

Milton Keynes Carer



Young Carers enjoying the sights in Cairo.

Ten of our young Carers visited Egypt in August on the trip of a lifetime. The venture was funded by money raised by Dan and Andy from the Centre:MK who raised almost £15,000 by driving from London to Timbuktu in a car worth £100!

The nine day trip started in Cairo where we visited the magnificent pyramids in Giza. There was a chance to go inside one of the pyramids and visit the sphinx monument.

The following evening was spent on an overnight train down to Aswan where temperatures reached 45°C. Day four began very early in the morning. Before first light we drove out through the desert south towards the border with Sudan. We arrived at the awesome monument of Abu Simbel. Four enormous seated statues of Ramses are set into the hillside, looking out over the blue waters of Lake Nasser. Later that day we took a boat over to the West Bank where we began a camel safari through the magnificent dunes to a traditional Nubian House, where we were treated to an authentic Nubian dinner. We also had a chance to hold a baby crocodile amongst other things!
(Continued on page 8)



FAMILY CARERS HEALTH AWARENESS EVENT

Carers : Are You Looking After Yourself? This Day is for You!

Come and meet:

- Nurses for general advice and information.
- British Red Cross for advice on equipment.
- The Falls Prevention Co-ordinator.
- Community Dieticians.
- Relaxation Therapists and enjoy some complementary treatments.
- A Foot Health Specialist.
- Welfare Rights for benefits advice
- and lots more.....

FRIDAY 4TH DECEMBER

11am - 3pm

**at Herons Lodge Guide Centre
Bradwell Road, Loughton Lodge, MK8 9LA
(opposite the Badminton Centre)**

**For more details contact us Carers Milton
Keynes on 01908 231703;
email mail@carersmiltonkeynes.org**

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SOCIAL EVENTS

Trip to Salcey Forest

A ranger will guide us on this visit to the very popular Salcey Forest. An extensive woodland trail to be explored plus fine views from the Tree Top walk (on a fine day!).

Thursday 5th November 10.30am - 1.00pm

Theatre Trip – Dreamboats and Petticoats

Fresh from the West End this sixties musical is a 'must-see' and 'feel good' factor show. Re-capture this era and enjoy the rock and roll hits.

Wednesday 18th November 7.00pm - 10.00pm (approx)

Christmas Party

You and the person for whom you care are warmly invited to join us for this festive occasion. See details on the back page.

Friday 11th December 12.00 - 2.00pm

Wardrobe Personality

Why do we dress the way we do? Once we know our preferences it is easier to put an outfit together, enhancing our confidence and making shopping easier. Also learn your basic body shape and how to work with it.

Wednesday 13th January 10.30am - 12.30pm

Games Afternoons

Get into a relaxed frame of mind for the weekend and come have some fun at this monthly session. Whether your skill is with scrabble, cards, rummikub or something else, you will be sure to have fun and take your mind off your caring role for a couple of hours.

Third Friday of the month - 16th Oct, 20th Nov, 18th Dec and 15th Jan 1.30pm - 3.30pm

Don't Forget !

Yoga is one of the best forms of exercise to combat stress, both physical and emotional. Come to our weekly term time sessions from 11.30am-1.00pm at Heron's Lodge on Loughton. Please call Carers Milton Keynes for more information.



Exploring the Blue Lagoon in Bletchley this summer.

Autumn Changes

We have been fortunate to be chosen by Marks and Spencer's Kingston Branch as the charity to benefit from their celebrations for being 125 years old. This donation is allowing us to offer three hour-long therapy sessions per month and we are starting to provide these on the **third Thursday evening of each month from this September**. This work replaces the general support group that we used to hold at that time.

We have decided to reduce the frequency of Crafty Carers to one a month. Starting from October this group will meet on a **Thursday morning once a month but not on a Monday**. Anyone interested in trying some craft work, ranging from card-making through etching to cross-stitch or knitting to name but a few, would be most welcome to join the group.

TRAINING PROGRAMME funded by Milton Keynes Council



**MILTON KEYNES
COUNCIL**

Reflexology

Hour long sessions to help you relax and unwind.

Fridays 2nd Oct, 6th Nov, 4th Dec, 8th Jan at 1pm, 2pm and 3pm. By appointment only.

Foot Clinic

These are 40 minute individual sessions based on the importance of looking after your feet.

Fridays 9th Oct, 13th Nov, 8th Jan (10am, 10.40am and 11.20am).

Art of Assertiveness

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

Monday 12th Oct (10am - 2.30pm inc lunch).

Relaxation Therapies

These are individual sessions and you will be contacted if you have a place.

Thursdays 15th Oct, 19th Nov, 17th Dec, 21st Jan. 10.30am, 11.30am, 12.30pm

Please note that there are also evening sessions on these days at 6pm, 7pm & 8pm.

Diet - Fussy Eaters

It can be very frustrating looking after someone who only likes a few foods. Maybe you are a the fussy eater. Gerald Remy will talk about these problems and how to address them.

Wednesday 21st October 10.30am - 12.30pm.

Meditation

Come to this session and learn how the ability to meditate can influence and benefit your everyday life.

First Wednesday of every month (7th Oct, 4th Nov, 2nd Dec, 6th Jan) 10am - 11.00am.

Anxiety & Depression

A course to help Carers understand their own feelings of anxiety and depression, as well those of the person for whom they care.

Monday 9th Nov 10am - 2.30pm (inc lunch).

Writing Club

The club continues for those Carers who enjoy creative writing. New attendees welcome.

Tuesday 10th Nov and Tuesday 12th Jan 10.30am - 12.30pm.

Silk Painting

Come and experience this creative activity with the help of an instructor. A simple but beautiful way of making pictures. Held at the Interaction premises which are on Peartree Bridge.

Wednesday 18th November 10.30am - 12.30

First Aid

Knowing basic first aid techniques might make a difference to a person's recovery. Provided by Guardian Training this session is tailored to deal with particular Carers' issues.

Thursday 26th November 1pm - 3pm.

Joy of Gardening

Join us at Frosts Garden Centre where you can learn how to make a festive door wreath/ garland.

Wednesday 9th Dec 10.00am - 12pm.

Digital Photography

An exciting new course to help you learn how to use a modern camera in a creative way. Ideally you should have your own camera; if not there may be an opportunity to borrow one.

Held at the Interaction premises on Peartree Bridge.

Wednesday 20th January 10.30am - 12.30.

Understanding Stress and How to Manage It

A caring role can be very stressful. This course identifies the effect stress has on you and helps you to develop coping strategies.

Thursday 28th January 10am - 2.30pm (inc lunch)

CHANGES TO ADULT SOCIAL CARE

Milton Keynes and the Personalisation Agenda

Significant changes are happening in adult social care nationally which will impact on the way services are managed in Milton Keynes.

Most would agree that the current national system of social care does not work very well. It is geared up to meet the needs of the many and not the individual. In 2007 the government published its paper *Putting People First*, introducing the idea of a personalised adult social care system.

What is Personalisation?

Personalisation is about giving people who need Social Care support more choice and control over their lives. The idea behind it is that individuals know best what they need and how those needs can be met. Anyone who receives Social Care support, either from the Council, Health Service or funded by themselves, will be able to shape their own lives and the support they receive.

What does MK Council say about Personalisation?

'Social Care is changing to reflect the belief that people should be able to live their lives as they wish. We are developing a more personalised approach to Social Care – known as Personalisation. It is hoped that changes to personal Social Care provision will put the client in the driving seat.'

What is happening about bringing in the changes in Milton Keynes?

Following conversations with citizens, service users, carers and staff the Council has established six key priorities.

1. I have the money I need to buy the support I need
2. I know where to go for advice and support
3. I am encouraged to be as independent as possible



All aboard the train at Caldecotte Lake at a charity day for children with disabilities and their families.

4. People take time to get to know me and my carer
5. I am responsible for myself – I can take risks
6. The workforce is confident and well supported.

What does this mean for Carers Milton Keynes Service?

Firstly, we must keep up-to-date with the changes so that we are able to support family carers to obtain appropriate services for both the person for whom they care and for themselves. Then we have to prepare our service for giving appropriate advice and meeting a higher demand for advocacy. As a contracted voluntary service provider we are able also to work with the authorities to help shape future service provision. In addition this autumn we are piloting some work with carers of adults with learning disabilities who are being offered personal budgets. This is the beginning of understanding what these changes will really mean in practice.

For further information contact Samantha Samuels, Complaints and Service Improvements Officer at Milton Keynes Council on 01908 253817; email samantha.samuels@milton-keynes.gov.uk

MONEY MATTERS

Changes to State Pension Age

From April 2010 the State Pension age for women will increase gradually, so that by 2020 it will be 65. This increase will not affect women born on or before 5th April 1950. Women born between 6th April 1950 and 5th April 1955 (inclusive) will have a State Pension age between 60 and 65. Women born on or after 6th April 1955 and before 6th April 1959 will have a State Pension age of 65.

Longer term the State Pension age for both men and women will increase from 65 to 68 between 2024 and 2046, with each change phased in over two consecutive years in each decade.

Everyone affected will receive notification from the Pension Service outlining the changes.

Further details are available from the Pension Service on 01494 552551 or visit www.direct.gov.uk and click on pensions and retirement planning.

Problems with Carers Allowance

A fifth of Carers have difficulties in applying for Carers Allowance according to a report by the spending watchdog the National Audit Office. Their report highlighted that many found it hard to understand the eligibility criteria and to understand and complete the application form.

If you need help completing a Carers Allowance or other benefit form contact Carers Milton Keynes and we will refer you to the relevant agency for support.

New Savings Scheme

In the last issue of this newsletter we reported on this new savings scheme. More details are now available.



From 2010 there will be a new government supported saving scheme called the 'Saving Gateway' for people of working age who are on lower incomes. The government will add 50 pence for each £1 saved into Saving Gateway accounts. You will qualify for an account if you get certain benefits or tax credits, including Carers Allowance.

When the scheme launches in 2010 you will be sent (if government records show you are eligible) a letter of invitation which you can take to any approved Saving Gateway provider to open your account. You will then be able to save up to a maximum of £25 a month for 2 years at the end of which the government will add a reward of 50p for every £1.

For more information on the qualifying benefits visit www.direct.gov.uk

Help with Your Finances

The Princess Royal Trust for Carers and Abbey have launched a new online service to help and inform Carers about their benefit entitlements and other financial issues they face. The new service, which consists of a helpline and a web site, provides information on all the benefits that Carers might be entitled to; a benefits calculator; where to go for debt advice and saving money; an online advisor and forums.

Visit www.carerscentre.com or telephone the free helpline on 0800 161 3839.

SERVICES AND INFORMATION

If You Are Unwell

If at any time you become unwell remember to inform your doctor, nurse or health professional that you have responsibilities as a Carer, which you may be unable to fulfil whilst you are unwell. You should expect that these professionals then make contact with appropriate agencies i.e. social services, who will discuss with you how your caring responsibilities can be supported during the period of time that you are unwell.



LINK:MK gives people the opportunity to influence local health and social care services. It has been set up to help make sure the people in Milton Keynes get the health and social care services they need, and anyone can get involved, at a level to suit each individual or group.

LINK:MK is an independent local involvement network and is run by the people who belong to it, as well as for the citizens of Milton Keynes.

As the Manager of Carers Milton Keynes I have been elected onto the Executive of LINK:MK and in future issues of this newsletter I will tell you about LINK's current projects. In the meantime, if you would like to contact them about any 'burning' issues you have with health and social care services you can **contact their office on 01908 266696 or by e-mail to linkmk@btconnect.com**

Hilda Kirkwood

Have You Chosen Your Flu Friends?

Now is the time to choose your 'flu friend'. Flu friends can be relatives, neighbours or friends who will collect medicines, food etc if you get swine flu, so that you do not have to leave home. Preventing people who have swine flu from having to go outdoors will help restrict the potential spread of flu to others. It is best to identify more than one flu friend because they may also fall ill.

You may also consider becoming a flu friend to a neighbour who may live alone. A form is available on Milton Keynes PCT's website www.miltonkeynes.nhs.uk to record your flu friends' information.



Having fun at the drumming party in August.

FirstStop Advice for Older People

FirstStop is a new, free one-stop service for older people, their families and Carers giving comprehensive advice on housing, care, money and rights.

Four organisations are working in partnership to provide this new service: the newly merged Age Concern and Help the Aged; Elderly Accommodation, Counsel and Care and NHFA Care Advice. The aim is to promote independence, dignity and choice for older people in meeting their care and housing needs.

FirstStop can be accessed via the Helpline on 0800 377 70 70 9am-5pm Monday to Friday (calls are free from BT lines) or via the web site at www.firststopcareadvice.org.uk

SERVICES AND INFORMATION

MK Wheelchair Users Group

Milton Keynes Wheelchair Users' Group (MKWUG) is setting up as an independent organisation to provide greater engagement with people who use wheelchairs, their families and their Carers.

The MKUWG advises the wheelchair user on a Wheelchair Service that is properly funded and that:

- meets national minimum standards
- offers choice through the Government wheelchairs voucher scheme
- provides quality service that is 'right first time'
- will treat users with dignity and respect without discrimination
- will take into account the individual requirements of Wheelchair Users
- will meet their physical, cultural, spiritual and psychological needs and preferences.
- The aim is that the wheelchair user can take part fully in the life of their family and community.

Carers have the right to have their say on wheelchair provision and be included in the decision making processes.

MKWUG would like to hear from Carers who will be willing to participate and/or offer their views through different means (such as letters, emails, questionnaires etc) so that they can gain a fuller insight into how wheelchair provision impacts on the life of Carers.

Contact Richard Wallace email: mkwug@sky.com or telephone 07553 403356.

Making Communication FAB

A new alphabet board, developed in conjunction with the NHS, has recently been launched.

The Frenchay Alphabet Board (FAB) is suitable for any person who is literate but is unable to speak. This may be due to vocal chord damage, swallowing difficulties, tracheotomy, stroke, Multiple Sclerosis, Motor Neurone Disease, Parkinson's disease, etc, or people with general communication problems, ventilation or speech difficulties.

It is also a useful spelling device when trying to talk to people with hearing problems. It retails at approximately £60.

Full details are available at www.fab.uk.com or by contacting Logan Technologies Ltd on 0845 5190871.



Carers on a trip to Woburn safari park this summer.

Carers Partnership Board

This meeting is held quarterly and meets to discuss how carers' needs are met by the Health and Social Care system in Milton Keynes. Representatives from many of the teams who provide services attend and dedicate this time to considering all aspects of supporting and helping carers. The Board would like more family carers to attend this meeting and be involved with this planning work.

Are you interested? If you think you might like to do this please have a word with me about it and I will happily discuss what would be involved. *Hilda Kirkwood*

NEWS FROM CARERS MILTON KEYNES

Welcome to our New Team Members

Carers Milton Keynes has a new Chief Executive, Stephen Archibald. Stephen joins us from the Rugby Portobello Trust, a charity for young people in North Kensington. The role is now full-time and Stephen will be dividing his time between the Aylesbury, Milton Keynes and Wycombe offices.

We also have a new Young Carer Support Worker. David Matthews joined us in June, doubling the size of the team from 1 - 2!

We have been fortunate to receive additional funding from MK Council Childrens' Services, enabling us to appoint a second Young Carer Support Worker. The Young Carers team work closely with Lara, our Connexions worker, and 9 volunteers to deliver a service to 150 young people.

The Young Carers service is jointly managed with the service in Bucks. Support during the school holidays is provided by MK Play Association and organised holidays are funded by generous donations from the local community. In addition, local organisations including Masonic Lodges and Rotary Clubs are most generous in their support, giving both their time and money and allowing us to provide treats such as an annual family barbeque, pantomime trip, day trips, etc.

Thankyou to Young Carers

"The young Carers service has helped me in so many ways. They have helped me with problems at school, and with starting college. They have also helped me get a grant for college equipment. I have had lots of one-to-ones too, which have helped me along the way. They also came to CAF meetings at school to talk about my problems and difficulties. Recently I went on a trip to Egypt with young carers. It was fun and good to get away from home and have fun with others who are in the same situation as me. Young Carers has been a great part of my life."

Young Carer (aged 16).



David Matthews, our new Young Carer Support Worker.

Young Carers Trip to Egypt *(continued from the front page)*

Day 5 was spent relaxing on a felucca boat sailing along the Nile, stopping off for a swim and some fishing. The evening was spent singing round a camp fire, with the local people, before sleeping on the boat under the starlit sky and listening to the waters of the Nile lapping at the bow.

The final 3 nights were spent in Luxor where the highlight was donkey trekking through the arid mountains to enter the Valley of the Kings. This is most famous for the discovery of Tutankhamen's Tomb in 1922, where his body still lies today, after being entombed over 2000 years ago. They was also an opportunity to visit the local markets, where some people really enjoyed the bartering process to buying and selling, as well as the afternoons spent by the pool.

The trip was a roaring success and we cannot thank Dan and Andy enough. Some young Carers commented 'thank you so much for this opportunity we could otherwise only imagine, it has inspired me for the future' and 'I could not have asked for a better thing to happen to me'.

PARENT CARERS

Summer Fun

Just a brief word about two very successful events held during the summer. Over 36 families enjoyed train rides to the sound of background music from the Fenny Street Stompers. They could also expend some energy on the bouncy castle and other activities provided by the Play Association.

At our second event families could experience the rhythms generated by the drumming band 'Umbanda'. As the weather was good we were able to make music in the open air. The face painter was fantastic and children went home looking unrecognisable from the ones that turned up earlier in the day!

We plan to repeat both events next year.



An example of the face painter's artwork.

Forthcoming Parent Groups

Monday 19th October

We have a speaker from the Speech and Language Team at Milton Keynes Hospital coming to talk to us. They are responsible for school age children so should be a really interesting person to listen to.

Monday 16th November

Susie Murphy and Adam Payne will be talking about the transition process. This is an opportunity to find out about the process and to have your questions answered.

There will be no parent groups meeting in **December.**

Monday 18th January

We hope to have a speaker from the council to talk about school transport issues.

Parent and Carers Alliance

Hello

My name is Darran Youell and I am the Chair of the Parents and Carers Alliance (MK) or PACA (MK) for short. PACA (MK) is a group of parents and carers that have come together to influence the direction of services in Milton Keynes.

As part of the government initiative. Aiming High for Disabled Children, some money has been made available to help parents and carers get more actively involved in planning services in their local area..

By using this money PACA (MK) has been running for about a year and we now have an established steering group and a new management team. We already have parents and carers on strategy groups within the local authority and we are now looking to expand and get more parents and carers involved with the group. PACA (MK) will be working closely with services providers in social care, health and education. We intend to have parents and carers involved on as many decision-making boards as possible.

So, if you are a parent or a carer of a child or young person with a special need, and you want to be involved you will be made very welcome by a group of like-minded people. Your level of involvement and commitment is up to you. Being parents and carers ourselves means that we are able to understand the pressures and constraints you are already under.

If PACA (MK) sounds like the sort of group you would like to be involved with or if you would just like some more information then give us a call on 07852 526057 or email us on PACAMK@gmail.com

I look forward to hearing from you.

Darran

DIARY OF TRAINING AND EVENTS

October

Fri 2nd	Parent Carer Coffee morning, Greenleys Family Centre 10.30am-12.30pm
	Reflexology 1pm, 2pm, 3pm by appointment
Tues 6th	Yoga at Heron's Lodge 11.30am-1pm
Wed 7th	Meditation & Relaxation 10am-11am
	Mental Health Evening Support 6pm-7.30pm
Thurs 8th	Former Carers Wyevale Garden Centre 1.30pm-3.30pm
Fri 9th	Foot Clinic 10am, 10.40am, 11.20am by appt
Mon 12th	The Art of Assertiveness 10am-2.30pm (inc lunch)
Tues 13th	Yoga at Heron's Lodge 11.30am-1pm
Thur 15th	Crafty Carers 10am-1pm
	Relaxation Therapies 10.30am, 11.30am, 12.30pm by appointment
	Evening Relaxation Therapies 6pm, 7pm, 8pm by appointment
Fri 16th	Games afternoon 1.30pm-3.30pm
Mon 19th	Parent Carer Group 11am-1pm
Tues 20th	Yoga at Heron's Lodge 11.30am-1pm
	Health and Care Event Middleton Hall - all day
Wed 21st	Gerald Remy - Dietician 'Fussy Eaters' 10.30am-12.30pm
Mon 26th	Parent Information Event at the Middleton Hall - all day
Wed 28th	Support groups at Newport Pagnell UR Church & Parkside Surgery, Bletchley 1.30pm-3.30pm
Fri 30th	Coffee morning 10.30am -12.30pm

November

Tues 3rd	Yoga at Heron's Lodge 11.30am-1pm
Wed 4th	Meditation 10am-11am
Thurs 5th	Ramble at Salcey Forest 10.30am-1pm
Fri 6th	Parent Carer Coffee morning, Greenleys Family Centre 10.30am-12.30pm
	Reflexology 1pm, 2pm, 3pm by appointment
Mon 9th	Anxiety & Depression 10am-2.30pm inc lunch
Tues 10th	Writing Club 10.30am-12.30pm
	Yoga at Heron's Lodge 11.30am-1pm
Thurs 12th	Former Carers 1.30pm-3.30pm
Fri 13th	Foot Clinic 10am, 10.40am, 11.20am
Mon 16th	Parent Carer Group 11am-1pm
Tues 17th	Yoga at Heron's Lodge 11.30am-1pm
Wed 18th	Silk Painting at Interaction 10.30-12.30pm
	Dreamboats & Petticoats MK Theatre 7pm
Thurs 19th	Crafty Carers 10am-1pm
	Relaxation Therapies 10.30am, 11.30am, 12.30pm by appt
	Evening Relaxation Therapies 6pm, 7pm, 8pm by appt
Fri 20th	Games Afternoon 1.30pm-3.30pm
Tues 24th	Yoga at Heron's Lodge 11.30am-1pm
Wed 25th	Support groups at Newport Pagnell UR Church & Parkside Surgery, Bletchley 1.30pm-3.30pm
Thurs 26th	First Aid 1pm-3pm
Fri 27th	Coffee Morning 10.30am-12.30pm

DIARY OF TRAINING AND EVENTS

December

Tues 1st	Yoga at Heron's Lodge 11.30am-1pm
Wed 2nd	Meditation 10am-11am
	Mental Health Evening Support 6pm-7.30pm
Fri 4th	Carers' Rights Day: Carers' Health Event at Heron's Lodge 11am-3pm <i>(see front page for details)</i>
Tues 8th	Yoga at Heron's Lodge 11.30am-1pm
Wed 9th	The Joy of Gardening Frosts Garden Centre 10am-12pm
Thurs 10th	Former Carers 1.30pm-3.30pm
Fri 11th	Carers Christmas Party 12pm-2pm <i>(see back page for details)</i>
Tues 15th	Yoga at Heron's Lodge 11.30am-1pm
Wed 16th	Support Groups at Newport Pagnell UR Church & Parkside Surgery, Bletchley 1.30pm-3.30pm
Thurs 17th	Crafty Carers 10am-1pm
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	Reflexology 1pm, 2pm, 3pm by appointment
	Games Afternoon 1.30pm-3.30pm
	Coffee Morning 10.30am-12.30pm

January 2010

Tues 5th	Yoga at Heron's Lodge 11.30am-1pm
Wed 6th	Meditation 10am-11am
Fri 8th	Parent Carer Coffee Morning, Greenleys Family Centre 10.30am-12.30pm
	Foot Clinic 10am, 10.40am, 11.20am
	Reflexology 1pm, 2pm, 3pm by appointment
Tues 12th	Writing Club 10.30am-12.30pm
	Yoga at Heron's Lodge 11.30am-1pm
Wed 13th	Wardrobe Personality 10.30am-12.30pm
Thurs 14th	Former Carers 1.30pm-3.30pm
Fri 15th	Games Afternoon 1.30pm-3.30pm
Mon 18th	Parent Carer Group 11am-1pm
Tues 19th	Yoga at Heron's Lodge 11.30am-1pm
Wed 20th	Digital Photography: Interaction Building, Peartree Bridge 10.30am-12.30pm
Thurs 21st	Crafty Carers 10am-1pm
	Relaxation Therapies 10.30am, 11.30am, 12.30pm by appointment
	Evening Relaxation Therapies 6pm, 7pm, 8pm by appointment
Tues 26th	Yoga at Heron's Lodge 11.30-1pm
Wed 27th	Support Group at Newport Pagnell UR Church & Parkside Surgery Bletchley 1.30pm-3.30pm
Thurs 28th	Understanding Stress & How to Manage It 10am-2.30pm inc lunch
Fri 29th	Coffee Morning 10.30am-12.30pm
Sat 30th	Launch event of Parent & Carers Alliance (PACA)

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

EVENTS & GROUPS



We would like to invite you and the person for whom you care to our

Christmas Party

on

Friday 11th December 2009

12 noon - 2pm

at Lovat Hall, Silver Street,
Newport Pagnell MK16 0EJ

Buffet lunch and entertainment
(Transport can be arranged)

RSVP: 01908 231703

e-mail: mail@carersmiltonkeynes.org

Item For Sale

Cameo 4 Shoprider - has changeable panels red/champagne or blue. Folds easily for storage and transportation even in the smallest of vehicles. £350 ono. The Shoprider can be viewed if necessary
Contact Mrs J Randall on 01908 616377.

Mental Health Evening Group

We are pleased to welcome two speakers for our meeting on 7th October. Ava Jajah is the Mental Health Manager who will talk about the recent changes in the Mental Health Act. Samantha James is the independent Mental Health advocate from People's voices.

The December meeting will be a more festive occasion with mince pies and a chance to socialise with each other. Two therapists will be available to give you a relaxation treatment.

These meetings are held at our offices at the David Baxter Centre from 6-7.30pm. Contact Carers Milton Keynes for details.

If you have problems reading this newsletter or would like to receive it via email or in a different language please let us know. A copy of the latest newsletter is available on our website at www.carersmiltonkeynes.org

We are always keen for Carers to contribute to the newsletter. Any contributions should be sent to us at Carers Milton Keynes preferably via email to mail@carersbucks.org

CARERS MILTON KEYNES

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