

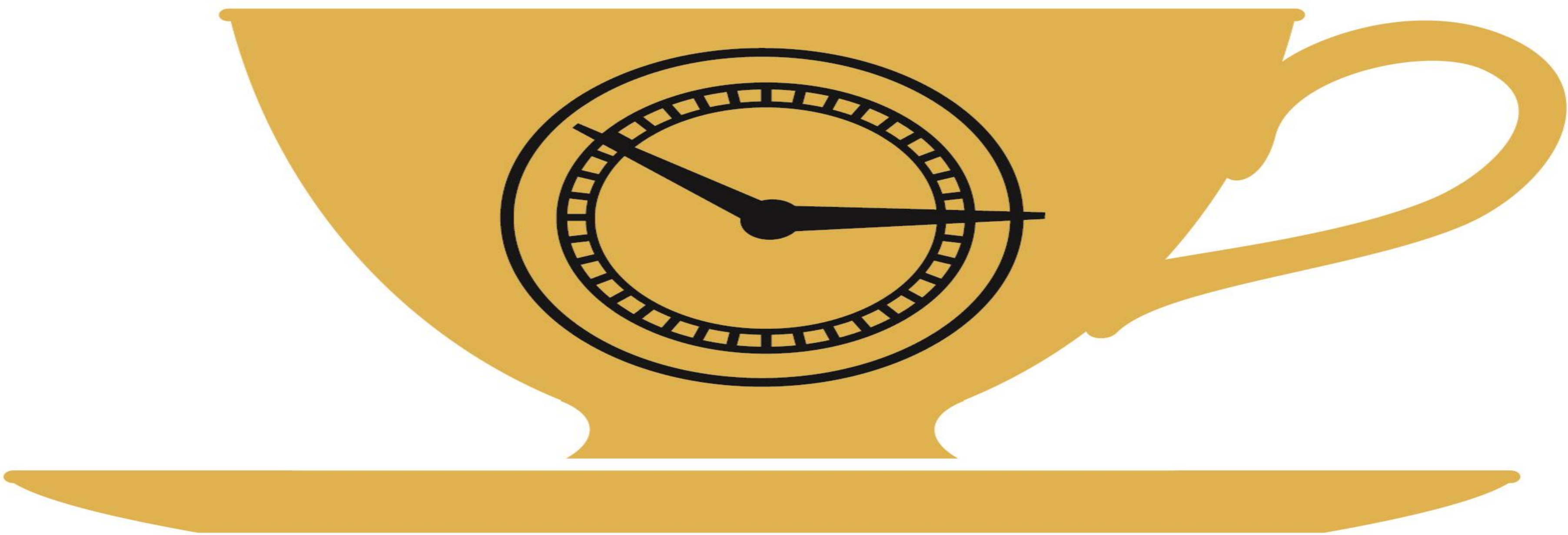
Burwell Surgery  
Welcome

# National Carers Week



- Carers Week 2018 is from Monday June 11<sup>th</sup> to Sunday June 17<sup>th</sup>.
- The theme for Carers Week this year is 'stay healthy and connected'
- Caring for others often comes at a cost to carers' own health and wellbeing, as they put their own health needs to the back of the queue and research has shown that 51% of carers let a health problem go untreated
- So Carers Week is focusing on carers' health and wellbeing and encouraging carers to look after both their mental and physical health

Burnwell Carers



Making time for you

# Burwell Carers



- Burwell Carers have events for you in Carers Week:
- **Thursday 14<sup>th</sup> June 9.15am to 12.15pm** Carers Drop-In at the Trinity Church, High St, Burwell. Please do drop-in and join us for refreshments, friendship, support and (specially for Carers Week) a raffle
- **Sunday 17<sup>th</sup> June at 3pm** at St Mary's Church, High St, Burwell Carers Service. This is a service of thanksgiving for carers and the invaluable support that they provide. Refreshments will be served after the service. Hope to see you there
- **Dates for your Diary:** Thursday 19<sup>th</sup> July Drop-In at Trinity Church.

# Burwell Carers



- Are you a carer?
- If you are looking after a friend, relative or neighbour on a regular, unpaid basis...

...THEN YOU ARE A CARER

# Burwell Carers



- Who are Burwell Carers?
- Burwell Carers provide friendship and support for carers
- Burwell Carers arrange events every three months for carers who live in and around Burwell village
- Activities include:
  - film and games afternoons
  - carers lunches
  - theatre/shopping trips

# Burwell Carers



- Hold a monthly drop-in/pamper morning every month
- These drop-in sessions are held at the Trinity Church, High Street, Burwell from 9.15 am – 12.15 pm
- These sessions offer a friendly environment for carers to relax
- An opportunity for carers to share experiences and advice
- Advice and help for carers to access other services
- Carers can drop in for a coffee and a chat or a pre-booked pamper session!

# Burwell Carers



- The next drop-in/pamper session will be:
- Thursday, 14<sup>th</sup> June – Trinity Church, High Street, Burwell, 9.15 am – 12.15 pm



# Burwell Carers



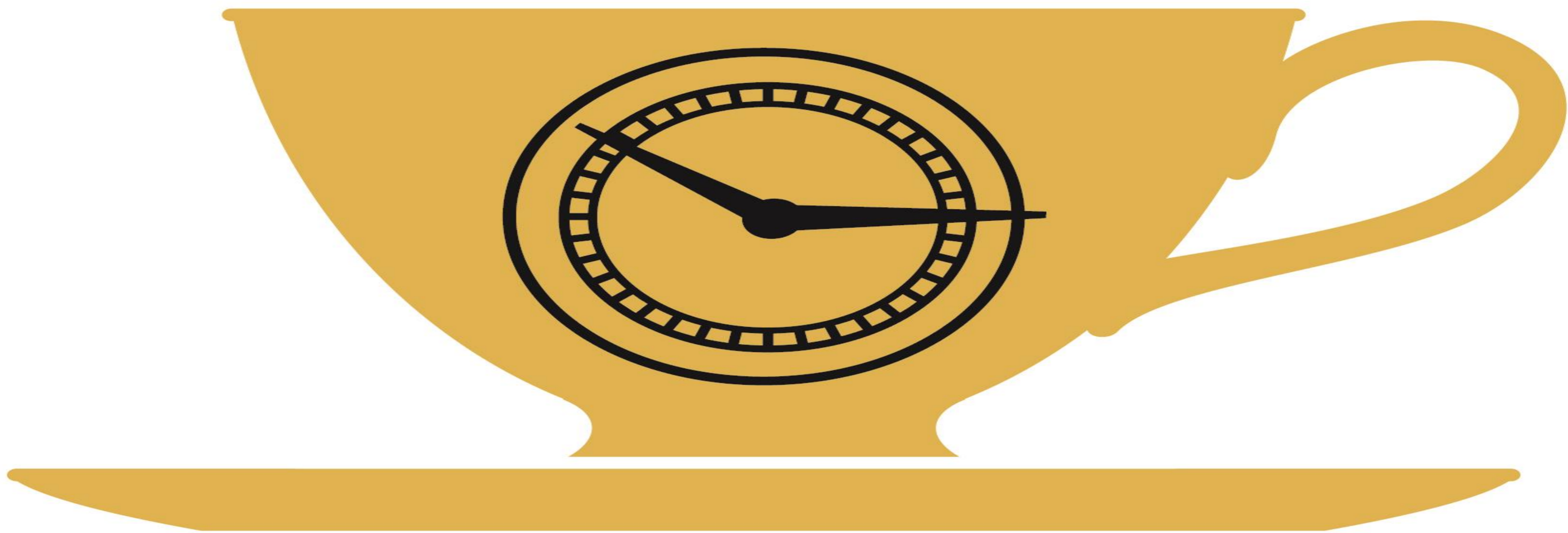
- As a carer or cared-for person you may be entitled to:
- Attendance allowance: is a benefit paid to people who are 65 or over who have care needs
- Personal Independence Payment: is a benefit to help you with some of the extra costs you may have because of a health condition or disability
- Caring for someone: you could get a weekly allowance if you care for someone at least 35 hours a week and they are in receipt of certain benefits

# Burwell Carers

- How to apply
- Go to: [www.gov.uk](http://www.gov.uk)
- Burwell Surgery do hold a supply of leaflets that will help you, please ask at reception



Burnwell Carers



Making time for you

# Burwell Carers



If you would like further information and would like to join us, contact

Elaine Ellis at the surgery or call:  
01638 741234

# Burwell Carers

- Or visit our website:

[www.burwellcarers.org.uk](http://www.burwellcarers.org.uk)



# Burwell Carers



- Burwell Carers can also provide information about:
  - Benefits
  - Equipment that is available
  - Carers' assessments
- And
  - Support that is available to carers

# Service of Thanksgiving

- For carers will be held on:
- Sunday, 17<sup>th</sup> June, 3.00 pm
- St Mary's Parish Church, Burwell
- Followed by tea - Everyone welcome
- Further details: Sue Evans, 01638 743688 or [sueevans1949@hotmail.com](mailto:sueevans1949@hotmail.com)

# Burwell Carers



- There are many organisations who can help with...



# Carers Trust



- Support family carers of all ages across Cambridgeshire, Peterborough and Norfolk. We also offer flexible, professional care services to adults and children with a range of disabilities and health conditions

# Carers Trust



- **Adult Homecare Services**
- Throughout Cambridgeshire, Peterborough and Norfolk, Carers Trust support adults and older people with almost any condition or disability, including being elderly and frail or having cancer or a palliative illness

# Carers Trust

- 3 in 5 of us will care for someone in our lifetime
- It's much harder than you think
- Carers Trust offer care in your home for adults and children
- Assessments to help you think about any support you need to continue caring and look after yourself
- Emergency planning – What If? Plan
- And much more...

# Supporting young carers

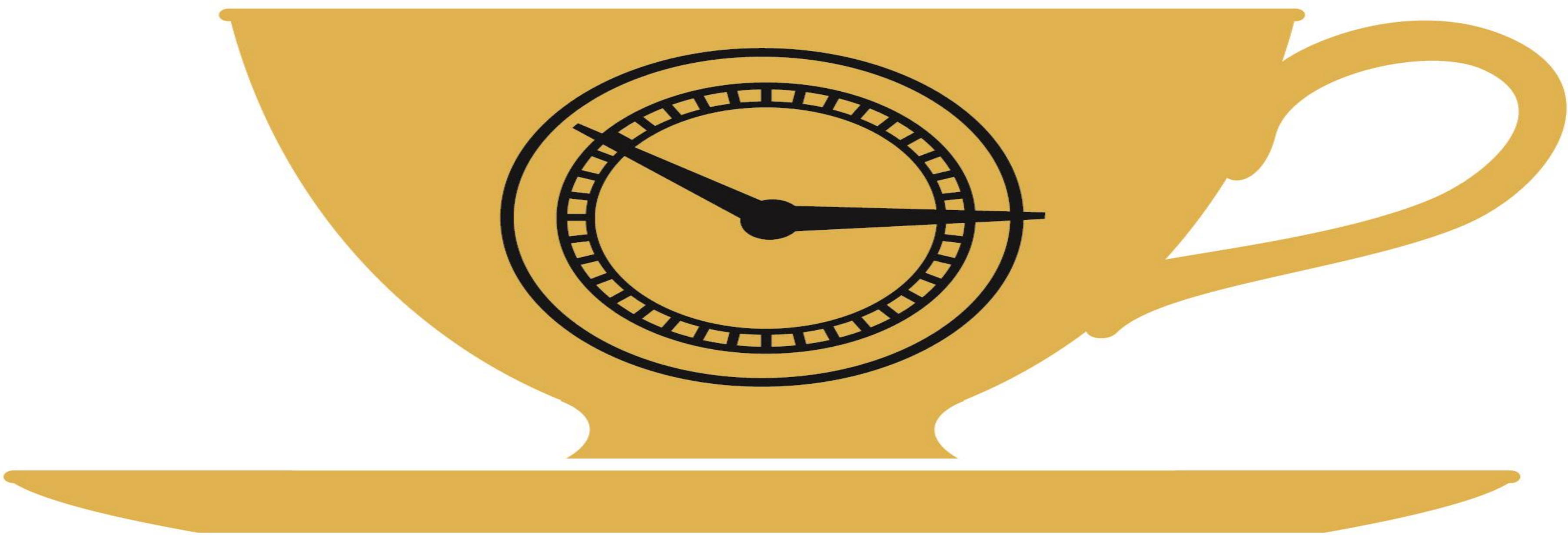
- Centre 33 provides a range of free and confidential services for young carers, aged 8-18, who live in Cambridgeshire
- What is a young carer?

Young carers are children and young people under 18 who provide (or intend to provide) care, assistance or support to another family member who is disabled, physically or mentally ill, or has a substance misuse problem. They carry out, often on a regular basis, significant or substantial caring tasks, taking on a level of responsibility that is inappropriate to their age or development.

# Family Carers Hubs

- Do you look after someone?
- Family Carers Hubs offer friendship and peer support, activities, short breaks with a trained Care Worker, access to other organisations, legal, financial and benefits advice
- 1-to-1 support, Carers Assessments and Emergency plans
- Call: 01480 499090
- Email: [carers@carerstrustcpn.org](mailto:carers@carerstrustcpn.org)
- Website: [www.carerstrustcpn.org](http://www.carerstrustcpn.org)
- Nearest hub: Larkfield Centre, last \*Friday of each month, 10.00 am – 1.00 pm. \*subject to change

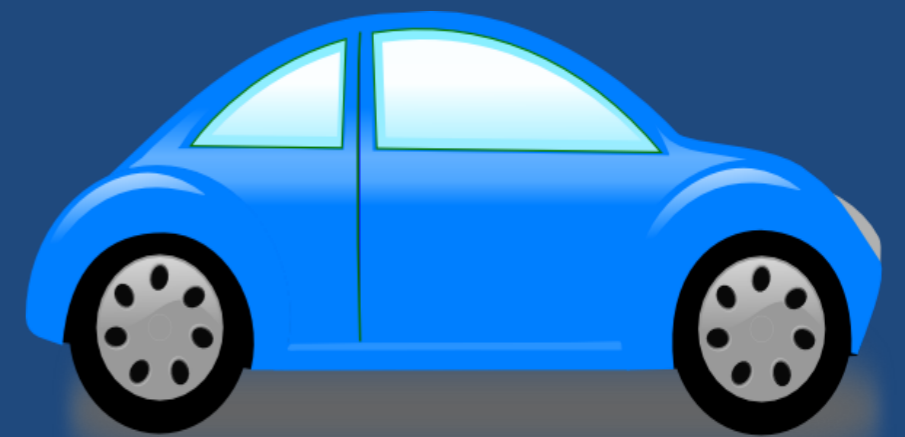
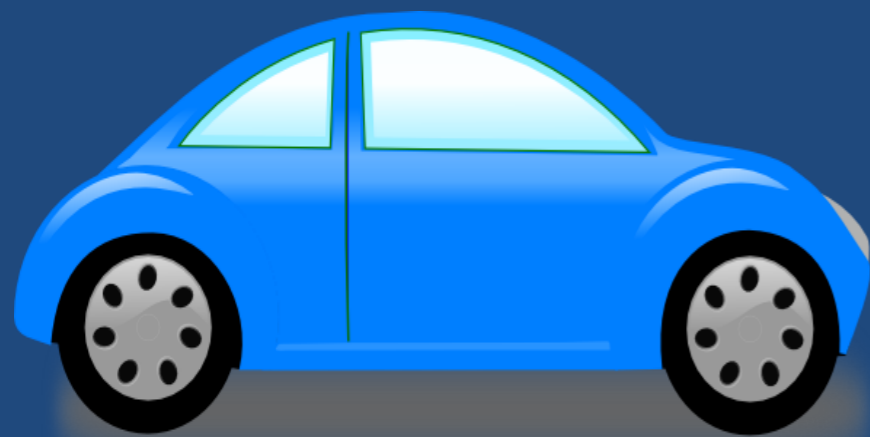
Burnwell Carers



Making time for you

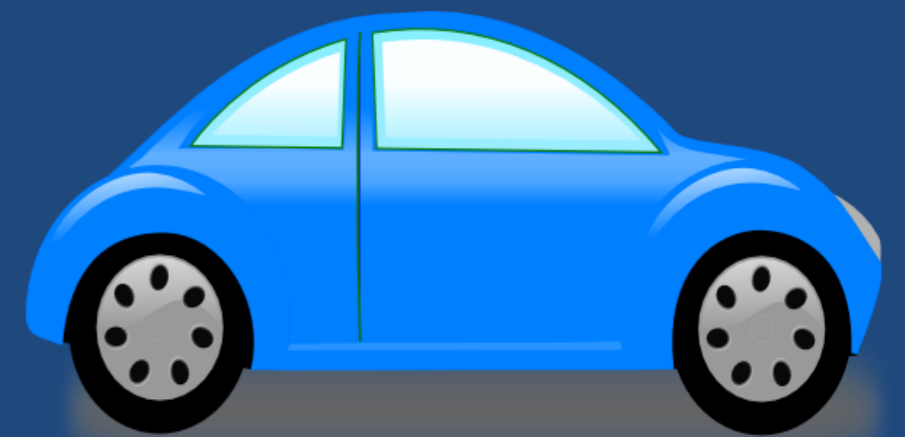
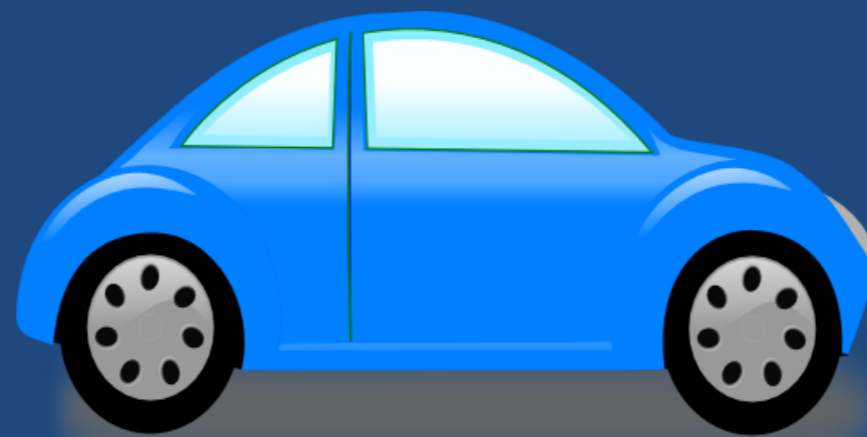
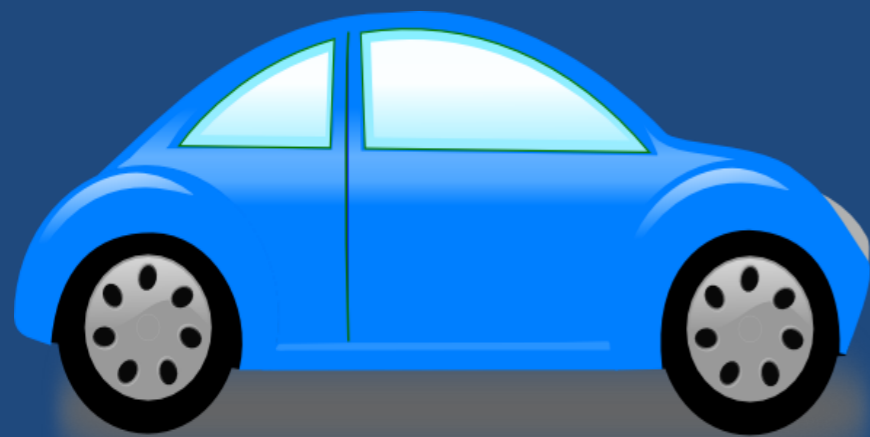
# Community Transport

- Are you finding it difficult to use public transport to visit friends, relatives, attend medical appointments or take a trip to the shops?



# Community Transport

- There are a number of services who may be able to assist
- Pick up a leaflet in reception







Leading the fight  
against dementia

**Alzheimer's  
Society**

## Supporting people affected by dementia to live well

Get in touch today to find out  
how we can help you

**T 01954 250322**

**E [cambridgeandelyoffice@  
alzheimers.org.uk](mailto:cambridgeandelyoffice@alzheimers.org.uk)**

# Care Network



- Community Navigators provide help for older, (65 plus) isolated and vulnerable people living in Cambridgeshire
- They equip, encourage and enable volunteers to support local people to lead a happy, healthy and independent life

# Care Network



- Community Navigators also help adults (over 18) with disabilities find activities and services
- They will help find:
  - Accessible transport, Social activities
  - Equipment and aids
  - And much, much more...
- Pick up a leaflet in reception

# Care Network

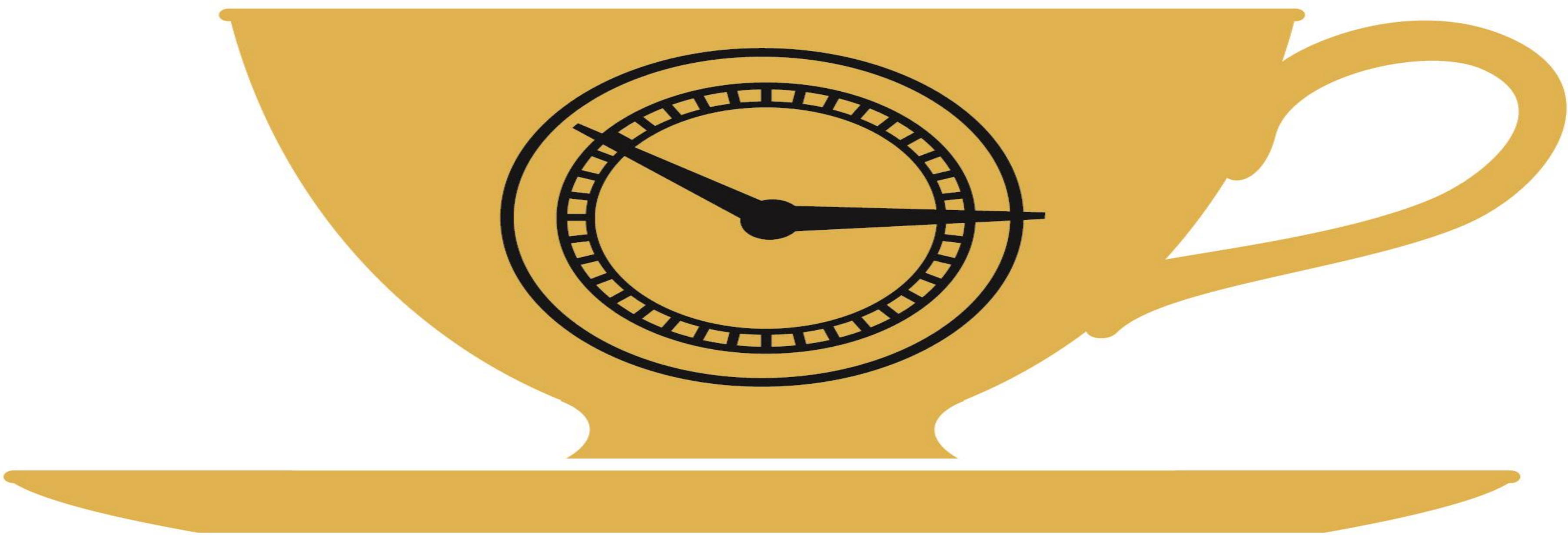


- Help at Home offers help with:
- Patients returning home from hospital
- People who are unwell or have a crisis at home or someone that just needs a bit of help with one off tasks in order to remain at home
- This service is for anyone over the age of 18 and is provided by volunteers who are trained, police checked and carry an identity badge

# Be Part of the Team?

- Volunteers are at the heart of Care Network Cambridgeshire and the services they offer. Do you want to be part of the team? Care Network would love to hear from you
- They are always looking out for volunteers to join their various teams to help increase the impact they can have. If you would like to join Care Network in this mission then please contact them on 01954 211919

Burnwell Carers



Making time for you

# Dementia Carers' Support Service

- The Dementia Carers' Support Service (DCSS) is an award-winning service that provides support for carers of people with dementia throughout the journey of their caring role
- This is achieved by linking current carers of people with dementia with those who already have first-hand carer experience
- These experienced carers are a befriender or buddy and become Dementia Carers' Support Volunteer (DCSV)

# Dementia Carers' Support Service

- Hold a 'Friday' group in Ely
- Who for?
- Carers to enjoy socialising and sharing their experiences over tea and coffee. Activities are run for the cared for by volunteers from the Dementia Carers' Support Service (part of the Cambridgeshire and Peterborough NHS Foundation Trust)



# Dementia Carers' Support Service

- Where?
- The New Cottages, Princess of Wales Hospital,  
Lynn Road, Ely CB6 1DN
- When?
- First and third Friday of the month, 2.00pm -  
4.00pm

# Dementia Carers' Support Service

- Hold a Lunch Group in Fordham
- Who for?
- Carers of those with dementia and their cared for or carers on their own
- Where?
- Sunflower Café, Scotsdales Garden Centre, Market Street, Fordham,
- When?
- The first Tuesday of each month from 12.30pm - 2.30pm

# Dementia Carers' Support Service

- Is run by Cambridge & Peterborough NHS Foundation Trust (CPFT)
- Contact:
- The New Cottages, Princess of Wales Hospital, Lynn Road, Ely, CB6 1DN
- Telephone: 01353 652084

The Practice is part of...

NHS England  
East Anglian Area Team  
Victoria House  
Capital Park  
Fulbourn  
Cambridgeshire CB21 5XB  
[www.england.nhs.uk](http://www.england.nhs.uk)