

CarersNews

The newsletter of CarersBucks

Autumn/Winter 2018

Thank you!

Big thank you to all of our supporters who have volunteered, fundraised and helped to raise awareness of Carers Bucks!

12



New column! Holly Investigates



Young Adult Carers – Socials and residentials



Don't wait until winter for the flu jab



See page 2 for details



Meet the management team

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Chief Executive Carers Bucks
and Carers MK

Kirstie O'Sullivan
Operations Manager
*Finance, fundraising
and communications*

Ann Whiteley
Adult Carers Service Manager
*Adult carers, caring for older
carers, hospital and GP work*

Lisa Moor
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*Young carers and
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CHRISTMAS COMPETITION

Tell us how many Christmas trees you can find in this newsletter and be in with a chance to win a Christmas Hamper!

Answer _____

Name _____

Address _____

Tel _____

Email _____

Fill in the form, cut it out and post it to **Christmas Competition, Carers Bucks, Ardenham Court, Oxford Road, Aylesbury, HP19 8HT**. Alternatively you can tell us your answer online at carersbucks.org/christmas-competition. All entries must be received by 5pm on 30/11/18. Winners will be announced on 03/12/18. See online for full T&Cs.

Foreword by the Chief Executive



Welcome to our Autumn/Winter issue of Carers News. This issue covers a variety of topics including our support group diary for September to March. Please note that we have now combined the Chesham and Amersham support groups into one group which we have imaginatively called the 'Chesham and Amersham Carers Support Group'. It takes place every third Monday of the month from 10:30am-12:30pm.

We had a really positive response to the article in our Spring/Summer newsletter which focussed on hydration and urinary tract infections and how carers manage them. As a result, in this issue we've decided to feature another common and preventable health problem, pressure ulcers. Holly Investigates is our new regular column in which Holly explores a service or topic she thinks will be of interest. In this issue she speaks to Jo Dover to find out about our new Caring for Older Carers service. If there is a particular topic you would like Holly to investigate, please email her at hollyinvestigates@carersbucks.org. We know that carers have an increased

risk of experiencing depression and anxiety, so in this issue we have included information on where you can go for help, why it's important to look after your mental health and what you can do to support your mental health yourself.

In this issue you'll also find important tips on how to spot potential scammers and information for parent carers caring for a young person with autism. Have you had your flu jab yet? Carers are entitled to a free flu jab and it's important to get yourself immunised to prevent you getting flu and potentially passing it onto the person you care for. Information about this can be found on page 16. Would you like to win a Christmas hamper? Enter our competition on page 2 and see how many Christmas trees you can spot throughout this newsletter – good luck!

Stephen Archibald
Chief Executive Carers Bucks
and Carers MK
stephen.archibald@carersbucks.org

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What Has CarersBucks Been Up To?

Aylesbury Mosque Eid Fair & Fun Day

Carers Bucks was invited to a Community Fun Day and Eid Fayre at the Aylesbury Mosque on 7th July.

The Mosque Committee opened their doors to the general public and hosted tours throughout the day. There were arts and crafts, bouncy castles, and free activities for the children. The event was a wonderful day, and we met many carers, service



providers and community leaders. We had the great opportunity of meeting David Lidington MP who spoke about how passionate he is about carers and the support Carers Bucks provide throughout Bucks.

Thank you to the Aylesbury Mosque Committee for inviting us along to this event to highlight Carers Bucks' support for unpaid carers in Buckinghamshire.



Waddesdon Manor Trip

On 14th July, Carers Bucks took 40 carers from support groups in south Bucks to Waddesdon for lunch. Everyone enjoyed a fantastic two course lunch followed by a quick wander around the beautiful grounds. Carers said they had a "lovely and relaxing day" and "it was nice to meet other carers from different groups and to realise that we're all in the same situation", with one carer saying they "felt like the old me again for a few hours!" A huge thank you to Waddesdon Manor for donating the entry tickets for our carers – a brilliant day was had by all!



News From CarersBucks

New Chesham and Amersham Support Group

Carers Bucks has decided to amalgamate the Amersham group and the Chesham group to form one group which will now be known as Chesham and Amersham Carers Support Group. We have partnered with Chesham Bois Manor Care Home who have kindly offered a room within their complex. The group meets every third Monday of the month at 10:30am-12:30pm.



Morrisons' 'Quieter Hour'

With support of The National Autistic Society, Morrisons is making all stores on Saturdays between 9am-10am a quieter environment for those who struggle with music and other noises associated with supermarkets. During this hour Morrisons will; dim the lights, turn music off, avoid making tannoy announcements and turn checkout beeps and other electrical noises down. For more details visit my.morrisons.com/blog/community/quieter-hour

Thank you Brian!

Brian Sanderson is retiring from volunteering for Carers Bucks. We would like to say a big thank you for all the form filling, benefits guidance, advice and the disability benefits he has helped people apply for. Thank you Brian from all at Carers Bucks!

Carers Bucks is looking for a volunteer to help carers fill in benefits and allowances application forms. For more information, please call **0300 777 2722**.



Dr Kris Holy, Debbie Hersom (Carers Champion), Val Dommert

Carers Bucks has run Carers Information Hubs at; Threeways Surgery in Stoke Poges, Iver Heath Health Centre and at Cross Keys Practice in Princes Risborough, which covered support available from Carers Bucks, emergency planning, the importance of staying hydrated

and infection detection. As part of our partnership working with GP practices in Bucks, we have delivered carer awareness training to practice staff at Kingswood Surgery in High Wycombe, the Westongrove Partnership and in November we will be at the Allan Practice in Chalfont St Peter. This training is designed to help practices identify and better support unpaid carers within their patient population. Staff at RAF Halton Medical Centre also attended carer awareness training, as part of their commitment to increasing support for carers in their community. In addition, Carers Bucks were invited by the Patient Participation Group at Amersham Health Centre to talk to patients about being prepared for an emergency, the presentation for which can be found on our website.

We would like to say thank you to Pound House Surgery, who held an Easter raffle in aid of Carers Bucks, raising £257.00. This will go towards purchasing information banners to highlight the support available to patient carers in the practice.

Carers Bucks was part of the organising team for the Access All Areas event at Stoke Mandeville Stadium in September for people with a learning disability or autism. Nearly 300 people attended. The purpose of which was to help people with a learning disability or autism stay fit and healthy, and showcase the wide range of support available in Bucks, including support for those caring for someone with a learning disability or autism. Thanks to Aylesbury Masons and the Rotary Club of Misbourne Matins for their generous donations, which contributed towards the event's success.



HOLLY Investigates!

...So what's this about then?

Welcome to our new regular column, Holly Investigates! She does it so you don't have to.

In this issue, the magnifying glass is on Jo Dover, Caring for Older Carers Service Coordinator.

So Jo, what's the Caring for Older Carers Service all about then?

Well Holly, Carers Bucks recognised there are carers over the age of 75 who find it hard to access support. They may be unable to attend support groups, have difficulties communicating over the telephone or need an enhanced service to navigate the complex systems that get the support they are entitled to.

What's different about this service and what sort of help can the carers expect?

The service offers support in the community with home visits. Up to six home visits can be made depending on the situation and the needs of the carer.

Together we'll look at how the carer is managing, whether they have all the benefits they're entitled to and discuss what support they may need. We'll give information and advice around issues pertaining to their situation and where necessary refer to other organisations.

Is this for all carers over the age of 75?

No, this is only for those over 75 who find accessing support difficult. For example; someone hard of hearing would likely find it easier to receive information from a support worker sat in front of them – and therefore

benefit from the service. Or someone who's feeling overwhelmed by all the information may need a little extra help on a one-to-one basis.

Where in Bucks is the service available?

North to south, east to west. We cover the whole county.

So, if someone reading this recognises themselves, or someone they know, as being someone who needs this service, how do they refer themselves or the person they know?

They should make contact with us or ask someone to do it on their behalf. If they know someone who fits the criteria, they should talk to that individual and ask if they can pass their details on to us.

What do you enjoy most about coordinating the Caring for Older Carers Service?

That's an easy one, the people I meet. I am amazed every day by what people do for each other, the sacrifices they make and the impressive resilience of a generation who have lived through much harder times than the rest of us. Oh and I have to mention the occasional Bucks accent I come across, being Bucks born and bred myself the Bucks accent always makes me smile.



For more information on the Caring for Older Carers Service, or to refer yourself or someone you know call **0300 777 2722** or email mail@carersbucks.org

Mental Health...

Caring for ourselves as well as others

Written by Jo Dover

Mental health is on the agenda of every public service you can think of, and rightly so. Poor mental health is touching all our lives so we need to ask ourselves what can we do to reduce our chances of being affected by it. Carers Bucks know carers are at an increased risk of suffering from depression and anxiety due to; increased responsibilities, less time to consider their own needs and prioritising others over themselves.

on someone else's needs it's easy to lose yourself in the process. Remember you are **STILL** you and you have your own needs. If your needs are not met your mental and physical health will suffer. We all know we should be eating healthily, exercising regularly and getting a good night's sleep...not always very easy when you're in a caring role. We can set ourselves up to fail when we put these extra boundaries on ourselves. Yes a healthy lifestyle is very important, but head towards it gradually by making slight changes on a week to week basis and you are more likely to succeed.

What you can aim for on a day to day basis is to remember you are **STILL** you!



Smile: Think about and do the things that make you smile. Research shows smiling boosts your mood!



Time: Make time for yourself, even 10 minutes in a day doing something for you will improve your mental health



Individual: Remember you have your own needs. What works for others might not work for you. Everyone tells us what we should and shouldn't be doing but, the real expert on you is you! If you need to bungee jump once a month to feel better, do it! If you need to sit quietly in your car listening to the radio, do it! If you need Saturday afternoon in bed cuddling the cat, do it!



Like: What do you like to do? Where do you like to go? Often when a loved one becomes unwell with a long term condition, we (and they) can easily find ourselves consumed and living in a bubble created by the diagnosis. Doing things we like and enjoy will lift your mood and will reduce the chance of life being consumed by the condition. Keep your hobbies and social life going as best you can, yes they may change, but they don't necessarily need to disappear altogether.



Laugh: Laugh, laugh, and laugh every day! Laughing is the best therapy. Ok, laughing is a spontaneous reaction to something we find funny, it may not happen every day. But we all have things we know will make us laugh, whether it be Coronation Street or cat videos on YouTube. A giggle a day keeps the doldrums away.

WHO can help us improve our mental health?



GP: First and foremost, talk to your **GP** if you are finding your mood is persistently low for a prolonged period of time (not just the odd low day). They may support you through a plan of treatment and regular check-ups or feel you would benefit from a referral to mental health services.



Family and friends: By telling those around you how you are feeling they may be able to offer help and support, but most importantly they will be aware why you might not quite be yourself at the moment.



Mental health charities: Organisations such as Mind and Rethink offer support to anyone having difficulties with their mental health. The services they offer will vary, so it's worth looking around to see what would suit you. The Samaritans are available 24/7 - call 116 123.



Carers Bucks: Our dedicated team of support workers are here to talk things through and point you in the right direction for the support you need.

WHAT can we do to help ourselves?

Ask yourself, what do I like? Where do I like to go? What makes me smile and laugh? When your focus is

WHY is it important to look after our mental health?

Poor mental health will not just go away if you ignore it. Poor mental health affects 100% of our lives and will get progressively worse if you don't look after it.

I have been supporting carers for over 6 years now. The thing I hear the most is, "I feel guilty doing something for myself, or having fun." If we don't look after our own mental health we will get to a point where we will not be able to care for our loved one, so there is nothing to feel guilty about. You are doing it for them as much as for yourself, and why not make some changes together, chances are they are struggling with poor mental health too.

Remember **STILL** and take steps towards a healthier lifestyle, you won't regret it.

Prevention of Pressure Ulcers (Bed Sores)

Anybody who sits or lies down for a long time is more likely to get pressure ulcers. This information is to help people understand the causes of pressure ulcers and be able to prevent them.

Frequently asked questions



Q What is a pressure ulcer?

A A pressure ulcer is a wound to the skin which is commonly known as a bed sore or pressure sore which occurs on a bony point of the skin. The development of a pressure ulcer can cause your friend or relative pain, discomfort and misery and may even require hospitalisation if a large pressure ulcer develops.

Anyone can develop a pressure ulcer but some people are more likely to develop a pressure ulcer than others.

If the person you are caring for is recognised to be at risk of developing a pressure ulcer actions can be taken to prevent them from occurring. When it comes to pressure ulcers, prevention is better than cure.

Pressure ulcers can develop when constant pressure is applied to the skin which can stop the blood flow to the area. This can cause the skin to die and damage the underlying tissues. This can range from reddened skin to a deep open wound.

Q Who is affected?

A Pressure ulcers can affect anyone. People who are most at risk are those with poor mobility who spend a long time in bed or in a chair, and cannot change their own position. Poor diet, not drinking enough water, incontinence and poor circulation can also add to the risk of developing a pressure ulcer.

If the person you are caring for:

- Has been or is seriously ill, or has a deteriorating health condition
- Has difficulty in moving themselves in the chair and spends more time in bed
- Suffers incontinence and skin is consistently moist or has a deterioration in their continence
- Has lost weight or has a poor appetite and is not drinking enough fluids
- Has a medical condition which affects sensation / feeling in a part of their body

If the answer is yes to any of these risks then the friend or relative you are caring for could be at risk of developing a pressure ulcer.

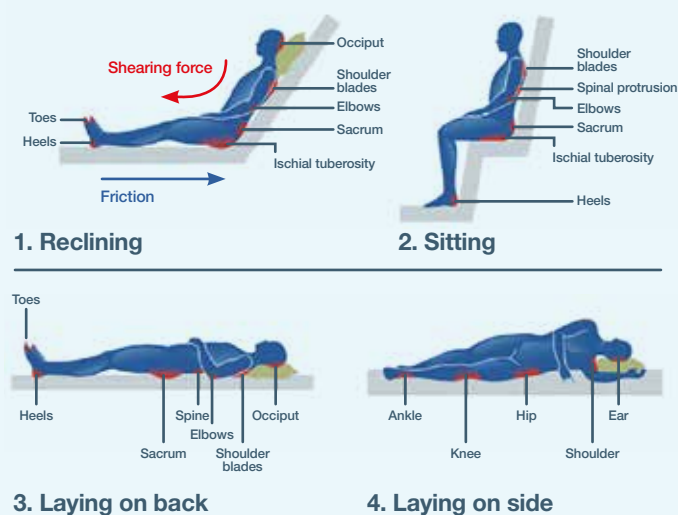
Q Can pressure ulcers be prevented?

A In most cases yes. The most important thing is to avoid spending too long with pressure on one area of the skin. People should change their position regularly during the day. If someone cannot do this themselves they should be moved regularly – every two hours for those lying and every hour for those sitting. Special mattresses and cushions can help to reduce pressure on problem areas.

Q What can you do to prevent a pressure ulcer from developing?

A Regular checking of the skin is important to spot the early signs. Call a medical professional for advice if you notice an area of skin has changed. This is very important if a person spends a lot of time in a wheelchair, in bed or in one position in a chair or has become unwell.

Sites where pressure ulcers can occur



Q What are the signs of a pressure ulcer?

A A pressure ulcer may appear as an area of red skin that does not disappear when you press it. It may also feel tender or warm to the touch. For people with darker skin look for signs of skin change such as heat, swelling and pain. The area may become painful and purple in colour. Continued pressure on this area can cause the skin to break down.

The common places for pressure ulcers to occur are on parts of the body that take your weight and where bone is near to the surface of the skin. For example, bottom, heels, hips, elbows, ankles, shoulders, spine and the back of the head.

Pressure ulcers can also develop under a prescribed medical device such as a splint or oxygen mask which causes pressure onto the skin and causes damage to the skin.

Does their skin look red or feel sore?

Early signs of a pressure ulcer include:

- Part of the skin becoming discoloured – people with pale skin tend to get red patches; people with dark skin tend to get purple or blue patches
- Discoloured patches not turning white when pressed
- A patch of skin that feels warm, spongy or hard
- Pain or itchiness in the affected area

How to inspect the skin

Press the patch of redness to see if it goes white (blanch). If you cannot see all of the skin or is difficult to see i.e. heels you can use a mirror to look underneath.

Get medical advice straight away if there is:

- Red, swollen skin
- Pus coming from the pressure ulcer or wound
- Cold skin and a fast heartbeat
- Pain is very bad or getting worse
- A high temperature (fever) of 38°C (100.4F) or above

These symptoms could be a sign of an infection that needs to be treated as soon as possible.



Blanching redness finger pressure method



A patch of redness on a bony prominence can be a normal reaction to pressure being applied for less than 2 hours.



To assess this, lightly press your finger on the red patch skin and hold it in place for **15 seconds**.



When you lift your finger, the red area should blanch (go white). This is a normal response and means there is no pressure damage. If it does not blanch it is a **Category 1 pressure ulcer**.

Difference in darkly pigmented skin

- Discolouration of the skin, may be darker.
- Pain or discomfort in the area of skin damage.
- Feels hard under the skin when pressed.



Q How do you treat pressure ulcers?

A Treatment is much more difficult than prevention. Treatment will include relieving pressure and keeping the area clean. It is likely to involve regular nurse visits and lengthy treatments.

TOP 5 TIPS FOR PREVENTING PRESSURE ULCERS

As a patient, family member or carer there are five simple things you can do while in your own home, a hospital or community care to prevent a pressure ulcer developing:



1 Skin – Regularly check skin isn't sore or discoloured. If it is, let a healthcare professional know.

2 Surface – Special equipment is available for those at risk of developing pressure ulcers. Ask for help and your healthcare professional will advise you.

3 Keep moving – Keep moving while in bed or on a chair. Change your position as much as possible.

4 Incontinence – When you're unwell or immobile going to the toilet can be difficult. Ensure that skin is clean and dry or ask for help.

5 Nutrition – Eat a well-balanced diet and drink plenty of fluids.

The biggest message is "if you need help don't be afraid to ask". For specific questions about yourself please seek advice from your healthcare professional.

Support Group Diary

This is a list of Carers' Support Groups run by Carers Bucks. The groups are an opportunity to be supported in your caring role by meeting together to share information, experiences and to support one another. A support worker is always present if you wish to discuss your caring role. The groups are free to carers and each group has a programme put together by the carers. Let us know if you would like to be put on a mailing list for updates about your chosen Carers' Group.

General Carers Groups

Amersham & Chesham (From Monday 17th September 2018) Chesham Bois Manor Care Home, Amersham Road, Chesham, HP5 1NE	10.30am-12.30pm Third Monday of the month
Aylesbury Carers Bucks' Office, Ardenham Court, Oxford Road, Aylesbury, HP19 8HT	11am-1pm Second Tuesday of the month
Beaconsfield The Parish Centre (St Teresa's Church), 40 Warwick Road, Beaconsfield, HP9 2PL (Park in Bekonscot Car Park)	1.30pm-3.30pm First Thursday of the month
Buckingham Buckingham Community Centre, Cornwalls Meadow, Buckingham, MK18 1RP For more information, please contact Ann McGahan on 01280 308398 or Sue Johnston on 01280 815765	10am-12pm Second and fourth Wednesday of the month
Burnham Burnham Youth Centre, Minniecroft Road, Burnham, SL1 7DE	12pm-2pm Last Friday of the month
Denham St Marks Hall, Green Tiles Lane, Denham Green, UB9 5HT	2pm-4pm Last Tuesday of the month
Haddenham Haddenham Medical Centre, Stanbridge Road, Haddenham, HP17 8JX	1.30pm-3.30pm Second Monday of the month
Iver Heath Iver Heath Bowls Club, Recreation Ground, Church Road, Iver Heath, SL0 0RW	10.30am-12.30pm Fourth Wednesday of the month
Marlow The Community Lounge, Brooke Furnston Place, Little Marlow Road, Marlow, SL7 1GN	10am-12pm Second Tuesday of the month
Stokenchurch Stokenchurch Medical Centre, Oxford Road, Stokenchurch, HP14 3SX	1.30pm-3.30pm Last Wednesday of the month
Wendover Wendover Library, High Street, Wendover, HP22 6DU	1pm-3pm Second Thursday of the month
Wycombe Butterfly House, South Bucks Hospice Day Care, Kingswood Park (Off Totteridge Drive), High Wycombe, HP13 6GR	10am-12pm Fourth Friday of the month

Black and Minority Ethnic Carers (BAME)

Aylesbury Please contact Carers Bucks for more information.	Contact Carers Bucks for dates and details of the group
Wycombe Carers Bucks' Office, 39 Queens Road, High Wycombe, HP13 6AQ Contact: Rahat Butt for dates and details of the group	10.30am-12.30pm Thursdays monthly

Carers of Adults with Learning Disabilities

Aylesbury Carers Bucks' Office, Ardenham Court, Oxford Road, Aylesbury, HP19 8HT	10.30am-12.30pm First Thursday of the month
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For further information
about the programmes,
please contact Carers
Bucks on **0300 777 2722**
or email us at
mail@carersbucks.org

Carers Mental Health Support Groups

Aylesbury

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

6pm-8pm

Last Monday of the month

Wycombe

Wycombe Mind Office, 16-18 Easton Street, High Wycombe, HP11 1NR

12pm-2pm

Third Tuesday of the month

Specific Carers Groups

Creative Writers

This is a support group for carers who enjoy writing poetry or essays.

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

10am-12pm

Second Friday of the month

Male Carers

Monthly get-together and trips.

Please contact Carers Bucks for more information.

10am (approx)

Usually last Tuesday of the month

Evening Group

This is a support group for working carers and carers who cannot attend daytime groups.

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

7pm-9pm

Second Wednesday of the month

Hazlemere Young Onset Dementia Group

Jackson Court, Hazlemere, High Wycombe, HP15 7TZ

10.30am-12pm

Second Tuesday of the month

Are you Scamwise?

Written by Alex Farrier



Definition: to swindle (someone) by means of a trick or a dishonest scheme; a fraud. Synonyms; swindle, fiddle racket.



Scam Awareness Month took place in June 2018, although it was disappointing to see that there was little or nothing highlighted in the local or national press. At Carers Bucks we have been working with the NatWest Community Banking Team to deliver scam prevention presentations to our Carers Support Groups. We intend to reach as many carers as possible in order to arm them with the knowledge to be confident and informed on how to spot and avoid scams. They can then pass on this knowledge to those they are caring for, as well as being able to keep a close eye on those who may be especially vulnerable.

The Missed Call Scam is a very common one where scammers use automated systems to dial numbers very briefly, thus leaving a missed call on your phone. Never assume that the caller is genuine. If it is not a number you trust or it starts with "070" or "076" it is often a premium rate number so if you call back you will be charged a high rate for making the call. This can also happen on a text. Never text back to tell them that they have the wrong number. Again this will be charged at a high rate. You can contact the Phone-paid Services Authority on **0300 303 0020** or **psauthority.org.uk** if this happens to you to report it.

The most popular scams to look out for are:

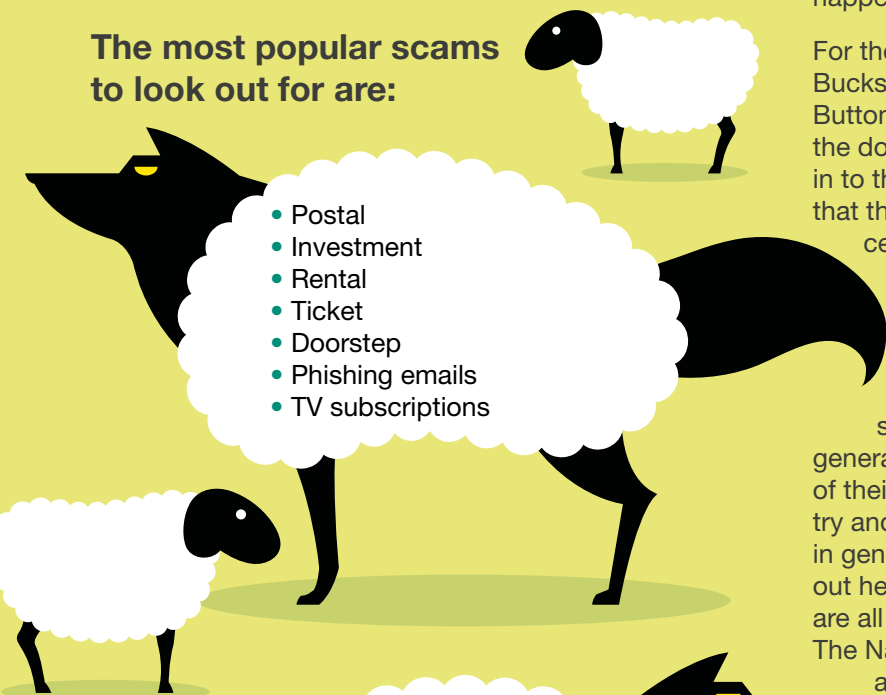
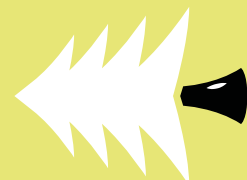
- Postal
- Investment
- Rental
- Ticket
- Doorstep
- Phishing emails
- TV subscriptions

- Hajj fraud (targeting Muslims booking trips to Mecca)
- Social media spying
- Building work
- Telephone
- Romance
- Internet holiday bookings

For the most vulnerable in our society living on their own Bucks County Council Telecare offer a Bogus Caller Button. The button has to be pressed before answering the door and an operator from the Call Centre can listen in to the subsequent conversation. If it becomes clear that the caller is essentially 'up to no good', then the call centre can alert the police. There is a weekly charge of £4.40 for all Telecare that is needed in the home. This gives the cared for and their family/carer peace of mind.

Sadly, there will always be members of our society looking to make 'a quick buck' and that will generally mean members of our society will be relieved of their hard earned cash. The purpose of this article is to try and inform as many people as we can about scams in general. There is not enough time to cover every scam out here. We can only fight back by making sure that we are all Scamwise – able to spot, avoid and report scams. The National Fraud Intelligence Bureau (NFIB) sits alongside Action Fraud within the City of London Police, which is the national policing lead for fraud. This intelligence is helping law enforcement catch criminals and allowing society to make itself more resistant to the fraud threat.

Carers Bucks support workers are always available to offer information, advice and support on a myriad of issues. If you are unsure what to do at any time call us on **0300 777 2722** and we will do our very best to help you. If we can't we will signpost you to someone who can. Independent Age (**independentage.org**) has a guide on scams called 'Scamwise'. Their freephone number is **0800 319 6789**.



Advice for Parent Carers of Young People Living with Autism



Written by The National Autistic Society

Many of our carers have heard of the National Autistic Society, but parent carers may not be familiar with their dedicated Education Rights Service.

The NAS Education Rights Service provides impartial and confidential information and support to families on school education rights and entitlements.

They can:

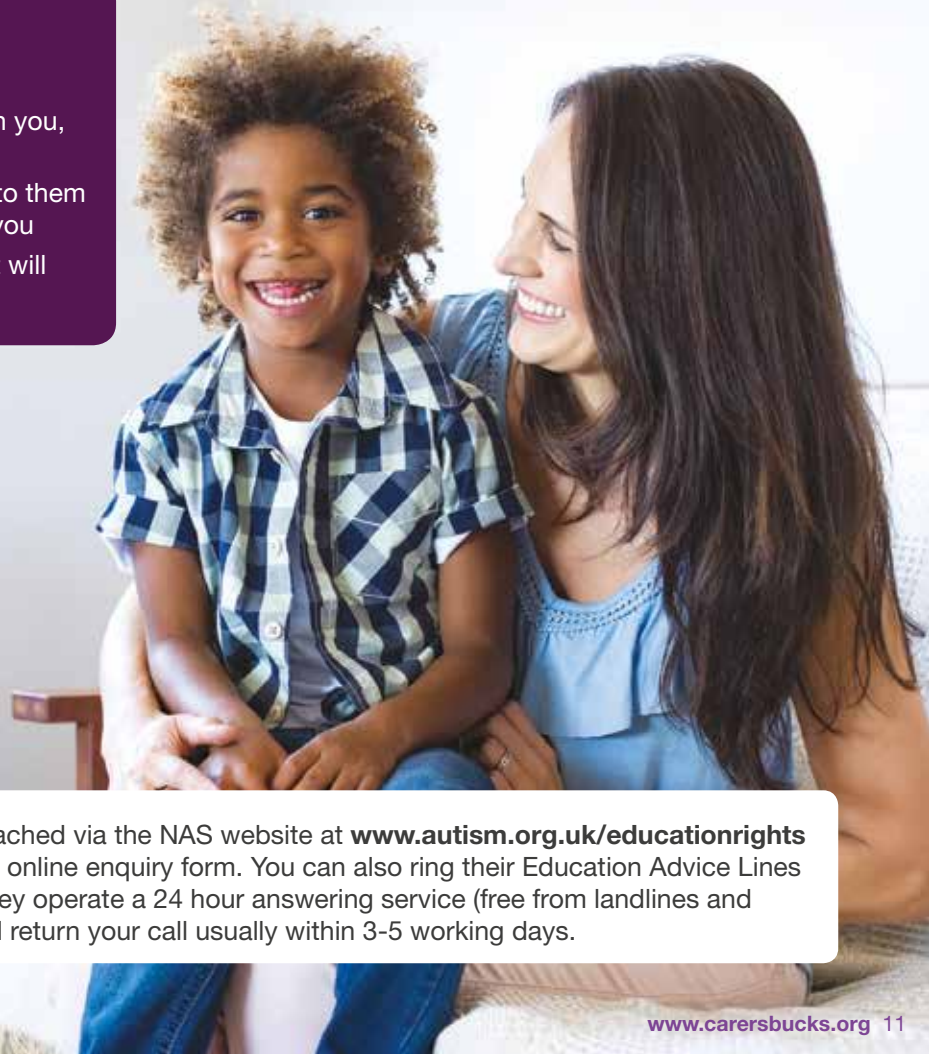
- ✓ Offer confidential information, advice and support by phone or email
- ✓ Explain education laws, your rights and entitlements
- ✓ Help you explore your options so that you can make informed decisions about your child's school education
- ✓ Help you communicate effectively with your child's school and education professionals
- ✓ Explain complaints and appeals processes and support you if you are making an appeal

They do not:

- ✗ Provide face-to-face support
- ✗ Attend meetings and appeal hearings with you, but can help you prepare for them
- ✗ Contact education professionals or write to them on your behalf, but can write letters with you
- ✗ Promise that you will get all you want, but will help you try

Queries they can help you with include:

- Choosing a school
- Advice on home education
- Getting extra help at school, including assessments and education plans
- Resolving differences with your child's school or authority
- Bullying
- Exclusion from school
- School refusal strategies
- Transport to and from school
- Help with homework or exams



The service can be reached via the NAS website at www.autism.org.uk/educationrights where you can find an online enquiry form. You can also ring their Education Advice Lines on **0808 800 4102**. They operate a 24 hour answering service (free from landlines and most mobiles) and will return your call usually within 3-5 working days.

Fundraising thank you wall



Fab time and great live music at Live In The Park & Proms In The Park! Thanks to Aylesbury Mayor Mark Willis for having us as your chosen charity and we're very grateful for everyone's generosity and helping us raise funds!

A huge thanks

to our wonderful #volunteers for giving up their bank holiday weekend to help us at our hot drinks stand!

Thank you to Asda Superstore High Wycombe for donating

£500

to Carers Bucks!



Thank you to Waitrose High Wycombe for donating

£444



A big thank you to Rush Trampoline Park for making us their Charity of the Year and so far raising

£1025.44

and giving young carers free entry!



Thank you to Seymour Taylor Accountants for raising

£136.49

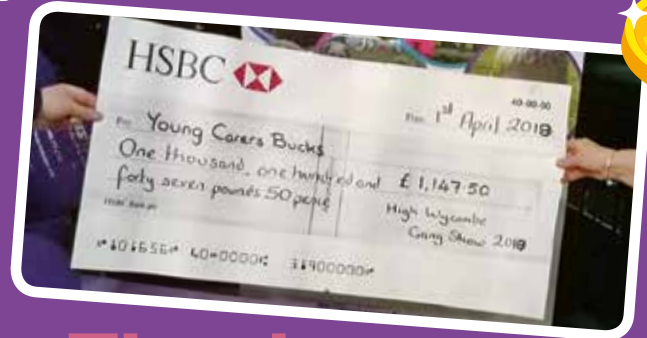
for Carers Bucks!



Thank you to the Grenadiers Lodge NO66 Ladies Festival for raising

£355.70

for Young Carers Bucks



Thank you

to the Scouts in and around High Wycombe who kindly donated all the proceeds from their Annual Gang Show 2018 to Young Carers Bucks. This donation has enabled us to provide; two activity days at Longridge, three fun-packed days for High Wycombe young carers, a woodland adventure at Shortnills, water zorbing and dragon boat racing



Young Adult Carers News

Lifeskills

The Young Adult Carers (YAC) service offers a Lifeskill session each month. Each term we offer one session to equip young people in their caring role, and this term we delivered a session on Manual Handling which helped young people learn how to minimise the risks of personal injury.

Our YAC support worker, Majida Bibi, delivered a three-part series on Emotional Wellbeing, covering topics on how to understand and change our emotions and how to be more emotionally resilient. This was very well received and it has been wonderful to see how the YACs have been putting these skills into use in their day to day lives.

Aylesbury Women's Aid provided a valuable session on Healthy Relationships, which really helped those who attended to look out for the early warning signs of abuse and control.



University Support

We have waved goodbye to a number of YACs who have started their Fresher year at university this September. We have worked as closely as possible with them and their families in the lead up to moving away to ensure that it goes as seamlessly as possible whilst considering their caring roles at home. We currently have a large number of YACs entering their final year of higher education, so our team will be targeting support to help them with their options and choices over this next year.



Socials and Residentials

Each half term, the YACs meet together for a social activity, which more often than not revolves around eating! We had a takeaway night at the office, an evening eating waffles at The Works and a great night bowling. It is really important for YACs to have the opportunity to meet other young people their own age as this can often be a rare opportunity once they have left education.

Ten YACs enjoyed a fantastic, but blizzardy, three days away enjoying the sights and sounds of Edinburgh!

In July, with funding from Carers Trust, we were able to join forces with YAC groups from Northamptonshire and Bedfordshire to train 24 YACs to be peer mentors within our own services. YACs attended a three day training residential and made some great friends along the way across county borders! We are looking forward to creating opportunities for our peer mentors to put their new skills to good use to help other carers here in Buckinghamshire.



Steering Group

Our steering group continues to be actively involved in helping us keep the service relevant to the needs of YACs. They've been focusing on using their voice to raise awareness among professionals and other young people about what being a carer means and what support is available. They tell us young people can be found online, so they worked hard to create a series of short but powerful vlogs which we released over Carers Week in June. These were seen by thousands, and shared across the world (Australia being the furthest!). You can watch their vlogs on the Young Carers Bucks YouTube channel.



Young Carers Summer Activities

Young carers have had an action packed summer full of activities such as: sailing days at Bury Lake, working with professional artists making animations and photo collages, learning how to groom horses and mucking out, followed a nature trail and climbed up Pooh Mountain at Horses Helping People, go-karting, a day at Green Dragon Eco Farm, Cotswold Wildlife Park, camping and the Honeypot Bus came to visit us! Thank you Princes Risborough Rotary, CREATE, Stantonbury Campus, Thames Motorsport Club, Rogue Racing and Aylesbury Lions Club who provided us these opportunities, fundraised and volunteered – we couldn't do it without you!



Family Fun Days

The Aylesbury Family Fun Day was a resounding success enjoyed by over 100 young carers and their families. With the theme being 'Beach Party', activities included a surf simulator, bouncy castles, tug of war, sandcastle building, tiki mask creations, face painting and airbrush tattoos, plus meeting Jake and Henry the Shetland ponies. Thanks to the great music provided by DJ Lukey giving the event a real seaside, summery feel. We are so grateful to Carmichaels for not only funding the whole event but volunteering their time on the day!



This year, the High Wycombe Family Fun Day celebrated its 4th year and as always provided a fun and relaxing day for over 200 young carers and their families. A rare opportunity for everyone to meet up and share in a day catered around their families special needs. We would like to say a huge thank you to Marlow Bridge Rotary

Club and their volunteers for a spectacular day of crafts, refreshments, ice-creams, bouncy castles, tug of war, sensory play tent and more, all provided free of charge by the Rotary Club.

“ Thank you so much for such a great day, we never get to come out as a family and the sensory tent was amazing when my son was heading for a meltdown. ”
Parent carer



Bournemouth Trips



In August, we took 23 Aylesbury young carers for a trip to Bournemouth seaside. We had an early start so we could get the most out of the day and despite some threatening clouds early on, the weather cleared and soon we were basking in the legendary British summer sunshine! It was warm enough that almost everyone spent some time in the sea –

even a few of the staff got in on the action! We spent the day swimming, building sandcastles, sunbathing, doing cartwheels and human pyramids on the beach, and of course the day would not have been complete without the obligatory ice-creams and chips. We returned sandy, salty and exhausted but with plenty of brilliant memories!

39 High Wycombe young carers also had the opportunity to spend a day at Bournemouth seaside, a first for many. After a portion of chips for everyone, we headed home happy and tired! Thank you to Beaconsfield Masonic Lodge for giving the High Wycombe young carers this opportunity!

Drama Project

Aylesbury young carers have completed two very successful drama projects run by the very talented Georgia Bowers. Each project has consisted of four sessions which included a variety of games and drama activities to help boost confidence and explore emotions, whilst learning about themselves and of course having lots of fun! The young carers developed new skills each session e.g. script work and improvisation. To celebrate the success of the project, the group gave performances to their families.

Thank you to the Arts Society West Wycombe and the Vale of Aylesbury Decorative and Fine Arts Society for your support and funding these projects.



Getting Creative

Young carers have been getting creative this summer making fruit hedgehogs and fish skeletons and turning a pile of buttons into a picture using just a glue gun and our imagination! Thank you to all our volunteers who helped run the clubs and driving our young carers to and from club evenings – your help is invaluable. If you would like to volunteer with Young Carers Bucks, call us on 0300 777 2722.



Healthy Relationships

We feel very fortunate when we're offered the opportunity to work with other expert agencies! In partnership with Aylesbury Women's Aid, we ran a 5-week Healthy Relationships Group with 8 female young carers aged 15-17.



The group covered a wide range of invaluable subjects and discussion points, reflecting on ideas, thoughts and opinions that are continuously being fed to young women through the media, peers and family role models. The group were comfortable in challenging ideas of gender stereotypes and were astounded at the 'Rules of a house wife' from the 1950s – realising we have come a long way since then, thank goodness! We did not shy away from the difficult subject of domestic violence, which was explored and discussed sensitively and promoted healthy discussions and advice. This was such a positive experience for staff and young carers alike and we are looking forward to working with Aylesbury Women's Aid again very soon.

Young Carers Forum

In August, the Aylesbury Forum held a joint team building activity at Green Park with members from the High Wycombe Forum. This gave our young carers a chance to network and build on existing friendships within the team, as well as deciding what to focus on in the year ahead. If you are interested in joining the forum please speak to a member of the Young Carers team!

The aims of the Forum is to give young people a place to voice their ideas and raise awareness around young carers. As a group the forum discuss new initiatives and ideas, working together as a team, sharing ideas with others whilst developing their debating skills. Each member of the group plays an important part and are assigned roles including chairman and vice chairman.



Are you eligible for a free NHS flu vaccination?

Flu can be more dangerous if you are over 65, have an existing health problem, are pregnant, a carer, or children under 4.

Don't put it off. Get your flu vaccination straight away. Ask at your GP Practice.



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