

CarersNews

The newsletter of Carers Bucks

Spring/Summer 2016



Health & Wellbeing

New Carers Choir In Bucks!

New Services and Events

Carers Week 2016

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Families and Carers Together in Buckinghamshire

Do you have a child or young person with Special Educational Needs?

Have you experiences to share of speech and language, occupational or physio therapies? Have you sought an Education, Health and Care plan or been involved in the transfer from a Statement or Learning Disability Assessment?

If so, we need to hear your experiences.

FACT Bucks is a voluntary group of parents and carers who work on behalf of all the families and children with Special Needs and/or Disabilities to ensure that decisions made in Buckinghamshire, affecting us all, are made with our needs in mind. With the current planned reductions in spending we need to make our voice heard as loudly as possible.

As the official "Parent Carer Forum" in Buckinghamshire, we work with the County Council and Health bodies across a range of subjects including the SEND reforms; the re-commissioning of therapies; the strategies relating to Behaviour, Inclusion and Autism; Short Breaks; the Local Offer and Home to School Transport review.

Remember that you are not alone: there are over 3,000 children with extra needs in Bucks. The more parents who contribute to or become members of FACT Bucks, the more experiences we can share to provide background to our contributions. It is free to join. To find out more about our work take a look at our website www.factbucks.org.uk or email Ena Smale at admin@factbucks.org.uk

Meet the Team...

Chief Executive
Stephen Archibald
Finance Manager
Kirstie O'Sullivan
Adult Carers Service Manager
Ann Whiteley
Young Carers Service Manager
Sally Mansi
Communications Manager
Hayley Mountstevens
Community Fundraising
Sandy Briscoe
Beth Sawyers
Carers Hub Co-Ordinator at Stoke Mandeville Hospital
Carol Aspinall
Adult Carers Support Worker - GP Clinics
Lucy Martin

Young Adult Carers Project Lead
Sarah Collin
Carers, Family & Friends Support Service for Drug & Alcohol Misuse
Julie Fincham

To see details of the full Carers Bucks team visit
www.carersbucks.org

Carers Bucks
Ardenham Court
Oxford Road
Aylesbury HP19 8HT
Tel: 0300 777 2722
Email: mail@carersbucks.org
Facebook:
www.facebook.com/Carersbucks
Twitter:
@CarersBucks

Advertising
Laurence Rowe
Telephone: 01536 526662

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Foreword from the Chief Executive



Welcome to the Spring/Summer issue of Carers News. It's been a busy few months, which have seen a continued increase in the number of adult and young carers which we support as well as the launch of some new services at Carers Bucks. Carers' health and wellbeing continues to be central to the work we do, with research showing that caring for others can have a big impact on a person's health and wellbeing. If you are a carer, you are more likely to be in poor health – both physically and mentally – than people without caring responsibilities.

We are encouraging carers to visit the Carers Clinics at GP surgeries which we currently run in the south of the County, and for carers to register as a carer with their GP so it can be added to their medical record. On P. 07 of this newsletter you will find a tear off section which you can complete and take along to your GP and they will register you as a carer.

Continuing with our GP work, we are really excited to soon be launching the "Investors in Carers GP Standard" here in Bucks, which will recognise those GP practices which are making good progress in their support of carers.

Our work with supporting young carers continues, and in January we celebrated *Young Carers Awareness Day* with our Young Carers in Schools' Awards, which saw 15 primary schools being awarded for their commitment to supporting and identifying young carers within their school. The event was a great success with over 120 young carers attending and the Mayor of Aylesbury presenting the awards.

Our 'Same Chances' project aimed at 16 – 25 year olds with a caring responsibility is now up and running and enables us to offer support and advice to young people in their transition into adulthood including access to higher education and employment, whilst continuing to provide unpaid care for a family member at home. Find out more on P.15.

We are also excited to announce that Carers Bucks will soon be launching its first Carers Discount Card, giving carers up to 20% discount off a variety of local shops from food & drink to leisure and transport, including some well-known names such as Frankie & Benny's and Haven Holidays. Further details on how carers can register for the card will soon be available.

Date for the diary! Carers Week takes place during 6th – 12th June 2016 and we will be organising a number of events for carers in Bucks – see P.5 for details. Further information will soon be available.

Remember that if you know a carer who might benefit from our help then do encourage them to contact us or visit our website www.carersbucks.org

Stephen Archibald
Chief Executive
Carers Bucks and Carers MK
stephen.archibald@carersbucks.org
@StephenArchibald

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NEWS FROM CARERS BUCKS

Farewell to Marian Smedley

We are sorry to announce that Marian Smedley, who has been a Young Carers Support Worker at Young Carers Bucks for over nine years will be leaving. Marian has been a fantastic and dedicated member of the team and we are sorry to see her go.

Good luck Marian!



Carers Choir Launches in Bucks

We are delighted to announce that Carers Bucks has launched its first Carers' Choir, and after a fantastic first session, we will be meeting on a regular basis. If you love to sing, enjoy meeting new people or just want to try something new, then why not give it a go? The sessions are free to attend and carers of all ages are welcome.

Please join us on the 1st and 3rd Tuesday of each month at the Chalfont St Peter Community Centre, Gravel Hill, SL9 9QX. Arrival from 10.15am for coffee and chat followed by singing from 10.45am – 11.45am.

The Carers Choir is run in conjunction with Chiltern Music Therapy.

For further information, please contact Laura Troll on **0300 777 2722** or laura.troll@carersbucks.org



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Carers Discount Card

We are really pleased to announce that Carers Bucks will soon be launching its first Discount Card for unpaid Carers living in Bucks. The card will give carers living locally up to 20% discount across a wide range of retailers from food & drink and leisure, to health & beauty and transport. Some well-

known businesses have already signed up to the card including Frankie & Benny's and Haven Holidays.

For more information about how you can register for the Carers Discount Card please send an email to beth.sawyers@carersbucks.org or call **0300 777 2722**.

NEW Ambassador for Carers Bucks!

We are delighted to announce that singer Tom Cary has become an Ambassador for Carers Bucks. Tom is a superbly established singer, songwriter and performer whose musical endeavours have been wowing crowds and celebrities alike over the last decade.

His incredible talent has led him to be awarded the title of 'The Voice of Bucks' with the late Sir Terry Wogan himself describing Tom as "truly amazing" and the BBC naming him "One of the Country's best singers".

We are looking forward to having Tom on board as our new ambassador.

To find out more about Tom Cary visit www.bestofbuble.co.uk



SAVE THE DATE!

Please find below some upcoming dates for your diaries for 2016

Carers Week 6th – 12th June

This year Carers Week is all about Building Carer Friendly Communities and we will be organising a number of events for carers in the north and south of the county including:

6th June
Coffee & Cake for the Wycombe Carers Learning Disability Support Group. New members always welcome!

7th June
Crème Teas for carers with a performance from the Carers Choir at Chalfont St Peters Community Centre.

8th June
The BAME support group from Wycombe will be joining the BAME group at Carers Bucks in Aylesbury for a sewing class – all carers are welcome to bring another carer along to this event

8th June
Working carers group will be meeting in the evening in Aylesbury (further details will be available soon)

9th June
Financial advice session at Universal Care in Beaconsfield

10th June
Pampering and Bake Off competition at Carers Bucks Ardenham Court offices

Further details about all these events taking place during Carers Week will soon be available. Contact **0300 777 2722** for details.



Universal Care 30th Birthday and Carers Week 2016

We are delighted to have been selected as one of the local charities who will benefit from Universal Care's 30th Birthday celebration. Carers Bucks will be hosting an event for carers at Universal Care in Beaconsfield on Thursday 9th June. At the end of Carers Week (6th – 12th June), Universal Care will make a generous donation of £1,000 to Carers Bucks!

Further details about the event and Carers Week will be available.



Carers Bucks Ball 8th October 2016

We are pleased to announce that Carers Bucks will be hosting its first fundraising ball in Bucks on Saturday 8th October 2016 at Chartridge Lodge in Chesham.

Tickets will be priced £45 and will include a three course meal, entertainment from Tom Cary (Voice of Bucks) singing songs from Michael Bubl , Dean Martin & Frank Sinatra, auction and raffle.

For further details contact Sandy Briscoe on **0300 777 2722**.



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HEALTH & WELLBEING



GP Clinics

We have been working with eight GP surgeries in the south of the County offering a free health and wellbeing check for carers. So far we have seen 300 carers, 100 of which are new referrals to Carers Bucks. So far the feedback we have received from carers who have attended the clinics has been very positive. We are currently working with the surgeries to develop ways of identifying previously unknown carers, with the intention of being able to expand upon the surgeries' existing carers registers.

We recently ran a successful Carers Information Event at Amersham Health Centre, where carers were able to find out about the services Carers Bucks can offer, learn more about Carers Clinics, find out how their GP practice can support them in their caring role and also a chance to see a Telecare demonstration.

So far we have seen 300 carers, 100 of which are new referrals to Carers Bucks

A Carer's Story Kay Whitnell

As a Carer who has had the benefit of assistance from the Carers Hub, I cannot praise it too highly.

Caring is something that sometimes comes to us as a gradual process, perhaps caring for a loved one who is chronically sick and we accept this role along with all the other daily tasks.

But sometimes becoming a Carer is thrust upon us, virtually overnight, if say a loved one suddenly becomes sick or is taken into hospital as an emergency.

It's at times such as this we may be thrown into a real quandary. Asking oneself 'what happens now? What do I do next? Where do I go for help?'

And until recently one could be left wondering. There were no obvious places to which one could turn.

I have first-hand experience of this. My husband who was suffering with dementia had a fall resulting in a bleed on his brain. Having been taken to hospital as an emergency we were then faced with what course of action could be taken.

At this stage I was fortunate enough to meet the very caring Carol Aspinall who had just commenced the work of the Hub. She was able to assure me that Carers Bucks Hub was there to answer my questions and to offer sound advice and direction. This was so reassuring at such a tense time.

Bill was eventually admitted to a ward, was there for 6 weeks during which time his condition deteriorated causing my family and I not a little concern at the quality of care. I was able to ask Ms Aspinall to check on Bill in the times I was not allowed to be there.

This was a great reassurance.

When the hospital Discharge Team requested a meeting with me I called on the help of the Hub again to help argue my case for further care for my husband who was now in a very poor way. This assistance was gladly and expertly given, helping me argue my case, resulting in an acceptable care package.

That something like the Hub has not been in place before now seems amazing, as it is so obviously a service long overdue. It fills a vital role. Long may it continue.

Volunteers needed!

We are currently looking for volunteers to support our Carers Hub Co-ordinator within the hospital. The volunteer role includes

- Welcoming Carers to the Hub and listening to their needs in a sensitive and supportive way. The role will involve some record keeping or note taking to enable the volunteer to inform the Co-ordinator about the carers needs.
- Having a presence in the wards to raise the profile of the Carers Hub, speaking to staff and others as appropriate. The role will require a sensitive and respectful approach.

You will need to be available for a 2 hour session each week between 3 – 5pm.

Please contact Julia Durrant on julia.durrant@carersbucks.org or call 0300 777 2722.

A Carer's Story Julie Murphy

I have been caring for my partner Matthew for over 20 years and for most of this time he has had difficulties which have left him unable to cope with the everyday pressures of life. Within two years of being together he was diagnosed with clinical depression, anxiety and Obsessive Compulsive Disorder. Following a request by his psychiatrist to have an MRI scan, it was discovered he had a massive brain tumour. Due to where the tumour was it meant that he completely lost his hearing and facial nerve on his right side. I had to become his full time Carer and stop working for some time. Matthew has also contracted meningitis twice, and it was discovered he was leaking cerebral spinal fluid since the surgery to remove the brain tumour. This has left him with chronic fatigue and a further need for care and support.

I have worked for many years (13) as a specialist teacher in a Pupil Referral Unit in North West London. It has been very difficult and frequently demanding both physically and emotionally. Due to some stressful experiences at work following a team re-structure, it was my health that began to suffer and I was unable to return to work and signed off with stress (PTSD).

I have not come across such a good service being offered to

carers as the one here in Bucks, in fact I think it is the only one I have ever been included in. I was invited to a Carer's event at my GP surgery where Carers Bucks introduced the service. From this I attended a carer's clinic and had the opportunity to have my own health checked, and met with a member of the Carers Bucks team who gave me some good advice. They also told me about the Carers Fund which I applied for. This payment will hopefully be used to pay for Tai Chi lessons and hopefully Yoga. I have also received some useful benefits advice regarding our financial situation. I am so grateful for their time and support.

Carers Bucks has tried to cover all the areas of health and wellbeing as well as offering financial, legal and career advice. The medical checks are an excellent idea and help ensure that carer's health problems or potential health problems are much less likely to slip through the net. This enables them to get early help and treatment for things which they may ordinarily neglect or overlook because they are just too busy or too focused on their partner to notice. I myself have had great use from the service in a relatively short space of time.

20 years of caring has been a constant struggle, physically, emotionally, financially and



Carers Hub at Stoke Mandeville Hospital

Our Carers Hub at Stoke Mandeville is now seeing over 60 carers each month since its launch last June, and we have identified over 280 new carers. Our Carers Hub co-ordinator is able to meet carers in all areas of the hospital and is working with hospital staff to identify carers who can benefit from our service. The Carers Hub is located on Ward 8.

socially. We move on from one crisis to the next, I think they call it 'fire-fighting.' None of it is easy. You end up saying 'What next?' and 'Why me?' and then you feel guilt because it is not about 'You' but your partner, who is actually having to cope with even more. It is easy to forget the one who 'sorts everything out' though.

As a carer, you forget yourself too. You don't even think about your own needs. You don't know what you want any more, or if you are well, unwell, happy or sad. This is why getting support as soon as you start caring is so important and making sure you look after your own health.

Make sure you register as a Carer and complete your details below, cut out and take to your GP Surgery so they can register you as a carer

Please register me as a carer at

Name..... Contact Phone no.....

Nature of caring role

Signature..... Date of Birth Date.....

Health Passport

FREE for anyone with a learning disability in Bucks (over 18 yrs). A new and updated Health Passport is now available and free for anyone with a learning disability living in Bucks (over 18 years old).

The Health Passport is a communication book which provides lots of important information about your health and other things that are important to you. For example, it can include lists of what a person likes or dislikes, from how they like to take their tablets to what is their favourite drink. This will help all health staff know how to make the person feel comfortable and provide the best service they can.

You should take it with you to all your health appointments and when you go into hospital. It helps all health staff to deliver a better service.

The new Health Passport will now contain a Hospital Accident and Emergency Grab Sheet which is stored at the front of the Health Passport.

This has been designed to help the nurses and doctors in A&E understand your needs when you go to hospital in an emergency.

When you go to hospital staff in A&E will look at this form. The staff may take the form and put it in your hospital notes so other doctors or nurses can help.

Please ask your care provider, key-worker, next of kin or anyone that helps you with your health to help you fill out the Grab Sheet and the Health Passport.

Please ask your care provider, key-worker, next of kin or anyone that helps you with your health to help you fill out the Grab Sheet and the Health Passport.

To receive a copy of the Health Passport contact Alex Britton at Talkback: Tel: 01494 434448 / 07590 046105 or email alex.britton@talkback-uk.com



Staying Healthy!

Caring for someone can be really rewarding but it can also be very tiring, putting a lot of demand on your physical and emotional energy. When you are simply coping day to day and responding to the needs of others, it's easy to forget your own health needs.

Research has found that caring for others can have a major impact on a person's health and wellbeing. If you are a carer, you are more likely to be in poor health – both physically and mentally – than people without caring responsibilities. Here are a few tips on to staying healthy – both physically and emotionally:

- **Eat healthily** - eating a balanced diet is essential to provide your body with all the nutrients it needs. A balanced diet will keep your body strong and give you enough energy to provide the best care for the person you are caring for and yourself.
- **Register as a carer with your GP** - As soon as you begin caring (or if you are already a carer, as soon as you can) tell your GP that you are a carer. This can be recorded on your

medical records. Make time for your medical appointments and attend regular check-ups and screenings. If you have not seen your GP for some time, why not arrange a health check?

- **Seek advice and support to help you in your caring role** – Carers Bucks runs regular support groups in and around the County covering all caring situations – see P.10 & 11
- **Make sure you get regular exercise and look after your back** – visit our Back Pain Guide at www.carersbucks.org/back-pain-guide/ for information on caring for your back.
- **Take a break when you can** - When was the last time you gave yourself a break? There are different ways in which you may take a break as a carer. Visit Carers UK website www.carersuk.org/help-and-advice/health/looking-after-your-health/taking-a-break for further information

For further information on looking after your health visit www.carersuk.org/help-and-advice/health or visit www.carersbucks.org



Volunteer with Carers Bucks

Volunteering is a great way to meet new people and learn new skills. There's also the satisfaction of knowing that you're doing something useful and worthwhile. It should also be fun!

You can volunteer as much time as you want, although we do ask for a minimum of 1–2 hours a month. You can choose the type of role you want at a time to suit you.

All volunteers are reimbursed for approved out of pocket expenses such as travel and are given an induction and ongoing training and support by a staff member.

If you are interested in volunteering for us and would like to have an informal chat to find out more, please contact our Volunteer Co-ordinator Julia Durrant by email julia.durrant@carersbucks.org or calling 0300 777 2722.

Time Credits



By being a volunteer, you can receive time credits as a thank you for giving your time. You can 'earn' one time credit for each hour of volunteering and they can be 'spent' in lots of places including local sport centres, theatres, adult learning courses as well as further afield places such as the London Eye and the Tower of London. If you wish you could take a number of time credits with you to spend on your family. You can use time credits how you want, there are no restrictions or expiration dates. You do not have to use them yourself, you can give them away to friends and relatives.

Here are a few of our current volunteering opportunities:

High Wycombe Volunteer Admin Assistant

We are looking for a volunteer to help provide administration and clerical support to the Carers Bucks team in High Wycombe. Duties would include general admin support, data inputting, mail outs and clerical support. Flexible times to suit you.

Volunteer Drivers for Young Carers Clubs and Activities

Aylesbury and Wycombe We urgently require volunteer drivers for young carers – can you help?

Volunteer drivers allow our young carers to attend the club nights and outings provided by Young Carers Bucks, giving them a chance to have some fun and spend time away from their caring role.

Your role is simply to collect and drop off young carers at the club nights' venues in Aylesbury and Wycombe, which take place on Thursdays after school, or drop off at outing collection points and groups during school holidays.

Young Carers Bucks will reimburse your out of pocket expenses at 35p per mile. Applicants need to be over 21 years old and have a clean drivers licence. A DBS check will be required for all those working with young people.

Volunteer Activities Assistant

High Wycombe This volunteer role includes helping with young carers activities which usually take place after school and during school holidays (including food preparation, after Food Safety Training).

You would be required to help with outings and with games/craft activities during club meetings. You will be working with other volunteers and staff members to ensure the smooth running of meetings and outings.

You would need to be available some evenings and during some days during school holidays for activity days with young carers.

Marlow Carers' Support Group

We are looking for a volunteer to help support at the group at Brooke Furnston Place, Little Marlow Road, SL7 1GN. The support group is well attended and we are looking for a couple of locally based volunteers to help this group run more smoothly. The group meet on the second Tuesday of each month from 10am - 12pm.

To apply for any of our volunteering opportunities please contact our Volunteer Co-ordinator Julia Durrant by email julia.durrant@carersbucks.org or by calling 0300 777 2722.



SUPPORT GROUPS April - August 2016

Support Groups	Date/Time	April	May	June	July	August
Amersham Amersham Free Church (Carey Room), Woodside Road, Amersham, HP6 6AJ	3rd Monday 10.00am-12.00noon	Amersham 18th April Open House Coffee Morning - bring those you care for	Amersham 16th May Wills, inheritance tax and POA with Jaquiline Almond	Amersham 20th June Fire Safety - Kate Watson	Amersham 18th July No Speaker - how we all find ways to entertain those we care for.	Amersham 15th August
Aylesbury Carers Bucks office - Aylesbury	2nd Tuesday 11.00am - 1.00pm	Aylesbury 12th April REMAP	Aylesbury 10th May Stress Relief and Coping Techniques Sally Hearn	Aylesbury 14th June TBC	Aylesbury 12th July Safeguarding	Aylesbury 9th August
Aylesbury MH Carers Bucks office - Aylesbury	Last Thursday 1.30pm-3.30pm	Aylesbury MH 28th April	Aylesbury MH 26th May	Aylesbury MH 30th June	Aylesbury MH 28th July	Aylesbury MH 25th August
Aylesbury LD Carers Bucks office - Aylesbury	1st Thursday 10.30am-12.30pm	Aylesbury LD 7th April	Aylesbury LD 5th May	Aylesbury LD 2nd June	Aylesbury LD 7th July	Aylesbury LD 4th August
Beaconsfield The Parish Hall at St Teresa's Church 40, Warwick Road, Beaconsfield, Bucks HP9 2PL	1st Thursday 1.30pm-3.30pm	Beaconsfield 7th April Safeguarding	Beaconsfield 5th May Medical Detection Dogs	Beaconsfield 2nd June Outing	Beaconsfield 7th July Meal Out	Beaconsfield 5th August
Burnham The Youth Centre, Minnicroft Road, Burnham, SL1 7DE	last Friday 12.00noon-2.00pm	Burnham 29th April Fire Safety Kate Watson	Burnham 27th May Nutritionist Waiting to confirm.	Burnham 24th June Chocolate with Anne from Auberge du chocolat	Burnham 29th July Hickenham Farm Lunch	Burnham 26th August
Chesham Chesham Town Hall, Chesham, Buckinghamshire, HP5 1DS	third Wednesday 1.30pm-3.30pm	Chesham 20th April Safeguarding	Chesham 18th May Oral Hygiene Julie Ailward Bucks healthcare	Chesham 22nd June Carers Group trip to Chartridge Conference Centre for afternoon tea (need to pay a contribution)	Chesham 20th July Mindfulness	Chesham 17th August
Denham St Marks Hall, Green Tiles Lane Denham Green UB9 5LF	last Tuesday 2.00pm-4.00pm	Denham 26th April Oral Hygiene	Denham 31st May Tai Chi Catherine - Tai chi in the chilterns	Denham 28th June Crème tea and memorabilia	Denham 26th July Medical assistance dogs	Denham 30th August
Haddenham Haddenham Medical centre, HP17 8JX	2nd Monday 1.30pm-3.30pm	Haddenham 11th April Emergency Planning Refresher, fish scheme, and Carol Aspinal from the Hub at Stoke Mandeville	Haddenham 9th May Fire Safety (needs confirming)	Haddenham 13th June Afternoon Tea @ Haddenham Garden centre	Haddenham 11th July Safeguarding	Haddenham 8th August
Iver Heath St.Margarets Close, Iver Heath, Bucks SL0 0DA	4th Wednesday 10.30am-12.30pm	Iver Heath 23rd April Safeguarding and Crème Tea, oral hygiene	Iver Heath 25th May Fire safety	Iver Heath 29th June Nutrition	Iver Heath 28th July Entertaining the people we care for - how to stay positive	Iver Heath 24th August
Male Carers Various locations	usually last Tuesday	Male Carers 4th April Fire Station Visit Gardening - preparing for Summer.	Male Carers 31st May Trip to Hughenden Manor. Carers to pay contribution	Male Carers 28th June Golf	Male Carers 26th July Boat Trip	Male Carers 30th August
Marlow The Community Lounge Brooke Furnston Place, Little Marlow Road, Marlow, SL7 1GN	second Tuesday 10.00am-12.00 noon	Marlow 12th April safeguarding awareness	Marlow 10th May Medical Detection dogs	Marlow 14th June Afternoon Tea	Marlow 12th July Trip to Toad Hall Garden Centre	Marlow 9th August
Wendover The Wendover Library, High Street, HP22 6DU	second Thursday 1.00pm-3.00pm	Wendover 14th April	Wendover 12th May	Wendover 9th June	Wendover 14th July	Wendover H2111th August
Wycombe Pusey House, 9a Amersham Road, High Wycombe, HP13 6PN	third Friday 10.00am-12.00noon	Wycombe 15th April Finances	Wycombe 20th May Safeguarding	Wycombe 17th June Coffee Morning	Wycombe 15th July	Wycombe 19th August
Wycombe LD Wycombe Office	First Monday 10.00am-12.00noon	Wycombe LD 4th April	Wycombe LD 2nd May	Wycombe LD 4th June	Wycombe LD 4th July	Wycombe LD 1st August
Wycombe MH Telephone Exchange, 16-18 Easton Street High Wycombe Bucks, HP11 1NR	Third Tuesday 12.00noon - 2.00pm	Wycombe MH 19th April	Wycombe MH 17th May	Wycombe MH 21st June	Wycombe MH 19th July	Wycombe MH 16th August
Young Onset Dementia Jackson Court, Hazlemere, High Wycombe, Buckinghamshire, HP15 7TZ	second Tuesday 10.30am-12.00noon	Young Onset Dementia 12th April No Speaker	Young Onset Dementia 10th May Julia Durrant Massage Skills	Young Onset Dementia 14th June Nutritionist Talk from Bucks Healthcare	Young Onset Dementia 12th July No Speaker	Young Onset Dementia 9th August

FUNDRAISING & EVENTS



Fundraising Spotlight

Mark Willis

We are going to use our new Fundraising Spotlight section to recognise an individual or organisation for their commitment to helping raise funds for Carers Bucks.

Our first Spotlight dedication goes to Mark Willis, for his fantastic ongoing support of Carers Bucks. Mark has recently competed in a number of running challenges to help raise funds for us including the Bupa London 10k and the Dirt Run Half Marathon in Leighton Buzzard – a really tough challenge in the rain! To date, Mark has raised over £1000 for Carers Bucks and will also be taking part in the Race to the Stones 100k challenge in July as part of the Carers Bucks team.



Fundraising continues to go from strength to strength at Carers Bucks with our fundraising team working hard at raising vital funds for young and adult carers in Bucks. We continue to receive some fantastic support from local people and organisations who have generously raised and donated significant funds for Carers Bucks.

We would like to thank the following for their ongoing support:

- Aylesbury Tennis Club who raised £628 for Young Carers at their tennis tournament in January.
- Holmer Green Church for their £217 donation for Adult Carers - the funds will be used to provide outings and events for carers in the Chiltern and Wycombe area.
- Gregg Sneddon and Lynne Dawson for raising £1150 at their Burns night event in January.
- Mark Willis and David Norris for taking part in the recent Dirt Run Challenge for Carers Bucks. We really appreciate their hard work and support in completing the challenge, and raising over £1,186!
- Customers at Tesco and Morrison's stores in Aylesbury – we raised over £1062 at our recent bucket collections at both stores.

If you would like to get involved with fundraising for Carers Bucks then we would love to hear from you! Contact our fundraising team on **0300 777 2722**.

RACE TO THE STONES
16th and 17th July

Young Carers Bucks

DO YOU LIKE THE OUTDOORS AND FANCY A CHALLENGE?

Join us on the 50km day 1 walk/run or take part in the 100km 2 day walk/run with overnight stay at basecamp and help raise money for young carers aged 6-18 years living in Bucks.

Day 1: 50km
Lawknor - Lattin Down Kiln, Wantage (basecamp)
Saturday 16th July 2016

Day 2: 50km / combined 100km
Lattin Down Kiln (basecamp) - Avery Stones, Wiltshire
Sunday 17th July 2016

Join us on this challenge and register your place on the 'Young Carers Bucks' team at: www.racetothestones.com/enter-now and call 0300 777 2722 or email sandy.briscoe@carersbucks.org to let us know.

50KM - 100KM ALONG BRITAIN'S OLDEST PATH
16TH - 17TH JULY 2016

Fancy a challenge? Race to the Stones - 16th and 17th July

Young Carers Bucks is putting together a team to take part in the Race to the Stones challenge on 16th and 17th July. The two day event covers 100k along The Ridgeway but you can choose to run or walk 50km on either day - or the whole 100k across both days if you wish! To enter just visit www.racetothestones.com/enter-now

If you would like to make a donation to the Young Carers Bucks Race to the Stones team visit www.justgiving.com/ycb-race-to-the-stones

Vale Lottery supporting Carers Bucks

You could win £20,000 just by taking part in the Vale Lottery, with 50% of all tickets sold from Carers Bucks' Vale Lottery page going to us! So far we have raised over £980 from around 40 tickets purchased – just think how much we could raise through more ticket sales – why not have a go and see what you could win! Visit our Vale Lottery page at www.valelottery.co.uk/support/carers-bucks

Tickets are £1 a week, of which 50p will go to Carers Bucks!

V A L E supporting **Carers Bucks**
LOTTERY

SUPPORT OUR CAUSE JOIN TODAY AND WIN EVEN MORE PRIZES!

- ➔ Join today and be entered into an additional draw for an iPad Mini, vouchers and theatre tickets!
- ➔ 50% of all tickets sold from our Vale Lottery page go to us!
- ➔ A further 8% goes to other good causes in the Vale!
- ➔ Tickets only cost £1 per week and can win prizes up to £20,000!
- ➔ Anyone can join, not just Vale residents!

Click here to SUPPORT NOW!

Supporters must be 16 years of age or older

Young Carers



Young Carers Awareness Day 2016



We had a fantastic day celebrating Young Carers Awareness day on 28th January, a day to recognise the thousands of young carers around the UK who provide regular care and support to family and friends. We celebrated by organising a special awards event in Aylesbury attended by over 120 young carers aged 6 - 11 from 15 primary schools across Aylesbury Vale. The event took place at The Gateway Centre in Aylesbury with the schools presented with their Gold Award in recognition of their commitment to supporting and identifying young carers in their school - part of Young Carers Bucks' 'Young Carers in Schools' programme. Each of the schools who receive an award run regular groups for young carers, giving the children the opportunity to discuss any worries they might have with their caring role or school work, as well as the chance to have some fun and time for themselves.

The Mayor of Aylesbury presented the awards, with local children's entertainer Dan Blaze keeping the children entertained! The event was a great success, enjoyed by all and hopefully something we will be doing again next year!

To date over 16,500 children have been reached as part of Young Carers Bucks' schools programme through assemblies covering over 70 schools across Aylesbury Vale.

Young Carers trip to Barcelona

The Young Carers team at High Wycombe took a group of ten young people to Barcelona for four days in the October Half Term. We chose Barcelona as it is a really fun city with lots to do. Our plan was to see the sights, experience some of the culture and give the young people a positive and memorable experience. We packed in as much as possible, visiting the Sagrada Familia, Parc Guell and the Dali Museum. We also went on an open top bus



tour, stopping off at La Boqueria, a large food market in Las Ramblas, to buy lunch which we then ate on the beach. We had a fantastic time and the feedback from the Young Carers who attended was very positive. The trip gave some of our Young Carers their first opportunity to travel abroad and experience different cultures as well as being a valuable break and chance to make new friendships.



Young Adult Carers In their own Words

Natasha Andrews, aged 20 Young Adult Carers (YAC) has given me hope and has empowered me to stand up and make my voice heard. Since joining YAC, I have been involved with The Steering Group which addresses gaps in the service provided to YAC whilst also listening to our views on what direction we think YAC should be going in. Personally I think that quite often it can be rather difficult to have a social life or to express myself outside my caring role. Caring for my mum requires me to be responsible and grown up and sometimes it's hard to not feel like I've missed out on my childhood. YAC enables me to chill out with people my age but it also allows me to act my age for a change which surprisingly feels amazing. It's also really nice to know that there are other people out there like you who can relate to a lot of your experiences with an in-depth understanding. Being involved with YAC has already had such a positive influence in my life and I am certain that there are still many great memories to be made.

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YAC Consultation with the Carers Trust

On Tuesday 9th February, we joined with other YACs from across the country to meet business recruiters – from the NHS to banks and small business – to discuss the challenges and solutions to supporting young adult carers in work. The Carers Trust used this day to help shape the content of their forthcoming Young Adult Carers Employment Guide. Young Adult Carers Emily and Natasha found the day very empowering, and are looking forward to get more involved.

Young Adult Carers 'Same Chances' programme



Young Adult Carers Emily and Natasha at the YAC consultation with the Carers Trust in London

We have recently launched a new project aimed at young people aged 16 – 25 yrs who have a caring responsibility for family members. The 'Same Chances' programme is designed to work with young people as they transition into adulthood and independence whilst continuing to provide unpaid care for a member of their family at home who suffers from an illness, physical or mental disability, or an addiction.

At Carers Bucks we believe that a young person with a caring responsibility has the same right to life choices as their peers, and should not reduce life opportunities, such as further and higher education, employment and independent living.

The support programme offers regular support groups, a life skills programme, one to one support, targeted group work, information, advice and signposting and training for professionals. All our services are free to Young Adult Carers.

For further information, please contact the Young Adult Carers Team at the Wycombe office on 01494 463536/ 07555 100728 or Aylesbury Tel:0300 777 2722 (local rate calls) or email yc@carersbucks.org

Services & Information

‘Eating for recovery’

‘Food for the body and mental wellbeing’

In January 2016 Lisa Sayers came to talk to Carers, family and friends affected by someone else’s substance misuse.

Lisa is a Nutritionist, nurse and personal trainer. She explains the science behind what we eat and the impact on our physical and mental health. It’s amazing the impact of what we eat and drink has on our wellbeing it’s like we have ‘a

second brain in our stomachs’. Lisa also teaches us about what our intolerances are and how we can improve good gut health which helps improve our mental health.

The feedback from the carers that attended the session was extremely positive – they all felt they learnt a huge amount. They said they gained knowledge and practical ideas for a much healthier future.

Some Carers and family members have been to see Lisa on a private basis following hearing her talk which can also be seen on YouTube - youtube.com/watch?v=lZf1ok5cSow the feedback has been great!

Lisa’s contact details are as follows - email - lisapersonaltrainer@gmail.com Mobile - 07725 552760 Lisa is based in Henley-on-Thames www.lisasayerspt.co.uk/index.htm

“Your Community, Your Care”

Buckinghamshire Healthcare NHS Trust are keen to listen to local people across the community of

Buckinghamshire to hear a range of ideas and suggestions about how they might best deliver care

closer to home for the future. Please see below for details on exact locations for the sessions and how to book your place:



your community, your care
developing community hubs

Your health is important to us and we want to make it easier for you to get the care you need closer to home.

We are exploring with local communities how we can develop healthcare hubs that will better meet and support people’s needs.

We want you to be involved, to hear your thoughts and ideas and to help shape our plans for the future.

Get involved

To find out more come along to one of the following sessions:

7 April	Thame	evening
14 April	Marlow	evening
19 April	Wycombe	evening
26 April	Chalfont	afternoon
27 April	Aylesbury	evening
12 May	Buckingham	morning

More details and venue information provided on booking. Please contact Dee Irvin on dee.irvin@buckshealthcare.nhs.uk or (01494) 734149 to book your place. Visit www.buckshealthcare.nhs.uk/communityhubs

Buckinghamshire Healthcare NHS Trust



The Remap charity designs, makes and supplies customised equipment for people with disabilities, helping them to live fuller, more independent lives. When nothing suitable is available through existing sources to solve a problem or suit a particular need, such as carrying out daily tasks independently, moving around and

communicating – Remap can help.

They are able to supply equipment free of charge as their volunteer engineers and craftsmen work for free, and materials are funded through donations. However, they can only help when nothing suitable is available through commercial or other established sources.

Founded in 1964, Remap is a national charity made up of 80 regional groups. Remap South Buckinghamshire covers the south of the county as far north as Aylesbury. They have helped around 100 people with disabilities over the past year.

The work ranges from simple

modification of existing household fittings or appliances to bespoke engineering solutions to complex problems. For example they recently modified a washing machine door handle to enable a lady with arthritis to open the door without having to call her neighbours. At the more complex end of the scale, they designed, made and fitted a mechanism to allow a disabled mum to attach a baby buggy to her wheelchair so she can take her baby around with her.

Many of the people they help are referred via NHS or social care professionals who are unable to find a standard solution to a particular problem. Remap are happy to customise commercial products for a particular case. They are always happy to be contacted direct by people they may be able to help, or by anyone who knows a disabled person in need.

If you would like to find out more visit www.remap-southbucks.org.uk, call 07762 337345 or email to cases@remap-southbucks.org.uk.



Citizens Advice Energy Best Deal

We recently received a presentation from Citizens Advice Bureau in Wycombe as part of the Energy Best Deal public awareness campaign with support from the energy regulator Ofgem. They talked about understanding if you are on the best energy deal and if switching suppliers could save you money, as well as ensuring you are on the best energy tariff for your particular needs.

You can find out more by visiting www.citizensadvice.org.uk/energy-tariffs/ and comparing different gas and electricity prices at www.citizensadvice.org.uk/consumer/energy/energy-supply/get-a-better-energy-deal/compare-gas-and-electricity-prices/



Chalfont St Giles & Jordans Literary Festival 2016: Lives in Words

Richard Maguire



I Dream in Autism

Richard was diagnosed with Asperger’s syndrome in 2010. Also dyslexic, he grew up knowing he was different but not why. Despite this, he made a career for himself working with learning disabled people and people with autism.

Richard really enjoys socialising with people who live in the autistic culture and is a trained and experienced speaker with a passion for raising awareness and helping others on the Autism spectrum.

This event will take place on Friday, 20th May at 2pm in the Chalfont St Giles Parish Church. Tickets £7 (under 18s £3) from 01494 873966.

Other events at the Festival currently include: Tea and poetry with Wendy Cope plus Linda Hart and Gabriel Woolf on Robert Frost and Ffion Hague on Thomas Gray; Capability Brown with Dr Sarah Rutherford and Claire de Carle; Confessions of a Foreign Office Mandarin with Sir Sherard Cowper-Coles; What Makes Us Happy with Lord Winston; The Weather Experiment with Peter Moore; Football Heroes with Barrie Tomlinson and much more.

For more details about the Festival which takes place from 10th–22nd May 2016 please visit our website: www.chalfontstgilesliteraryfestival.org.uk



www.autismbucks.org is a website aimed at adults with autism and their families in Buckinghamshire. The website is a fantastic source of information and advice for those affected by Autism and has been developed in collaboration with Carers Bucks, Aylesbury Vale National Autistic Society, GRASPS Bucks, Buckinghamshire County Council, the NHS and in particular; with people with autism.

The Chiltern Stroke Club

Affiliated to the Stroke Association

A friendly self support group for stroke survivors and their carers

Come along and join us



A day trip on a wheelchair friendly coach to visit an exhibition

There is Life after a Stroke

Do not give up
Let us help you

We will offer you
a warm welcome
and our support



Christmas lunch together

We meet every Tuesday at Brooks Lounge, Holy Trinity Church
Amersham Road, Hazlemere, Buckinghamshire HP15 7PZ

For more information contact us on 01494 728537

or by e-mail to grassadele@gmail.com

Alternatively you can visit our very popular website at www.chilternstrokeclub.co.uk

We look forward to meeting you

Renewing your Buckinghamshire Bus Pass

Concessionary Fares passes need renewing every 5 years. Please check the date on your pass to find out when it expires.



Is your bus pass expiring in March 2016? Renew now using one of the methods below:

Online

Visit our online portal at: www.buckscc.gov.uk/travelinfo*

Telephone

To renew an Older Person bus pass call 01296 873011 and follow the automated instructions.

To renew a Disabled Person bus pass call 0845 521 2521 or 01494 586539

TIP: Keep your pass ID number nearby when reapplying - this is the long number across the front of your pass.

*Disabled pass holders will need to upload current proof of eligibility.

Applying for the first time? Please visit www.buckscc.gov.uk/travelinfo or call 0845 521 2521 to see if you are eligible and to request an application form.



Do you need to renew your concessionary bus pass?

Do you currently have a concessionary bus pass as an older or disabled person?

If yes, please check your pass for its expiry date. On **31 March 2016** a large number of older and disabled people's concessionary bus passes will expire. These passes do not automatically get renewed; you have to apply for replacement cards. Once they have expired you will no longer be able to use them on the buses. You can only continue to get free travel by renewing your pass. Please see left for further information on how to renew your current bus pass.

KEEP YOURSELF SAFE FROM FIRE

SMOKE ALARMS, SAVE LIVES!

- Make sure you have **smoke alarms** on every level of your home.
- Check your smoke alarms work by pressing their 'test' buttons once a month.

PLAN A SAFE ESCAPE

- Make sure you've planned an **escape route** and think of any difficulties people may have getting out and help they may need, such as a torch to light their way or a stair rail.
- Consider the **best place** to go if the worst happens and someone can't escape, especially if they have trouble moving around or can't get downstairs on their own.

GENERAL FIRE SAFETY

- **Never** leave cooking unattended. Keep your cooker clean, as burnt food and fat can cause fires.
- **Stub** cigarettes out properly and dispose of them carefully. If you need a lie down, don't light up! Don't smoke in bed - you could doze off and start a fire.
- **Unplug** appliances when not in use, unless they are designed to be left on. Regularly check for worn or frayed wires.

To help keep you and your family safe from fire, Buckinghamshire Fire & Rescue Service provides free home safety checks, with free smoke alarms fitted where needed. Ring 01296 744477 or email cs@bucksfire.gov.uk to book one
www.bucksfire.gov.uk

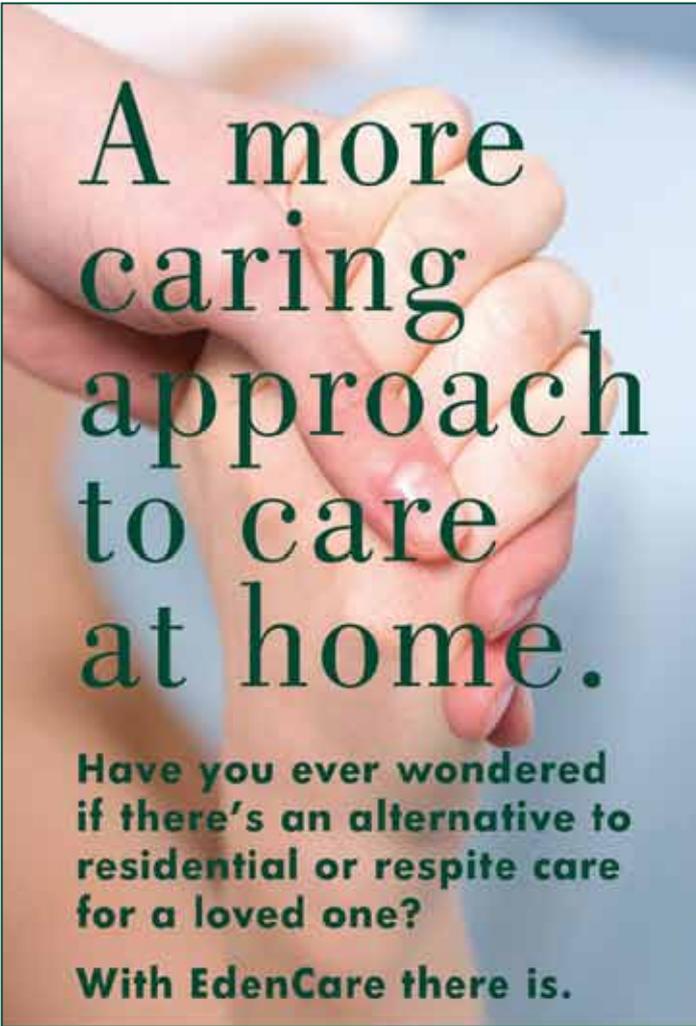
Two Shoprider Vienna Electric Wheelchairs for Sale:

These are, very stable, very reliable and will fold up easily to carry in a car. Both fully working, with well-maintained batteries.

1. Hardly used. Batteries fully maintained. The chair cost £1000 new but on sale for **£500**
2. Used, some signs of wear but 100% fully functional. **£300 ono**

Available to collect from Chorleywood, or I will deliver up to 15 miles.
Please call Steve on 07836 553374





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Have you ever wondered if there's an alternative to residential or respite care for a loved one?

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We offer quality care at home for you, or your loved one, whether a child, young adult or an elderly person.

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at home

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www.EdenCareatHome.co.uk

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- Regular times
- Ad-hoc visits to suit you
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What We Offer:

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Our Staff:

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Tel: 01296 399000
email aylesbury@bluebirdcare.co.uk