

Counselling

We offer 12 weeks of counselling to individuals. We offer support to explore problems and challenges they have or currently are experiencing. This service is offered in Cambridge, St Neots, Huntingdon and Wisbech

About Psychological Wellbeing Service

The Changing Lives project is a department of Health Project designed to make evidence-based psychological therapies more accessible to people living with mental health problems such as depression and anxiety disorders.

All services are free of charge.

Please visit our website for further information:

www.cpslmind.org.uk

How can we help you?

Psychological Wellbeing Service can help you:

- Manage anxiety such as; worry, phobia and panic
- Manage your mood
- Identify goals and work towards them
- Positive wellbeing changes

Counselling can help you explore:

- Relationship challenges
- In gaining fresh perspectives
- Expressing your feelings

How you can access our service...

We accept referrals from your GP and local mental health Advice and Referral Centre (ARC) as well as self referrals

Over the phone – 01223 311320 or 01480 470480

Email us on changinglives@cpslmind.org.uk

Download a referral form through our website

www.cpslmind.org.uk



Voices Matter



Would you like meet others who hear voices and explore your experiences in a safe and supportive way?

The Voices Matter Groups offer you the opportunity to:

- Meet people with similar experiences
- Challenge social norms
- Share experience, receive support and empathy
- Value your contributions
- Accept that voices and visions are real experiences
- Respect each member as an expert

As part of the regional Cambridgeshire and Peterborough Hearing Voices Network we are launching new Hearing Voices Groups (HVGs). The groups will be based countywide at the following locations:

Peterborough
Cambridge Peterborough
and South Lincolnshire Mind
01733 362990

Huntingdon
Cambridge Peterborough
and South Lincolnshire Mind
01480 470480



Wisbech
Cambridge Peterborough
and South Lincolnshire Mind
01733 362990

March
Cambridge Peterborough
and South Lincolnshire Mind
01733 362990

Cambridge
Life Craft 01223 566957

For more information, call Leannie on 01733 362990 or email leannie.barlow@cpslmind.org.uk



Fenland Over 65's Free Services

Working with Cambridgeshire County Council, we are offering free support that helps connect you to a range of services including:

- Money & benefit support
- Free assessment to make sure your home suits your needs
- Advice & access to technology which supports you in your home
- Physical & mental wellbeing activities
- Social and cultural events.

Email: fenland.support@circle.org.uk
Tel: 0300 004 0349

Or request a callback on our website:
www.centragroup.org.uk/fopos



Centra



Making Space

Health & Social Care Services

Making Space Cambridgeshire Carers Support Service

Friday 15th June 2018

11am-1pm

Pilgrim Hall, United Reformed Church, High Street, St Neots, PE19 1BN



To celebrate Carers Week 2018, we are holding a coffee morning for relatives and professionals who would like a chance to meet up, talk to other carers and staff and enjoy a relaxing morning with a cuppa.

Open to all, so if you are a carer of a loved one with mental ill health or a professional who would like to meet carers or staff from our service, please come along.



Please call Pauline, Gill or Christine on 01480 211006 or email pauline.mansfield@makingspace.co.uk

Simply Saturday!

Would you welcome some company on a Saturday lunchtime?

A new venture for adults of all ages at St James Church, Little Paxton.

**Meeting on the First Saturday
of every month, 12.30-2.30**

starting with lunch at 12.30

followed by activities from around 1.30

Future activities to include games, quizzes, music, talks.

Please bring and share some lunch items

Suggested donation towards tea, coffee, heating etc: £1

If you prefer, you may come along for the activity time only.

For more information and future meeting dates please contact:

Leisa Hunt tel. 01480 471748

Helen Young 01480 216255

or email Helen at young_paxton@ntlworld.com

Rethink Carer Support Group- Huntingdonshire

Informal get together for parents and partners of people with mental illness - all welcome.

1st Wednesday of the month 7.30pm-9.30pm
CPFT, Redshank House, Kingfisher Way,
Huntingdon, PE29 6FN.



Phone: 01823 365308

Email: huntsrethink@gmail.com

Borderline Personality Disorder CARERS SUPPORT GROUP

The Group is run by carers for carers. Do you have a family member, friend or loved one with a diagnosis of BPD?

Feeling alone isolated and struggling to cope? Living with a real Jekyll and Hyde one who is loving and caring then angry and critical on the flick of a switch.

If you are wondering how best to offer help and support or wish to learn more about BPD the carer's support group is here for you.

The group has been running for several years now and is a safe place for people to come chat and share their own experiences

DATES:

5th JUNE 2018

3rd JULY 2018

7th AUG 2018

TIMES 7pm till 9pm



LOCATION: THE EDGE CAFE
351 Mill Road, Cambridge, CB1 3NN

For more information please call
Russell on 07710 998 368 or email
russell.bowyer@sunnetwork.org.uk



Rethink Carer Support Cambridgeshire & Peterborough



Families and friends of people with mental ill health often need information, encouragement and the strength that comes from knowing you are not alone.

We are run by carers for carers. We have a wealth of experience of supporting people with mental health problems and we know our way around the mental health system.

We provide:

- Carer support groups in Cambridge and Peterborough
- Phone support on 07783 267013
- Email support at CambridgeRethinkGroup@rethink.org
- Quarterly newsletter
- A voice for carers - helping local commissioners and Cambridgeshire & Peterborough NHS Foundation Trust improve services.

Rethink Carer Support Group - Cambridge

For families and friends of people with mental health conditions - all welcome.

4th Wednesday of the month 7.30pm-9pm
St Laurence's Church, 91 Milton Road,
Cambridge CB4 1XB.



Jonathan Wells Phone: 07342 691768

Email: jfgwells57@gmail.com

Rethink Carer Support Group - Peterborough

Support for carers of people with serious and enduring mental health illness.

Alternate Wednesdays 1pm-3pm
Centre 68, 68b Westgate, Peterborough
PE1 1RG.



Phone: Pamela 07400 040159

Email: cassie.lives@outlook.com



Do you want to know more about your lung condition and how to manage it?

Breathe Easy Wisbech is your local support group for anyone with a lung condition, including carers, friends and family.

You are very welcome to join us at meetings, featuring guest speakers and refreshments on

Last Tuesday of each month

Starting at 1.30pm

**Onyx Court, Norfolk Street, Wisbech
Cambridgeshire, PE13 2NE**

**For further details please contact:
Margaret on 07740 867047**

**Helpline 03000 030 555
bif.org.uk/helpline**

Organised in aid of the British Lung Foundation.
Registered charity in England and Wales (326730), Scotland (038415) and the Isle of Man (1177)



Do you want to know more about your lung condition and how to manage it?

Breathe Easy Fenland is your local support group for anyone with a lung condition, including carers, friends and family.

You are very welcome to join us at meetings, featuring guest speakers and refreshments

**We meet on the 1st Thursday of every month from 2pm until 4pm (new members at 1.45pm) at:
The Church Hall, St Peter's Church (opposite the museum), High St March, PE15 9JR
EVERYONE WELCOME
There is no membership fee**

For more information, please contact:
Derek on 07803 083987
Or Email: a60taxi@btinternet.com

**Helpline 03000 030 555
bif.org.uk/helpline**

Organised in aid of the British Lung Foundation.
Registered charity in England and Wales (326730), Scotland (038415) and the Isle of Man (1177)

**Don't forget to let us know if you would prefer to receive the Carers Magazine via email.
Drop us a line at carersmag@carerstrustcpn.org.**

Hunts Breathe For Life

Supporting people with lung disease



Hunts Breathe For Life, aka "The Huffers & Puffers Club" is a local support group for those suffering from chronic lung problems along with their carers and family.

This support may be in the form of talks given by professional speakers covering a wide range of health and welfare issues, the main objective of which is to give members a much better understanding of their condition and how best to cope with it.

We also arrange various social events such as lunches and trips to places of interest, all of which are provided at subsidised rates to members.

Membership of the group is free. If you are interested in joining the group and would like more details about when and where the group meets then either visit our web site, send us an email, or better still ring us for a chat. Our contact details are as follows:



Tel No: 01480 860289

Email: huntsbreatheforlife@gmail.com

Web: www.huntsbreatheforlife.org

What If? Plan

The What If? Plan encourages family carers to plan ahead for an emergency.

The free service delivered by Carers Trust Cambridgeshire, Peterborough, Norfolk is funded by Cambridgeshire County Council and operates 24 hours a day, 7 days a week, 365 days a year.

It can provide emergency support to the person you care for in the event of you being unable to care because of a sudden illness, accident or other unplanned event.

You can register for a What If? Plan if:

- The person you look after lives in Cambridge City, East Cambridgeshire, South Cambridgeshire, Fenland or Huntingdonshire
- The person you look after is over 18
- You are aged 16 or over.

The form can be completed online or downloaded and posted to us.



For further information and to register, call our Family Carers Helpline on **01480 499090** or see www.carerstrustcpn.org/whatifplan



If you live in Peterborough, please call **01733 747474** and ask for 'Emergency Support for Carers Service' or visit the Peterborough City Council website for more information on how to register.

All items are considered for publication, however large or small.

To be featured in our next issue please submit articles by 8 June 2018.

The editorial team reserves the right to amend or withhold articles where deemed appropriate. We will attempt to contact you in regard to this.

We welcome stories from family carers and organisations that support them throughout Cambridgeshire and Peterborough, along with any suggestions for articles you would like included.

Please contact us on 01480 499090 or email carersmag@carerstrustcpn.org

We'd love to hear from you!



If you would like to receive a copy of this Carers Magazine in large print, audio, braille; in another language; by email; or to unsubscribe, please contact Carers Trust Cambridgeshire, Peterborough, Norfolk.

Phone: 01480 499090 or 0345 241 0954
Email: carersmag@carerstrustcpn.org

Carers Trust Cambridgeshire, Peterborough, Norfolk is a charity and the leading provider of carer support for families.

We are there to help by:

- Providing flexible breaks for family carers, including CQC registered care
- Preparing carers for an emergency including the What If? Plan in Cambridgeshire
- Offering training, support and information for family carers
- Providing carer awareness training for professionals
- Supporting Young Carers and Young Adult Carers
- Providing groups, activities and individual support for children and young people with disabilities.

We have a team of dedicated Care Workers who spend a minimum of one hour with people, providing care in the home and community. They can be contacted at:

Carers Trust Cambridgeshire, Peterborough, Norfolk
Unit 4, Meadow Park, Meadow Lane, St Ives,
Cambridgeshire PE27 4LG



Phone: 01480 499090 or 0345 241 0954

Email: hello@carerstrustcpn.org

Web: www.carerstrustcpn.org

Charity Reg No. 1091522

Registered in England & Wales No. 4379948



Please pass this magazine on to other family carers that you may know or take it into your local surgery, dentist waiting room, pharmacy, library, community venue or place of worship.

For information on the sources of references 1-8 please go to www.carerstrustcpn.org/refs