

CarersNews

The newsletter of Carers Bucks

Spring 2014

A photograph of three women standing in a room, likely a community center or care home. They are all wearing saris. The woman on the left is wearing a white sari with a pink top and is laughing. The woman in the middle is wearing a bright orange sari and is smiling. The woman on the right is wearing a red and black patterned sari and is also smiling. The background shows a hallway with windows and other people in the distance.

Delays to PIP
.....

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For Older
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**Carers'
Stories**

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Foreword from the Chief Executive



Welcome to our new-look Carers News which I'm sure you will notice has transformed into a 'proper' magazine, complete with advertising. The advertising, specifically chosen to be of interest to carers, allows us to offset the increasing production and printing costs. The money saved by working in this way will be used for our other services for carers in Buckinghamshire. I would be really interested to hear your feedback and suggestions on the new format, so please do get in touch.

I am also delighted to let you know that we have been successful in our bid for a new contract with Buckinghamshire County Council to run carers' services in Buckinghamshire for the next 3 years, starting in April 2014, with an option of a further 2 years after that. We have some exciting plans for the future - more of which in our summer issue.

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



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NEWS FROM CARERS BUCKS

Our Working Together for Carers event in November was a huge success attended by over 70 carers. Attendees learned about changes to carers' services from Trevor Boyd, Strategic Director at Bucks County Council and discussed how health services could work better for carers with Colin Thompson, Director of Operations at Aylesbury Vale CCG.

Carers watched an exclusive interview with Jackie Ashley, wife of Andrew Marr, who spoke on camera about the impact of caring for her husband after his stroke. Carers also heard first hand from Carolyn White, who spoke about

her caring role – she cares for her husband, who has Parkinson's Disease and dementia (*Carolyn's story is featured on page 12*)

There were videos showcasing the work of Carers Bucks and the role of Young Carers and Margaret Morgan-Owen read some of her poetry, which was both lighthearted and poignant. At the end of the morning carers were able to take advantage of 1-1 consultations with solicitors, benefits and telecare advisors.

All of the presentations, the videos and Jackie Ashley interviews are available to view on our website at www.carersbucks.org



Carer Carolyn White



Councillor Patricia Birchley



Trevor Boyd, Strategic Director



Colin Thompson, Director of Operations, Aylesbury Vale CCG



Shakespeare Pushes Fundraising through Roof

Our community fundraising has received a considerable boost in the past three months, with some incredibly generous donations.

Wendover Parish Council gave us a grant of £1400 to run the Wendover Support Group in 2014.

Chiltern Shakespeare Company donated an amazing £10,000 from their performance of The Merchant of Venice in the summer, with £2000 of that total raised by the Beaconsfield and High Wycombe Lions for parking. The money will be split equally between adult and young carers' support.

In addition, The Church of St Mary the Virgin in Radnage chose Carers Bucks as one of its charities this year and donated £1000. A series of quiz nights courtesy of the Aristocrat Pub in Aylesbury raised over £200. We've also had a number of individual donations, one as a 'thank you' for an article in this newsletter!

For the fourth time, Young Carers Bucks were the recipient of a generous donation, this time of £1820, from the Artists and Makers Fair at Waddesdon, whilst they also received £3000 from the Rotary Club of Haddenham and District. Further donations came from a fundraising ceilidh held by Mrs Dawson, a cake sale by Aston Clinton Guides, the Cuddington WI's Christmas Fayre and Mrs Bolton's winnings from a bridge match.

As we go to press we've just had confirmation that Young Carers Bucks have been successful in winning a grant of £1500 from the Carers Trust/Comic Relief for young carers' activities.

A big vote of thanks to all of our donors – including those who have supported any of the fundraising events in any way. Here's to even greater success in 2014!

Mason's Christmas Lunch

Once again we would like to say a huge thank you to the Beaconsfield Masons, who hosted another wonderful Christmas celebration for carers at the beginning of December. Almost 80 carers and cared for people were treated to a fantastic meal, entertainment and dancing. Each carer left with a gift and the Masons went to every effort to make sure everyone had a great time.



'Like us' and win! Check out our Carers Bucks' Facebook page in March and 'like us' for a chance to win a John Lewis voucher.



NEWS FROM YOUNG CARERS BUCKS

As usual our **Aylesbury young carers** have been busy. October half term saw our youngest groups spend a spooky Halloween day at a farm carving pumpkins and painting scary faces. The 10-12s went 'glow in the dark' bowling and the 13+ group had their own Halloween party. We went to see MK Dons in action (who sadly lost 3-1) and Philippa turned out to have a good knowledge of the offside rule! We've also held our Christmas party, organised trips to the panto and a disco on ice. In addition, we've also run a variety of groups which give the young carers a chance to share experiences. There have been SIBS groups across all ages for young carers who are impacted by having a sibling with a disability

and a 'BOOST' group for teenage girls helping to raise self-esteem and encouraging friendships.

The Beaconsfield Masons held another successful Christmas Party for our youngest age group of **Wycombe young carers**. Over 40 children attended and were treated to a disco, party food, a magic show and a visit from Santa Claus. They also had the opportunity to meet rare and unusual animals - those who were brave enough even has the chance to hold some of them! Many thanks to Jacob Creswick, a young carer who is also a fantastic DJ, for providing the music and to all at the Beaconsfield Masons, including Graham Thorne and Robin Knock, for providing us with such a special day.

Recent research has discovered that a quarter of young carers are bullied at school because of their caring role.



Buckingham Young Carers Rescue Terry at Fire Station

Senior members of Buckingham & Winslow young carers (YC2), recently completed a Blue Light training course funded by Bucks Fire & Rescue Services. Week 1 involved learning emergency first aid, week 2 was run at Buckingham Fire Station where Jeremy Williams, Station Manager and his crew had young carers attending a mock traffic accident complete with badly injured 'Terry' (a rather realistic model) trapped in the driver's seat and needing to be cut out of the car and backboarded to a waiting ambulance.

Controlling and running out the hoses as if at the scene of a fire, followed by being roped together to safely escape from a smoke filled house made for a very busy and hardworking evening. All of those who took part were presented with a Blue Light certificate by Alison Still, Community Safety Officer who, with Jeremy Williams, organised what was a brilliant and exciting course.



Please note that Young Carers' staff in Aylesbury have moved back into Ardenham Court - to contact them ring the main 0300 777 2722 number.

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MONEY MATTERS

Disability and carers benefits are to be increased by 2.7 per cent in April 2014, in line with inflation

Introduction of PIP Delayed

The government has amended the timetable for transferring existing DLA claimants onto the Personal Independence Payment (PIP) due to delays in processing new claims.

in Wales, East Midlands, West Midlands or East Anglia and meet certain other criteria. Claimants in Bucks will remain as they are for the time being.

This timetable change mirrors that for the introduction of Universal Credit (UC), which has also been delayed.

For more information on PIP visit www.gov.uk

As a result PIP will be introduced more gradually, starting with certain postcode areas. From October 2013, if you are getting DLA you will only be invited to be reassessed for PIP if you live

Discounts For Carers

The Ambassador Theatre Group (which runs the Aylesbury Waterside theatre) offers concessions for people with a disability and their companion – this is usually in the form of half-price tickets.

their companion goes in free.

Carers can get into some cinemas (including the Odeon) with the person they care for if that person has a CEA card (Cinema Exhibitor's Association). This is a national card that can be used to verify that the holder is entitled to one free ticket for a person accompanying them. It costs £5.50 and is valid for a year. The person applying needs to be in receipt of Attendance Allowance, DLA or PIP or be registered blind. You can only apply online at www.ceacard.co.uk

The National Trust offers an Admit One card for disabled visitors. The card is issued in the name of the disabled person and allows them to take a companion with them. This is free of charge and does not restrict them to taking the same person each time. The disabled person can be either a member or a paying visitor -



Useful website

Disability-grants.org is a website that brings together information on charities and trusts that provide funding towards the cost of disability equipment, holidays, housing, days out. The information is aimed at both adults and children with disabilities or life-limiting conditions.

Take a look at www.disability-grants.org

HELP WITH FUEL COSTS



We receive many calls from carers worried about how they will manage to pay their constantly rising fuel bills. This is a brief round-up of available help.

Warm Home Discount

The Warm Home Discount Scheme is a 5 year government programme administered by energy suppliers, offering eligible customers a one-off payment on their electricity bill - for winter 2013/14, this is £135. You may qualify for the discount if on the 'qualifying day' (20th July 2013) your supplier was part of the scheme, your name (or your partner's) was on the bill and you were either:

Most of the major suppliers are part of the Warm Home scheme including British Gas, E.ON, EDF, Southern Electric.

the discount - you'll get it automatically you must apply for the discount before the deadline - the letter will tell you why and how.

For a full list check the GOV.UK website or ring your supplier.

Please note that some suppliers, including E.ON, have closed their scheme for this winter but you can register an interest for next year by visiting their website.

If you don't qualify

Some suppliers offer the discount to those on a low income or those who have a disability or long-term illness, or children. Each supplier has their own rules so you should check with your supplier to see if you can get it.

Other Help

There are a number of grants and schemes available to help with the cost of having energy saving improvements fitted in your home. To find out more information contact the Energy Saving Trust on 0300 123 1234 for independent, expert advice on saving energy in your home.

- under 75 and only get the Guarantee Credit part of Pension Credit – not the Savings Credit part.
- 75 or over and get the Guarantee Credit part of Pension Credit - even if you also get the Savings Credit part.

If you do qualify

You will receive a letter telling you that either: you don't have to apply for

Cold Weather Payments

If you're receiving certain benefits you may be able to get a Cold Weather Payment of £25 for each week between 1st November and 31st March, in which the average temperature in your local area is at or below freezing over 7 consecutive days. You don't need to apply - if you are entitled to a Cold Weather Payment, you'll be paid it automatically.

Winter Fuel Payments

These are a yearly tax free payment to help people pay for their heating. Payment is automatic if you:

- received a payment last year, or
- receive a State Pension, or
- you or your partner are getting one of the following

benefits Pension Credit, income-based Jobseeker's Allowance, income-related Employment and Support Allowance, Income Support.

Contact the Winter Fuel Payment helpline on 0845 915 15 15 if you are unsure whether you are eligible.



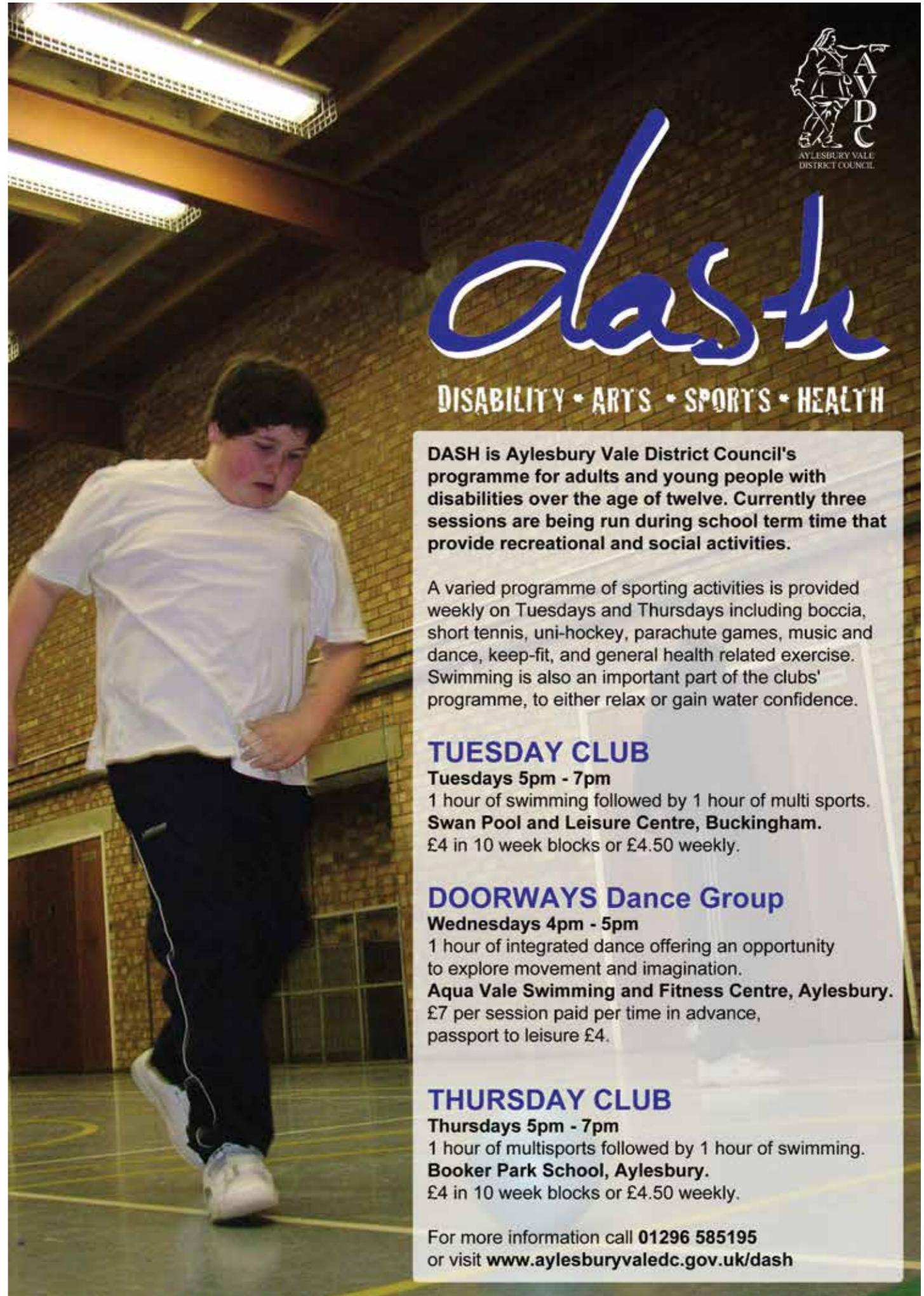
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dash

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DASH is Aylesbury Vale District Council's programme for adults and young people with disabilities over the age of twelve. Currently three sessions are being run during school term time that provide recreational and social activities.

A varied programme of sporting activities is provided weekly on Tuesdays and Thursdays including bocchia, short tennis, uni-hockey, parachute games, music and dance, keep-fit, and general health related exercise. Swimming is also an important part of the clubs' programme, to either relax or gain water confidence.

TUESDAY CLUB

Tuesdays 5pm - 7pm
1 hour of swimming followed by 1 hour of multi sports.
Swan Pool and Leisure Centre, Buckingham.
£4 in 10 week blocks or £4.50 weekly.

DOORWAYS Dance Group

Wednesdays 4pm - 5pm
1 hour of integrated dance offering an opportunity to explore movement and imagination.
Aqua Vale Swimming and Fitness Centre, Aylesbury.
£7 per session paid per time in advance, passport to leisure £4.

THURSDAY CLUB

Thursdays 5pm - 7pm
1 hour of multisports followed by 1 hour of swimming.
Booker Park School, Aylesbury.
£4 in 10 week blocks or £4.50 weekly.

For more information call 01296 585195 or visit www.aylesburyvaledc.gov.uk/dash

Need to Borrow a Wheelchair?

The Red Cross offer loans of wheelchairs and other independent living equipment (such as ramps, raised toilet seats, bed raisers, commodes, walking frames and sticks) at various locations throughout the county.

Aylesbury

Triangle Business Park, Wendover Road, HP22 5BL.
Tel: 01296 739302
Tues 10am - 12pm,
Wed 1pm - 2.30pm,
Fri 12pm - 2pm

Buckingham

Mobile Vehicle, Red Cross Centre, Verney Close, MK18 1JP.
Tel: 01235 552664
Wed 11am - 12pm

High Wycombe

Red Cross Centre, West End Road, HP11 2QB.
Tel: 01494 521512
Mon, Thur, Fri
10.30am - 12.30pm,
Tues 2pm - 3.30pm,
Fri 6 - 7pm

Marlow

Mobile Vehicle, Football Club, Oak Tree Road, SL7 3ED.
Tel: 01235 552664
Tues 11.30am - 12.30pm

Thame

Mobile Vehicle, Thame Football Club, Tythrop Way, OX9 3RN.
Tel: 01235 552664
Wed 3pm - 4pm

Contact their information helpline for more information
0844 412 2750.



SERVICES & INFORMATION

The Silver Line A new helpline for older people

Launched at the end of November The Silver Line is a confidential 24 hour free helpline for older people. Specially trained staff:

- offer information, friendship and advice
- link callers to local groups and services
- offer regular befriending calls
- protect and support those who are suffering abuse and neglect.

Callers can, if they want, receive a regular weekly friendship call or email. Or they can join a Silver Circle and take part in a regular group call on subjects that interest them. There are no strict age limits but the service is generally aimed at the over 65s. The service was founded by Esther Rantzen OBE.

The Silver Line number is 0800 4 70 80 90 – all calls are free.

In the Autumn issue of Carers News we wrote about the Aylesbury Project which offered learning disabled adults work experience training. Unfortunately the Project closed in October due to financial problems.

The Princes Centre

The Princes Centre is run by the people of Princes Risborough and aims to provide a local day care centre that can also be used by the wider community. The Centre also offers information and support to help people live independent, safe and enjoyable lives in Princes Risborough.

People can choose to come to the centre for the whole day, joining in the day's activities and having lunch. Or they can choose to stay for a morning or afternoon session, with or without lunch. Staff at the Princes Centre work actively with people to help them work towards their personal goals.

Fees start from £25 per day; transport is available at just £5 per day.

For more information contact Centre manager Kim Challinor on 01844 345105 or visit www.princescentre.org.uk



Wycombe Hills Day Care

Wycombe Hills comprises two day centres in High Wycombe run by Buckinghamshire Care. Services are provided for older people with physical disabilities, sensory deprivation and people with mild to moderate confusion.

Trained staff offer support and encouragement to enable people to maintain their independence, to socialise and develop new interests. A programme of activities includes sing-songs, reminiscence, cards, scrabble, quizzes, trips and entertainment. Everyone is encouraged to participate but some people prefer just to sit and chat.

A choice of hot meal is offered at lunchtimes and refreshments are available throughout the day. Transport may be available for social care clients. Charges are dependent on a Financial Assessment.

For more details contact Richard Williams or Chennel Robertson, Unit Coordinators on 01494 526375 / 07802 619861

Join Our Team

We are looking for people to join our team of trustees. Trustees are responsible for the overall running of Carers Bucks and Carers MK and many are carers or former carers themselves. We are particularly looking for people who have fundraising experience or who come from a health service background. Meetings are every two months during the day and alternate between Aylesbury and Milton Keynes. Training can be provided and out of pocket expenses paid.

If you would like to find out more please contact Stephen Archibald on 0300 777 2722; email stephen.archibald@carersbucks.org

Change of Number

Verney Close Day Care unit has changed its phone number. The unit used to be run by the British Red Cross and is now managed by Buckinghamshire Care. The new number is **01280 815400**.



Monday and Wednesday Clubs

The Monday Contact Club meets in the Methodist Community Centre, Buckingham Street, Aylesbury, 10am until 3.30pm, every Monday (except bank holidays). Clients enjoy a freshly cooked two course lunch and play board games, quizzes and exercises. Entertainment is varied with interesting talks, music afternoons and outings. The cost is £15 per day and transport in the town can be provided.

The Wednesday Club meets in the Village Hall, Waddesdon every Wednesday. Activities are similar to the Monday Club and the cost is also £15. The excellent lunches are cooked on site and have a five star hygiene award. Both clubs are for men and women aged 55+.

For more information contact Paula Kinsella on 07732 185329 or email ptckinsella@gmail.com



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Limbless Association



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**For more information contact us at:
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**www.thomleyactivitycentre.org
enquiries@thomleyhall.org**

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in your own way, and off the
record – about whatever's
getting to you.



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Young Carer's weekends at Calvert Trust Exmoor enable children and young people to experience fun, exciting and enjoyable outdoor activity adventures, offering a chance for 'kids to be kids'.

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Young Carer's weekends 2014

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Fri 7th - Sun 9th Feb.
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CARERS' STORIES

Would you like to share your story with other carers? Please contact Connie on 0300 777 2722 or email connie.sharp@carersbucks.org

Carolyn's Story

I care for my husband Colin. Along with a raft of other ailments, he has Parkinson's Disease with Lewy Bodies and after 10 good years on medication he now has increasing dementia and deteriorating mobility.

The last 3 years have been a steep learning curve as Colin has become more dependant. It is essential to administer his Parkinson's medication on time. I always need to be aware of the risk of falls and assist when he 'freezes', which can happen at any time.

He wears hearing aids which can make communication exceedingly difficult. Being my husband, his hearing can be very selective. He is prone to ear infections and sees the Aural Nurse regularly to keep them clean. His incontinence of urine needs careful management, whether using conven and bag or pants. Did you know that incontinence pads are available on NHS prescription but not pants? Why is that? As carers we save the government millions of pounds.

I never know how my husband will be each day. Good, bad or changing from hour to hour. I need to be alert to the onset of verbal or physical aggression and deflect it before it accelerates. As he has always been the biggest wind-up merchant, I sometimes find it difficult to distinguish between dementia and his usual bloody-mindedness. If I catch a glint in his eye it usually means the latter.

On the positive side, I try to give Colin the best quality of life I can and keep him as independent as possible. This isn't always

appreciated as he considers I am his 24 hour carer and should give 5* Hilton beck and call service. We beg to differ on this! Our son, Cliff, lives with us. He has autism and needs some supervision but manages well as long as his life goes to order. He is the greatest help to me and his father and in the home. My life would be far more restricted without his help. We share the same sense of humour which lightens many a stressful moment. I make the most of Colin's good days when we have our usual banter and laugh together. A kiss and a cuddle is a bonus.

It's hard, of course. Stress levels soar, my patience can reach zero, sleep is disturbed, tiredness is constant and depression hovers. I feel guilt that I am not giving the best care possible. My freedom is very restricted but at home my escape is a cup of tea and the crossword, music, reading and the garden. But having good supportive friends is the best help, especially the ones who are also carers. We can offload, moan, cry, rant and rave and we understand.

Anything that makes my life easier is another bonus. Colin has a carer to shower and dress him. They have a very good rapport and I have a little 'me time'. He finds his loss of independence very hard and the carer works hard to preserve this and maintain his dignity. All the aids that have been installed in the house help his independence and help make my life easier.

The Pusey House daycentre is very therapeutic for both of us. I feel happy to leave him there. He meets other people, is well looked after and has time away from home and,

most importantly, from me. It also gives me a breathing space.

We are very lucky to have excellent care and support from our surgery, Pound House, and Liz Scott, the Parkinson's Nurse. And I am so grateful to the Drake Day hospital who extended Colin's physiotherapy time to include lunch and give me some time out. People were so caring to me, I have come to the conclusion that I was looking like a stressed out, haggard old woman.

And to Carers Bucks, a big thank you. They give so much help and support. I know it is somewhere I can go for assistance and the telephone support couldn't be more helpful. The courses I have been on have been very useful, 'Caring for You' was so helpful and informative. I learned a lot and it was so good to consider just me for a change. I met carers with the same problems that we could all relate to. We talked and we laughed. We still keep in touch and I have made a very good friend who is a great support. If you haven't been on any of the courses offered, they really are worthwhile.

Our monthly meetings in Marlow give us the opportunity to socialise with other carers and enjoy some time out. We have some very interesting talks and activities. The telecare talk was excellent. Our leader Val (Dommert) is a huge support. She's very skilled at keeping us in order as we can be a very unruly bunch. But she is always there to help and she makes us laugh - the best medicine.

Carolyn White



Some of our male carers went off to the driving range in October to hone their golfing skills and take

some time out from their caring role. If you are interested in joining the male carers' group contact the office.

Carers' writing group

Our carers' writing group is going from strength to strength. Recent themes for carers to write about and discuss have been 'just getting on with it' and 'clocks changing'. The group is run by Margaret Morgan-Owen, a former carer and published poet - see details of her book of poetry

below - and meets at our Aylesbury every 2 months on a Friday for a couple of hours. The date of the next group is planned for the 21st March.

If you are interested in attending contact Connie on 0300 777 2722 or email connie.sharp@carersbucks.org

Are There Sardines in the Tree?

This is the title of a new book of poetry written by local former carer Margaret Morgan-Owen, who runs our writing group and has spoken at our support groups and events. The poems document her life caring for her husband as he succumbed to dementia and are both poignant and funny. The book is available to download from Amazon.



Lizzie

There's a hole in my pocket dear Liza
From keeping you glad and well fed
It's easy to make you feel happy
But hard to distract you instead.

Your food makes you smile on the outside
And smile on the inside as well
You don't hide your feelings from mummy
When you're sad it's easy to tell.

But now you're so good at helping yourself
You search for ways of letting me know
That you're clever and trying out new things
And very important to show...

That you need to be given the right way
Of learning new jobs to perform
You get yourself ready for bed each night
And I tuck you up nice and warm.

I never imagined the time when
To bed on your own you would go
But every night we switch off the light
And leave the stairs' on for the glow.

But sometimes you go to bed early
And wake in the morning too soon
I have to get up at half past four
In the sky there's no sun just the moon.

Well daylight is here with a welcome
And Liz has woke up once more
Even I've had a nap on the small settee
While Lizzie continued to snore.

By Clemmy Arthur about her daughter Lizzie aged 27

MENTAL HEALTH CARERS

Government Loses Appeal Against Benefits Ruling

The Court of Appeal has upheld a ruling which found that the process used to decide eligibility for Employment and Support Allowance (ESA) disadvantages people with mental health problems, learning disabilities and autism.

Under the current system, evidence from a professional such as a GP or social worker is expected to be provided by claimants themselves. Gathering evidence can be very challenging for people with mental health problems, learning disabilities or autism whose health or condition can make it hard for them to understand or navigate the complex processes involved in being assessed. As a result, those who need support the most are frequently being assessed without this important

evidence being taken into account.

In a joint statement Mind, the National Autistic Society and Rethink Mental Illness said: "The judges in the original ruling independently confirmed what our members and supporters have been saying for years - the system is unfair for some of the most vulnerable people in our society and is failing the very people it is meant to be supporting.

"It's fantastic that the Court of Appeal has upheld this judgment and we hope changes will be made quickly to ensure the system becomes fairer and more accurate."

Full details can be found on the Mind website at www.mind.org.uk

A Safe Space

Both Mind and Rethink host online forums for people with mental health problems.

Mind's forum is called Elefriends and is a safe space to talk, get and give support – sign up at: www.mind.org.uk/information-support

Rethink Talk is a free community forum for anyone affected by mental illness – visit: www.rethink.org/about-us

Carers Bucks' Support Groups

We have 2 groups for carers who support someone with mental health problems. One meets on the third Tuesday of the month, 12-2pm in Wycombe and the other meets in the evening in Aylesbury from 7pm on the fourth Tuesday of the month. New carers are very welcome at either group.

Contact the office for more details.

Rethink Support Group

This group meets in Old Amersham and offers information and support to carers through shared experiences and regular speakers. Contact 01494 436621 for details.



Healios - Changing Lives of Carers

Carers Bucks has started an exciting initiative with Healios offering a new service to support carers and families of people who have psychosis, schizophrenia (and related conditions) and bipolar disorder. Healios has experienced healthcare clinicians who work with carers to help address their individual circumstances. They work with carers to help them gain a better understanding of the illness affecting their family member or friend, learn strategies and new skills to cope with the illness' symptoms, to rebuild relationships and engage with mental health services. Carers who have used the service have found it really helpful.

The service is delivered via the internet where the Healios clinician will appear on a carer's computer screen from the comfort of home. It is very easy to use and there is support from Healios to help get started. If you don't have a computer you can come to our Carers Bucks office or access the service over the phone.

If you are interested in finding out more please contact the office on 0300 777 2722 or email mail@carersbucks.org. There are limited places available.

Home Services

Refurbishes Houses, Driveways, Kitchens & General Maintenance.

Please call Terry on **07854 546100**

Buckinghamshire Mind provides a number of high quality services to support and represent people with mental health needs.

These include older people's services; befriending; counselling; activity groups and peer support groups.

We operate across three locality areas: Aylesbury, High Wycombe, Chiltern & South Bucks.

Please call 01296 437328 to make an initial enquiry or email: info@bucksmind.org.uk www.bucksmind.org.uk

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PARENT CARERS

Singing Stars

This is a singing group for young people aged 12 - 25 years with special needs who love to sing. They don't need any experience just lots of enthusiasm! Sessions are the first Saturday of the month from 11am-12pm at the Roundhouse in High Wycombe. The cost is £1 per session; free taster sessions are available.

For details contact 01494 523994 or email soundstudio@buckscc.gov.uk

Bedroom Tax Update

New legislation has been introduced to allow for an extra bedroom for a disabled child who would normally be expected to share a bedroom under the size criteria rules, but is not reasonably able to do so due to severe disability. The changes came into force on 4th December 2013.

Working in Partnership

The Bucks Children and Young People's Partnership meets quarterly, and brings together staff and volunteers from a range of local organisations and groups providing services for children with disabilities.

Parents are an important part of the Partnership and are very welcome to attend the meetings which alternate between Aylesbury and Amersham. The aim of the Partnership is to identify gaps in services and keep everyone up to date with developments, funding opportunities etc.

If you would like to know more or be added to the mailing list please contact Connie on 0300 777 2722 or email connie.sharp@carersbucks.org



Transitions all you need to know

A new web site has been developed which highlights what will happen as young people, with special needs, move from children services into adulthood.

The web site is aimed at young people and their parents/carers. It gives information and advice as to what support is available for the young person and has videos of young people talking about their own experiences.

Find out more at www.buckscc.gov.uk/transitions.

You could be in the Algarve, relaxing in the sun...

Situated on the top floor of a three storey block the apartment has its own residents' swimming pool. It has the advantage of being away from the bustle of the town centre but within walking distance (10 minutes to the marina and another 5 to the town centre).

It has a twin bedroom, open plan kitchen and lounge. The kitchen has a 4-ring hob, oven, microwave, toaster and washing machine. There is a family sized bathroom. The lounge has a sofa (which converts into two more single beds) and a table to seat four. A TV, DVD and CD player are also available. Both the lounge and bedroom have patio doors which open onto the balcony offering views over the swimming pool and across Lagos. There is ample car parking space in front of the building.

www.algarvestatemanagement.co.uk
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June £330
July & Aug £410



To book accommodation please contact Judith Hall on 01536 711884
Apartments can also be booked very competitively at judith.hall6@btinternet.com

LEARNING AND EVENTS

Need a New Year's Resolution?

Bucks Stroke Support is looking for volunteers to help support the work Stroke Association Co-ordinators carry out with stroke survivors in Buckinghamshire.

Living with a disability after a stroke can leave people isolated and lacking in confidence. Befrienders and peer supporters are needed to help reduce social isolation and improve the confidence and self-esteem of stroke survivors. If you have excellent listening skills, are empathetic and non-judgemental then you could be the perfect person to support a client either face to face or over the phone.

Volunteers are also needed to help out at information sessions and coffee mornings and to help arrange activities and events. All volunteer opportunities are flexible so can fit around your existing commitments.

So why not make helping the Stroke Association your New Year's resolution.

Contact 0300 330 0761 or email bucksstrokesupport@stroke.org.uk



Item for Sale

SOMA lightweight wheelchair. Brand new, cost £260. Would like £50. Contact Joy on 01753 884776

Routes to Information for the Over 50s.

The What, Where, Who, Why and How

26th March 2014 9.30am - 2pm

**THE OCULUS, THE GATEWAY,
GATEHOUSE ROAD, AYLESBURY HP19 8FF**

For more information and to register your place contact Debi Game on debi@suco.org.uk or 0300 777 2711

New legislation, welfare benefits reform and cuts to Local Authority budgets mean that support for older people is going through a period of great change. Timely access to good information is vital to ensuring that older people can adapt to changes, make informed decisions and empower their choices. Come and find out about the What, When, Where, Who, Why and How on the routes to information for the over 50's.

The Bucks 50 Plus Forum Conference is for individual older people and members of Older People's Groups across the county. The aim of the conference is to provide delegates with tools to access appropriate information better and then share what they have learnt with their own groups and networks. Places are limited so book early to ensure you don't miss out.

Carer Information & Support Programme

This training programme for carers, run by the Alzheimers' Society, consists of 4 weekly, 3 hour sessions covering dementia, coping strategies, finances and care choices. It is aimed at carers who care for someone who has had a

recent diagnosis of dementia. The programmes will take place in High Wycombe and Milton Keynes (venues to be confirmed) in March 2014.

Contact the Alzheimers' Society on 01296 331722 for more information.

Becket House Nursing Home



Becket House Nursing Home in Loughton specialises in dementia care and nursing for the elderly. Whether you are looking for residential or nursing care for yourself or a loved one, we offer a warm, safe and welcoming environment - and somewhere you can call home.

SOMEWHERE YOU CAN CALL HOME -

At Becket House, we want people to feel right at home. That's why we encourage our residents to bring their most cherished belongings, and arrange their space just the way they like it. By arrangement, you can bring your own furniture - and even your own pets. There is also plenty of opportunity to socialise, within our spacious lounges, dining room and gardens. What's more, our doors are always open to friends and family, and we have plenty of parking onsite to accommodate visitors.

SPECIALIST CARE -

We are passionate about providing everyone in our care with the comfort, dignity, enjoyment and security they deserve. Our trusted team of qualified, professional staff cater for a diverse range of needs. From short and long-term nursing to residential dementia care - we offer a wide variety of care options to suit the needs of our residents. What never changes is our commitment to providing an outstanding level of genuine, high quality care.

- 24-hour care
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- Nutritious meals & special diets catered for
- Nurse call system throughout
- Mature gardens
- Pets by arrangement
- Open to friends & family at all times
- On-site parking
- Easy access to train station
- Registered with Milton Keynes and Buckinghamshire County Council

WHY BECKET HOUSE? -

Our approach to care is person-centred. Our home is carefully designed to support the needs of the individual. Everything we do is designed to help our residents lead a high quality way of life. It's about making sure that the people in our care feel looked after with the attention, understanding and an environment that supports their every need. From the staff we employ, to the food we serve, and the activities we co-ordinate - Becket House offers a wonderful home from home environment.

PLANNING YOUR VISIT -

If you are considering care options for yourself or a loved one, please get in touch today to discuss your requirements. To arrange your visit to Becket House and meet our team, please contact us.

Tel: 01908 231981 Fax: 01908 679168
Email: info@beckethouse-carehome.co.uk

Becket House Nursing Home, Pitcher Lane,
Loughton Village, Milton Keynes MK5 8AU

www.beckethouse-carehome.co.uk



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For self referral or to refer someone you know please contact us:

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Email: rpotter@livability.org.uk

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