

# Cambridgeshire Older People's Newsletter

We begin this latest newsletter with the sad news of the sudden death at the end of May of Rod Craig, Executive Director for Community and Adult Services at the County Council. Rod joined the Council at a time of great change and successfully led the restructure of Adult Social Care in 2010, resulting in a more streamlined and customer focused service. Rod was held in high esteem by colleagues and his commitment to improving relationships with community groups was inspiring. Many of you would have met Rod through his keenness to attend community events and meetings and the Council has been inundated with messages of sympathy which were collated into a book and passed to his family.

## Getting in Touch

If you would like to submit an article for a future newsletter, please contact Amanda Warburton at [amanda.warburton@cambridgeshire.gov.uk](mailto:amanda.warburton@cambridgeshire.gov.uk). Please be aware that articles may need to be edited. Unfortunately we no longer produce printed copies of this Newsletter so we ask that you share it widely with friends, family and colleagues.

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## **Shutting the door on bogus prize draws: advice from Trading Standards**

Many of us receive junk mail through the post, with the vast majority going straight in the recycling bin. However for some it can be tempting to try your luck on a 'prize draw' letter that comes through the letterbox.

The organisers of these scams are smart – the letters look professional, they are often personalised so they have your name throughout (sometimes appearing to be handwritten), and there is often a short deadline to respond so that you don't have time to think.

By replying to just one of these letters, your information will be shared by other scammers who will then write to you, inundating you with letters.

**The message from Trading Standards is simple: if it looks too good to be true it probably is and if it asks for money upfront, even in the form of an admin charge for processing your winnings, it is almost certainly a scam.**

If you are in any doubt or think you may have responded to a scam, speak to friends, family or Consumer Direct for advice. Consumer Direct provides advice on behalf of Trading Standards and can be contacted on 0845 4040506.

Most of the scams we come across have affected older residents, many of whom experience loneliness. If you are over 60 and could do with having someone visit you for a chat on a regular basis, or perhaps you know someone who would benefit from this, then Age UK (Age Concern and Help the Aged combined) may be able to help you. They offer a voluntary visiting scheme for residents across the County, and you can ring to find out more on 0845 5213481.

You can register with the Mailing Preference Service which is free. It won't cut out all scams but it should significantly reduce the amount of marketing mail you receive. Their phone number is 0845 7034599, you can register online at [www.mpsonline.org.uk](http://www.mpsonline.org.uk) or you can write to Mailing Preference Service, Freepost 29 LON20771, London, W1E 0ZT.

If you are tempted by prize draws because you are struggling financially, speak to your local Citizens Advice Bureau. They can provide you with free, confidential and impartial advice and check you are receiving all the financial benefits and allowances that are available to you. You can telephone 0844 411 1444 or visit [www.adviceguide.org.uk](http://www.adviceguide.org.uk) to find your local bureau.

## **Cambridge Celebrates Age, The Culture Event**

For the fourth year in a row, Buchan Street Neighbourhood Centre will be hosting an event celebrating Cambridge residents' experiences of culture.

The event is at Buchan Street Neighbourhood Centre on Thursday October 6<sup>th</sup> from 2 p.m. until 4 p.m.

The day includes interesting presentations from people from different backgrounds and this year we hope to have Joe who lived in the UK and was sent to Africa as a child to be raised which was quite a culture shock! We also hope to have an Italian and Pakistani speaker and are still looking for other speakers (if you have your own experiences to offer?). There will also be entertainment on the day including music and dance.

Food is always a popular addition to the event with tastes from different cultures, including some very familiar British fare.

This event is FREE to attend, but should be booked in advance. To reserve your place, please telephone 01223 508149.

## **The Tuesdays**

We are a small and friendly group, who meet every Tuesday from 10.30 till 12.30.

We have coffee and a natter and some weeks we get busy with things we like to have a go at. This has included painting and drawing (with help from an art teacher), making picture boards, card making, baking even knitting and crochet.

We welcome men and women, any age to come along and join us.

It doesn't cost anything and it's a great way to get out of the house and meet new people.

Pop in to Buchan Street Neighbourhood Centre at 10.30 on a Tuesday to meet us, or call the Centre on 508149 for more information

## Community Walks – for fun and for health

### Time Travel Trek - A walk around the historic city ending at the Fitzwilliam Museum

If you like to walk, like to see different aspects of Cambridge and love Art, Artifacts and meeting other people, then the time travel trek is for you!

We meet outside Boots on Sidney Street and set off to walk at 10.15 a.m. prompt. The next two walks will be on 1st September and 8th December

We walk a different route around the historic city each time and then have refreshments and a guided visit in the museum, looking at different pieces of interest.

The Time Travel Trek is **FREE**, but must be booked in advance. Please contact [binnie.pickard@cambridge.gov.uk](mailto:binnie.pickard@cambridge.gov.uk) Or telephone 01223 508149.



### Summer Walks and Picnics - Kings Hedges and Orchard Park

#### August 3rd

Start from Buchan Street Neighbourhood Centre at 11.30 a.m. and leave from Orchard Park CC at 11.35 a.m. Walk and discover Art at Orchard Park, quiz on route, End with Picnic at Orchard Park CC.

#### August 23rd

Start from Orchard Park at 11.30 a.m. and leave from Buchan Street Neighbourhood Centre at 11.35 a.m. Discover Green space and recreational facilities in King's Hedges. Quiz on route, end with picnic at Buchan Street Neighbourhood Centre

**FREE** to join in, but must be booked in advance (so we can cater)

For more information or to book a place Contact:

Carly.Meagher@bpha.org.uk or 07789178520 or

binnie.pickard@cambridge.gov.uk or 01223 508149

# Your Life, Your Choice

## Staying independent, safe and well in Cambridgeshire

Information about adult social care in Cambridgeshire is now available on a new, easy-to-navigate website, developed by the County Council, called 'Your Life, Your Choice'.

The aim is to ensure that everyone in Cambridgeshire who is: looking for information about adult social care; already receiving support; or caring for a friend or family member; has access to information at a time and in a format that suits them. In addition to the website a set of Your Life, Your Choice branded leaflets, providing information about adult social care in the county, will be available from libraries.

For more information, look out for the Your Life, Your Choice logo in places such as libraries and Citizen's Advice Hubs or access information and advice directly at [www.yourlifeyourchoice.org.uk](http://www.yourlifeyourchoice.org.uk)



## **Time Banking comes to Somersham!**

Cambridgeshire County Council aims to become a 'genuinely local council'. This means we want to work even more closely with communities than we have in the past. One way in which we are working towards this is by working in partnership with Somersham Parish Council to pilot a new Time Bank project in Cambridgeshire. This project is funded by Skills for Care.

Time Banking is a way for local people to come together to help others and help themselves at the same time. Participants 'deposit' their time in the bank by giving practical help and support to others and are able to 'withdraw' their time when they need something done themselves. So, one hour of time given gains you one hour of credit.

The Somersham Time Bank is going to have a particular focus on the needs of older people. We are in the process of recruiting a part time coordinator who will encourage older people to request support, for example help with shopping, gardening or a trip out. In return the person who has been helped could offer whatever they like e.g. teaching someone how to cook a favourite recipe or sharing anecdotes of life experience with a local youth group. The possibilities are endless!

Cllr Steve Criswell is chair of Somersham Parish council and a Cabinet member on Cambridgeshire County Council. He is very keen to see this initiative get off the ground. He can be seen here talking to a local resident about his work in the local community.

The Time Bank will launch this summer. If you would like to find out more please contact the parish council clerk Penny Bryant, either by email on [somershampc@aol.com](mailto:somershampc@aol.com) or by telephone on 01487 841359.





## Cambridgeshire Museums hold reminiscence sessions for older people

The Wide Skies project works in museums in the Huntingdonshire and Fenland areas of Cambridgeshire. In addition to providing learning activities for all age groups, it will recruit and train volunteers, so that at the end of the project the museums are left with volunteers who are capable and confident in delivering those activities.

Volunteers from Ramsey, Whittlesey, March and St Neots museums attended a training day in Chatteris in April. The course covered how to plan and organise reminiscence sessions as well as advice about the sorts of objects that are likely to prompt memories. Other attendees on the course who work in care homes offered heart-warming stories residents who rarely speak suddenly singing along to an old favourite song or talking about the street where they used to live.

In the afternoon, all of the participants practiced using the two dressing-up tables that had been specially commissioned by Beverley Hoff, the Museum Partnership Officer. These portable units are smaller than real life but are easily recognisable, and they contain hats, gloves, ties, jewellery and other items associated with dressing up for special occasions.

The first session to use one of the tables will be held in a care home in St Ives in July.

Wide Skies is a three-year project funded by Heritage Lottery Fund and Renaissance East of England. For more details, contact [wideskies@stneotsmuseum.org.uk](mailto:wideskies@stneotsmuseum.org.uk) or [wideskies@wisbechmuseum.org.uk](mailto:wideskies@wisbechmuseum.org.uk).



## ***Help At Home combines with Welcome Home from Hospital and now helps people to remain at home during an illness***

Care Network Cambridgeshire's direct services are probably best known for their Welcome Home from Hospital service where volunteers offer short-term practical help for people returning home after a hospital stay. But sometimes older, disabled or vulnerable people living alone find it difficult to manage when they become ill at home and may end up with an unnecessary hospital stay due to their lack of practical help. Care Network has now combined Welcome Home with Help in the Home so that volunteers can offer practical short term Help in the Home in the Hunts and Fenland area. 'Help at Home', as with Welcome Home, offers free help with tasks like: calling in to see someone is OK; collecting prescriptions; shopping, and contacting other services. As well as one- off tasks like changing a light bulb for people who are unable to do this themselves.



Hilary Johnys, Senior Coordinator for Care Network said '*Alan\* contacted us in April. Though only in his 40s, he'd had a stroke in December leaving him with a right sided weakness, unable to write or to walk more than 50 yards without the aid of a wheelchair. This and other health issues were limiting his everyday life, and he seemed stressed. He has three children, one with a disability, and his partner works full time running a business. He desperately sought some help and his GP was happy to refer Alan to us after we described Help at Home to him, and expressed relief that this patient would be able to obtain help, both short-term, to potentially avoid him being re-admitted into hospital, and then sign-posting him on to relevant agencies if necessary. He said Alan will benefit greatly from the service and asked for leaflets for his surgery.*



## Volunteers needed!

*Help at Home is looking for volunteers (**particularly in St Neots, Alconbury, Wisbech and surround, Kimbolton and Ramsey areas!**) it's a unique volunteering opportunity which only commits you for 2-3 weeks each time. If you wish to help, or are interested in finding out more about the service please call Heidi on 01354 694413.*

*Care Network is a Cambridgeshire wide charity which helps older, isolated and vulnerable people living in Cambridgeshire to stay independent and maintain social contact with friends and the community. We do this in 2 ways: By our direct services – Welcome Home and Help at Home By providing support for local groups and volunteers to design and set up new schemes. We will try to help with anything! Some examples are: lunch clubs, social car schemes, village help schemes, mobile wardens, and social groups.*

*For further information contact our head office on 01954 211919.*

\*Name changed to protect client confidentiality.

Cambridgeshire Community Services   
NHS Trust

## Closer to home - Outpatients services locally

Cambridgeshire Community Services NHS Trust (CCS NHST) operates consultant-led out-patient clinics at the Princess of Wales Hospital, Ely, and Doddington Hospital, Doddington.

A range of specialties are on offer including uro-gynaecology, urology, cardiology, gastric medicine, vascular surgery, orthopaedics, dermatology, general medicine and surgery and ophthalmology.

CCS NHST also offers a range of other services such as physiotherapy, specialist nurses, and dieticians that your consultant can refer to if needed. It is also possible to have blood tests, x-rays and some ultrasounds on site, as well as a range of other procedures .

The main advantage of being seen closer to home when you need to see a consultant is easier access, such as:

- Easier journeys and less travel time
- Free parking
- Easier to find departments, just inside our main entrances.

You can attend for your first and follow up appointments.

Your consultant may need to arrange more complex tests or treatments and will refer you to the acute hospital, where once completed, you can return to have your follow up closer to home.

Our outpatient nursing staff are friendly and approachable and will often remember patients from earlier visits, making you feel more welcome and treated as an individual.

The staff will provide any health information relating to your visit and will answer questions, and support you during your consultation. We also encourage you to tell us what you thought of the service so that we can use your experience when we develop our services and environment.

Transport can be booked by your GP for the first visit to either site and by us for any follow ups, providing you meet the necessary criteria. Refreshment facilities are available at both sites offering a range of hot and cold drinks, snacks and meals.

Once you have an appointment, if you need a translator or are caring for someone who would like to visit before their appointment please contact us.

So how can you get an appointment? When you see your GP and they suggest that a referral to see a consultant is needed, you have a right to choose, please specifically ask for Doddington or Princess of Wales, Ely, and your GP will do the rest.

The practice will then give you some information to choose your own appointment. If you are not offered a choice or are given an appointment directly, you may wish to raise this with your Practice. You could also cut out and keep our information below and take it with you to your GP appointment.

Cambridgeshire Community Services   
NHS Trust

**Patient Choice Promoter**

I would like to be seen at my local community hospital for my Consultant Outpatients appointment. Please check if the specialty is offered at the Princess of Wales Hospital or Doddington Hospital, Doddington, (delete as appropriate).

## Useful Contacts

Age UK Cambridgeshire	01354 696677	
Alzheimer's Society	01223 884031	Cambridge and Ely
	01480 415235	Huntingdonshire
	01945 580460	Fenland
Carers Services	01223 712055	City/South Cambs
	01480 420617	Huntingdonshire
	01353 652205	East Cambs
	01354 750010	Fenland
Cambs Fire & Rescue	01480 444500	
Cambridgeshire Constabulary	0845 456 4564	Non emergencies
Cambridgeshire County Council	0345 045 5202	Social care/carers enquiries
Care Network Cambridgeshire	01954 211919	
Cambridgeshire Link	0300 365 1245	
Citizens Advice Bureaux	0844 848 7979	Cambridge
	0845 130 6442	Ely
	01945 464367	Fenland
	01480 388900	Huntingdon
COPE	01223 364303	
COPRG	01223 208915	Grace Everson (Sec)
Disability Cambridgeshire	01480 839192	
Falls Prevention	01480 416398	Huntingdonshire
	01223 883710	City/South Cambs
	01354 644217	East/Fenland
Libraries Information	0345 045 5225	
Patient Advice & Liaison Service	0800 013 2511	CCS NHS Trust
The Doorstep Service	01223 718358	City and South Cambs
	01480 386604	Huntingdonshire
	01353 616169	East Cambs
	01354 754766	Fenland
Trading Standards	0845 04 05 06	
Welcome Home from Hospital	01223 714433	(Care Network)

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