

CarersNews



The newsletter of CarersBucks

Winter 2019 – Spring 2020

Celebrating 15 years of Carers Bucks!



Join Carers Bucks' parkrun team!



Carers get free flu jabs from their GPs



Young Adult Carers Updates

WIN

A LUXURY CHRISTMAS HAMPER!

See page 02 for details



Meet The Management Team

Stephen Archibald
Chief Executive

Kirstie O'Sullivan
Operations Manager

Ann Whiteley
Adult Carers Service Manager

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CHRISTMAS COMPETITION

Tell us how many Christmas presents you can find in this newsletter to be in with a chance to win a Luxury Hamper!

Answer _____

Name _____

Address _____

Tel _____

Email _____

Fill in the form, cut it out and post it to **Newsletter Competition, Carers Bucks, Ardenham Court, Oxford Road, Aylesbury, HP19 8HT**. Alternatively you can tell us your answer online at **carersbucks.org/newsletter-competition**. All entries must be received by 5pm on 09/12/19. Winners will be announced on 16/12/19. See online for full T&Cs.



Foreword by the Chief Executive



Welcome to our Winter/Spring issue of Carers News. This issue covers various topics including updates on our hospital work and our Young Adult Carers service, the importance of looking after your oral health and we feature two carers' stories; 'Being a carer can be both challenging and transforming' and 'Running Became My Therapy'.

Have you had your flu jab yet? Carers are entitled to a free flu jab. It's important to get yourself immunised to prevent you getting the flu and potentially passing on to the person you care for.

The Masons Christmas Lunch is taking place in Beaconsfield on Sunday 24th November. Please contact us for more information.

This April Carers Bucks was awarded a new carers support contract by the County Council. This is really good news and means that the core of our services have secure funding for the next five years. A key part of our proposal to the Council was that we should develop a more geographically focussed service in which our carers support staff have responsibility for a particular part of the county and become the face of Carers Bucks in their area. For the Young Carers service this will include developing

closer relationships with schools and for our Adult Carers service it includes developing stronger relationships with GP practices. The aim is to reach out to more carers and to make our local communities more carer friendly. Our other good news is that Carers Bucks celebrates its 15th birthday this year. We were originally the Aylesbury Vale Carers Association, one of three carers support charities in the county. Since 2004 our staff and volunteer numbers have grown and more importantly the number of carers we support has increased hugely. We currently support over 11,000 adult carers and more than a 1,000 young carers and young adult carers.

One person who epitomises what has changed and what remains the same is my esteemed colleague Ann Whiteley, our Adult Carers Service Manager. Ann has worked for Carers Bucks since its inception and throughout that time she has remained passionate about supporting carers whilst maintaining an enthusiasm for embracing new ways of working and new ways of reaching out to carers.

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

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Young Adult Carers News

Meet Our **New Staff** Members

Kelly Stallwood

My name is Kelly and I have recently joined Carers Bucks as an Adult Carer Support Worker.

I have previously worked in various roles within the NHS including Bucks Health Care Trust and South Central Ambulance Service. Most recently, before joining Carers Bucks, I worked as a receptionist/admin assistant at a local SEN school. I have four children and I am a carer myself, my youngest daughter has a rare genetic disorder and complex medical needs, so I know first-hand what it's like to be a carer.

I want to support the wellbeing of carers and I am looking forward to being an empathic listening ear and sharing up to date information that can make a difference and help. Carers Bucks offers a great service to anyone caring in Buckinghamshire. I look forward to meeting carers face-to-face in the Amersham and Chesham areas.



Mim McConachie

My name is Mim and I recently started working as an Adult Carer Support Worker for North Bucks.

I have a background supporting people in the criminal justice system and helping communities to set up sustainable projects, as well as lots of experience as an empathic listener.



My role at Carers Bucks will involve providing information and support to carers, as well as signposting to relevant services. I will also be out and about in North Bucks and I am looking forward to meeting and supporting carers in the community.



Noelle Casemore

My name is Noelle Casemore I have recently joined Carers Bucks as an Adult Carer Support Worker.

Prior to becoming a full time carer for my mother with Parkinson's and Alzheimer's, my background was working as an executive assistant to the European CEO and board of a well-known Japanese electronics company. As a PA/EA for many years I have gained many transferable skills



which proved to be invaluable throughout my career and also helped when dealing with all the red tape and day to day issues associated with caring.

My role at Carers Bucks will involve providing information and support to carers as well as signposting to relevant services. I will also be out in the High Wycombe area and look forward to meeting and supporting carers in the community.

Our Annual General Meeting

We had a wonderful turn out of carers and supporters at our Annual General Meeting recently. It was an opportunity for Carers Bucks to announce our new contract with the County Council and set out the service changes we are introducing. In particular working more closely with GP practices to support adult carers and schools to support young carers. We also announced our expanded carers support in local hospitals including the new services in Wexham Park Hospital, where half the patients are from Bucks.

As always, the most powerful moments of the event were the testimonies of carers themselves. Hearing carers talk about their caring roles and the support they've received from Carers Bucks always reminds us of the value of the work we do and the positive impact it has on our carers.



Steve Baker MP, Stephen Archibald - Carers Bucks Chief Executive & Dr Les Davies - Chairman of Trustees



Thank you to Emma Smith from Cakes by Emma for making and donating this delicious cake!



Supporting Carers In Hospital

Did you know...

Carers Bucks can help you on the wards when you're visiting or admitted to hospital?

Imagine talking with ward staff trying to understand what's happening, reeling with shock after your father's admission to hospital. He's always been independent and you're unsure of the prognosis. The thought of arranging care or becoming a carer yourself is overwhelming. Where do you start?

Imagine hearing from the doctor that your frail mother now has increased needs that will significantly affect your caring role. What will happen next? Where can you get extra help?

What's it like to lie in a hospital bed worrying about the one you care for? How are they managing while you're ill? How will you both manage when you're recovering at home after your operation?

The Carers Bucks hospital team regularly meet people in situations like these as they support carers in Stoke Mandeville, Wycombe General and Amersham hospitals. Since May this year we're also reaching out to Bucks patients in Wexham Park Hospital. With healthcare professionals at full stretch, Carers Bucks can step in supporting with advice and guidance to help families come to terms with their changing circumstances. And by connecting carers to the wider services of Carers Bucks, the support from Carers Bucks still continues after they've left the hospital.

The Team:

Ruth Marriott, Hospital Team Leader, Stoke Mandeville Hospital, Carers' Lounge: Ward 9, 2nd Floor, 07496 724637 Mondays to Thursdays.

Jane Hansford, Hospital Support Worker, Amersham and Wycombe Hospitals, 07415 128825, Tuesdays, Thursdays and Fridays.

Fernanda Mainwaring, Hospital Support Worker, Wexham Park Hospital, 07772 426863, Tuesdays, Wednesdays and Thursdays.

Volunteers at Stoke Mandeville Hospital and Amersham Hospital.



Would you like to be a hospital volunteer?

If you can offer a couple of hours a week or more on a regular basis to reach out to family carers in the hospitals and raise awareness of the support available to them, call 07496 724637 or email ruth.marriott@carersbucks.org for more information.

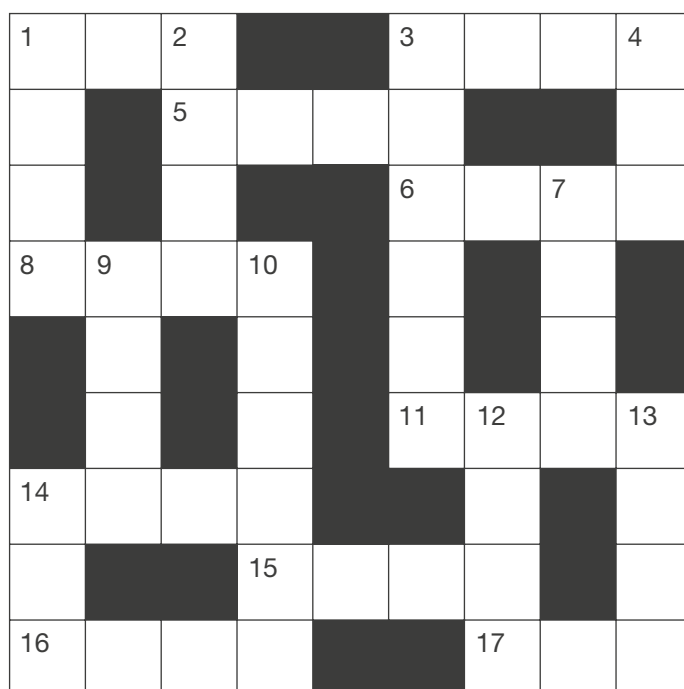
Crossword Puzzle

Across

1. Opposite of old
3. Swedish pop group
5. Puts in
6. Look after
8. Short sleeps
11. Character of sound
14. Object hit in tennis
15. "____, twice, three times a lady"
16. Pull apart
17. Zodiac animal

Down

1. The middle of the day
2. Stinging insect
3. A walk to a summit
4. Used for chopping wood
7. Picnic ruiner
9. Region of land
10. Crew member
12. Cricket term
13. The cheese, that's made backwards
14. Dracula, sometimes



Don't wait until winter for the flu jab.

Did you know you can transfer the flu virus to someone you look after?

The flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications.

Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week.

However, flu can be more severe in certain people, such as:

- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (such as long-term heart or respiratory disease)
- children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia (a lung infection), so it's recommended that they have a flu vaccine every year to help protect them.

Free Flu Jabs

Carers are entitled to a free flu jab from their GP if they are providing unpaid care to family or friends, or in receipt of the Carer's Allowance for looking after vulnerable adults or children.

Catch it-Bin it-Kill it

Remember to stop the spread of germs – use a tissue and wash your hands thoroughly.



Melissa Dalton, Nurse

Support Group Programme



Healthy Relationships



Employment and Volunteering

Your Health Matters



Managing Challenging Behaviour

COMING SOON! New Support Groups Programme

Carers Bucks will be running a brand new Support Groups Programme for carers to develop new skills, gain confidence and learn more information which can support you in your caring role, along side your usual peer support sessions.



Managing Stress, Depression and Anxiety



Everyday First Aid



Technology and You



Wills, Power of Attorney and Future Planning



Learning Disability And Mental Health Illness Support Groups

Are you caring for someone with a learning disability or a mental health illness? At Carers Bucks we are currently looking at the format and content of these support groups, and we want to be sure that we are offering the support that you need from a group. Would you like to have a monthly meeting, or would quarterly suit you better? Would a training workshop be useful? Would you prefer to have a more structured group, where we have guest speakers and information sessions? Please get in touch with any ideas and suggestions that you have on 0300 777 2722 or mail@carersbucks.org

Being a carer can be both challenging and transforming!

My life changed completely the day I threw myself wholeheartedly at caring for my wife Lucy. Sadly, she has been on the receiving end of the dreaded disease we call MS.

'Why me' I asked myself. There wasn't a coherent answer until an inner voice replied, 'why not you?'. Oh yes, there are millions of others. That's the reality. I began to feel a tinge of compassion for others and with it a fresh sense of purpose. The harsh realities stare at me every day but my new calling gives me strength and inspiration. I know I am not alone in this.

Why not me. Time to reach out and try to feel the pain of those that suffer. We may not have the magic cure, but we certainly have the capacity to heal. By this I mean we can help the ones we care for accept their disabilities and make it easier for them to navigate their journey through physical and emotional pain.

In my case, I am experiencing two sides to being a carer. On one hand stress and isolation and on the other the steep learning curve which is teaching me new skills. Like any new job my caring role has seen me evolve from being a novice to someone who has learnt to prepare meals, deal with government agencies, coordinate with carers, doctors and nurses, handle regular medications, be aware of trip hazards and safety standards and, of course, to stay alert all day and through the night. Most of all, to be that steadfast companion during those emotional highs and lows. Did someone mention multi-tasking?

But how I miss meeting with friends, the parties and other social activities. Or travel, which I love. Or going to that exciting football match. This leaves me feeling cut-off and isolated. It's hard. I even had to give that music concert a miss!

What's more, not being able to work has hit me the hardest. The joy of working in a team is now a thing of the past. But most of all, the loss of income. This has made a huge dent in our domestic budget. Which in turn has impacted our lifestyle. Time constraints also restricts my ability to learn new skills but I'm exploring a way round this.

However, a light shines. I am beginning to realise that real spiritual growth does not happen when I have my eyes shut whilst on my yoga mat. It emerges in the midst of challenges, frustration, isolation, anger and fatigue. It can be quite illuminating. I am learning that to serve is to love.

Day after day, night after night my challenges as a carer continue. The sleepless nights, tired limbs, the anxiety, isolation and lack of finances hammer at my head and heart. But at least I have a new sense of purpose. I also know there's help out there like the team at Carers Bucks that can make my load a lot lighter.

I am certainly getting better at what I do. And I see a better me taking shape.



Oral Health



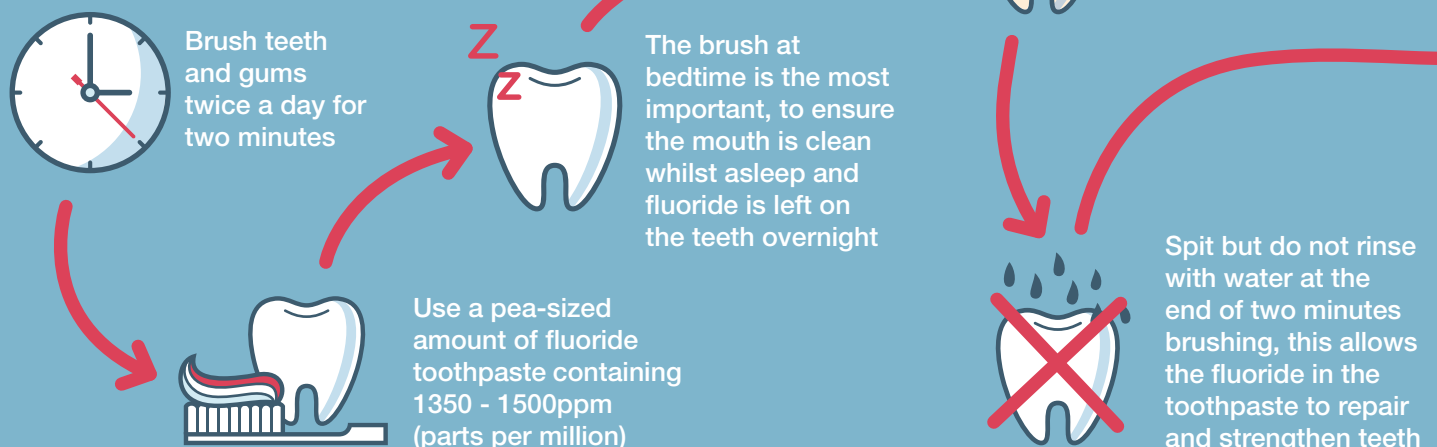
Written by Katy Kerr MSc BDS DDPH RCS (Eng.) PGCertClinEd, Regional Dental Adviser Workforce Transformation and Continuing Registration Health Education England

A clean, comfortable mouth is essential for good physical health and general quality of life as it is vital for speech, eating and feeling confident. Oral diseases reduce quality of life by causing pain, infection, sleep deprivation, dehydration and reduced nutritional intake. Poor oral hygiene can result in the development of plaque on the teeth and gums. This can lead to gum disease and tooth decay both of which can cause pain. In addition, the bacteria that live in plaque can cause serious infections elsewhere in the body and poor oral health is linked to diabetes, strokes, heart disease, obesity, lung disease and dementia. Research shows that helping to keep the mouth clean and healthy helps to prevent chest infections.

The following information on prevention of dental disease is in line with recommendations from the Department of Health publication 'Delivering Better Oral Health.' The guidance is suitable for individuals who can perform their own mouth care and for carers or staff that support others.



To maintain good oral health the following should occur:





Whilst oral hygiene is important for good oral health, so is providing healthy tooth-friendly foods and drinks. The general message is to keep sugary foods and drinks to mealtimes only, this reduces the number of times teeth are exposed to sugar and the potential damage it causes.

However, for individuals with additional needs this may not be possible (e.g. clients on high energy sip feeds and

fortified diets), so the oral care for these clients is of great importance.

High street dentists can be found on the NHS choices website: www.nhs.uk/service-search. If you require a dentist in an emergency or out of hours call 111.

For further information please contact Katy Kerr at katy.kerr@hee.nhs.uk



Running Became My Therapy

It sat on the horizon like a summer storm for many years. Every now and then it would roll in a little closer, but somehow it would float away again back to the horizon. I knew it was there, I tried hard to pretend it wasn't, and I certainly didn't tell anybody else it was there. It can come at any time and affect anyone. No-one, and I mean no-one, is immune to it.

I'm talking about my depression of course. That summer storm has sat on the horizon for years, occasionally it would get so close that I could feel its raindrops hitting my face, then it would drift away again. I didn't recognise it for a long time as it likes to creep up on you. I just thought life was a bit difficult at times and, after all, being a carer is. And I'd had my fair share of caring roles over the years. I did admit it once, briefly, went to see the doctor and got some pills, after a week of horrendous anxiety I decided they weren't for me and what I needed was a job. I got a job and it did really help... for a while.

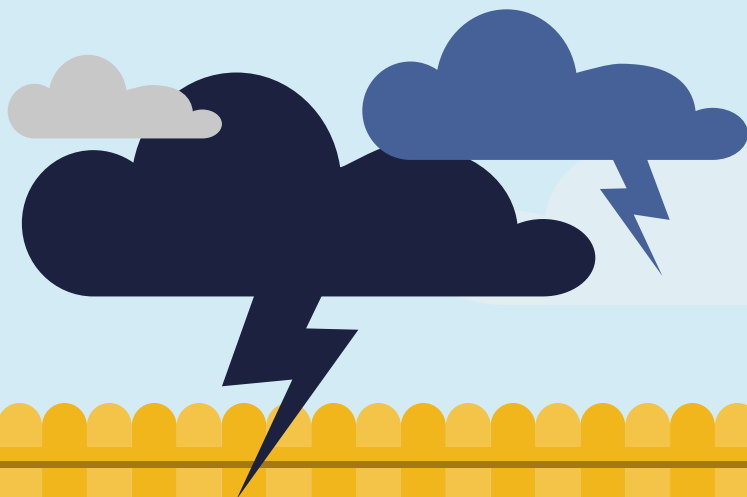
My circumstances changed, life was good, work good, family good...but there it sat, the summer storm on the horizon. This time when it rolled in I recognised it, saw the doctor, got different pills, got better, and didn't bother to go back for more pills. Going back for more pills would mean getting an appointment with the doctor again, talking about my feelings again, why bother when I was feeling so much better.

Getting up in the morning became a challenge, staying up in the evening was equally challenging. My head just seemed to hurt and I couldn't be bothered with stuff, stuff being everything around me. I had set myself some rules as to what I needed to do to keep the storm and the feelings that come with it at bay, these rules generally meant as little interaction as possible with people as that was an effort. I would tell my family that I didn't like to talk because I talk to people all day for my job, I needed peace in the evening. I always had to have something to look forward to, holidays and short breaks would keep me going and for a while it did help. I would go away for a break, de-stress, come back and get on with it. I was plodding along again with the summer storm on the horizon threatening to roll in and rain all over my life.

The phone rang one morning, life changed again, quite drastically. Now I was metaphorically running from the storm, it was trying its best to catch me but I kept my head down, focussed on my job and pretended everything was ok.

I'm sure you have probably guessed, I got caught by the storm and had no option but to hunker down until it passed. Avoiding it came at a cost, two months not being able to do the job I love and times when I thought it was never going to pass.

Here was my wake up call, things needed to change. There were some things in life I couldn't change. You can't change other people or certain situations around you. There was one thing I could change and that was me, how I live my life and how I live with my depression. There it was, I finally came out as living with depression. I admitted it to myself and everyone else. By telling people there was nowhere to hide anymore. I won't bore you with the details but I started really listening to my body and mind.



“ That summer storm has sat on the horizon for years, occasionally it would get so close that I could feel its raindrops hitting my face, then it would drift away again. ”

Now the reason why I am telling you this is because of something I was introduced to...running. I know a lot of you out there will say "I can't run!" Yeah I used to say that too. In fact I would say "I'm too fat and over 40 to run". I would see people out running and wish I could run too, they look so slender and healthy, but I told myself I couldn't. I even tried the Couch to 5K app a couple of times and didn't get past run number 2. One day I found out that Lucy Martin, Adult Carer Team Leader at Carers Bucks, had done Couch to 5K and completed it. I told her of my dream to be able to run and my past failed attempts. She was very insistent that anybody can run and that I could do it. At first I ignored what she said as I didn't believe it. Lucy continued to encourage me to give it another go, eventually I gave in.

I can now proudly say, with the encouragement of Lucy Martin along the way, I have completed the nine week Couch to 5k app. I can run for five kilometres! That's just over 3 miles! Not only have I completed the Couch to 5K, I have also been doing parkrun on a Saturday morning. I don't always run it, sometimes I walk...after all I am still fat and over 40 so I have to be mindful of not pushing my body too hard.

Achievement and reaching your full potential is great for your mental health. Running, or any type of activity will increase the happy chemicals in your brain. I can honestly say that after I have been for a run the storm on the horizon recedes out of view for the rest of the day. It's not a cure and you should always consult your GP if you have a consistent low mood. It is important to say that we are all individuals, medication works really well for lots of people and therapy is also really helpful. Depression is a physical response to stress, we need to listen to our bodies and our minds to reduce stress and keep that storm at bay. For me, running or walking and most definitely parkrun makes my head feel normal, and it's wonderful!

Maybe I'll see you at a parkrun soon.

Come and join the Carers Bucks parkrun team!

At Carers Bucks we know that caring can bring its rewards but it can also be difficult and as a result many carers have depression and persistently low moods. There is a lot of good evidence that shows that exercise can be very beneficial for people's mental health.

We would love you to be part of our Carers Bucks parkrun collective, starting in January 2020. Parkruns are free, 5K timed events taking place at 9am on Saturdays all over the county, in fact all over the UK and the world! They are not races – you can walk, jog, run; all abilities are very welcome.

As the name suggests, parkruns take place in parkland areas – some are flat terrain, others more undulating, some are definitely hilly!

Our Adult Carers Team Leader, Lucy Martin, and Training and Volunteer Manager, Jo Dover, have clocked up more than 65 parkruns between them and they will be touring the Bucks parkruns, appearing at the following events in 2020:

Jan 18th – Aylesbury, parkrun.org.uk/aylesbury

Feb 15th – Black Park, parkrun.org.uk/blackpark

Mar 14th – Wycombe, parkrun.org.uk/wycomberye

Apr 18th – Buckingham, parkrun.org.uk/buckingham

May 16th – Higginson Marlow,
parkrun.org.uk/higginsonmarlow

June 13th – Wendover,
parkrun.org.uk/wendoverwoods

July 11th – Rushmere parkrun.org.uk/rushmere



For more information about the events, please follow the links above.

So, what do you need to do to take part? Although parkruns are free, you need to register in advance – this means you'll be able to see your time for the 5K if you wish and then become a parkrun tourist! To register, visit www.parkrun.org.uk/register

Being outside, being active, being with other people, doing something new – all these are beneficial to our physical and mental health and wellbeing and we hope you'll come along.

Jo and Lucy look forward to park-walking, park-jogging, park-running with you soon!

For more information, and to let us know that you'll be joining us, get in touch on 0300 777 2722 or email us at mail@carersbucks.org



Fundraising thank you wall



A huge thank you to Cllr Mark Willis and everyone at Aylesbury Town Council for choosing Carers Bucks as the Mayor's chosen charity for 2018-2019. We have had a fantastic year fundraising with you and are extremely grateful for the donation of

£17,564!



A big thank you to the Long Crendon Big Village Party May 2019 Committee for all of their hard work putting on such a successful event and raising £14,977.50. Also thank you to all companies who sponsored and donated raffle prizes.



Huge well done and thank you to the D2H Engineering team for completing the challenge of walking the length of Bucks and raising

£2,311!



Thank you to Rotary Club of Aylesbury Hundreds for donating

£1,000

to go to supporting young carers.

Thank you to The Dashwood Arms in Piddington for organising a Charity Quiz Night in aid of Carers Bucks and raising

£226!



A huge thank you to Richard & Liz Holroyd for organising the Open Garden event at their home in Chesham. We raised an amazing

£4,267

which will be used to support young carers in Buckinghamshire.

Thank you to Dennyside Bowling Association for raising

£2,100

for Carers Bucks and thank you to Iver Health Bowls Club for nominating us as your chosen charity.

Young Carers Bucks would like to say a huge thank you to:

- The Rothschild Foundation for funding a trip to Waddesdon Manor
- Milly Days and Honeypot for an amazing day at the Milly Days house
- Honeypot for funding a holiday over the summer
- Princes Risborough Rotary Club for funding two days worth of sailing
- Carmichaels for funding and volunteering at our Family Fun Day and to Grant and Stone for supplying equipment and Bunce Plumbing for helping with the equipment.



Young Carers Bucks Update

With the new funding secured, all of us at Young Carers Bucks have been very busy planning for the remainder of this year and beyond. Having completed the summer programme of activities we are now looking forward to supporting young carers at clubs, in school and in groups. If you have recently changed schools, moved house or changed your telephone number or email address please do drop us a line and let us know so we can continue to support you in the best way possible. If you have any issues or queries then please do get in touch with us on 0300 777 2722 or yc@carersbucks.org. We look forward to seeing you soon!



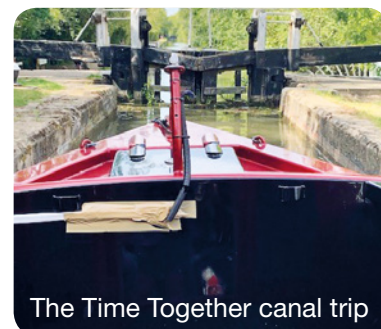
Time Together Project

The Time Together Project was established to support young carers and their parents to spend quality time with each other. We were aware that this was really tricky for many families to incorporate into their family life.

The Time Together family facilitators support the family to organise, plan and carry out the sessions such as a visit to the park, swimming or a craft session at home. Simply whatever positive experience the family would like to do together that they have been unable to achieve previously.

The project has been hugely successful already, the positive feedback from families has been brilliant!

The Time Together project has progressed so much that we have now developed Time Together family days. Families meet to socialise together and they have enjoyed a play at Aston Clinton Park, bowling and a canal boat trip! We look forward to updating you with more exciting news in the near future.



The Time Together canal trip



Young Carers Family Fun Day 2019

After a grey start the clouds parted to make way for the sun to shine on yet another fantastic young carers' family fun day. With a flower power theme and activities galore there was no shortage of fun to be had. Young carers enjoyed bouncing on the inflatables before trying their hand at the welly wang and basketball. Animal lovers got to spend time with the Shetland ponies and for those who were feeling a little crafty there was a whole creation station with rain sticks, flower headbands and tie dye T-shirts being made. Many families stayed for the whole day and enjoyed getting to know one another, chatting and sharing stories. A huge thank you to Carmichaels who not only funded this event but also came along and volunteered on the day, making it the success it was!



Young Adult Carers News



Funding



The Young Adult Carers Bucks service was delighted to be included within the new Buckinghamshire County Council contract, securing long term sustainable funding, which will allow us to continue to grow and develop the support we can offer our YACs.

The service cannot have been possible without generous donations and successful funding bids over the years. This term, we would like to offer our sincere thanks to the Heart of Bucks #iwill Fund, and Phyllis Court in Henley for their overwhelming donation of £11,000!

During 2019, 13 Young adult carers (YACs) have participated in national and European research papers, providing their voice and experiences on topics such as Transition Assessments, the mental and social wellbeing of YACs and best practice on the identification of YACs. Their contribution directly leaves a positive legacy for young carers that are growing up behind them, which is something that they should be so proud of, as we are for them.

“One day you will tell your story of how you’ve overcome what you are going through now and it will become part of someone else’s survival guide” (Anon)

“Shaping Our Future: Improving Assessment and Support for Young Carers’ Transition to Adulthood” has now been

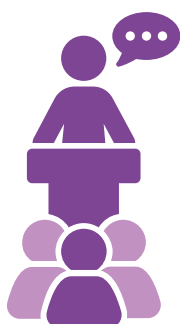


published by the Department of Health and Social Care and can be read online. We had the privilege of being invited to Parliament for the launch event with Departmental Heads and MPs where they signed a pledge for a cross-department taskforce on support for the transition to adulthood.



College Drop Ins

Another new development for the YAC service this year has been the introduction of a college drop in service, available in three colleges – Aylesbury, Amersham and Berkshire School of Agriculture. Each Wednesday, our staff can be found offering one to one sessions to college students, working closely with the Student Support Teams to ensure that YACs are being identified and signposted to access support by Carers Bucks.



YAC Conference

The University of Reading hosted a fantastic YAC conference during the Easter break, where YACs were able to get a feel about life on campus, and what support is available to them at universities. They also heard first hand from other YACs who were currently university students about how they manage to move in to higher education whilst continuing to care for a loved one. It was an inspiring and thought-provoking day.



Support Groups

Young Adult Carers has grown enough to be able to run three monthly support groups, whereas before there was just one!

There are now two groups for 16 – 18 year olds (GCSE year to completion of 6th Form or college), that meet in Aylesbury and High Wycombe, where our support workers and volunteers work closely with young carers as they begin to explore their next steps after

education and what support is available to them once they transition to adult services, whilst balancing their caring responsibilities.

A new group for post-education/ young professionals in their 20s now runs in Aylesbury, with another group waiting to start in High Wycombe. This is a much needed space for this age group, who find themselves in a new stage of life and making new life decisions regularly on things

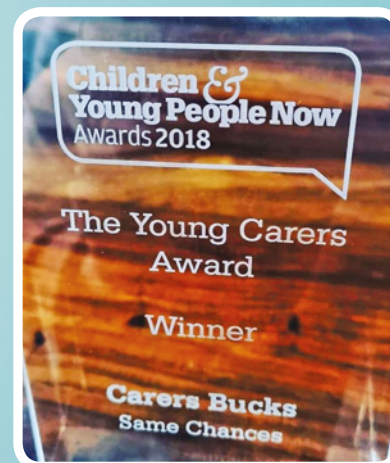
as far ranging from moving out, getting married, starting careers and having children; decisions that are more complicated to consider when someone at home relies on them for regular care.

These groups offer YACs a mix of social evenings to relax and get to know each other and specific training sessions, such as how to express yourself creatively and stress resilience.



Children and Young People Now – National Award Winner 2018!

At the end of 2018, the YAC project was nominated for the Children and Young People Now Young Carers Award; the gold standard for everyone working with children, young people and families. We attended the awards ceremony in London and were blown away to win!! This couldn't have been possible without a hard working team who have listened to the needs of YACs and strived to ensure they can access the best possible support, and the funders who have believed in and backed the service.



CarersBucks

Dedicated to supporting carers



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Bucks
HP19 8HT

Carers Bucks: www.carersbucks.org
Young Carers Bucks: www.youngcarersbucks.org

Registered Charity No. 1106745; Company Registration No. 4941481

Crossword Answers:

Across: 1.New 3.Abba
5.Adds 6.Care 8.Naps
11.Tone 14.Ball 15.Once
16.Tear 17.Ram

Down: 1.Noon 2.Wasp
3.Ascent 4.Axe 7.Rain
9.Area 10.Sailor 12.Over
13.Edam 14.Bat