

# CarersBucks



Winter 2022



**WINTER  
DROP-INS**  
*for carers*

Winter drop-ins  
for carers



Join our  
parkrun team



Carefree

Short breaks  
for carers

**WIN**

**A £25 M&S  
VOUCHER!**

See page 9  
for details



# Foreword by the Chief Executive Officer



I am delighted to present our Winter Newsletter 2022. It is great to see the BAME Sewing Group running again and the launch of our Carers Choir taking place in January, both valued in person peer support groups. The targeted support session re-launch has been a great success, supporting young carers and young adult carers on issues such as; transitions and 'next steps', looking at further education and employment.

Short breaks support carers to have a life alongside their caring role and I welcome the opportunity for Carers Bucks to be a Community Partner with Carefree to increase short break offers for carers.

The theme of Carers Rights Day this year was 'Caring Costs', as we approach the end of 2022, this has never been more evident. At Carers Bucks, we are acutely aware of the

impact caring has on your health and wellbeing and finances, particularly due to the current cost of living crisis. I encourage you to get in touch with our teams if you need any information, advice and support during these difficult times, one conversation can make a huge difference.

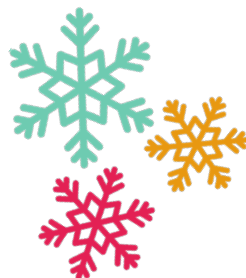
It has been a busy six months and I would like to take this opportunity to share my continued thanks to our staff team and volunteers for their ongoing hard work and dedication, across the whole of 2022.

I wish you a happy and healthy festive season and we look forward to welcoming you to our groups and activities in 2023.

**Holly Hoskisson**  
Chief Executive Officer  
Carers Bucks and Carers Milton Keynes

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Contact Us:  
Aylesbury Court, Oxford Road,  
Aylesbury HP8 9SR  
0990 177 2722

Carers Bucks

Are you looking after someone who cannot manage without your help because they are ill or have a disability?

If you are a CARER, Carers Bucks can help you.



## Access All Areas

Our Adult Carers support team were busy at the two Access All Areas events back in October. Held in Aylesbury and High Wycombe, and hosted by Buckinghamshire Council, the events are designed to showcase the support available in Buckinghamshire for people aged 14 and above who have a learning disability and/or autism and their families.

## Carefree – Short Breaks for Carers

Carers Bucks has become a Community Partner with Carefree, a charity “transforming vacant accommodation into breaks for unpaid carers”. We are able to refer carers registered with Carers Bucks for a short break through the scheme. There is no charge for the hotel room.

The eligibility criteria is as follows:

- You must be 18 years of age or older
- You must be caring for 30 hours a week or more
- You need to be able to cover the cost of extras such as transport,

insurance and a £25 admin fee which covers Carefree’s operating costs.

If you meet the criteria, you can book one break of up to two nights per year from a choice of UK hotels. You can take a companion if you wish, but that cannot be the person you care for. Please note that breaks are subject to availability.

We launch officially in 2023, so look out for more communication from us in the coming months.



# Carefree



# CARERS CHOIR

DO YOU ENJOY SINGING?



JOIN US EVERY 1ST & 3RD TUESDAY OF EACH MONTH  
FROM TUESDAY 3RD JANUARY 2023

AT THE CHALFONT ST PETER COMMUNITY CENTRE, GRAVEL HILL, SL9 9QX

**Arrival from 10am for coffee and chat,  
followed by singing at 10.30am - 11.30am.  
Please bring a bottle of water.**

**ALL LEVELS WELCOME**

**For further information, please contact  
Carers Bucks on 0300 777 2722 or  
mail@carersbucks.org**

I found the choir  
this morning  
very uplifting

Singing time is great!

**CarersBucks** is partnering with

**Sing Your Pain Away!**  
Singing for Wellbeing, Health and Fun!

## BAME Sewing Group

The BAME Sewing Group is a 10-week course where carers are learning how to cut patterns and use a sewing machine to create a traditional Shalwaar Khameez. This is a great opportunity to learn a new skill in a safe, welcoming space and to meet other carers. At the end of the 10 sessions, everyone will receive a certificate of achievement.





# Carers Rights

Whether you have recently become a carer, been caring for some time without support, or have been caring for someone for many years, it's important that you understand your rights and are able to access the support that is available to you.

- If eligible, is the person you care for claiming Attendance Allowance? If eligible, are you claiming Carers Allowance?
- If the person you care for has dementia and is receiving Attendance Allowance, you may be able to claim a discount on your Council Tax payments.
- It is important that you feel empowered to ask questions with confidence in healthcare settings and to access the support available to you. Our hospital support team can offer you practical and emotional support whilst the person you care for is in hospital.
- Carers UK have a guide which outlines your rights as a carer and gives an overview of practical and financial support available: [carersuk.org/help-and-advice/get-resources/looking-after-someone](https://carersuk.org/help-and-advice/get-resources/looking-after-someone)

## BOOST YOUR IMMUNITY THIS WINTER

### FLU + COVID-19 BOOSTER VACCINES

Find out how to book at  
[nhs.uk/wintervaccinations](https://nhs.uk/wintervaccinations)

## Cost of Living

With the cost of living rising, it is important to know what support there is for carers. Take a look at our Cost of Living webpage, full of useful information about benefits, local support offers and much more: [carersbucks.org/information-for-carers/adult-parent-carers/money-and-legal-matters/cost-of-living](https://carersbucks.org/information-for-carers/adult-parent-carers/money-and-legal-matters/cost-of-living)



## WINTER DROP-INS *for carers*

Carers Bucks,  
Ardenham Court,  
Oxford Road,  
Aylesbury, HP19 8HT

Carers Bucks is hosting weekly, informal drop-in sessions for carers at our office in Aylesbury during the winter months. Pop in or stay for the full 2 hours and enjoy hot drinks, a snack and a chat in the warmth.

### December 2022

Wednesday 21st | 1pm - 3pm

### January 2023

Tuesday 3rd | 10am - 12pm  
Wednesday 11th | 1pm - 3pm  
Thursday 19th | 10am - 12pm  
Tuesday 24th | 1pm - 3pm

### February 2023

Wednesday 1st | 10am - 12pm  
Thursday 9th | 1pm - 3pm  
Tuesday 14th | 10am - 12pm  
Wednesday 22nd | 1pm - 3pm

# Carer Information and Support Groups for 2023

## Support Groups

<b>Amersham</b> Amersham Free Church, Woodside Rd, Amersham, HP6 6AJ	4th Mon of the month 10am – 11.30am
<b>Aylesbury</b> Ardenham Court, Oxford Rd, Aylesbury, HP19 8HT	3rd Tues of the month 11am – 12.30pm
<b>Beaconsfield</b> The Parish Centre at St Teresa's Church, 40 Warwick Rd, Beaconsfield, HP9 2PL	1st Thurs of the month 1pm – 2.30pm
<b>Denham</b> Training Hub at Denham Garden Village, Denham Green Lane, Denham, UB9 5LB	2nd Fri quarterly Starting in January 10.30am – 12pm
<b>Haddenham</b> Haddenham Village Hall, Banks Park, Banks Rd, Haddenham, HP17 8EE	2nd Tues of the month 1.30pm – 3pm
<b>High Wycombe</b> Guildhall, Cornmarket, High Wycombe, HP11 2BJ	4th Fri of the month 1pm – 2.30pm
<b>Iver</b> Iver Heath Bowls Club, Church Rd, Iver Heath, SL0 0DH	4th Wed of the month 10.30am – 12pm
<b>Marlow</b> Liston Hall, Chapel St, Marlow, SL7 1DD	2nd Mon of the month 10am – 11.30am
<b>Prestwood</b> Prestwood Village Hall, 1 Wycombe Rd, Prestwood, Great Missenden, HP16 0NZ	3rd Mon of the month 10.30pm – 12pm
<b>Stokenchurch</b> St Peter and St Paul, Church St, Stokenchurch, High Wycombe, HP14 3TH	4th Wed of the month 1pm – 2.30pm
<b>Waddesdon</b> Waddesdon Community Centre, Frederick St, Waddesdon, HP18 0LX	1st Mon of the month 10.30am – 12pm
<b>Wendover</b> Wendover Library High St, Wendover, Aylesbury, HP22 6DU	2nd Thurs of the month 1pm – 2.30pm
<b>Winslow</b> St Lawrence Room Market Square, Winslow, Buckingham, MK18 3AB	3rd Fri of the month 10.30am – 12pm
<b>BAME</b> Starting in High Wycombe in January, the location will then rotate between Ardenham Court in Aylesbury, Methodist Church in Chesham and Wesley Methodist Church in High Wycombe. A monthly reminder email will be sent out.	2nd Thurs of the month 10am – 11.30am
<b>Zoom</b> Online	Every other month Starting in January 10am – 11.30am

# Join our Carers Bucks parkrun team

At Carers Bucks, we know that being a carer brings many rewards, but it can also be challenging, leaving carers little time to focus on their own wellbeing, and, as a result, carers can be at greater risk of developing low mood, anxiety, and chronic back problems. There is a wealth of evidence that shows that both gentle and vigorous exercise can be very beneficial for people's physical and mental health.

We would like to invite you to be part of our Carers Bucks and Carers MK parkrun community, starting in February 2023. Parkruns are free, 5K timed events taking place at 9am on Saturday all over the county, the UK and the world! They are not races – you can walk, jog, run; all abilities are warmly welcomed. Some courses are on flat terrain, others are definitely more hilly!

Our Adult Carers Service Manager, Lucy Martin, and Carers Bucks' Adult Carers Team Leader, Jo Dover, have clocked up 100 parkruns between them – they will be appearing at the following events in Buckinghamshire and Milton Keynes in 2023 and would love you to join them. Follow the links next to each event for more information. We will post reminders on social media, so do come along!

**11th Feb – Aylesbury**  
[parkrun.org.uk/aylesbury](http://parkrun.org.uk/aylesbury)

**11th Mar – Wendover**  
[parkrun.org.uk/wendoverwoods](http://parkrun.org.uk/wendoverwoods)

**8th Apr – Marlow**  
[parkrun.org.uk/higginsonmarlow](http://parkrun.org.uk/higginsonmarlow)

**13th May – Lindford**  
[parkrun.org.uk/linfordwood](http://parkrun.org.uk/linfordwood)

**10th Jun – Black Park**  
[parkrun.org.uk/blackpark](http://parkrun.org.uk/blackpark)

**9th Sep – Buckingham**  
[parkrun.org.uk/buckingham](http://parkrun.org.uk/buckingham)

**14th Oct – Amersham**  
[parkrun.org.uk/churchmead](http://parkrun.org.uk/churchmead)

**11th Nov – Milton Keynes**  
[parkrun.org.uk/miltonkeynes](http://parkrun.org.uk/miltonkeynes)

**9th Dec – High Wycombe**  
[parkrun.org.uk/wycomberye](http://parkrun.org.uk/wycomberye)

Although parkruns are free, you need to register in advance if you want to know your official time for the 5K. To do this, visit [parkrun.org.uk/register](http://parkrun.org.uk/register). We look forward to seeing you at a parkrun in the new year!





# Supporting Carers in Hospital

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

We know that supporting someone can sometimes be overwhelming. A hospital admission can be a turning point, the beginning of a care journey, or it can lead to an increase in the amount of care someone needs, either in the short or long term.

The Carers Bucks hospital team is available to you to provide information, advice and emotional support at such times of uncertainty. We continue to work both on site and remotely, liaising closely with discharge staff and social care teams and support communication with the ward team

as needed. We also help you to understand discharge planning as it unfolds.

In recent months we have been reconnecting with key people within the Trusts, such as the Patient Experience and PALS teams, Home First therapists/caseworkers, Stroke Team, Ward managers and the Volunteers who support on the wards. In addition, we continue to be a voice for carers and ensure their experiences are recognised in a variety of forums, exploring ways in which NHS staff can identify and support carers in hospital.

## Contact us

**If you or the person you care for is facing a hospital admission, or 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.**



# 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

WE WOULD LOVE TO HEAR FROM YOU!

0300 777 2722 [volunteer@carersbucks.org](mailto:volunteer@carersbucks.org)



## Christmas Competition!

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

### REMYR NDA GIHRTB

This competition is open to carers registered with Carers Bucks. Submit your answer to [carersbucks.org/competition](https://carersbucks.org/competition) by 5pm on 31/12/22. Winner will be randomly selected.



#### 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

# Thank You Wall

As always we thank everyone who supports our fundraising and help us raise awareness of carers' issues in various different ways.

Thank you to Bucks Bizz who have continued to invite us to their events and we are so grateful to them for both their donations and for giving us the opportunity to talk to their members about the work we do.



Thank you to all of the families and friends who chose to remember their loved ones by making donations to us.

Thank you to TK Maxx for donating  
**£500**

Thank you to Rothschild for donating  
**£250**

Thank you to Milly Days for donating  
**£1,150**

Thank you to the National Lottery, Chidwick Trust and Rothschild Foundation for their ongoing support.

Thank you to Terracycle for donating  
**£66**

Thank you to Bourne End WI for donating  
**£60**

Thank you to Ibstone Horticulture for donating  
**£100**

Thank you to Lunas Kitchen for donating lots of delicious food.

Huge thank you to Co-op and all of your generous customers for supporting us with your Community Fund and donating  
**£3,668**



If you are a member of a local community group or work for an organisation that supports local charities, please do get in touch with our fundraiser Beth Sawyers via [beth.sawyers@carersbucks.org](mailto:beth.sawyers@carersbucks.org) so that we can all work together to raise vital funds for unpaid carers in Buckinghamshire.



# Young Carers News

## Targeted Support Sessions

Earlier this year we relaunched our targeted support programmes and the summer holidays gave us an ideal opportunity to run these sessions, which are fun as well as informative. One of the sessions focused on transitioning from primary to secondary school from a young carer's perspective. We also collaborated with Family Support Service to run sessions around young carers having positive relationships with themselves, the cared for and professionals. Be sure to double check your emails for invites to our future targeted support sessions.

We have done a lot more collaborative working and are looking forward to running more sessions with Family Support Service in February 2023, as well as Women's Aid so we can jointly support young carers.

## Family Fun Day

Over the summer, we held two family fun days, one in south Bucks with the support of Marlow Rotary Club and one in north Bucks with the support of Carmichael's staff. We had family based activities including face painting, arts and craft activities and bouncy castles.

"The whole family thoroughly enjoyed the day! It was fantastic and so much fun for the children. Thank you so much for hosting this and for allowing us to enjoy some great time together as a family."



## Young Carers Schools Project

In September, we relaunched our School Awards. Schools have a very important role in identifying and raising awareness of young carers and young adult carers. The Awards are one way to support us with this. If you are interested in finding out more information about our School Awards, please visit our website: [carersbucks.org/professionals/carers-bucks-schools-project](https://carersbucks.org/professionals/carers-bucks-schools-project)

## Summer Residential

We were delighted to have offered two residential trips during July and August. Our first trip was to the annual Young Carers Festival. This year was extra special as it was the first time we have been able to take a group since before the pandemic. The festival gave our carers space to unwind whilst also providing them with a platform to be heard and influence change. Festival highlights included kayaking, rock climbing, karaoke, outdoor movies and a silent disco. Friends were made, phones were put on the back burner and lots of fun was had.

The second of our residential trips was to Bushcraft in Northamptonshire. It was a rare opportunity for our young carers to do something which was completely removed from their normal day to day lives and meant that they

were able to challenge themselves both physically and mentally. They took part in activities such as axe throwing, fire starting, and shelter building. Every member of the group tried something new.

The trip increased their confidence and independence, they learnt some valuable new skills, appreciated nature and socialised with other young people who they had never met before.

**"Absolutely brilliant...I love her to be able to do things like these events with others who can relate. My other daughter who has disabilities would prevent her [from being able] to do these tasks. So a massive thank you all for your time."**





## PE with Joe Wicks

Our young carers had the opportunity to attend an outdoor PE session with Joe Wicks. They were lucky enough to meet Joe and have a chat. He was a real inspiration as he was once a young carer himself. He gave them some valuable advice on how to manage their caring role whilst looking after themselves, which will stay with them forever.

.....



We have continued running termly club nights, which have been full of old and new faces. During the school holidays, we have held a range of activities and targeted support sessions.



## Christmas

We are looking forward to celebrating the festive period with our young carers and young adult carers. We are excited to take part in Christmas themed activities and being able to offer some of our carers Christmas gifts that have been donated to us.



# Young Adult Carers News

## Activities

During the school holidays we put on a variety of activities for our young adult carers. This included going out for dinner, a cinema trip, competitive bowling and an outing to a trampoline park. A particular highlight was a day trip to Bournemouth Beach, it was a lovely sunny day and for some their first beach visit. Our young adult carers have already requested a similar trip for next year!



## Freshers' Fairs

We were delighted to visit Buckinghamshire New University and Buckinghamshire College Group freshers' fairs. We raised awareness amongst young adults about the support they can receive as a carer and how to support their peers who may have a caring role. We also explored how we can collaboratively support young adult carers with other organisations that were at the fairs. We look forward to working with Buckinghamshire Community Safety Team in the New Year.

## A special evening out

Our young adult carers expressed their wish to do an activity that was something different from 'the norm'.

As a collective, they decided that they wanted to experience the theatre. They watched 'La Voix – The Eighth Wonder of The World' at Aylesbury Waterside. The evening was thoroughly enjoyed by our young adult carers and the Support Workers.



## Targeted support sessions

We ran our 'What's My Next Step' session in partnership with Buckinghamshire Adult Learning. This workshop focused on exploring different steps towards further education and employment that our carers could take. We focused on the skill set that our young adult carers already have and how these can be transferred in education and employment. We signposted our young adult carers to other organisations locally that could support them further.

As this session was a success, we have scheduled other targeted support groups, including how to manage healthy relationships and exploring your rights as a carer. For further details keep an eye out for our e-newsletters.



# CarersBucks

**Dedicated to supporting carers**

0300 777 2722

[mail@carersbucks.org](mailto:mail@carersbucks.org)

[carersbucks.org](http://carersbucks.org)

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Company Registration No. 4941481

*Working in partnership with*



**Buckinghamshire  
Council**