

Milton Keynes Carer

carers milton keynes

Carers' Week 8th - 14th June 2009



Carers ... the UK's Secret Service

Monday 8th June

Pampering Day - essential ME time. Drop in for a relaxing therapy 10am - 2pm

Tuesday 9th June

Yoga at Heron's Lodge 1 - 3pm

Wednesday 10th June

Joy of Gardening at Frosts Garden Centre 10am - 12pm

Thursday 11th June

Former Carers' Tea at Wyevale Garden Centre, Wavendon 1.30 - 3.30pm

Friday 12th June

BBQ at Moulsoe Millennium Hall. Carers are welcome to bring the person for whom they care. 12 - 2pm

For more information on Carers Milton Keynes or to attend any of these events please contact:

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



Tel: 01908 231703

Email: mail@carersmiltonkeynes.org

Website: www.carersmiltonkeynes.org



Hilda receiving a donation from Brenda Cowlin.

Brenda Swims from Land's End to John O' Groats

Brenda Cowlin, pictured above, raised over £800 from a sponsored swim. Brenda swam from Land's End to John o' Groats (or the equivalent in a local pool!) to raise money for our Young Carers. The money will be used to send some of the under 12s on a Honey-pot holiday this summer.

We are deeply grateful for such dedicated support. Brenda swam 5 days per week and sometimes 7 days to achieve this feat.

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SOCIAL EVENTS

The following are in addition to those held in Carers' Week (see front page).

Visit the Blue Lagoon in Bletchley

Often we miss the attractions on our 'doorstep'! We are having a guide from MK Council to escort us and inform us about the 'flora and fauna' around this local beauty spot. Regrettably the terrain underfoot is not really suitable for wheelchair users and those with mobility problems. There are plenty of picnic tables so that you can bring your own refreshments to have once the walk is finished.

Tuesday 4th August 10.30am - 12.30pm

Train Day at Caldecotte Lake

A joint event with two other charities – Social Eyes and Brainwave. A fun day for families with disabled children to have a ride on the train, enjoy the Jazz Band and more. See the poster on the back page for more details.

Saturday 15th August 1pm - 4pm

Drumming Party

Another event for families with a disabled child. See the poster on the back page. This is a really enjoyable, fun event where everyone can make music.

Tuesday 25th August 11am – 1pm

Around Your Face in 90 Minutes!

This is new and interesting experience. You will be taught how to enhance your natural features by the use of make-up, hairstyles, etc.

Thursday 10th September 10.30 – 12.30pm

Rambling around Furzton Lake

A circular walk for us all to enjoy around Furzton Lake. After all this energetic exercise we will find refreshment in a local hostelry!

Wednesday 16th September 10.30am – 1.00pm



Carers enjoying a visit to the Bluebell Gardens at Coton Manor.

Sometimes We Have to Say No...

We are delighted that our social events are well supported but sometimes we have too many people to be able to accommodate everyone. This is particularly true for theatre trips and when we use a minibus. So we would like to share with you how we choose who we invite and how we try to be as fair as possible.

We like to give as many people as possible a chance to attend all our events. This means that we consider new people first. Then we consider how many previous occasions we have offered people a place. Sometimes a Carer will be particularly stressed and that is considered. Another consideration is whether people are currently caring for someone.

Finally we like to keep most of our events as a 'haven' for Carers – a chance to re-charge your batteries – but we do offer two opportunities a year for you to bring the person for whom you care. These are the summer Bar-B-Q and the Christmas party and we try not to restrict numbers for these events. Yes I know it was a bit cosy at Christmas last year and we are investigating a bigger venue! Meanwhile I look forward to meeting as many as possible at the Bar-B-Q on June 12th. Let's hope we get that nice summer we've been promised.

Hilda Kirkwood

TRAINING PROGRAMME

funded by Milton Keynes Council



MILTON KEYNES
COUNCIL

Joy of Gardening

Come and join us at Frosts Garden Centre. The theme of this visit is a talk on summer planting in containers.

Wednesday 10th June 10am - 12pm.

Love Your Feet Workshop

Find out about the importance of looking after your feet. As a follow-on from this session there will be monthly, individual 40 minute sessions on Fridays 10th July, 14th August and 11th September.

Wednesday 17th June 10am - 12pm.

How to Deal with Changed and Challenging Behaviour.

This session explores the area of changed and challenging behaviour brought about by dementia and related conditions.

Thursday 25th June 10.30am – 12.30pm.

Taking Care of Your Back *(date to be confirmed)*

Learn how to move the person you are caring for in a safe way thus preventing injuries to both of you.

Please let us know if you are interested.

Diet Workshop

We all want to look and feel our best. This workshop examines ways of eating healthily to achieve this aim.

Wednesday 8th July 10.30am - 12.30pm.

Art of Assertiveness

Learn ways of communicating clearly and confidently whilst remaining in control.

Monday 13th July 10am - 2.30pm (lunch included).

Writing Club

A continuation of the course for those of you who like to write creatively. New attendees welcome.

Tuesday 14th July and Tuesday 8th September 10.30am - 12.30pm.

Relaxation Therapies

Learning how to relax is crucial to your emotional well being. Various times and dates are available. These are individual sessions and you will be contacted if you have a place.

Thursdays 18th June, 16th July, 20th August & 17th September at 10.30am, 11.30am & 12.30pm.

Reflexology

Sessions are on **Fridays 3rd July, 7th August, 4th September at 1pm, 2pm and 3pm.**

Joy of Gardening

Join us at this popular event to learn about Autumn colouring in your plants at Frosts Garden Centre in Woburn Sands.

Wednesday 9th September 10am - 12pm.

Singing/Voice Workshop

Singing is a great way of relaxing and learning to use your breath in a relaxing way. Simon Berridge from Milton Keynes Music Centre will instruct us in the use of our voice for this wonderfully therapeutic activity.

Tuesday 15th September 7 - 9pm.

Flower Arranging

Explore your creativity by the use of flowers - A wonderfully therapeutic activity. You will be able to take home your 'masterpieces'.

Wednesday 23rd September 11am - 12.30pm.

How to communicate effectively

Explore skills in listening and reacting in different situations. Get a clearer understanding of what roles we play and develop strategies to get our needs met more effectively.

Thursday 24th September 10am - 2.30pm (lunch included).

MONEY MATTERS

Free Prescriptions for Cancer Patients

From 1st April all cancer patients in England are entitled to apply for a 5 year exemption certificate, which will entitle them to all their NHS prescriptions free of charge, not just those relating to cancer. The certificate can be renewed as many times as necessary and will not have to be returned if the patient's condition changes.

Application forms are available from GP surgeries and oncology clinics and must be countersigned by the patient's GP, hospital doctor or service doctor. The government plans to extend the scheme to include all patients with long-term conditions in due course.

For more information visit www.direct.gov.uk or speak to your GP surgery.



Carers admiring the plants at Frosts Garden Centre.

New Savings Scheme

From 2010 there will be a new government supported saving scheme called the 'Savings Gateway' for people of working age who are on lower incomes to help kick-start a saving habit. The government will contribute 50p for every pound saved into Saving Gateway accounts.

Thanks to lobbying from Carers UK the government has agreed that Carers should not miss out and Carer's Allowance will now be included in the list of qualifying benefits.

There will be more information about Saving Gateway accounts nearer to the launch in 2010

Keep Fit for Free

Since the 1st April 4 out of 5 local councils in England are offering free swimming for the over 60s, with more than 200 also offering it to young people.



People aged 60 and over and young people, aged 16 years and under, can swim for free in Milton Keynes Council swimming pools. The scheme, which is part of a government scheme to boost sport and fitness, also allows those who are eligible to use pools in other areas if their own council is not taking part.

To find out more about the scheme and which councils are taking part visit www.culture.gov.uk

Freecycle and Save Money

Freecycle is a network of local groups whose aim is to recycle usable items rather than dump them in landfill sites. Another benefit of using Freecycle is that it encourages us to get rid of junk that we no longer need and promotes community involvement.

The system works via email groups of people who live in the same area. You sign up to the group and then receive regular lists of items via email that people want to get rid of. You can also ask for items that you need. As the name suggests, everything advertised on Freecycle must be free - whether it's an old sofa, an unwanted computer, children's toys, clothes etc. Anyone interested simply replies by e-mail. After that it is up to the giver to decide who receives the item. All listings are moderated to keep everything safe and legal.

For details of your local group visit the Freecycle web site at www.uk.freecycle.org

MONEY MATTERS

Changes to Benefit Payday

Over the next two years, starting from this April, the Department for Work and Pensions (DWP) will be changing the way it pays benefits and allowances. The result will be that some claimants may be left for 2 to 3 weeks without any benefit income. The change will affect those who are receiving:

- Employment & Support Allowance
- Incapacity benefits
- Jobseekers' allowance
- Severe disablement allowance
- Bereavement benefit or widow's benefit.

The changes do not apply to attendance allowance, DLA or Carers' Allowance.

People receiving their benefit weekly will be paid fortnightly instead and all payments will now be in arrears. The day that the benefit is paid may also change. From 6th April Jobcentre Plus will use the claimant's national insurance number to decide which day to pay.

The DWP will offer claimants an interest-free loan while their payments are changing but these loans will not be provided automatically – the claimant must apply for one. About 4 weeks before the change the claimant will receive a letter from Jobcentre Plus advising them of the change together with a loan request. The claimant will have to repay the loan in 6 fortnightly payments by direct deduction from benefit.

The DWP is not planning any publicity or awareness campaign to highlight these changes. If you, or the person you care for, will be affected by these changes look out for the letter from Jobcentre Plus and be prepared for the possibility of 2-3 weeks without benefit income.

More information can be found at www.jobcentreplus.gov.uk/Partners (click on Changes to Paydays) or speak to staff at your local Jobcentre Plus.

Training Grants

The government has announced plans to give Carers a £500 training grant to help them return to work. The money will be offered to people who have been Carers for at least 5 years, including parents, who have been out of the labour market. The plans were announced in a government white paper on improving social mobility in January and were welcomed by Carers UK. We will give you further details once they become available.



A Carer practising her aromatherapy techniques.

Free Health Checks for Carers

Carers UK has teamed up with Lloydspharmacy to offer Carers free health checks at local pharmacies during Carers' Week. With Carers twice as likely to suffer ill health than the general population, they are taking action to improve Carers' health and delivering the free health checkups for Carers in over 600 Lloydspharmacies across the UK.

The checks, available from 8th-14th June, include cholesterol and heart health checks (normally worth £15) as well as diabetes, blood pressure and lifestyle checks.

To claim, Carers need to take a health check voucher into participating pharmacies. Checks will be available on a first come first served basis. **Vouchers can be ordered by emailing charity@lloydspharmacy.co.uk or downloaded from the Carers UK website at www.carersuk.org**

SERVICES AND INFORMATION

New Legal Protection for Carers in Employment

The government has announced that it intends to ban discrimination against Carers by protecting people who are 'associated with' someone who is disabled. This will apply in employment and in the provision of goods, facilities and services.

The announcement was made in a written statement by Harriet Harman MP and the change will be included in the Equality Bill which was to be published at the end of April.

In making this decision the government has taken account of the case of Carer Sharon Coleman who claimed that she was discriminated against and harassed because she had a disabled son and was treated less favourably than employees whose children weren't disabled.

The new ruling will apply to the public, private and voluntary sector and will mean that employers and service providers must not treat Carers differently to people who do not have caring responsibilities.

Employers will need to think about how they will ensure that employees or customers who are Carers will be given equal access to jobs or services. This means having an understanding of who Carers are and how they might be affected by their policies. Carers who feel they have been discriminated against will be able to complain to an employment tribunal, or to the County Court if they have been discriminated against by a service provider.

For more details visit www.carersuk.org/Newsandcampaigns

Boots Launches Carer Website

Boots has launched a new section on its website devoted to Carers called Caring Made Easier. It includes a section on Caring for You which looks at Carers' physical and emotional needs, with tips on how you can create more time for yourself. It also links to products and services that might make a Carer's life a little easier such as Boots' Free Repeat Prescription Service and their Live Pharmacist means you can get advice from a qualified Boots Pharmacist over the phone when needed, including out of hours.

Caring Made Easier is part of the main Boots website at www.boots.com/pharmacyandhealth

High Calibre Service



If your sight is poor or you cannot hold a book you can still enjoy the pleasure a good book brings by using Calibre Audio Library. Calibre holds the largest lending collection of audio books in the UK. That means there is something for all tastes and you can listen anywhere, at home or on the move.

Their free postal service includes:

- a choice of 8000 audio books - fiction and non-fiction
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- books read cover to cover by professional actors and broadcasters
- recordings you can play on any cassette player and many books on digital MP3 disks
- free postage and no fines for late or lost books.

For more details or to become a member contact Calibre on 01296 432339 or you can apply online at www.calibre.org.uk

SERVICES AND INFORMATION

Caring with Confidence

The National Extension College has been awarded the contract to run the self-study course Caring with Confidence. This is a free knowledge and skills based programme which aims to help Carers make a positive difference to their lives and the lives of the people they care for.

When you register for this course you will receive seven full colour workbooks which you can work through in your own time. You will be able to access a private online support site and, if you wish, the support of a personal mentor. You can mix and match the self-study with face-to-face workshops so, if you cannot attend all the workshops, come to us to complete your course.

For more information and the opportunity to register on the course please go to: www.nec.ac.uk/caringwithconfidence or contact the NEC directly by email: cwc@nec.ac.uk or telephone 01223400393.

New Guide for Aphasia Carers

There are 250,000 people living with aphasia in the UK. Aphasia is often caused by a stroke and results in a person losing the ability to use and understand language. This can put relationships under strain as family and Carers find it hard to communicate.

Connect, the communication disability network, has published two guides to help aphasia Carers, *Caring & Coping* and *Better Conversations*.

Both can be downloaded free from the www.ukconnect.org/publications or can be purchased at £7.50 each + p&p by contacting 020 7367 0876.



Keeping busy at the Parent Carer Forum event.

New Services for Carers

As part of the government's National Strategy for Carers two new services have been launched to make information and advice more accessible to Carers nationally.

NHS Choices, the new online service for Carers, went live at the end of January. It provides a single, comprehensive, online resource for Carer specific information including: guidance on the different stages of caring, information on claiming benefits, advice for young Carers, local support groups etc. Future developments include an email enquiry service, and online forums and communities. **Visit the site at www.nhs.uk/Carersdirect**

The **Carers Direct telephone helpline** was launched on the 1st April. The free advice line will be open 7 days a week and again aims to provide a comprehensive advice service for Carers, wanting to know how to get care and support, respite, housing, equipment etc. **The Freephone number is 0808 802 02 02.**

MENTAL HEALTH CARERS

Employment Law and Mental Illness

The government's Equality Bill has been published and aims to outlaw all forms of discrimination. However it fails to tackle the discrimination faced by people with mental illness when applying for work.

Fewer than four in ten employers would consider employing someone with a history of mental illness and this is unfair.

Rethink, the national mental health charity, wants the Equality Bill to be amended so that employers cannot ask about a candidate's disability until after they have been offered a job, as is the case in America. Rethink is lobbying the government to include this change in the new Equality Bill. They want people to email their MP to ensure this important change is included as part of the new Equality laws.

For details of the campaign visit www.rethink.org and click on How We Can Help.

Mental Health Evening Group

Carers Milton Keynes has some really interesting speakers coming to our June and August mental health meetings.

In June we will be hearing from a pharmacist, Matthew Ellswood, about medication applicable to those with a mental health condition. In August we welcome Yo O'Selmo who is the Mental Health Housing Needs Advisor.

These meetings are held at our offices at The David Baxter Centre and don't forget there is a complementary therapist available at this group, so you have an opportunity to de-stress as well.

Dates of the meetings are Wednesday 10th June and Wednesday 5th August from 6 -7.30pm.

NEWS FROM CARERS MILTON KEYNES

Good News

We have been reviewing our regular support groups again. As a result we have decided to run the Newport Pagnell group once a month – so from August onwards all Carers in that area (not just in Newport itself) will be welcome to attend the group, where they can share their joys and difficulties with other Carers and enjoy a relaxing therapy. **August 26th and September 30th** are the dates for the start of the new arrangement.

and Some Not-so-Good News

Unfortunately we have decided to close our monthly Thursday evening group at our offices. We are sorry to disappoint those who do attend but in recent months there has been a dwindling number and it is better that we provide for more Carers rather than less! **The last Thursday evening group will be on June 18th 2009.**

We Are Online!

At last we are starting to develop our own website that will be updated regularly with news of our activities and events. The site aims to give Carers information that will support them in their caring role, as well as highlighting the work of Carers Milton Keynes. Having an online presence will help us to reach out to new Carers in Milton Keynes, who use the internet to find out what is available to them.

Visit us at www.carersmiltonkeynes.org and let us know what you think.



STOP PRESS

As we go print we are arranging a special lunch on Thursday 11th June for Carers from the Somali community. Anyone from this community who is looking after a relative with a disability or long-term mental illness is welcome to attend from 12 o'clock at our offices.

PARENT CARERS

Parent Carer Update

We have had some really interesting speakers at our past meetings so we hope that you will enjoy attending these next ones. We always finish these Monday groups with sandwiches.

Monday 15th June

Our speaker on this occasion is from the Family Fund. This organisation can provide funding to help families of disabled children with equipment. It should be interesting to hear about their service.

Monday 20th July

I know the summer holiday has come early this year! However you are invited to come and join me for coffee and a light lunch at the Camphill Community restaurant which is situated on Willen Park not far from the Lovat Fields retirement home, Japonica Lane, MK15 9JY. **I would be grateful if you could let me know if you are planning to attend so that I can book a table.**

Tuesday 25th August

Following last year's success we are again inviting you to a couple of hours of fun at our Drumming Party. A great chance for the family to have a musical experience together with the Umbanda band. *See the poster on the back of the newsletter.* Please let me know if you wish to come.

Monday 21st September

We are really pleased to have Clive Cunningham from the Child & Family Information Service attend this group. It will be good to learn about what is available in Milton Keynes for children with disabilities.

All meetings are from 11am -1pm.

See the back page for details of the Model Engineering Society's charity day for children with disabilities and their families.

Parent Carer Forum

Following our event in March we now have a steering group that meets regularly to establish the Parent Carer Forum. Training has been provided so that parents have the confidence to meet with professionals. We had a speaker from an established group in West Sussex enabling us to benefit from their experience in structuring a Forum. We are grateful to Barnados and their team of helpers who look after the children while the parents learn and chat. The aim of Barnados is to establish a dialogue with the children so their views may be listened to.

All parents with a disabled child are considered members of the Forum in its widest context. We are planning a launch event on **Saturday 26th September**; exact information will be sent to you nearer the time.

If you are not already involved but would like to be contact **Anne on 01908 231703 or email anne.matthews@carersmiltonkeynes.org** The next steering group meeting is **Wednesday 17th June from 12-2pm at Pebbles Children's Centre, Newlyn Place, Fishermead and you would be welcome to attend.**



Parents listening attentively at the Parent Carer forum event in March.

We continue to meet on the first Friday of every month at Greenleys Family Centre 10.30am – 12.30pm and we thank them for their hospitality. This is a lovely opportunity to have a chat over coffee and biscuits and learn from each other.

DIARY OF TRAINING AND EVENTS

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)
Fri 5th	Parent Carer Group, Greenleys Family Centre (10.30am-12.30pm)
	Reflexology (1pm, 2pm, 3pm by appointment)
Mon 8th - Sun 14th	CARERS' WEEK see front page for events
Wed 10th	Mental Health Evening Support (6-7.30pm)
Mon 15th	Parent Carer Group (11am-1pm)
Tues 16th	Yoga at Heron's Lodge (1-3pm)
Wed 17th	Foot Health Workshop (10am-12pm)
Thurs 18th	Crafty Carers (10am-1pm)
	Relaxation Therapies (10.30am, 11.30am, 12.30pm)
	Evening Coffee & Chat (7-9pm)
Fri 19th	Games afternoon (1.30-3.30pm)
Tues 23rd	Yoga at Heron's Lodge (1-3pm)
Wed 24th	Support Groups at Newport Pagnell UR Church & Parkside Surgery, Bletchley (1.30-3.30pm)
Thurs 25th	Challenging Behaviour for those with Dementia (10.30am-12.30pm)
Fri 26th	Coffee Morning (10.30am-12.30pm)
Tues 30th	Yoga at Heron's Lodge (1-3pm)

July

Wed 1st	Meditation (10-11am)
Fri 3rd	Parent Carer Group, Greenleys Family Centre (10.30am-12.30pm)
	Reflexology (1pm, 2pm, 3pm by appointment)
Mon 6th	Crafty Carers (10am-1pm)
Tues 7th	Yoga at Heron's Lodge (1-3pm)
Wed 8th	Diet Workshop (10.30am-12.30pm)
Thurs 9th	Former Carers (1.30-3pm)
Fri 10th	Foot Clinic (10am-12pm)
Mon 13th	Art of Assertiveness (10am-2.30pm inc lunch)
Tues 14th	Yoga at Heron's Lodge (1-3pm)
	Writing Club (10.30am-12.30pm)
Thurs 16th	Crafty Carers (10am-1pm)
	Relaxation Therapies (10.30am, 11.30am, 12.30pm)
Fri 17th	Games Afternoon (1.30-3.30pm)
Mon 20th	Parent Carer Group (11am-1pm)
Wed 29th	Support Group at Parkside Surgery, Bletchley (1.30-3.30pm)
Fri 31st	Coffee Morning (10.30am-12.30pm)

DIARY OF TRAINING AND EVENTS

August

Mon 3rd	Crafty Carers (10am-1pm)
Tues 4th	Trip to Blue Lagoon, Bletchley (10.30am-12.30pm)
Wed 5th	Meditation (10-11am)
	Mental Health Evening Support (6-7.30pm)
Fri 7th	Parent Carer Coffee Morning, Greenleys Family Centre (10.30am-12.30pm)
	Reflexology (1pm, 2pm 3pm by appointment)
Thurs 13th	Former Carers (1.30-3.30pm)
Fri 14th	Foot Clinic (10am-12pm)
Sat 15th	Train Day at Caldecote Lake (1-4pm)
Thurs 20th	Crafty Carers (10am-1pm)
	Relaxation Therapies (10.30am, 11.30am, 12.30pm by appointment)
Fri 21st	Games Afternoon (1.30-3.30pm)
Tues 25th	Drumming Party for Parent Carers, Moulsoe Millennium Hall (11am-1pm)
Wed 26th	Support Groups at Newport Pagnell UR Church & Parkside Surgery, Bletchley (1.30-3.30pm)
Fri 28th	Coffee Morning (10.30am-12.30pm)

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

September

Wed 2nd	Meditation (10-11am)
Fri 4th	Parent Carer Coffee Morning, Greenleys Family Centre (10.30am-12.30pm)
	Reflexology (1pm, 2pm,3pm by appointment)
Mon 7th	Crafty Carers (10am-1pm)
Tues 8th	Writing Club (10.30am-12.30pm)
	Yoga at Heron's Lodge (1-3pm)
Wed 9th	Joy of Gardening at Frosts Garden Centre (10am-12pm)
Thurs 10th	Around Your Face in 90 Minutes (10.30am-12pm)
	Former Carers (1.30-3.30pm)
Fri 11th	Foot Clinic (10am-12pm)
Tues 15th	Yoga at Heron's Lodge(1-3pm)
	Singing (7-9pm)
Wed 16th	Rambling around Furzton Lake (10.30am-1pm)
Thurs 17th	Crafty Carers (10am-1pm)
	Relaxation Therapies (10.30am, 11.30am, 12.30pm by appointment)
Fri 18th	Games Afternoon (1.30-3.30pm)
Mon 21st	Parent Carers (11am-1pm)
Tues 22nd	Yoga at Heron's Lodge (1-3pm)
Wed 23rd	Flower Arranging (11am-12.30pm)
Thurs 24th	How to Communicate Effectively (10am-2.30pm inc lunch)
Fri 25th	Coffee Morning (10.30am-12.30pm)
Tues 29th	Yoga at Heron's Lodge (1-3pm)
Wed 30th	Support Group at Newport Pagnell URC & Parkside Surgery (1.30-3.30pm)

EVENTS

Milton Keynes Parent Carers, Social Eyes
and Brainwave
cordially invite you to our

Drumming Party

at the Moulsoe Millennium Hall
(Cranfield Road, Moulsoe, Milton Keynes MK16
OHB - M1 junction 14)

From 11am to 1pm
Monday 25th August 2009

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

The 'Umbanda' Drumming Band

An exciting way of experiencing rhythm and
percussion. All participants have an instrument to play
and are guided through a series of games and exercises.
Enjoy the experience of creating music together.

Our Festival is Free for Everyone

We would ask you to bring a picnic for your
family. You are all invited to bring some colour to
our Festival - wear a hat or a costume.

Please let us know how many of you are
attending.

Anne Matthews 01908 231703
Email: anne.matthews@carersmiltonkeynes.org
Ceri Collins 0560 2699005;
mobile 07894 424312
Email cericollins@brainwave.org.uk



TRAIN RIDES, PICNIC AND ALL THAT JAZZ

SATURDAY 15TH AUGUST 2009

1pm - 4pm

Milton Keynes Model Engineering Society
are holding their annual charity day
for children with disabilities and their
families in Milton Keynes, in conjunction
with Social Eyes, Brainwaves and Carers
Milton Keynes.

This year the Fenny Stompers will also
be coming to play
for us between 2 pm - 4 pm.

Free train rides between 1 pm - 4 pm
Bouncy Castle
Marquee - in case of rain!
Bring your own picnic

The railway is located at Caldecotte
Lake by the Caldecotte Arms pub (the
windmill shaped pub) Bletcham Way,
Milton Keynes MK7 8HP. The trains are
in the field behind the pub car park area.

For further details contact either :
Anne at Carers Milton Keynes on 01908
231703 or Steve at Social Eyes on
07952 734723.

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

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