

# CarersBucks



Winter 2023



Carers Bucks 20th Birthday Celebration



Young Carers & Young Adult Carers



Carers Rights Day

**WIN**

**A £50 M&S  
VOUCHER!**

See page 5  
for details



# Foreword by the Co-Chief Executive Officers

Welcome to our Winter Newsletter – it is hard to believe that we are nearly at the end of another year! One highlight of 2023 was the opportunity to celebrate Carers Bucks’ 20th anniversary. In the beautiful setting of Missenden Abbey, we came together with carers and colleagues from health, social care, and the voluntary sector to mark the occasion.

We know it is sometimes hard to carve out that all-important time for yourself as a carer and it has been wonderful to see a whole host of wellbeing activities taking place across all of our services: from sunny walks in Wendover Woods, and singing at our Carers Choir, to a 10-week sewing course, from a three-day young carers festival, to sailing courses and tractor rides.

Carers Rights Day focussed on “Your Rights: Today, Tomorrow and the Future” and we would encourage all

carers to familiarise themselves with the information we shared by email on Carers Rights Day. This is also available on our website [carersbucks.org](http://carersbucks.org)

We are always keen to hear about what kind of support is helpful to you so please do get in touch with any thoughts or suggestions.

Our staff teams and volunteers have worked incredibly hard over the whole year, and we would like to thank them for their continued support, dedication, and commitment.

We wish you a happy and healthy Christmas and we look forward to seeing you in 2024.

Lucy and Kirstie  
Co-CEOs (Maternity Cover)  
Carers Bucks and Carers MK

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# Carers Bucks 20th Birthday Celebration

Carers Bucks celebrated a significant birthday in October, and we were delighted to be joined by carers and colleagues from health, social care, and the voluntary sector for our anniversary event at Missenden Abbey.

We started out 20 years ago as a small group supporting carers in the Aylesbury area and, two decades on, have grown considerably in size, supporting carers the length and breadth of Buckinghamshire. Our mission and values, however, have remained the same – to ensure unpaid carers of all ages are seen, heard, and supported.

Our Co-CEO, Lucy, opened the morning by talking about the work

Carers Bucks does to support young carers, young adult carers and adult carers; everything from carer groups, choir practice, telephone and email support, wellbeing events, access to short breaks, after-school activities, targeted support sessions for young carers, trips to the seaside and the young carers summer festival.

We must also say a huge thank you to our wonderful guest speakers, Sarah Green MP, young adult carer Saranija, and adult carer Julie, who generously shared their stories with us. We rounded the event off with a fantastic performance from our Carers Choir, followed by lunch in the beautiful grounds at Missenden Abbey. Here's to the next 20 years!





# Diverse Communities Sewing Sessions

This summer, we were able to run a 10-week sewing course for members of our diverse communities' group. This course taught attendees how to cut and sew a Shalwar Kameez with the help and support of a skilled tutor. All carers who attended said that they thoroughly enjoyed the sessions, and we hope to run further courses in the future.



## Wellbeing Event in Chalfont St Giles



This October, we were invited to have a stall at the Chalfont St Giles Wellbeing Day. This event was organised by the 'Chalfont St Giles Revitalisation Committee' and Denham, Gerrards Cross and the Chalfont's Community Boards.

There were lots of stands, across two rooms, providing advice and support about caring for loved ones, family services, health and wellbeing, heart health, dental care, hearing support, local policing and personal safety, and lots of local activities (including fitness groups and walking clubs).

The event was very popular and incredibly informative. Kerry, one of our support workers, was there and managed to speak with lots of carers throughout the day, offering advice, guidance and emotional support.

**CarersBucks**  
Dedicated to supporting carers

mail@carersbucks.org 0300 777 2722 www.carersbucks.org

facebook.com/CarersBucks @CarersBucks

# Wellbeing Walk for Male Carers

In November we enjoyed a male carers wellbeing walk in Wendover Woods. We followed the Firecrest route which was 2.8 miles and everyone had a wonderful time walking and talking in nature.

Wendover Woods looked stunning this time of year and we were lucky enough to have blue skies. We also bumped into a couple of horse riders that allowed us to stroke their horses!

Coffees, teas and more chats were enjoyed in the café, after our 6,500 steps, and everyone is looking forward to another male carers wellbeing walk in the new year.

One carer said "Normally I'm quite a shy person and would find a support group environment uncomfortable but to walk and talk in a lovely peaceful setting with other carers that understand was perfect, just what I needed."



## COMPETITION!

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

## ACTIONDOERS

Submit your answer to [carersbucks.org/competition](https://carersbucks.org/competition) by 5pm on 31/12/2023. The competition is open to carers registered with Carers Bucks. The winner will be randomly selected and contacted on 04/01/24.





# Carers Rights Day



Carers Rights Day is a day for raising awareness, helping to identify carers and making sure carers are aware of their rights, and the theme for Carers Rights Day on Thursday 23rd November 2023, was “Your Rights: Today, Tomorrow and in the Future”.

Carers Bucks produced some helpful tips, which you should have received in an email entitled Carers Rights Day – Useful Information from Carers Bucks. If there’s anything that you wish to discuss further regarding the information shared, please get in touch with our support team who will be only too happy to help. If you did not receive the email, let us know and we will resend.

Carers were able to attend a variety of support groups across the week at venues in Prestwood, Aylesbury, Iver, Stokenchurch and High Wycombe where they could speak to one of our support workers about any aspect of their caring role.

We also held a pop-up stand at Friars Square in Aylesbury on Friday 24th November, where we were able to catch up with local residents.

We are here to support you throughout the year, so please do get in touch and we’d love to see you at one of our support groups – new carers are always welcome!



# Carers Information and Support Groups Programme for 2024

**Amersham** 10am – 11.30am  
The Small Barn Hall (inside the Lifestyle Centre Car Park), HP6 5AH

**Tea and Chat:** 4th Mon of the month (No group in Aug)  
**Lasting Power of Attorney with Jaqueline Almond:** 22nd Apr

**Aylesbury** 11am – 12.30pm  
The Wellbeing Hub at Buckinghamshire New University, HP21 7QG

**Tea & Chat:** 3rd Tues of the month (No group in Aug)  
**NRS – Supportive technology:** 16th Jan & 19th Mar  
**Lasting Power of Attorney with Jaqueline Almond:** 21st May

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

**Tea & Chat:** 1st Thurs of the month (No group in Aug)  
**Lasting Power of Attorney with Jaqueline Almond:** 1st Feb

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

**Tea & Chat:** 2nd Tues of the month (No group in Aug)  
**NRS – Supportive technology:** 9th Apr  
**Lasting Power of Attorney with Jaqueline Almond:** 14th May

**High Wycombe** 1pm – 2.30pm  
**\*Venue from Jan 2024\***  
Mapledean Family Centre Plus, HP12 4PR

**Tea & Chat:** 4th Fri of the month (No group in Aug)  
**Lasting Power of Attorney with Jaqueline Almond:** 27th Sept

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

**Tea & Chat:** 4th Wed of the month (No group in Aug)  
**Lasting Power of Attorney with Jaqueline Almond:** 27th Nov

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

**Tea & Chat:** 2nd Mon of the month (No group in Aug)  
**Lasting Power of Attorney with Jaqueline Almond:** 12th Feb

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

**Tea & Chat:** 3rd Mon of the month (No group in Aug)  
**Lasting Power of Attorney with Jaqueline Almond:** 18th Mar

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

**Tea & Chat:** 4th Wed of the month  
Please note - the date, time and venue of this group will be changing from February. Details will be emailed out.

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

**Tea & Chat:** 1st Mon of the month (No group in Aug)  
**Lasting Power of Attorney with Jaqueline Almond:** 5th Feb

**Wendover** 1pm – 2.30pm  
Wendover Cricket Pavilion, HP22 6EG

**Tea & Chat:** 2nd Thurs of the month (No group in Aug)  
**NRS – Supportive technology:** 14th Mar  
**Lasting Power of Attorney with Jaqueline Almond:** 12th Sept

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

**Tea & Chat:** 3rd Fri of the month (No group in Aug)

**Diverse Communities** TBC

Details will be emailed out

# Why It's Important To Talk To Your GP

If your GP knows that you are a carer, they can provide you with lots of really useful support, advice and information. For example, they help you understand what medical support you're entitled to as a carer (such as a free flu jab and/or Covid booster - if you wish to have them). It's 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.

Your practice may already have invited you for your vaccinations; but you can find out more at:

[staywell-bob.nhs.uk/covid-19-and-flu-vaccines](http://staywell-bob.nhs.uk/covid-19-and-flu-vaccines)

and

[carersuk.org/help-and-advice/covid-19-guidance/vaccine-guidance](http://carersuk.org/help-and-advice/covid-19-guidance/vaccine-guidance).

## Have You Reviewed Your Emergency Plan?

Winter is the perfect time to review your emergency plan, and make sure that you and your loved ones are prepared if you catch a winter bug yourself. If you need advice and tips on how best to prepare for the unexpected, get in touch.

## Carer Awareness Training for GP Staff

The aim of this training is to help GP staff recognise and value carers as essential partners in care. Being a carer can be tiring and often involves talking to numerous healthcare staff about the person you care for's needs. Our work within health settings aims to ensure that professionals see you and support you in your caring role.



Minor cuts and grazes,  
Colds, Bruises

### Self care

Stock up on medicines



Feeling unwell?  
Anxious or unsure?  
Need help?

### NHS 111

You can contact us 24/7



Skin rashes & infections,  
Suspected broken limbs,  
Minor scalds and burns

### Urgent Treatment Centre

Book via 111 or walk-in between 8am-8pm



Minor illnesses,  
Headaches, Bites & stings,  
Stomach upsets

### Pharmacy



Long term conditions,  
Chronic pain  
Persistent symptoms

### GP Advice



Serious bleeding,  
Blacking out, Choking,  
Chest pain

### A&E or 999

Emergencies only



# Supporting Carers in Hospital

## **Carers Bucks have supported carers in Bucks hospitals for several years now.**

During that time, we have gained good knowledge of hospital processes and built strong connections with health and social care staff. We know how challenging an unplanned hospital admission is, and understand the stress of waiting for a diagnosis or needing clarity about the future care needs of the person you care for. Our hospital workers can support you with advice, and liaise with staff involved in discharge arrangements. We also follow up after discharge, when you may be coordinating with your local surgery and community healthcare team. Sometimes a hospital admission can mark a change in care needs, and we can offer advice and signposting as you go through the assessment process and put new support in place.

Buckinghamshire Healthcare NHS Trust are looking at ways they can better support unpaid carers. They have recently launched a pilot 'Carer Passport' initiative in a few wards. This helps staff to better recognise

your role and understand how you might want to support the person you care for while they're in hospital; perhaps with personal care or extra access to the ward to support with meals or hydration, but there is no obligation for you to do this. Please ask the ward directly to find out if they're participating.

We will continue to work closely with the Trust to ensure that carers are recognised, and we will also continue to offer feedback and share your comments in 'Patient Experience Forums.' We also attend health and wellbeing events when possible; our hospital support worker Fernanda is pictured here at a recent event in Gerrards Cross.



## **Contact us**

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

# Thank you to...

Penny Leighton  
for raising

**£924**

with her  
sponsored  
abseil.



Inner Wheel District 9  
for their support.

Waitrose Aylesbury  
for donating

**£1,500**

to Young Carers  
service.

Heart of Bucks  
who donated

**£3,643**

so we could run targeted  
support sessions for our  
young carers.

Illum Davies  
for donating

**£5,000**

to our Young  
Carers service.

Millie Days for providing activities  
and transport to our young carers.

The National  
Lottery for  
their ongoing  
support.

The Winslow show  
for donating

**£500**

Snowbility for  
giving 14 young  
carers an  
introduction to  
skiing.

The Ukulele group  
for raising money  
at their gigs.

Marlow Rotary for  
hosting a "Family  
Fun Day" for our  
young carers, and  
their families, in the  
south of the county.

Princess Risborough Rotary for  
providing the opportunity for some of  
our young carers to learn how to sail.

Stokenchurch Scouts for  
providing an overnight  
residential for 10 young  
carers in the summer.

Carmichael UK for  
funding and hosting a  
"Family Fun Day", and  
for running a life skills  
workshop for some of  
our young adult carers.

The Marlow Thames  
Rotary for funding a  
sailing trip for four  
of our young adult  
carers.

Trefoil Guild  
for raising

**£104**

in your  
summer raffle.



The Chiltern American  
Women's Club  
for supporting us  
this year and for a  
fantastic Christmas  
Bizarre.

The families and friends who  
chose to remember their loved  
ones by making donations to us.

Everyone who has  
donated via Just Giving.

# Young Adult Carers News

## **“Everything you need to know about how to get a job”**

Kickstarting our targeted group workshops for the autumn term was our one-hour workshop “Everything you need to know about how to get a job”. The workshop was hosted by Collette Carmichael - Director of Carmichael UK. The session offered practical information and advice on how to tailor your CV, so it gets noticed and how to ace the interview! As well as offering information on how to get a paid job, Collette was also kind enough to offer our young adult carers some work experience in the company's head office in Thame. Thank you to Carmichael UK for running a brilliant workshop.

If anyone is interested in doing some work experience in the future, please contact our team leader, Charlotte Lawrence, for more information.

**“I found the session really helpful as it simplified the job-hunting process, which can feel daunting. The booklet that was provided with the workshop was also helpful as it gave me such a lot of tips and techniques that I now feel far more confident in my job hunting.”**



## **YAC Residential**

A highlight of the summer was our much-anticipated residential trip at Green Park in Aston Clinton. Designed to give our young adult carers a break away from their caring roles, we organised an action-packed two-day, one-night treat that kept them (and us!) busy from the minute we arrived until the time we left. With 11 young adult carers and two support workers to look after, a special thanks must go to all the Green Park instructors who were really fantastic. There were lots of fun and exhilarating experiences for us all to try, such as archery, climbing and buggy building, and we were entertained well into the night with games and songs around the campfire.





# Young Carers News

## Summer Summary

We supported over 350 young carers this summer and helped them create memories that will last a lifetime. There was no rest for our support workers when everyone went back to school though as they were straight back into the action when club nights resumed. These are really taking shape now and we are always inviting newly registered young carers to come and join in with the fun.

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## Cotswold Wildlife Park

We took our young carers, aged 5 to 7, to Cotswold Wildlife Park to meet the amazing animals! Particular favourites were the penguins, flamingos and meerkats. We were also lucky enough to see two baby white rhinos! The weather was beautiful and meant that we were able to enjoy a delicious picnic and play together in the adventure playground before returning home – with some very tired young carers (and staff!)

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## Waddesdon Manor

We went to Waddesdon Manor for a picnic, a wander around the grounds and had a sneak peek inside the beautiful house. We took the shuttle bus up to the manor and were greeted with lots of outdoor games that had been set up for us. Everyone had great fun with the games and new friendships were formed as everyone played together. We had a picnic in the beautiful grounds, with the imposing façade of the house as our backdrop. Of course, a trip to Waddesdon Manor isn't complete until you have been to the amazing adventure playground, which was great fun for all.



## Young Carers Festival

In June, we took a group of eight young carers, aged 14 to 16, to the annual 'Young Carers Festival' in Southampton. This experience was unlike anything they had ever encountered before. They camped in tents and spent their days participating in a variety of activities. This opportunity provided them with crucial respite and the chance to make new friends with young carers from across the country.

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"I would love to say a massive thank you to everyone for this wonderful opportunity to come to the festival. Even though I struggled at the beginning, I enjoyed every single moment. I am so proud of myself. Loads of great memories to treasure. Would love to do it again! Thanks for your support through this weekend. Thanks for everything you guys do."

## Mental Wellbeing Sessions

We were thrilled to receive funding from the Heart of Bucks to host a series of mental wellbeing sessions for 20 young carers. It was an absolute pleasure to work with a group of 13 to 16 year olds throughout the summer. Sessions were based around the '5 Ways to Wellbeing - Learn, Connect, Be Active, Give, Be Healthy and Take Notice.' Each session included a range of different activities that promoted the five steps, and included creating a shared playlist on Spotify, enjoying a retro sports day, pizza making and even learning circus skills! A lot of fun was had by all involved and it was wonderful to see some meaningful relationships being formed. After completing all the sessions, the young carers were treated to a thrilling afternoon of Go-Karting. A great way to celebrate their fantastic work. It was positive to see that 100% of attendees reported a better understanding of their own wellbeing, so well done to all the fabulous young carers who took part.

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## Sailing

Once again, our young carers were given the opportunity to hit the high seas (by which we mean the calm waters of the aquadrome in Rickmansworth) thanks to the support of the Princes Risborough Rotary club. We had over 20 young carers, aged 10 to 14, trying their hand at sailing and rowing – many for the first time ever! The capsizes experienced during the session were all intentional, of course, and a refreshing escape from the summer heat! The day finished with lots of soggy but happy faces, and we were all treated to a well-earned and delicious barbecue. Thank you to the Rotarians for their support throughout the day.





## Family Fun Days

Our 'Family Fun Days' were a great opportunity for us to see young carers and those they care for. Over 75 young carers and their families joined us this year and it was heart-warming to see attendees exchanging numbers and planning future meetups. We would like to thank Marlow Rotary and CarmichaelUK for making these days possible.

## Young Carers in South Bucks

Over the last few years, we have seen an increase in the number of young carers in the south of Buckinghamshire. We ran a special session for young carers in this area, using the Burnham Family Centre, and this proved extremely popular with local families. Everyone made the most of the warm weather, with group games outside, before enjoying pizza and fruit salad.

Restore Hope, in Amersham, also provided a fantastic day of activities. The spacious outdoor site has over 50 chickens, all of whom were very happy to engage with, and be fed by, our young carers. We went on a tractor ride and finished off with a group activity of den building – another exciting and rewarding day for our young carers and staff.



## Young Carers Camp

A group of young carers embarked on an exciting adventure at Woodrow High House. For the 11th year running, we teamed up with the Stokenchurch Scouts for an overnight camp and enjoyed a whole array of exciting pursuits including archery, swimming and Jacobs Ladder.





## Picnic

We were able to invite all our registered young carers to special ‘chill-out and picnic’ sessions, which allowed them to meet their peers and enjoy some well-deserved time to themselves during the long summer break. This was the first time we’ve been able to provide this opportunity, and we hope to be able to do the same again next year, British weather permitting!

## Fun Zoom Sessions

We ran a creative Zoom session where our young carers learnt how to create fake wounds and bruises, just like the professionals do in the movies. They didn’t require any special equipment, prior experience, or expertise. It was just about unleashing their creativity and having a blast.

We also ran a Zoom martial arts session. Guided by a seasoned instructor, this session welcomed participants of all skill levels, from beginners to enthusiasts. It was an opportunity for our young carers to channel their energy and learn valuable skills.

## Halloween Party

Our Halloween party was an absolute scream this October! It was a spooky session filled with thrilling activities and games. There was an eerie ambience created by our haunting Halloween decorations and ghostly music, but what truly made the session special was the effort and creativity that went into the fantastic costumes that some of our young carers wore – very scary indeed!



## Young Carers in Schools

We continue to work with primary and secondary schools across Buckinghamshire to help them recognise and support their young carers, as well as work towards achieving a ‘School Award.’

In September, we relaunched our secondary school offering to ensure that it was appropriate for the older age group. We now offer secondary schools the opportunity to gain an award too, as well as offering half-termly drop-in sessions. To find out more please have a look on our website.

# CarersBucks

**Dedicated to supporting carers**

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