

Milton Keynes Carer



Carers preparing for Carers' Week.

CARERS CANNOT AFFORD TO BE ILL

Carers' Week is from 9th -15th June 2008. The theme is Carers cannot afford to be ill, with an emphasis on the importance of looking after your health.

A Princess Royal Trust for Carers' survey found that of 70% of Carers who cared for more than 50 hours per week, almost half were suffering ill-health as a result of their caring role including back injury, high blood pressure, depression, stress or nervous tension, headaches and panic attacks.

We hope that at least three of our events during the week will help you to look after your own health. These are the ramble on Monday, the yoga taster session on Tuesday and our annual, popular pampering day on Friday. We also hope the gardening event on Wednesday will refresh your spirit! We look forward to meeting you at one or more of these events.

If you know other Carers, who are not in touch with us, please invite them to come to something in Carers' Week. This week is for all Carers everywhere.

Carers' Week programme

Monday 9th June

Carers off to Pontins in Blackpool.
Ramble and lunch at Caldecote Lake
11am - 2pm.

Tuesday 10th June

Firemen to visit support group
10.30am -12.30pm.
Come and try Yoga at Heron's Lodge,
Loughton 1pm - 3pm.

Wednesday 11th June

Visit to Frosts Garden Centre 10am - 12pm.

Thursday 12th June

Former Carers meet at Camphill tea rooms
1.30pm - 3.30pm.

Friday 13th June

Pampering Day at our offices in CMK
10am -3pm.
Carers return from Blackpool



Included in this issue

Training Programme	2
Social Events	3
Dealing with Large Fuel Bills	4
Items for Sale	5
Dress to Impress	6
Diary of Training & Events	10-11

TRAINING PROGRAMME

funded by Milton Keynes Council



MILTON KEYNES
COUNCIL

The Joy of Gardening

Frosts Garden Centre welcomes us to find out more about plants and gardening. Refreshments and snacks provided. **Wednesday 11th June & Wednesday 10th September.**

The Art of Communication

This course encourages you to understand and discover effective ways of communicating. Explore listening skills, body language and ways of communicating verbally. This session includes a buffet lunch. **Thursday 26th June.**

Meditation and Relaxation

Meditation is a very effective method of relaxation. The idea of meditation is to focus your thoughts on one relaxing thing for a sustained period of time. This rests your mind by diverting it from thinking about the problems that have caused stress. **Wednesday 2nd July.**

Wardrobe Personality

Find out about your 'Wardrobe Personality'.....Why do we dress the way we do? Once we know our preferences it is easier to put an outfit together, our confidence is enhanced and shopping is made easier. Also discover your basic body shape and learn to work with it. **Wednesday 9th July.**

Stress and Anger Management

This course explores both anger and stress, their causes and their effects. Discover ways of handling these emotions. Learn strategies for coping better in your individual situations. This session includes a buffet lunch. **Monday 14th July.**

Relaxation Therapies

Enjoy an hour-long relaxation therapy treatment and learn some relaxation techniques. **Thursdays 19th June, 17th July, 28th August, 18th September.**

Creative Writing

These sessions are intended to allow all participants to explore the creativity that lies, often unsuspected, within each one of us. Although its primary focus is on prose writing (stories, memoirs), we will try and make space for other forms of writing if that is desired by course members. These four sessions will take place fortnightly. **Thursday 11th September (1), Thursday 25th September (2).**

How to Deal with Changed and Challenging Behaviour

At times looking after someone with dementia can be challenging because of changed behaviour. This course helps you to come to terms with this situation as well as being able to get into their world and find ways of communicating effectively. **Monday 22nd September.**

For details of times please see pages 10 and 11.

Booking procedure

To book a place on any of our training courses please use the enclosed form, telephone us or send an e-mail. Our courses are now popular and booking a place does not automatically confirm attendance.

Nearer the course date a letter confirming your place will be sent to you. If you find you need to cancel please contact us as soon as possible so we can offer it to someone else.

If you would like someone to look after the person you care for so that you can attend any of our courses please ring us to discuss the possibilities. We can cover any costs incurred for this provision.

SOCIAL EVENTS

Games Afternoon

Attending an afternoon of board games and cards can be great fun as well as being therapeutic. Whether your aptitude is for snakes and ladders, chess, rummikub, scrabble or any variety of card game you will receive a warm welcome and friendly rivalry at this afternoon event. This group has been quite quiet so we are eager for it to develop.

Free Yoga sessions for Carers

Have you thought about taking up some exercise? Why not try yoga? The benefits of yoga are too numerous to put into a sentence but it is a gentle way of exercising focusing on strength, posture and flexibility.

During Carers' Week we are inviting Carers to come along to Heron's Lodge in Loughton for a taster session on **Tuesday 10th June at 1.00pm** (transport and a sitting service can be provided). You are very welcome to attend this friendly, relaxed class that is suitable for all ages and abilities. Classes run every Tuesday afternoon (during term-time).

For more information please call 01908 231703.

Claydon House

This National Trust property is set in the tranquil Buckinghamshire countryside. Explore the house which has strong associations with Florence Nightingale who used to regularly visit this home of the Verney family. The grounds are worth exploring too and there are refreshments available.

Fabric Warehouse

For those of you interested in crafts a minibus for 16 people will be visiting this warehouse in Leicester.

Summer Barbecue

This is to be held at Moulsoe Millenium Hall (take the turn to Moulsoe near Junction 14 of the M1, as you go through the village the Hall is located on the right side). There is plenty of space for parking and disabled access. You are very welcome to bring the person for whom you are caring.

Castle Ashby

This is a lovely venue to explore. A picturesque setting to walk in and also a range of small retail outlets including refreshment rooms and delicatessen. The minibus will take those of you who are interested.

Picnic and Ramble

A visit to Emberton Country Park. For those who are energetic this offers a pleasant stroll and for those less energetic there is plenty to watch. There is a café but it is a much nicer place to picnic.

Theatre

The very popular West Side Story is our choice for this visit. Be enthralled by the music and lyrics.



Jackie Stretton, Yoga Tutor and Meditation and Relaxation Trainer.

Dates and times of all these events can be found on pages 10 and 11.

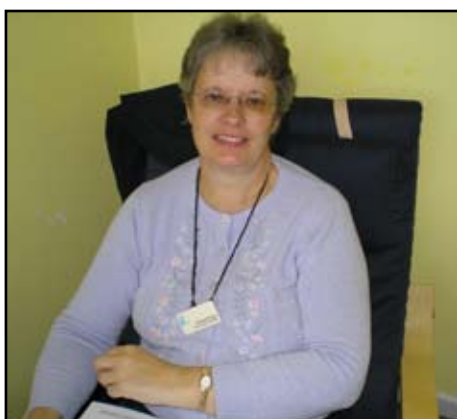
MONEY MATTERS

Benefits Advice

Robina Payne, who works for the Local Pension Service, will be here at the Carers' Centre fortnightly on Thursdays from 2pm – 4pm. Appointments can be made to see Robina by **contacting Carers Milton Keynes on 01908 231703.**

Robina can complete benefit application forms or offer information about Pension Credit, Attendance Allowance, Housing Benefit and Council Tax Benefit to Carers aged 60 or over or to those who are caring for a person aged 60 or over.

If there is not time at the appointment to complete an application form Robina will arrange a home visit for a member of the Local Pension Service to call on the Carer to complete any application form that is required.



Robina Payne

Check Your Entitlement

One of our Carers recently received a letter outlining her award for the state pension. She warns other Carers to check these letters carefully as hers stated her caring entitlement dated from 2002, when in fact her caring role started in 1995. A phone call to the Carers Allowance office can confirm your dates, if you are unsure.

Dealing with Large Fuel Bills

If you have received a large fuel bill which you are unable to pay and fear you might be disconnected:

- Contact your fuel supplier to let them know of your concerns, and tell them about anyone in your household who is vulnerable because of age or poor health. There may be a possibility of changing your payment method or transferring to a different tariff.
- Since 2004 the Energy Retail Association has had a safety net scheme to ensure that vulnerable customers are not disconnected. The Home Heating Helpline (*see below*) will be able to tell you about the Priority Services Register which suppliers keep, so that you can ensure you receive priority treatment.
- If you are in receipt of Income Support, Pension Credit or income based Jobseekers Allowance and you are unable to pay your fuel bill, the 'fuel direct' system can help to avoid disconnection by allowing deductions to be made from your benefit and paid directly to the fuel supplier.
- If disconnection has taken place you may be able to apply for a Crisis Loan from the Social Fund to pay for reconnection. This loan is available in an emergency if you are without sufficient resources to meet the immediate short term needs of yourself and/or your family. Contact your local Jobcentre Plus office to apply for the loan.

The Home Heating Helpline (0800 33 66 99) and the Energy Savings Trust (0800 512 012) can give you tips on how to make energy savings around the home and advise you about grants and other assistance that may be available to you.

CONSULTATION CORNER

CSCI Inspection of Older People's Services

The Commission for Social Care Inspection is planning to inspect Older People's Services, provided by Milton Keynes Council during the last week in May. The focus for this inspection will be:

- People are safeguarded; and
- People have access to preventative services

We have been asked to arrange a meeting for a group of Carers to meet the inspectors. I understand that the inspectors also wish to talk with me as manager of a 'preventative' service.

The objective of the inspection is to evaluate social services' delivery of social care for their populations. Such an inspection gives authorities a chance to identify their strengths and their weaknesses but they are intended to lead to service commendation and/or improvement. We will let you know the results when they are presented.

Hilda Kirkwood

Tuesday Support Group Speakers

8th July	Colin Bradford from Age Concern
12th August	Vera Roper to talk about Astrology
9th September	Delia Fielding from the Occupational Therapy Service



Newport Pagnall United Reform Church - venue for our support group.

We've Made Some Changes...

Carers have mentioned that they found the layout of our newsletter confusing so we've had a think and re-arranged some of the regular features. In particular we have removed the grid of dates from the back cover. In its place we have provided a full diary of all our events for the coming months on pages 10 and 11.

We would welcome your comments on whether this is better (or worse!). Let us know what you think.

Carers Allowance - New Rates

Carers Allowance increased to £50.55 per week from April 2008; the adult dependant's addition went up to £30.20. The earnings limit stays the same at £95 per week.

Items for Sale

- Theraposture chair bed 30" wide with retractable arms and a Tempora mattress. Cost £3000 new - offers considered.
Contact Mrs Buckle on 01494 676506.
- Wheelchair in good condition and a brand new 3 wheeled walker. Offers considered.
Contact Mrs Cox on 01628 528306.

Items for Free

A local Church has been given some items that might be of use to Carers. These are:

- 2 commodes
- 1 back rest
- 1 table to go over the bed.

Contact Connie Sharp at Carers Bucks in Aylesbury for details on 01296 392711.

SERVICES AND INFORMATION

Dress to Impress

People with a disability or who are confined to a wheelchair often have to make do with wearing baggy and oversized clothes – any idea of looking fashionable quickly gives way to the practical considerations of comfort and ease of dressing. However, there are companies that now specialise in stylish clothes for people with a disability.

Allana Smyth sells clothes for men and women with physical disabilities. Their clothes are designed with style as well as function in mind. The ALLANAgown, their bestselling nightdress, has a back and shoulder opening, split sleeve, soft fasteners and is made from easycare fabric. People with dementia find the ALLANAgown particularly successful as they often become agitated when being dressed and often have a particular problem with clothes going over their head.

The Allana Smyth range includes trousers with high backs and space for continence aids, skirts with magnetic fasteners and leg wraps for people using wheelchairs and scooters. Prices range between £23 and £75.

For more information telephone 01536 764267 or visit their web site at www.allanasmyth.co.uk

Adaptawear has a similar ethos to Allana Smyth. They design men and women's clothing in 12 different styles and with magnets and Velcro for fastening and side and back openings. They also offer a tailoring service for altering clothes. Prices start at £25 for clothes; shoes from £7.

For a copy of their catalogue contact 0845 643 9492 or visit www.adaptawear.co.uk

Carers in Touch

Yours, the weekly women's magazine, has a Carers in Touch scheme. To join you just need to write or email the magazine giving your name, address, telephone number, email address (if you have one) together with brief details of the person for whom you care. Include details about your family and interests if you wish.

Names and addresses will not be published in the magazine or passed on to anyone apart from other Carers. Every Carer who writes to the magazine will have his or her name added to a list which will be updated regularly and sent out to all Carers. It is up to the individual Carers to get in touch with people they choose.

Write to: Carers in Touch, Yours, Media House, Peterborough Business Park, Peterborough PE2 6EA (enclose an A4 size self-addressed envelope).

When Caring Ends

Looking after someone is a huge part of your life but it is inevitable that your caring role will change over time. Carers UK and Help the Hospices have joined forces to produce a booklet called '*When Caring Comes to an End*' which provides information on when caring is coming, or has come, to an end either because the person you care for is moving into residential care or has died. It offers practical information to help Carers cope with the changes and covers making decisions about care homes, dealing with a death and the necessary arrangements, and life after caring including volunteering, benefits and return to work.

Copies can be downloaded free from the Carers UK web site at www.carersuk.org/ Information

SERVICES AND INFORMATION

Caregiver.com

Caregiver.com is a web site developed by the Caregiver Media Group, a leading provider of information, support and advice for family and professional Carers in the United States. They also publish Today's Caregiver magazine, the first national magazine dedicated to Carers.

The web site includes topic specific newsletters, online discussion lists, back issue articles from Today's Caregiver magazine, chat rooms and an online store. Despite its American origins there is a wealth of interesting information for Carers in the UK and the opportunity to join a worldwide discussion forum.

Visit www.caregiver.com

Mobility in Retirement

The RetirementMobility web site aims to be a single source of information and practical advice on staying mobile and using mobility equipment in retirement. Whatever your level

of mobility, you will find lots of advice on this web site.

The web site contains over 50 articles all written by a team of experts and who add around 3 new articles each month. Recent articles cover the use of walking sticks, Blue Badge Scheme, keeping joints supple and wheelchair services.

Visit www.retirementmobility.co.uk

Caring for Someone with MS

For Multiple Sclerosis Awareness week in April, the MS Society brought out a number of new publications for Carers. These include:

- *Caring for someone with MS: a handbook for family and friends* and
- *MS Carers: the man's guide to caring for someone with multiple sclerosis.*

Both are available free to download from the Society's web site or contact them on 020 8438 0700.

Be Alert!

A sharp rise in burglaries in Buckinghamshire means every resident needs to be vigilant. Latest statistics show the number of burglaries reported in Bucks between November and December 2007 has increased by 34.5%. These include distraction burglaries where bogus callers will call unannounced and try to trick their way into your home. So be vigilant and follow these simple rules:

- **LOCK** Keep your front and back doors locked, even when at home.
- **STOP** Is anyone expected? Check you have locked your back doors and taken the keys out.
- **CHAIN** If you decide to open the door, put the door chain on first.

CHECK Ask for and check the caller's identification card. You can check the telephone number on the card against the number in your

phone book, or on a recent bill. Or you can phone directory enquiries to check if the company is genuine. (Don't call the telephone number on the card, it may be false.)

If you are caring for somebody:

- **reassure** the person you care for that they are less at risk than they might imagine particularly if they follow common sense advice.
- **remind** the person you care for to practice good doorstep behaviour (Stop, Chain, Check.)
- **advise** the person you care for to keep money, credit or debit cards, cheque books, savings books and any other valuables in a safe place.

For advice on how to keep your home safe and secure contact the Crime Reduction Unit on 01908 686105.

MENTAL HEALTH CARERS

Support for Mental Health Carers

Beth Lawrence has been appointed as the new Carers' Co-ordinator for mental health services in Milton Keynes. Some of you may remember Beth as she used to work for Carers Bucks and did some work for us here in Milton Keynes back in 2006. This included organising two information sessions about the changes to the mental health services when the adult community teams were re-structured.

Beth's new role involves developing the support available for the Carers of people who use the mental health services; including services for adults of working age and older peoples' services. She also has the responsibility of ensuring that more people are offered a Carer's Assessment; which will in turn hopefully lead to greater numbers of Carers receiving the support they may need. Her role also includes generally raising the profile of Carers' issues amongst staff teams and encouraging ways of working which take into account the significant

family members or friends around the person using the services.

Beth is keen to involve Carers in the development of services. After all, Carers are the experts by experience in terms of knowing what support they already find helpful and what their needs are. If you would like to talk to Beth about the development of services, or on any other issue relating to the mental health services (including arranging a Carer's Assessment), **she can be contacted via the East Recovery Team on 01908 254386 or 01908 254384.**

Mental Health Support Group

The speakers for the mental health evening support group are as follows. They will speak about the service they offer.

4th June	Jane Ross from the Assertive Outreach Team
6th August	Lee Shiong from Oasis Day Centre.

CARING FOR SOMEONE WITH PARKINSON'S

Room for Improvement

A recent survey by the Parkinson's Disease Society (PDS) provides a significant insight into all aspects of life with the disease. The report '*Life with Parkinson's today – room for improvement*', published in April, reveals significant inconsistencies in access to specialist care across the UK.

- More than a quarter of people living with Parkinson's have never talked to a Parkinson's Disease Nurse Specialist (PDNS) and 4 out of 10 people with the condition have not spoken to a specialist nurse in the last 12 months. People are missing out on this specialist support despite the fact that having access to a PDNS is seen as a number one priority for people with Parkinson's disease living in the UK.

- Although there is a trend towards more people being diagnosed by a specialist - essential for an accurate diagnosis - things still need to improve with 1 in 5 people being diagnosed by their GP in the last year.
- Access to therapies such as physiotherapy, occupational therapy and speech and language is improving. However, the majority of people with Parkinson's are still not being assessed for or receiving therapies to help them manage their condition.
- 3 out of 10 people diagnosed with Parkinson's in the last 12 months were not given clear information about the condition and medication at the time they were diagnosed. Nearly half (47%) feel they need more information now.

For more details and to download a copy of the report visit www.parkinsons.org.uk or phone 020 7963 9370.

PARENT CARERS

Supporting Parents

The Carers who attended the support group in March on restraining techniques came away with useful strategies to put into place and a certificate! Come to the group in June – learn and enjoy about how to manage stress and relax. Very useful with the summer holidays coming up!

In July we have Donna from the play association to talk about interaction through play for all ages and in September a representative from MK CAMHS will talk to the group.

It would be great to see as many of you as possible at the special event we are organising in August. This is to be held at **Moulsoe Millennium Hall** (turn off the Newport Pagnell Road near junction 14 of the M1 and keep going through the village until you come to the Hall on the right) **from 11-2 on Monday 18th August**. We are joining with another two groups – Brainwave and Social Eyes. A band called Umbanda have been booked and they are going to lead us in drumming and percussion work. Communication through music and sound, for Mums and Dads, who they are looking after and other siblings who wish to come. Bring a picnic as there is lots of open space around the Hall. The Hall has disabled facilities. Let's hope for fine weather and make this a day to remember - should be lots of fun for everyone.

If you wish to come and for more information please ring Anne on 231703.

Extreme Parenting

Parents of children with chronic illnesses experience 'extreme parenting'. Parenting under extreme circumstances, like an extreme sport, challenges us to find our true strengths, to push ourselves physically and emotionally. This book is a guide and a source of support for parents of children with long-term illnesses.

Extreme Parenting by Sharon Dempsey, published by JKP, published March 2008. Cost £13.99 (paperback).



A family day out at Thomley Activity Centre.

Summer Playschemes

The Childcare Information Service suggest that you give them a ring to find out about suitable summer schemes. **Their number is 0800 035 0335**. One scheme is outlined below.

Oasis scheme – Greenleys Middle School

Starts from **28th July or 4th August** for 4 weeks. The scheme caters for a broad range of disabilities. If a child needs one to one support they endeavour to find this. Cost £16 for whole day; £10 for part day (there is room for flexibility in hours and cost).

Short Breaks - A Legal Duty

In March the House of Lords amended the Children and Young Persons Bill to create a new duty on local authorities to help parents caring for disabled children by giving them breaks from their caring responsibilities.

How this new duty will work in practice has yet to be tested. However the government is providing £340 million (over 3 years) to improve services for disabled children and a further £90 million to transform short break services. Milton Keynes Council has received £40,000 this year to plan services, and will receive £362,000 next year rising to £1,061,900 in 2010.

Visit www.edcm.org.uk

DIARY OF TRAINING AND EVENTS

June 2008

- Mon 2nd** Crafty Carers (10-1pm)
- Tues 3rd** Yoga, Heron's Lodge (1-3pm)
- Wed 4th** Mental Health Support Gp (6-7.30pm)
- Fri 6th** Parent Carer Coffee Morning (10.30-12.30pm) Greenleys Family Centre
- Mon 9th** Ramble, Caldecote (11am-2pm)
- Tues 10th** Support Group (10.30am-12.30pm)
Yoga, Heron's Lodge (1-3pm)
- Wed 11th** Joy of Gardening (10am-12pm)
Frosts Garden Centre
- Thurs 12th** Former Carers (1.30-3.30pm)
Camphill Centre, Willen Park
- Fri 13th** Pamper Day (10am-3pm)
- Mon 16th** Parent Carer Group (11am-1pm)
- Tues 17th** Yoga, Heron's Lodge (1pm-3pm)
- Wed 18th** Outing – Claydon House (12-4pm)
Nr Steeple Claydon
- Thurs 19th** Crafty Carers (10am-1pm)
Relaxation Therapies (10.30,11.30,12.30)
Evening Support (7pm-9pm)
- Fri 20th** Games afternoon (1.30pm-3.30pm)
- Mon 23rd** Crafty Carers Trip, Leicester (9.30am- 3.30pm)
- Tues 24th** Yoga, Heron's Lodge (1pm-3pm)
- Wed 25th** Support Group (1.30pm-3.30pm)
Parkside Surgery, Bletchley
Support Group (1.30pm-3.30pm)
Newport Pagnell URC Church
- Thurs 26th** Art of Communication (10am-2.30pm inc lunch)
- Fri 27th** Coffee morning (10.30am-12.30pm)
Barbecue (5.30pm-7.30pm)
Moulsoe Village Hall

July

- Tues 1st** Yoga, Heron's Lodge (1-3pm)
- Wed 2nd** Meditation & relaxation (10.30am-12.30pm)
- Fri 4th** Parent Carer Coffee Morning (10.30-12.30pm) Greenleys Family Centre
- Mon 7th** Crafty Carers (10am-1pm)
- Tues 8th** Support Group (10.30am-12.30pm)
Yoga, Heron's Lodge (1-3pm)
- Wed 9th** Wardrobe Personality (10am-12.30pm)
- Thurs 10th** Former Carers (1.30-3.30pm)
- Mon 14th** Stress & Anger Management (10am- 2.30pm inc lunch)
- Tues 15th** Yoga, Heron's Lodge (1pm-3pm)
- Thurs 17th** Crafty Carers (10am-1pm)
Relaxation Therapies (10.30, 11.30, 12.30)
Evening Support (7pm-9pm)
- Fri 18th** Games afternoon (1.30 – 3.30)
- Mon 21st** Parent Carer Support (11am- 1pm)
- Tues 22nd** Yoga, Heron's Lodge (1pm-3pm)
- Wed 30th** Support Group (1.30-3.30pm)
Parkside Surgery, Bletchley



Heron's Lodge, Loughton venue for our yoga classes.

Please note all activities are at our offices in Central Milton Keynes (63 North Seventh Street) unless otherwise stated.

DIARY OF TRAINING AND EVENTS



Carers Centre at 63 North Seventh Street, Central MK.

AUGUST

- Fri 1st** Parent Carer Coffee Morning (10.30-12.30pm) Greenleys Family Centre
- Mon 4th** Crafty Carers (10am-1pm)
- Wed 6th** Mental Health Support Gp (6-7.30pm)
- Tues 12th** Support Group (10.30am-12.30pm)
- Wed 13th** Trip to Castle Ashby (10-2.30pm)
- Thurs 14th** Former Carers Group (1.30-3.30pm)
- Fri 15th** Games afternoon (1.30-3.30pm)
- Mon 18th** Parent Carers (11am-2pm) Moulsoe Millennium Hall
- Thurs 21st** Crafty Carers (10am-1pm) Evening Support (7pm-9pm)
- Wed 27th** Support Group (1.30-3.30pm) Parkside Surgery, Bletchley
- Thurs 28th** Relaxation Therapies (10.30, 11.30, 12.30)
- Fri 29th** Coffee morning (10.30 – 12.30pm)

September

- Mon 1st** Crafty Carers (10am-1pm)
- Fri 5th** Parent Carers Coffee Morning (10.30-12.30pm) Greenleys Family Centre
- Tues 9th** Support Group (10.30-12.30pm) Yoga, Heron's Lodge (1-3pm)
- Wed 10th** Joy of Gardening (10am-12pm) Frosts Garden Centre
- Thurs 11th** Creative writing (1) (10am-12pm) Former Carers Group (1.30-3.30pm)
- Mon 15th** Parent Carer Group (11am-1pm)
- Wed 17th** Ramble & picnic (10.30am-1.30pm) Emberton Country Park
- Thurs 18th** Crafty Carers (10am-1pm) Relaxation Therapies (10.30, 11.30, 12.30) Evening Support (7pm-9pm)
- Fri 19th** Games afternoon (1.30-3.30pm)
- Mon 22nd** Dealing with Challenging Behaviour (10.30-12.30pm)
- Thurs 25th** Creative Writing (2) (10am-12pm) West Side Story (7pm-10pm) MK Theatre
- Fri 26th** Coffee Morning (10.30-12.30pm)
- Wed 1st Oct** Support Group (1.30-3.30pm) Parkside Surgery, Bletchley

We are always keen for Carers to contribute to this newsletter. Any contributions should be sent to Connie Sharp at Carers Bucks preferably via email to connie.sharp@carersbucks.org or telephone 01296 392711.



A caring and helping Hand

CARERS MILTON KEYNES

The David Baxter Centre, 63 North Seventh Street, Central Milton Keynes MK9 2DP

Tel: 01908 231703 Fax: 01908 660867 Email: mail@carersmiltonkeynes.org

Registered Charity No. 1116804