



Training for Carers

We are delighted that **Julie Thorogood** has joined Crossroads Care Cambridgeshire. Julie is an experienced trainer and NVQ assessor, who is very familiar with social care and the essential role that carers take on.

Julie is providing training for all of our care workers, so that we can minimise the inconvenience and disruption this causes to our providing care. It will also ensure that we provide appropriate high quality training cost-effectively.

Julie will also be able to offer training direct to carers, so if you would like to brush up your personal care, infection control, first aid or challenging behaviour training, please contact us for further details.

Anne Roberts OBE

Crossroads Care Chief Executive, Anne Roberts, was awarded an OBE in the Queen's New Years honours list for service to carers.

It was at a local level that Anne first became involved in working with Crossroads Care - running a centre for carers of people with dementia and this experience gave her an invaluable insight into the impact of caring and how flexible, consistent services can really make a difference. She is currently CEO of the national Crossroads Care organisation and a member of the Standing Commission on Carers. David Wright, Chair, Crossroads Care says "No one deserves it more, Anne works so hard for carers within and outside the organisation. It is fantastic that her effort is recognised in this way".

Anne said "I want to thank everyone who has sent good wishes - they are much appreciated by us all, because there are so many people at Crossroads Care who deserve recognition".



A Celebration for Advent & Christmas



Pictured: l-r John Butler General Manager of DHL, Reverend David Busk Vicar of Godmanchester Church, Ian Langworthy Trustee of Crossroads Care Cambridgeshire, John Thackray, Bizz Thackray, Dame Norma Major and Trish Appleton.

Photo courtesy of The Hunts Post.

Dame Norma Major organised the sixth hugely successful concert in aid of Crossroads Care Cambridgeshire at St Mary's Church, Godmanchester on 5 December 2009 and raised over £12,000.

Celebrity readers included Alan Titchmarsh, Look East's Susie Fowler-Watt, actress Patricia Hodge, Judy Bennett and Charles Collingwood of The Archers and Radio 4 Thought of the Day regular Reverend Angela Tilby and Dame Norma too. Local singers and musicians and school children made the occasion really special.

The event was attended by over 500 people and raised money to help us support carers of people with dementia. Dr Helen Brown said "We are committed to working towards the National Dementia Strategy and improving the lives of people with dementia and their carers. Currently one in eight of our service users have dementia and we support them in living with the condition through our 1:1 and group support, all of which have grown over the past year."

Ian Langworthy, one of our Trustees accepted the donation at a presentation held at DHL Huntingdon, where employees have made Crossroads Care Cambridgeshire their charity of choice for fundraising this year.

We would like to thank Dame Norma and her organising committee including Bizz and John Thackray, Reverend David Busk and Trish Appleton, and DHL for their support.

ICER (Carers Emergencies) Update

The ICER Project in Cambridgeshire has had a record number of "activations" (emergencies) that we have assisted with - 42 so far.

Feedback has been very positive and our team love the challenge of dealing with emergencies.

Fenland District seems to have fewer emergencies though. We're wondering why this is!

Cambridgeshire County Council hope to be invited to speak about their ICER scheme at a national carers conference in June.

Carers Groups Update

The Carers Groups have begun to take off and we have arranged the programme of dates for January through to April 2010.

The dates are available on our website www.crossroadscarecambridgeshire.org.uk or by telephoning Jean - our new Co-ordinator - on 01480 4994091.

Two groups have special sessions. The **Wisbech Carers Group** has a Relaxation & Hypnotherapy Session on **17 February 10.00am-12.00 noon** and the **St Ives Carers Group** is going to **Lakeside Lodge Bowling, Pidley** on **29 March 11.00am-1.00pm**.

Come along and get involved - groups are free and we look forward to seeing you.



Children and Young People



Sunshine Club

The Sunshine Club is our Saturday morning club for children with autistic spectrum conditions up to the age of 11. We would like to say farewell to children Daniel and Conor, who left this January - and welcome Payton and Bisade.

We also welcome new staff on our team - Sarah, Rebecca and Jasdeep.

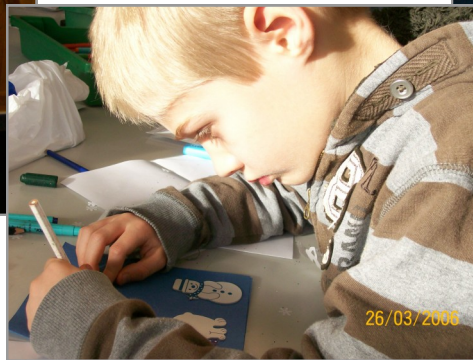
Natasha started her maternity leave in December and gave birth 9 days early to a baby girl on 20 January. We all send our congratulations and can't wait to meet baby Lucy.

Recently Blue Week (for high functioning children) have welcomed Mr Fluffy to circle time. Mr Fluffy hopes to promote friendships, communication and imagination by the children choosing who to pass the teddy to and participating in new activities.



Blue Week's Bubble session

Christmas Craft



26/03/2020



Blue Week's Bubble session

New groups for children starting soon

Young Carers Project

During half-term the Abbey & St Ivo Schools groups are going to the Grafham Outdoor Centre to take part in activities such as archery, high ropes, obstacle courses and orienteering.

Youth Council meeting on 17 February.

8 April sees "The Big Event" for young carers throughout Cambridgeshire at Grafham Water Centre.

Young Adult Carers 18+

Hot off the Press! We're going to be working in partnership with the **Shaw Trust** - (they empower disabled and disadvantaged people to prepare for work, find jobs and live more independently) and young people caring for someone with mental health or substance abuse problems. We'll help with peer support and access to information through a dedicated social networking site.

Aiming High Circus Skills in Cambridgeshire



As we go to press, the first of our 4 Circus Skills events for children with disabilities and their families is due to take place.



Aiming High Short Breaks in Peterborough

Scheduled for half term at short notice, we're providing free activities for children and young people.

Contact us for details of Aiming High activities for Easter!

**Got a query?
Contact us –
we're happy to
help.**

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Offices in:

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Palliative Care Service in
Huntingdonshire Project
service user

Caring with Confidence



Carers who have been to Caring with Confidence sessions found them really helpful. One told us: **"I would recommend these sessions to all carers new to caring or old hands as there is something in them for everyone. I have enjoyed meeting all the other carers and facilitators and hope to meet them again at the Carers Group meetings"**.

Another attendee told us **"There's still a lot I don't know but at least now I know what it is I don't know and how to go about finding out"**.

Please ring 01480 499091 if you want details of sessions near you, but don't wait! (NHS East of England fund this service until March 2010).

We are looking to provide Caring with Confidence sessions in Cambridge soon so please get in touch if you are interested in attending.

Fundraisers

If you would like to participate in an event to raise funds for Crossroads Care Cambridgeshire, ask us for help with promotion.

We would like to thank Alice Few and her friends who raised £860 from carol singing in Girton, Cambridge, braving the extremely cold weather we experienced just before Christmas.

Alice said "December 21st it snowed they sang, December 23rd it rained, they slipped and sang, December 24th it froze, we slithered and slipped and sang".

Brampton Park Golf Club has decided to support the Macmillan Crossroads Cancer & Palliative Care Project in Huntingdonshire as their annual charity and we will benefit from their annual Charity Day on 16 July. Thank you to Lady Captain Lynda Hall for nominating us.

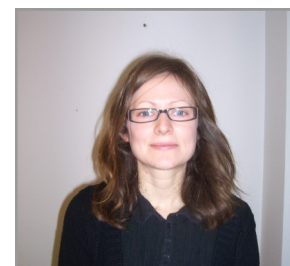
STAFF NEWS

We would like to welcome Denis Green who joined us in December as South & East Cambridgeshire Care Manager Children's Services.

Julie Thorogood joined us as a Trainer in January. Please see page 1 for further information about the training Julie will be providing.

Helen Royle joined us in January as Young Carers Youth Leader.

Pictured I-r: Denis Green, Julie Thorogood and Helen Royle



Peterborough News...

A series of free activities for children and young people aged 4-16 years with disabilities has been organised in Peterborough for the February half-term (Monday 15 to Friday 19 February). Activities include arts and crafts, dance and drama workshops, cheerleading workshops, story telling, sports and boccia. Please contact **Michelle Burrell** on **07932 403642** if you would like more information or to book a place. Spaces are strictly limited to 20 per session.



Finished with your copy of *CRCC News*? Please pass it on to another Carer or take it to your local doctor or dentist's waiting room (recycle it.)