

CarersNews

The newsletter of Carers Bucks

Spring 2012

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News from Young Carers Bucks



Our Young Carers (and staff) on the trip of a lifetime in Morocco. Not only did they successfully raise the funds for the trip but they also climbed one of the tallest mountains while they were there!



The Buckingham and Winslow Young Carers' Youth Club (YC2) meets on the first and third Friday of each month at the Buckingham Youth Centre in London Road from 7pm - 9pm. The Seniors' club night is on the first Friday (ages 13+) and there is an all age club on the third Friday.

For more information contact Margo Parfitt on 01280 817420; email margo@fishersfield.plus.com

Mighty Mouse!



YC2 took the prize for the second consecutive year at the Buckingham Christmas Parade with their walking entry of Disney's film Dumbo. Young Carers from the club transformed themselves into the characters from the film. Sophie Ledger, *pictured left*, was a mischievous mouse and so charmed the onlookers that her collecting bucket was soon filled!

Young Carers on Uni Programme

YC2 members Cameron Bayley (*pictured below*) and Courtney Brooks have both gained places on the Compass Young Carers' Programme, run by Oxford University, which recognises that home caring responsibilities can impact on educational attainment and lead to fewer taking up further or higher education.

The Programme, which is in its second year, had just 15 places to offer Young Carers from across Bucks, Berks and Oxon so the success of two Young Carers from the same club was unexpected and very exciting.



(Photograph courtesy of the Buckingham & Winslow Advertiser).

Cameron has already started his course of 8 full-day workshops, attending Jesus and University Colleges so far. He says *'I've enjoyed the whole experience, I definitely think it will help me later in life. We are told about university life, revision and how to make the right choices'*. Cameron helps care for his autistic brother and has appreciated some time to himself.

Courtney, who has yet to enrol on her first workshop, is sure that this opportunity will enhance her future prospects both in education and employment.

New Year, New Challenge?

Are you looking for a new challenge for 2012? Has your caring role lessened or ended and you find that you have more time on your hand?

Carers Bucks has a new Volunteer Co-ordinator who is looking for volunteers to support us in a variety of roles, including working with Young Carers. In exchange for your time we can offer you training, experience of work, the opportunity to meet new people and the satisfaction of giving something back to your community.

If you are up for a new challenge contact Julia Durrant on 0300 777 2722 or email julia.durrant@carersbucks.org

Dignity in Care

Dignity in Care is a national campaign which aims to put dignity and respect at the heart of care services.

Dignity in Bucks is the local campaign which we are urging carers to sign up to.

If you believe that being treated with dignity is a basic human right pledge your support today to the Dignity in Bucks campaign by emailing **dignity@buckscc.gov.uk** and put Dignity in the subject line.

If you don't have access to email you can write in support; **call 01296 382173 for details.**

Farewells

Carers Bucks said farewell to Rahat Butt and Jo Woolf last year. We would like to thank them for their hard work over the years and wish them all the very best in their future ventures.

Ash Khan, our ICE Co-ordinator, left at the beginning of December to start her maternity leave. She didn't have much of a break as she gave birth 8 days later to a lovely baby girl. Congratulations to Ash and her husband!

Funding Roundup

We have been very touched by the generosity and thoughtfulness of our Young Carers and their families this Christmas. A special thanks goes to the Thompson family who, instead of buying presents for each other at Christmas, decided to donate the money to Young Carers Bucks. Their donation of £350 paid for over 40 of our youngest carers to enjoy a break from their caring role and get involved in a fantastic Christmas party. A great time was had by all and we really hope that the Thompson family an enjoyable Christmas too.

We received the following letter from two of our Young Carers aged 15 and 13:

This year, instead of sending Christmas cards, my family and I have decided to support Carers Bucks as our local chosen charity to help those families with children of a similar age to my brother and I that are limited to what they can do due to looking after another family member or relative. We find this charity very important to us, because as a family we enjoy spending time together out and about, doing things we love, and therefore we hope that the money we saved to go towards this charity will help others do the same, that might not have been able to without your support.

Chantal Busbridge risked life and limb, raising over £1300 for Carers Bucks, when she bungee jumped over the Corinth canal in Greece. Our stunning front page picture is of Chantal just after her jump.



Hattie Collison and our Chief Executive Stephen Archibald (pictured above) are diving out of a plane in March to raise funds for Young Carers. Visit their fundraising pages at **www.justgiving.com** and make a donation, however small. Donations can also be made securely using your mobile phone. All you need to do is text the code OXGP82 and the amount you want to donate to 70070.

A big thankyou to everyone who has donated to Carers Bucks over the past few months.

Money Matters

Dealing with Fuel Bills

A recent study showed that two-thirds of carers struggled to pay their bills last winter, and almost all have concerns about being able to pay high energy bills this year. 42% faced debt as a result of last year's fuel bills, with more than one in five incurring over £600 owed. With this in mind we have brought together information that carers might find useful in dealing with fuel bills.

Affordable Warmth Helpline

An Affordable Warmth Helpline is run by the United Sustainable Energy Agency in partnership with all the District Councils in Bucks. Anyone who is struggling to heat their home or meet their fuel bills can call for free, impartial advice on:

- national and local government grants
- loft and cavity wall insulation including available grants
- switching energy suppliers to make sure you are getting the best deal
- fuel debt
- who to contact for a benefits assessment
- home improvement agencies for vulnerable homeowners
- energy efficiency to keep bills down.

Call 0800 107 0044 Monday to Friday, 9am to 5pm.

Warm Front

This government scheme aims to make homes more energy efficient, which will reduce heating bills. Grants of up to

£3500 (or £6000 if you require oil central heating) are available for improvements such as:

- loft insulation
- draught proofing
- cavity wall insulation
- hot water tank insulation.

Eligibility

The scheme is now targeted at people on certain income-related benefits and living in properties that are poorly insulated and/or do not have a working central heating system. You must own your home or rent it from a private landlord.

Some of the qualifying benefits are:

- Pension Credit or;
 - income-related ESA that includes a work-related activity or support component
 - Income Support or;
 - income-based Jobseeker's Allowance,
- or;
- income-related ESA in the assessment phase together with one of the following:
 - a pensioner premium or;
 - a disability or severe disability premium, or;
 - an award of child tax credit that includes an element for a disabled, or severely disabled child or young person, or;
 - a child under the age of five living with you.

For more information on the Warm Front Scheme visit www.direct.gov.uk or call 0800 316 2805 or email enquiry@carrillionplc.com

Reduce Your Bills

Here are some ways you might be able to reduce your fuel bills:

Contact your supplier

Some suppliers offer discounted tariffs for vulnerable customers - often referred to as 'social tariffs'. You should contact your supplier to find out what help they provide and whether you are eligible. If you are unable to benefit from a special discounted tariff it is still worth asking if you could be paying less. They may be able to offer you a cheaper deal, or you might be able to save money by paying in a different way, eg by direct debit.

Shop around

You may also want to shop around to see if you can find a better deal from another supplier, by using a price comparison website. To use one of these services you will need to provide information such as your postcode, the name of your current supplier and an idea of how much you spend on gas and electricity. You will then be provided with details of how much you would pay if you changed to other suppliers. You should also call the gas and electricity suppliers directly to confirm these prices, before making any decision.

Do you need help finding your way around the internet? See the back page for details of our computer courses.

Benefit	2012/13 Rate (2011/12 rates)
Carers' Allowance	£58.45 (£55.55)
DLA	
Care : low	£20.55 (£19.55)
mid	51.85 (£49.30)
high	77.45 (£73.60)
Mobility: lower	£20.55 (£19.55)
higher	£54.05 (£51.40)
Attend. Allowance	
lower	£51.85 (£49.30)
higher	£77.45 (£77.45)
State Pension	£107.45 (102.15)



Our Haddenham carers enjoying the lovely surroundings of Hartwell House where they had lunch paid for by a grant from the Haddenham Beer Festival.

Need Help with Forms?

If you are struggling to complete benefits forms we might be able to help. We have a volunteer who can help you or the person you care for complete disability benefit and Carers' Allowance forms as well as give some general advice on what you might be able to claim. **Contact us to arrange an appointment.**

Winter Fuel Payments

You will need to apply for your first Winter Fuel Payment if you were born on or before **5th January 1951**. If you meet the qualifying age but don't yet get a State Pension, or receive another Social Security benefit, you need to complete a claim form. Even if you are working, you could get help towards your fuel bill. Claim forms must be received on or before 30th March 2012. **Call the Winter Fuel Helpline on 0845 9 15 15 15 for a claim form or to check your eligibility.**

Carers Bucks' Bursary

Carers Bucks has an allocation of carers' grant that it manages on behalf of Bucks County Council. We can apply to the fund on behalf of carers to support them in their caring role. To be eligible carers need to be in a heavy caring role or going through a particularly difficult and stressful time. The application process is quick and simple but we can only make one allocation to a carer in a financial year, and will not necessarily allocate to a carer who has had money from the fund in the previous year. Our aim is to get the maximum benefit for the largest number of carers and not award money to the same carers every year.

Grants can be used for almost anything that would ease the caring role for the carer. This could include things like relaxation therapies or

counselling sessions for the carer or to pay for a short break. It can also be used to help fund a piece of equipment such as a swivel bath seat or a power pack for a wheelchair, both of which would make the carer's life easier.

There is a limit on the amount we can award and you may be asked to contribute something towards the purchase of goods or services.

We still have funding left for this financial year and would like to encourage applications from carers who have not had money from us before (or not within the last 3 years) and from carers who are looking after a young person who is aged 17+.

For more information please contact one of our Carer Support Workers on 0300 777 2722 or email mail@carersbucks.org

Services & Information

How to Challenge Decisions

If something goes wrong with the services being provided for you or the person you care for, or you have asked for services that have not been provided, then you should find a way to put things right. There are a number of routes you can take to complain:

- **Informal**

Many complaints can be resolved informally through discussion with the relevant member of staff or their manager. Staff should aim to resolve problems informally to avoid the necessity of a formal complaint. As with all complaints, be clear about what it is that has gone wrong and how you would like to see it put right.

- **Formal Complaints Procedure**

Every local council and health authority must have a formal complaints procedure and provide you with a copy when you ask for it. If you want to make a complaint – even if you think it will be just an informal verbal complaint – Carers UK recommend that you always ask for the complaints procedure. It will tell you what steps you need to take, how the complaint will be dealt with and any deadlines that apply. Complain as soon as possible after the event. Make sure you know who will be dealing with the complaint – it will often be the head of the local council department you are complaining about. If possible, get the name of the individual responsible.

- **Local Government Monitoring Officer**

If you think that any decision or proposal by your local authority is, or could be, illegal, you can contact the monitoring officer and ask them to set out their view. Details of how to contact them are available from the County Council.

- **Local Government Ombudsman**

If you are not happy with the outcome of the council's or health authority's complaints procedure and you feel there has been 'maladministration', you can approach the Local Government or Health Service Ombudsman. Maladministration can include: faults in the way something has been done, neglect, unjustified delay, unfair discrimination, failure to abide by agreed procedures, failure to have proper procedures, failure to respect human rights.

Usually you must have gone through the health or local authority complaints procedure but in some circumstances the Ombudsman may be willing to take up a case before you have completed the local or health authority procedure. The Ombudsman is independent, impartial and free.

- **Appeal through the courts**

It is possible to challenge decisions through the courts. One of the ways to do this is called judicial review. For this you would need to consult a solicitor. If your income is low it may be possible to get legal aid/public funding.

- **Appeal to the Secretary of State for Health**

If you think the council has a duty to provide you or the person you are looking after with a service and it refuses to do so – or that it unfairly withdrew a service – you can report the council to the Secretary of State for Health. You should not do this until after going through the local authority's own complaints procedure and you may wish to consult a solicitor before doing so.

- **Write to your local councillor or MP**

It may be helpful to enlist the support of your local councillor or MP in dealing with an issue. Sometimes this is a useful method of solving issues informally so that an official complaint is not required.

- **Formal complaints about self funded care**

If you pay for your care yourself, you can complain to the service provider. Ask for their complaints policy. Should you be unhappy with their investigation you can contact the Local Government Ombudsman and ask that they consider your complaint.

This is an abbreviated version of the *Challenging Decisions* factsheet by Carers UK. To read the full factsheet visit the Carers UK website at www.carersuk.org or call them on 020 7378 4999.

Services & Information

Home Visiting Solicitor

Betsy Williams is a qualified practising solicitor who visits clients in their homes. She has 10 years experience and specialises in wills, probate, inheritance tax planning, lasting power of attorney and elderly client work. One of her recent clients told us that Betsy was 'exceptionally good and a very nice person'.

Contact Betsy for a no obligation chat on 01494 521977 or visit her website at www.betsywilliams.co.uk



Parent carers enjoying each others' company at their Christmas meal.

Respite Breaks for Carers

The Saga Respite for Carers Trust was launched to help redress the balance for as many carers as possible by providing a much-needed holiday for the carer and a friend. The award also includes spending money and, if required, respite care for the cared for person.

To be eligible carers should:

- be over 50
- have been caring for someone for more than a year
- not have taken a significant holiday away from their caring responsibilities within the last year
- not be a professional carer.

You can apply yourself or nominate someone you think deserves it. Forms can be downloaded from Saga's website at www.saga.co.uk (and click on care) or by post. **Send a sae to The Trust Manager, Saga Respite for Carers Trust, The Saga Building, Enbrook Park, Folkestone, Kent CT20 3SE.**

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

CBT for Carers

CBT stands for 'Cognitive Behavioural Therapy' and is an approach used to help people understand how their thoughts, feelings and behaviour are linked. It can help reduce feelings of stress and depression.

Healthy Minds is starting a CBT group for carers of people with dementia who are feeling stressed or depressed and who are looking for ideas for caring more effectively for their relative or friend.

The group will take place in March (date tbc) in Wycombe and will run for 12 fortnightly sessions lasting one and a half hours.

If you are interested in attending contact Healthy Minds for an initial discussion on 0844 225 2400 (and mention CBT for carers group).

Changes to Blue Badge Applications

The application process for a blue badge changed on the 1st January. Applicants need to complete a form on the Direct Gov website, make a note of the tracking number and then send their paperwork together with the tracking number to Bucks County Council.

You don't need to contact your doctor as part of the application process. Bucks CC will contact your doctor directly if needed. However you may be asked to attend an independent mobility assessment undertaken by an occupational therapist or physiotherapist.

If you do not have access to the internet the Council can take your application over the phone. Call 01296 382902 and ask for Operator. You will need your driving licence number, National Insurance Number and details of you GP and any medication you are taking.

For more details contact the County Council on the above number or visit www.buckscc.gov.uk

Learning Disability

Support in Bucks

There are a number of organisations who provide a range of support services for people with learning disabilities in Bucks. If carers are looking for support in lieu of day care there are a number of providers willing to offer tailor made options.

Hightown Praetorian & Churches can offer centre based activities in the Aylesbury area and if there is a need they are willing to look at doing the same in the south of the county. They will work with individual clients or a group of people who may have attended day care together and look at the options available such as drama, cinema, social evenings, independent living skills, friendship circles etc.

Contact Stuart Noble, Services Manager on 01296 486771; email stuart.noble@hpcha.org.uk.

Choice Support has been working in Bucks since 2001 and offers tailored support packages to clients which can range from shopping, budgeting, social activities to 24 hour care.

Contact Greg Tythe, Business Development Manager (South) on 020 7261 4139.

Turnstone Support provides individual services for people with wide-ranging needs, including learning disabilities, autism, mental health needs and other associated disabilities. These services can be provided in the client's home, in a shared house or family home.

Contact the Aylesbury office on 01296 744330 for more details.

Shaw Trust is a national charity which supports disabled and disadvantaged people to prepare for work, find jobs and live more independently. It provides a range of services that support disabled people to live more independent lives.

Contact Gillian Hudson on 0808 180 2003.



Netbuddy is an award-winning website for parents, carers and learning disability professionals. It is a place to hunt for ideas, swap tips and access information on everything from brushing teeth to challenging behaviour.

All the information on the site is submitted by people with first-hand experience of learning disability and is organised under quick searches such as 'Dressing & Undressing', 'Out and About', 'Behaviour' and 'Routines'. There are also practical information packs on subjects like financial help and jobs and training, plus a friendly interactive forum.

For more information visit www.netbuddy.org.uk



Local carers enjoying an afternoon of fun and food courtesy of the Beaconsfield Masons. Our thanks to them for their wonderful hospitality.

We have a new telephone number. Our new number is 0300 777 2722 so please use this when you contact either of our offices. Calls will still be charged at the local rate.

Sitting Service

Crossroads offers a short break/sitting service to parents of disabled children and young people and/or their siblings. This is typically for up to three hours once or twice a month. Currently parents can contact Crossroads Care directly to access the service, though this may be subject to review.

For further information contact Crossroads Care on 01494 868107 (office hours Monday to Friday 9am to 4pm).



Young Carer Jordan McConnell (front far right) was runner up in a competition run by Project Street Life in Buckingham. Pictured here with Town Mayor Councillor Mike Smith.

Tax Credit Changes

From April the government intends to change the working tax credit rules, so that a couple will only be eligible if they work 24, rather than 16 hours a week. In order to satisfy these new rules one partner can work 24 hours or more, or a couple can share the hours - so long as one partner works at least 16 hours.

Lone parents will continue to be eligible for working tax credit so long as they work at least 16 hours a week. An exception will also be made in those cases where a couple includes a disabled worker or a worker aged 60 or above, and to some cases where one member of a couple is unable to work due to their own illness or disability.

Forgotten Families

Forgotten Families is a report by Contact a Family, based on a survey carried out last year.

Families with disabled children have the same hopes and dreams as other families. They want to see their children reach their full potential and enjoy time together as a family. However, they face an overwhelming combination of financial, emotional and practical pressures and, without information and support, find it difficult to cope and become isolated.

The impact of isolation on families with disabled children has resulted in:

- 72% experiencing mental ill health such as anxiety, depression or breakdown.
- almost half having felt so unwell that they asked their GP for medication or have seen a counsellor.
- 57% saying a lack of support means they are isolated and not able to work as much as they would like.
- 1 in 5 saying that isolation has led to the break up of their family life.

Only 16% of mothers with disabled children work, compared with 61% of mothers with non-disabled children. Although some parents of disabled children actively make the choice to stay at home to care for their child, for the vast majority of parents this is not a choice, but a situation forced upon them. Finding affordable and accessible childcare remains an ongoing problem for families with disabled children.

Many of the families responding to the survey talk about the difficulties and isolation they have experienced dealing with their child's disability, but what is clear from the survey findings is that the lack of support from statutory services, low income levels and stigma are the main causes of isolation.

Parent Carers can access support, advice and information from Carers Bucks. We are able to offer emotional support on a one to one basis or by introducing carers to other parents in similar situations. We offer practical support and advice on disability related benefits, including help with completing forms. We can help you contact statutory agencies and support you at meetings. Carers Bucks has a wealth of information on activities and groups for your disabled child and support for siblings via our Young Carers Project.

Mental Health Carers

Rights of the Nearest Relative

Nearest Relative (NR) is a legal term used in the Mental Health Act 1983. The NR has certain rights and responsibilities in relation to someone who is detained under the Mental Health Act (or 'sectioned'). Many people confuse the term Nearest Relative with 'next of kin' who might be someone different.

Only certain relations are treated as Nearest Relatives and Section 26 lists these in groups or pairs, as follows:

- husband, wife or civil partner (including a person with whom the patient has been living as for not less than six months)
- son or daughter
- father or mother
- brother or sister
- grandparent
- grandchild
- uncle or aunt
- nephew or niece.

If there is more than one person in each group or pair who could be the patient's nearest relative, the eldest will take priority.

Rights of the Nearest Relative

The person who is appointed the NR has certain rights and powers when it comes to the care of the person placed under section. These include:

• Information

The Approved Mental Health Worker (AMHP) must take steps to inform the NR within a reasonable time if their relative is to be detained under Section 2 (the 28 day section for assessment and perhaps treatment).

• Consultation

The AMHP must consult with the NR before someone can be detained for treatment under Section 3, unless it is 'not reasonably practical or would involve unreasonable delay'.

If the NR objects, detention under Section 3 cannot go ahead, unless the County Court removes the NR.

• Apply for admission

The NR can apply to the hospital managers for the person to be detained under Section 2 or 3, or in an emergency. This is a useful right if two doctors are recommending detention but the AMHP disagrees.

• Requiring assessment

The NR can require the social services department to consider whether there should be an application for admission to hospital under the Mental Health Act.

This information has been taken from Rethink's factsheet *Nearest Relative* which can be downloaded from their website www.rethink.org/living_with_mental_illness or by contacting 0300 5000 927.

Support for Mental Health Carers



Our Wycombe mental health support group meets on the 3rd Tuesday of the month at the Carers Bucks' office on Amerham Hill from 12 - 2pm. It is run jointly with the Community Mental Health Team. We have an interesting range of topics and speakers over the next few months:

21st February - Oxford Health's services in Bucks.

20th March - Carers and Confidentiality.

17th April - information on Cognitive Behavioural Therapy.

15th May - a talk by a Consultant Psychiatrist about medication.

If you would like to attend **contact Diane Dalton on 0300 777 2722; or email diane.dalton@carersbucks.org**

Our Aylesbury mental health carers' group meets on the 4th Tuesday of each month at our office in Ardenham Court starting at 7pm. It is a carer-led group and they are currently in the process of developing a programme of talks.

Contact Kate Norman for details on 0300 777 2722; email kate.norman@carersbucks.org or check our website at www.carersbucks.org

Support Groups

Find Support Online

Our online Forum continues to provide vital support to a growing number of carers. A carer recently posted this comment *“Just reading a few posts immediately makes me see how I am not alone with caring but how we all must feel pretty isolated at times”* which precisely sums up the aim of the Forum. Carers support each other and share information in a confidential and safe environment that is open 24 hours a day.

If you would like to join our online community of carers just visit our website at **www.carersbucks.org** and click on **Forum**. Registration is easy and free. If you need help getting started contact Connie Sharp at Carers Bucks. We are planning to run computer courses in the spring for carers who would like to be able to use the internet, email and skype. If you are interested let us know. (see details on back page)



Some of our Aylesbury carers at their Christmas lunch in December.

Changes to Support Groups

We are making some changes to the way we run our support groups. They will now be purely social events, rather than a mix of social and training sessions. Our reason for running support groups is to give carers a break from their caring role and bring carers together for mutual support and advice; and to have some fun! We will still book speakers for the groups but these will be on topics to do with leisure activities and interests.

Wherever possible we would like to email information to you about your local group, so do let us have your email address if you have one. We will still post information out to carers who don't use email but this won't be every month because of rising costs.

If you have any ideas about talks or activities for your group speak to the Carer Support Worker that runs it - all ideas are always gratefully accepted.

Don't forget to check our website regularly for up to date information on local and national events, support groups, job vacancies and news from Carers Bucks.

Group for Grandparents

The Grandparents' Association has set up a local support group for grandparents who have lost or are denied contact with their grandchildren. The group aims to promote and create awareness of contact issues in general and anyone experiencing these difficulties is invited to come along. It will meet on the 14th March and 18th April at 7pm at the Holiday Inn, Aston Clinton Road, Aylesbury HP22 5AA.

Contact the Grandparents' Association on 0845 434 9585 or 01296 582614.

Beads Needed

Do you have any old necklaces or bracelets that you no longer wear, or loose beads that you don't know what to do with?



Some of our groups are holding jewellery making sessions in the spring and need some materials to work with, including broken jewellery that can be mended or that can be used to create new items. Drop any items you would like to donate into our office or take them along to your next support group.

Learning & Development

We are making some exciting changes to the way we provide training for our carers. We will no longer be running ad hoc training in support groups but rolling out a planned programme that will be run throughout the county, allowing carers to benefit wherever they live. We are also replacing the word 'training' with 'learning and development' as we feel that this more closely reflects what we want to offer to carers. Below are details of some of the courses we have planned for the next few months - there will be lots more to follow.

Caring and You

Carers Bucks has developed a programme specifically for carers called Caring and You. The aim is to make a positive difference to the lives of carers by giving them the skills and information to safeguard their own health and make positive changes to their caring role. The programme consists of 6 sessions, 3 hours each. Carers are encouraged to attend all of the sessions, although there might be some individual sessions available for carers to book on to.

The first programme will run in Aylesbury starting on **Thursday 7th June**; it will be run in south of the county in September. Please see our Learning and Development Programme for more details. If you are interested in attending **contact Gill Aikens on 0300 777 2722.**

Moving with Care

Many of our carers suffer with bad backs and necks or have other aches and pains caused by moving and lifting the person they care for. It is vital that carers protect their own health and wellbeing and one way of doing this is to learn how to move someone safely and without injury to themselves.

We are running a **Moving and Handling** course on the **7th March in Wycombe** from 1-4pm. It will include transferring someone to and from a wheelchair as well as basic back care. The session will also look at individual caring situations.

For more details and to book your place call us on 0300 777 2722.

Relax!

We will be running regular sessions of seated yoga for carers in Wycombe and Aylesbury. Yoga is a gentle and relaxing exercise which will help you to unwind and take time out for yourself.



Sessions in Wycombe start in February and will take place at Pusey House from 3.30 - 4.30pm. The Aylesbury sessions are currently being arranged. **Contact Gill Aikens for details on 0300 777 2722; email gill.aikens@carersbucks.org**

Introduction to Computer Skills for Carers

Would you like to use the internet to shop around for the best insurance deal or buy books and DVDs more cheaply? Do you have relatives or friends in far off places who you would like to email or talk to (for free) on skype? You could save time and money and be less socially isolated if you had the right computer skills. We are planning an Introduction to Computer Skills for Carers course and would like to hear from you if you are interested in attending **contact Gill Aikens for more information (contact details above).**

Item Available

- **Electric wheelchair** made by Dupont. Good condition. Free to collector or a donation to Alzheimers' Society or Carers Bucks. **Contact Mrs Harris on 01895 832809 (Denham).**



CARERS BUCKS

Ardenham Court, Oxford Road, Aylesbury HP19 8HT

Tel: 0300 777 2722; Email: mail@carersbucks.org

Web: www.carersbucks.org ; Facebook: www.facebook.com/carersbucks

Registered charity number 1106745; Company number 4941481

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