

Milton Keynes Carer



NEW INITIATIVES FOR 2009

'A Caring System on Your Side. A Life of Your Own'. The Government Strategy for Carers



The Government has published a new Carers' Strategy to inform national policy on the provision for

family Carers for the next 10 years. It is based on the views and concerns of Carers and acknowledges that Carers need more help and support than has been available in the past. Carers have told the Government that they want a system on their side rather than one that frustrates them at every turn. The strategy

promises more personalised support and more support for short breaks. Locally we will be working with MK Council and the PCT and other Government agencies to ensure that Carers needs are being met and that you are all recognised as equal partners with professionals in the provision of care.

Carers at the Heart of 21st Century Families and Communities can be read or downloaded via the Department of Health web site at www.dh.gov.uk or contact Carers Milton Keynes for a copy of the summary.

A New Parent Carers' Forum

Alongside the new Carers' Strategy the Government has a programme called 'Aiming High for Disabled Children'. This is now being implemented across the country and will provide a *core offer* to all parents with a severely disabled child. The core offer includes information, transparency, assessment, participation and feedback. A new Transition Support Programme is also being developed. New money will be providing a greater range of short break opportunities for parent Carers. A forum is now being established in Milton Keynes to provide a voice for parent Carers in consultation with the local authority.

Each local authority must now consult with local parents about any changes and improvements to local services including education, health and social care.

If you have a child with a disability and would like to be involved with this forum please email parentcarersforum.mk@live.co.uk or ring Anne Matthews on 01908 231703.

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SOCIAL EVENTS

Let's Get Ready to Ramble!

We have given you a good rest over the winter but it's that time again. We are going for a gentle ramble around Willen Lake on **Thursday 26th March at 10.30am**, followed by a light lunch and refreshments.

We are also planning a ramble around Woburn followed by lunch on **Wednesday 20th May at 10.30am**. Transport can be arranged. **We would be pleased if you could join us.**

Theatre Trip

'Come to the Cabaret old chum, come to the Cabaret' at Milton Keynes on **Wednesday 15th April at 7pm**. We have 15 free tickets for Carers to attend. Please note that we can only offer these tickets to Carers.

Pottery Painting

Due to the success of this activity we have another session lined up on **Thursday 30th April at 11am – 1pm** at 'Slip This Way Ceramics' at Kingston (near Tesco's). Once you have created your masterpiece it will be glazed and ready for you to take home the following week.

Visit the Bluebell Gardens at Coton Manor

Our visit to Coton Manor will coincide with the display of beautiful bluebells in the grounds of the Manor. There is also a small garden nursery, a café and plenty to see. Please join us on **Thursday 7th May**; the coach will collect us at 10am from Carers MK and we will return by 2.30pm.

Trip to Woburn Safari Park

Safari parks are not just for kids. Why can't we have a bit of fun too! Join us on **Tuesday 2nd June** for a trip to Woburn Safari Park and watch the monkeys running roughshod over the bus! We plan to leave Carers MK at 10am and will return by 3pm. Please bring a picnic.

Singing / Quizzes

If there are any of you out there who enjoy singing please get in touch with us. We are thinking of setting up a session but would like to know if we have the interest. Singing is fun and really therapeutic.

We would also like to hear from you if you would like to take part in a team at a pub quiz. There are a number of pubs locally that offer quiz sessions but they usually start about 9pm. It's great fun, you're not on your own and it's a chance for you to share all that knowledge you've been hiding away!!



Carers trying their hand at painting pottery.

Annual Survey

Enclosed with this newsletter you will find our annual Feedback Survey. We would like you to complete this and return it to us using our Freepost address:

**FREEPOST RRAT-XYXH-CHHX
CARERS MILTON KEYNES
THE DAVID BAXTER CENTRE
63 NORTH SEVENTH STREET
CENTRAL MILTON KEYNES
MK9 2DP**

Your opinions of our services and how they are delivered are needed whether you have had a good or a bad experience. We learn from our mistakes! We will use the results in planning our future delivery of services – both what we do and where we do it.

TRAINING PROGRAMME

funded by Milton Keynes Council



**MILTON KEYNES
COUNCIL**

Anxiety & Depression

Find out the true meaning of depression and anxiety. Explore the cause and find ways of coping.

Monday 9th March 10am – 2.30pm (includes lunch).

The Joy of Gardening

Frosts Garden Centre at Woburn Sands welcomes us again where we will have a talk about spring flowering shrubs.

Wednesday 11th March 10am – 12.00 noon.

Writing Club

This is a new activity which will be bi-monthly for those who enjoy the written word. So those budding authors out there come and enjoy the creativity!

Read about the benefits of writing on page 7.

**Tuesdays 10th March, 12th May, 14th July etc
10.30am – 12.30pm.**

How Diet Can Help Arthritis

How diet can improve arthritis and other inflammatory conditions. This session will be taken by Gerald Remy who is an experienced dietician.

Wednesday 18th March 10.30am – 12.30pm.

Flower Arranging

This is a lovely session where your flower arranging skills can be used to create an Easter table arrangement that you will be able to take home.

Tuesday 31st March 11am - 12.30pm.

Understanding Stress and How to Manage It

Identify the effect stress has on us, both physically and emotionally and develop strategies to enable you to cope.

Thursday 23rd April 10am – 2.30pm (includes lunch).

First Aid

Knowing basic first aid techniques might make a difference to a person's recovery. This session is provided by Guardian Training. It is tailored to deal with particular carers' issues.

Tuesday 12th May 6.30 – 8.30pm.

Legal Planning for a Young Person's Future

Joanna Addison is an experienced local solicitor. She will be able to advise on ways of planning for the future of young people who have a learning or physical disability. She will endeavour to answer your concerns and advise on your options.

Friday 15th May 10.30am – 12.30pm.

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.

MONEY MATTERS

Employment and Support Allowance – How Will it Affect You?

The end of October saw the introduction of the new Employment and Support Allowance (ESA) which replaces Incapacity Benefit and Income Support (paid on the grounds of ill health and disability). This only applies to people claiming on or after 27th October 2008 so if you are currently receiving Incapacity Benefit and/or Income Support because you are not well enough to work, you will continue to do so for now.

How is ESA different from Incapacity Benefit and Income Support?

There will be a different assessment to look at how your ill health or disability affects your ability to work. This will take up to 13 weeks, during which time you will get a basic rate of ESA. After 13 weeks those with the most severe disabilities or health problems will qualify for an additional payment called the support component. They will not have to take part in activities that may help them get back into work unless they want to.

The majority of people who qualify for ESA will get an additional payment called 'the work-related activity component' instead. If you fall within this group you will be required to take part in an assessment to look at the extent to which you still have some ability to work. You may also be asked to attend 'work-focused interviews' to talk about your work prospects, the steps you are willing to take to move into work and the support that can be provided to you.

Your Rights as a Carer

- You can ask for a work-focused interview to be deferred if it would not be appropriate for you to attend
- you can ask for a work-focused interview to take place in your home
- if you cannot attend this interview (eg the

- person you are looking after becomes unexpectedly unwell) you must tell your JobCentre Plus your reasons within 5 days
- if a decision is made to reduce your benefit for not attending this interview you have the right to appeal
- at a work-focused interview, your caring responsibilities should be taken into account when discussing whether it is appropriate for you to be looking for work.

For further advice on caring and ESA contact Carers UK CarersLine on 0808 808 7777 (Wednesdays and Thursdays 10am - 12noon and 2pm - 4pm).



Christmas raffle prize winners.

British Gas Essentials Tariff Update

Our apologies to those Carers who contacted British Gas, following the article in the last issue of the Milton Keynes Carer. Unfortunately the Essentials Tariff had been withdrawn in between writing the article and sending out the newsletter. The Tariff has currently been suspended until April 2009.

However, some Carers contacted us to say that their power suppliers had responded positively to their enquiries concerning cheaper fuel tariffs for more vulnerable customers. Do let us know if you were able to switch to a cheaper rate, so we can pass the information on to other Carers.

MONEY MATTERS

Caring and Your Pension

If you are on a low income or unable to work because you are caring for someone you may be concerned about how this will affect your State Pension.

The State Pension is made up of two parts: a flat-rate basic pension and an earnings related pension, called the State Second Pension. Your entitlement to the basic State Pension is based on the number of 'qualifying years', which are tax years in which you have paid National Insurance. The number of qualifying years normally needed is equal to about 90% of your working life. This is calculated from the start of the tax year in which you reach 16 to the end of the tax year when you reach State Pension age.

If you do not earn enough to pay National Insurance contributions, you can still build up an entitlement to the State Second Pension, if you:

- qualify for Home Responsibilities Protection
- are entitled to Carer's Allowance, even if you do not receive it because you get another benefit

- receive Child Benefit for a child under the age of 6 years.

Home Responsibilities Protection (HRP)

You should get HRP automatically if throughout a complete tax year:

- you get Income Support and you do not need to register for work because you are caring for someone who is sick or disabled, or
- you are paid Child Benefit for a child under 16.

If you are looking after someone who is sick or has a disability and you do not receive Income Support or Child Benefit, you will need to apply for each tax year in which you need HRP.

If you are entitled to Carer's Allowance, you will be credited with NI contributions automatically and will not need HRP.

For further details contact the local Pension Service on 01908 208632 or visit www.direct.gov.uk and click on Caring for Someone.

Carers and Jobseeker's Allowance

The government has had a change of heart over its proposal to move Carers, claiming Income Support, onto a modified version of Jobseekers Allowance. The proposal was included in the Green Paper 'No one written off' but in a White Paper published in December the government acknowledged concerns from Carers that this was an inappropriate benefit for Carers.

Carers UK had vigorously opposed this proposal arguing that it was confusing and insulting to Carers when they are not unemployed and would not be required to look for paid work. The White Paper states that the government '*will not move Carers from Income Support until we have a clear and detailed plan setting out how we will reform the benefits system over the longer term*'.



Posing for the camera at our Christmas party!

CAMPAIGNS AND CONSULTATIONS

Neurological Consultation Event

Last November people caring for someone with a long-term neurological condition were invited to an event at the Guildhall in Central Milton Keynes. During the afternoon their opinions were sought on a range of issues that affect Carers including care planning, receiving appropriate information, getting a break, cover for emergencies and the Carer's right to choose the extent of their involvement.

All expressed opinions were drawn together at the end of the event to give a visual display of where services are getting it right and where they are getting it wrong (we used coloured stickers). Since then some of the findings have been taken to the local Neurological Implementation Team and from there further work will be done in the coming months to improve services for Carers.

Some of the required improvements will be brought in under the implementation of the new Carers' Strategy (*see front cover*). Other improvements will be more specific to a particular service or hospital clinic. All improvements will be underpinned by the growing awareness that unpaid family Carers are Equal Partners with professional staff in the care of the person who has the illness.

Hilda Kirkwood



Carers in creative mood at our pottery painting session last year.

Woman's Weekly Supporting Carers

Woman's Weekly has teamed up with our umbrella organisation, the Princess Royal Trust for Carers (PRTC), for 2009.



The magazine wants to recognise the extraordinary work that Carers do and to celebrate all your efforts and unselfishness! Throughout the year they will print stories to raise the profile of unpaid family Carers. Later in the year they will feature an exciting and unique fundraising month.

They have a special subscriptions discount offer for the PRTC, whereby you pay only £8.15 per quarter if you pay by direct debit. You can subscribe online at: www.womansweeklysubs.co.uk/wkav or call free phone 0845 123 1231 quote code 21v. *Happy Reading!*

Campaigning Carers

A group of Carers, angry at the continued lack of improvements to Carers' benefits, is organising a day of protests in London and Edinburgh.

The London Protest and Rally will be held in Old Palace Yard outside the Houses of Parliament between 11am and 2.30pm on **Wednesday 22nd April 2009**. They have organised a petition calling for an increase in Carers Allowance to allow Carers dignity and quality of life. A copy of this petition is available to sign at Carers Milton Keynes' offices or online, together with details of the campaign, at www.carerspovertyprotest.info

They are calling on all Carers to get involved but if you cannot make it on the day you can still take part and write to your MP in support of the campaign.

SERVICES AND INFORMATION

The Write Stuff

There is a great deal to be said about the therapeutic benefits of writing about things in your life. More and more Carers are turning to writing as a way of expressing frustration, releasing tension or simply as a way of taking time out from their caring role. Some may write letters, an online blog or keep a journal but for others writing has given them the opportunity to reflect on years spent caring, to help them understand what they have been through, and to help other Carers make sense of their own experiences and emotions.

Below are details of books written by Carers.

- Take Me Home: Parkinson's, My Father, Myself by Jonathan Taylor (2007)
- Andrew's Story: Living with Pancreatitis by Brenda Prentice
- Caring for a Parent in Later Life by Judith Cameron (2008)
- Now Where Did I Put my Glasses? Caring for Your Parents – A Practical and Emotional Lifeline by Jackie Highe (2007)
- Not Stupid: The Story of One Mother's Fight to Rescue the Lives of her Children from Autism by Anna Kennedy (2008).

Most of these are available from www.amazon.co.uk or can be ordered from your local bookshop. See page 3 for details of our writing group.

Concerned About a Pet?

Cinnamon Trust is the national charity for elderly and terminally ill people and their pets. Their aim is to keep owner and pet together for as long as possible with the help of a national network of volunteers who assist when any aspect of day to day care poses a problem. Some volunteers also offer foster care of these pets in their own homes, when the elderly or terminally ill face a short spell in hospital. The Trust also provides permanent home from home sanctuary for companion animals who outlive their owners.

They always need new volunteers, especially for dog walking and anyone with even an hour a week to spare can make a huge difference.

For further information telephone 01736 757900 or visit their web site at www.cinnamon.org.uk



Carers enjoying the Christmas festivities at Heron's Lodge.

Home Library Service

- Do you love to read but find it difficult to visit a library, possibly due to mobility problems or poor health?
- Are you a Carer?
- Is it difficult to find someone to visit the library for you?

Then let the library come to you.

- The Home Library Service will visit you to discuss your needs and enrol you.

- They will make up a profile of your favourite authors, genres etc.
- If you have access to a computer you can search the library catalogue to help you decide
- Books, talking books, large print, quick reads. CD's and DVD's are all available

To find out more about this service please contact your local library.

MENTAL HEALTH CARERS

Support for Mental Health Carers

The speaker at our group on **Wednesday 1st April** is from MK MIND who will inform us about their service.

On **3rd June** we will be welcoming a pharmacist to this group. This will give Carers some insight into the types of medication used for mental health conditions.

On **Friday 20th February** from 12 noon at the Guildhall (which is in the City Centre Church) there will be a talk by John Glasby from Birmingham University on personalisation, with the focus on increasing understanding. This is for service users, Carers and professionals. Lunch will be provided.

If you wish to attend please can you let Carers Milton Keynes know on 01908 231703.

CARING FOR SOMEONE WITH DEMENTIA

Impact of Young Onset Dementia

Carers Milton Keynes has been approached by student, Emma Svanberg, who is conducting research into the experiences of children, aged 12-18, who have a parent with a diagnosis of a young onset dementia. She will be asking about their experience of the diagnosis, the kind of caring tasks they may do at home and both positive and negative outcomes.

The project is approved by the Joint UCL/ UCLH Research Ethics Committee 'A'.

If you are interested in taking part contact Emma direct on 0773 684 1536; email youngcarersproject@hotmail.co.uk

When a Parent Has a Mental Illness

The Royal College of Psychiatrists has funded a short film to help children and young people better understand mental illness. The 16 minute film called *When a Parent has a Mental Illness* can be watched for free on the Royal College's web site. It was produced by Dr Alan Cooklin, a consultant in family psychiatry.

Visit www.rcpsych.ac.uk



Young Carers on a trip to the Snowdome in Milton Keynes.

Losing Clive to Young Onset Dementia. One Family's Story.

This book, written by Helen Beaumont, tells the story of her husband Clive, who was diagnosed with dementia at 45. She writes of how she and the rest of the family made it through the next 6 years up until Clive's death, dealing with the legal implications of the illness; applying for benefits; finding nursing homes; and juggling her responsibilities as a wife, mother and employee.

The book is published by Jessica Kingsley Publishers, 2008. Cost £12.99 (paperback).

PARENT CARERS

Parent Carer Update

Don't forget that you will receive a warm welcome as well as coffee and biscuits when you come along to the monthly coffee morning at Greenleys Family Centre on the first Friday of every month. It's a great way of meeting other parents and having a chat and learning from each other. The speakers for the **Monday group** (third Monday of the month) are as follows:-

Monday 16th February – Musical event at Moulsoe. (See poster on the back page – we would be delighted to see you so please ring to reserve a place.)

Monday 16th March

Mandy Lee-Fell is the Deputy Manager of the Children with Disabilities Team. It will be good to hear about how their service is run and hear about the role of the Social Worker.

Monday 20th April

Home-Start is a local organisation which helps families finding it difficult to cope with the stresses of bringing up a young family. We are pleased that one of their representatives will come and talk about the service they provide.

Monday 18th May

Our last talk on transitions was well received and informative so we have invited Adam Payne (from Adult Team for people with Learning Disabilities) to this session for you to find out more.



I'm forever blowing bubbles!



Making music at our family event last summer.

NICE ADHD Guidelines

The National Institute for Health and Clinical Excellence (NICE) produced their guidelines on the diagnosis and management of Attention Deficit Hyperactivity Disorder (ADHD) last September. These are the key recommendations:

- drug treatment is **not** recommended for pre-school children with suspected ADHD, nor for older children with moderate ADHD. Instead, the guidelines are that parents should be offered a group training programme.
- drug treatment **is** recommended for children and young people with severe ADHD. However, such treatment should always form part of a comprehensive care package that includes psychological and educational components.

The guidance also includes:

- a recommendation that teachers with necessary training should provide behavioural interventions in the classroom
- an unequivocal statement that dietary fatty acids are not recommended
- a recommendation that GPs do not initiate drug treatments for ADHD; this should be done by a suitably qualified expert.

Attention deficit hyperactivity disorder: Diagnosis and management of ADHD in children, young people and adults published September 2008 is available online at www.nice.org.uk

DIARY OF TRAINING AND EVENTS

February

Mon 16th	Parent Carer Event, Moulsoe Millennium Hall (11am-1pm)
Thurs 19th	Crafty Carers (10am-1pm)
	Relaxation Therapies (10.30/11.30/12.30 by appt)
	Evening Coffee and Chat (7-9pm)
Fri 20th	Games Afternoon (1.30-3.30pm)
Tues 24th	Yoga (1-3pm)
Wed 25th	Support Groups at Parkside Surgery & Newport Pagnall UR Church (1.30-3.30pm)
Fri 27th	Coffee morning (10.30am -12.30pm)

March

Mon 2nd	Crafty Carers (10am-1pm)
Tues 3rd	Yoga at Heron's Lodge (1-3pm)
Wed 4th	Meditation & Relaxation (10-11am)
Fri 6th	Parent Carers Coffee Morning at Greenleys Family Centre (10.30am - 12.30pm)
Mon 9th	Anxiety & Depression Workshop (10am-2.30pm inc lunch)
Tues 10th	Yoga at Heron's Lodge (1-3pm)
	Writing Club (10.30am-12.30pm)
Wed 11th	Joy of Gardening at Frosts Garden Centre (10am-12noon)
Thurs 12th	Former Carers (1.30-3.30pm)
Mon 16th	Parent Carer Group (11am-1pm)
Tues 17th	Yoga at Heron's Lodge (1.30-3.30pm)
Wed 18th	How Diet Can Help Arthritis & Other Inflammatory Conditions (10.30am-12.30pm)
Thurs 19th	Crafty Carers (10am-1pm)
	Relaxation Therapies (10.30/11.30/12.30 by appointment)
Fri 20th	Games Afternoon (1.30-3.30pm)
Tues 24th	Yoga at Heron's Lodge (1-3pm)
Wed 25th	Support Group at Parkside Surgery, Bletchley (1.30-3.30pm)

March (continued)

Thurs 26th	Ramble, Willen Lake (10.30am-2pm)
Fri 27th	Coffee Morning (10.30am-12.30pm)
Tues 31st	Spring Flower Arrangement (11am-12.30pm)
	Yoga at Heron's Lodge

April

Wed 1st	Meditation (10-11am)
	Mental Health Evening Support (6-7.30pm)
Fri 3rd	Parent Carer Group, Greenleys Family Centre (10.30am-12.30pm)
	Relaxation Therapies (1pm,2pm,3pm by appointment)
Mon 6th	Crafty Carers (10am-1pm)
Thurs 9th	Former Carers at Frosts Garden Centre (1.30-3.30pm)
Wed 15th	Cabaret, MK Theatre (7-10pm)
Thurs 16th	Crafty Carers (10am-1pm)
	Relaxation Therapies (10.30/11.30/12.30 by appointment)
	Evening Coffee and Chat (7-9pm)
Fri 17th	Games Afternoon (1.30-3.30pm)
Mon 20th	Parent Carer Group (11am-1pm)
Tues 21st	Yoga at Heron's Lodge (1-3pm)
Thurs 23rd	Understanding Stress & How to Manage It (10am-2.30pm inc lunch)
Fri 24th	Coffee Morning (10.30am-12.30pm)
Wed 29th	Support Groups at Newport Pagnall UR Church & Parkside Surgery, Bletchley (1.30-3.30pm)
Thurs 30th	Pottery Painting, Kingston Centre (11am-1pm)
Tues 31st	Spring Flower Arrangement (11am-12.30pm)

DIARY OF TRAINING AND EVENTS



Carers Milton Keynes staff and Rowena Dean, Chief Executive.

May

Fri 1st	Parent Carer Group, Greenleys Family Centre (10.30am-12.30pm)
	Relaxation Therapies (1pm/2pm/3pm by appointment)
Mon 4th	Crafty Carers (1-3pm)
Tues 5th	Yoga at Heron's Lodge (1-3pm)
Wed 6th	Meditation & Relaxation (10-11am)
	Mental Health Evening Support (6-7.30pm)
Thurs 7th	Trip to Bluebell Woods at Coton Manor (10am-3pm)
Mon 11th	Crafty Carers (10am-1pm)
Tues 12th	Yoga at Heron's Lodge (1-3pm)
	Writing Club (10.30am-12.30pm)
	First Aid (6.30-8.30pm)
Thurs 14th	Former Carers (1.30-3.30pm)
Fri 15th	Legal Planning for a Young Person's Future (10.30am-12.30pm)
Mon 18th	Parent Carer Group (11am-1pm)
Tues 19th	Yoga at Heron's Lodge (1-3pm)
Wed 20th	Ramble Around Woburn (10.30am-2pm)
Thurs 21st	Crafty Carers (10am-1pm)
	Relaxation Therapies (10.30/11.30/12.30 by appointment)
	Evening Coffee and Chat (7-9pm)

May (continued)

Fri 22nd	Games Afternoon (1.30-3.30pm)
Wed 27th	Support group, Parkside Surgery, Bletchley (1.30-3.30pm)
Fri 29th	Coffee Morning (10.30am-12.30pm)

June

Mon 1st	Crafty Carers (10am-1pm)
Tues 2nd	Yoga at Heron's Lodge (1-3pm)
	Outing to Woburn Safari Park (10am-3pm)
Wed 3rd	Meditation (10-11am)
	Mental Health Evening Support (6-7.30pm)
Fri 5th	Parent Carer Group, Greenleys Family Centre (10.30am-12.30pm)
Mon 8th - Fri 12th	CARERS WEEK PROG
Mon 8th	Pampering Day (10am-2pm)
Tues 9th	Yoga at Heron's Lodge (1-3pm)
Wed 10th	Joy of Gardening, Frosts Garden Centre (10am-12noon)
Thurs 11th	Former Carers' Tea (1.30-1.30pm venue to be confirmed)
Fri 12th	Barbeque at Moulsoe Millennium Hall (12-2pm)

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

EVENTS

Musical Fun

Milton Keynes Parent Carers, Social Eyes and Brainwave cordially invite you to our festival at the Moulsoe Millennium Hall

(Cranfield Road, Moulsoe, Milton Keynes MK16 OHB - M1 junction 14.)

From 11am to 1pm
Monday 16th February 2009

Siblings and Family, Helpers and Close Friends are welcome to meet each other and have fun with

Rhythm & Reed's Jazz Quartet
An exciting way of listening and experiencing rhythm and percussion. All participants have an instrument to shake and rattle.

Our Festival is Free for Everyone

Refreshments provided (jacket potatoes) or bring a picnic.
You are all invited to bring some colour to our Festival - wear a hat or a costume.

Please let us know if you are attending

Anne Matthews 01908 231703
Email: anne.matthews@carersmiltonkeynes.org
Ceri Collins - 0560 2699005
Email cericollins@brainwave.org.uk



Future Dates for Your Diary

As part of Carers' Week we will be holding a pampering event on Monday 8th June and a barbeque on Friday 12th June.

Crafty Carers Open Event

If you have an interest in any type of Craft you might be interested in coming to our Crafty Carers group, which takes place at the Carers MK office. We are holding an open session on **Thursday 19th March** from 10am - 1pm. This is an opportunity for all you 'Crafties' to share ideas. Refreshments and snacks available.
Come along and find out more.

Newsletter Frequency

Carers Milton Keynes will now be producing this newsletter 3 times a year instead of 4 - in February, May and September. Copies are also available electronically via email.
Contact us at mail@carersmiltonkeynes.org

If you have problems reading this newsletter or would like to receive it via email or in a different language please let us know. We are always keen for Carers to contribute to the newsletter. Any contributions should be sent to Connie preferably via email to connie.sharp@carersbucks.org

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

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