

# CARE NETWORK NEWS

2011 Issue 1



## BIG SOCIETY v GRANT CUTS ?! WE'RE HERE TO HELP

Some good neighbour schemes in our network learnt recently that their County Council Small Grant will not be available from spring 2012. This is causing a fair bit of concern, but we plan to re-direct our Development Officer time over the next 18 months to help schemes adjust.

On page 2 you'll see we're holding a 'paperwork' workshop for mobile warden schemes on 8th March, and on the 15th we're helping the County Council with a future-planning workshop.

Following that we'll broaden the quarterly Mobile Warden Support Group meetings to invite day centres, social, befriending and similar schemes too, to offer a chance to share ideas and offer our practical help and advice through these changing times.

Not that we want to lose sight of starting new schemes ...it's always been our main role. And it's even more important now that 'Localism' is coming to the fore among statutory services. This is about 'new' ways to help communities help themselves - ie. it's what we do!

Sadly we haven't yet managed to find about £20,000 for exactly this work, to replace the LPSA (Government) grants that we lost last July, so our time is still limited. But we're working on it!



Waterbeach Day Centre and Melbourn MWS Christmas parties

## DIGITAL SWITCHOVER GETTING CLOSE NOW!

As you'll have seen in the current publicity blitz, Sandy Heath transmitter will switch to solely digital TV - no more analogue signals - on 30th March. We'll all need a digital receiving TV or a digital box re-tuned to the new settings. We've enclosed a Switch leaflet and would be grateful if you could bring it to the attention of your scheme members, where appropriate.

This change only affects TV reception - analogue radio will continue for the foreseeable future. For TV there's a Switchover Help Scheme for people who receive one of these allowances: Attendance; Constant Attendance; Disability Living; or Mobility Supplement. It's also for those registered blind or partially sighted, or who have lived in a care home for 6 months or more. The standard charge for it is £40, but for households who *also* receive income related benefits such as Income Support, Job Seekers' Allowance or Pension Credit the Help Scheme is free.

The WRVS is providing community helpers to the Switchover Help Scheme for those who need extra support. People may also benefit from a remote control with big buttons, or a visit to help convert their TV equipment; all this help is available but may incur a higher charge. And remember you'll need a decent aerial - an internal aerial or the digital box alone may not be adequate. Do encourage people to contact the Switchover Help Scheme and ask for help.

Finally, a tip. Switching off at the wall at night sometimes means the digital box re-tunes itself when switched back on and loses stations/settings - if this happens, leave on standby.

## NEWS FROM SOUTH CAMBS

I've been focussing particularly on community car schemes in recent months, working closely with South Cambs District Council as part of the Delivery Group for their Community Transport Strategy. We've been asked to develop new schemes in several parishes in the District so Sue Beel, Care Network's Fenland Development Officer, has now joined me on this project.

### **Cambourne Community Car Scheme:**

we put out a questionnaire before Christmas asking residents about their perceived need for and possibility of volunteering for a community car scheme in Cambourne. In the mean time

### **Caldecote and Hardwick Community Car Scheme**

is 'hosting' this scheme whilst we continue to seek local, Cambourne committee members, co-ordinators and more volunteer drivers. We've had support and interest from Cambourne Church, Sackville House, Cambridge Building Society, the Veterinary Practice, Darwin Manor and



Cambourne Church Centre

The Hub. **Hardwick Drs' Run** has renamed itself as Caldecote and Hardwick Community Car Scheme to reflect more fully the service that it's providing. While it has always carried out a number of social journeys as well as GP and health journeys, this is something they have decided to increase as far as they are able.

**Elsworth:** Some residents have been getting out by using the Hunts Volunteer Centre Car Scheme. We've joined forces with the Hunts scheme to increase awareness of its service in this area, and hope to increase the number of volunteer drivers in and around the village.

**Willingham:** Last year Patsy Lindley contacted me about the need for a car scheme in her village. We knew that there were people having difficulties getting out and about safely. We now have a newly formed committee in Willingham, and they are in the process of organising themselves. We look forward to hearing more of this one...

We've also been making contacts in **Over, Longstanton and Swavesey**. Thanks to Over Day Centre and local churches for their help.

**Day centres:** Helen attended Waterbeach Day Centre's excellent Christmas party and was truly impressed with the event and with their whole day centre service. Meanwhile the recently launched Fulbourn Day Care is now Fulbourn Day Care and Lunch Club! From Friday 4<sup>th</sup> February they will provide a pre-booked lunch for £6.50 (12:30 – 3pm) with live entertainment. Bookings to 01223 700065 or email [john.rickett@ntlworld.com](mailto:john.rickett@ntlworld.com). We wish them well. This new service will compliment their day care support.

**Mobile Warden Schemes:** Helen has been helping Melbourn Mobile Warden scheme gets its teeth into re-establishing itself and expanding. She enjoyed attending their Christmas lunch, which showed great community spirit and camaraderie among members and helpers.

Thora Blondal, our East Cambs Development Officer, will run a 'paperwork' workshop for warden schemes at Ness Court, Burwell on Tuesday 8<sup>th</sup> March. The aim is to develop the policies that schemes now need, both to support good governance to be able to meet grant funders' requirements. We'll get back to holding quarterly Mobile Warden Scheme Support group meetings this year, as we feel - despite our own funding restrictions - that it's really important to help local schemes navigate their way through the changes they are facing.

Jane Hurst

## NEWS FROM FENLAND

Most of the community car schemes across Fenland have had a very busy period this winter and drivers have really pulled out all the stops, sometimes doing several journeys in one day and turning out at short notice in emergencies. We are very grateful to all our volunteers, both co-ordinators and drivers, who work tirelessly to help people who are really dependent upon them.

Fortunately, a good number of new volunteers have come forward in the last couple of months from all parts of the district but we will continue to need more drivers if schemes are to continue to meet the expected growth in demand.

I have been involved in various meetings and discussions between transport and health authorities looking at how we can together improve access to health care services. It was interesting to play a part in trialling a questionnaire at Doddington Hospital which will be distributed to all surgeries and hospitals in the local area and form the basis for future planning for healthcare and transport.

Information about all forms of public and community transport are now included on Fenland District Council, Cambridgeshire County Council and NHS Cambridgeshire websites.

I have recently been doing some work in South Cambridgeshire helping Jane, my colleague, to set up community car schemes in villages where there are gaps in the network.

I'm very aware that I have neglected the lunch clubs for far too long and look forward to paying a visit to as many as possible in the coming months – that's a lot of good lunches – so, organisers, you might get a phone call!

*Sue Beel*

## NEWS FROM EAST CAMBS

The annual Ely Lunch Club Christmas Lunch was held in the first week of December. This year, the Ely Lunch Club, which now has 16 members, went to Baird Lodge to share Christmas Lunch with the 35 residents there. Everyone was greeted with a glass of sherry and a range of entertainment.

Volunteers brought a keyboard and sang old musicals and later on everybody joined in and singing Christmas Carols, poetry readings and a raffle and lots of laughter. The meal itself was a three course proper Christmas lunch and was served with wine for those who wanted.



Volunteers at Ely Lunch Club Christmas lunch



Members of Ely Lunch Club enjoy their Christmas lunch

Everyone had an absolutely delightful time and the feedback afterwards has been wonderful with so many people taking the time to speak to Betty Flack and others in the club to express how much they enjoyed the day!

*Thora Blondel*

## NEWS FROM HUNTS

The post Christmas period is a popular time for good neighbour schemes to bring together their valued volunteers to say thank you for the time and commitment that they make to their local communities. In **Holywell cum Needingworth** volunteers from the local Good Neighbours scheme enjoyed their second annual lunch at the village's community café.

Chatters Café at Holywell-cum-Needingworth



In the north of the district the **North Huntingdonshire Community Car Scheme** covers a large geographical area stretching across from Stibbington to Yaxley, and down through the villages west of the A1 to Connington and Glatton. So a January social event provided an excellent opportunity for their drivers, their partners and coordinators to get together. 17 volunteers met together for the first time for a meal at The Farmers in Yaxley and had such a pleasant time that they have agreed to hold more social events during the course of the year.

It is useful to remember that people become volunteers for many and varying reasons, but often they are looking to make new friends and broaden their social networks as well as doing something useful for their community. Bringing volunteers together over lunch or supper provides a great opportunity for a bit of a chat and socialising as well as making new volunteers welcome and helping them to learn more about the scheme they have joined.

Care Network and Huntingdonshire Volunteer Centre held its first joint training workshop in January. The Volunteer Centre also runs community car schemes from its four offices in the district covering the towns in the district and their surrounding villages. About 40 drivers attended from these schemes, listening to presentations about: how to assess the risks presented by elderly and disabled passengers using the car scheme and ensure that both passenger and driver are safe; details of the additional insurance cover provided to drivers from the County Council's Community Transport Department; confidentiality; details of the Volunteer Centre's Vulnerable Adults Policy; and of course arrangements for hospital parking.

### HOSPITAL CAR PARKING

Arrangements for car scheme drivers to park at local hospitals change regularly. We plan to use our new website to give members and schemes up to date information about parking provision for the community car schemes at Cambridgeshire hospitals, and a sheet covering current arrangements is included in the new pack which will be provided to schemes very soon. In the meantime, here is some recent news from three of our local hospitals...

**Peterborough City Hospital** has recently provided parking bays reserved for community car scheme drivers, located near the Oncology Department. However, they are in heavy demand and may be full.

**Hinchingsbrooke Hospital**, Huntingdon, no longer recognises the green car scheme sticker provided by the County Council. Car scheme drivers can park free as long as they display the bankcard-style permit provided by the hospital. Drivers can get a permit in person from the hospital's Cashiers Office, or do ask me for an application form and help to get a permit.

**Addenbrooke's link road** - the County and S Cambs District Councils are working to ensure volunteer drivers are not caught up in the limitations on 'rat-running' - see next page for info.

*Heather Corbishley*

## NEW ADDENBROOKE'S LINK ROAD

**Addenbrooke's Hospital** has confirmed that community car scheme drivers taking patients and visitors to the hospital are able to use the Addenbrooke's Access Road which runs through the hospital site. A traffic regulation order has been established from just before where Addenbrooke's Road connects to Francis Crick Avenue, to avoid rat running, and signs are in place on Addenbrooke's Road and around the hospital campus.

Anyone who has legitimate business on the hospital site, such as patients, visitors and staff parking in the car parks on the campus and those being dropped off/ picked up by friends, relatives and colleagues should not be penalised.

It may be that community car scheme drivers who regularly drop off or pick up clients at Addenbrooke's or the Rosie Hospital may receive a letter in the post asking them to briefly explain why it looks as though they are regularly breaching the traffic restrictions. Should you receive one of these letters you need to complete the explanation section and post it back, to enable them to include you in their records of those allowed legitimately on the new road.

This letter is not a fine, but fines will be introduced to those who regularly use the access road and are not entitled to do so.

If you receive one of these letters please contact your Development Officer so that we are aware of all car scheme drivers who have been contacted to ensure we can support them. If there are any changes to the conditions of use of this access road we will let you know as soon as we can, through our website and newsletter.

Further information can be found at

<http://www.cambridgeshire.gov.uk/transport/projects/cambridge/addenbrookesaccessroad/>

## JOINT WORKING WITH CAMSIGHT & CAMTAD

We've recently created closer links with both CAMTad and Camsight. We each work to help reduce isolation so there is a great deal of potential for our working together.

**camsight**

Supporting local people with sight loss



As a result of this we' like to flag up a need for drivers to take clients to and from the following rural support groups run by Camsight:

Fulbourn	every third Friday, 2-4pm
Melbourn	every first Wed, 2-4pm (including from Meldreth)
Cambridge	every first Mon, 2-4pm (from Girton)
Littleport	every fourth Mon, 2-4pm
Histon	every third Thurs, 2-4pm
Sawston	every third Thurs, 10.30-12.30 (from Whittlesford)

These are some of the 15 monthly groups run by Camsight providing social support, speakers and wide range of events for visually impaired individuals; somewhere they can share their concerns and have a chat with others who experience similar challenges. Members really look forward to these groups and feel they are a real lifeline.

Drivers are reimbursed for their petrol costs Payment is currently set at 40 pence per mile.

If you can help please contact us or Camsight directly on 01223 420 033. Thanks!

## CARE NETWORK'S 'DIRECT SERVICES'

Since December and the news of the renewed funding – we have seen a few changes. Katrina Edney has left us. Katrina helped Lesley Griffey and Jan Kaneen with the setting up of the Hunts office and with making Welcome Home in Hunts the success that it is today. All the very best Kat for the future. She writes:

*“It’s hard to summarise in a paragraph what it’s been like working at Care Network, so I’m not going to try. I’ve been ‘part of the furniture’ since 2006, and during that time I’ve met some fantastic people and done some fantastic things.*



Katrina Edney

*I think I’d like to mainly say thank you. It has been a real privilege to work with the Hunts Team past and present. Without working with Jan Kaneen and more recently Heather Corbishley - Hunts Development Officers, I would never have known how to set up the Needingworth Community Café in my own village, and would not have met the many inspiring Hunts volunteers from other Care Network community schemes.*

*Working with Lesley Griffey and later Jane Johannessen, the previous two Hunts Welcome Home from Hospital Co-ordinators, meant that I have had the opportunity to work on and be part of the development of WHfH in Hunts from its beginning in 2006, and to make a real difference to patients who have no-one else. This personally has been very fulfilling for me.*

*But lastly and not leastly, working with the WHfH and HaH Hunts volunteers has been an amazing experience. They really are an exceptional group of people who quietly perform small miracles every day and who will always hold a very special place in my heart.”*

*Katrina Edney*

Katrina has been replaced by Sarah Goretski who was previously a relief worker at Help at Home Ely, WHfH South and at WHfH Hunts and Fens. Our team at Hunts and Fens is now Sally Harvey, Sarah, and Heidi Constable pictured below. Welcome to Sarah and Heidi and many thanks to Sally and Katrina for helping to keep the ship afloat during recent times.

*“Hello All,*

*My name is Heidi Constable and I am the new coordinator for Hunts and Fens I am sorry but this is the only picture I could find at short notice and at that point of the half marathon I didn’t really know who I was or where I was !*

*I will just tell you a little bit about myself. I am 43 and have 4 children (all girls!) and 2 grand children, a husband, 5 dogs, 5 turkeys, 5 giant rabbits, 50 cows, 7 chickens and 2 ducks - oh, and 28 guinea pigs.*

*My hobby as you can see is running I haven’t actually done a marathon yet but I expect I will in the future. I am really excited to be part of the team. Everyone has been so kind and helpful.*

*I am really looking forward to meeting you all and I’m glad I have been given the opportunity to work with Care Network see you all soon!*

*Regards  
Heidi”*



Heidi Constable,  
new Co-ordinator for  
Welcome Home from  
Hospital - Hunts & Fenland

### **Hunts and Fens Help at Home and Welcome Home service**

At Hunts and Fens we are rolling out our Help at Home service. By the time you receive this volunteers in that region should have received a letter explaining the changes. One thing we have constantly been asked for is for additional weeks of support for Welcome Home clients.

## DIRECT SERVICES - contd

Clients benefit so much from our service and they often need more. This is because they have been advised not to lift or bend for up to 6 weeks. Also we are often asked to support people who have an illness at home and need some extra help (like shopping or collecting prescriptions) to help them remain out of hospital. As we've been given some additional funding in these districts, it seems timely and makes sense to combine the Welcome Home and Help at Home services into one and provide a comprehensive service.

Our volunteers' experience need not change though. If you're a Hunts and Fens Help at Home volunteer we'll continue to ask you to help out as before, collecting a donation per visit. For Welcome Home volunteers, you'll be able to continue to visit for up to 3 weeks if someone has come out of hospital or has had an illness at home. After 3 weeks some clients who need further help will change from the free service to giving a donation, and we'll link them with a different volunteer if necessary. We'll explain this to them and supply volunteers with receipts for this (for those of you who are happy to undertake this kind of visit).

In the last quarter we've seen 255% more clients in Fens and 90% more in Hunts WHfH services than during the same time last year. The service our volunteers provide is very appreciated, worthwhile and necessary. Thank you all!

**The Help at Home scheme in the Ely District** is now truly established and on the increase and we're in the process of rolling it out, not only in Fens and Hunts, but also in South East Cambridgeshire. We have clients and volunteers from Littleport to Burwell now, and will endeavour to expand even further south and east. Please tell us if you know of someone who might be interested in becoming a volunteer or would like to benefit from our services.

We received an increase of requests lately, mostly for emergency shopping, due to the snow and icy conditions. Thanks to the devotion of our volunteers all requests could be covered, helping to keep elderly people safe for example, avoiding falls and bringing in supplies.

The Occupational Therapy Department of the Princess of Wales Hospital in Ely decided not to send/give Christmas cards last year and collected money instead. The total amount raised was £43 and they decided to donate it all to our Help at Home scheme. We're very grateful for this generous gesture and our thanks to the team for choosing Care Network.

A volunteer Christmas lunch was organised in Ely to meet socially and exchange stories and learn of each other's experiences. It is intended to meet up regularly in future and the next meeting is on the 8<sup>th</sup> March 2011, between 10am and 2pm at our Ely office. No need to book, just come along to the Ely office, 41e Forehill, Ely, CB7 4AA.

### Welcome Home South

Referrals from Sept to Dec 2010 were up by 8% compared to the same quarter in 2009. Also by 40% compared to the previous quarter of June-Sept '10. So our volunteers have been kept busy. One volunteer revisited someone who had become partially sighted; the volunteer had put him in touch with Camsight and other services, due to his sight loss. On revisiting him she was pleased to see how well he was and that his involvement with Welcome Home and referrals to other organisations had made a significant difference to his life.



Attendees of the February Volunteers' lunch

Volunteers enjoyed a get together in February, to replace our usual Christmas get together due to the funding uncertainty at that time.

*Hilary Johnys,  
Jacquie Schaerer*

## CNC Dates for your Diary!

Tues 1st March	9.30 - 1.30	Visitor training for CNC volunteers - open to others too
Tues 8th March	2.00 - 4.00	'Paperwork workshop' for Mobile Warden Schemes
Tues 7th June	9.30 - 1.30	Visitor training for CNC volunteers - open to others too
Tues 6th Sept	9.30 - 1.30	Visitor training for CNC volunteers - open to others too
Fri 7th October	11am-1pm	Care Network AGM

## On the Spot with...



**Jan Lovegrove, our longest serving trustee**, answers some quick questions about...

➤ **Palma Ham or Yorkshire Ham?**

Palma Ham, reminds me of summer

➤ **Margarine or butter?**

Butter, for taste and quality (Jan was brought up on a dairy farm!)

➤ **Risotto or rice pudding?**

Risotto

➤ **Chinese or Indian?**

Indian

➤ **Theatre or cinema?**

Both - too close to call

➤ **Dog or cat?**

Dog, preferably an English Setter

➤ **Long walk or yoga?**

Long walk, with said dog

➤ **Hat or scarf?**

Scarf for all those long country walks

➤ **M&S or TK Maxx?**

TK Maxx, puts the fun back into shopping

➤ **Knitting or sewing?**

Preferably neither!

➤ **Text or E-mail?**

E-mail

➤ **Bognor or Bahamas?**

Bahamas

This is a light-hearted introduction to our trustees. How would you answer?!

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

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](http://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!***

Care Network Cambridgeshire,  
Registered in England at 5 Broadway House, 149-151 St Neots Rd, Hardwick, Cambridgeshire, CB23 7QJ  
Registered Charity No 1120693, Company Limited by Guarantee No 6297277

