

CarersBucks

Summer 2022



Carers Week
2022



Fundraising
Thank You Wall



Supporting Carers
in Hospital



A £25 M&S
VOUCHER!

See page 5
for details

Foreword by the Chief Executive Officer



The first half of 2022 focused on increasing in person support across all services at Carers Bucks. It has been wonderful to see so many of you enjoying our varied programme of events with Carers Week a particular example of success! Carers Bucks currently supports in excess of 13,500 carers of all ages. I have no doubt this number will increase across the year as we continue to raise awareness of the needs of carers across Buckinghamshire and identify new carers earlier in their caring journey. Carer engagement has been a positive aspect of our work in 2022, gathering views on our current services and support to shape our Strategy for 2023 onwards.

I am delighted to see so many young carer activities happening this summer, with residential breaks taking place again after three years. Our Adult Carer Information and Support Group Programme has a wide range of themes and topics to participate in across the

county from September, such as; Mindfulness and Carer Essentials.

Our funders 'Thank you' wall is a celebration of all the incredible organisations that have supported the work of Carers Bucks across the last year. Thank you for your continued support to carers in your local communities, it is very much needed and appreciated.

I would like to take this opportunity to share my continued thanks to our staff team and volunteers for their ongoing hard work and dedication to the organisation across another exceptionally busy six months.

I hope you enjoy this Summer Newsletter edition and I look forward to seeing many of you in the coming months.

Holly Hoskisson
Chief Executive Officer
Carers Bucks and Carers Milton Keynes

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Parent Carers

We held an event in Amersham for parent carers, where we were joined by FACT Bucks, our Young Carers Team Leader, the Buckinghamshire Family Information Service, and a team of much-welcomed relaxation therapists.

Following a survey that we sent out to parent carers, we now have a dedicated webpage for parent carers, which has links to local and national organisations offering information and support: carersbucks.org/information-for-carers/parent-carers

Have Your Say!

We are currently trialling a “hybrid” approach to support groups, where we are delivering some in person and some online using Zoom. We have also increased the number of areas in which we are holding support groups.

We want to ensure we are offering the right kind of support in our groups, so would love to hear your views on whether we are achieving that. All feedback is welcomed and really helps

us to plan ahead. For example, is your preference to have topics and workshops, or would you rather use the groups as an opportunity to have some time out, chat to other carers and our support workers over tea and biscuits?

If you would like to share your thoughts on this, please do so either by email mail@carersbucks.org or call us on 0300 777 2722.

Eid Celebration Lunch

Thank you to everyone who came to our Eid celebration lunch in Chesham in May. We really enjoyed catching up and the food was wonderful! We hope to be able to run similar events in the future.



Carers Week 2022

The theme for Carers Week was Making Caring Visible, Valued and Supported, and our teams really appreciated being able to meet up with carers in person.

We enjoyed cream teas in Buckingham, Chalfont St Peter, Princes Risborough and West Wycombe; afternoon teas in High Wycombe and Claydon for older carers; a creative session in the beautiful surroundings at Lindengate; Bollywood in High Wycombe; and a relaxing walk at Black Park.

Raising awareness is a key element of Carers Week. Our Adult Carers Service Manager had the opportunity to speak

on Wycombe Sound radio; attended the Amersham and Wycombe Parkinson's Society group; and met with Sarah Green MP to highlight the importance of recognising and supporting carers in all communities across Buckinghamshire.

Thanks to everyone who contributed to our Carers Week Wordcloud. We asked you to tell us one word that sums up being a carer for you. The more frequently a particular word is mentioned, the larger it appears in the Wordcloud. See the end result below.

Congratulations to the winner of our Crack the Code hamper competition!





COMPETITION!

For the chance to win a £25 M&S voucher, solve our anagram:

SCENTADLASS

Submit your answer to carersbucks.org/competition by midday on 14/09/22. The competition is open to carers registered with Carers Bucks. Winner will be randomly selected.

Integrated Care System Information

The 2022 Health and Care Act introduced new legislative measures that aim to make it easier for health and care organisations to deliver joined-up care for people who rely on multiple services. On 1st July, Integrated Care Systems launched across Bucks, Oxfordshire and Berkshire West.

An integrated care system (ICS) is a partnership of local councils, local NHS organisations and voluntary and community organisations, working with and for residents to support and improve everyone's health and wellbeing across the area. So, as you will imagine carers are key to all of this!

From a Carers Bucks perspective, we are working hard to ensure carers views and needs are represented across the ICS and ensuring we are and will continue to be involved at all levels of the system. The aim is to improve outcomes for all, including carers.

At first, Bucks residents will not see a huge amount of change. Services can be accessed as before, through your GP when it comes to primary care, or through other health and care service providers, like hospitals and charities.

For more information, visit:
bucksoxonberksw.icb.nhs.uk

Meet Wendy Park

Hello, I recently became the Engagement and Development Manager for Carers Bucks. There are three main parts to my role. Firstly, I am responsible for ensuring that our carers have a voice, both when we are planning our own services and also within the wider community. Secondly, I recruit and train all of our new volunteers, making sure that they have an opportunity to gain new skills whilst giving us the benefit of their time, experience and energy. Finally, along with the senior management team, I oversee the training and development of all of our staff. This means that whenever you need us we will be there with the knowledge and relevant expertise needed to be able to support you.



In the coming months, I look forward to talking to as many of you as possible about all of the things that matter to you and the person you care for. Your opinions are important and will help shape the future of carers support across Buckinghamshire. Please look out for our mailers and emails, and keep an eye on our social media for opportunities to come and meet me (either in person or via Zoom) and have your say.

Do you have time to volunteer with Carers Bucks? Please do get in touch if you would like to hear more about our varied roles across the organisation.

Supporting Carers in Hospital

The hospital team are regularly on site in Amersham, Stoke Mandeville, Wycombe and Wexham Park hospitals and are really enjoying reconnecting with NHS staff and carers in person.

We have seen hospital footfall increase steadily as visiting restrictions have relaxed, which offers us more opportunities to meet carers face to face. Whilst Buckinghamshire Healthcare Trust continues to be highly vigilant regarding COVID-19 protocols, there are more freedoms now; e.g. it is not compulsory to wear masks in public areas of some hospital sites, which certainly allows for easier communication with carers and NHS staff.

Where teams may have changed on wards, we have been raising awareness of our hospital carer support service and encouraging referrals, and with the help of NHS

staff, we continue to identify new and existing carers when you are in hospital supporting the person you care for. Our team are working both on site and remotely, liaising closely with discharge staff and social care teams. We know that if the person you care for is in hospital it can be a time of worry and uncertainty, and our team can help you understand the hospital process and discharge planning, and support communication with the ward team if needed. In addition to meeting in person, we offer information, advice and emotional support via telephone, and can signpost you to a wide variety of practical support.

Contact us

If you or the person you care for is facing a hospital admission, or are going through an assessment process shortly after discharge, please call our hospital team on 0300 777 2722 and we will be happy to support you.



Carer Information and Support Groups

VENUE	DATES, TIMES & SUBJECTS
AMERSHAM St Michael and All Angels Parish Church of Amersham on the Hill, Glover Room, 70 Sycamore Road, Amersham, HP6 5DR	Tue 20th Sept 10.30am-12.30pm Lasting Power of Attorney Tue 22nd Nov 10.30am-12.30pm Carer Essentials
AYLESBURY Aylesbury Methodist Church, Buckingham Street, Aylesbury, HP20 2NQ	Tue 13th Sept 11am-1pm Working with Professionals Tue 8th Nov 11am-1pm Understanding Stress, Anxiety and Depression
BEACONSFIELD The Parish Centre at St Teresa's Church, 40 Warwick Rd, Beaconsfield, HP9 2PL	Thurs 6th Oct 1pm-3pm First Aid
DENHAM St Mark's Hall Denham Green, Denham, Uxbridge, UB9 5HT	Wed 28th Sept 1.30pm-3.30pm Tea and Chat Wed 23rd Nov 1.30pm-3.30pm Working with Professionals
HADDENHAM Haddenham Village Hall, Banks Park, Banks Road, Haddenham, HP17 8EE	Tue 13th Sept 1.30pm-3.30pm First Aid Tue 8th Nov 1.30pm-3.30pm Mindfulness
HIGH WYCOMBE Downley Community Centre, School Close, Downley, High Wycombe, HP13 5TR	Fri 23rd Sept 1pm-3pm Mindfulness Fri 25th Nov 1pm-3pm Lasting Power of Attorney
IVER Iver Heath Bowls Club, Church Rd, Iver Heath, SL0 0DH	Wed 26th Oct 10.30am-12.30pm Understanding Stress, Anxiety and Depression
MARLOW Liston Hall, Chapel Street, Marlow, SL7 1DD	Tue 13th Sept 10am-12pm Carer Essentials Tue 8th Nov 10am-12pm Working with Professionals

VENUE	DATES, TIMES & SUBJECTS
PRESTWOOD Prestwood Village Hall, 1 Wycombe Rd, Prestwood, Great Missenden, HP16 0NZ	Mon 17th Oct 10.30am-12.30pm Working with Professionals
STOKENCHURCH St Peter and St Paul, Church St, Stokenchurch, High Wycombe, HP14 3TH	Wed 26th Oct 1.30pm-3.30pm Tea and Chat
WADDESDON Waddesdon Community Centre, Frederick Street, Waddesdon, HP18 0LX	Mon 3rd Oct 10.30am-12.30pm Tea and Chat
WENDOVER MS Centre, Oakwood Close, Wendover, HP22 5LX	Thurs 13th Oct 1pm-3pm Understanding Stress, Anxiety and Depression
WINSLOW St Lawrence Room, Market Square, Winslow, Buckingham, MK18 3AB	Mon 5th Sept 1pm-3pm Lasting Power of Attorney Mon 7th Nov 1pm-3pm Working with Professionals
BAME SOUTH Wesley Methodist Church, Priory Rd, High Wycombe, HP13 6SE	Thurs 15th Sept 10.30am-12.30pm Tea and Chat Thurs 13th Oct 10.30am-12.30pm Tea and Chat

ONLINE SESSIONS	
MINDFULNESS	Thurs 22nd Sept 10am-11am Thurs 27th Oct 10am-11am Thurs 24th Nov 10am-11am
OTHER TOPICS	Mon 3rd Oct 1.30pm-2.30pm First Aid Mon 7th Nov 1.30pm-2.30pm Lasting Power of Attorney

For online sessions, please book your place via our website. Once we have received your booking, we will email you a link for you to gain access to the session.

We are pleased to announce that from September onwards, we will be having refreshments at our groups.

Who To Call and When

It is a good idea to keep a first aid kit at home and to ensure your medicine cabinet is well stocked. Useful items include painkillers, plasters, a digital thermometer, antiseptic wipes and cream, bite and sting cream, and antihistamine treatment, if needed. Please read the labels of any medication you store and ensure it is appropriate for you to use.

Your local pharmacist can offer clinical advice and over-the-counter medicines for a range of minor illnesses. Some pharmacies are open late and you do not need an appointment.

NHS 111 operates 24 hours a day, 7 days a week. Dial 111 for free from a landline or mobile, or visit [111.NHS.UK](https://www.nhs.uk)

The Buckinghamshire Urgent Treatment Centre (UTC) is based at Wycombe Hospital and is open from 8am-8pm, 7 days a week. It is GP-led and staffed by doctors and nurses. Although you can “walk in” and make an appointment, it is advised to phone NHS 111 first, so that fully trained advisors can assess if you need an ambulance, arrange an urgent appointment at the UTC, or put you in touch with the GP out-of-hours service if appropriate.

Buckinghamshire’s A&E departments are located at Stoke Mandeville Hospital and Wexham Park Hospital and are for emergencies only. Please be aware that there is no A&E department at Wycombe Hospital.



Self Care

Stock your medicine cabinet

Minor cuts and grazes
Bruises and minor sprains
Coughs and colds



Pharmacy

No appointment required

Minor illnesses
Headache
Stomach upsets
Bites and stings



NHS 111

24 hours a day

Dial 111 for urgent medical concerns



GP Advice

Out of Hours call 111

Persistent symptoms
Chronic pain
Long term conditions



A&E or 999

Emergencies only

Choking
Chest pain
Blacking out
Serious blood loss

Got an up-to-date Carers Emergency Plan?

If not, contact us on 0300 777 2722 or mail@carersbucks.org to discuss with one of our support team.



Public Health
England



Don't forget your flu vaccine

You are entitled to request a free flu jab from your GP if you:

- provide unpaid care to family or friends, or
- are in receipt of the Carer's Allowance for looking after vulnerable adults or children

Did you know you can transfer the flu virus to someone you look after.
Be safe - get your flu vaccine.

**STAYWELL
THISWINTER**



Thank You Wall

Thank you to Chiltern Forest Golf Club for choosing us as their

charity of the year!

Thank you to Buckinghamshire Freemasons who invited some of our carers to their summer party in Beaconsfield.



Thank you to Hazelmere Golf Club for raising

£3,212!

Thank you to the National Lottery for the continued support of our work.

Thank you to the members and attendees of Aston Clinton Beer Festival for donating

£1,000

and continued support since the festival first began.



Thank you to Angela Sharma of Vidiya Jyoti Charity for donating two Playstation 4s to our young carers.

Thank you to Top Notes for raising

£1,025!

Thank you to Freemasonry in the community, Utmost Life & Pensions, Circle Health Group and The Chiltern and Shelburne Hospitals for donating Easter eggs for our young carers.

Thank you to Dr Challoner's Grammar School for donating

£2,461!

Thank you to Leap for donating tickets for carers to see three of the UEFA Women's Euro 2022 group stage matches.



We are grateful to have received "In Memory" donations towards our work over the past few months. Thank you to the families and friends who donated in this way.

We would also like to thank the following for their continued support:

- Zoomania
- Ukelalians
- The Wing Singers
- Asda Green Tokens
- Princes Risborough Rotary Club
- Arts Society Gerrards Cross
- TK Maxx & Homesense Foundation
- Cuddington Tuesday Group
- Mary & Stephen Turner
- Terracycle
- High Wycombe Rotary
- Chiltern Handbells
- Aylesbury Waterside Theatre
- Co-op Community Fund

Targeted Support Sessions

We have been redesigning these sessions and ran our new Sibs session, focusing on caring for a sibling. Through fun activities, the young carers expressed their feelings and understood others' experiences. We were pleased with the positive feedback.

From August 2022, we will be running further sessions such as looking after your wellbeing, caring for a parent, and focusing on transitional periods that young carers can go through, such as balancing their caring role with starting secondary school. Check your emails for invites or contact us if you feel that you could benefit from attending any of these sessions.

Holiday Activities and Breaks

During school holidays we have offered young carers drama workshops and seasonal themed activities. We also held Jubilee parties where young carers got to enjoy face painting, bouncy castles, crown making and party games.



Club Nights

We have been busy providing our young carers with face to face support and respite. Our club nights have been well attended and have received positive feedback from young carers and their parents. We are now providing light meals at our club nights. See our website for a timetable of upcoming clubnights.

We continue to offer activities via Zoom for those who prefer to use this platform or are unable to attend in person.

Milly Day

Our young carers attended a Milly Day event. There was swimming, river boat rides, a petting zoo and fabulous gift bags. A big thanks to Honeypot children's charity and Milly Day charity for including us. Our young carers were able to make new friends and happy memories.



Residential Breaks

We have restarted these breaks to give young carers a longer break from their caring role, meet other young carers and build a support group. In April, some young carers from the South of Bucks went on a three day residential with Honeypot children's charity in Southampton.

Our Forum group have continued to meet and are working on a project about the transition from young adult carer to adult carer. Through this, we will be able to gain some valuable feedback about the service.

Supportive Personal Drawing
 Life Change Respect
 Love Communities Social Family Fear
 Heroic Respect Control Surrender Heroic Respect
 TEAM Respects
 Understanding Nurturing Smiling Love
 Challenging Growth Social Love Organise Heuristic Happy Fun
 Overwhelming Organised Business Learning
 Difficult Hard Personal Silly
 Kind

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A Year in Numbers: 1st April 2021 - 31st March 2022



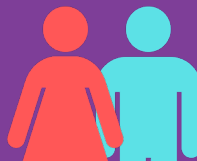
There were
1745 new referrals
to Carers Bucks

We ran **374 groups** for
**young carers and
young adults carers**



**1540 carers
of all ages**
attended groups,
workshops &
training

In total we have **13,582 carers**
registered with Carers Bucks



10,457
adult carers



1486
parent carers



268
young adult
carers



1371
young carers

WE ARE LOOKING FOR VOLUNTEERS!

Help us to make a difference to the lives
of unpaid carers in Buckinghamshire.

Assist at our carers support groups

Drive our young carers to and from their club nights

Help at fundraising and raising awareness events

Admin support

WE WOULD LOVE TO HEAR FROM YOU!

0300 777 2722

volunteer@carersbucks.org



November 2022

Please look out for our
emails and keep an eye
on our social media for
the latest updates.



Carersbucks



@CarersBucks



carersbuckscharity

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**