



**care**  
**NETWORK**

CAMBRIDGESHIRE

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Supporting Volunteers  
Encouraging Independence  
Developing Good Neighbour Projects

COMMUNITY NAVIGATORS



# Introduction to Care Network

## Cambridgeshire



### **Mission:**

To help older, isolated and vulnerable people living in Cambridgeshire to stay independent and maintain social contact with friends and the community.

### **Vision:**

For a Cambridgeshire where all older and vulnerable people at risk of isolation, loneliness or ill health

- feel supported in their local community
- achieve greater independence, and a healthier, happier life
- are enabled to support each other for mutual benefit.

# Direct Services



## Maintain or improve health & independence

- Help at Home (over 120 volunteers)
  - Welcome Home from Hospital
  - Admissions Avoidance
  - Independence at Home
- Information @ GPs – from April 2012, Ely area
- Warm Homes Healthy People – winter project

Enables local communities to support older and vulnerable residents – see next

# Community Development



- An office and volunteers in every district
- Supporting local people to identify and fill gaps
- Research community transport needs in the City
- Community Car Schemes - (over 500 drivers)
  - Fenland villages covered, gaps in other districts.
- Lunch Clubs
- Other groups e.g. community cafes

# Cambridgeshire Population



- ◆ Approximately 114,000 adults aged 50-64 in 2011
- ◆ 99,000 adults aged 65 or over (forecast to increase to 140,000 by 2021)
- ◆ Approximately 7,000 Adult Social Care clients in 'Older People' category in March 2011
- ◆ There will be corresponding increases, of over 50%, in people with dementia

# Social isolation can bring



- ◆ Depression and linked mental health problems
- ◆ Physical health issues
- ◆ Lower life expectancy
- ◆ Decrease in community involvement
- ◆ Lack of confidence
- ◆ Lack of motivation
- ◆ Feelings of failure and despair
- ◆ Feelings that life is not worth living

# Local older people say they want



- ◆ A range of social and community activities to combat loneliness
- ◆ Accurate, relevant, timely information
- ◆ “That bit of help” at the right time, from a listening ear to help with gardening
- ◆ A plan for a fulfilled older age
- ◆ Help for more isolated older people

# Community Navigator

## Aims



To maintain and improve the health and well being of older people in Cambridgeshire by:

- ◆ Informing people about and referring them to relevant activities and services
- ◆ Helping people overcome barriers to make use of relevant activities and services
- ◆ Identifying where more activities and services are needed and working with local people to provide these
- ◆ Targeting people at risk of poor health and well being



# The Structure



- **Five District Co-ordinators** - Support a network of Community Navigators to cover their district
  
- **Community Navigators** - Friendly and approachable first points of contact who are out and about in Cambridgeshire's communities
  - ▣ Provide advice and/or support to help older people live active, independent lives
  - ▣ Know what is available to support older people in their communities

# The Team



## District Co-ordinators:

**City**

**Louise Peden**

**S Cambs**

**Rob Wallace**

**Hunts**

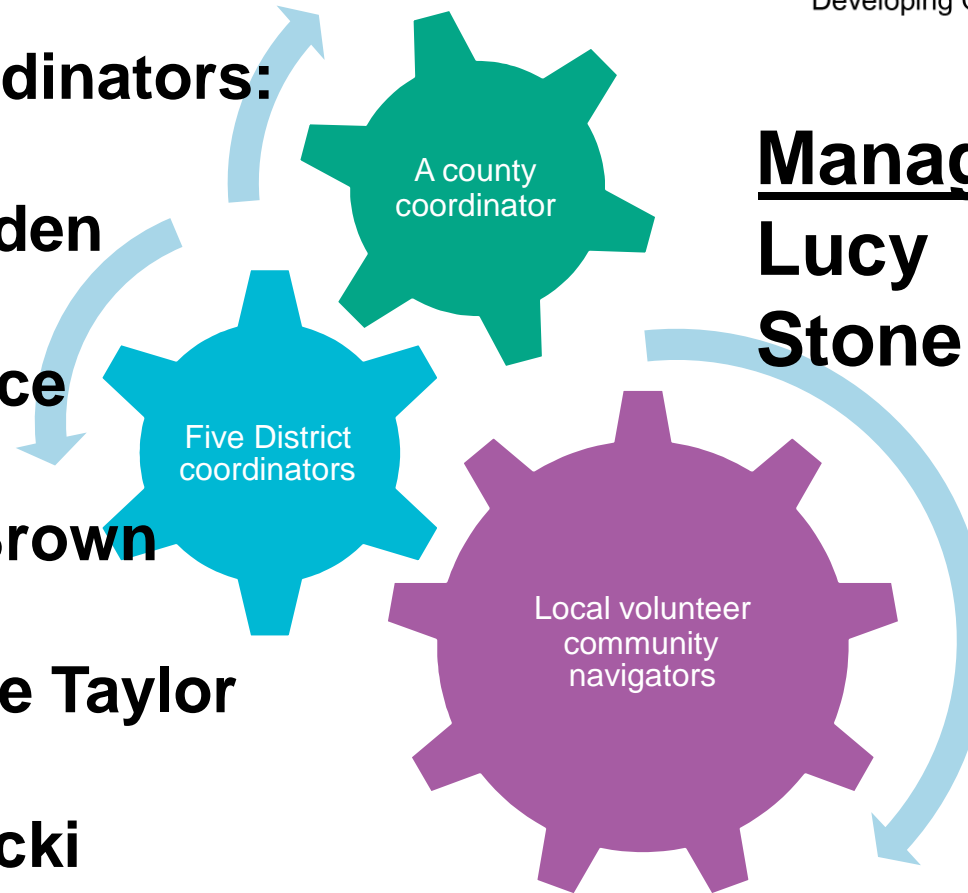
**Beatrice Brown**

**E Cambs**

**Anne Marie Taylor**

**Fenland**

**Tim Barzycki**



**Manager**

**Lucy Stone**

**Support**

**Derry Earnshaw**

# What does the project do?



The Care Network Community Navigator Project points the way to local community activities and statutory and voluntary organisations, so that all older people can find something which suits them. Examples could include:

- A community car scheme for a lift to activities and appointments
- A local friendship club, lunch club or activity group
- Modifications to home or mobility aids
- Financial health check to maximise income
- Help at home support when unwell or with a one off task

If local people tell us that their community needs something extra, we will work with them to try to ensure that it happens.

# Can I help?



Yes, that would be great. We are looking for people all over Cambridgeshire who like to chat, have fun and meet others to become Community Navigators in their local areas. Brief training and expenses will be provided and you will get satisfaction from sign-posting people to activities and services which will make a real difference to their well being.



# Can my organisation or employer help?



Yes, in order to build up a true picture of all the “navigation” which is already taking place in Cambridgeshire, we need organisations that already do this sort of work to join the project.

If you have volunteers or staff who already provide information and advice, please get in touch



# Contact Us



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- **County Manager** – Broadway House, 149-151 St Neots Road, CB23 7QJ  
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# Any questions?

