

Milton Keynes Carer



Health Awareness Day for Family Carers

14th October 2010

**Heron's Lodge, Bradwell Road,
Loughton Lodge**

10.30am - 1.30pm

Research shows that a significant number of carers, caring for more than 50 hours a week, suffer their own ill-health. With this in mind we have arranged this awareness day so that carers can find out how to maintain their own health and well-being.

The following advice and support will be available:

- Help with your diet
- Continence advice
- Blood pressure checks
- Advice from a nurse
- British Red Cross
- Help with returning to work
- Mental Health Support Workers
- Advice on Carers' Assessments
- Advice on exercise and healthy outdoor activities
- Free therapies.

Contact Carers Milton Keynes for further details.



A tiger on the loose at the drumming party in August!

The Annual General Meeting of CARERS MILTON KEYNES

will be
on 12th November 2010
12 noon – 2.00pm
at

HERON'S LODGE
Bradwell Road, Loughton Lodge

Speaker Dr Iain Stewart MP
and performance by the Carers' Choir

A light buffet lunch will be served
after the formal business.

RSVP : 01908 231703 by 8th November

Included in this issue

Christmas Party Invitation	2
Training Programme	3
Donate Online	4
Potential Cuts to DLA	5
Recovery Star for Mental Health	8
Diary of Training & Events	10-12

SOCIAL EVENTS

Nature Ramble

We have organised a ramble around Summer Leys Nature Reserve (near Wollaston), which is a haven for nature lovers and birdwatchers. The walk will be lead by a guide from the Wildlife Trust who will talk to us about the birds, insects and flowers we will see as we walk. The walk will take appoximately one and a half hours and suitable footwear is necessary. There are picnic tables for you to bring your own refreshments. We will leave Carers MK at 10am.

Wednesday 13th October 10am – 1pm

Social Evening

Many carers have asked us if we would arrange a night out where they can socialise and relax. We have therefore arranged to meet at the Barn, a Beefeater pub in Central Milton Keynes, MK9 3BZ. Come and join us for a drink and a chat.

Wednesday 20th October 7pm onwards.

Singing

Singing is a great way to de-stress and forget your troubles for a short while. You do not need any past experience of a choir to join in this group – just a love of music and enjoyment of singing. A fun activity!

Friday 1st October 1-2pm; Monday 8th November 10.45 – 11.45am; Dec and Jan dates to be decided.

Men's Group – Ten Pin Bowling

The first get together of this group will be a visit to City Limits in the Escape building for Ten Pin Bowling. If you are interested in attending a Men's group but don't necessarily like Ten Pin Bowling please come along as a spectator. Following on from this outing we will plan a programme of activities for all tastes.

Monday 22nd November 7-9 pm

The Joy of Gardening

Come and join us for a festive visit to Frosts Garden Centre. Maurice, their expert, will talk to us about something appropriate for the season.

Wednesday 8th December 10am – 12pm



Carers Milton Keynes would like to invite you and the person for whom you care to our

Christmas Party

on

Friday 17th December 2010

12 - 2pm

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

Buffet lunch and entertainment
(Transport can be arranged if required)

RSVP Tel: (01908) 231703

Email: mail@carersmiltonkeynes.org

TRAINING PROGRAMME funded by Milton Keynes Council



**MILTON KEYNES
COUNCIL**

Carers and Employment

Training and financial help can be offered to carers who want to train or restart work at some point. Wendy Needham, from Jobcentre Plus, will help carers look at their options talk about the advice and support available during this session.

Wednesday 3rd November 10.30am – 12.30pm.

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.

Monday 8th November 10am – 2.30pm (inc lunch).

Writing Club

This course is for anyone who wants to discover or develop their writing skills. Carers will have a chance to try out a wide range of different styles. New attendees welcome.

**Tuesdays 9th November & 11th January
10.30am – 12.30pm.**

Love or Duty? Caring for a Parent

Caring for a parent can raise many issues for carers. This workshop will help people who are struggling with difficulties in changing the role and becoming a carer to a parent.

Monday 24th January 10.30am – 12.30pm.

Continence Course

Incontinence is a debilitating and embarrassing condition affecting millions of people throughout the UK. Despite its prevalence, incontinence remains a taboo and underreported problem for many. Individuals and their carers are often offered little or no help to improve matters. Marie Riding, a specialist nurse from MK Community Health Services, will be talking about practical measures which can be taken to try and improve or even cure the symptoms and education on why it happens.

Thursday 13th January 10.30am – 12.30pm.



Concentrated drummers at work.

Time for You

The following sessions have been arranged for the benefit of carers to have some time to feel pampered and to relax.

Reflexology

This is a holistic therapy in which gentle pressure is applied to the feet or hands and helps relax the body.

Fridays - 1st October, 12th November, 3rd December, 7th January afternoons by appointment only.

Foot Clinic

These 40 minute individual, morning sessions encourage you to recognise the importance of looking after your feet.

Fridays 8th October, 12th November, 10th December, 14th January.

Relaxation Therapies

Hourly sessions to help you relax and learn strategies to transfer these techniques into your daily life.

Thurs 7th October, 4th November, 2nd December, 6th January; mornings by appointment only.

NEWS FROM CARERS MILTON KEYNES

Donate Online

Carers Milton Keynes can now accept donations online via the Justgiving website, which enables charities of all sizes to raise funds using the internet. If you would like to organise a fundraising event on our behalf or make a one-off donation then visit www.justgiving.com and type Carers Milton Keynes into the 'Find a Charity' box.

We also have a link to the Justgiving website via our own site at www.carersmiltonkeynes.org



Going the Extra Mile for Young Carers

Young Carers Support Workers Sarah Jarman and David Matthews took part in the Extra-Mile challenge to raise money for Young Carers in Milton Keynes. The challenge involved cycling 500 miles over 3 days, in a team of 4, starting in Belgium, travelling through France and finishing up in the Black Forest in Germany. The event took place from the 24th-26th September and was a real challenge for which they are still recovering!

Sarah and David would like to thank Carolyn Rahn and Emma Dalton who very kindly gave their time and effort to join the team and cycle the huge distances. They would also like to say massive thank you to all of the people to kindly sponsored them for completing the challenge. The money raised will enable Young Carers in Milton Keynes to continue to receive much needed support.

If you would like to sponsor the team, there is still time to do so. Visit www.justgiving.com/David-MatthewsMK or www.justgiving.com/sarah-jarman

Open Day for Professionals

On **5th November** we are opening the Carers' Centre to showcase the work of Carers Milton Keynes to Health and Social Care professionals. There will be timed hour long slots for people to come and see how we work with both adult and young Carers.

Invitations to all Health and Social Care teams will be sent out during late September. If you are a professional and have not received an invitation please call us in the week beginning the 25th October and we will try to offer you a time slot on that day.



Young Carer staff preparing for their 500 mile cycle ride.

Marathon Man

This summer we received a very kind donation from Tony Daghish who ran a half marathon for Young Carers. With this money we were able to take some of our sibling Young Carers to the cinema to see Shrek 4 and Toy Story 3. Something as normal as going to the cinema can be difficult to do with a sibling with a learning difficulty. Both were very funny films and the Young Carers had a great time.

We'd like to say a massive thank you to Tony for so kindly thinking of us and a huge congratulations on his fantastic achievement of 1hr 42 mins!

MONEY MATTERS

Cutting Disability Living Allowance

In June the Government announced its intention to cut spending on Disability Living Allowance by around 20% by introducing a new medical test for all existing and new claimants.

This will have a direct impact on carers, particularly if DLA is removed or reduced below the middle rate component, as they would lose eligibility for Carers' Allowance. There would also be an increase in financial pressure on families generally, if this benefit was cut.

The Government announced that it would use the Work Capability Assessment (used for assessing Employment and Support Allowance claimants) as a model for the proposed new medical tests for DLA.

Carers UK, the national campaigning organisation for carers, has called on the Government to evaluate the impact of proposed cuts on carers, as well as on different disability and illness groups. They are also asking for more detail on the proposed medical tests so they can comment on its suitability for assessing DLA. The Government has stated how they value the contribution of carers to society so it needs to look at how it can strengthen support for carers, consistent with the National Carers Strategy.

Carers Milton Keynes will keep carers updated on these developments via this newsletter and our website.

Saving Gateway Scheme Scrapped

The Saving Gateway, planned to start in July, has been scrapped by the Government. The scheme was aimed at encouraging people on lower incomes to save: the Government adding 50p to every £1 saved. In his Budget speech, George Osborne, said that the scheme was 'not affordable'.

Money Made Clear

Need financial advice but not sure where to turn? Despite cutbacks elsewhere the Government has agreed to move ahead with a new financial advice service that will offer every family in Britain an annual financial health check.

The Consumer Financial Education Body (CFEB) will be rolling out this initiative next spring. It is called Money Made Clear and the idea is that all families will get a 'prescription' offering them clear advice on steps they can take to improve their financial situation both now and in the future.

You don't have to wait until next spring if you need to speak to an independent 'money guide'. These are available via their telephone helpline on **0300 500 5000** providing impartial information and advice. The CFEB has also produced a number of guides on topics such as redundancy and retirement, guides for parents and those going through a divorce or separation.

These together with a range of other resources can be found on their website at www.moneymadeclear.org.uk

Independent Living Fund Changes

The Independent Living Fund is funded by central government and awards payments to severely disabled people to support the cost of their care, enabling them to live independent lives. Due to financial pressures the ILF has recently changed its rules so only people working 16 hours a week or more can apply for help. They have also announced that, in order to safeguard existing user's awards, they will not be making any new awards for the remainder of this financial year.

Visit www.ilf.org.uk for more information.

CONSULTATION CORNER

There are currently three consultations of which carers need to be aware:

1 In August the Cabinet of Milton Keynes Council received a report on the future of services for older people. Due to the way Milton Keynes developed we are on the edge of a significant increase in the number of local residents aged 65+. In the coming years the number of residents aged 85+ will also start to increase. Some serious thinking has been done about how the needs of our future ageing population will be met. If you are interested in this 90 day consultation, ending in November, please use the following web link: **www.milton-keynes.gov.uk/ops-consultation**

If you do not have access to the web contact **01908 253678** and the Council will send you a hard copy. (Or you may come in and use a computer here.)

2 On 23rd September a consultation will have been held about Personalisation. The reform of social care is progressing slowly to the point where everyone eligible for social care will have an indicative personal budget. Once the budget is determined people then will have a choice as to how their services are designed and delivered to meet their chosen outcomes. There will be a new assessment process, Peer Brokerage, and support planning. In our next newsletter I will write specifically on how all these changes may affect family carers. Several decisions have yet to be made within MK Council before I am able to confidently offer further information.

3 During the summer Milton Keynes Council organised a Sensory Service Consultation. We sent copies to those who we knew were caring for someone with sensory impairment but we may have missed some people. Unfortunately, by the time you read this the formal consultation will have closed but if you

have significant comments to make on the Milton Keynes Sensory Service, provided for adults with a hearing or visual impairment, please **contact Sally Luff on 01908 253582 or email her on sally.luff@milton-keynes.gov.uk**

Hilda Kirkwood



Fun in the sun at the summer barbecue!

Carers' Advisory Forum

Carers Milton Keynes is establishing a forum for carers to work with us on the services we provide. It is important that we try at all times to provide services that carers want and, as far as possible, where and when you want them!

We have not yet had our first face-to-face meeting but we hope that meetings will be quarterly, beginning this September.

If you would like to be involved contact us on 01908 231703.

SERVICES AND INFORMATION



A Stronger Voice for Better Care

The Department of Health white paper *Equity and excellence: Liberating the NHS* sets out the Government's long-term vision for the future of the NHS. These proposals will mean big changes in Health and Social Care provision in Milton Keynes and will affect everyone.

You can read the white paper and find out what these changes will mean for you.

Consultation is open until 11th October 2010
www.dh.gov.uk/en/Consultations/Liveconsultations/DH_117587

Patient Participation Groups (PPG's) mentioned in the Department of Health white paper are seen as a significant way of involving people in local healthcare decision-making. LINK:MK has already made progress in helping form Patient Participation Groups and is hosting the **third PPG Network Meeting on Tuesday 28th September at 5.15pm.**

Don't miss this year's **LINK 2 Health and Care Event 2010** in the Middleton Hall on 26th October.

LINK:MK's latest news and events can be found on their website at www.miltonkeyneslink.co.uk or telephone 01908 266696.



The Mayor and some carers taking a ride at the Train Day.

Help with Housing Issues

Shelter in Milton Keynes provides confidential and free advice on housing problems. Their aim is to prevent people losing their home.

They are able to help with issues such as:

- rent and mortgage arrears
- home repossession due to rent arrears, mortgage arrears, end of tenancy
- disrepair issues whether you are a private or housing association tenant
- unsuitable housing which includes unsuitability for your health needs.
- homelessness.

For advice phone **0344 515 1876** or drop in for an appointment, which are issued daily from 9.30am at The Food Centre (1st floor above Iceland), 793 Avebury Boulevard, Central MK. Opening hours are Monday-Friday 9.30am-4pm although phone lines are open until 5pm.

Digital Switchover



From March 2011 the old analogue signal in our region is being switched off. This means that, unless you have a digital TV, you will lose your TV service. The BBC has an advice service for people confused by this and needing assistance. They can help anyone who:

- is aged 75 or over
- has lived in a care home for 6 months or more
- receives Disability Living Allowance or Attendance Allowance
- is registered blind or partially sighted.

There is a £40 cost which involves a home visit for practical advice and help with installation of equipment. This is free if you get pension credit, income support, employment support allowance or income based jobseeker's allowance.

For further details call 0800 40 85 900 or visit helpscheme.co.uk

MENTAL HEALTH SUPPORT

Seeing Change Happen with the Recovery Star

The Mental Health Recovery Star is now a recognised tool used in a range of mental health and social care services. It provides a visual chart of the stages a person may go through on their journey to recovery.

Using the Recovery Star as a guide, service users are able to look holistically at ten areas of life (indicated on the arms of the star in the diagram) that maybe affected by living with a mental health condition. These areas include how a person manages their mental and physical health, daily activities, responsibilities, social skills, relationships, employment and how they feel about themselves and their future.

We all have areas in our lives that we might want to change in order to improve the quality of our lives. However we don't all access mental health services, where we have the opportunity to look closely at these areas to identify the resources we need or want in order to make that change possible. Trained Recovery Star staff are able to work with individuals to identify personal goals and create a relevant support plan that indicates the action needed to achieve them.

The stages of transition or change are scored from 1-10.

By looking at how a person manages all of their life on the ladder of change they can see more clearly where they feel they are presently and where they want to be in the future. The points scored at each review are then joined together on the relevant arms of the Star to create the direction of travel in order to demonstrate outcomes to service users, providers and commissioners.

The Star helps staff and service users identify the difficulties, see the potential for change and then working together to make change happen.

rethink

Supporting Carers in Milton Keynes

Below are details of forthcoming Rethink meetings for carers of someone with mental illness:

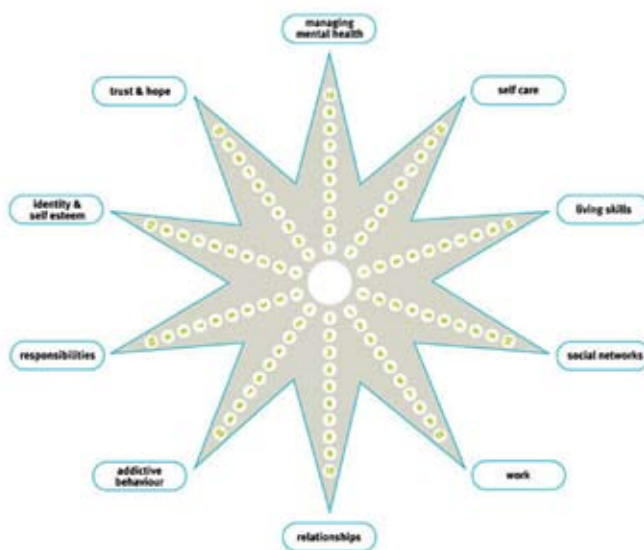
Wednesday 6th October 6-7.30pm

Now you've read about it, let's talk about it. Discussion on how the Recovery Star works in practice.

Wednesday 1st December 6-7.30pm

Managing Stress in Daily Life – An Introduction to Mindfulness for Carers. Living in the present, appreciating the moment and using simple techniques to manage difficulties have enormous benefits to our well-being.

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



We have tried to reproduce the Recovery Star as clearly as possible but we are aware that it still may be difficult to see.

For details of Carers Milton Keynes' support groups for mental health carers see the Diary on page 10-12.

PARENT CARERS

Support Group Roundup

We hope you were able to take part and enjoy the family events we put on this summer – the train day which fell victim to the weather and the drumming party which did not! Now that it's back to school our parent carer groups have started again.

Friday Coffee Mornings at Greenleys Family Centre 10.30am – 12.30pm.

Don't forget you can bring your children to this group– there are plenty of toys to play with if they get bored with adult company! It is normally the first Friday of the month but there is one change this autumn owing to another event. It would be lovely to see people at these sessions as it's a great opportunity to chat informally.

1st October, 5th November, 10th December, 7th January.

Monday meetings at Carers MK offices 11am-1pm.

Monday 18th October

Diana Wright, a nutrition consultant, is making a return visit to us. She has particular experience in diets beneficial for children with additional needs, particularly Autism.

Monday 15th November

Craig Kench works at the Caldecotte Xperience and is coming to talk to us about how they have developed the centre as a venue for children and young people with additional needs.

Monday 20th December

For those of you who can make it we will meet for a festive coffee at the Camphill café on Willen Park.

Monday 17th January

We have invited Sharon Ferris to this group to help us with ideas for stress relief and some gentle hand massage.

Update from PACA

Thank you to all the parents and carers who took part in the health and social care consultation with Hannah Pugliese. This has been one of the most successful consultations yet for Parent and Carer Alliance and the ideas put forward by PACA are receiving plenty of attention.

One strand of work which has come out of this consultation, and one which PACA are championing, is the communication passport. Parents and carers expressed a need for a booklet which would contain useful information about their child and could be used by professionals in both health and social care. It was felt by many parents and carers that they needed to repeat the needs of their child again and again to various different professionals and to have all this information in one booklet which could just be handed over would be really useful. PACA are currently working with professionals to produce a prototype of this booklet. If you would like to be part of the feedback group on this project please **contact Jane at pacamk@gmail.com or telephone 07852 526057.**

PACA will be at the forthcoming **SEN Information Day on 16th October**. We shall have a stall and will be running workshops on getting your voice heard in MK. (As this date clashes with one of Carers MK's parent carer meetings, we have decided to cancel it and focus on the SEN day).

We are keen to increase the numbers on our database. The more parents and carers we can contact, the more opinions we canvass and the stronger our evidence for making changes within services. If you would like to become a member of PACA email, phone or pick up one of our leaflets from your school, Carers Centre, Connexions office, complex needs team or social care worker. To be eligible for membership to the Alliance, you must be the parent or carer of a child or young person (0-25 years) who access, or have accessed, services in either health, education or social care in Milton Keynes.

DIARY OF TRAINING AND EVENTS

October

Fri 1st	Parent Carer Coffee morning Greenleys Family Centre 10.30 - 12.30pm
	Singing at Simpson Music Centre 1-2pm
	Reflexology afternoon sessions by appointment
Tues 5th	Yoga, Heron's Lodge 11.30am-1pm
Wed 6th	Mental health evening support group 6-7.30pm
Thurs 7th	Relaxation therapies, morning sessions by appointment
	Pension & Benefits Advice 2-4pm
	Olney support group, the Olney Centre 2-4pm
Tues 12th	Yoga at Heron's Lodge 11.30-1pm
Wed 13th	Nature Ramble, Summer Leys Nature Reserve 10am-1pm (approx)
Thurs 14th	Health Awareness Day Heron's Lodge, Loughton 10.30am-1.30pm
	Former Carers 1.30pm-3.30pm
Fri 15th	Foot Clinic morning sessions by appointment
Mon 18th	Parent Carers' Carers group 11am-1pm
Tues 19th	Yoga at Heron's Lodge 11.30am-1pm
Wed 20th	Social evening 7pm onwards at the Barn Beefeater, Central MK
Thurs 21st	Crafty Carers 10am-1pm
	Relaxation therapies, morning and evening sessions available by appt only.
	Pension & Benefits Advice 2-4pm
Mon 25th	Parent Carer group 11am-1pm

October (continued)

Tues 26th	LINK event Middleton Hall
Wed 27th	Newport Pagnell support group, UR Church 1.30-3.30pm
	Bletchley support group, Parkside Surgery 1.30-3.30pm
Fri 29th	Coffee morning 10.30-12.30pm

November

Tues 2nd	Yoga at Heron's Lodge 11.30am-1pm
Wed 3rd	Carers and Employment Information Session 10.30am-12.30pm
Thurs 4th	Relaxation therapies, morning sessions by appointment
	Pension & Benefits Advice 2-4pm
	Olney support group, Olney Centre 2-4pm
Fri 5th	Information Day for Professionals at Carers MK
	Parent Carer coffee morning, Greenleys Centre 10.30am-12.30pm
Mon 8th	Understanding Stress & How to Manage It 10am-2.30pm (inc lunch)
	Singing at Simpson Music Centre 10.45-11.45am
Tues 9th	Writing Club 10.30-12.30pm
	Yoga at Heron's Lodge 11.30am-1pm
Thurs 11th	Former Carers at Dobbies Garden Centre 1.30-3.30pm
Fri 12th	Foot Clinic, morning sessions by appointment.
	Carers Milton Keynes' AGM 12-2pm
	Reflexology afternoon sessions by appointment.

DIARY OF TRAINING AND EVENTS

November *(continued)*

Mon 15th	Parent Carer group 11am-1pm
Tues 16th	Yoga at Heron's Lodge 11.30am-1pm
Thurs 18th	Crafty Carers 10am-1pm
	Pension & Benefits Advice 2-4pm
	Relaxation therapies morning and evening sessions by appointment only.
Mon 22nd	Men's Group: Ten Pin Bowling at City Limits from 7pm
Tues 23rd	Yoga at Heron's Lodge 11.30am-1pm
Wed 24th	Newport Pagnell support group, UR Church 1.30-3.30pm
	Bletchley support group, Parkside Surgery 1.30-3.30pm
Fri 26th	Coffee Morning 10.30am-12.30pm
Tues 30th	Yoga at Heron's Lodge 11.30-1pm

Fri 10th	Foot Clinic, morning sessions by appointment only
	Parent Carer coffee morning, Greenleys Family Centre 10.30am-12.30pm
Tues 14th	Yoga at Heron's Lodge 11.30am-1pm
Thurs 16th	Crafty Carers 10am-1pm
	Relaxation therapies morning and evening sessions by appointment only
	Pension & Benefits Advice 2-4pm
Fri 17th	Christmas Party, Lovat Hall, Newport Pagnall 12-2pm
	NO COFFEE MORNING AT CMK
Mon 20th	Parent Carers group, Camphill tea rooms 11am-1pm
Wed 22nd	Newport Pagnell support group 1.30-3.30pm
	Bletchley support group 1.30 -3.30pm

December

Wed 1st	Mental health evening support group 6-7.30pm
Thurs 2nd	Relaxation therapies, morning sessions by appointment
	Olney support group at the Olney centre 2-4pm
	Pension & Benefits Advice 2-4pm
Fri 3rd	Carers' Rights Day 10.30am-1pm
	Reflexology afternoon sessions by appointment only.
Tues 7th	Yoga at Heron's Lodge 11.30am-1pm
Wed 8th	Joy of Gardening, Frosts Garden Centre 10am-12pm.
Thurs 9th	Former Carers 1.30-3.30pm

January 2011

Thurs 6th	Relaxation therapies, morning sessions by appointment
	Olney support group at the Olney centre 2-4pm
Fri 7th	Parent Carer coffee morning, Greenleys family centre 10.30am-12.30pm
	Reflexology afternoon sessions by appt only
Tues 11th	Writing Club 10.30-12.30pm
	Yoga at Heron's Lodge 11.30- 1pm
Thurs 13th	Continence Course 10.30-12.30pm
	Former Carers at Frosts Garden Centre 1.30-3.30pm
	Pension & Benefits Advice 2-4pm

continued on back page

DIARY OF TRAINING AND EVENTS

January 2011 *(continued)*

Fri 14th	Foot Clinic morning sessions by appointment only.
Mon 17th	Parent Carers group 11am-1pm
Tues 18th	Yoga, Heron's Lodge 11.30am-1pm
Thurs 20th	Crafty Carers 10am-1pm
	Relaxation therapies morning sessions by appointment only
	Evening relaxation therapies by appointment
Mon 24th	Love or Duty? Caring for a parent 10.30am-12.30pm
Tues 25th	Yoga, Heron's Lodge 11.30am-1pm
Wed 26th	Newport Pagnell support group 1.30-3.30pm
	Bletchley support group 1.30-3.30pm
Thurs 27th	Pension & Benefits Advice 2-4pm
Fri 28th	Coffee morning 10.30am-12.30pm

Please note that all activities are at our offices in Central Milton Keynes unless otherwise stated.

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



Do you have any queries regarding

Benefits issues

or

Combining Employment with Caring?

Friday 3rd December 2010

10.30am - 1pm

at Carers Milton Keynes office.

Benefits and employment advisors will be present to answer your questions.

For details contact us on (01908) 231703 or email: mail@carersmiltonkeynes.org

Migraine Action

Migraine Action is hosting an education day at Acorn House on **Saturday 13th November from 9.30am to 3pm**. In the morning there will be presentations by consultant neurologists and in the afternoon discussions will focus on:

- treatment and self help for migraine sufferers from a physical therapy perspective
- hormonal issues and headaches
- medication overuse
- complementary therapies for migraine.

Carers Milton Keynes has secured 6 free spaces for carers. However if there is a greater demand you can book independently by calling **0116 275 8317**. There is a charge of £10 for the day.

CARERS MILTON KEYNES

The David Baxter Centre, 63 North Seventh Street, Central Milton Keynes MK9 2DP
Tel: 01908 231703 Web site: www.carersmiltonkeynes.org Email: mail@carersmiltonkeynes.org

Registered Charity No. 1116804