

CarersNews

The newsletter of Carers Bucks

Spring/Summer 2017



Telecare

Young Carers

**GP &
Hospital
Work**

**New Support
Group Diary**

Learning & Training Programme



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Contact Jacqui for more info



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Families and Carers Together in Buckinghamshire

FACT Bucks is a group of parents and carers who work on behalf of all the families, children and young people up to 25 years of age with Special Needs and/or Disabilities. Our aim is to ensure that the decisions made in Buckinghamshire, affecting us all, are made with our needs in mind. It is free to join.

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; CAMHS, Short Breaks; the Local Offer, the Home to School Transport review and Transitions. We are always looking for parents to feed back and we would welcome you to join our termly Parent Advisory Group meetings with the professionals relating to Short Breaks, CAMHS and Therapies.

We will be holding our AGM at the Chapter House, St. Mary's Church, Church Lane, Princes Risborough HP27 9AW on Thursday 9th November 2017 at 10.00 a.m. and you would be welcome to come along and hear about our work and plans for next year.

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

Adult Carers Support Worker –

GP Clinics

Lucy Martin

Young Adult Carers Project Lead

Sarah Collin

Caring for Older Carers, Service

Co-Ordinator

Julie Thomas

To see details of the full Carers Bucks team visit

www.carersbucks.org

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Foreword by the Chief Executive



Welcome to the Spring/Summer issue of Carers News. You will find lots of useful information about our latest services including the new Support Groups Diary (April–September 2017) and details of our Learning and Training programme.

The past few months have been busy, with a continued increase in the number of adult and young carers we support from across the County, and the successful roll out of new services including, support for carers aged over 75, carers and families of people with drug and alcohol dependency and our young adult carers project.

We continue to work closely with local health services, and have seen a great turnout from carers attending our Carers Information Hubs in GP surgeries in South Bucks. The number of carers referred through to our Carers Co-Ordinator at Stoke Mandeville Hospital also continues to rise.

We remain committed to reaching out and meeting the needs of more carers in 2017, with continued focus on integrating the needs of carers with health and social care.

Our Young Carers teams are as busy as ever running clubs and activities for

young carers, and we recently celebrated Young Carers Awareness Day, with the launch of a short film about the challenges faced by young carers, starring local young adult carers. Our ‘Young Carers in Schools Awards’ event recognised junior schools across Aylesbury Vale for the work they do supporting young carers.

On 15th–16th July, myself and other Carers Bucks staff members will be taking part in the Race to the Stones challenge to raise money for Carers Bucks. We will be walking/running 50k or 100k along the Ridgeway, Britain’s oldest pathway running from the Chilterns to the North Wessex Downs!

Save the Date! Carers Week 2017 takes place from 12th–18th June, during which we will be organising events and groups for carers. Carers Bucks Autumn Ball takes place on 7th October. Following the success of last year’s event, this year’s Autumn Ball will be held at Chartridge Lodge near Chesham. For further details visit our website www.carersbucks.org

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Front Cover image:

Carers Bucks support worker Ash Khan and carer Pushpa Kheta on Carers Rights Day 2016 at Carers Bucks head office in Aylesbury.

NEWS FROM CARERSBUCKS

Save the Date!

Carers Week 2017
12th – 18th June

This year's Carers Week is all about 'building carer friendly communities' and people are being encouraged to recommend services and organisations in their local area which are carer friendly. Visit www.carersweek.org for further details. Carers Bucks will be running groups and events for carers throughout the week.

Monday 12th June:

Haddenham Support Group

Carers Information Event at Stoke Mandeville Hospital

Tuesday 13th June:

Young Onset Dementia group at Jackson Court in Hazlemere
10.30am–12pm

Wednesday 14th June:

Information Event at the British Legion Shop in Aylesbury

Thursday 15th June:

Carers' Information, Pampering and Lunch Event at Kings Church in Amersham 10am–2pm
Call Carers Bucks to book a place

Friday 16th June:

Wycombe Support Group

Carers Pampering Event at Carers Bucks' Aylesbury office 10am–2pm
Call Carers Bucks to book a place

Caring for Older Carers



Carers Bucks has launched a new service offering support to unpaid carers aged 75 and over. This service is being run by Julie Thomas, Carers Co-ordinator at Carers Bucks. If you are over 75 and looking after someone who cannot manage without you because they are ill or have a disability, then this service is for you. Contact Julie at Carers Bucks on 0300 777 2722 or 07958 539590 or julie.thomas@carersbucks.org

Secondary Schools Project



Following from the success of our work within junior schools, we are delighted to have been awarded further funding from the Community Chest to continue this project in to Secondary Schools within Aylesbury Vale. For further information email Laura Troll, Young Carers in Secondary Schools Project Lead laura.troll@carersbucks.org

New Writing Group

Due to the popularity of a writing group we previously held, we have decided to offer it again. No experience is necessary. It's an opportunity for carers to join in the fun of writing poetry and/or short stories in a friendly and relaxed atmosphere over tea and coffee.

If you haven't considered a writing group before, give it a try. It's fun and an opportunity to meet other carers in a social setting. All you need to bring is a notepad and a pen.

The first meeting will be on Friday 12th May, 10am–12pm at our Aylesbury office. Future meetings will be on the 2nd Friday of each month. The group will be facilitated by Pat Randall.

Are you affected by someone else's Drug & Alcohol misuse?

If someone you care about uses drugs and alcohol it can be worrying, isolating and embarrassing. As a family member or a friend it can help to know that you're not alone and that support is available for you.

Support can be face-to-face, by telephone, text, email and Skype. One-to-one appointments can be offered in our Aylesbury or Wycombe office or another convenient location. If you would like to refer yourself to the service, call 0300 777 2722 or complete the self-referral form on our website www.carersbucks.org and email it to jo.dover@carersbucks.org

Mental Health and Substance Misuse support groups occur in Aylesbury and Wycombe, facilitated by Jo Dover and Jane Hansford from Carers Bucks.

Aylesbury: (Carers Bucks offices) last Monday of the month, 6pm–8pm

Wycombe: (Mind offices, Easton Street) 3rd Tuesday of the month, 12pm–2pm

Register with your GP

If you are caring for a family member, friend or neighbour who is ill, disabled or frail, please remember to let your GP practice know, so they can add your details to their Carers Register.

Carers Discount Card

Thanks to everyone who completed our recent survey about the Carers Discount Card. Your feedback is important to us, and we are using the results to assess how we can improve the scheme and what it has to offer.



Carers Consultation on Adult Social Carers Services in Buckinghamshire



On Friday 3rd March, carers were invited to attend a consultation at Carers Bucks offices with Graeme Betts, Interim Managing Director for Communities, Health and Adult Social Care at Buckinghamshire County Council, to share their views about local adult social care services.

Many carers attending the meeting took the opportunity to have their say about services that affect them and feedback on their experiences. It's important for the Council to hear from all those who use local services so they can understand what is working well and where improvements can be made.

"Another success that Carers Bucks can be proud of. Letting carers tell their stories in their own way and in their own time. It was interesting to hear what others carers had to say" Carer

Male Carers - We Want To Hear From You!

If you are male and caring for someone - a family member, friend or neighbour, we would like to hear from you to ensure we get the right support in place for male carers. We would like to welcome you to attend a meeting where you will have the chance to share your views and be involved in the planning of male carers groups and activities offered by Carers Bucks.

- **Friday 21st April 10.30am–12.30pm** at The Small Barn Hall in Amersham Community Centre, Chiltern Avenue (The Small Barn Hall is on the left hand side when you go into the car park)
- **Friday 5th May 10.30am–12.30pm** at Carers Bucks office in Aylesbury



If you would like to attend either of the meetings call us on 0300 777 2722 or email us at mail@carersbucks.org

Carers Week 2017

We are looking for carers who would be willing to be involved in a series of short films about 'Carers Lives' which we are looking to produce for Carers Week 2017. If you would be interested in taking part, please contact Hayley Mountstevens at Carers Bucks on 0300 777 2722 or hayley.mountstevens@carersbucks.org



Join Our Race To The Stones Team

Join our Race to the Stones team! If you or someone you know is interested in joining our Race to the Stones team to help raise money for Carers Bucks, we would be delighted to hear from you. Contact us on 0300 777 2722.

Why not follow our Race to the Stones blog:
www.carersbucks.org/race-to-the-stones-blog

GP & HOSPITAL WORK

We've now run six Carers Information Hubs in the Amersham and Chesham Clinical Commissioning Group locality, covering subjects such as Oral Health, Emergency Planning, Diabetes, Lasting Power of Attorney, Infection Detection and Dignity in Care, which have been well received. Future hubs are hoping to have speakers from the Alzheimer's Society, Stroke Association and an Occupational Therapist. Visit www.carersbucks.org for further details.



Carers Champion Adrienne at Poplar Grove Practice

INVESTORS IN CARERS GP STANDARD AWARD

Carers Bucks is currently working with a number of GP practices in Bucks including Gladstone Surgery in Chesham, John Hampden Surgery in Prestwood, Poplar Grove Practice and Haddenham Medical Centre in Aylesbury, who are making good

progress towards the Investors in Carers GP Standard Award. This ongoing scheme was launched by Carers Bucks in 2016 to recognise GP Practices for their ongoing commitment towards improved carer support.



ADASS & NHS ENGLAND REGIONAL CONFERENCE

'Caring Together; an integrated approach to carer health and wellbeing'

On 26th January, Lucy Martin, GP Carers Hub Co-Ordinator at Carers Bucks was invited to speak about the 'Identification, recognition and registration of Carers' in primary care. Lucy spoke about how Carers Bucks has been working with local GP

surgeries to support carers. Lucy also took the opportunity to commend Buckinghamshire CCGs for their commitment to carer support within GP and hospital settings, and how Carers Bucks is hoping to roll out the work on a larger scale countywide.

CARERS HUB AT STOKE MANDEVILLE

The Carers Hub at Stoke Mandeville Hospital continues to thrive with over 500 carers identified and supported by Carol Hayward, Carers Hub Co-Ordinator since it opened in June 2015.

Referrals from hospital staff have continued to increase, with Carol presenting to student nurse seminars and staff team meetings.

A recent article in the Bucks Healthcare Trust staff bulletin received some very welcome feedback about the service.

Three members of hospital staff have since volunteered to become Carers Champions, to help raise awareness of carers within the hospital.



If you are attending hospital as a patient carer or as a visiting carer, please give Carol a call, as she will support you throughout the hospital stay and importantly, through the discharge process.

Contact Carol Hayward on 07496 724637, from 9am–5pm Monday to Thursday and 9am - 4.30pm on Fridays.

The Carers Hub is based on ward 8/9.

"I can highly recommend Carers Bucks and Carol in particular. We often refer carers from the Cancer Information and Support Service and Carol is really responsive, flexible and reliable. A very important service!"

VOLUNTEER: TIME CREDITS

Carers Bucks and Young Carers Bucks have signed up to the Time Credit scheme.

Volunteers can receive Time Credits as a thank you for giving time to their community by volunteering. You can 'spend' your time credits to access events, training and leisure activities, or to thank others in turn.

You 'earn' one Time Credit for each hour that you volunteer. The Time Credit looks like a regular money note, except it is bright green, slightly smaller and is made of a soft plastic.

Time credits are incredibly flexible and can be earned in lots of ways, including volunteering for Carers Bucks and Young Carers.

Time credits can be spent in a lot of places including our local sports centres, theatres, adult learning courses and other places further afield such as the Tower of London.

If you do not want to use them yourself, you can give them to friends and relatives, or donate them back to Young Carers and Carers Bucks, there is no restriction once you receive them, and they are yours to use how you want to.

They do not expire so you can collect a number to take out the whole family if you want to.

Please visit www.justaddspice.org for ideas on where to spend your time credits.

For more information on Time Credits contact our Volunteer Co-Ordinator Julia Durrant on julia.durrant@carersbucks.org

"We saw Swan Lake at Waterside Theatre in Aylesbury last week and really enjoyed it. I called in to book tickets as soon as they became available and there was no difficulty in using Time Credits. The staff knew exactly what to do, they weren't surprised when I produced them, and we had very good seats. Thoroughly enjoyed it, thank you!"
Juliette Dean, volunteer



WE CREATE MEANINGFUL CHANGE IN COMMUNITIES



TELECARE

Telecare is simple technology designed to help you stay living independently at home for longer. It offers peace of mind to family and carers.

Telecare can be used in a variety of ways such as devices which can remind you to take your medication, through to Telecare systems which can automatically send an alert via your phone line to staff at a response centre or a carer if you need help. The simplest form of Telecare is a pendant alarm which can be pressed to call for help.

Telecare systems have become very advanced. Many wireless devices can be added for many medical conditions, from falling sensors that can contact the monitoring service without pressing a button, to a sensor that can warn a carer/parent of an epilepsy seizure and many more devices.

Carers Bucks works with Buckinghamshire County Council to raise awareness of the benefit of Telecare to support carers in their caring role. We also have a Telecare Adviser who visits our support groups

to talk about and demonstrate Telecare equipment. This can be followed up by a consultation and, if appropriate, a referral to the County Council for an assessment for Telecare equipment. Included in the package is the Red Cross lifting service. A carer can request this service by pressing the pendant button if someone has fallen but is not hurt. This saves an ambulance call out.

Call Carers Bucks on 0300 777 2722 for further Telecare advice and information.

How much does Telecare services cost?

- If you are entitled to financial support, equipment and monitoring will be provided on loan free of charge.
- If you are not entitled to financial support, the equipment will be provided on loan free of charge but there will be an ongoing monitoring fee of £4.30 per week which will cover the cost of the 24/7 monitoring service.

There are other excellent providers for carers who prefer to buy their own equipment:

Care Harmony Solutions

An Aylesbury based company, which currently offers carers registered with the Carers Bucks Discount Card preferential prices and a free installation service. Call 0300 777 2722 for details.



Safe + Well – NRS

NRS Healthcare delivers the Safe+Well™ service in Buckinghamshire. They offer a wide range of Telecare devices. For Telecare advice call 0300 100 0247 or visit www.safeandwell.co.uk/buckinghamshire



Age UK

Offers a Telecare pendant service with a range of different pricing options. Call 0800 030 4385 for more information.



Centra

Offers a range of different Telecare products. Call 0300 333 2012 for more information.



Further information about Telecare can be found on Carers Bucks website at www.carersbucks.org/adult-carers/guide-to-caring/telecare-equipment

Buddi - Go anywhere, anytime personal emergency response service



Help is always there at the touch of a button. If you press the alert buttons for help or if you have a fall, a 24hr monitoring service can find information about your location, talk to you through your buddi to establish the kind of assistance you require, and notify your emergency contacts. You can monitor your activity levels during the day and as

you sleep at night, which will indicate good health. You or your emergency contacts can set expected activity levels, safe places and speed alerts to personalise your alerts to suit your lifestyle. No one need ever be alone.

For more information on the Buddi service, contact Carers Bucks on 0300 777 2722.



Pendant Alarm

Alarm can be raised even when not near the unit – up to a range of 50 metres. It can be supplied on a neck cord or a wristband.



Medication Reminder

Designed to support those who struggle with time orientation. Reminders can be programmed to prompt for medication.



Smoke Detector

Makes a sound when it detects smoke and raises an alert to the call centre. Can be linked to a flashing beacon or vibrating alarm for those with a visual impairment.



Magiplug

Replaces either the bath/sink plug. Releases water if it reaches a certain height or middle changes colour if water is over 36°C. Call us on 0300 777 2722 if you want one.



Temperature Sensor

Monitors excessively high (35°C) and low (2°C) temperatures and a rapid rise/fall in temperature. Typically installed on the wall or ceiling of a kitchen.



Flood Detector

A wireless sensor placed in sinks or toilets which can detect early warnings of potential flooding. Emits an audible alarm and raises alerts the call centre.



Bed Occupancy Sensor

Give call centre an early warning that the person has left their bed/ chair and not returned within a preset time period, indicating a potential fall.



Memo Minder

A motion activated talking sign. A short message can be recorded (and rerecorded at any time) and will play it back when the sensor detects movement.

SUPPORT GROUPS

SUPPORT GROUPS		APRIL	MAY	JUNE
Amersham Amersham Free Church, (Carey Room), Woodside Road, Amersham, HP6 6AJ	3rd Monday 10am–12pm	No meeting (bank holiday)	15th May Wills, Inheritance Tax & Lasting Power of Attorney	19th Jun Pamper 12pm–
Aylesbury Carers Bucks, Ardenham Court, Oxford Road, Aylesbury, HP19 8HT	2nd Tuesday 11am–1pm	11th Apr Meditation – Breathing & relaxation session	9th May Trading Standard Talk by Chris Holden	16th Jun Carers
Aylesbury - Learning Disability Carers Bucks, Ardenham Court, Oxford Road, Aylesbury, HP19 8HT	1st Thursday 10.30am–12.30pm	6th Apr Meeting with Head of Social Services for Learning Disabilities	4th May TBA	1st Jun Informa biscuits
Aylesbury - Substance Misuse & Mental Health Carers Bucks, Ardenham Court, Oxford Road, Aylesbury, HP19 8HT	Last Monday 6pm–8pm	24th Apr	No meeting	26th Jun
Beaconsfield The Parish Hall at St Teresa's Church, 40 Warwick Road, Beaconsfield, HP9 2PL	1st Thursday 1.30pm–3.30pm	6th Apr Telecare – Latest technology to help you in your caring role	4th May Mindfulness - Learn about how to relax & focus your mind	8th – N 15th Jun Church
Burnham The Youth Centre, Minniecroft Road, Burnham, SL1 7DE	Last Friday 12pm–2pm	28th Apr Caring for older carers with Jules Thomas	26th May Pampering for carers	30th Jun Trading
Carers Choir Chalfont St Peter Community Centre, Gravel Hill, Chalfont St Giles, SL9 9QX	Every 1st and 3rd Tuesday 10.15am–11.45am	4th & 18th Apr	2nd & 16th May	6th & 2
Chesham Chesham Town Hall, Chesham, HP5 1DS	3rd Wednesday 1.30–3.30pm	19th Apr Q&A session with Adult Carers Support Workers	17th May Pamper session	21st Jun Afterno Centre
Denham St Marks Hall, Green Tiles Lane, Denham Green, UB9 5LF	Last Tuesday 2pm–4pm	25th Apr Cream tea at Denham Garden Village	30th May Service User & Carer Organisation support from Debi Robinson	27th Jun REMAP equipm
Young Onset Dementia Jackson Court, Hazlemere, High Wycombe, HP15 7TZ	2nd Tuesday 10.30am–12pm	11th Apr Bucks Search & Rescue	9th May Lasting Power of Attorney & Wills	13th Jun Carers
Evening Carers Carers Bucks, Ardenham Court, Oxford Road, Aylesbury, HP19 8HT	2nd Wednesday 7pm–9pm	12th Apr	10th May	14th Jun Carers
Haddenham Haddenham Medical Centre, Stanbridge Road, Haddenham, Aylesbury, HP17 8JX	2nd Monday 1.30pm–3.30pm	10th Apr Talk about caring role & share ideas	8th May Telecare – Latest technology to help you in your caring role	12th Jun Carers
Iver Heath St Margarets Close, Iver Heath, SL0 0DA	4th Wednesday 10.30am–12.30pm	26th Apr Service User & Carer Organisation support from Debi Robinson	24th May REMAP – Charity making bespoke equipment for disabled people	28th Jun Telecar in your
Male Carers Various locations	Usually last Tuesday around 10am–11am	25th Apr TBC	30th May TBC	27th Jun TBC
Marlow The Community Lounge, Brooke Furnston Place, Little Marlow Road, Marlow, SL7 1GN	2nd Tuesday 10am–12pm	11th Apr Oral Hygiene – Maintaining healthy teeth	9th May REMAP – Charity making bespoke equipment for disabled people	13th Jun 15th Jun Church
Stokenchurch Stokenchurch Medical Centre, Oxford Road, Stokenchurch, HP14 3SX	Last Wednesday 1.30pm–3.30pm	26th Apr Dementia friends – Information session	31st May Chat & essential information to help you in your caring role	28th Jun Stress
Wendover The Wendover Library, High Street, Wendover, Aylesbury, HP22 6DU	2nd Thursday 1pm–3pm	13th Apr Medical Detection Dogs	11th May Colour analysis & style consulting	8th Jun Worlds
Wycombe Pusey House, 9a Amersham Road, High Wycombe, HP13 6PN	3rd Friday 10am–12pm	21st Apr Service User & Carer Organisation support from Debi Robinson	19th May Speaker TBC	16th Jun Carers
Wycombe - Learning Disability Young Carers Bucks, 39 Queens Road, High Wycombe, HP13 6AQ	1st Monday 10am–12pm	3rd Apr	No Meeting	5th Jun
Wycombe - Substance Misuse & Mental Health Telephone Exchange, 16-18 Easton Street, High Wycombe, HP11 1NR	3rd Tuesday 12pm–2pm	18th Apr	16th May	20th Jun

GROUP DIARY

	JULY	AUGUST	SEPTEMBER
Session & bring and share 2pm	17th Jul REMAP – Charity making bespoke equipment for disabled people	No meeting	18th Sep BCC Councillor – Share your caring experiences
Week event 10am–2pm	11th Jul Picnic in the park	No meeting	12th Sep Stone painting – Therapeutic session painting stones
Meeting with tea, coffee and	6th Jul Court of Protection, Wills and Trusts	No meeting	7th Sep Informal meeting
	31st Jul	No meeting	25th Sep
No meeting Carers event at Kings in Amersham	6th Jul Amersham COTE lunch	No meeting	7th Sep Wills, Trusts & Lasting Power of Attorney with Betsy Williams
Standard Talk by Chris Holden	28th Jul What is brokerage? How it can help carers	25th Aug Lunch outing	29th Sep Visit from District County Councillor
10th Jun	4th & 18th Jul	1st & 15th Aug	5th & 19th Sep
Tea at Chartridge Conference	19th Jul Surprise! – To be disclosed on the day	16th Aug Picnic in the park – Organised by Anne St Pierre	20th Sep Inviting a local councillor to share your caring experiences
Charity making bespoke equipment for disabled people	25th Jul Relaxation therapies with Helen	No meeting	26th Sep Wills, Trusts & Lasting Power of Attorney with Betsy Williams
Week	11th Jul Incontinence Service	No meeting	12th Sep Service User & Carer Organisation support from Debi Robinson
Week	12th Jul	No meeting	13th Sep
Week	10th Jul Visit to Haddenham Garden Centre	No meeting	11th Sep Oral Hygiene – Maintaining healthy teeth
Latest technology to help you in your caring role	26th Jul Wills, Trusts & Lasting Power of Attorney with Betsy Williams	No meeting	27th Sep Seated yoga
	25th Jul TBC	29th Aug TBC	26th Sep TBC
No meeting Carers event at Kings in Amersham	11th Jul Wills, Trusts & Lasting Power of Attorney with Betsy Williams	No meeting	12th Sep Mindfulness – Learn about how to relax & focus your mind
management & relaxation	27th Jul Summer outing - Venue TBC	30th Aug In Case of Emergency (ICE) plans & a general chat	27th Sep Chat & essential information to help you in your caring role
End Garden Centre visit	13th Jul – Mystery tour – Transport will leave library at 12noon and return at 2.45pm. Advanced booking required.	No meeting	14th Sep TBC
Week meeting	21st Jul Garden party	No meeting	15th Sep Wills, Trusts & Lasting Power of Attorney
	3rd Jul	No meeting	4th Sep
	18th Jul	15th Aug	19th Sep

Our 'Caring For You' programme has been running successfully for the last four 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. There are a number of sessions in the programme that you can book to come along to.

CARING FOR YOU

These sessions encourage you to look at the balance between your caring role and the rest of your life, managing the stresses and 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 **Aylesbury** on a **Friday** for **3 weeks**, **10am–1pm** on:

1. Caring and You: 23rd June

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: 30th June

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

3. Looking After Yourself: 7th July

Think about looking after your own health by building on existing skills and learning new ones.

COURT OF PROTECTION, WILLS AND TRUSTS

This session is for parents/carers of adults with a learning disability or young adults going through transition. This session will help understand what happens when a person is not able to make powers of attorney or wills, how the Court of Protection works and when it is needed. Also how to put trusts in place to ensure that a child is provided for but still protect their entitlement to means tested benefits.

This session will be held in **Aylesbury** on **Thursday 6th July** **10.30am–12.30pm**

CARING AND GETTING THE HELP THAT YOU NEED

Find out more about what support carers and the person you care for can expect to receive from the local authority, NHS and supporting organisations including Carers Bucks. We will also look at paying for care and respite.

This session will be held in **Aylesbury** on **Friday 29th September** **10am–12.30pm**

CARING AND 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 will be held in **Chalfont St Peter** on **Friday 9th June** **10am–12pm**

UNDERSTANDING DIRECT PAYMENTS

This session will introduce and discuss what direct payments are, how to access the support, how they are set up and managed, plus how brokerage service can help you with finding the support you need.

This session will be held in **Aylesbury** on **Friday 26th May** **10am–12pm** led by the Direct Payments Team from Bucks County Council.

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.

These sessions will be held in:

- **Chesham** on **Wednesday 28th June** **10am–1pm**
- **Long Crendon** on **Tuesday 5th September** **10am–1pm**

BAME SEWING GROUP

We will be running the BAME sewing group again this year. The group runs for **2 hours every week** for **10 weeks beginning in May 2017** and gives BAME carers an opportunity to learn how to sew or brush up on their sewing skills. Please contact Ash Khan on 01296 392711 or email ash.khan@carersbucks.org if you are interested. Places are limited but priority will be given to new carers.

UNDERSTANDING THE CARE ACT

This session is to help carers learn more about the Care Act, what changes this has brought to care and support available and gain a better understanding about what this means to you as a carer and the person that you care for.

This session will be held in **Aylesbury** on **Friday 28th July** **10.30am–12.30pm**

ND TRAINING



Buckinghamshire Adult Learning offers a broad programme of over 2,000 part-time courses and workshops, delivered from 120 locations across the county. Courses range from one day to one year and cover beginner through to advanced levels, offering daytime and evening flexibility.

Whether you want to get creative and learn a new skill or improve your wellbeing, Buckinghamshire Adult Learning can help you. There is something to suit everyone, including:

- Creative studies such as drawing and painting or stained glass
- Home Improvements & Textiles such as upcycling for your home or dressmaking
- Health & fitness such as yoga, Pilates and Tai Chi
- Psychology and Mental Health
- Languages such as French, German, Italian and Spanish
- Computing such as iPad basics or Excel improvers
- English & maths
- Family Learning

For the full list of courses available and book your place, call 01296 382403 or visit their website www.adultlearningbcc.ac.uk



Making the most of your time away from your caring role...

When was the last time you had a go at something new or spent some time on your own interests?

We are working with Bucks Adult Learning again to offer some courses where you can learn something new or enjoy some time away from your caring role doing something you are interested in. The courses are for carers and are free to those registered with Carers Bucks.

Booking is essential for these courses. Please call Bucks Adult Learning on 01296 382403 and give the course code provided.



PRACTICAL GARDENING IN THE BEAUTIFUL SETTING OF HUGHENDEN MANOR

We are offering 2 programmes over the Spring and Summer, each of these are for **6 weeks** from **12.15pm–1.15pm**

This course is for anyone with an interest in garden design and garden plants who would like to improve their skills. This course aims to introduce you to garden design skills using plants to design your own planting schemes. We also cover soil preparation, pruning and feeding plants in gardens. During the course we will cover the basics of Garden Planning and practical horticulture.

- 1. Mondays 24th April–12th June (excluding Bank Holidays)**
Course code: B1GA82NAO
- 2. Wednesdays 9th August–13th September**
Course code: B3GA45NAO



CREATIVE WRITING PUTTING YOUR LIFE STORIES & EXPERIENCES INTO WORDS

On this enjoyable short course you will get to share and record your memories and life experiences through writing. An experienced writing tutor will be on hand to help you to unlock and develop your creativity. You will learn some basic tips about writing and try a variety of techniques to trigger and deepen your memories and ideas. Over 3 sessions you will write several short pieces and become part of a friendly, supportive writing group.

This course welcomes anyone, young or old, who wants to explore writing about their lives. For beginners and more experienced writers - just bring along your stories and experiences and get writing.

The sessions will be held in **Aylesbury** from **8th June–22nd June, 10am–12pm. Course Code: Q4EC04NAO**

FUNDRAISING

SAVE THE DATE!

Carers Bucks Autumn Ball

7th October 2017



Following the success of last year's Autumn Ball we are making it an annual event! This year's Autumn Ball will be held at Chartridge Lodge nr Chesham. Tickets are £45, which will include a glass of Prosecco on arrival, a three course meal and music. Tickets will be available to purchase online via PayPal. For more details visit www.carersbucks.org

THE VALE LOTTERY - WIN UP TO £25,000!

Would you like a chance to win £25,000? The Vale Lottery is a weekly lottery that directly supports good causes including Carers Bucks. When you play the Vale Lottery 60% of your ticket price goes to good causes across Aylesbury Vale. It costs just £1 a week to play. Visit: www.valelottery.co.uk/support/carers-bucks



BURNS NIGHT 2017

A huge thank you to Lynne Dawson and Gregg Sneddon for arranging another Burns night to raise much needed funds for Young Carers in Buckinghamshire. The evening was a great success resulting in £1,000 donation for Young Carers!

BETH'S 22 MILE SWIM

Our Community Fundraiser Beth Sawyers has embarked on a 22 mile swim in 10 weeks to raise money for Carers Bucks – that's the length of the English Channel and over 1420 lengths of the local pool! Beth will have completed her swim by 24th April. To read more about Beth's swim and to support her, visit: www.justgiving.com/beth-sawyers

RACE TO THE STONES 2017

A team from Carers Bucks are taking part in the Race to the Stones challenge on 15th–16th July for the second year to raise money for Carers Bucks. The team will be walking/running 50k or 100k along the Ridgeway, Britain's oldest pathway running from the Chilterns to the North Wessex Downs.



YOUNG CARERS OWNZONE CAMPAIGN

In January, we kicked off a fundraising campaign for Young Carers Bucks, to raise vital funds for the provision of our dedicated 'OwnZone' space for young carers here at our Aylesbury office. This room is used by young carers for workshops, activities and support groups run by Young Carers Bucks. It provides a safe environment to meet staff and for young carers to have some time away from their caring roles. The lease on the 'OwnZone' space costs £15,000 each year, funds which Carers Bucks must raise each year in order to keep the space. The ongoing campaign received some great publicity in January with our Chief Executive and Young Carers Service Manager appearing on BBC 3 Counties Radio and BBC South Today.

For more information or to support the OwnZone campaign visit www.justgiving.com/campaigns/charity/carersbucks/ownzone



MARLOW REGATTA

On Saturday 10th and Sunday 11th June 2017 Carers Bucks will have an information gazebo at the Marlow Regatta. There will be a raffle on Saturday and a tombola on Sunday.

CHARITY OF THE YEAR AT PIPERS CORNER SCHOOL

Pipers Corner school have chosen Young Carers Bucks as their Charity of Choice to benefit from their annual ball which will take place at Pipers Corner School on 1st July 2017.

CARERS WEEK 2017

On Saturday 15th and Sunday 16th July we will be holding a bucket collection at Sainsbury's Beaconsfield to raise much needed funds for Carers Bucks.

MENTMORE ARTS FESTIVAL

The 9th Mentmore Arts Festival will be from Saturday 27th–Monday 29th May 2017, 11am–5pm. Carers Bucks is lucky to have been selected as one of the chosen charities to benefit from this event. The weekend promises to be a really enjoyable family day out. For more information: www.mentmore-arts-festival.co.uk

We would like to say THANK YOU to the following organisations for their recent support and donations:

Lions Club High Wycombe Aston Clinton Beer Festival TSB Princess Risborough Stoke Poges United Charity

Specsavers High Wycombe Heart of Bucks Kop Hill Climb Frog Skirmett Carol Concert Longwick Choir

Bierton Village Carolfest Waitrose High Wycombe Beaconsfield Golf Club Sainsbury's Beaconsfield

Café Africa Vale Lottery Fairway Lodge Winslow School Cuddington WI Chiltern Crematorium

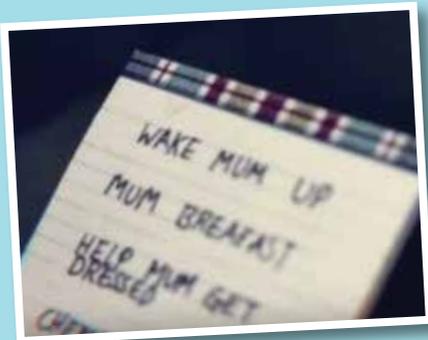
Morrisons Aylesbury All Saints Church Wing (with Grove) Sainsbury's Charity Foundation

YOUNG CARERS

YOUNG CARERS AWARENESS DAY

Our Young Adult Carers team had the fantastic opportunity of working with Fixers UK to produce a short film about the challenges faced by young carers. The film 'What Needs to be Said' was premiered at the Odeon Cinema in Aylesbury on Young Carers Awareness Day.

To see the film visit:
www.youngcarersbucks.org or visit
www.fixers.org.uk



YOUNG CARERS IN SCHOOLS AWARDS

Our second Young Carers in Schools Awards took place on Young Carers Awareness Day, which saw eight junior schools from Aylesbury Vale awarded with a Gold Award for the work they are doing to support pupils with a caring responsibility at home.

The schools who received a Gold Award, all run young carers groups at their school, and includes Swanbourne CE, Brookmead, Buckingham Primary, Great Horwood, North Marston, St Edwards, Wingrave and Winslow school.



Young carers group from Swanbourne CE School receiving their Gold Award

Six schools were awarded with a Silver Award for having received special training from the Young Carers Bucks team about identifying and raising awareness of young carers within their school. The children and teachers received their awards from The Mayor of Aylesbury. Thanks to Dan Blaze for compering the event and for making it such a fun afternoon!

We are pleased to announce that the next Schools Awards ceremony will take place at Wycombe Heights Golf Club in Wycombe on 26th April, where primary schools from the Wycombe area will be presented awards for the work they are doing to support pupils who are young carers. Contact Rahat Butt on rahat.butt@carersbucks.org for further details.

VOLUNTEER FOR YOUNG CARERS

We would like to say a huge thank you to the fantastic support of our volunteers for Young Carers, many who provide such a vital service in transporting young carers to the various groups, clubs and activities organised by the team in Aylesbury and Wycombe each month. Without the help of volunteers, many young carers wouldn't be able to attend these groups, meaning they miss out on meeting other young carers and getting a break from their caring responsibilities at home.

We are in constant need of more volunteer drivers for young carers, and so if you or anyone you know has a few hours to spare to help with some pick-ups and drop-offs at clubs and activities, we would be delighted to hear from you. We also often need

activities support volunteers to help out at clubs or outings, you would be able to get involved in a variety of activities for different age groups, such as a trip to Odds Farm with 6-9 year olds or kayaking with a 13-16 year olds group.

Please contact Julia Durrant our Volunteer Co-ordinator on 0300 777 2722 for further details. All volunteers for Carers Bucks and Young Carers Bucks can earn Time Credits for volunteering. See P7 for more information about Time Credits.





HALF TERM FUN!

During February half term, the team in Aylesbury and High Wycombe organised lots of fun filled events and activities enjoyed by many young carers during the school break.

In Aylesbury young carers got to enjoy a trip to the indoor trampoline centre Rush, a trip to the fantastic circus show "Cirque Beserk" and visited the Lynx Gym in Aylesbury. Thanks to all of our fantastic volunteers for their time, as without them our events wouldn't be such a success.

A group of 10 Wycombe young carers went on overnight 'Dino Snores' trip to the Natural History Museum during half term. The older young carers had a 'Grubs Up' cookery day where they made healthy food on a budget. The group cooked a mountain of food such as broccoli and cheese soup, homemade soda bread, tortillas, baked fish and rice, Thai noodles and chocolate cake! Many thanks to Charmaine Fyffe-Khepera and Michael Brown for making it so enjoyable.

A group of eight young carers aged 9-10 were also invited to see "The Twits" at Aylesbury's Waterside Theatre for a night of giggling and grotesque trickery with the help of Time Credits. A huge thank you to everyone who donated their Time Credits from volunteering to make this happen. It wouldn't have been possible without you.

The team is also working with Wycombe Wanderers to deliver a 6 week programme for 10 older young carers in the Wycombe area. This will include football training with coaches and an introduction to health and fitness.

Both teams are now busy planning lots exciting events coming up in the summer so watch this space!



SECONDARY SCHOOLS PROJECT

Following on from the success of work within junior schools, we are delighted to have been awarded further funding from the Community Chest to continue this project in to Secondary Schools. We aim to work with all secondary schools within Aylesbury Vale to improve support for young carers.

with schools to raise awareness in assemblies and classes, to train staff teams in identification and support as well as facilitating the creation of support groups.

It's an exciting time as we are already engaging with 5 schools. Schools who do participate can work towards receiving the Young Carers in Schools Award which is a great achievement.

If you would like further information please contact Laura Troll on laura.troll@carersbucks.org or 0300 777 2722.

YOUNG CARERS FORUM

The Young Carers Forum is made up of young carers from both Wycombe and Aylesbury and meet regularly.

The Forum are currently focussed on helping raise awareness of young carers in schools and recently attended a media training session to help them with ideas on how to promote their ideas. During the meetings the Forum have also been asked to contribute to Buckinghamshire's Multi – Agency Strategy for Young Carers.

FUSED - TARGETED GROUPS

The Aylesbury team have recently run two targeted groups called FUSED for a small group of young carers (one for the oldest and one for the youngest group) who have parents that are affected by mental health issues. The group focuses on understanding what mental illness is, what causes it and how young people can cope with the various

complexities it can introduce into family life. The groups were a big success, with all of the feedback from the attendees being almost unanimously positive.

One of our group members said: "FUSED helped me to understand my mum's depression and that it isn't my fault".

YOUNG ADULT CARERS

It has been a busy few months for the Young Adult Carers team. In November, the YAC Steering Group spoke at the Buckinghamshire Emotional Wellbeing Conference in front of 100 delegates from schools and other support agencies about the impact of caring on their own wellbeing. It was a very powerful presentation, and according to the evaluation reports it was one of the highlights of the event.

The steering group also created a short film with Fixers UK to highlight the high levels of responsibility that young carers take on within the family home, which was premiered on Young Carers Awareness Day. This resource can now be used within our work in schools and as we continue to raise awareness of young carers and young adult carers.



Fixers Filming



YAC Steering Group

YACs were also able to benefit from the knowledge and expertise of staff from GM Financial in Wycombe who recently took the time to deliver two training sessions on CV writing, Interview Skills and Financial Capabilities. The Life Skills sessions continue this year, focusing on emotional wellbeing, covering topics such as mindfulness, sleep and stress management. We will also continue to meet for the regular YAC socials.

The team is working closely with Aylesbury, Amersham and Wycombe and Henley College to support young adult carers to succeed on their courses and look positively to their future. We believe Young Adult Carers should have the same chances as their peers. We are currently supporting 11 YACs who are studying at university, and supporting a number who are planning to attend university in September 2017 by providing evenings to discuss concerns and options. Our support workers are available to meet with families on an individual basis where necessary to talk through these changes.

So far, the YAC project has supported 107 young adult carers and their families within Buckinghamshire and we look forward to expanding our team in the near future.

For further information contact the Sarah Collin, Young Adult Carers Project Lead on sarah.collin@carersbucks.org or 01494 463 536.

SERVICES & INFORMATION

HADDENHAM COMMUNITY VEHICLE

Launched in 2015, the Haddenham Community Vehicle provides a personal transport service for people having difficulty accessing public and private vehicles.

Those in a wheelchair can now have easy access and can sit safely alongside drivers. You can call the coordinator to book a door to door trip to the shops, to relatives and friends or to the medical centre, clinics or hospital. The service is provided by trained volunteers and



for clients living within the Haddenham and surrounding villages there is no charge, though as a charity, donations are always welcome. The aim is to provide a first class local transport service to the disabled in the community to help relieve the increasing problem of social isolation.

For more information contact the HCV
Co-Ordinator: 07495 366779 or
haddenhamcv@gmail.com or visit
www.haddenhamcommunityvehicle.org

LAW CHANGE DEMANDS EQUAL TREATMENT FOR DISABLED TAXI USERS

From 6 April 2017 it will be illegal for taxi drivers to discriminate against wheelchair users. Taxi drivers face a fine of up to £1,000 if they refuse to transport wheelchair users or attempt to charge them extra, in a change to the law announced on 7th February 2017 by Transport Minister Andrew Jones.

From 6 April 2017 taxi and private hire vehicle drivers will be obliged by law to:

- transport wheelchair users in their wheelchair
- provide passengers in wheelchairs with appropriate assistance
- charge wheelchair users the same as non-wheelchair users



For more information: www.gov.uk/government/organisations/department-for-transport

SEARCH DOGS BUCKINGHAMSHIRE

Search Dogs Buckinghamshire are volunteers who love dogs and are available 24 hours a day, 365 days a year. Their main role is to assist Thames Valley Police to search for missing or vulnerable people within Bucks and Oxfordshire area. They also assist other Lowland Search Dog units when requested.

They search for missing and vulnerable children and adults who might be despondent, suffering from dementia or other conditions. The dogs are highly trained to search for human scent and are very effective



when searching rural areas and woodland; the ultimate goal of both dog and handler is to locate the missing person and reunite them with their family.

Our Marlow carers group were recently lucky enough to receive a visit and demonstration from Ro Facer and Otto the dog, who were both fantastic.

For more information visit
www.searchdogsbucks.org.uk
or call 01494 416295.



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Tel: 01494 443933

email: info@independentliv.co.uk

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