

Caring

For everyone looking after a family member or friend



CARING FOR MUM
Looking after someone
living with dementia

Bridgit Care
24/7 information
and support for you



Hello and welcome



Welcome to the Spring issue of Caring Magazine, with the arrival of a new season we shine a light on the incredible resilience and compassion of unpaid carers across the region.

This edition features an inspiring conversation with Ian and Jo, two dedicated members of our Carer Council, who share their heartfelt stories of supporting their mums living with Alzheimer's disease.

The Carer Council offers those with lived experience the chance to contribute to the quality and range of Caring Together Charity's services. Carers of all ages and from all backgrounds are welcome to join. If you are interested contact Steve Acklam, Chair of the Carer Council, at steveacklam41@gmail.com

We also explore the vital work being done by the Norfolk Young Carers Forum, offering a voice to young people balancing care responsibilities. In addition, we take a closer look at the often-overlooked issue of domestic abuse affecting unpaid carers and those they look after, and offer practical advice on the importance of having a Will. As always, our goal is to inform, support, and celebrate those who give so much of themselves in the care of others.

Miriam Martin
Chief Executive
Caring Together Charity

Contents

Bridgit Care	3	Have you heard the latest about Carer's Allowance?	14
Caring for mum	4	The benefits of making a Will	16
Frequently asked questions about dementia	7	Spring word search	18
Supporting young carers	8	Mini egg brownies	19
Recognising the signs of abuse	10	Carers hubs	19
Fundraising round-up	12	Directory of services and support	20
		Support from Caring Together Charity	23

About Caring Together Charity

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

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Bridgit Care

An additional way for unpaid carers to get support outside of regular office hours

Working in partnership with **Cambridgeshire County Council, Peterborough City Council, and local GPs, Bridgit Care has been designed to reach local unpaid carers at any time of day or night.**

Bridgit Care has been crafted by unpaid carers and care experts, specifically for those who juggle busy and often stressful lives. It is easy to use and find the information that's helpful to you. It uses Artificial Intelligence (AI) to give you the information you need so you aren't swamped with irrelevant information.

Bridgit Care is an online tool that can be used without having to sign up or create an account, although there is an option to sign up for fortnightly emails if you would like. Through the online platform you can also access an AI carer support coach on WhatsApp.

Peterborough City Council said that the digital AI programme has been designed to increase the "independence and wellbeing of service users and carers, reducing their reliance on formal care and support".

Bridgit Care - the name inspired by its goal of 'bridging gaps' in carer support - is intended to complement, not replace, in-person services.

Unpaid carers are often at work or busy during the usual 9-5 when traditional phone support is available, so an online service that is available 24/7/365 helps make sure everyone is able to access the support they need.



▲ Round the clock advice and support from Bridgit Care

Carers can create their own self-help plan in seconds and discover how to get personalised advice, find local events, support, and services.

Topics include:

- How to get support in your caring role
- Carer's assessments
- Care providers
- Emergency planning
- The end of your caring role
- How to manage work/life/carers balance
- Carer's Allowance
- Cost of living
- Mental health
- and much more.

We would love to hear your experiences of using Bridgit Care. Drop us a line at hello@caringtogether.org

How to access Bridgit Care

If you live in Cambridgeshire or Peterborough, please visit caringtogether.org/bridgit-care

Bridgit is not currently available in Norfolk, however, Carers Matter Norfolk has a comprehensive website with support and advice on being an unpaid carer. See carersmatternorfolk.org.uk



Caring for mum

Caring Together Charity supports almost 2,000 local unpaid carers who care for a loved one with a form of dementia

As the population ages, dementia and specifically Alzheimer's disease, is becoming an increasing concern for many of us. While the symptoms vary, the impact is profound, often leading to a gradual loss of independence and placing immense emotional, physical, and financial strain on their loved ones. Understanding Alzheimer's disease is crucial, not only for those living with it but also for the unpaid carers who provide vital support in managing the condition on a day-to-day basis.

We wanted to shine a light on what it is like to care for a family member with Alzheimer's disease, so we spoke to Ian and Jo who each care for their mothers.

Meet Ian

Towards the end of 2015, Ian started to notice some small changes in his mum's character, "She had memory loss about quite big events from the previous year that she would have normally remembered. A few months later she was admitted to hospital for an infection and the staff suspected she may have dementia amongst other issues. On discharge her GP handled most issues but I had to battle to get an Alzheimer's diagnosis. It took about 12 months to get this. Once the diagnosis was made we were fortunate to be referred to Ely Health Teams straight away.

"They provided support and help quite quickly, and are always there if I need them. Within a few weeks we had lots of help and support in place including a weekly Day Centre for my mum and having carers in three times a day. That helps give me a break from caring."

As a full-time carer, Ian's days are filled with washing up, cooking, cleaning, house repairs, and shopping. The weight of these responsibilities often takes a toll on his mental health and wellbeing. Therefore, when he needs to unwind, he turns to a furry friend for comfort. "One of our neighbours has a cat named Boris, and he's become a true source of comfort. Spending time with him feels like wrapping myself in a warm, soothing blanket, offering a quiet escape when I need it most. I also used to enjoy astronomy and cycling but unfortunately don't have as much time for those at the moment."

Ian has also relied on support from Caring Together that really helped him within his caring role. "In 2023 I collapsed at home and used the 'What If?' Plan. This was really helpful as it meant that while I was at hospital my mum was in safe hands. I have been a member of the Ely Carers Hub for many years and now volunteer. It is good to speak to other unpaid carers to share ideas about how we manage in our caring roles. I learn a lot of helpful tips which are invaluable.

"The support I've received from Caring Together's hubs has been absolutely crucial in my role as an unpaid carer. The most important things I've learned are how to set up a Power of Attorney and securing legal protection for my mum's assets when she enters care. Without this knowledge, my mum wouldn't have the safeguards in place that she deserves."



▲ Ian and his mum at a hub

“
*Don't be afraid
to ask for help.*
”

We asked Ian what advice he would give to unpaid carers who are just starting their caring journey. "Don't be afraid to ask for help, push through when needed with your GP and reach out to charities like Caring Together and Alzheimer's Society for guidance and support.

Talking to somebody, whether a professional or another unpaid carer, means you might learn something you didn't know about previously that can be really helpful in your caring journey."

Find out more

- Caring Together's What If? Plan 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. Call **0345 241 0954** or visit caringtogether.org/whatifplan
- To find out where your nearest carers hub is, please visit caringtogether.org/hubs
- To make, register and end a Power of Attorney please visit gov.uk/power-of-attorney
- Read about your rights to request flexible working as a carer and your right to unpaid carer's leave caringtogether.org/advice/carers-rights

Meet Jo

Jo's mum is in the mid-stages of Alzheimer's disease and lives with Jo and her husband. We asked her when she started noticing a change in her mum's behaviour that led to her diagnosis.

"The very first time we noticed a change is when she had dozed off and she woke up saying 'Where am I?' She also would forget to take her medication, and we would find tablets hidden or she wouldn't know what to do with them. She would stop eating proper food and sleep more in the day when she has always been a keen gardener and always busy in the house."

At the start, Jo's mum was aware that something wasn't quite right with her memory but after speaking to a family doctor, she knew it was important to speak to her mum's GP sooner rather than later. At the stage where her mum was referred to a Memory Clinic for tests, she spoke to her mum about how she wanted to live the rest of her life over a period of a year and her answer was always the same and consistent - with family, and not a care home. Jo opens up about how vital it was to make these decisions whilst her mum still had the mental clarity and capacity to choose for herself.

We asked Jo what a typical day involves. "I start off the day by ensuring mum is dressed, doing her skincare routine, brushing her teeth, and putting in her dentures and hearing aids," explains Jo, "I'll then make her breakfast and give her her medication before getting myself ready. Some days, we go for a walk, or visit friends and some days she goes to daycare. I work from home part-time therefore my husband and sister help me when needed and are a great support."



▲ Jo and her mum

When asked how she has adapted to her life as an unpaid carer, Jo said, "it's very difficult when you start caring because you want to put their needs above yours but you have to realise that if you don't prioritise your mental health and wellbeing you will not be able to do the job of caring."

"My husband has been amazing at giving me pep talks along the way, he helped me slowly realise I needed to make time for myself (but it didn't come naturally to me). It has taken me three and a half years to realise my self-care is a priority, but I try to go for a walk or go to the gym to gather some time to myself."

We know how difficult it can be as an unpaid carer so we asked Jo her advice. "It's more tiring than you think it will ever be and you can't do it on your own, you need other people to help and

the forums and support groups out there like Caring Together can help a lot. Mum's dementia journey has changed - what she wanted and needed. When we first started out is different to what she needs now. I would also say live in the moment and don't put pressure on yourself to make plans for the future. If you work like I do, speak to your employer to see what flexible working options there are, this should help reduce a lot of stress that you may face during the early stages as you start to get into a new routine."

“*It has taken me three and a half years to realise my self-care is a priority.*”

Frequently asked questions about dementia



What is the best way to support a loved one with dementia?

Supporting a loved one with dementia involves maintaining a calm and patient approach, providing clear communication, and establishing a daily routine. It's important to offer emotional support, assist with daily activities, and create a safe environment. Regularly checking in on their health and wellbeing, and making adjustments as the condition progresses is also crucial.

How do I handle the financial burden?

Caring for a loved one with dementia can be financially difficult therefore exploring financial support options such as Carer's Allowance or local grants from charities may be helpful to look into. Speaking to our Advice Line can give you greater peace of mind about the options available to you. Call **0345 241 0954** or visit [caringtogether.org](https://www.caringtogether.org)



How can I ensure my loved one is safe?

Safety is a top priority, as dementia can cause confusion and wandering. You can minimise risks by securing the home, e.g. using locks on doors or cabinets, removing potential hazards, and using assistive technology such as alarms or monitoring systems. Simplifying the environment and labelling items can also help your loved one cope at home more easily.



What happens when things progress?

As dementia progresses, more hands-on care may be required, such as assistance with dressing, eating, and personal hygiene. Our professional Homecare team can help with one-off or weekly calls in order to give you some rest too. Call **0345 241 0954** or visit [caringtogether.org/homecare](https://www.caringtogether.org/homecare)



Supporting young carers

Raising Awareness on Young Carers Action Day

We celebrated Young Carers Action Day on 12 March by raising crucial awareness of the vital role that young carers play in looking after a loved one. This day serves as a reminder of the challenges they face while juggling their caring responsibilities alongside their education, social lives, and personal wellbeing.

Hannah (18) and Sophie (21) are members of the Norfolk Young Carers Forum which gives young carers and young adult carers the opportunity to raise awareness and make a difference about the issues that affect them and their families.

The Forum also gives them the opportunity to meet other young carers and young adult carers in a similar situation, take part in days out and fun activities (plus when meeting face-to-face, free lunch and snacks are provided).

Meet Hannah

Through attending the Norfolk Young Carers Forum, Hannah feels more confident and it allows her the time and space to be herself.

"The Forum has provided an opportunity to voice my opinions and gives me some respite from my caring responsibilities.

"It has also provided me with contacts and information for other ways of supporting myself and allowed me to meet people who I have things in common with."

We asked Hannah if she has any top tips for caring for her mum while she is away at university. "Have other people at home to contact if worried, and keep a line of communication open with the person you are caring for. But mainly, don't feel guilty that you've left while you do a lot for your loved one. It is not your responsibility, and you are allowed to have your own life."

Meet Sophie

Sophie is a young adult carer for her younger brother who has Autism and is non-verbal. She was recognised as a young carer when she was 11-years-old.

"Since being recognised as a young carer, I have received so much support and friendship through the Forum and have been granted opportunities that I would never have been able to receive without the Forum's support."

The Forum provides respite for young carers, she explains, "the Forum holds events that have allowed me, as a previous young carer, now a young adult carer, to have time off from my responsibilities and also have time to spend with other carers my age. These events spread awareness about the responsibilities of a young carer, which helps reduce the stigmatisation of being a young carer."

Sophie also went to university recently and explains how the Forum continues to support her. "The opportunities I have are targeted at my age range (being a young adult carer now).



▲ Norfolk Young Carer Forum members on a trip
▼



“
The Forum has provided an opportunity to voice my opinions.
”

With my transition to university, I was also contacted by the Forum to check in and make sure I was doing OK, so they still support me even though I'm at a distance."

We asked Sophie what top tips she has for other young carers transitioning to university, "I'm quite far away from home so it's difficult to show any support other than checking in! I'm incredibly grateful for my parents and I regularly ring them to check that they're OK and that my brother is OK!"

Help at home

Balancing studying and caring can add extra worries about whether the person you look after is OK. Our homecare service can provide regular or ad hoc visits to help with things like personal care, social activities and everyday tasks.

For more information, please call us on **0345 241 0954** or email our team at homecare@caringtogether.org

Recognising the signs of abuse

Being an unpaid carer for a family member or friend with a disability or long-term illness can come with hidden challenges that often aren't talked about.

One of the most difficult and often overlooked realities is the potential for abuse, which can affect both the person being cared for and the person providing care. If you're an unpaid carer, you may face physical, emotional, financial or sexual abuse from the very person you are trying to support. Similarly, if you are unwell or living with a disability, the person who is caring for you could be the one abusing you.

Abuse can involve a range of controlling and harmful behaviours, these may include:

- Coercive control
- Psychological and emotional abuse
- Physical or sexual abuse
- Financial or economic abuse
- Harassment and stalking
- Online or digital abuse.

Certain risk factors can make individuals more vulnerable to domestic and sexual abuse. Those with disabilities, poor mental health, or dementia are often at heightened risk due to their increased reliance on others for support. Social isolation can add to this, leaving people without a network of support or someone to turn to for help.

Additionally, when someone is dependent on others for care, it can create a power imbalance, making it even harder to escape situations of abuse.



**Every
30 seconds**
the Police are called
to a domestic
abuse case

Those in the **LGBTQ+** community are at a higher risk of being abused by their partner

As an unpaid carer, you may be vulnerable to abuse. You may often be isolated, behind closed doors with the person you care for. You may find that their personality or behaviour has changed and now you find yourself fearful of their words or actions. No one should have to stay in an abusive situation. If you need advice or support, please see the details below.

If you or someone else you know is in immediate danger, call 999. If calling from a mobile and it's not safe to speak, press 55 and you will be connected to the police.

You can also speak to us here at Caring Together Charity. Call our non-emergency Advice Line on 01480 499090.

For further local support, the organisations opposite may be relevant to your situation.

Local support

- DASS (Domestic Abuse Support Service) for Cambridgeshire and Peterborough residents
freephone **0300 373 1073**
- Norfolk County Council domestic abuse
norfolk.gov.uk/domesticabuse
- Cambridge Women's Aid
cambridgewa.org.uk
To access safe refuge accommodation call **01223 460947**
- Peterborough Women's Aid
peterboroughwomensaid.co.uk
- Refuge **refuge.org.uk**
- Cambridge and Peterborough Rape Crisis Partnership **caprcp.org.uk**
- The Elms Sexual Assault Referral Centre **0800 193 5434**
theelmssarc.org
- Mankind (for men) **0808 800 1170**
mankind.org.uk
- Cambridge Rape Crisis Centre
01223 313 551
- The Dhalia Project supporting south Asian victims of Female Genital Mutilation (FGM)
01733 894964

One in four women and one in six men experience domestic abuse in their lifetime

Fundraising round-up

We would like to say a massive thank you to the following organisations for their incredible fundraising and support for unpaid carers. Without them, we wouldn't be able to continue running our vital services for unpaid carers in the East of England. Thank you!

The 2024 Christmas Appeal – thank you for your amazing support!

You may remember that a generous supporter offered to double all donations made to our Christmas appeal last year, to a maximum value of £5,000. Well, an incredible **£7,499** was donated, so once doubled totals **£12,499!** We can claim Gift Aid on top, so the likely final amount is **£13,502**. This money will be used to support unpaid carers including children who are carers. Thank you so, so much!

St Ives (Hunts) Golf Club



Throughout 2024, **St Ives (Hunts) Golf Club** organised a series of fundraising events in aid of Caring Together Charity. We were chosen by Chris and Celia, the 2024 Captain and Ladies' Captain, as the focus for their charity fundraising throughout the year. Now their year in office has come to a close, we are extremely excited to share that the Club raised an astonishing **£12,875** for young carers in Cambridgeshire.

We cannot thank Chris, Celia, and all the members at the Club enough for their support over the past 12 months. This donation is going to go an extremely long way to supporting so many children who are carers. As a result of your support, we can continue running our young carer trips and support throughout 2025. Thank you!

Maxine Lester Lettings and Property Management

For the fifth year running, **Maxine Lester Lettings and Property Management** released their Christmas video card in 2024, with all proceeds going to Caring Together Charity.

An incredible **£2,010** was raised, bringing the running total raised by Maxine Lester to **£12,055!** Thank you to everyone for your continued support over the years.



March Golf Club

March Golf Club raised **£3,875** through a series of fundraising efforts organised by Club Captain, Jeff Dunham and Lady Captain, Michal Simpson and generously supported by the golf club members. Michal said, "As soon as I heard about the services Caring Together offer, I knew that this was a charity I wanted to support. We raised £3,875, which I know is going to make a difference to some lives."

Wymondham Lions Club

Our very own Belinda Jones delivered a presentation to the **Wymondham Lions Club** recently. The Club were so moved by the talk that they decided to donate **£1,000** to Caring Together Charity.

A spokesperson for the Club said, "Thank you so much for your powerful presentation at our meeting last night. Our members were gripped by your passion and impressed by the achievements of the charity".

Thank you Lions, and Belinda for your brilliant presentation!

Howdens

Howdens in Huntingdon generously donated **£200** to unpaid carers in October. Thank you so much for your donation Howdens, and for supporting local unpaid carers.

Amazon

In December, **Amazon's EUK5 site** in Peterborough raised an incredible **£985.73** for unpaid carers. The Families@Amazon Affinity group organised a bake sale in December, and nominated Caring Together Charity as the beneficiary of this incredible total. Thank you to everyone at Amazon Peterborough for your support!

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



Have you heard the latest about Carer's Allowance?

From April 2025, working carers will be able to earn £196 per week without losing their Carer's Allowance eligibility, marking a 30% increase from the previous limit of £151. As a result, an additional 60,000 carers will qualify for Carer's Allowance, and carers will be able to earn £2,340 more per year.

For the first time in decades, the earnings threshold will be linked to increases in the National Living Wage, ensuring that the limit rises in line with it.

What is Carer's Allowance?

Carer's Allowance is a benefit of £83.30 a week (from April 2025) and if you care for someone at least 35 hours a week you may be eligible for the benefit, however there is criteria which must be met in order to claim it.

Do I need to be related to the person I am caring for?

No, you do not have to be related to, or live with, the person you care for.

How do I know if I qualify for Carer's Allowance?

Please check the websites below to find out if you qualify for Carer's Allowance:

- carersuk.org/help-and-advice/financial-support/carers-allowance
- cambridgeshire.gov.uk/residents/adults/money-and-benefits/benefits-for-adults-and-older-people
- citizensadvice.ruralcambs.org.uk

Can I get Carer's Allowance if I have a State Pension?

Unfortunately you cannot get the full amount of both Carer's Allowance and your State Pension at the same time. If your pension is £83.30 a week or more, you will not get a Carer's Allowance payment. If your pension is less than £83.30 a week, you'll get a Carer's Allowance payment to make up the difference.

Can I claim Carer's Allowance if I receive Pension Credit?

If your State Pension is more than £83.30 a week, unfortunately you will not receive Carer's Allowance but your Pension Credit payments may increase instead.

Is there an effect on other benefits I (or the person I care for) receive?

It is worth taking a look at the government web page on Carer's Allowance as it details how it receiving Carer's Allowance may affect other benefits you receive gov.uk/carers-allowance/effect-on-other-benefits

To find out more about the criteria and applying for Carer's Allowance, please visit gov.uk/carers-allowance

Do you have something to say about the changes to Carer's Allowance?

We want to hear from you!

Our Carers Speak Out web page is your opportunity to have your voice heard. Every day unpaid carers looking after a family member or friend tell us how difficult life can be for carers and many carers feel they are invisible and not heard – we are committed to changing that.

It's crucial for unpaid carers to speak out as raising awareness about the realities of caring can highlight how the right support can be the difference between a crisis and a carer being able to manage. We want to hear about your experiences, what may have led to a crisis or near-crisis, and how the right support made a difference.

To share your views, visit our Carers Speak Out page at caringtogether.dedicationpage.org/carersspeakout

“

I received Carer's Allowance until last year when I reached state pension age. As you're not allowed to claim state pension and Carer's Allowance, so I lost the latter.

I have health issues too now and paying for help is costly. Now we've lost the winter fuel payments too! It feels unfair.

”



The benefits of making a Will

A loving gift for your family's future

It's not easy to think about the end of our journey. We all hope for long, fulfilling lives, but taking the time to plan ahead can be one of the kindest things we do, not just for ourselves, but for those we love. Creating a Will is a way to express your love, preserve your values, and ensure that your loved ones are taken care of when you're no longer there to do it yourself.

A Will is more than just a legal document, it's a thoughtful gift that helps protect your family from unnecessary heartache, confusion, and stress. Here's why taking the time to create a Will can offer peace of mind and clarity for both you and your loved ones.

It ensures your wishes are honoured

Without a Will, UK law determines how your assets are divided, and this might not reflect your wishes at all. Whether it's the heirloom watch you want your daughter to have, a charity close to your heart, or who will take care of your beloved pets, a Will allows you to make these decisions yourself, with the comfort of knowing your wishes will be respected.

It reduces family tension and confusion

Losing a loved one is already an incredibly emotional time, and without clear guidance, relatives could find themselves disagreeing about what should be done with your belongings.

A Will can prevent such arguments by laying out exactly how your estate should be divided. By leaving clear instructions, you ease the burden on your family and ensure that your loved ones aren't left trying to guess your intentions.

It protects your loved ones' future

Without a Will the courts will decide who will raise your children (and this could be someone you may not have chosen yourself). By naming a guardian in your Will, you ensure that your children are cared for by someone you trust, someone who will love and nurture them just as you would. A Will also helps you set up any necessary financial arrangements for their care, ensuring they have the resources for education, healthcare, etc.

It makes the probate process easier for your family

Probate can be an emotionally and financially challenging process for your family. If you don't have a Will, the process can be a lot longer, becoming more complicated and costly for those you leave behind. A well-written Will can simplify this process, making it easier for your loved ones to sort through your affairs and inheritance, etc.

It helps with tax planning and financial security

A Will is an essential part of estate planning. It can help reduce the taxes your heirs will have to pay, which means more of your hard-earned assets will go to the people and causes you care about. Thoughtful planning might even allow you to leave a gift for a charity like Caring Together Charity that is close to your heart.



A Will can be updated throughout your life

Life is full of changes, marriages, births, relocations, changes in wealth, and more. Another benefit of a Will is that it can grow with you. It's not a one-time document; you can update it as your life evolves, ensuring it always reflects your current intentions and wishes.

It's important for everyone, particularly carers, to ensure they have their affairs in order by having a Will written. However, we know that it can be time consuming and costly. This is why we are offering a free Will writing service online, over the telephone and in-person. So you can get your Will written to meet your needs.

You can choose from three ways to write your Will with our free Will writing service:

1. We partner with Farewill (regulated by the Solicitors Regulation Authority), the largest Will writing service in the UK. Write your Will in the comfort of your own home in as little as 20 minutes by visiting farewill.com/caringtogether-web
2. Our partner, Farewill, also offers a telephone Will writing service. You can speak to a Will specialist on the phone who will guide you through the process. Call **0203 318 4279** and quote '**CaringTogether-phone**', or request a callback.
3. Meet with a local solicitor to have your Will made or updated for free. This service is provided by our partner, the National Free Wills Network. Simply fill out the form at mynetworkportal.org/CaringTogetherCharity, and the National Free Wills Network will provide you with a list of participating solicitors in your area.

Spring word search

Answers will be in issue 38!

Here's a spring-themed word search puzzle to get stuck into! Words can appear horizontally, vertically, or diagonally, forwards, or backwards. Happy word searching!

B L O O M F O W Y R R J
 S P Q B I D M P A L E V
 E H G R A S S I T F W U
 E E E O Y A N I N W O L
 D M N B U T T E R F L Y
 L H C T A H P S G B F D
 V W A X I Q F M O R R G
 R E L E A V E S J I O K
 O E L O P Y A M B W C W
 S U N S H I N E A I N R
 X Q U E Z C L I H O T B
 E L O P D A T C W A S P

1. BLOOM
2. RAIN
3. FLOWER
4. GRASS
5. GROW
6. SUNSHINE
7. BIRD
8. LEAVES
9. BUTTERFLY
10. SEED
11. MAYPOLE
12. HATCH
13. TADPOLE
14. CHICK

Pantomime quiz answers from issue 37

- | | |
|------------------------------|--|
| 1. Wishee Washee - Aladdin | 2. The bells of Bow Church |
| Tinkerbell - Peter Pan | 3. Hansel and Gretel |
| Belle - Beauty and The Beast | 4. Great Ormond Street Hospital (GOSH) |
| Baron Hardup - Cinderella | 5. Peter Pan |
| Sleepy - Snow White | 6. His family's cow |
| Wendy Darling - Peter Pan | 7. Diamond miners |
| Buttons - Cinderella | 8. 100 years |
| Widow Twankey - Aladdin | 9. A pumpkin |
| King Rat - Dick Whittington | 10. Jafar |



Mini egg brownies



These delicious, gooey brownies will go down a treat at Easter!

Prepare

Less than 30 minutes

Cook

10 to 30 minutes

Serve

Makes 16

Ingredients

- 200g/7oz unsalted butter, cut into cubes
- 200g/7oz dark chocolate, roughly chopped
- 3 free-range eggs
- 250g/9oz caster sugar
- 100g/3½oz plain flour
- 50g/1¾oz cocoa powder
- 240g/8½oz mini eggs, roughly chop about half
- Pinch salt

Method

1. Heat the oven to 180°C/160°C Fan and line a 20cm/8in square baking tin with parchment paper.
2. Melt the butter and chocolate in a heat-proof bowl in short bursts in the microwave or suspended over a pan of simmering water (do not let the bottom of the bowl touch the water). Cool to room temperature.
3. Put the caster sugar and eggs into a large bowl and whisk using an electric whisk until light, pale and fluffy. While whisking, gradually pour in the chocolate mixture until combined.
4. Fold in the flour, cocoa powder, the chopped mini eggs, and a pinch of salt.
5. Pour the batter into the tin and spread out evenly. Place the remaining mini eggs on the top (you may want to roughly crack some first).
6. Bake for 25 minutes, or until slightly cracked on top and there is a little wobble in the middle. Leave to cool completely in the tin before slicing and serving.

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

Arbury Court Library Dementia Social Group

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

T: 0345 045 5225

E: libraries.referralcentre@cambridgeshire.gov.uk

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 Community

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

T: 07890 866389

E: hello@bramptondementia.co.uk

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

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 social care, gathering experiences of
care to help influence decision makers.
T: 0330 355 1285
W: healthwatchcambridgeshire.co.uk
healthwatchpeterborough.co.uk

Healthwatch Norfolk

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

Sibs

Support for siblings who have a brother or sister with a life-long disability.

W: sibs.org.uk

The Royal British Legion

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

T: 0808 802 8080

W: 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.

W: britishgymnasticsfoundation.org/lovetomove

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

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