

# CarersBucks

Summer 2023



**Carers  
Week**



**Our Parkrun Tour:  
The Story So Far!**



**Young Carers in  
Schools Awards**



**A £50 M&S  
VOUCHER!**

**See page 10  
for details**

# Foreword by the Co-Chief Executive Officers

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We have enjoyed another busy six months and, as expected, the number of carers registered with Carers Bucks has increased and we now support more than 14,300 carers of all ages across the county.

Although, like many colleagues, we are delivering services both in person and online, which has enabled us to be more accessible to carers, we understand that a crucial part of carer support is being able to offer face-to-face activities and support services, and we have been pleased to see so many of you enjoy events such as our male carers walk and pub lunch, and our BAME carers pamper and wellbeing morning.

The theme for this year's Carers Week, which took place in June, was "Recognising and Supporting Carers in the Community". We appreciated having

the opportunity to talk to the CEO of Buckinghamshire Healthcare Trust, as well as being given slots on Bucks Radio and Wycombe Sounds, in order to raise the profile of unpaid carers in our county and reiterate the importance of local support. One of the highlights of Carers Week was hosting our Young Carers in Schools Awards – our first since 2020 – and we look forward to continuing to work in partnership with Buckinghamshire schools to support young carers in school communities.

We would like to say a big thank you to our staff teams and volunteers, for their continued hard work and dedication in supporting carers in Buckinghamshire.

We hope you enjoy this newsletter.

**Lucy and Kirstie**  
Co-CEOs (Maternity Cover)  
Carers Bucks and Carers Milton Keynes

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# Male Carers Walk and Pub Lunch

Thanks to a successful funding application, we were delighted to receive a grant from the Carers Trust as part of their Time for ME! scheme. One aspect of the grant was to deliver a group activity for male carers and on a beautifully sunny day in May, 15 male carers and two Carers Bucks team members embarked on a circular walk of just under six kilometres, covering some of the Chiltern Heritage Trail starting in Great Missenden. Lunch was provided by the Cross Keys, a lovely 16th century pub in the heart of

Great Missenden, where everyone had a chance to relax, enjoy a tasty lunch and chat with new and old friends. One carer said “What a brilliant event this was. Thanks so much for organising it and finding the funding for it. I’ve made such good contacts and enjoyed excellent conversation whilst admiring the Chilterns views, always so delightful!”

Everyone had a great time, and we look forward to being able to plan another event in the future.



## Your Carers Choir Needs You!

Our wonderful Carers Bucks Choir continues to meet twice a month on the first and third Tuesday of the month at Chalfont St Peter Community Centre. Not only is singing proven to improve breathing and posture, it also helps to relieve muscle tension. When we sing endorphins are released by the brain, which lower stress and anxiety. Add in a very friendly, relaxed atmosphere and superb choir leaders Jane and Joanna from Sing Your Pain Away, and it is a perfect way to spend some “me time” as a carer. No audition is necessary, and we are always keen to welcome new members, especially male carers! We meet at 10am for coffee and chat, followed by singing from 10.30am - 11.30am. For more information, contact us on 0300 777 2722 or [mail@carersbucks.org](mailto:mail@carersbucks.org).



# BAME Eid Pamper Event in Aylesbury

We were really pleased to be able to host an Eid pamper event in Aylesbury in May, which was enjoyed by 21 carers from the local BAME community. On offer were massage sessions, allowing carers to have some much appreciated respite and relaxation. As this was an Eid celebration, hand henna painting was a treat for everyone. A break for delicious refreshments gave carers a chance to chat with friends and Carers Bucks team members. We would like to say a big thank you to Della from the Family Information Service who attended, offering valuable advice and information, and thank you, as always, to the wonderful therapists for making this event so successful.



## Updating Our Data

We are updating our records to make sure we have the right information about you on our database. This includes correct contact details, ethnicity information, gender identity and sexual orientation. It's important that we collect this kind of demographic data to ensure we have an accurate picture of the needs of all the communities we support. It also helps us to deliver inclusive and accessible services which cater for everyone. We would like to invite you to complete our data form: [carersbucks.org/carers-data-form](https://carersbucks.org/carers-data-form). The information that you give will then be held securely on our database. A £50 M&S voucher will be available for one carer, whose name will be selected randomly from respondents. If you would like to read our privacy policy, please visit our website.

**£50 M&S  
voucher will  
be available  
for one  
carer**



# Our Parkrun Tour: The Story So Far!

Our Carers Bucks and Carers MK 2023 parkrun tour began in February at Aylesbury, where we received a warmer welcome from the race director than the weather! Aylesbury offers a completely flat course, unlike our March venue, Wendover Woods, which, despite a stunning location, is very, very hilly. Kudos to our Carers MK team member, Chloe, who chose Wendover Woods as her first ever parkrun! We also enjoyed our visit to Linford Wood in Milton Keynes in May and Black Park in South Bucks in June. We would love to see you at one of the following parkruns. All parkrun events start at 9am.

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

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

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

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



## Carefree Breaks for Carers

In our last newsletter, we let you know that Carers Bucks became 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. You can take a companion with you but it cannot be the person you care for.

There is an eligibility criteria so please

check our website for details: [carersbucks.org/information-for-carers/adult-carers/carefree-short-breaks-for-carers](https://carersbucks.org/information-for-carers/adult-carers/carefree-short-breaks-for-carers). Once you have checked you meet all the criteria and have filled in the application form, we will make a referral on your behalf and then you are free to book your time away!

Feedback from carers who have had a Carefree break has been very positive, so if the scheme is appropriate for you, we would encourage you to apply!



**I want to say a massive thank you to you! If I hadn't known about this service, I wouldn't have thought about having a break. It also allowed me to have valuable time with my daughter.**



# Carers Week

The theme for Carers Week this year was “Recognising and Supporting Carers in the Community” and we enjoyed a wide range of activities across the week. Thank you to both Wycombe Sounds and Bucks Radio for giving us airtime to talk about the need to support carers across all our communities in Buckinghamshire.

Our team were busy raising awareness, holding information stands in Amersham, Wycombe and Wexham Park hospitals to highlight the support Carers Bucks can offer when you or the person you care for is in hospital, and our Co-CEO, Lucy, caught up with the Chief Executive of Buckinghamshire Healthcare Trust at Stoke Mandeville Hospital to discuss the importance of carers being involved in healthcare conversations from admission, to hospital stays, through to discharge and beyond.

As well as various gatherings for tea and cake, including at our Carers Choir, we were treated to amazing weather at our cream tea in the beautiful venue and surroundings of Missenden Abbey.

We were also delighted to be able to host two events for our Young Carers in Schools Awards, where great fun was had by all.

Congratulations, too, to our Carers Week competition winner – well done!

What a brilliant way to celebrate all the wonderful carers of all ages in Buckinghamshire!





# Carer Information and Support Groups

**Amersham** 10am - 11.30am  
Amersham Free Church, HP6 6AJ

**Tea and Chat:** 4th Mon of the month  
**Q&A:** Mon 26th Jun

**Aylesbury** 11am - 12.30pm  
Ardenham Court, HP19 8HT

**Tea and Chat:** 3rd Tues of the month  
**Q&A:** Tues 18th Jul

**Beaconsfield** 1pm - 2.30pm  
The Parish Centre at  
St Teresa's Church, HP9 2PL

**Tea & Chat:** 1st Thurs of the month  
**Q&A:** Thurs 7th Sept

**Denham** 10.30am - 12pm  
Training Hub at Denham Garden Village,  
UB9 5LB

**Tea & Chat:** Fri 14th Jul  
**Tea & Chat:** Fri 13th Oct

**Haddenham** 1.30pm - 3pm  
Haddenham Village Hall, HP17 8EE

**Tea & Chat:** 2nd Tues of the month  
**Q&A:** Tues 10th Oct

**High Wycombe** 1pm - 2.30pm  
Guildhall, HP11 2BJ

**Tea & Chat:** 4th Fri of the month  
**Understanding Stress, Anxiety & Depression:** Fri 22nd Sept  
**Q&A:** Fri 24th Nov

**Iver** 10.30am - 12pm  
Iver Heath Bowls Club, SL0 0DH

**Tea & Chat:** 4th Wed of the month

**Marlow** 10am - 11.30am  
Liston Hall, SL7 1DD

**Tea & Chat:** 2nd Mon of the month  
**Q&A:** Mon 9th Oct

**Prestwood** 10.30pm–12pm  
Prestwood Village Hall, HP16 0NZ

**Tea & Chat:** 3rd Mon of the month  
**Lasting Power of Attorney:** Mon 18th Sept  
**Understanding Stress, Anxiety & Depression:** Mon 20th Nov

**Stokenchurch** 1pm – 2.30pm  
St Peter and St Paul, HP14 3TH

**Tea & Chat:** 4th Wed of the month

**Waddesdon** 10.30am – 12pm  
Waddesdon Community Centre, HP18 0LX

**Tea & Chat:** 1st Mon of the month

**Wendover** 1pm – 2.30pm  
Wendover Library, HP22 6DU

**Tea & Chat:** 2nd Thurs of the month  
**Lasting Power of Attorney:** Thurs 12th Oct

**Winslow** 10.30am – 12pm  
St Lawrence Room, MK18 3AB

**Tea & Chat:** 3rd Fri of the month  
**Lasting Power of Attorney:** Fri 17th Nov

**BAME** 10am – 11.30am  
Locations rotate between Aylesbury,  
Chesham and High Wycombe.  
See website for details.

**Tea & Chat:** 2nd Thurs of the month







**Zoom** 10am – 11.30am  
Online - *Booking Required*

**Understanding Stress, Anxiety & Depression:** Thurs 20th Jul  
**Q&A:** Thurs 16th Nov

# Why It's Important To Talk To Your GP

**Carers Bucks works closely with GP practices in Buckinghamshire, helping them to identify and support carers within their patient population.**

If your GP knows that you are a carer, they can provide you with really useful support, advice and information. For example, they can help you understand what you are entitled to as a carer, such as a free flu jab. It is helpful for your GP to know about any extra pressures you are facing that might have an impact on your physical health or emotional wellbeing. Caring can take its toll on your health, and the pressures of your caring role may mean it is hard to prioritise your own health needs. If you do have health concerns of your own, consult your GP. And make sure your surgery knows that you have caring responsibilities, as soon as possible, so that they can then record this on your medical records. If they know you are a carer and likely to be under pressure at times, they will be able to offer more tailored advice and, if necessary, provide more support when they diagnose you and treat you in the future.

	Minor cuts and grazes	Colds Bruises, Minor Sprains	<b>Self care</b> Stock up on medicines
	Minor illnesses Headaches	Bites and stings Stomach upsets	<b>Pharmacy</b>
	Feeling unwell? Anxious?	Unsure? Need help?	<b>NHS 111</b> You can call us 24/7
	Long term conditions	Chronic pain Persistent symptoms	<b>GP Advice</b>
	Skin rashes and infections	Suspected broken limbs Minor scalds and burns	<b>Urgent Treatment Centre</b> Walk-in and book via 111
	Serious bleeding	Blacking out Choking, Chest pain	<b>A&amp;E or 999</b> Emergencies only



# Supporting Carers in Hospital

**Did you know Carers Bucks provide dedicated support to carers in Amersham, Stoke Mandeville, Wycombe and Wexham Park hospitals?**

Our experienced team are able to advise and support you as you liaise with hospital staff, Occupational Therapists, Discharge Coordinators and Social Care Workers during a hospital stay. We are familiar with the discharge pathways and the teams who put care and support in place for patients after they leave hospital. Often carers have a lot to manage in the days after a hospital discharge; chasing up prescriptions, liaising with GPs, District nursing or incontinence teams. It can be a

stressful and challenging time, but the Carers Bucks team are available with advice and emotional support. We can support you to liaise with community healthcare teams if your loved one is being assessed for longer term care needs after a hospital stay. The team has also been out and about! We continue to raise awareness among both healthcare staff and carers, for example at events at Wycombe General Hospital and the Cancer Wellbeing event in April.



## Contact us

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

# Thank You Wall

Thank you to Chiltern Forest Golf Club for choosing to support young carers as your charity of the year and donating

**£3,683**

Thank you Mark Willis for raising

**£500**

and completing the London Landmarks Half Marathon.



Thank you to Stowe Golf Club for donating

**£1,580**

Thank you to Waitrose Aylesbury for donating

**£1,500**

to young carers.

Thank you Jack Whelan for raising

**£900**

and completing the New York Marathon.



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

Thank you to Aston Clinton Beer Festival Foundation for donating

**£1,500**

Thank you to Buckinghamshire Ladies Golf Association for donating

**£3,500**

Thank you to the Chiltern Handringers for donating

**£800**

Thank you to The Honeybee Pub for raising

**£1,285**

at your quiz nights.



We would like to say thank you to all of those who support our fundraising efforts in various ways. If you would like to make a donation to Carers Bucks, you can simply scan the QR code and donate via our Just Giving page.

## COMPETITION!

For the chance to win a £50 M&S voucher, solve our anagram:

**EMMISTUMER**

Submit your answer to [carersbucks.org/competition](https://carersbucks.org/competition) by 5pm on 06/08/2023.

The competition is open to carers registered with Carers Bucks. Winner will be randomly selected.



# Young Carers News

## Young Carers Activities

In February, we took a group of our young carers to Flip Out, an activity centre in Aylesbury that offers a wide variety of entertainments, such as laser tag, ice skating and bumper cars. Needless to say this was a very well received activity by all involved. The older young carers enjoyed a fun-packed session of Bowling at Rogue Leisure, and then had waffles, strawberries, marshmallows and cream at Gatehouse Diner. Normally it would be shut at the time of our activity but the owner, Adriana, came in and opened her Diner exclusively for our young carers.

In the south, young carers visited the Chilterns Lifestyle Centre and either did the soft play, where there was a climbing apparatus, soft building blocks, slides, mirrors, sensory walls and a ball pit, or Clip n Climb, which is an action-packed climbing wall which tested the young carers' agility, confidence, balance and problem solving skills on the adventure walls.

In April, the north young carers went to Wendover Woods to try the brand-new Zog activity trail. The other session was at a Golf Driving Range, where young carers tried to hit random targets on the field.

The south young carers had an action-packed session at Longridge Activity Centre, where they took part in various land-based activities. The younger carers went to Rush, where they enjoyed a variety of trampoline activities.



## Young Carers in Schools Awards

We were delighted to host our Young Carers in Schools Awards in June, celebrating schools who have worked with Carers Bucks to raise awareness, identify, and support young carers. We were able to hold two events, which is testament to the number of schools across the county supporting young carers. It was wonderful to see Council members, Schools Champions, Trustees, staff and young carers coming together to recognise and celebrate their work. Having school support can make such a difference to young carers, from knowing they are not alone, to having regular opportunities to talk to each other, play games or go on adventures!



## Targeted Support Groups in Schools

We have delivered several targeted support workshops to groups of young carers. Each session looks at the challenges that students with caring responsibilities may face and then supports them to build strategies and work together to support one another. Although students may already know each other, this could be the first time they have come together to share stories of their caring roles, resulting in mutual encouragement and long-term friendships.

## Young Carers Action Day

We celebrated Young Carers Action Day with 83 young carers across High Wycombe, Chesham and Aylesbury. We ran sessions focussing on the five ways of wellbeing, healthy eating and encouraging young carers to reflect on why they are brilliant! We also gave young carers a goodie bag with five items that will encourage them to focus on each step of wellbeing in their lives. It was great to see young carers celebrate themselves!





## Secondary Schools

The schools project has been running successfully in many secondary schools in Buckinghamshire. Assemblies have been delivered in many schools, raising awareness with peer groups to allow students to understand the life of a young carer and for young carers to self-identify and recognise the support available. Awareness sessions have been delivered to staff and our school support workers have worked with young carer champions, heads of years and wellbeing and pastoral teams to identify and provide ongoing support to young carers. Young carer clubs, movie clubs, horticultural groups and other termly activities have been organised to ensure young carers have a break in school.

A new initiative that has been running successfully in the secondary schools in the south are school drop-ins, allowing young carers to have a 15 minute 1-to-1 session with a young carers support worker in school. Young carer champions and young carer support workers have worked well to identify and provide this ongoing support. This has resulted in new referrals and more young carers being supported in schools who are unable to access the main service.

## Collaboration with Wycombe Youth Action

We were fortunate to have been working with Wycombe Youth Action on The Hive project. This was a six-week project created specifically to offer young carers the opportunity to take part in a range of fantastic life-skills activities.

The young carers took part in Martial Arts, first aid, team building, cooking and finished off with a trip to bowling! Over the six weeks, we saw everyone's confidence grow and friendships form.



## Sibs - Targeted Support Group

The group brought together several young carers who had never met before and were all quite nervous about attending a group session. By the end of the first session, they were all having fun together and by the end of the third, they had all become good friends and were sharing stories and strategies from their own lives! In the session, we discussed shared experiences and practised a number of anger management, and of course ran through our ever popular young carers obstacle course! We ended each session with a craft, so the children went away with a worry box, a stress ball and a handmade piece of self-affirmation art. By sharing their experiences they were able to see that they were not alone in their difficulties.

# Young Adult Carers News

## Targeted Support Group Workshops

Our targeted support group workshops have gone from strength to strength over the last few months with increasing numbers of young adult carers (YACs) finding time alongside their caring roles to attend in their half terms and Easter breaks. This just highlights the real need felt by so many YACs for specialist information that is aimed at improving the lives of unpaid carers. One particularly well-attended workshop was our Carers Rights & Finances Workshop. This was a two-part workshop which was run in conjunction with Citizens Advice Buckinghamshire. The session provided a detailed presentation on the right to a Carers Assessment and a Transitions Assessment, and specialist advice was given on making the most of your money, in particular, clever ways to reduce spending and increase income.



## Young Carers Action Day

To celebrate Young Carers Action Day, we focused on the importance of YACs, who make massive contributions to their community and families. We spent time together thinking about how we can support YACs, discussing how they juggle their caring role with school, work and their personal life, as well as caring for their own emotional wellbeing.

We asked some of our YACs to explain how it feels to be a carer:

"I have always cared for my mum, she means the world to me but sometimes it is so hard. You can feel really lonely and frustrated."

"I spend a lot of time helping my mum with my brother. At times I would like to spend time on my own but feel guilty if I am away from home or with my friends."

## Trip to Oxford

During the Easter holidays some of our YACs got the chance to take time out from their caring role and spend the day in Oxford. As well as providing a break from their caring role, they were able to gain confidence in participating in a new experience and socialising with others. For some, it was the first time on a train and visiting the beautiful city of Oxford. During the trip, they visited the Museum of Natural History, played a round of golf and ate plenty.



## Young Adult Carer Forum

Our young adult carer forum has been meeting on a monthly basis to discuss the issues that they face as a young adult carer and to work with Carers Bucks to see how we can provide any additional support through our service. Everyone that attended the group worked well together and took part in some interesting debates. To celebrate the commitment of those involved, we visited The Works to have ice-cream and waffles.

The aim of the forum is to ensure young people are able to express their opinions and ideas about being a carer. If you feel this is something you would be interested in taking part in, please get in touch! We will be promoting our next forum dates in September and welcome any new ideas and initiatives.



## YAC Residential

An important part of caring is of course making sure you take time out from your caring role to keep yourself fit and healthy. This year we are delighted to be able to offer our young adult carers the opportunity to join us for a residential trip. With a great reputation for outdoor adventure residential programmes, we have chosen to go to Green Parks for a fantastic two-day holiday packed with exciting activities, great food, evening entertainment and comfortable accommodation!



# CarersBucks

**Dedicated to supporting carers**

0300 777 2722

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

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

Ardenham Court  
Oxford Road  
Aylesbury  
Bucks  
HP19 8HT

Registered Charity No. 1106745

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