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COMMUNITY

New hub to offer support and help to family carers

ANNA SAVVA
@AnnaSavvaCN

A NEW service to support unpaid family carers was launched in Ely last week.

The Carers Trust Cambridgeshire hub, which meets on the last Friday of the month, aims to support all carers and their families in the area by providing them with respite, as well as help and advice on their rights and benefits.

Carers and patients were joined at the hub's Larkfield Centre by the Mayor of Ely, Cllr Ian Lindsay, and healthcare professionals.

Melanie Gray, of Carers Trust Cambridgeshire, said: "The carers hub in Ely was developed in response to a need being identified for a place where family carers and the people they care for could access a range of support and activities together."

"The hub will offer opportunities for family carers and their friends and families to access a range of support and activities. These will include art, craft, singing and holistic therapies." The hub will also act as an area for family carers to socialise and support



each other.

There are 78,000 carers in Cambridgeshire and Peterborough, some as young as five-years-old. Most carers go unrecognised and receive little or no support until a crisis point is reached. It is hoped the hub will tackle this by providing a safe social space

to combat the isolation they face.

The project is also being supported by local charity POSability, the MS Society, Cambridgeshire Library Services and the Cambridgeshire and Peterborough Foundation Trust Development Carers support services. Ian Hitch, from Ely, who cares for

his mother Janet, 82, who has memory problems, welcomed the opportunity to have support in a group with other family carers.

He said: "It is a good idea because it can be lonely caring on your own." To find out more call: (01480) 499090.