

CarersBucks



Christmas 2024

Foreword from the Chief Executive Officer

Dear Carers,

It's been a busy 2024, and I've really enjoyed meeting lots of you at different events throughout the year, including the **Bucks County Show** and at our new **Carers Forum**. The forum has been set up to give you the opportunity to feedback on services for unpaid carers, with staff from both Carers Bucks and Buckinghamshire Council in attendance. It's a great opportunity for you to have a say in shaping services so if you would like to be involved in the future, please contact our service manager, Lynette Emary, for further details.

This year, we have also partnered with **Bridgit Care** to provide **online support for unpaid carers**. Please visit bridgit.care/support/bucks where you will find a comprehensive digital platform which provides 24/7 information, advice and guidance, and an emergency planning "What If?" tool.

Our young carers have enjoyed lots of activities, including a trip to **Follyfoot** to learn essential horse handling skills, **sailing on Bury Lake** in Rickmansworth, and attending the **Young Carers Festival** in June.

In November, **Carers Rights Day** focused on "Recognising your rights," and it was great to see so many carers and services coming together for our information event. If you couldn't join us, you can still find carer's right information on our website.

Finally, I would like to **thank our team of staff and volunteers** for their continued dedication to ensuring we are supporting unpaid carers across Buckinghamshire.

We wish you a **happy and healthy festive season**, and we look forward to seeing you in 2025.

Holly Hoskisson - Chief Executive Officer
Carers Bucks and Carers MK





Carers Bucks' Impact

Carers Bucks has supported more unpaid carers than ever this year, but many still miss out on the help they need. Caring can be isolating and overwhelming and our support makes a life-changing difference. Our support services provide practical help, emotional support, and a

community where carers can feel understood and valued. This ensures they can carry out their caring roles without sacrificing their own wellbeing. If you know someone who has a caring role, please encourage them to get in touch with us on 0300 777 2722 or mail@carersbucks.org.



National Poetry Competition

To celebrate National Poetry Day on 3rd October, we invited carers to enter our Poetry Competition and write an original poem with the theme of "What Does Caring Mean To You?" We were overwhelmed by the number of entries we received, and it was wonderful to read so many amazing poems. Many of the carers who submitted poems said that they enjoyed having the opportunity to sit down, be creative and have some "me time".

It was difficult to choose our top three favourite poems as so many were fantastic! We published these on our website and social media, and the carer who wrote our overall favourite won an M&S voucher. Thank you to everyone who submitted their poems and congratulations to those who wrote our top three favourites! Here is our overall favourite poem by Malcolm called "Would That Time Could Stand Still".

I never thought that I would miss
 The tender, sweet and loving kiss
 Of my dear Margaret, close entwined
 Within my heart and in my mind.
 Although her youth has long since gone,
 All that she was will still live on
 In memories of her great life,
 My sweetest, lovely, darling wife.
 She very slowly slipped away,
 A little worse from day to day,
 Until at last her mind had gone
 Her work for us has now been done.
 The magic moments that she gave
 Within my heart I'll always save.
 My love forever will abide
 And please don't tell her Malcolm cried.

Carers Information and Support Groups Programme for 2025

In 2025, we will be running a variety of themed information sessions for each group with topics such as carer's assessments, lasting power of attorney, supportive technology and emergency planning.

This programme will be updated throughout the year with more information sessions, so please visit our website for further details of what is happening in each group.

Amersham	Every 4th Mon of the month 10am – 11.30am (No group in May & Aug)	The Small Barn Hall (inside the Lifestyle Centre), HP6 5AH
Aylesbury	Every 3rd Tues of the month 11am – 12.30pm (No group in Aug)	The Wellbeing Hub at Bucks New University Aylesbury Campus, HP21 7QG
Beaconsfield	Every 1st Thurs of the month 1pm – 2.30pm (No group in Jan & Aug)	The Parish Centre at St Teresa's Church, HP9 2PL
Burnham	Every 2nd Fri of the month, 10.30am – 12pm	Burnham Lodge Nursing Care Home, SL1 8NU
Haddenham	Every 2nd Tues of the month 1.30pm – 3pm (No group in Aug)	Haddenham Village Hall, HP17 8EE
High Wycombe	Every 4th Fri of the month, 1pm – 2.30pm	Mapledean Family Centre Plus, HP12 4PR
Iver	Every 4th Wed of the month 10.30am – 12pm (No group in Aug)	Iver Heath Bowls Club, SL0 0DH
Marlow	Every 2nd Mon of the month 10am – 11.30am (No group in Aug)	Liston Hall, Chapel Street, SL7 1DD
Prestwood	Every 3rd Mon of the month 10.30am – 12pm (No group in April & Aug)	Prestwood Village Hall, HP16 0NZ
Stokenchurch	Every 4th Thurs of the month 1pm – 2.30pm (No group in Aug & Dec)	Stokenchurch Scout & Guide HQ, HP14 3TQ
Wendover	Every 2nd Thurs of the month 1pm – 2.30pm (No group in Aug)	Wendover Cricket Pavilion, HP22 6EG
Winslow	Every 3rd Fri of the month 10.30am – 12pm (No group in April & Aug)	St Laurence Room, MK18 3AB
Online Evening	Every 4th Thurs of the month 7pm – 8pm (No group in Aug & Dec)	Via Zoom - booking required
Writing Group	2nd Wed of the month, 10.30am – 12pm	Via Zoom - booking required
Diverse Communities	We will be holding sessions throughout the year for our carers from diverse communities.	

COMPETITION!

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

MERRIESTCHATS (9,4)

Submit your answer to carersbucks.org/competition by 5pm on 31.12.2024. The competition is open to carers registered with Carers Bucks. The winner will be randomly selected and contacted on 06.01.25.

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THANK YOU to everyone who has supported us this year! Whether you have volunteered your time, raised funds for us or donated, you have helped us to provide **VITAL SUPPORT** to unpaid carers and young carers in Buckinghamshire. ★ ★ ★

Christmas Period Opening Hours

Carers Bucks will be closed on 25th & 26th December 2024 and 1st January 2025.

Our phone lines will be open from 10am – 2pm on 27th, 30th & 31st December 2024.

We will reopen at 9am on 2nd January 2025.

Recipe

'Mini Christmas Puddings' double chocolate chip cupcakes



INGREDIENTS

- 115g self-raising flour
- 115g softened butter
- 115g caster sugar
- 2 eggs beaten
- 30g cocoa powder
- 100g milk chocolate chips
- 80g icing sugar (plus extra for dusting)
- holly berry sprinkles (or red & green sprinkles)



INSTRUCTIONS

- Preheat oven to 190°C. Place 12 cupcake cases in a muffin tray.
- Sift flour into a bowl. Add butter, caster sugar, cocoa powder and eggs. Beat mixture until smooth. Add chocolate chips into the mixture and stir to combine.
- Bake in pre-heated oven for 15–20 minutes (or until well risen and cooked through). When cooked, transfer to wire rack to cool.
- To make the icing, sift icing sugar into a bowl and stir enough warm water to make a thick icing. Spoon icing onto each cupcake. Before the icing sets, place the holly berry sprinkles on top of the icing. Once the icing has set, sift a little icing sugar over the cupcakes.

CarersBucks

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