

THE CARE NETWORKER

PEOPLE AT THE HEART OF EVERYTHING

A new weekly newsletter brought to you by Care Network Cambridgeshire

- Weekly advice & support
- Written articles and stories from the community
- Photos of the week
- Uplifting moments & Activity Section



photo by Mark Nichols

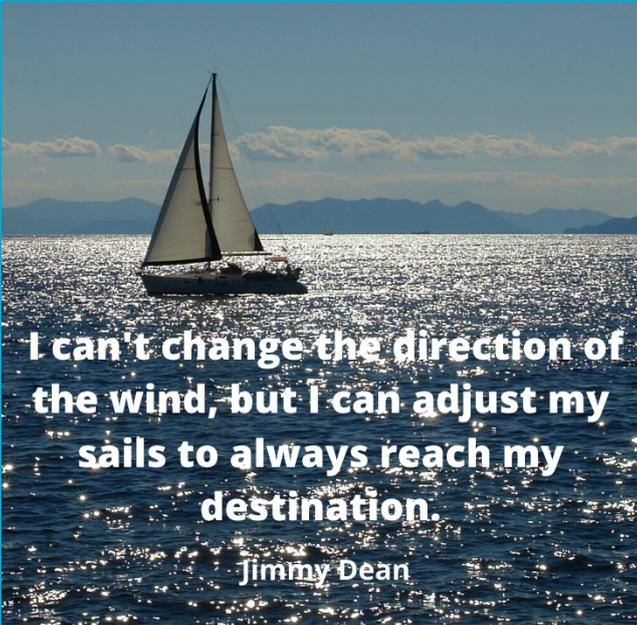
Get Involved!

During these unprecedented times, we want to hear all about what you've been getting up to with your time. Whether it's starting a new skill or a story to tell, we want to hear from you!

Send in any pictures, articles and stories to get featured on the weekly newsletter to Adam.f@care-network.org.uk

OUR WEEKLY ADVICE & SUPPORT

Positivity



Healthy Living



In The Garden

Summer can still throw out a few surprises – make sure tall plants and climbers are well supported in case of bad weather.

Water at dusk to reduce evaporation and use mulch to retain moisture around plants.

Terracotta pots are prone to evaporation so dampen the pot down to keep roots inside cool and damp.

Regularly deadhead bedding and perennial plants to encourage new blooms for as long as possible. Add a heading

Wellbeing Support

During these uncertain times, our Wellbeing Support team, are available to talk to, if you are experiencing negative impacts on your wellbeing. We can arrange for a volunteer to make

regular calls if required.

Contact the Team on :

0330 094 5750

Monday-Friday 9-5pm

Volunteers can also provide support at weekends



Here to Help



CREATIVITY



fox by Cheryl



Fenland Tiger by Kathy
eading



Sloths by Cheryl



Alpaca by Julie

PHOTOS OF THE WEEK



thanks again Mark Nichols

We would love to see what you've been getting up to this week. Send us your photos to feature on next weeks newsletter to

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Working Together

Postcards of Kindness



We've been working with FACT throughout the pandemic to reach and support ever more local people.

Here is Hub Manager Nicola Christy receiving Rainbow of Kindness postcards from our Joanne Jackman, Community Navigator Coordinator for East Cambs. The cards contain drawings and messages from local school children, which FACT will be including in some of their food deliveries. We hope they bring a smile

Thank you to our good friends at FACT and all our local partners.

SPOTLIGHT ON CAMPAIGN FOR EMPATHY NORTH CAMBRIDGE

Enni is working with local community groups and individuals developing the Campaign for Empathy for North Cambridge – the world's first community-centred campaign to promote empathy as a way to foster a sense of community and connection in a time of physical distancing and social isolation.

By creating activities, conversations and moments of connection that culminate in empathy artworks, Enni is hoping to bring people together to explore the following questions: What does the empathy mean to us individually and as a community? What's the role it should play in our shared environment? Where and when does empathy already live in the local community, and where is it needed? How can we better understand each other's experiences and perspectives? Can we feel connected without any physical contact? Could "social distancing" actually bring us closer? Who do we want to be when the doors open again? Join us in making North Cambridge the most empathetic community in the UK! There are lots of ways to get involved and join the Campaign for Empathy for North Cambridge.

**Enni has offered a 1 hr session to our volunteers to take part on the 27th of July. Please get in touch if you are interested in taking part :
Azanda.s@care-network.org.uk**

CHEESECAKE ANYONE ?



Base

300g of light digestives

100g of unsalted butter

Cheesecake

600mls of full fat cream cheese

100g of double cream

75mls of lemon juice..(.I used 2 large lemons and a few drops of lemon extract.)

For decorating (optional)

150mls of double cream

2tbs of icing sugar

Lemon zest

Fresh fruit ~~~~~

Blitz your biscuits, melt your butter and pour into the biscuits, blitz again until well combined.

Press into a 8inch springform tin and pop in the fridge while you make your filling.

Whisk together the cream cheese and icing sugar, slowly pour in the cream. As it starts to thicken add the lemon juice.

Continue to whisk until very thick.

Fold through with a spatula before spreading over your base.

Leave in the fridge for at least 5-6hours or preferably overnight.

For decoration

Whisk the cream and icing sugar together and pipe your cheesecake with your favourite tip-(optional!)

Top with lemon zest and fresh fruit. .

Delicious

POEM OF THE WEEK

Nature Trail - Poem by Benjamin Zephaniah

At the bottom of my garden
There's a hedgehog and a frog
And a lot of creepy-crawlies
Living underneath a log,
There's a baby daddy long legs
And an easy-going snail
And a family of woodlice,
All are on my nature trail.
There are caterpillars waiting
For their time to come to fly,
There are worms turning the earth over
As ladybirds fly by,
Birds will visit, cats will visit
But they always chose their time
And I've even seen a fox visit
This wild garden of mine.
Squirrels come to nick my nuts
And busy bees come buzzing
And when the night time comes
Sometimes some dragonflies come humming,
My garden mice are very shy
And I've seen bats that growl
And in my garden I have seen
A very wise old owl.
My garden is a lively place
There's always something happening,
There's this constant search for food
And then there's all that flowering,
When you have a garden
You will never be alone
And I believe we all deserve
A GARDEN OF OUR OWN.



Volunteer Spotlight

Volunteer Name- Anna V

Words by: Lesley H (Help at Home Coordinator Peterborough)

I would like to shine a spotlight to one of our great Peterborough volunteers Anna. Anna has been amazing support for me and the clients that she has been supporting in Peterborough. She also agreed to travel outside her preferred area to support an Italian lady, who English was quite limited. She had recently been discharged from hospital, where she struggled to understand NHS staff and what they were saying or asking her, so she really enjoyed chats with Anna in her mother tongue. Anna has also volunteered as telephone support for PCC Covid-19 hub, should they need support with any Italian speaking clients in the Peterborough area. She is a delightful, non judgemental, caring lady, whom I value her contributions and the support she has given me over the past 2 years.

Get in touch if you'd like to learn more about joining the team

ACTIVITY RIDDLES

Riddle 1: What is always in front of you but can't be seen?

Riddle 2: I have branches but no fruit, trunk or leaves. what am I ?

Riddle 3 What has one eye but can't see?

Answers from last week: 1. All of them 2. A promise
3. A barber

#Challenge34

How your support makes a difference

#CHALLENGE34 – How Your Support Makes A Difference

Our Community Navigators

Harry was referred to us at the start of lockdown, he lives on his own in a rented first floor flat. Harry struggles with anxiety and his flat has become extremely chaotic, we were asked to help find him domestic support services that could help tidy up his home, which because of its state, he is at risk of being evicted from.

When our Community Navigator spoke to Harry, he said he had been living with bags of rubbish for several years. They contain the clothes of his partner, who left him a long time ago, taking all of his life savings at the same time. He lives on benefits and cannot afford to get the flat cleared to the standard required in order to avoid eviction. Sadly, he does not meet the criteria for any statutory support. Harry is struggling to go outside; his food supplies were becoming seriously low and so we arranged for a weekly food parcel to be delivered to him.

We have managed to source a local community fund who will pay for the removal costs of the rubbish from his flat as restrictions are lifted, together with his housing officer we will continue to support him during lockdown, to keep his home and get it to state where he can live in a nicer environment.



Thanks for your support