

# 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



Courtesy of Mark Nichols

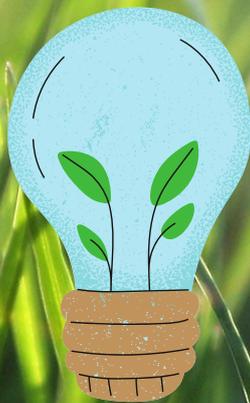
## Get Involved!

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](mailto:Adam.f@care-network.org.uk)

# Thought for Today

**Too many people  
think the grass is  
greener somewhere  
else but the grass is  
green where you  
water it remember  
that**



# **A Day In The Life Of Mandy Project Catalyst and Regain Control Coordinator**

**I work across two projects at Care Network, Project Catalyst and Regain Control, I enjoy both of them very much. Through Project Catalyst I support clients with low mood and anxiety. I do this through telephone based support, as well as linking in volunteers who can act as a Trusted Friend, helping clients to regain confidence after lockdowns. This maybe by joining them on a walk or accompanying them to a community activity that they have not had face to face contact with either before or since the start of the pandemic. I find it interesting working with volunteers and enjoy chatting to them, gaining an insight into their lives and why they enjoy volunteering.**

**Through Regain Control Project, I support clients in Fenland with diabetes to manage their condition, so it does not dominate their lives. This could be through connecting them with local groups and activities where other people are also living with Diabetes, helping them establish activity that they and others would benefit from such as a walking group. We have a small pot of grant funding that individuals or groups can apply to help with condition management, and it makes a big difference.**

**Since the lifting of lockdown restrictions, I am enjoying being back in the office and out in the community meeting clients, members of the public and other professionals, a recent example of this is attending the Golden Age Fair.**

**Thank you Mandy**

# Marathon training



**We conducted an interview with Karin , our Community Navigator Senior Coordinator. She has taken on the ambitious challenge to take part in the Manchester Marathon. The marathon is running from Sunday 10th October 2021 until Sunday 3rd April 2022, and it gives runners the opportunity to raise money for their chosen charities. Although everyone has different reasons to take part Karin mentioned being particularly encouraged by friends , this event was a great chance to come together and make a difference. The marathon offers three different difficulties that a runner can enter for , Karin is currently running for the beginner level which no doubt requires intensive training with 4 and half hours per week.**

**She has also chosen to run for the charity "Sew Positive". This is a charity based in Cambridgeshire encouraging and building connections with the community through sewing. The charity's projects and central mission revolves around providing people with safe places to connect and reduce social isolation through sewing workshops. This mission has really resonated with Karin who has decided to support them further. The charity also has many upcoming projects such as making memory bears and cushions with young carers and supporting women's resource centre by teaching skills and building confidence in mending and making.**

**We wish Karin all the best in the Manchester Marathon, it was great listening to her share her story. We hope this has also helped to gain some information about Sew Positive for anyone else who wants to get involved with them. Or even take on a challenge and take part in the marathon!**

To support Karin please follow link to her Just Giving page for Sew Positive  
:<https://tinyurl.com/2h4ncfbt>

# Positivity



Close the door to your past,  
open the door to your future.  
Take a breath and step  
through to a new life.

# Wellbeing Tip

**Every day is a choose  
day**

**Choose to smile**

**Choose to love**

**Choose to help**

**Choose to be kind**

**Choose to be happy**

**Choose to be you**

# Rural Cambridgeshire



Barhill (thanks Karin)



Wansford

# Some Riddles



What can go around the world without leaving it's corner ?

What has one eye but can't see ?

What has alot of eyes's but can't see?

What kind of band never plays music?

What time is it when an elephant sits on a tree?

What gets wet while drying ?

Answers in the November Edition !

# Soup anyone ?

## Courgette, potatoe and cheddar soup

### Ingredients

500g potato , unpeeled and roughly chopped  
2 vegetable stock cubes  
1kg courgettes , roughly chopped  
bunch spring onion , sliced - save 1 for serving, if eating straight away  
100g extra-mature cheddar or vegetarian alternative, grated, plus a little extra to serve  
good grating fresh nutmeg , plus extra to serve

### Method

#### STEP 1

Put the potatoes in a large pan with just enough water to cover them and crumble in the stock cubes. Bring to the boil, then cover and cook for 5 mins. Add the courgettes, put the lid back on and cook for 5 mins more. Throw in the spring onions, cover and cook for a final 5 mins.

#### STEP 2

Take off the heat, then stir in the cheese and season with the nutmeg, salt and pepper. Whizz to a thick soup, adding more hot water until you get the consistency you like. Serve scattered with extra grated cheddar, spring onions and nutmeg or pepper. Or cool and freeze in freezer bags or containers with good lids for up to 3 months.



# Grants available Peterbough and Cambridgeshire

**Do you want to improve  
wellbeing in your  
community ?**



**If you are an existing or new  
community group, improving  
wellbeing in your community  
and wish to apply for a grant  
up to £300 contact:  
[adam@care-network.org.uk](mailto:adam@care-network.org.uk)**





Open



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or email [wellbeing@care-network.org.uk](mailto:wellbeing@care-network.org.uk)

- Community Navigator Wellbeing Service
- Project Catalyst Back on Track
- Project Catalyst Check and Chat
- Project Catalyst Trusted Friends

**Get in contact to learn more**