

OCTOBER AND NOVEMBER

NEWSLETTER



Hello everyone!

Halloween has been and gone and the shops are already full of Christmas merchandise! It seems like this year has flown by!

Since the last newsletter we welcomed Isobel to the Volunteer Team and we also welcomed some new staff members. We will be featuring a member of staff in each newsletter so you can get to know us all a bit better. Lesley our Help at Home Coordinator in Peterborough has now moved further up the country and so we wish her farewell and much happiness in her future endeavours.

Recently we adopted another rescue dog, who keeps the whole family on their toes so I have been walking more. Pirates and Treasure Island sprang to mind when I spotted this in the sky on a dog walk - not sure how you would begin to dig though!

Kind regards

Tina
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HIGHLIGHTS

Spotlight on....

World Kindness day

Stress Awareness

Golden Age Fair & Peterborough City Meet up

Regular 'Check In's' instead of annual supervision

Safeguarding training

Christmas meets & Refresher Training

Exceptional you!

Volunteering Events

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If you have any ideas for articles or would like any information featured in the newsletter please let me know.

Charity number:
1120693
Company number:
6297277

SPOT LIGHT ON... JANE HARRIS

Hi, I'm Jane and I joined Care Network as a Community Navigator covering the Huntingdon area in September this year.

I had been working as a weekend community carer whilst also training as an accounting technician when my children were younger from 2000 to 2008. My Dad was diagnosed with a vascular dementia in 2008, and my mum was his carer for several years. As a family, we had to try and navigate the social care system which was not easy, and we were very overwhelmed with all of the information coming our way, getting our heads around the complex legislation, together with the emotions we had having to observe someone we dearly loved having this diagnosis as well as trying to access the best care for him.

I felt passionate about other people being able to access good care, so in 2009 I commenced a Bachelors of Science with Honours Degree in Social Work and chose an Adult elective pathway. My dad sadly passed away in 2011 when I entered my final year. This was extremely difficult for me to continue my degree, particularly as my final year placement was at an older person's dementia assessment unit. I know my Dad would have wished me to continue and I successfully graduated in 2012.

I worked at the Local Authority Older Persons' Team until the end of 2014 and since then I have worked in the charity sectors, with Carers in Bedfordshire and AgeUK where I worked up until this year due to their service coming to an end. I love working in the charity sector. Whilst working with Carers in Bedfordshire, I worked alongside many volunteers at events and at our carers cafes. I really valued their support and the organisation were so fortunate to have them on board.

I am very much looking forward to my journey with Care Network and also to meeting you at some point along the way.

Best wishes,
Jane



World Kindness Day



The 13 November is World Kindness Day and this really resonates with us at Care Network and everything we do. Your volunteering is a perfect example! We've decided to celebrate this through our social media channels and would love for you to join us.

Perhaps you have an example of kindness you've shown or been shown that has stayed with you?

We'd also like to encourage people to make a 'pledge' to do something kind on 13 November that we can share on our Facebook and Twitter pages to encourage engagement and reach ever more people to spread a little kindness. It might be as simple as saying hello to everyone you meet that day or calling a friend you haven't spoken to in a while.

If you have an idea we could share or would like to get involved or make a pledge, please email Corrina at corrina.o@care-network.org.uk or call 01954 774803.

And please do follow us
@CareNetworkCambridgeshire.

Stress Awareness

What causes stress?

Almost anything that affects our daily life, work or relationships can cause stress. Even seemingly small issues can cause stress if they go on for a long time. Some people are more affected by stress than others. It can depend on factors such as our personality, upbringing, our work and home life.

Situations or events that seem positive can cause stress, such as having a baby or getting married. If we feel stressed in these situations we may struggle to understand why. We may not feel that we can talk to anyone about our feelings or struggle with guilt. But feeling stressed in these situations is very common.

Stress is not an illness itself, but it can lead to you becoming unwell. For example, if stress lasts for a long time it can lead to anxiety and depression. Experiencing a very stressful or traumatic event could cause post-traumatic stress disorder (PTSD).

Stress can make an existing mental illness worse. Some people may use alcohol or drugs to deal with stress. But if we notice ourselves doing this on a regular basis it's important to seek support. Using alcohol or drugs in the short-term may help us to cope. But it may make our mental health worse in the long term.

If you'd like to understand more about stress and how to manage it there is very useful information on the NHS website <https://www.nhs.uk/every-mind-matters/mental-health-issues/stress/> or you can contact our Wellbeing Team at Care Network at wellbeing@care-network.org.uk or on 03300 945 750. For more information about our Wellbeing Service please see our webpage <https://care-network.org.uk/wellbeing/>

Golden Age Fair & Peterborough meet up

The Golden Age Fair in Chatteris was a great success thanks to the help of some lovely volunteers! We were able to raise awareness of the services Care Network offers and interest in volunteering in the Fens area. Thank you ladies! x



Meanwhile in Peterborough, we had a joint meet with PCVS and other third sector services (and some squirrels!) and found we had a volunteer in common!



Check in, Safeguarding training, Updates & Christmas meets

We listened when you said you didn't like the 'formal feeling' of the existing Annual Volunteer Supervision process. We will now be 'Checking in' by telephone more regularly instead, regardless of whether you have had an assignment. We hope that in doing so, it will give us better connection with you, help address any issues quickly and give you opportunity to pass on ideas sooner. Please feel free to contact your coordinator at any time though!

Christmas is just around the corner and I have provisionally booked two, combined Christmas meet/update sessions. So I can ensure enough mince pies and nibbles, please let me know by 28 November if you wish to attend either of the following:

Monday 5 December 1-4pm, Chatteris Office, South Fens Business Centre, Fenton Way, Chatteris PE16 6TT

Monday 12 December 10-2pm Hardwick Office, 18 Broadway House, 149-151 St Neots Road, Hardwick, Cambridgeshire, CB23 7QJ

Perhaps we can even have a Christmas quiz if enough attend! As update training is part of your Volunteer Agreement, remote sessions will also be available soon. tina.o@care-network.org.uk

We have made a change to the mandatory Safeguarding element of training.

All volunteers will be expected to undertake Cambridgeshire & Peterborough Safeguarding Board, Introduction to Safeguarding Adults Part 1 and Part 2, SWAY briefings, either as part of Induction or refresher. Each video should take no more than 20 minutes to watch. At the end, you can download a certificate of completion. Keep a copy for yourself and send a copy to me for your volunteer records. The idea is that you can then start to build a training 'passport' that is transferable!

I will send out reminder emails when this needs to be completed but you don't have to wait just use the link below to get started!

<https://www.safeguardingcambspeterborough.org.uk/home/virtual-briefings-sways/>

Exceptional you!

I was speaking to colleagues recently about some of the more off beat referrals we have had and how our wonderful volunteers had rallied to the cause. One such case was that of a client who was unable to pull out their dustbin for collection. This was causing the client much anxiety until David and Pauline stepped in to help! Here are a couple more examples of how our exceptional volunteers made a difference to the lives of others.

Another client was finding it rather confusing choosing and purchasing a new washing line. Once again our exceptional volunteers, Eunice and David this time, not only helped buy but also, put it together and installed it!

Sometimes our exceptional volunteers use the skills that they have brought with them to assist our clients...

Stewart has supported a couple in completing the Carers Allowance Form. Helping others with 'tech challenges' is something he is good at and helps with at the library. The couple stated they were so grateful for Stewart's calm approach and to know they had completed it right. If successful they hope to use the money to source a paid for domestic cleaner, as not being able to keep on top of things has been getting them down.

Do you have any areas of expertise or skills that you would like us to know about?



Upcoming events

Still time to volunteer for the Cost of Living pop ups happening in November across Cambridge.

Christmas meet/update Monday 5 December 1-4pm. South Fens Business Centre, Fenton Way, Chatteris PE16 6TT

Christmas meet/update Monday 12 December 10-2pm. 18 Broadway House, 149-151 St Neots Road, Hardwick, Cambs CB23 7QJ

Please RSVP to: tina.o@care-network.org.uk
by 28 November for Christmas meet up
