

Buckinghamshire Carers

carers bucks



- **Wednesday 9th June**

Buckingham and Winslow Carers will be celebrating Carers' Week with lunch and entertainment at the Community Centre in Buckingham 10am - 2pm.

- **Monday 14th June**

Parent Carers in Aylesbury are meeting at the Healthy Living Centre in Walton Court for tea and cake from 10.30am - 12pm.

BME Carers will be taking part in a walk and a light picnic on The Rye in Wycombe. 11am from Carers Bucks office.

Male Carers will be playing golf and having lunch at the Princes Risborough Golf Club from 10am.

- **Tuesday 15th June**

Haddenham Carers will be meeting at the Haddenham Methodist Church and taking time out for themselves (over tea and biscuits) 10am - 12pm.

Mental Health Carers are being treated to a buffet lunch and a talk by a guest speaker at our office in Wycombe. 12 - 2pm.

Carers in Hospitals Information Day. We will be at Stoke Mandeville outpatient department giving information to carers who are visiting or working there. 10am - 2pm.

Stall at Amersham market where we will be giving out information and fundraising. Come and see us outside St Michael's Church.

(continued on back page).



A Young Carer enjoying time with her family at the Celebration Day at Booker Park. (See page 4 for details)

CARERS' WEEK

Once again Carers' Week is fast approaching. This year's theme 'A Life of My Own' highlights the fact that many of the things we take for granted - family occasions, holidays, social events etc - are unavailable to carers because of their caring role. Left is our diary of events organised for Carers' Week 14th - 19th June.

Join us in celebrating carers!

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NEWS FROM CARERS BUCKS

Climb Every Mountain

Chantal Busbridge, a 21 year old student (*pictured right*), is climbing Mount Kilimanjaro in July, to raise funds for Carers Bucks.

Chantal's grandmother found herself struggling to cope when she became a full time carer for her husband, who has Alzheimer's. Carers Bucks' support workers were able to help her with advice on services available, equipment and support groups, as well as being a friendly voice at the end of the phone.

If you would like to support Chantal on her epic climb visit her online page at www.justgiving.com/chantalisheranged or alternatively donate by cheque payable to: Warwick2kili – with Carers Bucks written on the back of the cheque and send this to our office in High Wycombe. (*see address on the back page of this newsletter*).

Give us Your Support

As a charity Carers Bucks is supported financially by Bucks County Council but donations and practical help from the public are vital to carry out our work supporting carers.

If you would like to support our work by making a donation, please send a cheque made payable to Carers Bucks to either of our offices. **You can also donate securely online via the Justgiving website at www.justgiving.com** - just find our page and follow the instructions.

Your donations go towards helping carers directly by, for example:

- helping carers take a holiday, when they may not have had one for many years
- giving carers a short break from their caring role to attend one of our support groups or social events
- paying for a piece of equipment to help a carer care for their loved one safely
- funding young carers on a trip to a museum or theme park to have some fun.



Sponsored Walk

As part of the 10th anniversary of the Chiltern Way, the Clare Foundation has joined with the Chiltern Society to set up the Red Kite Ramble - two sponsored walks through the Chilterns (one 5 miles the other 10 miles long) starting and finishing at the Foundation's Saunderton site.

Carers Bucks is looking for carers who would like to take part in the walk and raise funds for us through sponsorship. Friends and family could also take part, including the cared for person.

The walk takes place on Sunday 27th June. If you would like to participate please **contact Bridget for more details on 01494 463536; email bridget.gilbert@carersbucks.org**

24 Hour Support



While Carers Bucks' offices are open 9am-5pm Monday to Friday our online Forum is available to carers 24 hours a day, 7 days a week. Emotional support as well as practical advice is available from other carers with just a click of a mouse. Or you can sign up just to have a chat. The Forum is a safe and confidential place and only carers registered with us are able to join. So sign up and join in!

Go to www.carersbucks.org/forum and follow the registration instructions. If you have already registered and are having problems let us know.

NEWS FROM CARERS BUCKS

Looking for a New Challenge?

Carers Bucks is looking for people to join its Trustee Board. The Board is responsible for the overall management and direction of Carers Bucks and Carers Milton Keynes. We are particularly looking for people with skills and experience in finance, human resources, marketing, youth work, fundraising and social care. If you are a carer yourself, or have experience of caring, so much the better.

Trustee meetings take place on a weekday morning. All expenses are reimbursed.

If you would like to find out more please contact Stephen Archibald on 01296 392711 or email stephen.archibald@carersbucks.org



Laughter - the Best Therapy!

It's been a great pleasure running laughter workshops with carers' groups. I never cease to be amazed by how keen people are to let go and laugh who have such a lot in their lives to deal with.

But of course, laughter is something you can take control of, so that you can get more of it into your life. Choose funny tv instead of the news - cut out and keep comical newspaper cuttings - pass a good joke on to a friend - do a little dance with your pet - pull a face at yourself in the mirror - relive happy memories that make you chuckle. Why is it worth doing this? Let's consider the benefits.

Firstly, if you can laugh at something, you can survive it. You instantly feel bigger than the problem. Whether that's falling over in public, noticing how much bigger your bald patch has got, or deleting all your most important emails (and that's just been today!) - once you let go and laugh you're giving yourself the message that you can cope.

Second, whatever else is happening in our

Volunteer Needed

We have 2 thriving male carers groups that meet in the north and the south (and sometimes in the middle!) of the county. As we are a predominantly female organisation we would really like a male carer (or former carer) to take on the running of the Aylesbury group so that it better reflects the needs of the carers. This would involve liaising with Carers Bucks staff to arrange talks and events for the group. Any admin required would be provided by Carers Bucks staff. Again, any expenses incurred would be reimbursed. **If you would like more information contact Julia Durrant on 01296 392711; email julia.durrant@carersbucks.org**

lives, laughter clears your head. A good laugh doesn't mean that all your problems are solved or your life is perfect - but for the time that you're enjoying it, everything else disappears. You can recharge yourself, and be ready for whatever comes next.

The third great benefit is that laughter builds good relationships. We all need support and friendship - and a smile and a laugh makes us look welcoming. If we can laugh with our friends, laugh with our neighbours, and laugh with strangers in a bus queue, we'll feel more connected to the world around us.

And finally, don't forget that when you laugh deeply you make your heart beat faster, your lungs work harder, and your stomach muscles tighten. All the benefits of a trip to the gym, without even needing to leave the comfort of your favourite chair! What could be better. *"Laugh when you can"* said Lord Byron, *"it is cheap medicine"*.

Jo Eadie (Laughter Therapist)
jo.eadie@yahoo.co.uk; www.joeadie.co.uk

NEWS FROM CARERS BUCKS

In Case of Emergency

Last week we received a call on our emergency line. It was the receptionist at a local GP surgery who said that a carer had collapsed in the surgery. She had found an In Case of Emergency card and rang us to find out who they should contact as the carer's husband, who suffers with Dementia, was on his own. We linked the number on the card with the careplan, which had been completed by the carer some months earlier. We were then able to give the receptionist the contact details of the carer's daughter who was able to make arrangements for her father.

This is just one example of how ICE could help you in an emergency. We can never predict what will happen to us so it is always best to have a backup plan and this is especially true if you have someone who relies on you.

Some carers are not sure about joining the ICE scheme because they do not have anyone they can call on as a replacement carer. Carers Bucks is now working with Crossroads and Caremark care agencies to provide emergency support in the event that no replacement carers are available - up to a maximum of 48 hours.

ICE is a service free for all carers who are registered with Carers Bucks. **If you would like to join or need more details contact Ash Khan on 01296 392711; email ash.khan@carersbucks.org** (pictured below)



Giving the thumbs up for the Young Carers Celebration Day.

Family Celebration Day

Over 140 people attended our Young Carers Celebration Day on the 14th April. The day was aimed at valuing time spent together as a family so Young Carers came along with their parents, brothers and sisters. A range of activities and workshops were offered with the chance to learn new skills including Zumba dancing and origami and to practice some old ones that might have been forgotten eg painting, swimming and singing (with Erina!)

The grand finale was an interactive sharing of skills with the raising of voices and loud, mainly rhythmic, drumming that nearly took the roof off!

We learnt new things about many parents, children and the Young Carers' staff, which definitely included those who couldn't dance (that'll be me!!) and hope that everybody who attended had a memorable and enjoyable day.

We had some great feedback from our Young Carers, some of which are listed below:

Great fun, lots of variety – fantastic opportunity to try new things.

I've never had a day like this

My family loved it, thank you.

Thank you for a most fantastic day, great fun.

Great day – especially the art!

Sally Mansi

MONEY MATTERS

State Pension Age

From 6th April the age at which women can start claiming their state pension will gradually rise from 60 to 65. Women born on or after 6th April 1950 will have a state pension age higher than 60 and those women born after 5th April 1955 will have a state pension age of 65. These women will also have to wait longer to get other benefits such as pension credit, concessionary bus passes and winter fuel allowances.

From 2024 to 2046 the state pension age will rise again for both men and women – from 65 to 68. This will eventually push up the state retirement age to 68 for anyone born on or after the 6th April 1978.

You can find out your exact pension age by using the government's calculator at www.direct.gov.uk/en/Pensionsandretirementplanning

Carers who work and claim Carers' Allowance can now earn up to £100 from April - an increase of £5 per week.

Further Changes to State Pension

The way we qualify for the state pension is also changing. To get a full basic state pension you need to build up a certain number of years of national insurance contributions, called 'qualifying years'. This was 39 years for women and 44 years for men but has been cut to 30 years for both sexes. You may be able to top up your state pension by buying back missing years of National Insurance Contributions (NICs). It can be possible to significantly boost the amount of state pension you will get by paying a few hundred pounds now, although you need to have been under state pension age for the years you want to buy.

You can check whether you are likely to have a NICs shortfall by requesting a state pension forecast online at www.direct.gov.uk/en/Pensionsandretirementplanning or by telephoning 0845 3000 168.

Carers' Credits

The Home Responsibilities Protection scheme, which helped carers protect their state pension entitlement, has been replaced by a new system of National Insurance credits for parents and carers. Carers caring for 20 hours a week or more will be able to apply for Carers' Credit to protect both their basic and State Second Pension.

You could benefit if you are in one of these situations:

- You care for 20 hours or more a week but miss out on Carer's Allowance because you don't care for 35 hours or more.
- You care for someone who cannot, or refuses to, claim disability benefits.
- Where there is more than one of you caring for a disabled or ill person and someone else is getting the Carer's Allowance for that person.
- You look after several people but cannot claim Carer's Allowance because you do not care for any one of them for 35 hours.
- You are still providing a lot of care for someone who has gone into hospital or a care home, but cannot get Carer's Allowance because they don't get disability benefits, because they are in hospital or a care home.

Stay at home parents will also, for the first time, be able to build up a state pension based entirely on credits.

To claim Carers' Credit you need to be caring for one or more disabled person for a total of 20 hours or more a week where they get Attendance Allowance, Constant Attendance Allowance or the middle or highest rate of Disability Living Allowance care component; or you will need a medical or care professional to confirm that you are providing appropriate care for them.

If you think this might be you, contact the Carer's Allowance Unit on 0845 608 4321.

SERVICES AND INFORMATION

Support to Stay in Your Own Home

Anchor Staying Put Buckinghamshire is a not for profit home improvement agency, which works across the whole of the county. Their Handyperson Service provides older and vulnerable people with access to help with small repairs and minor adaptations so they can maintain their independence and quality of life in their own home.

The types of work that can be undertaken includes:

- minor plumbing work ie changing washers, replacing broken toilet seats, small repairs to leaking pipes;
- fitting locks, keysafes and security chains;
- wiring plugs and changing bulbs;
- lawn mowing, bush trimming and path clearance;
- putting up curtain poles or blinds; fitting grab rails and handrails.

They will not carry out maintenance tasks which are the responsibility of a landlord.

They charge £15 per hour or £7.50 for a half hour of labour plus you will need to pay for all materials. To be eligible you must be: over 60; be defined as a vulnerable adult eg because of a disability or illness; a person who falls or is at high risk of falling; a single parent family in receipt of income related benefits (eg Council Tax and Housing Benefit; Income Support).

Anchor can also carry out a Home Safety and Home Energy Check, complete a falls checklist (if appropriate), and refer users to other relevant services if necessary. These services are free of charge to eligible clients.

For further details contact 01628 526367 or visit www.stayingput.org.uk

Carry On Gardening

Thrive is a small national charity that helps people with a disability to start or continue gardening.



It provides practical information to make garden jobs easier, useful hints and tips and details of the equipment and tools which will be particularly helpful. It covers gardening after a stroke, with heart disease, with one hand, for the blind or partially sighted, from a wheelchair etc.

They also have a shop selling plants and gardening items as well as publications on gardening for disabled people.

Visit their informative website at www.carryongardening.org.uk or telephone for details on 0118 988 5688

Low Cost Gardening Services

Vale Volunteers runs a free or low cost gardening service for elderly or disabled people in the Aylesbury Vale area.

There is a free service available to vulnerable elderly or disabled Vale of Aylesbury Housing Trust residents. **For details contact VAHT Contact Centre on 01296 732600.**

There is also a low cost gardening service for elderly (60+) or disabled people living in the Aylesbury Vale District.

Contact Vale Volunteers on 01296 337571 for more information.

Discretely Different

This company designs and makes underwear and other clothing for men and women with disabilities or incontinence problems. All of their products have been designed as a result of requests from people with particular needs and include briefs for catheter and wheelchair users, front and side opening pants and boxer shorts.

Visit their website to see the full range of products at www.discretelydifferent.com or telephone them on 0116 238 6338 for a leaflet.

SERVICES AND INFORMATION

Caring and Telecare

Being a carer can be stressful and physically demanding. Even the strongest and most determined of us can sometimes need technology to take some of the strain. However, the choice of technology available for carers can be confusing and is changing all the time.

As well as hoists and stairlifts, homes can be fitted with sensors that detect a range of everyday problems such as an overflowing bath, a gas ring left on or the person being cared for leaving the house unannounced.

Sensors that detect such incidents are often referred to as telecare schemes and can also be specific to certain conditions. For example, sensors can be placed under the mattress of someone who has epilepsy so that their heart rate can be monitored and alerts sent to a carer,

call centre or a mobile phone if they have a seizure.

Telecare is not intended to replace people but it can support carers in many ways and make their lives, and the lives of the person being cared for, a little easier.

Carers Bucks continues to work with Bucks County Council to raise carers' awareness of telecare. Our Telecare Representative David Bone, who has been working with us for the past year, will once more be visiting support groups, answering your queries and updating you on what is available to help you in your caring role. *See our training programme for details.* We have also updated the telecare information sheet which is enclosed with this mailing.

Pamper Your Feet

Jeanette Hocking, a qualified Foot Health Practitioner, provides a toe nail clipping service for carers and the people they care for, in Aylesbury and surrounding villages. She charges £15 for the service, provides her own equipment and is able to treat people with diabetes. Her service also extends to treating corns, callouses and ingrowing toenails, although this would incur extra costs, up to a maximum of £25.

If you would like more details contact Jeanette on 01296 427706; email jhock@btinternet.com

The value of taxi tokens has increased from £60 to £90. These can be purchased for £5 in from your district council as an alternative to a free bus pass.



Male carers taking a break from shooting clay pigeons.

Stroke Clubs

Bucks Adult Social Care run a number of groups throughout the county for carers and stroke survivors. They take place in:

- Buckingham at the Well Street Centre 2-4pm (24th June; 22nd July)
- Totteridge Community Centre, High Wycombe 1-3pm (7th June)
- Amersham Community Centre every Wednesday 1.30-3.30pm

If you are interested in attending any of these groups or need help with transport **contact Debbie Bullard on 01296 633351 or email debbie.bullard@stroke.org**

CARERS AND EMPLOYMENT

Work is important for emotional, financial and social well-being but trying to juggle work and a caring role can be very stressful. However there are things you can do to help you cope.

You may find that the best (or only way) to manage is to change your work arrangements. You may also need to take leave at short notice for emergencies. Carers now have more statutory rights at work that can help to meet these needs. Employers may also be able to offer additional flexibility through their own policies and procedures.

Statutory rights for carers

The Work and Families Act 2006 and the Employment Rights Act 1996 give carers rights to help them manage work and caring, including the right to request flexible work and leave entitlement.

- **Right to request flexible working**

Flexible working can allow employees to manage both their work and caring responsibilities. Since April 2007 carers have a right to request changes to their working patterns to better manage their caring. Flexible working could include flexible starting and finishing hours, compressed working hours, term-time working, job sharing or homeworking.

- **The right to time off in emergencies**

Also known as time off for dependants, this gives all employees the right to take a 'reasonable' amount of time off work to deal with an emergency involving a dependant. Whether the time off is paid or not is at the discretion of the employer. A dependant could be mother, father, son, daughter, parent or anyone who lives with you who is solely dependent on you.

- **Parental leave**

If you have at least one year's continuous service with your employer and are responsible for a child aged under 5, or under 18 if your child is entitled to Disability Living Allowance, you are entitled to 13 weeks (unpaid) leave per child to look after a child, or 18 weeks (unpaid) leave per child to look after a disabled child.

The leave must be taken by the child's fifth birthday, or for a child who is entitled to DLA, by their 18th birthday. You must give at least 21 days' notice to your employer to take parental leave.

- **Protection from discrimination**

Under the new Equality Act employers and service providers must not treat carers differently to people who do not have caring responsibilities. For the first time carers will be protected from direct discrimination (and harassment) because of their association with people who are protected from discrimination themselves. The inclusion of this protection follows the case of Sharon Coleman who has a disabled son and who faced unfair treatment at work. The European Court of Justice ruled that treating employees less favourably because of their caring responsibilities is unlawful and that 'disability by association' should apply to British law. (The Act comes into force in October 2010)

Organisational/contractual rights

In addition to these statutory rights, your employer may offer support in other ways. This will be outlined in your contract and the organisation's policies. For example, you may be able to use leave arrangements, paid or unpaid, at the discretion of your employer to cover intensive periods of care. They may even have a carer's policy.

If you are thinking of giving up work, a career break would allow you to keep your options open, ensuring you can go back, and keeping you in touch with the world of work. Some employers offer paid and/or unpaid career breaks so check your organisation's policies.

Sometimes the support you need is very simple like access to a telephone or information and advice.

If you are experiencing problems at work or you are considering leaving work to care full-time and would like to talk to someone **contact Connie Sharp at Carers Bucks on 01296 392711 or email connie.sharp@carersbucks.org**

PARENT CARERS

Healthy Start

Healthy Start is a government initiative to improve the health of pregnant women and families on benefits or low incomes. The scheme provides qualifying families with vouchers to spend on cow's milk, fruit and vegetables as well as coupons for free vitamins.

You can join Healthy Start if you're at least 10 weeks pregnant or have a child under four AND you or your family get any one of the following:

- Income support
- Income based Jobseekers' Allowance or Employment Support Allowance
- Child tax Credit AND an annual income of £16,190 or less (2010-11).

You also qualify if you are under 18 and pregnant.

Application leaflets can be downloaded at www.healthystart.nhs.uk or call 0845 607 6823 for more information.

Support for Families Living with Cerebral Palsy

Would you be interested in a new support group for families who have children with cerebral palsy?

I am a mum of a little boy with cerebral palsy and would love to get together with other families every now and again for support, someone to talk to and to meet other people in the same situation as myself.

We have a new Surestart Children's Centre opening in September in Hazlemere and they are keen to give us some time there ... a Saturday morning for a couple of hours once a month.

Do you think this is a good idea?
Would you be interested?
Any ideas let me know.

**Contact Nicki on
07786 985434**



Saturday Club for Teens

Crossroads Care runs a Saturday Club for 13-19 year olds with special needs at Booker Park School in Aylesbury (mornings only) and at Maplewood School in High Wycombe (morning and afternoons). Sessions cost £4 per session.

Contact Crossroads on 01494 868107 for more details.



Families making lots of noise together at our Celebration Day in April.

Help with DLA Forms

The Pension Service is able to help families with DLA forms in their own home. The referral to the Pension Service needs to come from the the Disability Living Allowance Unit. **Contact them on 0800 88 22 00** and ask for a referral for a home visit. Please note that there maybe a long wait so book your appointment well in advance.

The Rainbow Club

Rainbow Club is an after school club set up by the National Autistic Society for children aged 4 -11 with a diagnosis of ASD. Children are accompanied to the club by their parents/ carers and siblings, which enables children with ASD to have fun in a safe environment, while allowing parents to socialise.

Rainbow Club runs on a Monday evening from 5-7pm at Westfield School, Bourne End.

For further information contact Aarti Ramachandran, Project Manager on 07825 720 736.

MENTAL HEALTH SUPPORT

Wycombe Support Group

Our mental health group will continue to meet at our office in Wycombe following a recent review. Carers supporting someone with mental illness are welcome to come along from 12 -2pm (with their lunch) and meet carers in a similar situation. We have a number of talks coming up:

15th June - Carers' Week - buffet lunch provided + guest speaker.

20th July - Dr Sophie Johnson, Consultant Psychiatrist talking about medication.

17th August - Elizabeth Burton-Phillips talking about the charity DrugFam, which supports families struggling with addiction.

21st September - '*Conquering Anxiety - Not Letting Risk Rule*' talk by Joy Janetta and Chris Clark from OBMH.

Contact Julie May if you need further information on 01494 463536; email julie.may@carersbucks.org

Aylesbury and Buckingham Groups

Our **Buckingham** mental health group gives carers, who live in the very north of the county, the opportunity to discuss their caring role in a safe environment.

Forthcoming meetings are on **23rd June** and **21st July starting at 10.30am in the Mezzanine Room, Buckingham Centre** (Verney Close, Buckingham MK18 1JP). Please join us!

The **Aylesbury** group meets on the **last Thursday of the month at 7pm** at our office in Ardenham Court. Future meetings are:

24th June - Psychosis

29th July - Communication Skills

26th August - Sharing and Eating and

30th September - Meet the Professional.

For further information contact Jenny Churcher on 01296 392711; email jenny.churcher@carersbucks.org

Access to Counselling

Carers Bucks is working with Healthy Minds to provide carers with easier access to counselling, and in particular cognitive behavioural therapy. Once a week a counsellor from Healthy Minds, which is Bucks PCT's service for people with common mental health problems, will be available at our office in Aylesbury for people to access up to 6 sessions of counselling.

Referrals to the service are via your GP, other professionals involved with you (including Carers Bucks), Job Centre Plus or you can self refer by ringing 0844 225 2400.

Further details on Healthy Minds visit www.healthymindsbucks.nhs.uk

Information on Psychosis

The website mentalhealthcare.org.uk aims to provide reliable and up to date information for family members and friends of people who have psychosis. The information is based on the results of research carried out to learn more about the causes of psychosis and to develop better treatments or improve existing ones.

The site has been developed by a number of mental health organisations including the Institute of Psychiatry and Rethink.

Visit www.mentalhealthcare.org.uk

Depression Alliance

One in five people in the UK suffer with depression. The Depression Alliance works to relieve and prevent this treatable condition by providing information and support services. They run a number of self-help groups throughout the country, although there are none in Buckinghamshire. If you are interested in starting a group contact us and we will see if we can help.

For more information on the Depression Alliance visit www.depressionalliance.org or call them on 0845 123 23 20 for an information pack.

SUPPORT GROUPS

New Start for Princes Risborough

Carers Bucks once again has a regular carer support group meeting in Princes Risborough. The venue has been changed to the Chapter House, behind St Mary's Church but the time stays the same - first Monday of the month from 10am -12noon. The programme for the next few months includes:

7th June – Colours for You

5th July – Herbs & Food for Health

2nd August – Walk, Talk & Tea

6th Sept – Dreams & their Meanings.

For further details contact Julia on 01296 392711; email julia.durrant@carersbucks.org

Support for Amersham Carers

Our carer group in Amersham meets at the Free Church in Woodside Road from 10am -12pm on the third Monday of the month.

In June Debbie Bullard from the Stroke Association will be talking to the group about the long term care and support for stroke sufferers. In July we will hear from Karen Young, a bereavement counsellor, on understanding grief and loss. August will be a tea and talk session for those who are not off on their holidays.

All local carers are very welcome!

Contact Pam Radclyffe on 01494 463536; email pam.radclyffe@carersbucks.org if you would like further details.

Aylesbury Group

A reminder that our Aylesbury carers' group meets every second Tuesday of the month at our office in Ardenham Court. Our talk on 8th June is on guilt prevention and safeguarding and on the 8th July we will hear about The World of Dreams. The group runs from 11am-1pm.

Contact Voni on 01296 392711 for details.

Supporting BME Carers

If any carers from the Black and Minority Ethnic community would like us to arrange a talk on 'colours that suit you' please let us know. We are also planning to run sewing classes in Aylesbury in September to make Asian clothes - in your best colours!

We will be starting yoga sessions in Aylesbury for female carers from the BME community after Ramadan.

If you are interested in any of these please let Ash Khan know on 01296 392711.

We are also planning to run exercise classes for the BME community in High Wycombe in September. The classes are a joint venture with Adult Learning to encourage Asian women to become more active and lead a healthier lifestyle. The classes will consist of light pilates exercise and advice on dietary health.

If you would be interested in attending these exercise classes contact Rukhsana on 01494 463536.



Getting crafty at the Celebration Day.

Haddenham Group Relunched

We have relaunched our Haddenham group which now meets in the Methodist Church Hall (in the High Street) every fourth Monday of the month 11am -1pm. Forthcoming talks include:
28th June - Learning to Say No.
26th July - Walk, Talk & Tea
23rd August - the Pharmacy in Your Kitchen
27th September - Looking after Your Back & Elk Cushion Demonstration.

We look forward to seeing you there.

Contact Julia 01296 392711; email julia.durrant@carersbucks.org for details.

TRAINING AND EVENTS

Stroke, Relationships and Rehabilitation

What happens after a loved one has had a stroke? How does that affect relationships and how can rehabilitation help?

These, and other issues, will be covered by Roseanna Brady, a Health Psychologist at a talk for carers of someone who has had a stroke. This takes place on **Tuesday 22nd June at our office in Ardenham Court in Aylesbury 10.30am-12.30pm**. Please let us know if you would like to attend.

Contact Voni on 01296 392711; email voni@carersbucks.org

Taking Care of Your Back Using the Elk Cushion

Come and see how this emergency lifting cushion (nothing to do with a large deer!) can lift a person who has fallen, simply and safely, minimising moving, handling and transfer risks. And taking care your back.

This takes place on Wednesday 21st July from 10.30am -12.30pm at Ardenham Court in Aylesbury. Let us know if you would like to attend. **Contact Voni as above.**

Items Available

Basket chair commode in very good condition. £50 ono. **Contact Mrs Needham 01494 862602.**

Heavy duty Tetra Roadmaster mobility scooter with charger and outdoor cover. £75 ono. **Contact Mrs Smith on 01494 784289.**

Wooburn Compact Motorised Riser Recliner Chair. 4 year guarantee, only used for 2 months. Cost £814 will accept £400 ono. **Contact Mrs Morris on 01494 713467 or via Carers Bucks.**



Diary

- **Wednesday 16th June**

Market Stall in Aylesbury raising the profile of carers, complementary therapies and a tombola. Come and support us! 10am - 4pm.

Information stand at All Saints Church, **Wycombe** 12 - 2pm.

- **Thursday 17th June**

Exploring How We Communicate - a joint event with OBMH for mental health carers in Aylesbury 12.30 - 3pm (places must be booked).

Cream Tea at the Chair Museum in Priory Road, Wycombe 2 - 4pm. (Places must be booked).

- **Saturday 19th June**

Young Carers Barbecue at RAF Halton for young Carers and their families. Invitation only.

Carers Information Event at the MS Centre at Halton including taster complementary therapies. 11am - 3pm

For further details on any of the above events contact Carers Bucks.

Viola Alternating Air Pressure Relief Cushion. Suitable for medium to high pressure relief ulcer treatment. Pump included. Never used. £125. **Contact Mr Blackburn on 01494 764537.**

Lifeline 400 Alarm Unit with pendant. 2 years old. Compatible with the Wycombe District Council system. £40. **Contact Mrs Best on 01628 483967.**

CARERS BUCKS

Aylesbury: Ardenham Court, Oxford Road, Aylesbury HP19 8HT Tel: 01296 392711

Wycombe: 9 Amersham Hill, High Wycombe HP13 6NR Tel: 01494 463536

Email: mail@carersbucks.org Web site: www.carersbucks.org

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