

Caring

For everyone looking after a family member or friend

Christmas appeal 2024

Your donation doubled!



JOHN'S STORY
Caring for Marcus

Prepare for winter
Keeping safe and
warm this winter



Hello and welcome



Welcome to the latest edition of Caring magazine.

As I write, the new Autumn Budget 2024 has been announced containing at least some welcome news for unpaid carers. The earnings limit for Carer's Allowance will increase in April 2025 from £151 to £196 a week. This means that if you're an unpaid carer, you'll be able to earn £45 more a week without losing your entitlement to Carer's Allowance. Carer's Allowance is also set to increase from the current £81.90 a week to £83.29.

However, many unpaid carers cannot claim Carer's Allowance as they are earning over the earnings limit – even the increased one. Many elderly carers will lose out on the Winter Fuel Payment this year as it is now means-tested. Please see page 10 for an article about reducing energy costs and claiming Pension Credit if you are entitled to it, as this will also mean you receive the Winter Fuel Payment.

How do these changes affect you? Please write to me at the address below or go to caringtogether.dedicationpage.org/carersspeakout to add your comments.

Miriam Martin
Chief Executive
Caring Together Charity

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About Caring Together Charity

Caring Together Charity is a registered charity supporting unpaid carers (those who are looking after a family member or friend) across Cambridgeshire, Peterborough and Norfolk.

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

Phone: 0345 241 0954 • Email: hello@caringtogether.org • Web: caringtogether.org

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Remembering Kerry

Many of our readers will know of Kerry Giles-Brown, a lovely lady and very long-standing member of our team. Very sadly, Kerry passed away from cancer at the end of September 2024, having raised thousands of pounds to help unpaid carers through her head-shave just a few weeks earlier.

Kerry was a devoted Care Professional. She had worked for Caring Together Charity for over 30 years and absolutely loved her job. Many of the people Kerry supported will have very fond memories of her bubbly personality, big smile and energetic approach! Helen, one of the carers Kerry supported, said, "she changed our lives. We called her Hurricane Kerry! She would come in like a hurricane and lift the mood in the house."

Not only was Kerry an extremely skilled Care Professional but she also had a very big heart. She had watched her dad care for her mum for many years, and said it was this that gave her the passion she had for supporting carers.

The Kerry Care Award

Kerry's legacy will live on. The money she raised will enable us to support many more people in her name, and she will be held in the hearts and memories of the people she helped and her colleagues, as well as her family and friends.

To honour the immense contribution Kerry made to carers locally we have launched the 'Kerry Care Award'. This annual award will recognise a member of our team who has made an outstanding contribution to supporting carers and those they look after.



▲ Belinda receiving her award from Megan and Steve.

This year, The Kerry Care Award has been awarded to Care Professional, Belinda Sabine. She was nominated by her manager, Laura, who said that Belinda always goes the extra mile. Laura wrote, "This amazing Care Professional has been with the charity for many years... She has gone out of her way to help clients by taking them out, helping with shopping... she is always putting the client first and thinking of their best interests." Congratulations Belinda and thank you!

Our sincere condolences go out to Kerry's husband, Steve, daughter, Megan and her wider family and close network of friends.



Remembrance page

There is an online remembrance page for Kerry at <https://kerrygiles-brown.muchloved.com> where you can leave a memory, thought, or message for her family.



Caring for Marcus

John's story of caring for his husband, Marcus, who has Parkinson's disease

John is 79 years old and has been caring for his husband, Marcus, 81, since 2013. It was at this point that Marcus, who has Parkinson's disease, decided he should stop driving, and so he became more dependent on John. The couple lived in a Cambridgeshire village at the time and public transport was minimal, so Marcus needed lifts to get out and about.

The men met at a motorcycle rally in 1992, and have been together ever since. Today they live in East Cambridgeshire and although the town they live in has more amenities than a village, there are still challenges for Marcus to go out to the shops or a local cafe.

Marcus suffers freezes as a result of the Parkinson's disease which has caused him to have falls, one of which caused fractured ribs. His mobility is affected by the disease, and he now needs help to get in and out of bed and with dressing.

John describes how narrow and uneven pavements can be a real challenge for Marcus, and that even visiting friends can be a problem, "staying with friends if they have stairs is now a serious problem."

Marcus continues, "so it means that John doesn't go because I couldn't go. And I feel bad about that because he's missing out."

Marcus can't be left alone so the couple receive support from Caring Together's homecare service, where our Care Professionals provide cover at home to look after Marcus when John goes out. This has enabled John to have some time to himself or go shopping, knowing Marcus is in safe hands.

Although Marcus was diagnosed with Parkinson's disease in 2005, for many years his condition did not cause major impacts as he was still independent and relatively well. John only began to consider himself to be a carer in around 2019 as his husband then needed more support at home and with his mobility, and John no longer felt he could leave Marcus alone at home:

"I kind of felt as if I'd slowly sort of drifted into the caring thing actually, because for the first few years Marcus had very few symptoms."

John describes what would have helped him at the time and going forward as a carer, "one of the things that no one has ever taught me is how to get Marcus out of bed. I had to learn to do it myself. We now have this kind of routine of how we do it, but I wish way back someone had said, 'well, look, this is the best way to do it. Do it this way.'" The couple have been helped by the hospital Occupational Therapy Department who have installed handrails in their home, and provided a sturdy walking aid. Although Marcus now has this to help him go out, John says he feels anxious about Marcus going out on his own. The couple describe 'a tussle' where Marcus is keen to follow recommendations from the physiotherapist to take a short walk, but John is fearful of him falling.



▲ John has attended Caring Together hubs with Marcus, and the couple have registered with our 'What if?' service

As a carer, John feels it's not so much the physical side of caring that he finds difficult, but the emotional side, "sometimes I get very tense and irritated just dealing with it... and for a long time I think I couldn't cope with the falls. Somehow, I was having to fight the feeling that it was his fault, which, of course it wasn't."

“
No one has ever taught me... how to get Marcus out of bed.
”

Marcus has recently been diagnosed with cancer in addition to the Parkinson's disease but has chosen not to have surgery. The couple have decided not to dwell on this and enjoy life day to day, especially as Marcus doesn't currently have any symptoms from the cancer.

John's advice to people becoming a carer is clear, "just go out and find out where you can get help, and what kind of help you can get. Try and contact carers organisations. Try and make friends with people; other people who are carers... that is what I learned."

Find out more about:

- Caring Together's Homecare service caringtogether.org/homecare
- Caring Together hubs caringtogether.org/hubs
- Lifting and handling someone nhs.uk/conditions/social-care-and-support-guide/practical-tips-if-you-care-for-someone/how-to-move-lift-and-handle-someone-else

How taking a break benefits carer, Jean and her husband



Once Jean has dropped Tony off at the March Day Club, we sit down over a cuppa for a chat about what the Day Club means to her.

Jean and Tony have been married for 30 years and live locally in March. It was in 2007 that Tony was diagnosed with Parkinson's disease and now he has also developed dementia. But he likes coming to the Day Club and for Jean it is a lifeline. "It's amazing," she smiles, "It gives me free time. It gives me time to be me."

Jean looks after Tony at home with the help of Care Assistants who visit most days. He is not able to shower or get dressed by himself, needs help going to the toilet, and can only walk short distances with the aid of a rollator. The couple were very active before Tony deteriorated and enjoyed going out for meals, holidays abroad, and ballroom dancing together so the illness has made a great difference to their lives. It's very sad for Jean to see the changes in her husband due to the Parkinson's. Tony can now become sleepy and difficult to rouse after meals so Jean feels worried about getting him home safely after eating out.

The couple still meet friends in their homes or at their house for meals, playing cards and board games, and attend church on a Sunday which they enjoy as their faith helps them through their difficult times.

Although Jean is a bubbly, lively person, she has found that caring has sometimes made her feel irritable and, in her words, 'snappy'.

Broken nights and lack of sleep have left her feeling tired which makes it difficult to manage caring. At 76 years of age, she also has her own health problems to contend with.

“
I'm quite a happy-go-lucky person and I was hating what I was turning into.
”

"I'm quite a happy-go-lucky person and I was hating what I was turning into. Because I was miserable... I just wish I was younger and had more energy and didn't need sleep so much, because it makes caring more difficult when you're tired."

The Day Club means that Jean can meet with friends, take a break from caring and have some time to herself. Jean explains that although she loves her husband, she sometimes feels she wants to run away from the caring, "But then if I think if it was me suffering, I know he would look after me, bless him! You do tend to lose your identity when you are looking after someone."

When Jean leaves Tony at the Day Club she knows he will be well cared for by the Caring Together Team. She can have peace of mind while she enjoys a well-deserved break.

Jean feels it's such an important service she really wants it to continue, "I do hope people will continue to use the Day Club, that it is affordable, and it can support people into the future."

Caring for someone with Parkinson's disease

Parkinson's disease affects people differently and symptoms progress over time.

If you are caring for someone with Parkinson's disease the following tips may be useful.



- 1 There may be equipment or adaptations to your home that can make life easier for you and the person you care for. Some of these are usually completely free, including bathroom grab rails. Ask the adult social services department of your local council for a home assessment.



- 2 It is natural to feel frustrated, worried and anxious at times. The person you are caring for may also have these feelings, especially as symptoms become more severe. You can get support from our advice line, hubs or other organisations locally such as Parkinson's Society local groups.

Visit parkinsons.org.uk/information-and-support/full-list-local-groups#east-england-groups to find a local group

- 3 If the person with Parkinson's disease is of State Pension Age or older, they may be eligible for Attendance Allowance to help cover costs of having care or other support at home. Find out more at gov.uk/attendance-allowance
- 4 If someone has been diagnosed with Parkinson's disease, they must inform the Driver and Vehicle Licensing Agency (DVLA) and their insurance company. They will not necessarily have to stop driving though. There is more information at gov.uk/driving-medical-conditions
- 5 The person you care for may be eligible for a Blue Badge so it is easier to park close to amenities.

Find out more at gov.uk/government/publications/blue-badge-can-i-get-one and apply at gov.uk/apply-blue-badge or contact your local Council.





Friends indeed!

Pam's story of how befriending stopped her loneliness

Pam from Watton in Norfolk is in her early eighties, and still very much the bubbly, chatty person she always was. Pam has been married for over 60 years, and looked after her husband when he became ill, but then she became unwell herself. Pam has blood cancer and a hole in her colon which cannot be operated on due to her poor health. As a result, Pam has very restricted mobility and now receives support from Care Assistants at home.

Pam faces many physical challenges but for her the worst thing about being unwell was the loneliness she was feeling. Pam has always relished being out and about in the community.

She was a Meals on Wheels volunteer, community car driver – taking people to hospital appointments, and loved attending craft classes. Now very much confined to home, she missed the company of friends and neighbours, and the ability to visit different places. With no family living nearby, Pam describes feeling trapped in her four walls at home and being desperately lonely.

However, this was all about to change! It was a chance conversation with Kevin who worked at a local community hub that led to him referring Pam to Caring Together Charity. Pam had been telling Kevin about her loneliness, and he knew of our Norfolk Befriending Service, so requested support for Pam. The Norfolk Befriending Service connects Volunteer Befrienders with people

who are carers or have care needs, for the benefit of everyone! Often Befrienders will spend time each week with someone with care needs, enabling the family carer to have a much-needed break or perhaps pop to the shops or meet with friends.

Pam was matched with Jacci who lives nearby and wanted to volunteer in a befriending role. Jacci had taken early retirement from her job in Social Services where she supported people that had just come out of hospital. And at the same time, her daughter had moved away.

"It did make me think.", Jacci reflected, "If you're getting older and you haven't got family nearby, it is quite hard to see as much of them as you'd like to. I can see myself being in that position maybe one day."

Jacci had loved her job but wanted to spend more time with people. She realised as a Volunteer Befriender she could do just that. She also needed a role where arrangements could be flexible, rather than a regular weekly volunteering slot that she had to be available for.

Once matched, Jacci and Pam hit it off immediately and found they had lots in common. Jacci started taking Pam out in her car on her visits and they found they both very much enjoy visiting cafés for tea and cake! There is lots of chatting and laughter and Jacci describes how she really enjoys visiting Pam and has made a new friend. For Pam, the Befriending Service and Jacci's visits have made a huge difference. She said, "I can't tell you the difference it's made to me to have Jacci visiting. I look forward to seeing her and she's a lovely girl. I feel like she's a daughter to me."



▲ Volunteer Befriender, Jacci

▼ Pam who Jacci visits



“
**I look forward
 to seeing her
 and she's a
 lovely girl. I
 feel like she's a
 daughter to me.**
 ”

The Norfolk Befriending Service is completely free thanks to a generous funder and available to unpaid carers and their families in Norfolk. A carer can contact us directly about the service or be referred to us.

We are looking for more Volunteer Befrienders in Norfolk. Do you have a couple of hours each week to spare? You could make a huge difference in the life of someone like Pam.

Are you considering volunteering?

To find out more:

Visit caringtogether.org/support-for-carers/norfolk-befriending-service

Call Mel Ford on 07720 343393

Email mel.ford@caringtogether.org

This service is funded by the Earl of Northampton's Charity, via their sole Trustee, The Mercers' Company. We are very grateful for their support.



Keeping safe and warm this winter

Help to manage your bills and reduce your costs

As we head into winter many of us are concerned about energy costs and how we can stay warm but also afford other essential costs. With the Energy Price Cap having risen by 10% on 1 October 2024, most of us will see an increase to our bills. You can see how this change affects your bill, by using the Energy Price Cap calculator on the Money Saving Expert website (see moneysavingexpert.com/utilities/what-are-the-price-cap-unit-rates/). It's important to remember that it is the energy rates that are capped not the amount you use - if you use more, you pay more.

The Winter Fuel Payment will be cut for some this year. This winter, only pensioners receiving Pension Credit or other means-tested benefits will receive it. However, unpaid carers often have additional energy costs as the person they look after may need to be kept warm, there may be additional laundry due to incontinence, and you may need to run specialist equipment powered by electricity.

A few simple steps that can help you save costs are:

- Turn off appliances on standby at the plug and switch off lights when you leave a room.
- Wash clothes at a lower temperature.
- Use a bowl for washing up instead of leaving the tap running, and efficient shower heads and a shower timer.
- Heat only the rooms you are in.
- Don't overfill the kettle when you boil it.

- Use extra layers of clothing and blankets to warm the person rather than the room.
- Use drying racks instead of a tumble dryer.
- Turn your thermostat down by just one degree, which saves around £100 a year on average for a typical home.
- Make sure your fridge is set at 3-5°C and freezer at -18°C for energy efficiency.
- Fit a hot water cylinder jacket at least 80mm thick and with a British Standard Kitemark.

You can also call our Advice Line on 0345 241 0954 to make sure you are receiving all the benefits you are entitled to. You may be entitled to Pension Credit and therefore the Winter Fuel Payment. Check at gov.uk/pension-credit





Join the Priority Services Register

Each energy and water company has a Priority Services Register. You can join this if you or someone in the household is living with a disability or a long-term medical condition, including:

- mental health conditions,
- conditions affecting your sight, hearing or sense of smell, or
- conditions that mean you need to use medical equipment that requires a power supply.

Or have reached the state pension age.

The benefits of joining this include:

- Priority support in an emergency.
- Wherever possible, advanced notice of scheduled power cuts.
- An identification and password scheme if someone needs to visit or contact you, helping you feel confident they are genuine.
- The ability to nominate your carer to receive communications and bills from your supplier.
- The chance to move your prepayment meter if you can't safely get to it to top up.
- Account information and bills in large print or Braille.

Contact your energy or water company and ask to join their Priority Services Register. If you have different suppliers for gas and electricity you will need to contact them both.

Dealing with debt

If you're struggling to pay your bills, you are not alone. Energy prices have soared along with increases in our overall cost of living, leaving many of us facing difficult choices this winter. Speak to your energy company if you are struggling to pay bills, and contact your local Citizens Advice. Find your nearest Citizens Advice at citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us

There are sometimes grants and support available if you are in debt with energy bills.

- The **British Gas Energy Trust** supports customers who are in arrears. Visit britishgasenergytrust.org.uk/ for further information.
- If you have **another energy supplier** (e.g. EDF Energy, or Scottish Power) visit charisgrants.com/individuals/#schemes-open to see whether there is a grant scheme that may be able to support you.

We have lots more information on our website. For details of local organisations that may be able to help and more, visit caringtogether.org/energy-costs

Extra support for carers in Norfolk

Thanks to the support of Carers Trust we have a new service called Carer Money Matters. We can help Norfolk carers – especially young adult carers – with information and sign posting to support with reducing energy costs and home safety measures such as carbon monoxide alarms.

Contact us on carermoneymatters@caringtogether.org

Fundraising round-up

A big thank you to everyone who has made a donation or fundraised to support unpaid carers, including:



The Moorhen Pub in Hampton, Peterborough, hosted what will hopefully be the first of many charity weekends for Caring Together. Supported by Lisa Downs, Caring Together's Head of Care and with an overwhelming amount of support from the staff and customers, three fun nights of music and competitions led to **£628** being raised for unpaid carers!

Lisa said, "It was great to see so many people enjoying the entertainment and joining in the games to raise money for us!"



Fran, a member of our team, raised an incredible **£1,000** from her **women's football event** in September! On the day, there were four women's teams playing each other, along with a raffle, food and drinks, and activities for the children. The event was well attended by friends and family, and raised some much needed awareness for local unpaid carers.



A wonderful supporter of Caring Together, **Ruth Aremu**, organised a bake sale in aid of unpaid carers in September, totalling an incredible **£1,002!** Ruth sold a selection of cakes, as well as offering face painting for the kids. Ruth told us that the event was "incredibly well attended by the local community", and was able to spread awareness for unpaid carers.

On 29 August, four representatives from **Earl of Euston Lodge** (A local Freemasons group), along with representatives from the **Mark Benevolent Association**, travelled to our St Ives office to present a donation of **£600**. A huge thank you to all of the Freemason members who were involved in this very generous donation to unpaid carers across Cambridgeshire, Peterborough and Norfolk.



We received a **£250** donation from **Co-op in Huntingdon** in September. This donation has gone towards one of our arts and crafts young carer trips in Cambridgeshire. A huge thank you to Co-op for all your support for local young carers!

A huge thank you to **Huntingdon Bridge Club** for choosing us as one of their charities this year! Their extremely kind donation of **£130.40** will go a long way to supporting unpaid carers. Thank you!

Could you be in our next issue?

Why not organise your own fundraiser and support unpaid carers in your area? For more information and support, you can get in touch with us at fundraising@caringtogether.org

Are you a carer?

Almost three quarters of people looking after someone don't realise they are an unpaid carer. Are you a carer, or do you know someone who is?

If you look after someone from your family who is frail, ill or has a disability you may not recognise yourself as a carer. You may feel you just do what anyone else would in that situation.

However, if the signs below sound familiar to you, read on to find out about help that is out there to support you in your caring role.

Signs of being a carer

Do you regularly help someone who couldn't manage without your support? You might help them for a few hours a day or many more and support with any of the following:

- Picking up prescriptions and/or taking them to appointments.
- Helping them to wash, dress, eat or to go to the toilet.
- Helping with cleaning, laundry or shopping.
- Supporting them with finances.
- Providing emotional support.
- Supporting with medication.
- Keeping them safe from harm.



Do you find it difficult to spend time doing things you enjoy like hobbies or socialising because of the support you give?

Do you find you are having to juggle work with providing support?

If this is you, you are an unpaid carer. We are here to help.

Benefits of identifying as a carer

Recognising you are a carer can be the first step to opening up a world of support to help manage your caring role. Things like:

- Information, advice, learning and training to help you plan, prepare and provide care.
- The right homecare and access to other breaks from caring.
- Befriending and peer support at hubs and online.
- Carers events, trips and wellbeing days to relax, share stories and experiences.
- Access to assessments and entitlements.
- Access to mobility equipment to make the day-to-day easier.
- Emergency planning support like a What if? Plan in case you have an unexpected situation like a car breakdown or if something happens to you.

Who to contact for advice and support

Contact our friendly team for advice and to find out about services available in your area:

Call: 0345 241 0954

Email: hello@caringtogether.org

Visit: caringtogether.org

There are other charities that can help such as:

Carers UK

Call: 0808 808 7777 or visit carersuk.org

Age UK

Call: 0800 055 6112 or visit ageuk.org.uk

You can also visit your local council website to find out how they support carers.



Can you recognise a carer?

Other people, and especially other carers, can often recognise that someone is a carer before they see it themselves. Even so, it can still be difficult to start talking to them about their caring role without it feeling intrusive. Go to our website at caringtogether.org/who-is-a-carer for some helpful conversation starters.

It might help to think about when you first realised you were a carer and how that felt. How would you have liked people to approach you? Did you feel you had to prove you could carry on without help?

Geoff's story

Geoff only began to realise he was a carer for his wife, Wendy, as they were driving home from the hospital after she suffered a stroke.

"I realised while we were driving home," explained Geoff, "that we actually didn't have a wheelchair at home. So, what were we going to do? That was a point at which I thought life had changed. And I was also carrying out two bags of pills."

Geoff felt plunged in at the deep end,

"There's nowhere you can go, or nobody tells you how to handle things and what to do and what support you can get, what assistance you can get - you have to learn this all these things as you go along."

No one in a caring role should feel they are on their own. Caring Together Charity and Carers Matter Norfolk are here to help. Please reach out for the support you need, and tell others about us.

Carers Matter Norfolk can be contacted on 0800 083 1148 or visit carersmatternorfolk.org.uk

You can call Caring Together Charity on 0345 241 0954 or visit caringtogether.org





Your donation could help a young carer make memories this Christmas

Our special Christmas Appeal 2024

This Christmas we have an amazing opportunity! Until midnight on Christmas Eve every donation to our Christmas appeal will be doubled!* Thanks to a generous supporter, your £5 donation becomes £10, your £20 donation becomes £40 and so on.

You can make a difference in a child's life

Our support for children who are carers is under great demand. Children who are carers, sometimes as young as four, often support a sibling or parent with a physical disability or mental ill-health. We take these young carers on trips and activities, where they can have fun and feel like a child again.

Your donation will be doubled! Same donation. Double the impact.

Your donations this Christmas could support our young carer trips and help a young carer make memories this Christmas.

Isla, aged 11, cares for her younger brother who has Down's Syndrome, and her dad who has a spinal cord injury. As Isla is often busy at home, taking on tasks that are usually done by parents, and looking after her brother, she really enjoys our special trips out for young carers.

Isla said, "it's nice to have a treat just for me."

Each summer we take a group of young carers to the seaside. Whilst on a day trip to the beach, one young carer told us:

“This is my first ever holiday.”

But we depend on donations and fundraising to run our services for young carers, as well as many of our services to support adults.

Please give your donation today using the donation form. Every pound makes a difference! Cheques should be made payable to 'Caring Together Charity'. Or donate quickly and safely online at caringtogether.org/christmas-appeal



*If total donations made to the Christmas Appeal 2024 are £5,000 or less, all donations will be doubled. If total donations exceed £5,000 then not all donations will be doubled. Only an amount of total donations up to £5,000 will be doubled. Whilst your donation may go towards supporting young carers, it could also be used for some of our other services. As a charity, we will ensure that your donation gets used wherever it is needed most. If you have any questions about how your money is spent, please do get in touch with us at fundraising@caringtogether.org.

I want to help a young carer make memories



Full name

Address

Postcode

Email

I am happy to be contacted by email and would like to receive the monthly email newsletter

I would like to give:

£5 which could help us support a carer over the phone

£20 which could pay for a young carer to go on a trip

£50 which could support an unpaid carer for two whole months

My own amount of £_____

If you are a UK taxpayer, Gift Aid increases the value of your donation by 25p of Gift Aid for every £1 you donate, at no cost to you.

giftaid it

Yes, I am a UK taxpayer. Please treat all donations I make or have made to Caring Together Charity* for the past four years as Gift Aid donations until further notice. (*also known as Caring Together, Registered Charity No. 1091522).

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations to charities and community amateur sports clubs (CASCs) in that tax year, it is my responsibility to pay any difference.

Please let us know if you want to cancel the declaration, change your name and/or address or no longer pay sufficient tax on your income and/or capital gains.

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

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

Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) Membership

Become a member of CPFT for free today... and have your voice heard

CPFT provides a variety of services to children and adults living in Cambridgeshire and Peterborough – you or a member of your family may have received support from their mental health teams or community based physical health services to mention just a few.

Whatever the service, CPFT is committed to providing high quality treatment and care with compassion. But this can only be achieved by listening to the experiences of people who have used or who one day may need to use CPFT services in the future.

You may not know that CPFT is a free membership organisation. Members can be anyone who lives in Cambridgeshire or Peterborough. Members play a vital role in the ongoing improvement of CPFT services and provide an opportunity for you to have your say. Membership is free and comes with a range of benefits including:

- My Trust Benefits – a scheme for savings across hundreds of well-known brands and retailers.
- A range of newsletters and e-bulletins to keep you informed of CPFT projects and developments.
- Opportunities to have your say.
- Vote for governors and perhaps even stand for election yourself!
- Invitations to attend health talks and seminars.

If you would like to find out more then please:

Visit cpft.nhs.uk/become-a-member where you can find out more information; or

Sign up at <https://secure.membraco.uk/Join/Cambridgeshire> to become a member.

Alternatively you can call 01223 219400

Email foundationtrust@cpft.nhs.uk

Or write to:

Trust Secretariat
Cambridgeshire and Peterborough
NHS Foundation Trust
Elizabeth House
Fulbourn Hospital
Fulbourn
Cambridge
CB21 5EF



Cambridgeshire and Peterborough
NHS Foundation Trust

What about if I live in Norfolk?

For residents of Norfolk and Suffolk there is a very similar Trust – Norfolk and Suffolk Foundation Trust (NSFT). It has the same membership structure, mechanisms and membership benefits as CPFT.

They can be contacted as follows:

Call 01603 421421

Email membership@nsft.nhs.uk

Time out

Answers
will be in
issue 37!



It's behind you!

For centuries pantomimes have been a favourite with families at Christmas time.

Is your panto knowledge up to scratch? Do you know your Widow Twankey from your Wishee Washee? Test your knowledge in the quiz below which has kindly been provided by our Huntingdon carers' hub volunteer, Helen.

- 1 In which pantomimes do the following characters appear?
 - Wishee Washee
 - Dame Lumpydrawers
 - Baron Hardup
 - Wendy Darling
 - Widow Twankey
 - Tinkerbell
 - Belle
 - Sleepy
 - Buttons
 - King Rat

- 2 Who/what told Dick Whittington to 'turn again'?

- 3 Who ate the gingerbread house?

- 4 Which hospital receives royalties from Peter Pan since JM Barrie gifted them in 1929?

- 5 Which pantomime has a ticking crocodile?

- 6 In Jack and the Beanstalk, Jack receives beans in return for what?

- 7 What is the occupation of The Seven Dwarfs?

- 8 How long would Sleeping Beauty sleep unless her spell was broken?

- 9 What does Cinderella's Fairy Godmother turn into a coach?

- 10 What is the name of Aladdin's evil uncle who steals the magic lamp?



Carers hubs

Our carers hubs offer opportunities for you to meet other unpaid carers, have peer support or professional support from one of our Advisors, enjoy relaxing activities and hear from local speakers.

There is no cost to join a carers hub and refreshments are provided. Please contact us (see page 23) for more information and to find out if the person you look after can accompany you.

Adult carers

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

Parent carers

- South Cambridgeshire fourth Thursday of the month 10:30-12:30 (term-time only)
- Online - third Wednesday of the month 10:00-11:30

Directory

Information on organisations that provide support and services to carers

Dementia/Alzheimer's

Adams Creative Café

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

T: 07821 683130

E: info@adamsheritagecentre.co.uk

Alzheimer's Society

For anyone worried about their memory or affected by dementia.

Local T: 01733 865710

National T: 0333 150 3456

W: alzheimers.org.uk

Brampton Dementia Friendly Activities

For those living with memory and dementia related illnesses, including a social café, singing group and Love to Move seated exercises.

T: 07890 866389

E: hello@bramptondementia.co.uk

Burwell Drop-In

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

T: 07799 360858

E: sueevans1949@hotmail.com

Cambridge South Rotary Club Memory Café

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

T: 01223 276192

W: rotary-ribi.org/clubs/homepage.php?ClubID=500

Carers Coffee Club

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

T: 07889 319888

E: kimpigfarmer@tiscali.co.uk

Crocus Café

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

T: 01487 830114

Damsons Dementia Support Group

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

T: 01945 583463

E: sarah.barnesdyer@nationaltrust.org.uk

Dementia Carers Count

Phone and text support.

Online community.

T: 0800 652 1102

W: dementiacarers.org.uk

Forget-me-not Journey Support Group

For those living with dementia and their carers. Every Tuesday 2-3pm at the Salvation Army Hall, Impington.

T: 07780 674563

E: jan@hifriends.org.uk

Love to Move and Reminiscence

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

T: 01480 497314

E: communities@norrismuseum.org.uk

Music Makers Whittlesey

Relaxed friendly singing group for older people with memory challenges.

T: 01733 351594

Royal Air Force Reminiscence Group

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

T: 01480 497314

Sing! Together

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

T: 01353 662022

W: allinsound.co.uk

St Ives Dementia Café

Third Tuesday of the month 10am-12pm.

T: 07725 5888145

E: george.smerdon@btinternet.com

St Neots Rotary Coffee Pot Memory Café

Meets on a Wednesday.
T: 01480 395979

Trumpington Memory Café

Third Wednesday of the month
10.30am-12pm. Organised by
Trumpington Church and Rotary.
T: 01223 840268

Young Onset Dementia Group

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

Mental health

Cambridgeshire Peterborough and South Lincolnshire (CPSL) MIND

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

CPSL Mind Personality Disorder Group

Connect with supportive peers.
W: cpslmind.org.uk/peer-support-in-cambridgeshire-and-peterborough/

MIND Lifeline

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

Making Space Cambridgeshire and Peterborough Carer Support Service

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

Rethink Carer Support

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

Motor Neurone Disease

Cambridgeshire Branch of MND Association

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

Parkinson's

Parkinson's UK

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

Positively Parkinson's Café

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

Sensory impairment

CamSight

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

CDA Hearing Help

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

Deafblind UK

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

Huntingdonshire Society for the Blind

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

Other conditions

Huntingdonshire Aphasia Support (H.A.S.)

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

Community and peer support

Burwell Carers Group

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

Chatterbox

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

Coffee Connections

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

Simply Saturday

Monthly shared lunch, entertainment,
and friendship. Held in Little Paxton
Church.
T: 01480 216255
E: young_paxton@ntlworld.com

St Neots Voluntary Welfare Association Day Centre

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

St Neots Community Support

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

Families and parent carers

Centre 33

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

Family Voice Peterborough

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

Pinpoint Cambridgeshire

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

Spectrum

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

General support

Age UK Cambridgeshire and Peterborough

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

Cambridgeshire Libraries

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

Care Network Cambridgeshire

Information and support to stay
healthy, independent and in touch with
your community.
T: 01954 211919
W: care-network.org.uk

Healthwatch Cambridgeshire and Healthwatch Peterborough

Local independent champion for health
and care, gathering experiences of care
to help influence local decision makers.
T: 0330 355 1285
W: healthwatchcambridgeshire.co.uk
healthwatchpeterborough.co.uk

Sibs

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

The Royal British Legion

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

T: 0808 802 8080

W: rbl.org.uk

Money, benefits and your rights

CarerSmart

Benefits and discounts for carers and people with care needs.

T: 0345 241 0954

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

Disability Huntingdonshire

Supporting people to claim for benefits.

T: 0330 3553 256

W: dish.org.uk

Exercise

Love to Move

Seated chair exercises for people with dementia/other neurological conditions. Time to chat with tea and coffee.

T: Jane Thomas 07731 097236

PosAbility

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

T: 07565 598193

E: admin@posability.org

Training and courses

Cambridgeshire Community Arts

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

T: 07763 280029

W: camcommarts.org.uk

Health and Care Sector Work Academy

Training for a career in health and social care.

T: 0800 310 1160

W: citycollegepeterborough.ac.uk/hcswa

Caring Together Charity

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

- **Carer helpline** to talk to someone about information and advice to support you at every stage of your caring role.
- **Emergency planning** to help you to plan for the unexpected, including the What If? Plan. The What If? Plan ensures you know what will happen should you not be able to carry out your caring role.
- **Carers hubs** where you can meet others for peer support, activities and learning. At some hubs you can attend with the person you look after.
- **Homecare** in your home and community for adults and children. You can have a break knowing that the person you look after is being cared for by a trained care professional.
- **Befriending service** where volunteers support Norfolk carers and those they care for.
- **Support for parent carers** including hubs and transition planning.
- **Support for young carers** including activities and trips for children and young people aged five and above.
- **Emotional support** for carers, including counselling.

To find out more about any of our services, please contact us.

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

Call: 0345 241 0954

Email: hello@caringtogether.org

Web: caringtogether.org



This Christmas, you may notice your loved ones need a bit more help around the home.

We can help. Whether they need help occasionally or every day.

Contact us for a chat about your needs today

0345 241 0954 • homecare@caringtogether.org • caringtogether.org