



CarersNews

The newsletter of Carers Bucks

Autumn 2011



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News from Carers Bucks

CHaRIISma - Improving Outcomes for Carers at Hospital Discharge

The first meeting of the CHaRIISma project group was held on 28th July. The acronym CHaRIISma relates to an exciting new multi-agency project to improve outcomes for Buckinghamshire carers across the hospital discharge pathway and stands for “Carers out of Hospital: Recognition, Involvement, Information and Support”.

Research shows that, despite the best efforts of many, the experience of carers at hospital discharge often leaves a lot to be desired. In the words of one carer “*When I asked for information I was ignored*”.

At Carers Bucks, we welcome this opportunity to work in partnership with our local health, social care and community organisations to improve the quality of the experience which carers will receive when either they, or those they care for, are discharged from hospital locally.

The project seeks to improve outcomes at discharge from the four main hospitals which serve our carers: Stoke Mandeville, Wycombe General, Amersham and Wexham Park. The project aims to achieve the following outcomes:

1. Carers can access information across the discharge pathway to maximise their health and wellbeing
2. Carers are recognised and involved across the discharge pathway
3. Carers are fully supported across the discharge pathway.

For details about this project contact Amanda Essex, Hospital Liaison and Development Officer on 01296 392711 or email amanda.essex@carersbucks.org

Copies of the discussion paper, *Discharging Our Duty – Working Together to Improve Outcomes for Carers in the Buckinghamshire Hospitals Discharge Pathway* are also available from Amanda or via our website at www.carersbucks.org

The Bucks ULO Needs You!

The Bucks User-Led Organisation (ULO) has been created by and for disabled people and carers, so that those who use support services in the county can have a say in how this support is provided.

In 2008 the government decided that every local authority should have a ULO. With the introduction of personal budgets and self-directed support, it wanted to ensure that the people who used the services had control over how they were offered. The Bucks ULO is in its early stages but will shortly begin training and supporting service users in having control over how their support needs are met.

In order for it to be a success, we need people with disabilities to join the ULO and relevant partnership boards and become involved in bringing about change. If you would like to contribute your knowledge and experience to help people with disabilities around Buckinghamshire, the Bucks ULO would love to hear from you. How involved you get depends on how much time you are able and willing to commit: from attending a monthly meeting, to helping plan and run workshops and events, the choice is yours.

Any adults with disabilities and their carers are welcome and we are especially interested in hearing from people who use mental health services. Support, training and accessibility will be offered so that you feel confident and able to participate fully. We will also refund reasonable expenses.

Please call 0300 777 2711 or email info@thebucks-ulo.org.uk for more details.

Newsletter Gets A Makeover

You may have noticed that our newsletter is looking different. We felt it was time to update the design and make it more attractive and easier to read. We hope you like it! This redesign forms part of our plans to introduce a new updated branding for Carers Bucks.

Funding Roundup

This summer was a busy time for our amazing fundraisers who came up with a variety of ways to raise funds to support our work.

On a gloriously sunny day in June some of our carers and their families walked the Red Kite Walk around the Saunderton Estate, raising over £800 in sponsorship. Our summer raffle was drawn on the same day with Mr Nicholls from Farnham Common winning the main prize of £350 worth of John Lewis vouchers. Thankyou to everyone who bought our raffle tickets which raised over £2200.

In July 8 year old Macy Parrott (*pictured left*) cycled from her home in Fairford Leys to the World's End nursery in Wendover, a total of 11 miles. This was to raise funds for our Young Carers. As Macy explained "*they helped my family through some hard times when my mummy was very poorly having up to 15 seizures a day and I had to look after my baby brother and make sure he's safe*". Macy raised an incredible £518.30 (a figure that is still rising) which will help towards ensuring young carers get the support they deserve.

To mark his 54th birthday, Ian Inglis, a director of Bluebird Care, hit upon the idea of playing 3 rounds of golf (ie 54 holes) in one day. The aim was to have some fun as well as raise funds for Carers Bucks. Ian and 2 golfing colleagues raised over £1000 playing over 3 golf courses in south Bucks.

Golf was also the preferred means of fundraising for the Aylesbury & District Soroptimists, who held a charity golf day at the beginning of September in aid of Carers Bucks and Aylesbury Women's Aid.

We also have supporters who are taking a more thrill-seeking approach to fundraising. Chantal, whose grandmother we have supported as a carer, has bungee jumped over the Corinth canal in Greece raising more than her target figure of £1200. Hattie, who works with our Young Carers, is diving out of a plane from 10,000 feet in November and hopes to raise £400 for Young Carers.

A big thankyou to everyone who took part in these events or who donated their money. Online donations can be made to Carers Bucks at any time via the Justgiving website **www.justgiving.com** - just type Carers Bucks in the charity search box.



Macy, accompanied by her teddy, cycled 11 miles to raise money for Young Carers.



Brian Inglis, Ian Inglis and Nigel Foster at the start of their 54 holes of golf.

Carers Bucks can now accept donations via mobile phone, a secure service provided by JustGiving. All you need to do is text the code BUCK10 £1/5/10 (ie the amount you want to donate) to 70070 and make a difference to the lives of carers.

Money Matters

Are You Eligible for a Discount?

You may be eligible for a reduction in your council tax by one band if you, or the person you care for, has a disability and your home as at least one of the following:

- an additional bathroom, toilet room or kitchen that has been built or adapted to meet the needs of the disabled person;
- a room (other than a bathroom, kitchen or toilet) required to meet the needs of the disability of the disabled person, for their treatment or therapy, and is mainly used for that purpose;
- adequate space or adaptation for the use of a wheelchair, which is required by the disabled person for use inside the home - wheelchairs or motorised scooters for outdoor use only are excluded.

'Disabled person' in this context means a person who is substantially and permanently disabled and can be either an adult or a child.

An extra room does not need to have been specially built, but your home will not qualify for a reduction unless the 'essential or of major importance' test above is met. Simply rearranging rooms - eg having a bedroom on the ground floor rather than the first floor - is unlikely to make your home eligible for a reduction.



Burnham Carers on a trip to the Wind in the Willows garden in June.

Exemptions and Reduction for Carers and People with Dementia or Severe Mental Impairment

Council tax is calculated on the assumption that two or more adults are living in a property. People living on their own are entitled to a 25% single person's discount.

Anyone with a severe mental impairment, including dementia, who is living on their own and is receiving a disability benefit such as Attendance Allowance, or the higher or middle care components of DLA is exempt from paying any council tax.

If they live with one other person, that person can get the 25% discount that someone living alone is entitled to.

Carers living with a person with a disability and who are claiming carer's allowance, may be exempt from paying council tax, providing the person with dementia/mental impairment is not claiming exemption. The carer must not be the partner of the person with dementia or a child under 18 years. The person they are caring for should be receiving the higher rate of the care component of DLA, or AA, or certain other disability benefits.

Contact your local authority if you think you may be eligible for a reduction in your council tax or speak to one of our Carer Support Workers if you're not sure.

Money Saving Seniors

Seniors Discounts is a website that brings together local as well as national businesses who offer age specific discounts on everything from evening meals to holidays to plumbers and electricians. It also offers a growing number of discounts from large businesses such as Dixons, Boots, Debenhams, Comet, Pizza Hut etc.

Visit www.seniorsdiscounts.co.uk

Turn2us

It is often difficult and time consuming to find out about all of the benefits, grants and other support that might be available to you as a carer or the person you care for. Turn2us is a website that brings all of this information together in one place in an accessible and easy to use format.

The website has been designed to help you find appropriate sources of financial support, quickly and easily, based on your particular needs and circumstances.

Visit www.turn2us.org.uk

Date for Your Diary

Carers Rights Day is Friday 2nd December. This year's theme about making sure carers get all the financial support they're entitled to.



Blood pressure testing at one of our events during Carers' Week.

Calling Male Carers

I am a full time carer for my wife Bridget, who suffers from MS. When I offered to be a volunteer for Carers Bucks in 2007, they told me that, although over 40% of carers were men, they were very under-represented in their support groups. Perhaps it was that men didn't see themselves as carers, but rather as sons, husbands or fathers to the person they cared for. Perhaps, also it was that some of the activities on offer were, well, a bit girly.

Together we planned a different sort of carers' group for the guys, based around activities. Over the last four years we've done things like archery, ten-pin bowling, golf, clay pigeon shooting, snooker, country walks and visits to local attractions. The principle is that all of the activities can be done by everyone from complete beginners and that the support given is informal and incidental. There is a great deal of friendly banter, competition and above all a sense of camaraderie.

Caring is often a stressful business: it can feel as though nobody else understands, but the other guys in the group are in the same boat. It is said

that every year a third of carers leave their caring role and are replaced by a similar number of new carers. If you are a new male carer or even a well established one, there would be a very warm welcome for you in one of the two Male Carers' groups run by Carers Bucks

The group I lead is based in south Bucks. We meet monthly, usually mid morning, but every third month we have an evening meeting with either a speaker or a discussion group at Carers Bucks' office, which enables working carers to attend. There is also a Male Carers' group for Aylesbury and the north of the county.

On the morning of 18th October we're going ten pin bowling at the Eden Centre, High Wycombe. There's an evening meeting on 23rd November and our Xmas Lunch is on 9th December.

For details of the High Wycombe group contact Bridget on 01494 463536, email bridget.gilbert@carersbucks.org; for the Aylesbury group contact Julia on 01296 392711, email julia.durrant@carersbucks.org

Hope to meet you soon, Jan Cormack

Services & Information

Helping the Elderly

The National Benevolent Fund for the Aged is a charity established over 50 years ago to improve the lives of elderly people living in poverty. They deliver 3 programmes:

Breaks Away – free coach holidays to traditional coastal resorts are offered to people over 60 on a low income and who haven't had a holiday for 3 years or more. (You do need to be mobile enough to get on and off a coach).

Pain relief machines – many older people live in pain due to chronic conditions such as arthritis. A TENS machine delivers small electrical pulses through electrodes attached to the skin by a small pad and can be very effective in reducing pain without any of the side effects often associated with medication. Over 600 pensioners a year benefit from these machines provided by the NBFA.

Emergency home alarms – people over 60 and on a low income may be eligible to have an emergency telephone alarm installed at a low cost (currently £1.50 per week and no installation charges).

Contact the NBFA on 0207 828 0200 if you are over 60 and on a low income and interested in any of these services. More information and application forms can also be on their website www.nbfa.org.uk

Free Will Scheme

If you are aged 60 or over and would like to make (or update) your will then The Stroke Association's free will scheme offers you the chance to see a solicitor (participating in the scheme) who will draw up your will free of charge. Fees for this service will be paid for by The Stroke Association.

For details of the scheme contact The Stroke Association on 0207 566 1505 or email legacy@stroke.org.uk

Services mentioned in this newsletter do not constitute a recommendation by Carers Bucks.

Carers UK are looking for carers (or their family members) who have a link with the Olympics. Maybe you were a contender, or the Olympics mean something special for you as a carer? Whatever the link they would like to hear from you.



Contact Rebecca Couper, at Rebecca.Couper@carersuk.org



One of our volunteers enjoying a visit to Mary Berry's garden in July.

Sign up for a Buddi

A Buddi is a small device which tracks the person wearing it. It means that if the person wanders off and gets lost then they can be located quickly. It is particularly useful for someone who has dementia or a learning disability, giving carers peace of mind that if the person they care for wanders off they can be found quickly.

If you are going away with someone who has dementia, a learning disability or autism you might want to consider using the Buddi system. Units can be borrowed for up to 28 days and carers are asked to pay a small refundable deposit. You will need to be sure that the person will wear the device and not take it off.

If you are interested in borrowing a Buddi contact the Aylesbury office on 01296 392711; email mail@carersbucks.org

Services & Information

Stair Steady

Many elderly or disabled people who require help to climb stairs do not always need a stair lift. The Stair Steady is an aid to help people go up and down stairs safely and with little effort. It is attached to the wall and provides a rail for you to hold onto as you climb up and down the stairs. There are no running or maintenance costs and it folds out of the way when not in use.

It could be an ideal solution for those who just need a helping hand or who may not be able to afford a stairlift. Stair Steady has also been supplied to people who suffer with long term medical conditions, who are recovering from a stroke or who are visually impaired. Costs start at around £600.

For more information contact Stair Steady's local representative Ron Winter on 01869 252071 or visit www.stairsteady.net



Disability Insurance

Fish Insurance has been providing specialist, low cost cover to disabled people across the UK since 1975. Their policies are designed to meet the specific requirements of disabled people whether they are looking to insure a manual wheelchair, powered wheelchair, mobility scooter, in-home products such as stair lifts and hoists or cover for a wheelchair accessible vehicle. They also provide liability insurance to protect people who employ their own personal assistants in the home, and travel insurance.

Contact Fish Insurance on their general enquiry line 0500 432 141 or visit their website www.fishinsurance.co.uk

Always on Call

A report launched in September by The Princess Royal Trust for Carers (PRTC) reveals that 70% of older carers suffer a devastating impact on their health due to their caring role. The report *Always on Call, Always Concerned* highlights the concerns of older carers while demonstrating how essential it is to support local centres that look after older carers' needs.

Based on a survey of 639 carers aged 60 - 94, the report found that 65% of older carers have long term health problems or a disability themselves and seven out of ten say that being a carer has an adverse effect on their mental health.

The pressures of caring particularly affect older carers in other ways; a major concern for eight out of ten is what will happen to the person they care for in the future. And only half feel safe or confident in lifting the person they care for.

Liz Fenton, Chief Executive at The PRTC says: *"The survey clearly shows how carers can harm their own health when looking after others. Many carers told us about being in severe pain, with crumbling spines, arthritis, back problems, cancer, kidney problems, depression and heart problems but struggling on in their caring role."*

The PRTC points out that greater focus on helping older carers maintain their health is crucial. Local authorities and local health providers need to give greater recognition to the benefit of supporting older carers. It is also calling for easily accessible, comparatively low cost preventative services at local level which can improve the lives of carers. This will enable people to choose to be cared for longer at home and ultimately save public money.

Copies of the report can be downloaded from the PRTC website www.carers.org or by contacting them on 0844 800 4361.

If you are struggling with your caring role ring Carers Bucks for advice and support.

Learning Disability

Appointees and Deputies

Many of our carers care for someone who lacks the capacity to make decisions about their affairs. This might be due to advanced dementia, learning disabilities, a brain injury or mental illness. This can cause carers all sorts of problems eg dealing with benefits, opening a bank account etc.

Dealing with benefits

You can apply to become an appointee so that the benefits paid to the person who lacks capacity are paid to you, for you to manage in their best interests.

You have to be over 18 and must apply in writing to the Dept of Work and Pensions office dealing with the benefits. The DWP will normally visit. Being an appointee relates to benefits, but you can usually also be an appointee for tax credits (contact Revenue and Customs) or for housing benefits (contact your local authority).

Other financial affairs

To deal with all other financial affairs for the person who lacks capacity family/carers need to apply to the Court of Protection to become a deputy. A deputy is usually a close friend or family member, although they can also be a professional ie a solicitor. They must be over the age of 18.

You must apply to or be appointed by the Court of Protection to become someone's deputy. You can be appointed as:

- a deputy for property and affairs
- a deputy for personal welfare (the Court of Protection usually only appoints a health and welfare deputy where there is a disagreement between family members and professionals and the case has to go to the Court of Protection for a best interests decision to be made).

The court will send you an order – a legal document that details a decision they have made - appointing you as a deputy. Your order will explain what decisions you are legally allowed to make for someone else.

The application process involves completing several forms and there is a fee of £400. That fee may be reduced or waived depending on finances. The Court of Protection will also charge annual administration fees. In addition, the deputy will be required to take out an annual security bond to insure their actions as deputy. All of these fees are recoverable from the mentally incapable person's assets.

For further details contact the The Court of Protection on 0300 456 4600 or by visiting the [direct.gov](https://www.direct.gov.uk) website where you can download the forms to apply to be a deputy.

Mental Capacity Talks

Carers Bucks has arranged two talks on the mental capacity act, deputyship and the Court of Protection for carers of people with learning disabilities. The talks, by IBB Solicitors, will cover the legal issues that affect carers where capacity is concerned. They will also look at the role of the Court of Protection and how they appoint deputies to act and make decisions for persons who lack capacity.

The Aylesbury talk is on **26th October** from 10.30am -12.30pm at our office in Ardenham Court.

The Wycombe talk is on **10th November** from 10.30am - 1pm at St Andrews Church. Both talks will be by IBB Solicitors.

See our training programme for details of how to book.

New Support Group

We are planning to set up a support group for carers of adults with learning disabilities in Aylesbury and would like to hear from you.

If you have any ideas about the type of group you would like or ideas for talks, etc **contact Voni on 01296 392711; email voni.n@carersbucks.org**

It's a FACT

FACT Bucks (Families and Carers Together) has launched its new website, designed and set up by parents of disabled children, to ensure that everyone knows how they can get involved in shaping services in Buckinghamshire.

Visit them at www.factbucks.org.uk and get involved!



A Young Carer enjoying a day out at Tiggywinkles this summer.

Strengthening Relationships

Couples caring for a disabled child are at greater risk of problems in their relationship and of relationship breakdown. Having a little extra support can really help to strengthen a family or couple relationship, and allow everyone enjoy family life.

Relate is currently able to provide up to four free or subsidised sessions of family or relationship counselling in Aylesbury, Chesham or High Wycombe.

(Their counsellors have undergone specific training to deal with the issues of having a child with a disability in the family).

Contact Relate for further details on 01296 427973.

The Law & Cuts to Children's Services

Parent Carers might find it useful to be reminded of the rights of their disabled child(ren) with regards to services provided by the local authority.

Local authorities are allowed to use 'eligibility criteria' to help them decide which children are eligible for services, but once a child is eligible he or she must get all the support the authority has assessed them as needing. Also, eligibility criteria must not:

- be used in place of an assessment – they can only be used to decide if a child is eligible for services after an assessment;
- impose a fixed cap or maximum amount of support a child can receive once found eligible; and/or
- limit the amount of support an individual child receives to less than is sufficient to meet their assessed needs.

A right not to have services taken away.

Generally the only way in which a public body can lawfully stop providing a service to a child and family is if a reassessment is carried out which shows that the child or family's needs have lessened or gone away. The only other way in which a public body may be able to withdraw services to an individual child or family lawfully is if it has raised its eligibility criteria so the child is no longer eligible – but even then there should generally be a re-assessment and a range of other legal issues will need to be taken into account before services can lawfully be withdrawn.

A right to participation

Disabled children always have a right to properly participate in decisions made about them. This means that any decision which will or may result in a reduction in services must involve that child or children in this decision and pay proper regard to their views. Similarly, a lawful decision to cut a service will need to show proper consideration to the wishes and views of all those close to the child, including parents, siblings, grandparents etc.

This is an extract from a paper *Using the Law to Fight the Cuts to Disabled Children's Services* written by Steve Broach, a barrister and available in full on the EDCM website www.edcm.org.uk

Mental Health Carers

Driving and Mental Illness

Many people with severe mental illness drive safely. However, drivers with certain mental illnesses may need to take extra precautions for the safety of themselves and other road users.

If the person you care for has any of the following conditions and intends to drive they must contact the DVLA. If this is not done then they may not be able to drive legally and their insurance may be invalid.

- Severe anxiety or depression with significant memory or concentration problems
- hypomania or mania
- acute psychotic disorder
- schizophrenia or other chronic psychosis
- alcohol and/or drug misuse or dependency
- personality disorders.

Some medication also affects the ability to drive. Section 4 of the Road Traffic Act 1988 does not differentiate between illegal or prescribed drugs – it's their effect on the driver which is the concern. Anyone driving whilst unfit, due to any drug, could be prosecuted. These are some of the psychotropic drugs that may affect driving:

- benzodiazepines
- antipsychotics
- antidepressants
- anticonvulsants
- lithium.

Many of these drugs cause drowsiness and slowed reactions and reflexes. Some also cause blurred or double vision.

Once contacted the DVLA will reach a decision about the person's driving licence based

on the information they have provided. If further information is needed the DVLA may contact their GP; they may also request a medical examination or a driving assessment.

Information about applying for a licence and guidelines that apply to people with medical conditions can be found at www.direct.gov/motoring or by ringing **DVLA's customer enquiries on 0300 790 6801.**

This is a very brief version of Rethink's Factsheet RETO103 on *Driving and Mental Illness* – contact Carers Bucks for a copy or visit Rethink's website at **www.rethink.org**

Rethink also have a helpline for confidential, impartial advice on **0845 456 0455**

Support for Mental Health Carers

Our Aylesbury mental health carers' group meets on the 4th Tuesday of each month at our office in Ardenham Court, Aylesbury starting at 7pm. It is a carer-led group and is developing into a self-help group where the carers actively support each other as they discuss their issues and experiences.

The next meeting is on **Tuesday 25th October** - contact Kate Norman if you would like to attend on 01296 392711; email kate.norman@carersbucks.org

Our mental health group in Wycombe meets on the 3rd Tuesday of the month at the Carers Bucks' office on Amerham Hill, Wycombe from 12 - 2pm. The next meeting is on **Tuesday 18th October** when carers will hear from a Community Psychiatric Nurse and a Social Worker on 'Planning to Prevent Relapse' (in the person with mental illness). The November meeting will be looking at housing options.

Contact Diane Dalton if you would like to attend on 01494 463536; email diane.dalton@carersbucks.org



We are now on Facebook - visit us at www.facebook.com/carersbucks

Support Groups

Princes Risborough Group

The Princes Risborough support group is moving back to the Community Centre, Stratton Road for its November, January and February meetings. We have organised some interesting talks to tempt carers to come along:

7th November

The Eyes Have It - how your health is mapped in the iris of your eye with Jade Beisinger.

5th December

Christmas celebration - venue to be decided.

9th January

Social session to catch up after the Christmas break.

6th February

The Life of Bees - the importance of bees in our lives and the plants that attract them.

Meetings are from 10am - 12pm. If you are interested in attending the Princes Risborough group **contact Julia on 01296 392711; email julia.durrant@carersbucks.org**

Details of our carer support groups throughout the county together with locations, contacts and programmes can be found on our website at www.carersbucks.org



Cheers! Carers enjoying lunch at the Buckingham group during Carers' Week.

Join Our Online Community

Carers can log onto our Forum at anytime of night or day to chat with other carers, post comments or ask questions. The Forum is a safe place to talk about your situation and to get support from people who know what it's like to be a carer. Only carers who are registered with us can access the Forum and a Moderator makes sure that everyone behaves!

If you would like to join the Forum visit our website at www.carersbucks.org and click on the Chat with Other Carers tab. If you have any problems please **contact Connie on 01296 392711; email connie.sharp@carersbucks.org**



Our Friends in the North

A warm welcome is always given to carers who turn up at the Buckingham carers' group. Carers, former carers and cared for people are greeted with a cup of tea or coffee and lovely home-made cakes. The group meets twice a month at 10am on the 2nd and 4th Wednesday at the Community Centre in Cornwall's Meadow. Carers can take advantage of a mini relaxation treatment and listen to an interesting talk. Social events and trips are also organised throughout the year.

Forthcoming talks include Aspects of Buckingham (26th October) and Boost Your Self Esteem (9th November).

For a copy of Buckingham's latest programme contact Carol Penny on 01280 815512; email carol.penny@lineone.net

Training & Events

Information Cafe

We are holding an information cafe for parent carers on **Tuesday 11th October at the Community Centre in Chalfont St Peter.**

Parent carers are invited to drop in between 10am and 1pm for coffee and cake and to find out more about the services and activities for children with additional needs in their area.

Organisations attending include Crossroads Care, Barnardos, the National Autistic Society, Desborough Play Den and the Community Childminding Network. There will also be talks on wills and trusts and a fun reflexology session on easy to learn techniques for parents and children.

Contact Gill Aikens to book your place on 01494 463536; email gill.aikens@carersbucks.org

TEACCH Training

A 2 day TEACCH course for parents of children and young people on the autistic spectrum is taking place in Hazlemere on the 15th and 16th November. The cost is £15.

To book your place contact Gill Aikens on 01494 463536; email gill.aikens@carersbucks.org

Items Available

- **Folding threshold ramp** ideal for fitting over door frames or patios. Has adjustable feet to vary the height from 3 to 5 inches. Hardly used. Cost £350; would like £150 ono. **Contact Mrs Humber on 01296 434277.**
- **Wheelchair battery** - free to any carer that can collect from Weston Turville. **Details from Mrs Young on 01296 612770.**

AGM Invitation

Our Annual General Meeting is on the 14th November at the Clare Foundation in Saunderton starting at 10am. Your invitation is enclosed with this mailing (if it isn't please let us know).

If you would like to attend but need help with transport let us know. Hope to see you there!

Moving On

Another 'Moving On' workshop for carers whose caring role has decreased or ended is taking place on **Tuesday 29th November at the Holiday Inn, Aston Clinton from 10am - 3pm.** This is being run by the Alzheimers' Society, Carers Bucks and Crossroads Care and is open to carers from all caring situations.

Contact the Alzheimers' Society on 01296 331722.

Lunch with the Masons

Once again the Beaconsfield Mason's are organising a Christmas lunch for carers on the 27th November at the Masonic Centre in Beaconsfield from 12.30pm. We are particularly keen to encourage local carers, who haven't attended this enjoyable event before, to come along and be wined and dined. Places will be offered on a first come first served basis.

Contact our Wycombe office on 01494 463536 for details and to book your place.



CARERS BUCKS

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