2020 | ISSUE 16

THE CARE NETWORKER

PEOPLE AT THE HEART OF EVERYTHING

A monthly newsletter brought to you by Care Network Cambridgeshire

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

Whittlesey Poppey Blitz courtesy of Anne Hogan

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 monthly newsletter to **Adam.f@care-network.org.uk**

care NETWORK CAMBRIDGESHIRE

MONTHLY TIPS

FOCUS ON EMPATHY

Putting yourself in someone else's shoes
Really listening without making judgements.
Sensing someone else's emotions that you have perhaps felt before.
Letting someone know you understand see, or "get" their feelings.
Showing that you care and are there with them.
Saying something like:
"What has this been like for you?"
"This must be so hard."
"Thanks for sharing with me."
"I'm here with you. "

MONTHLY TIPS

Why not practice Love Languages on your self ?

Gary Chapman's theory of five ways humans express and experience love.

Acts of service: Give yourself a break and do something to benefit yourself.

Gift Giving: Treat yourself to something you have always wanted or something you love.

Love yourself: Spend time caring your body

Quality time: Take yourself on a "me date."

Words of affirmation: Say positive things to yourself (in the mirror) "You've got this." "Your doing great."

TIME TO THRIVE TIPS & SUPPORT

CREATIVITY
WALKING WITH KATE

Swans in the Fens

Fenland walks

Thanks to Kate B

CREATIVITY

Foggie walk with Julie J

Christmas Wreath by Julie J

Cactus blossom by Kathy C

Spotlight on Community Navigators

One of our amazing Community Navigators has supported her client to obtain a grant for a hand cycle - here he is out and about on it with a friend!

He says: ‘I have been going out on the bike 2 to 3 times a day, I'm starting to build up upper body muscles and have started to do more physically and feel better in myself'.

Thought for the day

NETWORKER
MONTHLY CHUCKLE

I tried to come up with a joke about social distancing.

This is as close as I could get

What starts with T ends with T and is full of T?

Teapot

Today I met Bruce Lee's vegetarian brother

Broco Lee

Project Catalyst

If you would prefer not to receive the Care Network Cambridgeshire newsletter any more please let us know admin@care-network.org.uk or 01954 211919