

## Parish e-bulletin: Issue 4 – 13 May 2016

Welcome to the fourth edition of our parish e-bulletin. It includes information and news from across Cambridgeshire County Council that you may want to discuss and pass on to your residents. Please also feel free to pass this onto editors of your village newsletter or website.

### **Cambridgeshire Community Fair – 7 June 2016**

The annual Cambridgeshire Community Fair is now only a few weeks away. The Fair, organised by local charity, Cambridgeshire ACRE, is taking place on Tuesday 7 June 2016 at the Burgess Hall in St Ives. The event is completely free of charge to attend and will be run from 2pm – 6pm. No booking is required – just turn up on the day.

The Community Fair has been set up to help communities think about how they can fund, build and do more in their own villages and towns. Attendees will be able to join a wide range of talks and workshops by local experts, covering topics like funding for community projects, building and maintaining community assets.

Cambridgeshire County Council will be there on the day within the marketplace of stalls along with colleagues from voluntary and community sector organisations, funders, and other local programmes, projects and groups. Stallholders will be able to set out what they can do to help communities and will help people explore ideas.

The event is aimed at anyone who lives or works in Cambridgeshire who wants to get more involved in community life. You might already be involved in volunteering locally or you might just be wondering how to get more involved and you don't know where to start.

Speaking ahead of the event, Cllr Steve Criswell, Localism Champion for the County Council said “The Cambridgeshire Community Fair is a key event for anyone active in their local community or neighbourhood. It's free to attend and you'll pick up lots of tips and contacts who'll be able to help you with your community enterprises.”

Interested in coming along? You can find more information about the event at:

[www.cambscommunityfair.wordpress.com](http://www.cambscommunityfair.wordpress.com)

## **Cambridgeshire Shared Lives for Older People**

Shared Lives for Older People provides overnight respite short breaks within the carer's own home rather than the traditional residential setting.

The scheme follows a careful matching process looking at carers' strengths, knowledge and personalities, matching these to the needs of the older person. This ensures the older person is comfortable and is given choice about who provides their respite care and that the carer feels able to fully support the person staying with them.

We provide visits for the older person to become familiar with the carer and their home before committing to an overnight stay. This alternative to residential respite service offers more choice and control over how the older person plans their own support.

### **Do I need experience or qualifications?**

We are looking for people who have patience, empathy, a sense of humour and the ability to help individuals meet the challenges presented by everyday life. You will need to have either some formal or informal caring experience - however you will receive professional training tailored to our service needs.

In line with the Safeguarding Adults, all Shared Lives carers are required to undergo screening checks through the Disclosure and Barring Service and will include seeking references from relevant people that know you.

### **Are Shared Lives carers paid?**

Shared Lives carers receive an allowance of £75.00 for an overnight stay. One of the many benefits of being a Shared Lives carer is that you will be eligible for a tax break; you would be self-employed and registered with HMRC. Full information will be provided.

### **Are you interested?**

Please contact the Shared Lives Co-ordinator:

Hayley Bradshaw

e-mail: [hayley.bradshaw@cambridgeshire.gov.uk](mailto:hayley.bradshaw@cambridgeshire.gov.uk) Telephone – 01354 750084

## **Have you put your items in the right recycling bin?**

Residents are being asked to put the right things in the food and garden recycling bins after plastic and biobags, clothes, garden pots and even toasters have been found. Last year it cost the County Council £220,000 to because people put the wrong thing in the bin.

Wrap your food in newspaper, put it in paper caddy liners or place it loose in the bin. Biobags do not break down fully in the fast composting process, and should not be used. In just 8 weeks we turn your food and garden waste into compost that can be used on gardens or by local farmers. To see how, watch our three minute video on [www.recap.co.uk](http://www.recap.co.uk).

If you are unsure what goes in the bin please visit our website [www.recap.co.uk](http://www.recap.co.uk). Thank you for recycling.

## **Green Spaces Network event - Bringing nature and people together**

Involved in or caring for a local green space? If so, you need to come along to the Green Space Network event on Wednesday 25 May, 6pm to 8pm at the Amey Waste Management Centre, Waterbeach. With speakers from Cambridgeshire Community Foundation, Grantscape, Cambridge Water, Voluntary Service, Heritage Lottery Fund and Big Lottery Fund, they will be giving an overview of grants available to green space projects and other support available for community groups. Follow @naturalcambs on Twitter or find Natural Cambridgeshire on Facebook or Eventbrite to book your space.

## Students want you to Stress Less for Mental Health Awareness Week

A 'webinar' developed by students at a local college is aiming to help young people and parents stress less during Mental Health Awareness Week.

The live online forum hosted by Huntingdonshire Regional College, who are working with Cambridgeshire County Council, will take place on Tuesday 17 May at 6 pm.

I.T. students from the college have been leading on the development of the forum, which will give parents and young people the opportunity to ask mental health related questions to a panel of experts from the Council, Centre 33 and Mind in Cambridgeshire. They will also be joined by a young person who is a Stress less champion, part of Mind in Cambridgeshire's Stress LESS campaign.

Everyone is welcome to join in the Webinar with discussions focusing on tips and resources for managing stress, mental health and relationships.

The webinar is taking place as part of Mental Health Awareness week which focuses on the importance of relationships for managing our mental wellbeing. Mental health problems affect 1 in 4 of us, yet many people are reluctant to come forward and talk about their problems, or seek help. It is also part of the local and national 'One You' campaign to promote healthy lifestyles, good health and well-being.

To view and take part in the Webinar on Tuesday 17 May at 6 pm visit

[www.twitch.tv/huntingdonregional](http://www.twitch.tv/huntingdonregional)

Young people who are experiencing exam stress can also access information from the Stress LESS Campaign with support and advice available at

[www.mindincams.org.uk/Services/StressLESS](http://www.mindincams.org.uk/Services/StressLESS).

## Local organisations to make Cambridgeshire dementia friendly

Local organisations are teaming up to lend their support to Dementia Awareness Week, taking place between 15 May to 21 May.

The national campaign, run by the Alzheimer's Society, aims to show how we can all play a part in improving the lives of people with dementia and their carers.

Currently it is estimated that there are around 670,000 people with dementia in the UK, with numbers set to rise to over one million by 2025. In Cambridgeshire, nearly 7000 people currently have dementia.

Locally, Cambridgeshire County Council will be working with partners to promote the campaign and its activities. One of the key activities is to encourage local people to volunteer and become 'Dementia Friends'. The volunteer role involves learning about dementia and turning that knowledge into action by giving a little time to help support people living with dementia in the local community. Dementia Friends can get involved in a range of activities including:

- Getting and staying in touch with someone living with dementia
- Volunteering for a local organisation that helps people with dementia
- Campaigning for change, for example by signing up to Alzheimer's Society's campaigns to improve the lives of people with dementia
- Wearing a badge and telling 5 friends about the Dementia Friends initiative
- Being dementia friendly every day, for instance, being more patient with people in your community

The campaign also aims to increase awareness and understanding of dementia, promote local activities for people with dementia and their carers and support people worried about memory loss to access help. Locally, information will be shared through pharmacies, libraries and other community venues and a variety of local activities will be on offer including: library events, memory cafes, timebank coffee mornings, choirs and museum activities.



Cambridgeshire County Council is working with Alzheimer's Society UK, Carers Trust, Alzheimer's Research UK, Age UK, Carers Network, Dance Moves, Cambridgeshire & Peterborough Foundation Trust, Cambridgeshire Libraries, Cambridgeshire Music, University of Cambridge Museums, local timebanks and others.

To become a Dementia Friend, visit [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

To find out more about local support and opportunities, see [www.cambridgeshire.gov.uk/dementia](http://www.cambridgeshire.gov.uk/dementia)