

Milton Keynes Carer



CARERS' RIGHTS DAY

2nd December 2011

As a carer you have the right to fulfil your educational and employment potential. This year in Milton Keynes we are focusing on EMPLOYMENT issues.

You are invited to come and meet:

- Age UKMK Job Club
- The Richmond Fellowship
- Women and Work
- Citizen's Advice Bureau
- Job Centre
- MK Council's Employment Support Advisor
- OU Advisor

at our offices
from 10.00-1.00pm

COME AND SEE HOW THEY CAN HELP YOU

Online Support

We are aware that not all carers are able to attend a daytime or evening group due to their caring role. As a result we are developing an online group via our website, funded by MK Council for a trial period. It is available 24 hours a day, 365 days of the year and will enable local carers to share experiences and support each other in a safe and confidential environment. We plan to launch this in the next few weeks so keep an eye on our website for details of how to join at www.carersmiltonkeynes.org



Annual General Meeting

You are cordially invited to our AGM on

4th November 2011

at

Heron's Lodge, Bradwell Road, Loughton
11am – 1pm

A light lunch will be served following the business meeting.

This year's topic will be
Supporting Carers Through Information Technology.

All Carers and professionals welcome.

Party Time!



This year we would like to invite both adult and young carers to a joint Christmas event at Lovat Hall, Newport Pagnell on Saturday 10th December.

The venue is big enough to hold a disco for those who feel like dancing but still allow space for other activities in the large (quieter!) hall. See page 2 for more details.

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SOCIAL EVENTS

Kings & Queens

A talk by carer Chris Nixon-Caney about William Duke of Normandy, the Bayeux Tapestry, the Battle of Hastings, the Doomsday Book and much more.

Monday 10th October 1.30pm – 3.00pm

Singing

Come and join us for this uplifting activity. You don't have to have a great voice to join in and have fun. These sessions will be held at our offices.

**Wed 12th Oct 1 - 2pm; Wed 16th Nov 1 - 2pm;
Friday 2nd Dec 1.30 - 2.30pm; Friday 6th
January 1 - 2pm**

Autumn Ramble

We will be meeting at Waterhall Park, Bletchley for a gentle walk and to admire the autumnal colours. Please wear appropriate footwear.

Tuesday 25th October 10.30am – 12.30pm

Men's Group

This group is now meeting regularly in the First Base Sports Bar in the Xscape building in Central Milton Keynes. Male carers can meet for an informal chat in a social setting. If you would like to come please arrive before 7.30pm and look out for Anne Matthews.

**Mondays 31st October; 12th December &
23rd January**

Social Evening

These evenings provide an opportunity for carers to mix together in a social setting. A chance to escape for the evening. No need to book - just turn up!

**Thursdays 29th September and 24th November
from 7pm Barn Beefeater, Secklow Gate West,
Central Milton Keynes**

The Joy of Gardening

The topic of this visit to Frosts will have a festive theme. Come and find out more.

**Wednesday 7th December 10am – 12.00pm at
Frosts Garden Centre**

Do You Enjoy a Good Read?



Carers Milton Keynes is setting up a book-reading group. The first meeting will be on **Friday 14th October 10.30am to 11.30am** at our offices. If you enjoy reading and would like to be a part of this please come along. There will be an opportunity to choose books from a list the library has supplied us with. There will be a small charge of £1.00 for each meeting.



Adult Carers' and Young Carers' Christmas Party

at
Lovat Hall, Newport Pagnell MK16 0EJ
on
**Saturday 10th December
1 - 3pm**



A chance for Carers and their families to come together to enjoy the festive season.

- Refreshments
- Disco
- Craft activities for Young Carers
- Raffle.

To book your place(s) contact Carers Milton Keynes on 01908 231703; email mail@carersmiltonkeynes.org

In order to save our postage costs if you would like to receive your newsletter by email please let us have your email details. Thank you.

TRAINING PROGRAMME

funded by Milton Keynes Council



MILTON KEYNES
COUNCIL

Sensory Adaptations

Milton Keynes Sensory Service will be talking about the issues around sight and hearing loss. During this session there will also be an opportunity to view and try out equipment which may assist people with sight or hearing loss. There will also be time to share information and find out about other organisations in the area who can offer support.

Thursday 27th October 10.30am – 12.30pm

Oral Health

This session is to encourage good oral hygiene and includes a sugar quiz, acid tests on various drinks to show which are safest for teeth, teeth brushing demo and information on safe snacking. Advice for you and those for whom you care.

Wed 2nd November 10.30am – 12.00pm

Schizophrenia Information Session

We will be joined by Natalie Turner (Community Psychiatric Nurse) who will enable us to find out more about this condition. There will be an opportunity to ask questions.

Monday 7th November 1.00pm – 3.30pm

Carers' Assessment Course

This course is designed to help you understand what a carers' assessment is, if you are eligible and how it can help your situation.

Wednesday 9th November 10.30am – 12.30pm

Moving into Supported Living

Our training for this session will inform carers about the options available for moving their young people with learning disabilities into supported living either now or in the future.

Wed 23rd November 10.30am – 12.30pm

Stress and Anger Management

This course explores anger and stress, their causes and effects. Discover ways of handling these emotions and learn strategies to cope with your own situation.

**Thursday 24th November 10am – 2.30pm
(incl. lunch)**

First Aid

This everyday First Aid Workshop teaches 18 key skills to save a life. These include helping someone who is unconscious, choking, bleeding heavily, dealing with burns or scalds, broken bones, heart attacks, strokes and seizures.

**Wednesday 30th November 10am – 4.00pm
(This will be held at the British Red Cross at
49A Wolverton Road, Stony Stratford).**

Nutrition

This course looks at how to incorporate nutrition into the diets of people who are fussy eaters or who have poor appetites. How to put good food ingredients in not so obvious ways by combining into cooking, shakes etc.

Wednesday 18th January 10.30am – 12.30pm

Life after Caring

This course focuses on the practical and emotional skills needed to return to work following the end of, or a change in, your caring role.

Monday 23rd January 10.30am – 12.30pm

Please note for all training/social sessions you will receive confirmation and additional details about a week to 10 days before the event is due to take place.

NEWS FROM CARERS MILTON KEYNES

A Busy Summer for Our Young Carers

A Day at the Fire Station - in August Bucks Fire service invited our young carers to attend a day at Great Holm Fire station. This was not only an action packed and fun-filled day, but also an opportunity to learn about fire safety, particularly within the home. The hot fat unit demonstration was one of the many highlights - see picture opposite.

(For your FREE home fire risk check please call 01296 744477, which includes free smoke alarms).

Alton Towers - This trip was made possible by the generosity of Coca Cola in Milton Keynes. It provided an opportunity for 65 young carers, aged between 12-18, to have an amazing day out. All of the young people really enjoyed themselves, braving rides like Oblivion, Rita and Thirteen! We would like to say a massive thank you to Diane and Tracey from Coca Cola for making this trip happen!

Legoland - Merlin's Magic Wand kindly donated tickets and provided transport to give the chance for 43 young carers, aged between 8-11, to visit the hugely popular Legoland in Windsor. Again, the children had a wonderful day out, enjoying rides such as the 'Jolly Rocker', the 'Dragon' and getting soaked on the 'Vikings River Splash' or on the 'Pirates Falls' log flume!

Justgiving.com

Carers Milton Keynes is a charity and while much of our funding comes from the Council we still need extra funds to go that extra mile for carers most in need of our support. If you would like to make a donation to help those carers most in need, or maybe you have received support yourself from us, this can now be done securely online through Justgiving.com. Visit www.justgiving.com and enter Carers Milton Keynes in the Find a Charity box, then click on donate.



Carers' Advisory Forum

The Carers' Advisory Forum has been meeting for just over a year and has discussed subjects ranging from training and employment for carers, supporting carers to remain healthy, reaching out to carers and what the government's Comprehensive Spending Review means to them.

We would welcome more carers to attend future meetings. Services provided by the Carers' Centre are done so in the knowledge that carers have requested them, or would find them helpful. To be a truly carer-led organisation we need you to continue to share your ideas with us.

The Forum meets quarterly and the next meeting is on **18th October 12.30-2.30pm at our office in Central Milton Keynes.**

If you are interested please call us on 01908 231703 or e-mail hilda.kirkwood@miltonkeynes.org

Independent Project

At Carers MK are very excited about the prospect of using computers and technology to communicate with carers via the internet. The independent project, funded by the European Union will allow us to do this but, as with many things in life, these things have taken longer to develop than we anticipated.

Thanks to all of you who completed the questionnaire sent out this summer. Carers who have shown an interest in being involved with the project will be contacted shortly and a visit arranged to show you how to use things like 'Skype' to talk to friends and relatives, wherever they are in the country or the world.

If you would like to know more about the project contact Carers MK for more information.

LEARNING DISABILITY

Carers Short Breaks Service

The Carers Short Breaks Service (CSBS) supports families and carers of adults with learning disabilities, who are living at home, by providing short breaks to the person that they care for. The type and amount of care and support provided is based on the assessed needs of the carers whilst recognising the particular needs of the cared for person.

The CSBS provides care and support 24/7 over 52 weeks of the year in a variety of settings. There are four service settings three of which are primarily buildings based so as to be able to provide overnight stays.

The services are delivered in a person centred way by core staff teams all of whom are trained with a broad range of skills. The primary carers (usually the parents) are provided with a CSBS carers' assessment to identify the range of factors that impact on their life and their ability to continue in their caring role. From this assessment a package of support is drawn up.

A new and developing part of the service is for people that have difficulty in expressing themselves in a socially appropriate way and may be quite difficult to support because of their communication needs. The service is also expanding its outreach work providing carers with a break in the evenings and at the weekends by supporting the person that they care for in community based activities such as bowling, badminton, dance classes etc.

The support can be overnight, weekends, evenings depending on the carers needs and the interests and abilities of the cared for person

If as a carer you feel that you need a break from the stresses and strains of supporting a family member with a learning disability then the CSBS would undertake a carers' assessment to find out if you are eligible for the service and if so we would do a further assessment to understand your and the person you care for needs.

Contact the Service Co-ordinator on 01908 225164 for more details.

Using the Mental Capacity Act: A Guide for Family and Friends of People with Learning Disabilities, is available to download together with accompanying videos from:

www.hft.org.uk/Family_carer_Support/MCA_Resource_Guide



Bucks Fire Service demonstrate the dangers of hot fat (see page 4 for story).

Working in Partnership

The Learning Disability Partnership Board meets six times each year and brings together representatives of those with a Learning Disability, their family carers and professionals working in this field. Each meeting usually focuses on a particular topic – the last one was about health – and involves a discussion in the morning followed by lunch and a full meeting of the Board in the afternoon. There are currently three family carers who regularly attend and they would love to be joined by one or two more.

Are you interested? If so please contact Hilda Kirkwood on 01908 231703; email: hilda.kirkwood@carersmiltonkeynes.org

MONEY MATTERS

Are You Eligible for a Discount?

You may be eligible for a reduction in your council tax by one band if you, or the person you care for, has a disability and your home as at least one of the following:

- an additional bathroom, toilet room or kitchen that has been built or adapted to meet the needs of the disabled person;
- a room (other than a bathroom, kitchen or toilet) required to meet the needs of the disability of the disabled person, for their treatment or therapy, and is mainly used for that purpose;
- adequate space or adaptation for the use of a wheelchair, which is required by the disabled person for use inside the home - wheelchairs or motorised scooters for outdoor use only are excluded.

'Disabled person' in this context means a person who is substantially and permanently disabled and can be either an adult or a child.

An extra room does not need to have been specially built, but your home will not qualify for a reduction unless the 'essential or of major importance' test above is met. Simply rearranging rooms - eg having a bedroom on the ground floor rather than the first floor - is unlikely to make your home eligible for a reduction.

Money Saving Seniors

Seniors Discounts is a website that brings together local as well as national businesses who offer age specific discounts on everything from evening meals to holidays to plumbers and electricians. It also offers a growing number of discounts from large businesses such as Dixons, Boots, Debenhams, Comet, Pizza Hut etc.

Visit www.seniorsdiscounts.co.uk

Exemptions and Reduction for Carers and People with Dementia or Severe Mental Impairment

Council tax is calculated on the assumption that two or more adults are living in a property. People living on their own are entitled to a 25% single person's discount.

Anyone with a severe mental impairment, including dementia, who is living on their own and is receiving a disability benefit such as Attendance Allowance, or the higher or middle care components of DLA is exempt from paying any council tax.

If they live with one other person, that person can get the 25% discount that someone living alone is entitled to.

Carers living with a person with a disability and who are claiming carer's allowance, may be exempt from paying council tax, providing the person with dementia/mental impairment is not claiming exemption. The carer must not be the partner of the person with dementia or a child under 18 years. The person they are caring for should be receiving the higher rate of the care component of DLA, or AA, or certain other disability benefits.

Contact your local council if you think you may be eligible for a reduction in your council tax.

Surviving the Winter

From 1st October to 31st March 2012 Age UK MK, in conjunction with EON, will be helping people aged over 60 who cannot afford essential items of equipment or services to ensure they are warm and safe.



To access this scheme call Age UK's Property Support Services on 01908 557885.

SERVICES AND INFORMATION

Get Involved with Your Local Hospital

Gill Priest, the new Engagement and Membership Manager at Milton Keynes hospital, is keen to encourage local people to get involved in their hospital.

Anyone who lives in the Milton Keynes and surrounding area, aged 14 and over, can become a Member of the Hospital. It doesn't cost anything and people can be as involved as much or as little as they wish; from simply being updated on developments, news and receiving invitations via email to helping influence service development, participating in service user panels, surveys and forums etc.

People can find being a Member a very rewarding experience and the Trust benefits enormously from the valuable input given by its Members. Do give becoming a Member your consideration as the hospital really does need and value your support.

Contact Gill Priest on 01908 243300; email Foundation.members@mkhospital.nhs.uk

Disability Insurance

Fish Insurance has been providing specialist, low cost cover to disabled people across the UK since 1975. Their policies are designed to meet the specific requirements of disabled people whether they are looking to insure a manual wheelchair, powered wheelchair, mobility scooter, in-home products such as stair lifts and hoists or cover for a wheelchair accessible vehicle. They also provide liability insurance to protect people who employ their own personal assistants in the home, and travel insurance.

Contact Fish Insurance on their general enquiry line 0500 432 141 or visit their website www.fishinsurance.co.uk

Carers UK AGM and National Carers' Summit is being held on 3rd November at Canary Wharf, London. This is an all-day event. Please contact the office if you're interested in attending.

For further information visit www.carersuk.org



Relaxing after a walk around Emberton Lake.

Stair Steady

Many elderly or disabled people who require help to climb stairs do not always need a stair lift. The Stair Steady is an aid to help people go up and down stairs safely and with little effort. It is attached to the wall and provides a rail for you to hold onto as you climb up and down the stairs. There are no running or maintenance costs and it folds out of the way when not in use.

It could be an ideal solution for those who just need a helping hand or who may not be able to afford a stairlift. Stair Steady has also been supplied to people who suffer with long term medical conditions, who are recovering from a stroke or who are visually impaired. Costs start at around £600.

For more information contact Stair Steady's local representative Ron Winter on 01869 252071 or visit www.stairsteady.net

MENTAL HEALTH SUPPORT

Would You Share Your Story to Make a Difference?

Hearing carers' personal stories or 'journeys' about supporting their loved ones with mental health problems can really have an impact on others; and staff working within mental health services are no exception to this.

The emotion shared in telling the story really brings a situation to life and enables staff to gain insight into the reality of living with mental illness and the need for carers to be supported and listened to. With this in mind, Beth Lawrence, the Carers Co-ordinator for Milton Keynes Mental Health Service, is keen to hear from people who are willing to share their personal experiences.

Beth would like to establish a group or 'forum' of people (who support someone with a mental health problem) who are able to get involved. Having a group will enable Beth to offer appropriate training and support and have a 'pool' of people to draw on for assistance with training courses or meetings etc.

Beth has details of a number of carers who have already interested in this (thanks!), but in order to progress this initiative, she has organised two forthcoming sessions to explain more about the ideas for a 'Mental Health Carers Forum' and to get prospective volunteers together. These will take place at Carers Milton Keynes' offices on

Wednesday 19th October 10.30 am - 12 noon and Thursday 20th October 6 pm - 7.30 pm

Contact Beth for further information or to let her know you would like to attend on 01908 340967 or email Beth.Lawrence@Milton-Keynes.gov.uk



Finding our way around Shenley Wood.

Support Group Meetings

Wednesday 5th October 6 - 7.30pm

Jon Olsen, Operational Manager of the Recovery and Dementia services will be discussing personalisation.

Wednesday 2nd November 6 - 7.30pm

Support and chat session.

Wednesday 7th December 6 - 7.30pm

We will be joined by Connection Floating Support Service. This is a local charity offering time-limited housing related support to their clients to encourage independence and avoid homelessness. Come along to find out more about their service and how to access it if eligible.

Wednesday 4th January 6 - 7.30pm

Support and chat session.

Milton Keynes Marathon

Milton Keynes is to have its own marathon on 29th April 2012. Would anyone like to run in it and be sponsored to support Carers Milton Keynes?

This is a fantastic opportunity to support our charity.

Please contact us on 01908 231703 or mail@carersmiltonkeynes.org if you or someone you know could help us in this way.



PARENT CARERS

Autism Partnership Board

On the 24th May people with autistic spectrum conditions, family carers and other stakeholders met to decide if an Autism Partnership Board would be useful for people in Milton Keynes. At this meeting it was agreed that it should go ahead.

The work plan comes from the national autism strategy. It will be primarily concerned with services for adults but will also cover the transitions process for children 14+ moving in to adult services. It is likely that these meetings will be quarterly and the themes for the first year's work are as follows:

- information and communication
- training and awareness
- employment
- transitions.

The first board meeting was at the end of September. **If you would be interested in attending contact Anne Matthews at Carers Milton Keynes on 01908 231703 or Luci Dunlop on 01908 253209.**

Working in Partnership

The Parent Partnership Service is a statutory service, which the Local Authority is required to fund. It supports the parents and carers of children and young people (from birth to 19 years) who have, or may have a special educational need, to be empowered to be involved in their child's education.

The Service supports parents and carers through the different processes, procedures and options available to them, and advises what the outcome of decisions might be. Staff are trained on education law and policy, so that they can give impartial information and advice.

If you think we might be able to help you.

For further details contact the Parent Partnership helpline: 01908 254518; email contact@mkparents.org; or visit www.mkparent.org



All aboard! Families enjoying the train day this summer.

Supporting Parent Carers

Our parent carer group continues to meet on the third Monday of the month at our offices from **11am – 1pm**. Sandwiches are on offer as well as information from a speaker about relevant services.

Monday 18th October

Our speaker at this session will be a representative from the learning disability team to give us an update on the transition process.

Monday 21st November

A talk by Parent Partnership - see information left.

December - no meeting.

Monday 16th January

Anthony Tull will talk about what it is like to live with an autistic spectrum disorder.

Our coffee morning at Greenleys family centre continues to thrive. We have been lucky with the weather this year and children have been able to enjoy themselves outside. We would be really pleased to see parents with their children at this friendly morning group.

Fridays 7th October, 11th November, 9th

December (please note that for November and December we will meet on the 2nd Friday of the month).

DIARY OF TRAINING AND EVENTS

October

Thurs 6th	Citizens Advice Bureau appointments only 9.00am - 12.30pm
	Pensions Surgery 1pm - 4pm
	Olney Support group, Olney Centre 2 - 4pm
Fri 7th	Parent Carer coffee morning, Greenleys Family Centre 10.30am - 12.30pm
	Reflexology or Indian Head massage afternoon sessions by appointment
Mon 10th	Kings & Queens talk 1.30 - 3pm
Tues 11th	Yoga at Heron's Lodge 11.30am - 1pm
Wed 12th	Singing 1pm - 2pm
Thurs 13th	Former Carers 1.30pm - 3.30pm
Fri 14th	Book Club 10.30 - 12.30
Mon 17th	Parent Carers Group 11am - 1pm
Tues 18th	Yoga at Heron's Lodge 11.30am - 1pm
	Stroke Group 6 - 8pm
	Shaping Health Event (all day) Middleton Hall
Thurs 20th	Relaxation therapies, morning sessions by appointment
	Crafty Carers 10am - 1pm
	Pensions Surgery 1pm - 4pm
Tues 25th	Ramble at Waterhall Park, Bletchley 10.30am - 12.30pm
Wed 26th	Newport Pagnell support group, UR Church 1.30pm - 3.30pm

October (continued)

Wed 26th	Bletchley support group, Parkside Surgery 1.30-3.30pm
Thurs 27th	Sensory Adaptations 10.30am - 12.30pm
	Friends and Family 6 - 7.30pm
Fri 28th	Coffee Morning 10.30am - 12.30pm
Mon 31st	Men's Group, First Base Sports Bar, Xscape from 7pm

November

Tues 1st	Yoga at Heron's Lodge 11.30am - 1pm
Wed 2nd	Oral Health 10.30am - 12.00pm
	Mental Health Evening Support Group 6 - 7.30pm
Thurs 3rd	Citizens Advice Bureau 9am - 12.30pm appointment only
	Relaxation therapies morning sessions by appointment
	Pensions Surgery 1 - 4pm
	Olney support group, Olney Centre 2 - 4pm
Fri 4th	ANNUAL GENERAL MEETING 11am - 1pm
Tues 8th	Writing Club 10.30am - 12.30pm
	Yoga at Heron's Lodge 11.30am - 1pm
Wed 9th	Training on Carers' Assessment 10.30am - 12.30pm
Thurs 10th	Former Carers, Wyevale Garden Centre 1.30pm - 3.30pm
Fri 11th	Parent Carer coffee morning, Greenleys Family Centre 10.30am-12.30pm

DIARY OF TRAINING AND EVENTS

November (continued)

Tues 15th	Yoga at Heron's Lodge 11.30 - 1pm
	Stroke Support Group 6 - 8pm
Wed 16th	Singing 1pm - 2pm
Thurs 17th	Crafty Carers 10am - 1pm
	Relaxation therapies morning sessions by appointment
	Pensions Surgery 1 - 4pm
Mon 21st	Parent Carers 11am - 1pm
Tues 22nd	Yoga at Heron's Lodge 11.30am - 1pm
Wed 23rd	Moving Into Supported Living 10.30am - 12.30pm
Thurs 24th	Stress & Anger Management 10am - 2.30pm inc lunch
	Social Evening 7pm onwards
Fri 25th	Coffee Morning 10.30am - 12.30pm
Tues 29th	Yoga at Heron's Lodge 11.30am - 1pm
Wed 30th	First Aid Training at 49A Wolverton Road, Stony Stratford 1am - 4pm
	Newport Pagnell support group, UR Church 1.30pm - 3.30pm
	Bletchley support group, Parkside Surgery 1.30-3.30pm

December

Thurs 1st	Citizens Advice Bureau 9am - 12.30pm appt only
	Relaxation therapies morning sessions by appt only
	Pensions Surgery 1 - 4pm
	CAB 9am -12.30pm appt only

December

	Olney support group, Olney Centre 2 - 4pm
Fri 2nd	CARERS' RIGHTS DAY 10am -1pm
	Singing 1.30 -2.30pm
	Reflexology or Indian Head Massage afternoon sessions by appointment only
Tues 6th	Yoga at Heron's Lodge 11.30 - 1pm
Wed 7th	Joy of Gardening, Frosts Garden Centre 10am -12pm
	Mental Health Evening Support Group 6 - 7.30pm
Thurs 8th	Former Carers Xmas Special 1.30pm - 3.30pm
Fri 9th	Parent Carer Coffee Morning, Greenleys Family Centre 10.30am - 12.30pm
Sat 10th	Christmas Party, Lovat Hall, Newport Pagnell 1 - 3pm
Mon 12th	Men's Group, First Base Sports Bar, Xscape from 7pm
Tues 13th	Yoga at Heron's Lodge 11.30 - 1pm
	Stroke Group 6 - 8pm
Thurs 15th	Relaxation therapies morning sessions by appointment
	Pensions Surgery 1 - 4pm
Fri 16th	Coffee Morning , Xmas Special 10.30am - 12.30pm
Tues 20th	Stroke Group 6 - 8pm
Wed 21st	Newport Pagnell support group, UR Church 1.30 - 3.30pm
	Bletchley Support group, Parkside Surgery 1.30 - 3.30pm

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DIARY OF TRAINING AND EVENTS

January

Wed 4th	Mental Health evening support group 6 - 7.30pm
Thurs 5th	Citizens Advice Bureau 9.30am - 12.30pm appointment only
	Relaxation therapies morning sessions by appointment
	Pensions Surgery 1 - 4pm
	Olney support group, Olney Centre 2 - 4pm
Fri 6th	Parent Carer coffee morning, Greenleys Family Centre 10.30am-12.30pm
	Reflexology or Indian Head massage afternoon sessions by appt
	Singing 1 -2pm
Tues 10th	Writing Group 10.30am - 12.30pm
	Yoga at Heron's Lodge 11.30am - 1pm
Thurs 12th	Former Carers, Dobbies Garden Centre 1.30 -3.30pm
Mon 16th	Parent Carer group 10.30am -1pm
Tues 17th	Yoga at Heron's Lodge 11.30am - 1pm
Wed 18th	Nutrition Course 10.30am -12.30pm
Thurs 19th	Crafty Carers 10am -1pm
	Relaxation therapies, morning sessions by appointment
	Pensions Surgery 1 - 4pm

Mon 23rd	Life After Caring 10.30am - 12.30pm
Tues 24th	Yoga at Heron's Lodge 11.30am - 1pm
Wed 25th	Newport Pagnell support group, UR Church 1.30 - 3.30pm
	Bletchley support group, Parkside Surgery 1.30 - 3.30pm
Fri 27th	Coffee morning 10.30am -12.30pm
Tues 31st	Yoga at Heron's Lodge 11.30am - 1pm

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



Families enjoying themselves at the Drumming Day.

A copy of the latest newsletter is available on our website at www.carersmiltonkeynes.org

CARERS MILTON KEYNES

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

Tel: 01908 231703 Website: www.carersmiltonkeynes.org Email: mail@carersmiltonkeynes.org

Registered Charity No. 1116804