

New Chief Officer for Care Network

After a very thorough selection process involving two interviews, a presentation, desk based tasks, and with volunteer and staff involvement, the trustees are pleased to announce that they have selected Susie Willis to be the next Chief Officer at Care Network Cambridgeshire. This was a difficult and close-run decision, with very strong and contrasting candidates in the mix. Many thanks to all staff, trustees and the volunteer who took part in the process. Susie currently works for Boxing Futures, a charity supporting vulnerable young people and adults through sport, especially boxing. The trustees were impressed with her entrepreneurial approach and consider that she will help Care Network to build on our current good practice and develop fresh initiatives as we move forward. Susie will have to give three months' notice to her current employer, but I will work with her to try to ensure that you all get a chance to meet her as soon as possible.

I know you will all join me in welcoming Susie and supporting her as she gets to know us and embarks on a new learning curve.

It is with mixed feelings that I am letting you know that I have decided to retire from my role here at Care Network at the end of June. I am planning to move to Yorkshire where I have family and be more involved with my grandchildren. The last five plus years at Care Network have been amazing. The enthusiasm and flexibility of staff, trustees and volunteers has given us freedom to develop new initiatives, try them out, adapt them and all the time offer more and better services to more local people. We have also been supported by some excellent funders who have worked with us to develop new initiatives such as the Community Navigators Service. We have together grown the charity fourfold - at least in monetary terms – but even more importantly, we have built on our reputation and the confidence which people have in our services. I know that I leave the charity in an excellent position; funding is largely secure, (see my notes on page 14) and we have a great team of people on board.

*Ruth McCallum,
Chief Officer*



Susie Willis,
Chief Officer elect



Ruth McCallum,
Chief Officer

Community Development - Fenland

I have recently been researching the social needs of people with long term conditions such as dementia, Parkinson's disease, respiratory problems and strokes which can prevent them from doing the things that they used to enjoy. Obviously there is a huge range of activities and people enjoy different things but I am looking at setting up small-scale interest groups with a group of perhaps just 3, 4 or 5 people. I hope to have more news next time.

Walking has really taken off in Fenland in the last couple of years, and rightly so. It is widely recognised that regular outdoor exercise improves health and wellbeing, general fitness and mobility. In addition, walking is free, gets you out in the fresh air and can be a very sociable activity.

The health walks run by Everyone Health in Wisbech and March cater for all needs with walks of varying lengths and speeds. To find out more contact 0333 005 0093 or email changepointcams@everyonehealth.co.uk.

Care Network has helped to set up small walking groups in a number of villages. The first, at Newton, offers a short leisurely stroll around the village and footpaths with the option of a cream tea in the village hall afterwards.

There are also groups in Leverington, Doddington and Wimblington. In each, the social side over morning coffee or tea and cakes is a key part of the activity. The popular Doddington walking group recently enjoyed a guided walk along Benwick Road with Dave Edwards, the local historian. For more information contact Sue Beel on 01945 589953 or email sue.b@care-network.org.uk.



Community car schemes are increasingly experiencing challenges with passengers who have dementia. As a result, this year we will be offering training across the county to increase understanding about dementia and how to handle likely situations car scheme coordinators and drivers may encounter (see the article on page 9)

*Sue Beel,
Community Development Officer, Fenland*

You couldn't make it up

While we are on the subject of car schemes, one of our Fenland drivers, Brian, was asked to pick up a lady and take her to the hairdressers in Norwich Road. The lady got in the car and they drove off and then Brian asked which hairdresser she was going to as there are several in the street. She replied that she didn't know. Brian stopped at one and went into the salon to ask if they had a booking for a Mrs ...

The proprietor asked what the lady looked like so Brian took her out to the car to meet the lady. Although she recognised Mrs ... she said she had not booked her but was willing to do her hair straight away. The client came out 45 minutes later looking like a new pin. It turned out that her husband, who was now in hospital, had booked the appointment for her at another hairdresser in Norwich Road and had not told his wife where.

Healthy Fenland Team's First Birthday Review

A few words from Julie

Hi everyone it's Healthy Fenland's first birthday on 20th April and so I thought we, Kelly, Olga and I would give you a bit of an update about what we have been doing.

Starting a brand new project has had its challenges and I feel I can speak for the whole team when I say we found the first few months were a steep learning curve.

Our remit was to encourage and support anyone who wanted to start a community group to do so. The "healthy bit" meant that all the group had to do was improve someone's physical, mental or emotional wellbeing to be eligible for support from the team with access to some funding if needs be.

So we took the scattergun approach and went to every event and activity that was happening in Fenland. This enabled us to identify key people within any given community (Community Connectors) and to begin working with them to develop ideas for new groups.

As time has gone on this has paid dividends and we are now working with a wide range of community connectors and groups to either enhance and expand already existing activities or to start brand new community groups.



Community Development Workers Network Meeting

So what have Healthy Fenland helped to get started?

There are now two choirs in Fenland for people who love to sing but can't, and two grief & loss support groups for people who have lost someone either through bereavement or by their loved one having to go into permanent care. There is Giggle Fit group in March which is low impact exercise to music for those who haven't exercised for some time (if ever). Also in the planning stage there is an intergenerational group for new mums and older people to share experiences and bridge the generation gap and a potential young widows group as well as some other sports based groups around those less able.

Community Development - Fenland cont

A Few Words from Olga

The first Healthy Fenland year has passed very quickly, we have been excited to meet new people, local residents and make new links with our partner organisations. We have managed to raise awareness of the Healthy Fenland Project and we are getting well known locally.

A huge step forward was to target migrant communities and encourage them to do more for themselves. We must appreciate how hard it has been at times to start up a new group with a limited knowledge of the English language and no knowledge of UK systems. Running these groups successfully will also benefit the local residents and improve integration.

In spite of these barriers, Viva Families and Communities have opened their doors to families with babies/toddlers offering interactive sessions for all family members. Viva Families and Communities are successful in integrating culturally in Wisbech by organising events such as a 'Russian Christmas fairy-tale', which took place in December 2016, where local communities gathered together to enjoy Russian Christmas traditions, share food and make new friends. Also Wisbech Arts and Crafts is another migrant group in Wisbech who welcome everyone to their crafty sessions. Their aim is to attract people of all ages by providing them with an opportunity to learn by offering tutorial sessions.

We have attended various international events, including a 'Multicultural Event' organised by Fenland Fusion Forum, EU citizens workshop, where we have provided support to EU citizens and encouraged them to be more involved in community life locally.

We have established a 'Fathers and Babies' need (potential groups to be run by fathers/males, aiming to provide services to those children who are deprived of a male role model), 'What About Me' (a potential group of mums willing to think about themselves and their own needs, get some physical activities such as Yoga, Pilates or Zumba with a crèche provided, 'Babies' swimming sessions' and a 'Carers' Group'. We will be aiming to develop these groups in the following year.

A Few Words from Kelly

Our first year has been a really fun and enjoyable way of getting to know the landscape of communities across Fenland. As a team we have worked together to build relationships with local communities, Parish Councils, the District Council and other statutory health and access-related agencies as well as voluntary and community sector colleagues.

We have encouraged and supported local people to develop activities, groups or projects which are sustainable and owned by the community and aim to help improve health outcomes for the people of Fenland. For those communities that have needed it we have worked with them and supported them to access the Healthy Fenland Fund.

Groups that have been supported by the Healthy Fenland project so far include Chatteris Youth Football Club, Trinity Bowls Club (Wisbech), and the VIP (Visually Impaired People) Club (Wisbech).

Groups that are being supported by us but have not yet applied for funding include a Table Tennis Club and Kurling Club (Whittlesey), Friends of Peckover School (Wisbech) and a Carers Group in conjunction with Cornerstone Surgery in March.

Community Development - Hunts

New Groups in Hunts

Hail Weston Good Neighbour Café was launched in October 2016 and has been going from strength to strength. The idea of the café is to provide a place where people can come along and share a piece of cake with a hot drink and have a chat. The café occurs approximately twice a month once on a Wednesday afternoon and also on a Sunday afternoon between 3.30-5pm in the Village Hall. During the afternoon they have displays which have included chess, Christmas crafts, a local history display and charities.



To find out more information please contact Maurice or Sue Lee on 01480 212920.

The **Relaxation, Meditation and Music Group** was launched on the 18th January and is going from Strength to strength. The group meets fortnightly at the Tesco's Community Room, St Neots Tesco Store, Barford Road, St Neots, PE19 2SA.



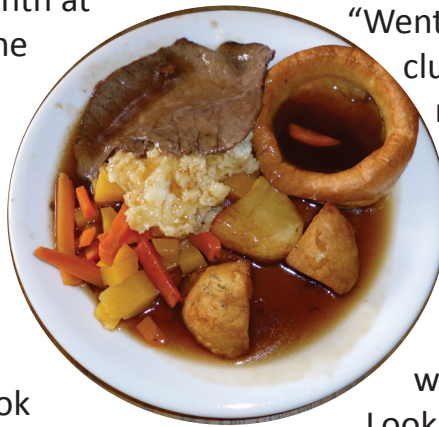
If you are looking for something new to try, then come along, relax, de-stress and alleviate the pressures of modern day life, whilst enjoying the company of new friends.

This is just some of the feedback that Claire has received “Wow! Having just attended the inaugural session of the Relaxation, Meditation and Music Group being supported fortnightly by Care Network in Cambridgeshire at Tesco's Community Room (within the Tesco Store on Barford Road, St Neots) I feel compelled to shout from the rooftops what an amazing experience it was. I would encourage anyone who is feeling stressed in any way to consider participating in this FREE venture...I would recommend anyone to give it a try, nothing ventured nothing gained - this could change your life and, if nothing else could certainly make you feel very relaxed for 50 minutes on alternate Wednesdays.” For more information please contact Claire Bright on 07890 608465 or email clairemusictime@yahoo.co.uk

Community Development - Hunts cont

Yaxley Lunch Club launched on 22nd February and was very well supported. They meet on the 4th Wednesday of the month at the Three Horseshoes, Yaxley. The lunch consists of a two course meal including tea or coffee at a cost of £7.95p. The idea of the lunch club is to make new friends and meet up and chat over an enjoyable meal in a relaxed and social atmosphere. For more information and to book please contact Michelle Stanford on 01733 242059.

Here is just one of the comments from after the first lunch



“Went to the first meeting of the lunch club, and I have to say it was very nice. The food was piping hot and delicious; a roast beef dinner followed by apple crumble and custard, then a nice coffee for £7.95p. Met some very nice people, had a good laugh and would recommend it to anyone. Looking forward to the next one.”



The Norris Museum, Coffee, Cake and Culture Group is a new group which will be meeting on the 1st and 3rd Tuesday of the month between 10.30am and 12 o'clock. The first meeting will be on the 2nd May and will be at the St Ives Council Chamber; the group will move to the Norris museum when it re opens. This is a group for those who enjoy meeting new people but



who also enjoy taking part in a museum led activity for example museum talks, object handling, reminiscing and arts and crafts. There will also be time for a tea break and a catch up!



To find out more about the group, please contact Ali Naylor the Communities Projects Officer on 01480 497314.

Susan Bate
Community Development Officer, Hunts

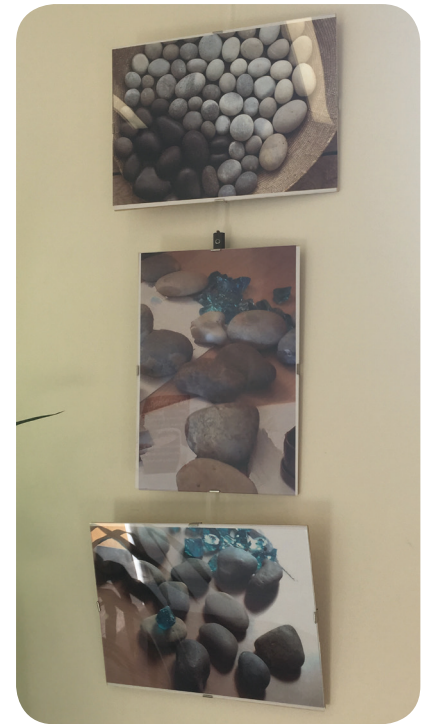
Community Development - South

Community TV Visits

“That’s Cambridge” which is the local community TV company have recently covered two groups, conducting interviews with Landbeach Sing to Remember and at the Chatterboxes Art Exhibition Launch event on Friday 31 March at Brown’s Field Community Centre.

The Sing to Remember group in Landbeach, can be seen on YouTube, <https://www.youtube.com/watch?v=sCbq5A4Ep1Q>. The interview highlighted the important role singing plays in helping to combat memory loss but also how much enjoyment and fun that the group have.

The Chatterboxes Art Exhibition feature is still to appear on YouTube but if you would like to go and see the artwork it is now on display at Brown’s Field Community Centre, Chesterton for the next few months. Do go along for a viewing and leave your comments.



Dementia Friends

Care Network would like to extend our thanks to Emily Bradfield for running two Dementia Friends Information Sessions in March.

We learnt a little bit about what it is like to live with dementia and also understand the small changes we can make to create a more dementia friendly community. We had a mixed bag of people attending, Mobile Wardens, Singing Groups and members of our other projects **Help at Home** and **Community Navigators**. Everyone really enjoyed the training, it was very dynamic and interactive.

If you would like more information on Dementia Friends, such as finding a local public session or getting your organisation involved please call 0300 222 5855 or check the website www.dementiafriends.org.uk

Don't forget we are going to run some sessions for our Community Car Schemes on how to handle situations they may encounter, see page 9.

*Mirella Teague,
Community Development Officer,
South Cambs*



Dementia Friends after their Training

The Generation Game

Histon and Impington – An intergenerational project

What happens when you put younger and older people together? Laughter, conversation, mobile phones being set up, cards being made, learning taking place!

Andrea Cowley, Youth Worker with Jean Newman, Older Peoples Worker in Histon and Impington and Alix Clark Community Development Officer South at Care Network have worked together developing and delivering the Generation Game an intergenerational project bringing together young people and older people in Histon and Impington. Led by Andrea Cowley the program started with a 10 week course attended by young people aged 11 to 17. The keen youngsters learned about working with older people. They spent time exploring their own strengths and how they could use these in working with others. They also had training on being a Dementia Friend, first aid skills and a basic food hygiene certificate. Alix introduced them to thinking about older people's needs and safety when working with others. As a whole group they had visits to local residential home Burdett House organised by Jean Newman.



The group of young people have grown in confidence and have plans to work with older residents in Histon and Impington on 'This is Me' books which tell others what the persons interests and preferences are - a very useful item if an older person has to have a stay in hospital. The Generation game also has some exciting future plans of community tea parties, card making and other befriending activities.

As a working group we are now exploring possibilities of running similar sessions in other locations and have identified that key components are having a volunteer to link with the older community in the area and a volunteer to coordinate and help deliver the youth element of the programme. Community Development South will play a role in helping to set this up and support its progress.

Alix Clark
Community Development Officer, South Cambs

Community Development - General News

From Pearls to PostCards

Pearls of Wisdom was started by Cambridge Art Salon to celebrate the voices of the elderly in the community in 2015 as part of their curated programme, We Are Family. As we celebrated our Pearl Anniversary in 2016 we commissioned Cambridge Art Salon to create an artwork with isolated elderly clients, to celebrate their own 'pearls of wisdom' - showcased at our AGM in Huntingdon Town Hall.

The Pearls of Wisdom project has a new phase, supported by Cambridge City Council in 2017. This fresh option, encourages schoolchildren, with support from a professional artist, to create artwork in response to pearls of wisdom shared by elderly residents in Cambridge, which will be available to the public as packs of postcards this Winter. Each design will celebrate a 'pearl', a snippet of wisdom passed on to the children. Children and elderly residents will be corresponding with the postcards, as part of the project, too, to combat isolation.



We look forward to continued working with Ruthie Collins, Writer, Curator, Columnist at Cambridge Arts Salon on this.

Cambridgeshire Community Car Schemes 2017-18

Some facts;

- The population in Cambridgeshire aged 80 and over is now 30,800
- This figure is estimated to rise to 59,300 by 2030, nearly double!
- The population with dementia is estimated to grow from just under 8000 to just over 14,000.
- Around 70% of the over 80 population are homeowners and this is expected to rise.

Using the figures above, we can make a well informed judgement that the need for community transport schemes in Cambridgeshire will be more important than ever, with emphasis on an aging population and increasing dementia rates.

We think that we need to be ready for this!

At Care Network, we will be working closely with The Alzheimer's Society and Dementia Friends to deliver some bespoke training for car scheme coordinators and drivers to learn a little bit more about what it's like to live with dementia, how we can support that when planning journeys and then turn that understanding into appropriate adjustments.

We will still be offering ongoing support and training to existing and new community car schemes across Cambridgeshire in addition to our bespoke dementia training.

To find out more, register your interest or if you are a Dementia Friend who would like to offer some training then please get in contact with the Community Development Team at Care Network

Sarah Heather

Community Development, Manager

Cat Blankets

Murrow Knitting Group, who met at **Murrow Book Cafe**, have been busy, last week they went along to Wood Green Animal Centre with the fruits of their labours; 82 Cat Blankets and a few mice, which they donated to the charity



Ruth went along to say hello and commend them on all their hard work bringing a few comforts to cats waiting

to be rehomed. Congratulations to Eileen Sattin and her team for using spare wool and time to helping a local charity.

Care Network Cambridgeshire Facebook Page

Did you know we are on Facebook? You can find us at <https://www.facebook.com/CareNetworkCambridgeshire/>. Please like us and follow us on Facebook to find out our latest news and events details. Why not ask your friends to like us too, it helps to raise our profile and is really quick and easy to do.

Like us

Charitable organisation in Hardwick, Cambridgeshire
5.0 ★★★★★

0% response rate, 1 day or more to respond
Respond faster to turn on the badge

140 likes +0 this week
Linda Head and 23 other friends

134 follows

See Pages Feed
Posts from Pages that you've liked as your Page

Invite friends to like this Page

630 post reach this week

Chat (9)

15:20
30/03/2017

Ask your friends to like us too

Direct Services

Home Safe and Sound

Sadly I have to start with some disappointing news. Although **Home Safe & Sound** has been a huge success for patients at Hinchingsbrooke, unfortunately the service, as it currently stands, will cease on the 20th June 2017.

The CCG has gone to great lengths to let us know that this isn't a reflection of the service we provide and to state that it is a decision based purely on financial circumstances. Clare Hawkins, Urgent Care Programme Manager at the CCG said:

"Unfortunately due to the current financial position of the CCG we have had to make some very difficult decisions as to what we can realistically continue funding. This is a financial decision and not related to quality or benefits of the service you provide. It is agreed by all members of the system via the local A&E delivery board that the Home Safe & Sound service has provided exceptional outcomes and we thank you for your support, engagement and achievement."

This service really has made a difference to so many people. Between June 2016 and February 2017 the team:

- Spoke to 320 people about our services and other routes of support.
- Took 192 people home, settled them making sure they were safe and well, had everything they needed and knew how to get in touch.
- Referred 177 people onward to other services and organisations that they otherwise wouldn't have known about.

"I don't know how I would have got home without your girls. My wife doesn't drive and my children live in London. I was treated like a king. They made sure I was comfortable in the car and saw me into the house and didn't leave until me and my wife were ok. What an absolutely fantastic service. Thank you so much."

"She was great. She brought me home in her car. It was so nice coming home from hospital in a normal car - not a taxi or an ambulance. I felt like a normal person not an ill person and I felt cared for."

We will continue to seek other funding avenues to hopefully be able to continue to provide this wonderful service. **Home Safe & Sound** is, for many, the first step into accepting help, reducing isolation and making connections in their communities, allowing them to stay healthy and happy at home for longer.

And finally, some feedback from the **Home Safe & Sound** team.

"How lovely it is when you see someone who you have helped settle back at home looking well. This week we had 4 previous clients come to speak with us when they were in the hospital for routine checks. All said how wonderful the service is and how grateful they were for the help they received."

If you know of an organisation, funder, grant, local business or individual who would like to help support this work and maintain the service at Hinchingsbrooke, please ask them to get in touch.

Help at Home

We continue to provide support to hundreds of people every month through our **Help at Home** Service and we are hoping to offer more variation to the support our volunteers offer across Cambridgeshire in the coming year.

On Tuesday of this week, we ran a very successful volunteer training session for 15 new volunteers who want to make a difference in their communities by helping deliver the **Help at Home** and **Community Navigator** services. Thank you as always to our volunteers for everything you do. We know you go above and beyond to help those who need it in Cambridgeshire.

The Power of Volunteer Support

Finally, I wanted to share some feedback we received on our call-backs that really made me stop and reflect on the difference our volunteers make:

"Although [the Volunteer] is older than I am, I found we really had things in common and a lot to talk about. She was wonderful; I didn't want her to stop coming.... [The Volunteer] made me feel like I am actually ok to be around and talk to and I am worthy... Before she came I felt that no one wanted to talk to me or be near me. I feel like me again thanks to your service. Thank you so much for helping me... [The Volunteer] helped my confidence so much. Before [the Volunteer] came to visit, I was at the stage where because my body is failing me, I wasn't actually me anymore and didn't have the confidence to have a proper conversation with carers or anyone. I felt that people wouldn't want to speak to me and I didn't know what to talk about. You have given me confidence to find myself again, and I now love chatting with the carers, seeing them as on my level, and not seeing myself as just a person with a body that doesn't work properly. I couldn't have done this without your service."

This quote really touched me as I believe it shows that not only are our volunteers helping with practical tasks that really make a difference to people when they are ill or just returned home from hospital, volunteers really impact on and make a huge difference to an individual's quality of life, emotional wellbeing and their perception of themselves as a person. All of our volunteers are making that impact and that difference across the whole of Cambridgeshire and we hope to reach many more people in the coming year.

Lynette Hurren
Direct Services Manager

Carefinder

We are still finding our feet with this service at Addenbrooke's and have so far provided information to 40 patients and their families, allowing them to make an informed decision on the care they need. As well as care provider information, we make sure that we give details of any local services or organisations that can be of further help after discharge, even including bus timetables to allow families to visit their loved ones in respite or residential settings.

"It was all the information I needed, it saved me a lot of time and stress and I had enough to do with sorting out so many things."

Community Navigators

Wellbeing Service

We are pleased to welcome Cate Winters our wellbeing worker for the North of Cambridgeshire. Along with Kate Blackwell, our wellbeing team covers Monday to Friday as well as the whole of the County. Within **Community Navigators**, Kate and Cate support people with low to moderate anxiety and/or depression to take action on the things they would like to do, enabling them to access the **Community Navigators** service as others would. And yes we know it's confusing having two Kate/Cates!

We are also pleased to be offering wellbeing support to older or vulnerable people and in Huntingdonshire and Fenland thanks to funding from the Big Lottery for our ENSURE project.

The Wellbeing element of the project is delivered alongside **Community Development** and **Help at Home** activities, working in an holistic way. All three strands focus on prevention, support and recovery, although to differing extents. Wellbeing activities include working with groups to raise wellbeing skills and knowledge, and working with individuals using strengths-based methods. If you would like us to deliver an enjoyable session for your group in Huntingdonshire or Fenland about emotional wellbeing which will improve your skills and knowledge, please contact Kate on 01223 300460 or email Wellbeing@Care-Network.org.uk.

Help us with our new publicity

As reported in our last newsletter, as well as older people, our new **Community Navigators** contract extends the age range of people we are supporting to those over 18 if you are a carer or have physical disabilities, a learning disability, sensory challenges, mental health needs or HIV/AIDS.

We have developed new leaflets, and will update our website and banners to make them more welcoming to our younger audience. We had a fun afternoon with Rebecca, who volunteered to model for our new leaflets. We all laughed a lot and Rebecca was so photogenic with a great smile that we have lots of lovely photos that we can use to help publicise the service. Thank you Rebecca. We need more people to help us develop our publicity for our younger audience, both on our reading panel (e.g. for our easy read leaflet) and for more smiling photos. If you would like to know more about helping us in this way, contact Nikki on 01954 212100 or email community.navigators@care-network.org.uk.

Nikki Soyza, Community Navigators Manager



What about funding?

Care Network is funded by the Cambridgeshire County Council, Cambridgeshire and Peterborough Clinical Commissioning Group, the Big Lottery Reaching Communities Fund, and smaller amounts from District Councils, Charitable Trusts and donations. There is currently a lot of pressure on the statutory sector and hardly a day passes without a gloomy news story about there not being enough funding for one service or another.

Care Network is not immune to this pressure and this year we have had to absorb a 10% cut in our core CCG funding and our Home Safe and Sound project at Hinchingsbrooke Hospital will have its funding cut from June 2017. This is a great loss to the patients who were helped and to the individual staff concerned. Nevertheless, Care Network is still in as good a financial position as it ever has been. Last year we won the re-tendered Community Navigator Contract and were awarded a five year Reaching Communities grant. The trustees and finance officer have approved a break-even budget and on top of this they have agreed to take a sum out of reserves to fund a one year post dedicated to improving volunteering across the whole organisation. We are fortunate to have such excellent financial management in the organisation who will continue to be prudent with the finances to ensure our sustainability.

Andrew Gardiner

Care Network is sorry to announce the death of our Chair, Andrew Gardiner on Monday 16th January after a short illness.

Andrew was born in London in 1943. At the age of 17 he took up a scholarship to Pembroke College Cambridge where he read Natural Sciences, played lots of sport and discovered a love of curry! After graduating he worked in the food industry with Lyons, Heinz, Spillers and BP. His love of sport endured and he continued playing squash and real tennis right up to six weeks before his illness was diagnosed. He was also a lifelong Arsenal supporter.



Although no great supporter of political correctness, Andrew had a huge social conscience. On retirement he gave much time and energy to national and local charities. He trained to become a Citizen's Advice Bureau advisor and gave his time and skills generously to Care Network Cambridgeshire for over ten years, most of time as Chair of the Trustees. He was also Chair of Great Chishill Parish Council.

Andrew's dry humour and sense of fun sometimes led him into provocative debate with friends and colleagues. However, it never took long to see that beneath the bluster and political incorrectness was a very caring man, who devoted his mental energy and many years of his life to working for people who needed help. He will be sorely missed by all who knew him. Care Network Cambridgeshire would not be the thriving organisation it is today without his input and we wish to say thank you to him and to his family for all he contributed to the organisation.

Ruth McCallum

Unexpected Donation.

Treethorpe, forensic genealogists and researchers, found us during their research and made a donation to our funds. So we were very pleased to welcome Jonathan Dattani and Stephen Bowell to our offices at Hardwick to tell them a little more about our charity and the services we provide and thank them in person.

Even small donations add up and any donation made without restrictions helps us try out different strategies for helping people. They allow us to research areas of need and possible solutions before using the proof of demand and resolution to apply for major funds to provide a new service, whether in a



small targeted pilot project or across the whole county.

All our Community Development and Help at Home services have been developed in this way, so thank you very much to Treethorpe for thinking of us.

Pride in Our Carers Awards 2017

Do you know an individual or organisation who is worthy of an award?

Carers Trust Cambridgeshire and Carers Trust Peterborough are delighted to announce the Pride in our carers Awards for 2017 in Cambridgeshire and Peterborough. These awards celebrate the valued work of unpaid family carers of all ages and the organisations and individuals who support them.

To mark national Carers Week 12-18 June, we would like to say a massive **THANK YOU** to all unpaid family carers and the individuals and organisations who support them, who have made a positive difference to other people's lives. Shortlisted finalists will be invited to a special awards ceremony which will be held on Tuesday 13th June 2017 in Cambridge.

DEADLINE EXTENDED!! Nominations close on Monday 17th April 2017.

See our website for more details on how to nominate: www.carerstrustcambridgeshire.org



Dates for Your Diary

June, date to be confirmed	10:00 – 3:00	Help at Home and Community Navigator induction At Broadway House, Hardwick
Mon 19th Jun	1:30pm for tours 3:00pm for tea	Volunteer Tea at Bishop's Garden, Ely, CB6 1AD
Tuesday 30th May	tbc	Navigator Role Training,

To contact us about our events or any issues in this Care Network News, please ring our main office on **01954 211919** or email admin@care-network.org.uk. You can also write to us at the address below.



Registered in England at

18 Broadway House,
149-151 St Neots Rd, Hardwick,
Cambridgeshire, CB23 7QJ

Registered Charity No 1120693,
Company Limited by Guarantee No 6297277

If you'd like to volunteer with us, or suggest a new good neighbour scheme idea, please ring the same number and we'll link you up with our office nearest to you. If you can help us by making a donation, we'd be very grateful!

Cheques to Care Network Cambridgeshire, or log onto www.localgiving.com and type us into their search box. This is an easy way to give on-line.

We look forward to hearing from you, and thank you for your support!

