



CarersBucks

# CarersNews

The newsletter of Carers Bucks

Autumn/Winter 2016



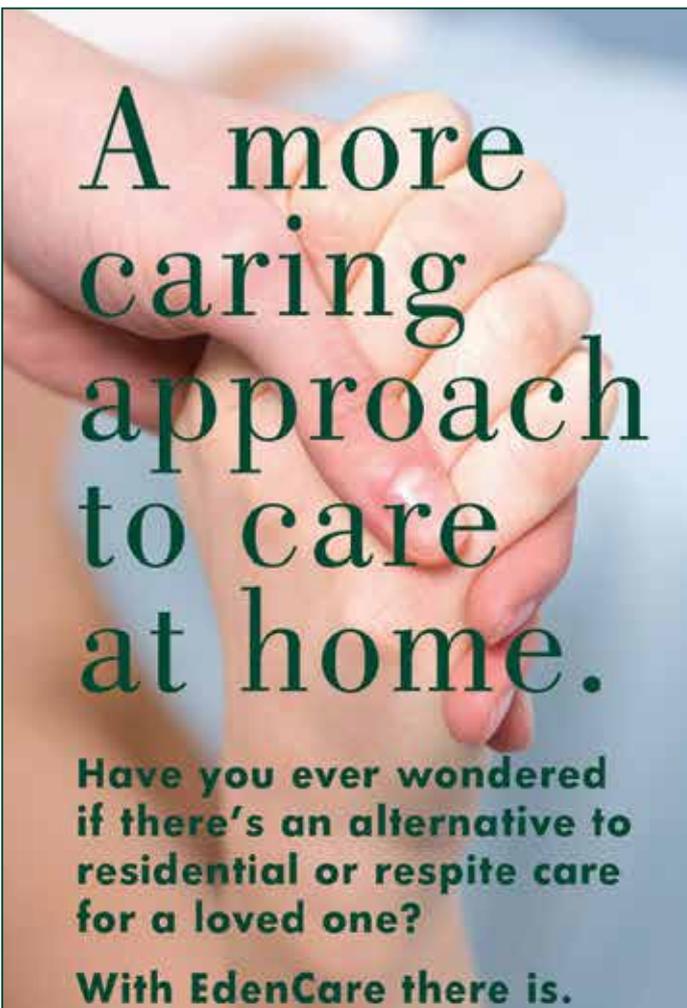
**Money and  
Legal Matters**

**New Learning &  
Development Programme**

**Young Carers**

**Support Group Diary  
for Autumn/Winter**

**Staying Healthy  
this Winter**



# A more caring approach to care at home.

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

**With EdenCare there is.**

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

We are a local and independent provider of care and understand the importance of choice.

If you would like further details of our individually tailored care-at-home packages please contact us for a no obligation chat or visit our website.



**EdenCare**  
at home

Tel. 01753 885556  
[www.EdenCareatHome.co.uk](http://www.EdenCareatHome.co.uk)

CARE VISITS  
AT HOME



### What Makes Us Different:

- Regular Carers
- Regular times
- Ad-hoc visits to suit you
- Peace of mind from only £9.30

### What We Offer:

At Bluebird Care we can offer everything from personal care, cleaning or shopping to social visits, trips to appointments or even dog walking. In fact everything you need to stay in the comfort of your own home.

### Our Staff:

Our staff are hand-picked to be caring and friendly, are trained to support a variety of care needs, and are fully checked for your reassurance (including DBS checks).

Tel: 01296 399000  
email [aylesbury@bluebirdcare.co.uk](mailto:aylesbury@bluebirdcare.co.uk)

# Meet the Team...

**Chief Executive**  
Stephen Archibald

**Finance Manager**  
Kirstie O’Sullivan

**Adult Carers Services Manager**  
Ann Whiteley

**Young Carers Services 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 Collins

**Family & Friends Support Service for Drug & Alcohol Misuse**  
Julie Fincham

To see details of the full Carers Bucks team visit  
[www.carersbucks.org](http://www.carersbucks.org)

**Carers Bucks**  
Ardenham Court  
Oxford Road  
Aylesbury, Bucks, HP19 8HT  
Tel: 0300 777 2722  
Email: [mail@carersbucks.org](mailto:mail@carersbucks.org)  
Facebook:  
[www.facebook.com/Carersbucks](http://www.facebook.com/Carersbucks)  
Twitter: @CarersBucks

**Printed**  
Lance Print Ltd  
29/30 Stapledon Road,  
Orton Southgate,  
Peterborough PE2 6TD  
Tel: 01733 390564  
[www.lanceprint.co.uk](http://www.lanceprint.co.uk)

Carers Bucks is the operating name of Carers Trust Bucks and Milton Keynes. Registered Charity No. 1106745. Company No. 4941481

# Foreword by the Chief Executive



Welcome to the Autumn/Winter issue of Carers News – I hope you all had an enjoyable summer. We’ve had a busy few months here at Carers Bucks with the increasing numbers of carers getting in touch, the launch of our Carers Discount Card, Carers Week 2016, summer holiday activities for young carers, and continuing our work with local GP surgeries and hospitals.

In this issue of Carers News, we take a look at some of the money and legal issues affecting carers, and focus on some of the questions which carers most frequently ask us, including how you apply for Carers Allowance and other benefits.

We also look at other financial and legal issues including Paying for Care and information about Lasting Power of Attorney. As a carer it’s really important to understand about the different benefits and financial support available and your legal rights. Carers Bucks is here to support you, and our team of dedicated support workers can help answer any questions you might have, and point you in the right direction!

As the winter months draw closer, ensuring you look after yourself as well as the person you care for is vital. On Page 8, local Nutritionist Nikki Brown talks about the sorts of foods our body and immune system needs to stay strong with the seasonal changes.

We also look at the importance of getting your free seasonal flu jab to help protect you and the person you care for. Make sure you tell your GP that you are a carer so they can update medical records.

On Pages 10 & 11, you will find our latest Support Group Diary for September – March 2017, and on Pages 12 & 13, details about our new Learning and Development Programme.

Save the date! Carers Bucks AGM will take place on Friday 4th November at The Gateway, Aylesbury from 10am – midday.

*Stephen Archibald  
Chief Executive  
Carers Bucks & MK  
[stephen.archibald@carersbucks.org](mailto:stephen.archibald@carersbucks.org)*

# Contents

- 04 05** News from Carers Bucks
- 12** Practical & Emotional Programme
- 06 07** Money & Legal Matters
- 13** Fundraising
- 08** Staying Well During the Winter
- 14** Young Carers
- 09** Support Groups
- 15** Young Adult Carers
- 10 11** Support Groups Diary
- 16 17** Services and Information

Front Cover image: The Mayor of Wycombe, carer Bernice Modeste and Chief Executive Stephen Archibald at the launch of Carers Bucks Discount Card during Carers Week 2016.

# NEWS FROM CARERSBUCKS

## WELCOME TO NEW STAFF MEMBERS

We are delighted to welcome new members of staff to the Young Carers Bucks team in Aylesbury:



**Claire Brialey**  
Family Support  
Worker



**Olivia Cichon**  
Young Carers  
Personal Advisor



**Ray Layton**  
Young Carers  
Support Worker

In Wycombe we also welcome new members of staff who have recently joined the Young Carers Bucks team:



**Maxine Lansdell**  
Young Carers  
Activities Worker



**Ingrida Sipaviciute-Edwards**  
Young Carers  
Personal Advisor

We also welcome new members to our Prevention Matters team who are based at our Wycombe office:



**Lucy-Ann Mathews**  
Community  
Practice Worker



**Julie Nisbet**  
Community  
Practice Worker



**Helen Robinson**  
Community  
Practice Worker



**Sharon Thomas**  
Community  
Practice Worker

The Prevention Matters service is a free and friendly advice service linking eligible adults (over 18) in Bucks to social activities, volunteers and community services. Prevention Matters can support you regarding your confidence, independence and getting out and about if you are struggling to remain independent in your own home, having difficulty getting out and about, feeling lonely and isolated or recovering from an illness. For further information contact Prevention Matters on 0300 666 0159.

## CARERS BUCKS AUTUMN BALL

On Saturday 1st October, Carers Bucks is hosting its first Autumn Ball at Wycombe Heights Golf Centre in High Wycombe. The evening will include a delicious three course meal and live music from Tom Cary (Voice of South Bucks 2015) [www.voiceofbuble.co.uk](http://www.voiceofbuble.co.uk)



## Carers Choir

Carers are welcome to join our Carers Choir which meets on the first and third Tuesday of the month at 10.15am for tea and coffee followed by singing between 10.45am – 11.45am. The choir meets at Chalfont St Peter Community Centre, Gravel Hill, Gerrards Cross, SL9 9QX. You do not need to be an experienced singer to join, just to enjoy singing and having some fun! Email [laura.troll@carersbucks.org](mailto:laura.troll@carersbucks.org) for further details.



## Carers Discount Card

This summer we launched our Carers Discount card for carers registered with us. The card gives carers some great discounts at a range of local businesses and services in Bucks including Arriva, Lloyds Pharmacy & Virgin Experience Days. The scheme has been really successful and we are continuing to add new businesses to the scheme. Call us on 0300 777 2722 or visit [www.carersbucks.org](http://www.carersbucks.org) to register for a Discount Card or email [mail@carersbucks.org](mailto:mail@carersbucks.org) to recommend a business/service to join the scheme.



## Eid Party in Wycombe

We had a fantastic time at the Eid Party at Wycombe Museum this summer, which was organised jointly with Dosti Group. We had 8 carers from Aylesbury and 15 carers from Wycombe & discussed what future projects we could do for carers in Wycombe & Aylesbury.

## Christmas Opening Hours

Carers Bucks offices will be closed from 24th December - 3rd January 2017.

### Emergency Contacts

If you call our offices during the Christmas period when our offices are closed, you will receive a message with emergency contact information:

- Bucks County Council – Adult Social Care ‘Out of Hours’ emergency: 0800 9997677
- If you have a NHS non medical emergency call 111. 112 will work on any mobile phone anywhere in the world. Medical emergencies call 999.

## Supporting someone with Mental Illness and/or Drug or Alcohol misuse issues?

We are running a new support group for people supporting or affected by someone’s mental illness and/or substance misuse. The group will be on the last Monday of each month from 6pm - 8pm at our Carers Bucks Aylesbury office. Please contact Jo Puddephatt or Julie Fincham on 0300 777 2722 or 07958 539590.

## Older Carers Project

Hundreds of carers aged over 75, who devote their lives to looking after their loved ones at home, are to be supported by a ground-breaking new pilot project run by Carers Bucks. Thank you to the Greater Aylesbury Local Area Forum and the Rothschild Foundation for funding this scheme.

The aim of the initiative is to support older carers with expert guidance about financial support, friendship groups and how they and their loved ones stay well and active. The support service is being rolled out across the County from September, starting in Aylesbury Vale.



BBC South Today news covered the launch of this project on air on Friday 19th August and interviewed carer Velda Ifill, who cares for her husband with Alzheimer’s and our Chief Executive Stephen Archibald. Stephen was also interviewed by Mix 96FM and Carers Bucks had a news article in the Bucks Herald.

## Dates for the Diary

- Carers Bucks AGM - Fri 4th Nov at The Gateway in Aylesbury from 10am – 12pm  
Guest speaker will be Lou Patten, Chief Officer, Chiltern and Aylesbury Vale Commissioning Group
- Carers Rights Day - Fri 25th Nov
- Carers Christmas Lunch - Sun 27th Nov at Beaconsfield Centre

To book a place call 0300 777 2722.

# MONEY & LEGAL MATTERS

## 1) Can I receive Carers Allowance?

Carers Allowance is the main benefit for carers, paid at £62.10 a week if you meet the following criteria:

- You look after someone who gets a qualifying disability benefit
- You look after that person for at least 35 hours a week
- You are aged 16 or over
- You are not in full time education
- You earn £110 a week (after deductions) or less
- You satisfy UK presence and residence conditions
- You are not in full time education
- You earn £110 a week (after deductions) or less
- You satisfy UK presence and residence conditions

If your State Pension is more than Carer's Allowance (more than £62.10 per week) you cannot be paid any Carer's Allowance. However it might still be worth claiming, as you can still get an 'underlying entitlement' to Carer's Allowance.

If the person you care for lives alone and claims means tested benefits then take advice before applying for Carers Allowance as it could affect their payments.

For more information and to apply for Carers Allowance go to [www.gov.uk](http://www.gov.uk)



It's important to understand the main benefits you are entitled to and the legal issues affecting carers. As a carer there are a range of benefits and financial support including Carers Allowance that you may be able to receive as a carer.

We also have a volunteer who works with our adult carers support team who can offer help at our Aylesbury office, over the phone or a home visit.

For more information/advice please call us on 0300 777 2722.

## 2) Am I eligible for Attendance Allowance?

Attendance Allowance is available for people who are aged over 65 and who need help with personal care due to an illness or disability. Attendance Allowance isn't means tested.

You are eligible for Attendance Allowance if you:

- Have a physical disability (including sensory disability, e.g. blindness), a mental disability (including learning difficulties), or both
- Your disability is severe enough for you to need help caring for yourself or someone to supervise you, for your own or someone else's safety

You must also:

- Be in Great Britain when you claim
- Have been in Great Britain for at least 2 of the last 3 years
- Be habitually resident in the UK, Ireland, Isle of Man or the Channel Islands
- Not be subject to immigration control (unless you're a sponsored immigrant)

To apply for attendance Allowance go to [www.gov.uk](http://www.gov.uk)

Age UK also have a number of welfare benefits advisors around the County who will visit people in their homes and do benefit checks and help with some forms. They also offer free phone advice on 01296 431911. The claimant needs to be over 60 years old.



Here we look at some of the most frequently asked questions carers ask which you might find useful:

## 3) How do I get a Blue Badge?

The Blue Badge Scheme helps people with severe mobility problems. It allows Blue Badge holders to park close to where they need to go. The rules and criteria are set at national level by the Government but local authorities are responsible for managing the scheme in their area. Buckinghamshire County Council is responsible for administering the scheme, assessment of applications and enforcement for residents and organisations in Bucks. You are eligible for a blue badge if you:

- Are registered blind
- Receive War Pensioners' Mobility Supplement
- Receive the higher rate of the mobility component of Disability Living Allowance (DLA)
- Receive the mobility component of Personal Independence Payment (PIP) and you scored at least 8 points in relation to the 'moving around' activity in the PIP assessment
- Have been awarded a lump sum benefit from the Armed Forces Compensation scheme (tariffs 1 to 8). You have also been certified as having a permanent and substantial disability which means you can't walk or find walking very difficult
- Receive a government grant towards your own vehicle.

Visit: [www.buckscc.gov.uk/transport/disabled-persons-car-badges](http://www.buckscc.gov.uk/transport/disabled-persons-car-badges) to apply for your Blue Badge or to read more information about the scheme.

Some Citizens Advice Bureaus also fill out forms and do benefit checks in their branches. Some provide outreach services, either in GP surgeries etc, or at your home. Visit [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

#### 4) How do I get a Council Tax Reduction?

Council Tax Reduction is available to those who need help towards their Council Tax bill. You may be entitled to a Council Tax Reduction but if your income or savings are too high you may not qualify for help.

For further information visit: [www.buckscc.gov.uk/about-your-council/finance/council-tax](http://www.buckscc.gov.uk/about-your-council/finance/council-tax)

#### 5) Will I need to pay for Care?

Whether or not you will need to pay for care will take the following into consideration:

- Your savings and capital – if this is over £23,250 you will normally be required to pay the full cost of your care
- Income including pensions & benefits
- Some income will be disregarded such as Mobility Allowance and Personal Allowance
- Property – if you own or have interest in more than one property it is very likely your capital assets will be over £23,250

#### 6) What happens to my home if my partner needs to go into a care home?

If you own the home you live in this is normally regarded as an asset. It can be disregarded in the following circumstances if it occupied by a:

- Partner
- Former partner who is a single parent
- Relative aged 60 or over
- Disabled younger relative
- Dependent child under 18

For further information about paying for care and support visit: [www.careadvicebuckinghamshire.org](http://www.careadvicebuckinghamshire.org) or contact Buckinghamshire County Council on 01296 383204, or Carers Bucks on 0300 777 2722.

#### 7) What is a Lasting Power of Attorney?

A lasting power of attorney (LPA) is a way of giving someone you trust (attorney) the legal authority to make decisions on your behalf if you lack mental capacity at some time in the future or no longer wish to make decisions for yourself. This gives you more control over what happens to you if, for example, you have an accident or an illness and can't make decisions at the time they need to be made (you 'lack mental capacity').

What types of Lasting Powers of Attorney are there? There are 2 types of LPA (you can choose to make one type or both):

- 1. Health and Welfare:** This LPA gives an attorney the power to make decisions about things about your health and care, e.g.
  - Where you should live
  - Your medical care
  - What you should eat
  - Who you have contact with
  - What kind of social activities you take part in

It can only be used when you're unable to make your own decisions.

- 2. Property and Financial Affairs:** This LPA gives an attorney the power to make decisions about money & property for you, e.g.:
  - Buying and selling property
  - Paying the mortgage
  - Paying Bills
  - Investing money
  - Arranging repairs to property
  - Collecting benefits or a pension

**It can be used as soon as it's registered, with your permission.**

You can restrict or specify the types of decisions your attorney can make or you can allow them to make all decisions on your behalf.

When is a Lasting Power of Attorney Valid? An LPA will only be valid if you:

- Have the mental capacity to set it up
- Have not been put under any pressure to create it.
- Are over 18 years of age

It must be your decision and you must be able to trust your attorney, as you're giving them extensive power to make decisions about your life. The LPA must be registered with the Office of the Public Guardian (OPG) before it can be used.

Thank you to Pictons Solicitors for providing this information [www.pictons.com](http://www.pictons.com).



**WILLS IN ENGLISH**  
*In essence you don't have a Will if you die without one*  
 Wills from £80 if you don't have one  
 Email: [edward@willsinenglish.com](mailto:edward@willsinenglish.com)  
**LASTING POWERS OF ATTORNEY**  
 £250\* per person  
 Covers Health & Finance 2 home visits, advice and certification  
 \* OPG charges of £110 per application are extra  
[edward@lpaconsultants.co.uk](mailto:edward@lpaconsultants.co.uk)  
 Edward Home Briscoe MIPW  
 Compliant with the IPW Code of Practice  
[www.lpaconsultants.co.uk](http://www.lpaconsultants.co.uk) [www.willsinenglish.com](http://www.willsinenglish.com)  
 Tel: 01491 638075 Mobile: 07962 157843  
 Bakery Lodge, Skirmett, RG9 6TD

Edward Briscoe MIPW of LPA Consultants specialises in making applications for Lasting Powers of Attorney. He is a Dementia Friend and holds the Alzheimer Society's Foundation Certificate in Dementia Awareness as well as being a professionally qualified Will Writer.

Edward offers a 10% discount to Carers Discount Card holders resulting in a charge of £225 per individual (OPG where applicable are extra). Call 01491 638075 or 07962 157843 for an initial chat.



# Staying Well During the Winter

## Heartfelt Nutrition: Preparing for Winter

We often associate the colder temperatures of autumn and winter with colds and flus, perhaps also reduced energy and feeling low. But it doesn't have to be this way. By eating healthily we can support our immune system, energy and mood.

If 80% of what we eat is rich in nutrients it will give our body what it needs to function well and the immune system will be strong enough to cope with the seasonal changes in temperature and energy. The immune system requires many different nutrients to function well, especially when we are busy or stressed, or recovering from accident or illness.

Aim to eat a wide variety of foods and avoid processed foods/products as much as possible, choosing fresh, natural and wholesome produce instead. Include good quality protein (such as fish, lean white meat, eggs, beans, lentils, peas, nuts and seeds), essential fats (such as oily fish, avocado, nuts and seeds, and olive/flax/coconut oils) and complex carbohydrates (such as brown rice, brown pasta, whole wheat, oats and quinoa).

Fill up on a wide variety of rainbow coloured vegetables and fruit because they provide essential immune boosting nutrients, such as zinc, selenium, iron, copper and

vitamins (A, C, E, D and B vitamins). Plain probiotic yoghurt, miso soup and sauerkraut will also support the gut and immune system. If you are dehydrated you are more likely to feel tired, so drink lots of water and herbal teas and limit coffee, tea and alcohol because of their dehydrating effect.

If you do get a cold or flu, vitamin C, zinc and Echinacea tincture can help to boost the immune system and reduce severity of symptoms. Keep warm and rest to allow the body to recover.

Nikki Brown, Heartfelt Nutrition  
[www.heartfeltnutrition.co.uk](http://www.heartfeltnutrition.co.uk)

# Get Your Free Flu Jab

## Protect Yourself & the Person You Care For

The seasonal flu jab is the best way to protect yourself and the person you care for from flu. Carers are eligible to receive a free NHS seasonal flu jab each winter.

A main concern for carers is becoming unwell e.g. getting the flu. Protect yourself against this by taking up the offer of a free flu jab.

If you are the main carer for someone who is ill, disabled or elderly who may be put at risk if you fall ill, and/or you are in receipt of Carer's Allowance you're eligible for a free flu jab.

For most people, flu is an unpleasant illness, but it's not serious. If you are otherwise healthy, you will usually recover from flu within a week. However, certain people are more

likely to develop potentially serious complications of flu, e.g. bronchitis and pneumonia are identified as at-risk and are advised to have a flu jab each year. Carers are identified as one of the at-risk and are eligible for a free NHS flu jab. This is to ensure carers are protected from catching flu and developing serious complications and to protect the vulnerable person who you are caring for.

Free flu jabs are offered every year from late September to the end of March the following year. You can get this jab from your GP or from a Community Pharmacies near you. It's important to let your GP know that you are a carer so that you're added to the carers register at your GP surgery and update your medical records.

If you have your flu jab with the local Pharmacist, they may ask you some questions to confirm you are the carer e.g. your address and who your GP practice is, so that they can inform your GP that you've received the flu jab. Take your Carers Bucks newsletter and the envelope with your name & address with you as evidence that you are registered with Carers Bucks.

For more information visit the NHS Choices website: [bit.ly/1CRWECz](http://bit.ly/1CRWECz)

For carers of those with a learning disability, read the 'All about flu and how to stop getting it: EasyRead version for people with learning disabilities' pamphlet from the NHS by visiting: [bit.ly/2baZSL4](http://bit.ly/2baZSL4)

# SUPPORT GROUPS

Carers Groups are facilitated by Carers Bucks across Buckinghamshire. Groups are designed as a local support network for carers and are all facilitated by Support Workers who are available to discuss your caring role, within the groups or on a one to one basis.

The groups welcome anyone in a caring role. Support is provided by meeting together and sharing experiences, information and offering peer support to one another (as well as the much needed cup of tea of course). Carers have reported that the group gives them the opportunity for a much needed 'break' from their caring role. Groups are carer led and have their own programme of events – many of the groups invite guest speakers with expertise on relevant issues.

Carers are invited to attend groups as and when is convenient to themselves. They are welcome to drop in as often or as little as suits the individual as we understand that the caring role can be at times unpredictable. The groups are free to attend and you do not need to book a place to attend, simply turn up when you can. Excluding males carers group for which carers do need to confirm attendance.

This programme on P.10 - 11 is accurate at time of print however there may be updates over coming months. Please visit our website [www.carersbucks.org](http://www.carersbucks.org) or phone our office on 0300 777 2722 for up to date information.

**Here some carers share their thoughts on the benefits of attending our support groups:**

"I don't know what I would have done without the groups, speaking to other carers in similar situations to me really helps!"

"The support groups make a massive impact in providing not only the help and guidance on all the practical issues that have to be dealt with but more importantly provide a network of carers whose understanding and experiences can be shared for the mutual benefit of the whole group whether it's a regular support group, male carers group or carers choir."

"Carers Bucks support groups have been invaluable to me with helping me cope in my caring role for my husband, sometimes your meetings have been my only social outlet."



# SUPPORT GROUPS

Support Groups		September	October	November
<b>Amersham</b> Amersham Free Church (Carey Room), Woodside Road, Amersham, HP6 6AJ	Third Monday 10am - 12pm	<b>19th Sept</b> Medical Detection Dogs	<b>17th Oct</b> REMAP: Custom-made equipment to aid independence	<b>21st Nov</b> Carers sharing
<b>Aylesbury</b> Carers Bucks Aylesbury office, Ardenham Court, Oxford Road, Aylesbury, HP19 8HT	Second Tuesday 11am - 1pm	<b>13th Sept</b> Basic First Aid for those you care for	<b>11th Oct</b> Dementia Friends Training	<b>8th Nov</b> Christmas Card Making
<b>Aylesbury LD</b> Carers Bucks Aylesbury office, Ardenham Court, Oxford Road, Aylesbury, HP19 8HT	First Thursday 10.30am - 12.30pm	<b>8th Sept</b>	<b>6th Oct</b>	<b>3rd Nov</b>
<b>Working Carers</b> Carers Bucks Aylesbury office, Ardenham Court, Oxford Road, Aylesbury, HP19 8HT	Second Wednesday 7pm - 9pm	<b>14th Sept</b>	<b>12th Oct</b>	<b>9th Nov</b>
<b>Beaconsfield</b> The Parish Hall at St. Teresa's Church, 40 Warwick Road, Beaconsfield, HP9 2PL	First Friday 1.30pm - 3.30pm	<b>1st Sept</b> Dream Analysis with Rod Mackenzie	<b>6th Oct</b> Lasting Power of Attorney	<b>3rd Nov</b> Mindfulness w
<b>Burnham</b> The Youth Centre, Minnicroft Road, Burnham, SL1 7DE	Last Friday 12pm - 2pm	<b>30th Sept</b> Oral Health with Katy Kerr	<b>28th Oct</b> Seated Zumba	<b>25th Nov</b> Breathing for S
<b>Chesham</b> Chesham Town Hall, Chesham, HP5 1DS	Third Wednesday 1.30pm - 3.30pm	<b>21st Sept</b> Seated Yoga with Sally Brandon	<b>19th Oct</b> Safeguarding	<b>16th Nov</b> Topic to be confirmed
<b>Denham</b> St. Marks Hall, Green Tiles, Lane, Denham Green, UB9 5LF	Last Tuesday 2pm - 4pm	<b>27th Sept</b> Safeguarding and a cream tea	<b>25th Oct</b> Breathing for Stress Relief & Relaxation with Sally Brandon	<b>29th Nov</b> Topic to be confirmed
<b>Haddenham</b> Haddenham Medical Centre, Stanbridge Rd, Haddenham, Aylesbury, HP17 8JX	Second Monday 1.30pm - 3.30pm	<b>12th Sept</b> Coping Strategies and Stress Relief with Sally Hearn	<b>10th Oct</b> Afternoon Team at Haddenham Garden Centre	<b>14th Nov</b> REMAP
<b>Iver Heath</b> St. Margarets Close, Iver Heath, SL0 0DA	Fourth Wednesdays 10.30am - 12.30pm	<b>28th Sept</b> Energy Saving Clinic	<b>26th Oct</b> Topic to be confirmed & Cream Tea from Tesco	<b>23rd Nov</b> Breathing for with Sally Bran
<b>Male Carers</b> Various locations These groups need to be booked by carers.	Usually last Tuesday	<b>27th Sept</b> Wycombe Wanderers football match	<b>25th Oct</b> Trenchard Museum at RAF Halton	<b>29th Nov</b> Safeguarding Office in Aylesb
<b>Marlow</b> The Community Lounge, Brooke Furmston Place, Little Marlow Road, Marlow, SL7 1GN	Second Tuesday 10am - 12pm	<b>13th Sept</b> Power of Attorney	<b>11th Oct</b> Telecare	<b>8th Nov</b> Dreams Analysis
<b>Wendover</b> The Wendover Library, High Street, Wendover, Aylesbury, HP22 6DU	Second Thursday 1pm - 3pm	<b>8th Sept</b>	<b>13th Oct</b> First Aid	<b>10th Nov</b> Dementia Frien
<b>Wycombe</b> Pusey House, 9a Amersham Road, High Wycombe, HP13 6PN	Third Friday 10am - 12pm	<b>16th Sept</b> Oral Health	<b>21st Oct</b>	<b>18th Nov</b>
<b>Wycombe LD</b> Carers Bucks Wycombe office, 39 Queens Road, High Wycombe, HP13 6AQ	First Monday 10am - 12pm	<b>5th Sept</b>	<b>13th Oct</b>	<b>7th Nov</b>
<b>Wycombe MH</b> Telephone Exchange, 16-18 Easton Street, High Wycombe, HP11 1NR	Third Tuesday 12pm - 2pm	<b>20th Sept</b>	<b>18th Oct</b>	<b>15th Nov</b>
<b>Young Onset Dementia</b> Jackson Court, Hazelmere, High Wycombe, HP15 7TZ	Second Tuesday 10.30am - 12pm	<b>13th Sept</b> Oral Health with Katy Kerr	<b>11th Oct</b> REMAP	<b>15th Nov</b> Sharing carer e
<b>Aylesbury Drug &amp; Alcohol &amp; MH</b> Carers Bucks Aylesbury office, Ardenham Court, Oxford Road, Aylesbury, HP19 8HT	First Monday 6pm - 8pm	<b>13th Sept</b>	<b>11th Oct</b>	<b>8th Nov</b>
<b>Burnham Drug &amp; Alcohol</b> The Youth Centre, Minnicroft Road, Burnham, SL1 7DE	Third Tuesday 1pm - 3pm	<b>20th Sept</b>	<b>18th Oct</b>	<b>15th Nov</b>
<b>Wycombe Drug &amp; Alcohol</b> Carers Bucks Wycombe office, 39 Queens Road, High Wycombe, HP13 6AQ	First Tuesday 11am - 1pm	<b>6th Sept</b>	<b>4th Oct</b>	<b>1st Nov</b>

# GROUP DIARY

er	December	January 2017	February 2017	March 2017
experiences	<b>Dec</b> Christmas Celebration to be organised	<b>16th Jan</b>	<b>20th Feb</b>	<b>20th Mar</b>
	<b>13th Dec</b> Christmas Celebration to be organised	<b>10th Jan</b>	<b>14th Feb</b>	<b>24th Mar</b>
	<b>Dec</b> Christmas Celebration to be organised			
	<b>Dec</b> Christmas Celebration to be organised	<b>5th Jan</b>	<b>2nd Feb</b>	<b>2nd Mar</b>
th Sally Hearn	<b>1st Dec</b> Christmas meal out	<b>6th Jan</b>	<b>3rd Feb</b>	<b>3rd Mar</b>
stress Relief	<b>Dec</b> Christmas Shared Lunch	<b>27th Jan</b>	<b>24th Feb</b>	<b>31st Mar</b>
	<b>Dec</b> Christmas Celebration to be organised	<b>18th Jan</b>	<b>15th Feb</b>	<b>15th Mar</b>
	<b>Dec</b> Christmas Celebration to be organised	<b>31st Jan</b>	<b>28th Feb</b>	<b>28th Mar</b>
	<b>Dec</b> Christmas Celebration to be organised	<b>9th Jan</b>	<b>13th Feb</b>	<b>13th Mar</b>
Stress Relief don	<b>Dec</b> Christmas Celebration to be organised	<b>25th Jan</b>	<b>22nd Feb</b>	<b>22nd Mar</b>
at Carers Bucks bury	<b>Dec</b> Christmas Celebration to be organised	<b>31st Jan</b>	<b>28th Feb</b>	<b>28t Mar</b>
	<b>13th Dec</b> Christmas lunch at Cote	<b>10th Jan</b>	<b>14th Feb</b>	<b>14th Mar</b>
ds	<b>8th Dec</b>	<b>12th Jan</b>	<b>9th Feb</b>	<b>9th Mar</b>
	<b>Dec TBC</b>	<b>20th Jan</b>	<b>17th Feb</b>	<b>17th Mar</b>
	<b>5th Dec</b>	<b>No meeting</b>	<b>6th Feb</b>	<b>6th Mar</b>
	<b>20th Dec</b>	<b>17th Jan</b>	<b>20th Feb</b>	<b>21st Mar</b>
xperiences	<b>13th Dec</b> Christmas Celebration to be organised	<b>10th Jan</b>	<b>14th Feb</b>	<b>14th Mar</b>
	<b>13th Dec</b>	<b>10th Jan</b>	<b>14th Feb</b>	<b>14th Mar</b>
	<b>20th Dec</b>	<b>17th Jan</b>	<b>21st Feb</b>	<b>21st Mar</b>
	<b>6th Dec</b>	<b>3rd Jan TBC</b>	<b>7th Feb</b>	<b>7th Mar</b>

# LEARNING & DEVELOPMENT PROGRAMME

Our practical & emotional support programme is aimed at helping support you in your caring role, giving you the opportunity to gain knowledge and share information with others.

To book on any of the sessions run by Carers Bucks or for further information, please call us on 0300 777 2722 or email us at [mail@carersbucks.org](mailto:mail@carersbucks.org)

When you book, further details will be sent to you to when we confirm your booking. Unless otherwise stated, courses are free for carers.

## Planning for Emergencies

As a carer have you considered what could happen if you were to suddenly become unable to carry out your caring role?

Putting an emergency plan in place can ease concerns for you and other family members and give you peace of mind about the future. We will guide you through this process and help you to create an emergency plan.

This session is being held in: Buckingham from 10am - 12pm on Tuesday 25th October

## Caring for Someone with Dementia

This workshop will look at the support available caring for someone with dementia. It will also look at understanding dementia and how this can affect people, helping us better understand the meaning behind uncharacteristic behaviour, look at situations we find difficult to deal with and ways of helping you to deal with these. It will also be an opportunity to share and meet with other carers.

This session is being held in: Chalfont St Peter from 10am - 1pm on Friday 9th December

## Money Matters

Do you have too much **month** left at the end of the **money**? Would you like to know more about:

- Budgeting: Struggling to pay your rent or mortgage? Want to learn how to stop that happening?
- Debt: Are you in debt and want to find out how to clear it? Do you want to learn to stay out of debt?
- Credit: Need to learn how to borrow money safely? Want to understand what credit is all about?
- Banking: Want to open a bank account & not sure how? Want to move the one you have? Understand banking rules?
- Saving: Want to learn how to find money in your budget to save? Know where is the best place to save your money?

Carers Bucks are working with Buckingham Winslow & District CAB to offer this new, fun and friendly course to help you and improve your skills in managing your money. This is a 2 sessions course and it's best to attend both sessions to get the most from it. When you have completed the sessions there's an opportunity to book 1:1 sessions to deal with specific financial issues.

These sessions are being held in: Aylesbury from 10am - 1pm:

- Session 1 Thurs 17th November
- Session 2 Thurs 24th November

Buckingham from 10am - 1pm:

- Session 1 Thurs 1st December
- Session 2 Thurs 8th December

Further details will be available on booking.

Money Matters is a project helping people improve their money management skills.



## Caring For You

Our Caring for You programme has been running successfully for the last 4 years. The Caring for You sessions aim to help you gain knowledge and a better understanding of support available that may help you, as well as making a positive difference to your life and an opportunity to meet and share with other carers.

These 3 sessions encourage you to look at the balance between your caring role and the rest of your life, managing the stresses and thinking about looking after yourself. Carers who attend all 3 of these sessions have said how helpful they have found it. If you are able to, book onto all 3 sessions.

These sessions will be held in: Chalfont St Peter from 10am - 1pm on a Friday for 3 weeks.

### 1. Caring and You

27th January 2017

Take time to look at the balance between your caring role and other aspects of your life. You will be encouraged to make small but significant changes to your life.

### 2. Managing the stresses

3rd February 2017

This session looks at the emotions involved in caring for someone, what strategies you use and how to cope more effectively with stress.

### 3. Looking After Yourself

10th February 2017

Think about how you can look after your own health by building on existing skills and learning new ones.

## Parent Carers

If you are a parent carer and interested in knowing more about what we have happening, email us at [mail@carersbucks.org](mailto:mail@carersbucks.org) to join our mailing list.

# FUNDRAISING

## Race to the Stones Challenge 2016

On 16th & 17th July, a team from Carers Bucks walked/ran a combined distance of 100km along The Ridgeway, Britain's oldest path as part of the Race to the Stones challenge. They raised over £3,300 which will towards helping run groups and activities for young carers, as well as the Young Carers in Schools programme which provides support and guidance to help schools identify young pupils who have a caring responsibility at home.



Left & above pictures: Carers Bucks team

**Thank you to the following individuals & organisations for their kind donations over the past six months:**

- Chalfont St Peter Parish Churches
- Mrs N Leighton
- Judith Lucas
- Bourne End & Cookham Rotary Club
- Alex and Kevin Farrier for completing their Zip Wire Challenge!
- London Marathon
- Christine Gerson & Judy Lucus from Beaconsfield Golf Club
- Relief in Sickness Charity for Marlow & Bourne End Support Group
- Sainsbury's High Wycombe
- Sainsbury's Beaconsfield
- Asda High Wycombe
- Carmichael's
- Classic Car Show & Wimbledon Screening at Chalfont Lodge
- Aylesbury Tangent Group
- Wycombe LAF
- Rothschild Foundation
- Those who supported the Race to the Stones team
- Fulmer Fete
- Morrisson's Foundation
- Wycombe Round Table
- Sean Baylis, MK Marathon
- Devon Perfect, Tough Mudder
- Wasim Shaid and Mark Willis, Virgin London Marathon
- D C Kaye & Co Solicitors

## Christmas Cards!

This Christmas, we will be selling packs of Christmas cards designed by young carers in Bucks and Milton Keynes. All proceeds raised from the sale of the cards will go to Young Carers Bucks and Young Carers MK. The cards will go on sale in Sainsbury's Beaconsfield from October 2016, and they will be available directly from Carers Bucks. For further details call 0300 777 2722.

## Marlow Half Marathon

We have been selected as one of the chosen charities for the Marlow Half Marathon on Sunday 6th November. All proceeds from this event will go to Carers Bucks, Thames Valley Air Ambulance and Marlow Sports Club. If you're interested in taking part visit <http://bit.ly/2cpURj0>

## Charity of the Year for Sainsbury's Beaconsfield

We're delighted to have been selected as Charity of the Year for Sainsbury's in Beaconsfield. As part of the partnership we will be organising in-store collections, information events and on the run up to Christmas the store will be selling our Christmas cards, designed by young carers.



## Fundraising in the community

We are always on the look-out for new ideas to help Carers Bucks raise funds for adult and young carers. If there are any particular events or activities that you would like to see in your local area, or to take part in a focus group with our Community Fundraising Team then call 0300 777 2722 or email [sandy.briscoe@carersbucks.org](mailto:sandy.briscoe@carersbucks.org)

### How can you help us raise funds?:

- Hold a Fundraising event
- Giving a regular monthly gift
- Get your company/organisation involved in fundraising
- Take part in a challenging event
- Give a gift in memory of a loved one

## Fundraising Spotlight: Wasim Shaid



Earlier this year, Wasim Shaid completed the London Marathon to raise funds for Carers Bucks. Wasim raised over £604, and his employer DHL Luton match funded this amount to bring the total to over £1200. Thanks so much Wasim for all your help & support and for completing the marathon in a good time!

# Young Carers Bucks

## Young Carers in Schools Project

Following from our successful 'Young Carers in Schools' Awards ceremony in January, at which 15 local primary schools were presented with a Gold Award for their commitment to supporting and identifying young carers in their school, we have continued our work in setting up groups at primary schools across Aylesbury Vale and Wycombe.

Carers Bucks' Young Carers in Schools programme offers schools guidance and practical tools to identify and support young pupils who have a caring responsibility.

The project has already helped to identify many young carers attending

schools in Aylesbury Vale and surrounding areas. Schools nominate a staff member to become a 'Young Carers Champion' who works with Young Carers Bucks' Support Workers to initiate regular support groups. The groups enable young carers to discuss any worries they might have with their school work, self-esteem issues or caring role.

We are now hoping to source further funding for this project and looking forward to awarding more schools on Young Carers Awareness Day in January 2017.

For further information call 0300 777 2722 or email [yc@carersbucks.org](mailto:yc@carersbucks.org)



## Young Carers Media Training Day at Carers Trust

In August, a group of young carers had the opportunity to attend a media training day in London run by Carers Trust. The purpose of the day was to give young carers experience

of talking to journalists either on TV, radio, newspapers or online (by conducting mock interviews), guidance on how to write blogs, film vlogs (self directed video diaries) and

to become ambassadors for Carers Trust's Babble website. The group found the day really useful and are hoping to put their new found skills into practise soon!



## Scout Camp with Stokenchurch Scout Group



This summer a group of 11 young carers had a great time staying in yurts at the Scout Camp at Paccar Scout Camp in Chalfont St Peter, with the Stokenchurch Scouts. This is our 5th year camping with the group, who want to help give young carers a break by sharing their camp with them. The young carers had a fantastic time mixing with the scouts, all the outdoor activities and camping outdoors.

# Young Adult Carers Bucks

A group of young adult carers (YACs) enjoyed a three day residential at Caldecott Xperience in August as part of our Lifeskills programme. A special thanks to the Youth Service at Bucks County Council for working with us to run a really insightful programme on Independent Living, which covered three evening sessions and the residential.

The YACs involved received 2 AQA's each and a relaxing time away together!

There are a number of events for YACS taking place this Autumn and Winter including Lifeskills workshops, social outings around Bucks & other interesting events and activities.



For more information contact:  
**Wycombe & Chiltern District**

- Sarah Collin  
01494 463536 or 07555 100728  
sarah.collin@carersbucks.org

**Aylesbury Vale**

- Emma Tanner  
01296 392711 or 07555 100746  
emma.tanner@carersbucks.org

Visit [www.carersbucks.org/services/young-adult-carers](http://www.carersbucks.org/services/young-adult-carers) where you can also see a video about the YAC support service produced by a local young adult carer.

If you are a young adult carer or know someone who is the please do not hesitate to contact us.



# SERVICES & INFORMATION

## Headway Aylesbury Vale

### 'Hundreds of carers for brain injury survivors miss out on vital respite'

Charity Chairman Phil Simmons says hundreds of families of brain injury survivors are missing out on much-needed respite because they are unaware of the services offered by Headway Aylesbury Vale.

Headway, based in purpose-built premises in Fairford Leys, offers individually-tailored support programmes to clients as well as activities such as art & photographic classes. But, probably due a lack of knowledge of the charity, only a fraction of Aylesbury Vale's estimated 1,500 population of people with Acquired Brain Injury (ABI) are currently attending the sessions.

Mr Simmons said: "Our charity is extremely well-liked by its users and their families so it's a real pity that more people don't take advantage of what we offer. We know the ABI survivors generally take a lot from being here – but we also know their families and carers really benefit as well. In particular, we are not reaching the younger generation. We know there are a lot of survivors between 18-30 out there with ABI, and we are convinced they and their loved ones would really benefit from them joining us."

ABI can be caused by an illness or an accident, and can devastate the life of a previously healthy person. Headway currently opens two days a week, Mondays and Wednesdays, behind the Co-Op in Wedgewood Street, offering therapy, information and meaningful social activities. The intention is to increase the days it operates to widen the range of services, especially to fit the needs of younger clients.

In a documented case study for the charity, one carer told how her previously happy family life had disintegrated overnight when her husband suffered a serious illness in his 40s. It meant that even going out for a day was difficult and required extensive planning.

"This has put a massive strain on our family and changed our lives completely," she said.

But things improved radically when the husband joined Headway.

"From the start it was an absolute Godsend. He went for two days a week and it gave me a bit more time for myself. He loves it and socialises there. He even went out bowling the other week with Headway. It was so nice. If he could go there every day, I would love it."



Phil Simmons  
Chairman

And she urged other survivors of acquired brain injury to seek out the charity's help. "I would recommend it to anyone in a similar position. He's made friends there and looks forward to it."

Phil Simmons added: "There are so many similar stories to this one and we have ample evidence that we do make a difference to the lives of the brain injury survivors and to their families who need a well-earned break.

"I would urge everyone with even a passing interest in this to get in touch and give us a try. What have you got to lose?"

For more information on Headway Aylesbury Vale, please call Karen on 01296 415469 or email [info.headwayav@gmail.com](mailto:info.headwayav@gmail.com)

## LEARNING DISABILITY LIAISON

To improve the patient experience when visiting hospital, Buckinghamshire Healthcare Trust are in the process of adding an alert on to the records of individuals with a learning disability onto the hospital computer system. This will then send prompts to staff to recognise that an individual may need additional support with communication or reasonable adjustments need to be made when visiting the hospital.

If anyone has a relative with a learning disability and wishes the alert to be added to the Buckinghamshire hospital computer system please contact Karen Howsam, Learning Disability Liaison Nurse at Stoke Mandeville Hospital on 01296 316991 or 07876 231051.

This system covers Amersham, Thame, Wycombe, Marlow, & Stoke Mandeville Hospital.

# Transforming Care Workshops

Buckinghamshire's Transforming Care plan takes an all age and whole systems approach to the health and social care needs of people with a learning disability and/or autism who display behaviour that challenges, including people with mental health conditions.

The overall aim is to achieve positive outcomes for people as evidenced by lives that are:

- Healthier
- Offer more choice and control
- Greater support & independence within local communities

As a first step to achieving these outcomes, Bucks' specialist learning disability health service for Adults will be transferring to a new provider from the summer of 2016.

The benefits will be:

- More support in the community
- A strengthened intensive support function, that will eventually move from 5 days to 7 days a week
- A reduced need for specialist inpatient admissions

We are also developing:

- Co-production of services with carers and service users with lived experience
- Opportunities to increase collaborative working between health & social care professionals
- Clearer & more robust pathways for young people and adults
- An innovative shared ownership housing initiative to improve the quality of life for individuals and repatriate people back into the community from hospital settings
- Workforce development so that staff are better able to deliver interventions earlier and prevent placement breakdowns

For further information about Buckinghamshire's Transforming Care plan, sign up to a Carers forum taking place throughout November:

Thurs 3rd Nov 10.30am - 12.30pm  
Carers Bucks' Aylesbury office

Thurs 10th Nov 1.00pm - 2.30pm  
Holy Trinity Church, Amersham Road, Hazlemere, HP15 7PZ

Thurs 17th Nov 11am - 12.30pm  
Buckingham Opportunities Centre, Well Street, Buckingham, MK18 1EN

Wed 23rd Nov 10.30am - 12.30pm  
Amersham Community Centre, Small Barn Hall, Chiltern Avenue, Amersham, HP6 5AH

# Volunteer for 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 choose the type of role that you want at a time to suit you.

We are always looking for people to help with bucket collections to support our Community Fundraising team.

If you volunteer an hour of your time you will receive a Time Credit which you can spend in a variety of ways from days out in London, to gym sessions and the theatre. Time Credits never expire and they don't cost any money.

We are currently looking for volunteers drivers to collect and drop off young carers at their club nights in Aylesbury and Wycombe

and some school holiday outings – whatever time you can spare. Volunteer drivers are vital as they allow our young carers to attend the club nights and outings organised by Carers Bucks, giving them a chance to have some fun and spend time away from their caring role. You just need to be over 21 years old and have a clean drivers licence. You will also need to have a DBS check and attend a short training session.

For more details call our Volunteer Co-ordinator on 0300 777 2722 or email [julia.durrrant@carersbucks.org](mailto:julia.durrrant@carersbucks.org)

"I can see how much benefit the children and young people get from the activities. Several children have told me they have made good friends through Young Carers and that it really helps to meet others who have to deal with the same issues as they do." - Volunteer driver



# DAVE HOLDSTOCK

DRIVING INSTRUCTOR

Offering Driving lessons for Able, Less Able and Disabled drivers.

I can offer tuition for new drivers.

If you need re-training following an accident or illness, I have a specially adapted Automatic car.



For further details contact me

**Mob: 07904305797**

e-mail: [daveholdstock\\_4@hotmail.com](mailto:daveholdstock_4@hotmail.com)

[www.daveholdstockdrivinginstructor.co.uk](http://www.daveholdstockdrivinginstructor.co.uk)

## WHEELCHAIR ACCESSIBLE HOLIDAYS IN FRANCE

### DO YOU NEED A HOLIDAY?



- ◆ SIX MODERN WHEELCHAIR ACCESSIBLE APARTMENTS IN BRITTANY, FRANCE
- ◆ EXCELLENT TRAVEL LINKS. WE ARE CLOSE TO MANY PORTS AND AIRPORTS
- ◆ 20% DISCOUNT AVAILABLE ON ALL FERRY CROSSINGS WITH BRITTANY FERRIES
- ◆ LARGE RIVER FRONT GARDEN WITH BBQ - TERRACE - CHILDRENS PLAY AREA
- ◆ ENGLISH TV - DVD - STEREO - WASHING MACHINES & ALL THE MOD CONS
- ◆ ACCESS TO COMPUTERS & INTERNET - OR - BRING YOUR LAPTOP - FREE WIFI
- ◆ EXPERIENCED SUPPORT STAFF AVAILABLE TO MEET ASSESSED CARE NEEDS
- ◆ SHOWER CHAIRS - PROFILING BEDS - PRESSURE MATTRESSES - HOISTS & MORE
- ◆ PLEASE VISIT OUR WEBSITE FOR MORE DETAILS - PHOTOS - SPECIAL OFFERS



*Got a Direct Payment, PIP or Personal Budget? Use it towards our costs!  
Contact Jacqui for more info*



**www.ineedaholidaytoo.com**  
accessible holidays in france 0800 949 6801



## Independent Living Consultants

Mobility  
Equipment  
Advice

Transportation

10 Cross Court, Plomer Green Avenue, Downley,  
High Wycombe, Bucks HP13 5UW

**Tel: 01494 443933**

email: [info@independentliv.co.uk](mailto:info@independentliv.co.uk)  
[www.independentliv.co.uk](http://www.independentliv.co.uk)

To advertise  
in the next  
issue of this  
publication

Please contact  
**Laurence**

**Tel:**  
01536 526662

**Email:**  
[laurence@lancepublishing.co.uk](mailto:laurence@lancepublishing.co.uk)



## 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](http://www.factbucks.org.uk) or email Ena Smale at [admin@factbucks.org.uk](mailto:admin@factbucks.org.uk)



**Digital Design**  
**Sales and Marketing**  
**Contract Publishing**  
**Branding Solutions**

#### PRODUCTION

Lance Publishing Ltd  
1st Floor, Tailby House,  
Bath Rd, Kettering, NN16 8NL  
Tel: 01536 521126  
Fax: 01536 515481  
Email: [studio@lancepublishing.co.uk](mailto:studio@lancepublishing.co.uk)  
Web: [www.lancepublishing.co.uk](http://www.lancepublishing.co.uk)

**PRODUCED BY  
LANCE PUBLISHING LTD**

# Think Print

Lance Print is an established printers based in Peterborough. At Lance we combine **skill, experience & knowledge** to provide a complete professional service.

We aim to fill our clients with confidence in the knowledge that any work undertaken by us, will be completed to the highest possible standard.

**Call Today:**

**(01733)**

**390 564**



[www.lanceprint.co.uk](http://www.lanceprint.co.uk)