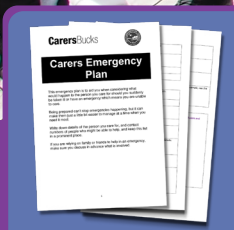


# CarersBucks



Winter 2021



Planning For  
An Emergency



Fundraising  
Thank You Wall



Adult Carers  
Support Groups



See page 13  
for details



# Foreword by the Chief Executive Officer



I am delighted to introduce Carers Bucks Winter Newsletter 2021. I hope you enjoy reading about the invaluable support taking place for young carers in schools, support available to carers within hospital settings and incredible community fundraising successes.

A particular highlight for me is seeing how much the organisation has achieved for carers in what has continued to be a very difficult year. 1982 new referrals to Carers Bucks demonstrates the continued need to raise awareness of the needs of carers across Buckinghamshire and identify carers and young carers earlier in their caring journey.

I am also delighted to see a Support Group Programme that has many opportunities for carers to meet face-to-face and improve their own mental health and wellbeing.

I would like to take this opportunity to thank our staff teams and volunteers for their hard work and dedication during a difficult year and to our partners and Buckinghamshire Council for their continued support.

I wish you a happy and healthy festive season and best wishes for 2022.

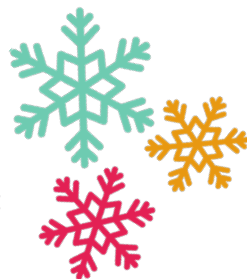
**Holly Hoskisson**

Chief Executive Officer

Carers Bucks and Carers MK

## Contents

- 3** A Year in Numbers
- 4** Workshops and Information Support Group Programme 2022
- 10** Planning For An Emergency
- 11** Supporting Carers in Hospital
- 12** Fundraising Thank You Wall
- 13** Christmas Word Search and Competition
- 14** Young Carers News and Young Carers in Schools Project
- 15** Young Adult Carers News



# A Year in Numbers: October 2020 - September 2021



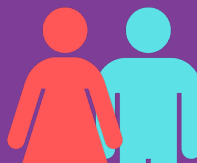
There were  
**1982 new referrals**  
to Carers Bucks

We ran **145 groups** for  
**young carers and**  
**young adults carers**



**1407 carers**  
**of all ages**  
attended groups,  
workshops &  
training

In total we have **13,458 carers**  
registered with Carers Bucks



**10,740**  
adult carers



**1128**  
parent carers



**180**  
young adult  
carers



**1410**  
young carers

You've already made me feel I'm not  
having to face all of this alone anymore.

I cannot tell you how grateful I am to  
Carers Bucks for everything they are doing.  
I wouldn't be managing without you.

Carers Bucks have been an absolute godsend. We  
really couldn't have got through the past few months  
without the phone calls and support you've offered.

# Workshops and Information

At Carers Bucks we're really looking forward to launching our Workshop and Information Support Group Programme for 2022.

Whilst we have missed being able to see you in person as often as we normally would have done, it has been wonderful to see so many carers engage with Zoom for online support. Therefore we have taken this opportunity to look at the best way to deliver our programme next year.

We will be covering a wide range of areas – 16 different locations – and will be running 58 in-person sessions and 18 Zoom sessions throughout the year, giving you the opportunity to meet other carers and talk to our experienced support team. You will notice that there are some new venues in the programme, and, as always, you are most welcome to attend the session of your choice.

Please note that in order to minimise sharing of crockery and cutlery, we will initially be asking you to bring your own refreshments and will revise this accordingly.

## **FIRST AID**

Feel confident about what to do in a medical emergency.

## **LPOA**

All you need to know about Lasting Power of Attorney. The session is delivered by a partner solicitor and includes time for questions.

## **UNDERSTANDING STRESS, ANXIETY AND DEPRESSION**

Understand the impact of stress on carers, recognise the signs of anxiety and depression, and find out how to help yourself and how to access support.

## **WORKING WITH PROFESSIONALS**

Discuss positive ways of working with health and social care professionals to help promote confident, positive communication.

## **MINDFULNESS**

Relaxation is a must for carers. Learn invaluable mindfulness techniques delivered in a calm setting.

## **CARER ESSENTIALS**

The must-know elements for carers, from emergency planning to benefit entitlements and everything in-between.

# Support Group Programme 2022

	Amersham	Aylesbury	Beaconsfield	Denham
	<i>Amersham Common Village Hall, 24 White Lion Rd, Amersham, HP7 9JD</i>	<i>Aylesbury Methodist Church, Buckingham St, Aylesbury, HP20 2NQ</i>	<i>The Parish Centre at St Teresa's Church, 40 Warwick Rd, Beaconsfield, HP9 2PL</i>	<i>St Mark's Hall Denham Green, Denham, Uxbridge, UB9 5HT</i>
Jan	<b>18th Jan</b> <b>10.30am-12.30pm</b> Mindfulness	<b>11th Jan</b> <b>11am-1pm</b> Carer Essentials	<b>6th Jan</b> <b>1pm-3pm</b> Working with Professionals	
Feb				<b>23rd Feb</b> <b>1.30pm-3.30pm</b> Carer Essentials
Mar	<b>22nd Mar</b> <b>10.30am-12.30pm</b> Working with Professionals	<b>8th Mar</b> <b>11am-1pm</b> First Aid	<b>3rd Mar</b> <b>1pm-3pm</b> Understanding stress, anxiety and depression	
Apr				<b>27th Apr</b> <b>1.30pm-3.30pm</b> Understanding stress, anxiety and depression
May		<b>10th May</b> <b>11am-1pm</b> Mindfulness	<b>5th May</b> <b>1pm-3pm</b> Carer Essentials	
Jun	<b>21st Jun</b> <b>10.30am-12.30pm</b> First Aid			<b>22nd Jun</b> <b>1.30pm-3.30pm</b> LPOA
Jul		<b>12th Jul</b> <b>11am-1pm</b> LPOA	<b>7th Jul</b> <b>1pm-3pm</b> LPOA	
Aug	No group	No group	No group	No group
Sep	<b>20th Sep</b> <b>10.30am-12.30pm</b> LPOA	<b>13th Sep</b> <b>11am-1pm</b> Working with Professionals		<b>28th Sep</b> <b>1.30pm-3.30pm</b> First Aid
Oct			<b>6th Oct</b> <b>1pm-3pm</b> First Aid	
Nov	<b>22nd Nov</b> <b>10.30am-12.30pm</b> Carer Essentials	<b>8th Nov</b> <b>11am-1pm</b> Understanding stress, anxiety and depression		<b>23rd Nov</b> <b>1.30pm-3.30pm</b> Working with Professionals
Dec	Christmas event	Christmas event	Christmas event	Christmas event



# Workshops and Information

	<b>Haddenham</b>	<b>High Wycombe</b>	<b>Iver</b>
	<i>Haddenham Village Hall, Banks Park, Banks Rd, Haddenham, HP17 8EE</i>	<i>Downley Community Centre, School Close, Downley, High Wycombe, HP13 5TR</i>	<i>Iver Heath Bowls Club, Church Rd, Iver Heath, SL0 0DH</i>
<b>Jan</b>			<b>26th Jan</b> <b>10.30am-12.30pm</b> First Aid
<b>Feb</b>	<b>8th Feb</b> <b>1.30pm-3.30pm</b> Understanding stress, anxiety and depression	<b>25th Feb</b> <b>1pm-3pm</b> First Aid	
<b>Mar</b>			<b>23rd Mar</b> <b>10.30am-12.30pm</b> Mindfulness
<b>Apr</b>	<b>12th Apr</b> <b>1.30pm-3.30pm</b> Carer Essentials	<b>22nd Apr</b> <b>1pm-3pm</b> Working with Professionals	
<b>May</b>			<b>25th May</b> <b>10.30am-12.30pm</b> Working with Professionals
<b>Jun</b>	<b>14th Jun</b> <b>1.30pm-3.30pm</b> Working with Professionals	<b>24th Jun</b> <b>1pm-3pm</b> Carer Essentials	
<b>Jul</b>			<b>27th Jul</b> <b>10.30am-12.30pm</b> Carer Essentials
<b>Aug</b>	No group	No group	No group
<b>Sep</b>	<b>13th Sep</b> <b>1.30pm-3.30pm</b> First Aid	<b>23rd Sept</b> <b>1pm-3pm</b> Mindfulness	
<b>Oct</b>			<b>26th Oct</b> <b>10.30am-12.30pm</b> Understanding stress, anxiety and depression
<b>Nov</b>	<b>8th Nov</b> <b>1.30pm-3.30pm</b> Mindfulness	<b>25th Nov</b> <b>1pm-3pm</b> LPOA	
<b>Dec</b>	Christmas event	Christmas event	Christmas event

# Support Group Programme 2022

	Marlow	Prestwood	Stokenchurch
	Liston Hall, Chapel St, Marlow, SL7 1DD	Prestwood Village Hall, 1 Wycombe Rd, Prestwood, Great Missenden, HP16 0NZ	St Peter and St Paul, Church St, Stokenchurch, High Wycombe, HP14 3TH
Jan			26th Jan 1.30pm-3.30pm LPOA
Feb	8th Feb 10am-12pm LPOA	21st Feb 10.30am-12.30pm Carer Essentials	
Mar			23rd Mar 1.30pm-3.30pm Working with Professionals
Apr	12th Apr 10am-12pm Mindfulness		
May		16th May 10.30am-12.30pm LPOA	25th May 1.30pm-3.30pm First Aid
Jun	14th Jun 10am-12pm First Aid		
Jul		18th Jul 10.30am-12.30pm Understanding stress, anxiety and depression	27th Jul 1.30pm-3.30pm Understanding stress, anxiety and depression
Aug	No group	No group	No group
Sep	13th Sep 10am-12pm Carer Essentials		
Oct		17th Oct 10.30am-12.30pm Working with Professionals	26th Oct 1.30pm-3.30pm Carer Essentials
Nov	8th Nov 10am-12pm Working with Professionals		
Dec	Christmas event	Christmas event	Christmas event

# Workshops and Information

	Waddesdon	Wendover	Winslow	BAME South
	Waddesdon Community Centre, Frederick St, Waddesdon, HP18 0LX	MS Centre, Oakwood Close, Aylesbury, HP22 5LX	St Lawrence Room, Market Square, Winslow, Buckingham, MK18 3AB	Wesley Methodist Church, Priory Rd, High Wycombe, HP13 6SE
Jan		13th Jan 1pm-3pm Carer Essentials		13th Jan 10.30am-12.30pm Understanding Stress, Anxiety and Depression
Feb	7th Feb 10.30am-12.30pm Working with Professionals			
Mar		10th Mar 1pm-3pm LPOA	7th Mar 1pm-3pm Carer Essentials	10th Mar 10.30am-12.30pm Working with Professionals
Apr	4th Apr 10.30am-12.30pm LPOA			
May		12th May 1pm-3pm Mindfulness		
Jun			6th Jun 1pm-3pm First Aid	9th Jun 10.30am-12.30pm LPOA
Jul	4th Jul 10.30am-12.30pm Understanding stress, anxiety and depression	14th Jul 1pm-3pm First Aid		
Aug		No group	No group	No group
Sep			5th Sep 1pm-3pm LPOA	15th Sep 10.30am-12.30pm
Oct	3rd Oct 10.30am-12.30pm First Aid	13th Oct 1pm-3pm Understanding stress, anxiety and depression		13th Oct 10.30am-12.30pm First Aid
Nov			7th Nov 1pm-3pm Working with Professionals	
Dec	Christmas event	Christmas event	Christmas event	Christmas event



# Support Group Programme 2022

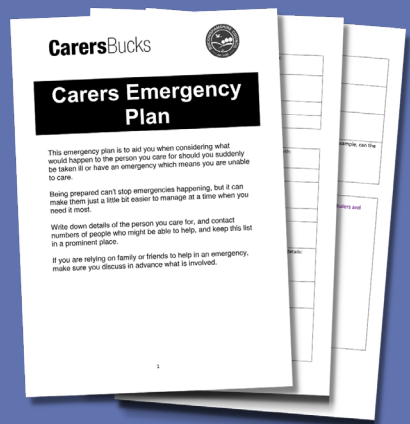
Online		
	Zoom	Zoom
Jan		27th Jan 10am-11am Mindfulness
Feb	7th Feb 1.30pm-2.30pm Carers Essentials	24th Feb 10am-11am Mindfulness
Mar	7th Mar 1.30pm-2.30pm LPOA	24th Mar 10am-11am Mindfulness
Apr	4th Apr 1.30pm-2.30pm Understanding Stress, Anxiety and Depression	28th Apr 10am-11am Mindfulness
May		26th May 10am-11am Mindfulness
Jun	6th Jun 1.30pm-2.30pm Tea and Chat	23rd Jun 10am-11am Mindfulness
Jul	4th Jul 1.30pm-2.30pm Working with Professionals	28th Jul 10am-11am Mindfulness
Aug	No group	No group
Sep		22nd Sep 10am-11am Mindfulness
Oct	3rd Oct 1.30pm-2.30pm First Aid	27th Oct 10am-11am Mindfulness
Nov	7th Nov 1.30pm-2.30pm LPOA	24th Nov 10am-11am Mindfulness
Dec	Christmas event	Christmas event

For online sessions, please book your place via our website:  
[carersbucks.org/services/workshops-and-information-programme-2022/booking-form](https://carersbucks.org/services/workshops-and-information-programme-2022/booking-form)  
 Once you have booked your place you will be sent a link for you to gain access to the session.

More information to follow on the BAME North and Young Onset Dementia groups.

# Planning For An Emergency

- Do you have measures in place for what should happen in the event of you being temporarily unable to support the person you care for?
- Are you prepared for an emergency?
- Do you have a back-up plan?



Carers tell us they worry about what would happen if they become ill – who would step in to help?

Having a Carers Emergency Plan can help ease concerns and give you valuable peace of mind. The Carers Bucks Carers Emergency Plan can be found on our 'What To Do In An Emergency' webpage: [carersbucks.org/information-for-carers/adult-carers/guide-to-caring/what-to-do-in-an-emergency](https://carersbucks.org/information-for-carers/adult-carers/guide-to-caring/what-to-do-in-an-emergency)

We hope the information provided on the webpage will help you to feel as prepared as possible for all eventualities.

## Key things to consider when filling in an emergency plan:

- **Who could be an emergency contact for you?** It doesn't have to be a family member; it could be a friend, neighbour, work colleague, someone from a place of worship. Make sure you have asked the person first and been clear about what you'd need them to do. Remember, you're not asking them to take over indefinitely; this is to bridge the gap in an emergency until more robust arrangements are established.
- **Think about how you support the person you care for:** what are their needs, likes, dislikes? What medication do they take?
- Once you have filled in the plan, you could **share it with the people you have chosen to be emergency contacts** and also with family and friends so that they, too, are aware of what to do in the event of an emergency.
- **Keep the plan somewhere prominent** at home, so that it can be found easily.

# Supporting Carers in Hospital

**Carers Bucks works in partnership with Buckinghamshire Healthcare to support unpaid carers in hospitals, providing you and those you care for with information, advice and emotional support.**

**Did you know...**

**We cover four hospital sites: Stoke Mandeville, Wycombe General, Amersham and Wexham Park?**

## How we're currently working

With the help of NHS staff, we seek to identify new and existing carers at this critical point when you're in hospital supporting your loved one.

We are working from home and occasionally on-site, liaising closely with NHS staff and social care teams. We can advise you on the latest hospital visiting protocols and infection and control measures, and help you understand the discharge planning process. We can connect you with professionals within the hospitals, such as dementia specialists or the Patient Advice and Liaison Service, and help you to engage with ward staff as needed.

The period shortly after someone comes home from hospital can be particularly challenging, so we continue to support you while follow up visits and discharge assessments take place at home.

## Contact us

**If you need us to support you through a hospital admission, get in touch: 0300 777 2722 (Monday to Friday) or visit [carersbucks.org/contact-us](https://carersbucks.org/contact-us)**

**The Hospital Team Leader Ruth Marriott can be contacted directly on 07496 724637 (Monday –Thursday).**

# Fundraising Thank You Wall

A big thank you to Childwick Trust for awarding us a

**£20,000**

grant towards a targeted group to support the health and wellbeing of young carers we work with.



A big thank you to Graig Whitworth (Captain of the Princes Risborough Golf Club), Robert Burton & Richard Coulson who walked the famous Camino de Santiago and raised an amazing

**£5,140!**



Thank you to Paul Fincken and Jane Hobson for raising

**£435**

for Young Carers Bucks at their quiz night.

Thank you to organisers of Marlow Santa Fun Run 2021 and thanks to the ongoing support from Rotary Club of Marlow. We are delighted once again to be a beneficiary for the Marlow Santa Fun Run 2021!

Thank you to Beaconsfield Golf Club for donating

**£265!**

Thank you to The Hazlemere Players drama group and to Hazlemere Community Centre for donating 50 tickets for their production of Pinocchio.



Thank you to The Aristocrat Pub for raising

**£173**

at their October quiz night.

A big thank you to Rothschild Foundation for awarding us a

**£20,000**

grant towards our Same Chances project supporting young adult carers in Bucks aged 16-25.

Thank you to Hazel at Tesco Bradfield's for donating some lovely raffle prizes for our quiz nights.

# Christmas Word Search

M	I	P	I	G	S	I	N	B	L	A	N	K	E	T	S	H	J
I	Q	J	K	F	H	O	L	L	Y	S	Y	G	L	U	L	P	R
S	N	S	B	A	U	B	L	E	S	A	P	K	V	R	F	R	E
T	Q	J	F	J	I	N	G	L	E	N	C	M	E	K	A	E	I
L	S	T	O	C	K	I	N	G	Q	T	O	F	S	E	I	S	N
E	G	I	N	G	E	R	B	R	E	A	D	W	Z	Y	R	E	D
T	T	I	N	S	E	L	F	O	P	C	Y	W	M	X	Y	N	E
O	C	A	R	O	L	S	W	J	W	L	B	X	W	A	M	T	E
E	H	L	U	B	V	E	X	L	W	A	J	X	Y	V	N	S	R
P	M	I	N	C	E	P	I	E	S	U	Z	C	J	X	E	M	A
D	R	D	A	N	G	E	L	D	H	S	K	M	E	R	R	Y	J
L	J	F	Y	P	C	H	R	I	S	T	M	A	S	H	D	Z	N

Christmas   gingerbread   Santa Claus   mistletoe  
pigs in blankets   mince pies   stocking   reindeer  
presents   snowman   jingle   tinsel   carols   holly  
baubles   turkey   fairy   merry   elves   angel

## Christmas Competition!

To be in with a chance of winning a £25  
M&S voucher, solve our festive anagram:

**CEDK HET LSAHL**

This competition is open to carers registered with Carers Bucks.  
Submit your answer to [carersbucks.org/competition](https://carersbucks.org/competition)  
by midday on 20/12/21. Winner will be randomly selected.



# Young Carers News

After a successful summer of activities for our young carers in Bucks, we have now started running club nights face-to-face. We ensure that our club nights have a variety of activities to suit all our young carers, from arts and crafts to physical activities. Our young carers have a great time playing and interacting with others and getting that important break from their caring role.

“My daughter loves the club. She comes home very chilled and relaxed, always with a big smile. As a family who is limited on doing things at moment, I have found the club had helped massively and we are very grateful that my daughter has somewhere she can go and talk about her worries and concerns but equally have the best time.”

We’ve had great feedback from parents and young carers. This gives us an insight into why this service is vital and shows the significance of running activities to give parents and young carers a well-deserved break.

“My son’s visits to Young Carers is the highlight of his week. He looks forward to his session. He feels so special as he is given so much attention and validation from the group.”

.....

## Young Carers in Schools Project

We are now in contact with over 100 schools and are continuing to have new schools engage with the project.

Assemblies are being carried out in primary and secondary schools to raise awareness with peer groups on what life is like as a young carer. These assemblies also allow young carers to recognise and understand that their school will support them and encourage self-identification.

We are continuing to offer staff training sessions which are working well – a mix of virtual and face-to-face sessions. This new way of working has allowed flexibility for school staff as well as support workers.

Schools groups are up and running again. Many new Young Carers’ Champions have been trained and are able to run groups with their young carers. Targeted groups are now being delivered allowing more structured work to take place with smaller groups for specific needs. Champions meetings have taken place ensuring that all teachers and staff are informed about the service and are able to support young carers and their families.

Moving forward, we are looking to engage schools that have not yet signed up and are going to continue offering virtual as well as face-to-face opportunities depending on the school’s needs.



# Young Adult Carers News

Our support for our Young Adult Carers (YACs) has gone from strength to strength. With many young carers reaching 16 years and moving up to the Young Adult Carers service in September, our focus has been on ensuring our young people are aware of all of the support available – not just from our service but from local community services and youth groups. As part of this focus, with our monthly YAC Club Night back up and running in Wycombe, we invited Mama Bee, a Wycombe based community organisation, to talk about the free support on offer including their amazing Open Door Youth Café.

For those YACs unable to regularly engage with us, we've also expanded our monthly e-newsletter to highlight these fantastic local groups and as a reminder of the support we offer which includes our drop in sessions at local

schools and colleges which are now back up and running. We also have a date in place to reintroduce our monthly YAC Club Night in Aylesbury, so watch this space.

As part of our work to raise awareness of the needs of our YACs and ensure that the issues that they face are heard, our YAC Forum has continued to meet regularly. They have completed an amazing project on 'What it is like to be a young adult carer'. This is a great achievement for our Forum members. It will soon be delivered to schools, colleges, Trustees as well as other vital organisations supporting young people and families.

Plans for Christmas are also very exciting and include making and delivering mini Christmas hampers, enjoying festive meals out and of course lots of festive fun and games!!!



# CarersBucks

**Dedicated to supporting carers**

0300 777 2722

mail@carersbucks.org

carersbucks.org

Ardenham Court

Oxford Road

Aylesbury

Bucks

HP19 8HT

Registered Charity No. 1106745

Company Registration No. 4941481

*Working in partnership with*



**Buckinghamshire  
Council**

