

Newsletter

Keeping carers and volunteers connected



Spring 2024

Welcome

From Simon Wells,
Chair of Community Care North Bucks and
North Bucks Adult Carers (NBAC) Group Leader

Welcome to our Spring newsletter. Here's an update on our Winter activities and exciting plans for Spring and Summer.



Our first outing of the year is coming up soon. We're off to the [Preston Bissett garden tipi](#) in April.

We're planning more outings for later this year. **Watch this space!**

What's inside?

CATCHING UP

A recap of what we've been up to

LOOKING FORWARD

Find out what's coming up

BEHIND THE SCENES

Find out what we're doing to make **North Bucks Adult Carers** even better

DID YOU KNOW?

Too Good To Go -
Saving leftover food from going to waste



North Bucks Adult Carers

Catching up

Mini hand massages with Jenny Harris Beauty

At our first meeting of the year, Jenny Harris was back to give some of her lovely, relaxing mini hand massages. Thank you so much Jenny. If you want to visit Jenny's beauty salon for a full manicure, pedicure or other treatment, you can call her on 07855 477697.



Rosita

In February, Rosita came back for some more gentle seated exercise. She got us to test out our co-ordination and also our singing voices. She will be coming again in April. We love Rosita and can't wait for next time.



Fran Davies



Fran came to help with blue badge applications. We're so grateful for Fran's help. She knows exactly what's needed for a successful application. We hope that Fran will come back and help out with some other types of applications so let us know if you need help with these forms as we all know how challenging they can be to fill in.

BucksVision

Lisa from BucksVision gave us an interesting talk and showed us some useful gadgets that can make life easier if you, or the person you care for, are visually impaired or your/their eyesight is deteriorating. For more information, call [01296 487556](tel:01296487556) or email reception@bucksvision.co.uk.



North Bucks Adult Carers

Looking forward

April

10th: Gentle movement/chair yoga with Rosita

24th: Preston Bisset Garden Tipi

Our first outing of 2024 for coffee and cake at the Garden Tipi at Preston Bisset Nurseries.

May

8th: **TBC** We have invited a speaker from Care Navigators **TBC**

22nd: Coffee, chat and **quiz**

June

12th: Carers Week lunch

26th: Coffee, chat and **bingo**

Here's what we're planning for the second half of 2024.

(Speakers and activities may be subject to change)

July

10th: Coffee, chat and **quiz**

24th: Claire is working on the annual summer outing. Details nearer the time

Date change!

August

14th: Gentle movement/chair yoga with Rosita

28th: Coffee, chat and **bingo**. Strictly sweepstake (when the line-up is confirmed)

September

11th : Owlswick Morris Dancers? **TBC**

Bring a friend day - if you know anyone who would like to come and see what we get up to, bring them with you

25th: Coffee, chat and **quiz**

October

9th: Gentle movement/chair yoga with Rosita **TBC**

23rd: Coffee, chat and **bingo**



North Bucks Adult Carers

November

13th: Christmas shopping outing. Details nearer the time

27th: Coffee, chat and [quiz and bring and buy sale](#)

December

11th: Christmas lunch at The Bell in Winslow

25th: No meeting

Used postage stamps



Lisa from BucksVision told us that they collect used postage stamps and convert them to much-needed funds for their organisation. To show our support, we'll be collecting any used stamps and when we have enough, we will deliver them to their Aylesbury HQ.

So, start bringing your stamps to our meetings and we'll collect them all together.

Sharing is caring

Chrissie B has shared this really useful tip. Let us know if you have any tips to share in the next newsletter.

If you're a carer and need a larger (or smaller) bin, you can contact the council. The web address is: <https://www.buckinghamshire.gov.uk/waste-and-recycling/new-and-replacement-bins-boxes-or-sacks/request-a-smaller-or-larger-bin/>

Or you can phone them.

Request your bin to be swapped with a smaller or larger bin

Smaller bins

Anybody can apply for a smaller bin. These can be easier to move or fit into smaller spaces.

Larger bins

You can apply for a larger general waste bin if any of the following apply:

- the household consists of 5 or more permanent residents
- you have at least 2 children in nappies
- any permanent resident of the household has a medical or health condition which results in the production of extra waste



North Bucks Adult Carers

Behind the scenes

Donations

Good news. We're very grateful and excited to report that we have received the following donations:

- £1000 from Age Concern
- £500 from the Masons

Couch to 5K

Tony Allen's next Couch to 5K course that starts in April has chosen our group for donations. The course is free but anyone who takes part is asked to make a donation, if they can. We will let you know how much we receive.

Bucks Lottery

Simon has signed our group up for the Bucks Lottery. When we have more details, we will let you know how to buy tickets so you can get your family and friends to support us.

Growing our group

We are actively recruiting new members and volunteers by visiting local care homes and advertising through various channels. We're aiming for 10 new members this year so if you know anyone, tell them about our group or just bring them along.

Energy Effect Charity Day

We've also been chosen as one of the charities to benefit from the annual charity day at the **Energy Effect Fitness Studio**. Everyone should have received an information sheet by now about the event and how you can support it.

Even if you can't be there on the day, it would be great if you could sell some raffle tickets. The prizes are usually fantastic.



North Bucks Adult Carers

Staying in touch

We have a Facebook page (<https://www.facebook.com/NorthBucksAdultCarers>) that you can join if you search for North Bucks Adult Carers.

You can send us a message via the Facebook page. If you prefer email, you can use the following email addresses:

- Simon at simonhgw@yahoo.com
- Linda: lindaknox@btinternet.com


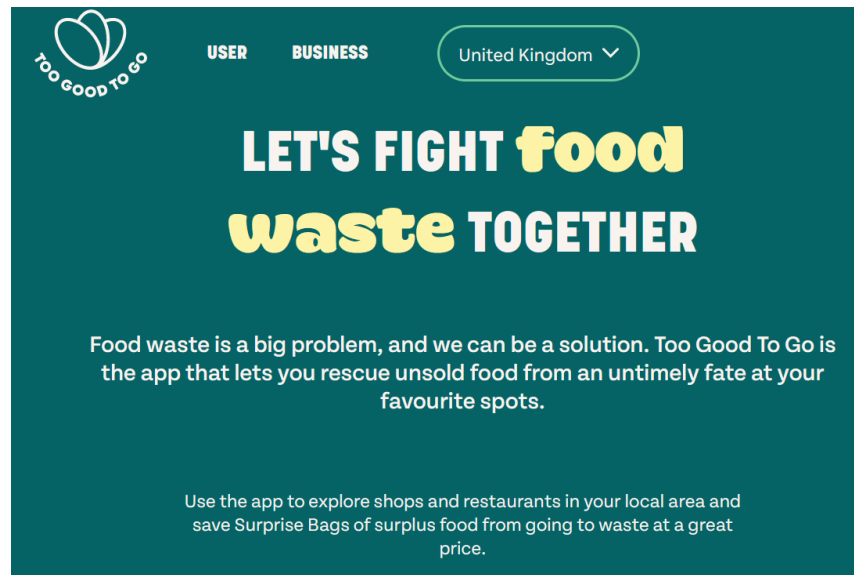
Or just speak to a volunteer at any of our meetings.

Do please get in touch if you need care support, have questions or any ideas about how we can improve the group or anything you would like to see us offering.






Did you know?

If you (or friends/family members) have a mobile device, you can rescue leftover food that would otherwise go to waste at the end of the day. For example, you can get a grocery bag from Aldi for about £3:00 or a bag of pastries from one of Buckingham's cafes for around £3-£5.



DOING GOOD MADE TASTY

Feeling hungry? With the Too Good To Go app, you can eat well while making an impact. Save Surprise Bags of good food at an even better price from restaurants and shops near you.

-  **RESCUE GOOD FOOD FROM LOCAL FAVOURITES.**
-  **ENJOY FOR AT LEAST HALF OF THE PRICE**
-  **HELP THE PLANET BY PREVENTING WASTE.**

[Download the app](#) [Learn more](#)

You (or anyone you know with a mobile device) just need to download the Too Good To Go app.

