

# Cambridgeshire Older People's Newsletter

**October 2011**

We are once again in Autumn and this heralds the launch of Cambridgeshire Celebrates Age. We have included some information on events planned during October to mark the International Day of Older People on October 1<sup>st</sup> and also attached the 2011 programme for Cambridgeshire Celebrates Age.

If you are able to attend any of the events, we'd love to hear some feedback to publish in future Newsletters – see the Getting in Touch section below for how to contact us.

If you would like to tell us about anything else that happens in your area that you think people would like to hear about, please do contact us.

## 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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## Cambridgeshire Celebrates Age 2011(CCA)

This years CCA programme of one off events to mark International Day of Older people will be available from the beginning of September in local community centres, council office reception areas, libraries and other venues. This year there are over 70 events to choose from around the county – including World folk Dancing, Celebrate Age quizzes, and Get Moving event in the Grafton Centre Cambridge.

‘Accessibility’ has been chosen as the theme for this year and the project aims to highlight the advice and support that is available to many people who require a bit of extra support to enable them to participate fully in the range of activities on offer. One example is the steering group that has worked in partnership with Camread to produce information on both of the programmes available on the Camread website and on tape.

This year there will be an addition to the CCA programme with the launch of a series of regular listings of activities that go on year round across the county. These will be available from October onwards and will cover the following areas –one for Cambridge City, one for South Cambridgeshire and one covering East Cambs, Fenland and Huntingdonshire. The hope is that people will keep these for reference throughout the year. The CCA steering group acknowledges that these listings are probably not comprehensive, but information has been pulled together from a range of groups and organisations providing activities for older people.

Further information is available on the Cambridge City Council website <http://www.cambridge.gov.uk/ccm/content/community-and-living/annual-events/cambridgeshire-celebrates-age.en>

or phone Sally Roden Tel 01223 420309 or Georgina Poulter 01223 508150



## **Cambridgeshire Older People's Enterprise Forum**

COPE, an independent self-help group, represents and speaks up on issues affecting the over 50's in Cambridgeshire. Individual membership to COPE is free. To alleviate loneliness our members organise events and trips in the five districts.

COPE will be celebrating International Day for Older People with a barbeque and live music on October 1<sup>st</sup>. For more information please contact David Hart on 01954 260204.

For a free membership form contact the COPE Secretary at 40 Stretten Avenue, Cambridge CB4 3EP. If you would like a speaker to inform your group or club about what we do at COPE please telephone: 01223-364303. Email: [cambridgecope@hotmail.co.uk](mailto:cambridgecope@hotmail.co.uk) Web: [www.cambridgecope50.org](http://www.cambridgecope50.org)

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### **Events at Buchan Street Neighbourhood Centre for Cambridgeshire Celebrates Age**

#### **Cultural Experiences of Cambridge Residents**

##### **Thursday October 6<sup>th</sup>, from 2 p.m. until around 4 p.m.**

For the fifth year in a row... our popular afternoon of cultural exchange. Come along and hear presentations from Joe the Ranger on his childhood in Africa as well as presentations from the Pakistani association and the Italia Dante group.... See our fabulous entertainment, Afghani and Iranian dance as well as steel drums.... Eat food from the buffet with tastes from home and abroad.

##### **World Folk Dance for over 55's**

##### **Thursday 13<sup>th</sup> October, From 2 p.m. until 3.30 p.m.**

Greek, Israeli, Russian... fun dances from around the world, plus tea and biscuits. Join in as much or as little as you like!

These events are FREE to attend, but please ring us on 01223 508149 to book your place.



## **AgeUK Cambridgeshire - Autumn Meeting – 4 October 2011**

Age UK Cambridgeshire invites older people to their Autumn meeting, to be held on 4 October at Cineworld, Tower Field Leisure Park, Abbots Ripton Rd, Huntingdon, PE29 7EG.

The subject of the meeting will be 'Volunteering and the wonderful opportunities volunteering can bring' followed by lunch and a film showing.

If you would like to attend please contact Karen Presland at Age UK 01354-696650 or [Karen.Presland@ageukcambridgeshire.org.uk](mailto:Karen.Presland@ageukcambridgeshire.org.uk)

### **Support after a bereavement**

In 2010 the Department of Work and Pensions launched a new bereavement service across the department called Tell Us Once. Customers only have to contact the local authority once to report a death, and this information will be shared across all appropriate government business areas. Cambridgeshire is not yet covered by the scheme but it will be rolled out further across the country in the future. For more information and a list of areas currently covered by the scheme, please see

[http://www.direct.gov.uk/en/NI1/Newsroom/DG\\_188740](http://www.direct.gov.uk/en/NI1/Newsroom/DG_188740)

In March, DWP also launched a bereavement service in conjunction with local authorities – for information on bereavement services please see [http://www.direct.gov.uk/en/Governmentcitizensandrights/Death/WhatToDoAfterADeath/DG\\_10029808](http://www.direct.gov.uk/en/Governmentcitizensandrights/Death/WhatToDoAfterADeath/DG_10029808)

The Bereavement Service will be linked to the Tell Us Once service later in the year

## **New service to help people become more independent proves a success**

The latest figures show that around 60 per cent of patients in Cambridgeshire who took part in an innovative rehabilitation programme regained their independence and did not need further treatment.

Cambridgeshire Community Services NHS Trust, Cambridgeshire County Council and NHS Cambridgeshire joined forces to introduce a re-ablement service in September 2010. The aim is to support people with poor physical or mental health to learn or re-learn the skills necessary for daily living, rather than have someone carry out tasks for them.

The recent statistics show that between September 2010 and June 2011, 1090 people benefitted from the service, which helped to improve their quality of life, avoided unnecessary hospital admission and reduced the need for other health and social care services due to the quality of care provided.

Marion Clarke, county manager for Unplanned Care, Cambridgeshire Community Services NHS Trust, said: “Re-ablement is designed to help people become as independent as possible, following an illness, an operation or if they have a long term condition. This can include support with personal care or to prepare a meal – the re-ablement service will work with people so that they learn or re-learn important tasks for themselves. In traditional social care, someone would visit and carry out these tasks for them. Many people who participate in the programme find that afterwards they can cope very well on their own, without the need for further support.”



Lillian Littlejohn, 90, from Bottisham, was supported by the team after she broke her hip. She said: “The team really helped me to recover after my hip operation and they were so kind. I wasn’t very mobile and couldn’t bend so they helped with every day activities and exercises, but over time I could gradually do more for myself.”

GPs can refer patients for re-ablement, or patients can contact Cambridgeshire Direct on 0345 045 5202 to find out more. The re-ablement programme will normally last up to six weeks and will be free of charge as long as people are participating in the programme and making progress.

## **Your Life, Your Choice**

Your Life, Your Choice Cambridgeshire’s new adult social care website has received positive feedback since its launch in June. Providing information and advice on the help available for daily living, you can access Your Life, Your Choice from home if you have access to the Internet, or in libraries where staff and volunteers have been trained to help people look for information.

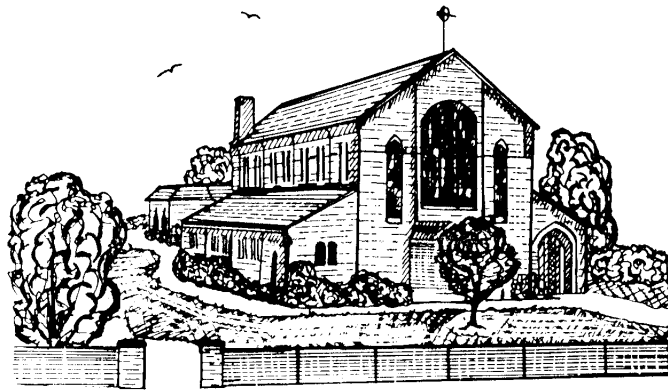
Coming soon is “Ask Sara” a self-help guide which can help you to identify any potential need for equipment and adaptations to your home to help with your day-to-day needs. Ask Sara will also provide information on where to obtain the equipment or adaptations you may need.

Also of interest on the Your Life, Your Choice website may be details of Cambridgeshire’s Age UK Information Service and links to sources of independent financial advice which includes the Society of Later Life Advisers, see the ‘Managing money’ page.

You can find the Your Life, Your Choice website at:

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

Information is constantly changing and we want to make sure we keep up with as much new information as possible. If you see anything misleading or anything you think can be improved, please let us know by clicking on the feedback link which you’ll find at the very top right of every page. Your views are valuable to us.



We are the Church of the Good Shepherd, a parish church in Arbury, and we try hard to make provision for all sectors of our local community. While activities provided specifically for our older members are listed below, our “oldies” are a lively bunch and many come to many more activities (in and out of the church) than are listed here.

For our services we provide large print service leaflets (including all our notices and the words of hymns), we have a loop system for those with hearing difficulties and, for those with mobility problems, there is step free access to the church. On Wednesday mornings we have a Communion service with more traditional language which is followed by a friendly cup of tea and a biscuit. There will be a traditional Evensong in October and lifts are offered to those who are concerned about coming out in the evening.

On the first Sunday in the month we run a Lunch Club in the Church Hall where a roast dinner is served for a modest charge in friendly company. This is open to all local residents, church members or not, and is very popular.

There is also the Monday Club which meets in the Church Hall between 2.30 and 4pm. Among items planned for the forthcoming term (which begins on September 5) are talks on recycling, fire prevention, and the history of Addenbrooke’s Hospital. A highlight of the term will be a visit from the Arbury School Choir – always welcome visitors! The Club ends its term with a Christmas Party and then there is a special afternoon carol event in Church where all can choose their favourite carols to sing.

We are a friendly church community where all of any age can find a warm welcome.

## **Dame Norma Major launches new Help at Home service**

Care Network's expanded Help at Home service, which can help ill people to stay at home instead of being admitted to hospital, has 'gone live' across Cambridgeshire. It was officially launched on 9<sup>th</sup> September by Dame Norma Major, at Hinchingsbrooke Country Park.



The 'Help at Home' service has been already been helping people in Hunts and Fens since Christmas, providing practical help like shopping and collecting prescriptions, to people who may be at risk due to being unable to get out of the house. Now NHS Cambridgeshire is funding an extension of this service to South and East Cambridgeshire and Cambridge. It's a development of Care Network's popular Welcome Home from Hospital service, offering more comprehensive support for isolated and vulnerable adults.

Hilary Johnys, Senior Coordinator for Care Network, said: "Clients could already get up to 3 weeks free practical help if they have been in hospital but now we're also offering 3 weeks support for people who are unwell at home. In addition to this we're offering help with one off tasks that people need - like changing a light bulb. Tasks like these, if people are unable to do them, can make a huge difference and enable people to remain independent in their own homes."

A recent example of this was when someone with emphysema developed a chest infection. They couldn't get out to collect their prescription and to shop. A Care Network volunteer was able to help with these practical tasks and provided reassurance by calling in to check the person was OK until they recovered.

Could you volunteer occasional help with this service? It's a unique volunteering opportunity which only commits you for either one off visits, or for a spell of visits to an individual just for a 2-3 week period, and it can work around your other commitments. If you could help, or might want to receive help – or just want to find out more - call Care Network on 01223 714433 or visit [www.care-network.org.uk](http://www.care-network.org.uk).

## **CONSULTATION ON REVIEW OF THE DECISION TO REMOVE ALL SUBSIDISED BUS SERVICE FUNDING**

Cambridgeshire County Council wants to hear your views on changes and reductions being proposed to bus services which are supported by financial contributions from Council funds.

This will help us decide on how we implement the financial savings and where possible find local solutions. The proposals are outlined in the attached letter.

A questionnaire has been compiled to gather your views, which can be accessed at [www.cambridgeshire.gov.uk/busreview](http://www.cambridgeshire.gov.uk/busreview) .

If you do not wish to complete this questionnaire online, paper copies are available by contacting us using one of the following means.

By email: [bus.tenders@cambridgeshire.gov.uk](mailto:bus.tenders@cambridgeshire.gov.uk)

By telephone: 0345 045 0675

By post: Cambridgeshire County Council, CC1301, Castle Court, Shire Hall, Cambridge, CB3 0AP

The closing date for responses to the questionnaire is **16:00 on Friday 9 December 2011**.

## Useful Contacts

Age UK Cambridgeshire	01354 696677
Alzheimer's Society	01223 884031 Cambridge & Ely 01480 415235 Huntingdonshire 01945 580460 Fenland
Carers Services	01223 712055 City/South 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/carer 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 Hunts
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 & South 01480 386604 Hunts 01353 616169 East 01354 754766 Fenland
Trading Standards	0845 04 05 06
Welcome Home from Hospital	01223 714433 (Care Network)

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