

Milton Keynes Carer

carers

milton keynes



Carers on their way to Pontins in Blackpool for a well-deserved break.



Carers preparing for a ramble around Great Linford.

CELEBRATING CARERS

Carers Week 2007 had 'something for everyone!' **Carers Milton Keynes** had a varied menu of events this year and, judging by your response, you appreciated all of them. Our annual Carers' Special Day was relocated to our own premises and re-invented as a Pampering Day but still had a range of information and lunch-time refreshments available. Some of our Carers were able to express their views to a roving reporter from Horizon Radio.

Others enjoyed a range of therapies, an opportunity for a manicure and a consultation with a colour and style therapist.

Trip to Pontins in Blackpool

During Carers Week ten Carers went on a well-deserved break for five days to Blackpool. They enjoyed trips to a craft centre, a wax works exhibition, evening entertainment and relaxation therapies. This holiday was organised in conjunction with The Princess

Royal Trust for Carers. Everyone had a great time, "I feel so refreshed", "it is good to get a good night's sleep", "we were really well looked after" were some of the comments made.

Rambling Carers

For the first time we arranged an opportunity for Carers to have a short ramble followed by a 'pub' stop afterwards. The walk was carefully chosen (and tried!) by a volunteer beforehand. 16 Carers thoroughly enjoyed this opportunity to walk and talk, whilst benefiting from the extensive green spaces in Milton Keynes. *(continued on page 2)*

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CARERS' WEEK REVIEW

Former Carers

15 former Carers sat down, at a local garden centre, to enjoy a cream tea. This was an opportunity to chat with other people going through the same experience of a major change.

Parent Carers

Lynn McNeillis, Network Development Officer for the Childminding Association, talked to our parent Carers about the possibilities of their children with special needs being cared for by a childminder. Direct payments are available to enable parents to pay for this service.

Barbecue

In conjunction with other local organisations we held our first barbecue for Carers and their families. 120 people enjoyed burgers, sausages and salads whilst listening to music played by a local band (*see photo below*). Youngsters were able to play on inflatable slides and castles and enjoy the grounds of Bradwell Abbey. We were extremely lucky that the rain stopped about half an hour before the event started and held off until the next day!



Barbecue for Carers during Carers' Week

SUPPORT GROUPS

Tuesday Support Group

This group meets at 10.30am on the second Tuesday of every month at the Carers' Centre. We have arranged that the guest speakers will come along at 11.30am, allowing time for a coffee and chat first. Forthcoming talks include:

- **11th September** - Direct Payments
- **9th October** - Preventing identity and credit card fraud
- **13th November** - Energy saving advice. (*Speaker will provide energy saving lightbulbs for those who attend*).

Crafty Carers

Are you a Carer who likes to sew, knit, make cards, cross-stitch? Or do you have any other crafty talent? Would you like to learn some new craft skills? Come along to our Crafty Carers group. We meet up twice a month for a chat, coffee and to share ideas. *See page 12 for details.*

Coffee Mornings

All Carers and former Carers are welcome to attend our coffee morning on the last Friday of the month. A therapist will be available offering a relaxing treatments such as Indian head massage or reflexology. **For more information or to book a therapy treatment please call us on 01908 231703**

Are You a Former Carer?

Former Carers get together on the **second Thursday of each month**. This is an opportunity to meet up informally with other people whose caring role has ceased.

For a full list of our support groups see the back page.

EVENTS AND ACTIVITIES

Colour and Style Therapy

This is the process of deciding which colours best suit an individual. The colours which suit us best are those which have the same characteristics as our own colour pattern. Wearing these colours will make your skin look clearer, hair and eyes brighter, therefore we will look better and feel better too. Come and find out what style and colour best suits you. Sessions are on **Wednesday 19th September and Wednesday 7th November**. Both run from 10.30am–12.30pm. *Book early as only limited places are available.*

Theatre Trip

We have tickets to go Slava's Snowshow on Tuesday **2nd October at 7pm**. Come and see this theatrical event. It is comical and poignant at the same time and is returning to Milton Keynes by popular demand. **Ring the Carers' Centre as soon as possible to book your ticket.**

Autumn Ramble

Thanks to the success of our ramble during Carers' Week, we are organising an Autumn ramble on **Wednesday 10th October** around the Great Linford area ending up at The Black Horse pub. If you want to enjoy lovely scenery, fresh air and good company, then contact us on 01908 231703. **We will meet at 10am at the Black Horse pub car park Great Linford.** *Special thanks to Colin and Grace for organising this event.*

Buckinghamshire Railway Centre

Railway enthusiasts will be interested in this trip to the Buckinghamshire Railway Centre at Quainton on **Wednesday 24th October**. There is a museum and you can have a ride on a vintage steam train. A minibus will leave the Carers Centre at 10am and return by 3pm. **Ring us on 01908 231703 to book your place.**



Please note change of date and location

**You are invited to attend
our AGM
on Wednesday 19th September
2007**

12noon - 2.30pm

Buffet lunch will be served from 12 o'clock

Meeting will start at 1pm

at **The United Reformed Church,
High Street, Newport Pagnell**

Local author Jane Matthews will talk about
her recent book

'The Carer's Handbook'

RSVP Tel: 01908 231703

E-mail: mail@carersmiltonkeynes.org

Or write to: **Carers Milton Keynes
The David Baxter Centre
63 North Seventh Street
Central Milton Keynes
MK9 2DP**

Games Afternoons

Those who attended the games afternoon in July had such a lot of fun and asked if this could be made a regular fixture. We are happy to oblige and will make a room available at the Carers Centre on a fortnightly basis. Beginning on **Friday 7th September** the group will meet on the **first and third Friday of every month** from 1.30 – 3.30pm. So bring along your favourite board games (or come and learn how to play one) and spend a relaxing afternoon with friends.

MONEY MATTERS

Claim Tax Back on Your Savings

Many people on low incomes do not realise that their bank or building society is required by law to take 20% tax off their interest payment before it is paid to them. This particularly affects pensioners, children, students and unemployed people.

If you do not have to pay income tax, you should inform your bank or building society by filling out form R85 to 'register' your account. After registering, interest will be paid without the tax deduction.

If you do not have to pay tax, and you have not registered your account, you can claim back some or all of the tax that has been deducted by completing a repayment claim form R40. Savers can claim tax back for up to 6 years.

Some people on slightly higher incomes may also be able to claim back some of the tax that has been deducted automatically, for example, if they should have only paid 10% tax on their saving income.

Source : Touchbase June 2007, edition 47

Real Change Not Short Change

The physical and emotional impact of taking on a caring role can be hard enough. But Carers can also be faced with a devastating blow to their finances - particularly harsh when some are forced to give up work. The benefits system is failing to deliver the vital support Carers need. Despite making a huge contribution to society Carers pay a heavy price for their commitment. New research from Carers UK shows :

- Half of Carers are forced to give up work to care
- Two out of three Carers have to cover extra costs of disability
- A third are facing severe financial hardship such as cutting back on food or unable to pay bills.

Carers UK is lobbying Gordon Brown to deliver a better deal for Carers and in particular to review Carers' Allowance, currently £48.65 per week. The campaign, *Carers want real change not*

short change, has produced a postcard so that Carers can send a message to the Prime Minister voicing their support.

Postcards can be filled in online via the Carers UK web site at www.carersuk.org or contact Carers Milton Keynes and we can order some hard copies.

Older Carers Missing Out on Benefits

Thousands of older Carers are failing to claim the benefits to which they are rightfully entitled. Many do not identify themselves as a Carer or assume that they will not qualify for benefits because they receive the state pension, although this is not necessarily the case.

If you feel that you may be entitled to further benefits contact Carers Milton Keynes and ask to be referred for a benefits check.

Stop Cold Callers and 'Junk' Mail

The Telephone and Mail Preference Services (TPS and MPS) helps you to make sure your address and telephone number are no longer available to organisations that may wish to send you junk mail or telephone you with offers and information you do not wish to receive. These services are supported by government legislation.

Registering your address and telephone number on TPS and MPS will stop junk mail and telemarketing calls from **all** companies and the service is FREE.

To stop phone calls telephone 0845 070 0707 or register online at www.mpsonline.org.uk/tps

To stop junk mail telephone 0845 703 4599 or register online at www.mpsonline.org.uk/mpsr

WORKING CARERS

New Rights for Working Carers

From April 2007 the Work and Families Act 2006 gave Carers the right to request flexible working. Caring is a major cause of early retirement - currently 70% of Carers under 50 and 80% aged 50 - 60 are forced to give up work to care.

Flexible working patterns can help employees to manage both work and their caring responsibilities. Flexible working could include flexible starting and finishing hours, compressed working hours, annualised working hours, term-time working, job sharing, part time working, homeworking or teleworking.

The Act extends the right – which came into force in April 2003 – of parents of children under six (or 18 if the child is disabled) to ask for flexible working. Employees who have worked for their employer for at least 26 weeks can apply to make a permanent change to their terms and conditions. Only one request is allowed in a year. Employers can refuse a request, but must give good reasons. Employees can appeal.

The act defines a Carer as someone who cares for, or expects to care for, a husband, wife or partner, a relative such as a child, uncle, sister, parent-in-law, son-in-law or grandparent, or someone who falls into neither category but lives at the same address as the Carer. People who care for a neighbour, fall outside the remit of the Act.

There is a procedure for making a request to your employer to alter your hours. This, and further information on the Work and Families Act, can be found at www.direct.gov.uk/employers or in a booklet written by ACAS, which is available from **Carers Milton Keynes**.

Booklet for Working Carers

An Employee's Guide to Work and Caring is a new booklet produced by Carers UK explaining Carers' rights at work and how to get help. Contact **Carers Milton Keynes** for further details.

Carer's Handbook

Becoming a Carer can be physically and emotionally exhausting and although there is help available many Carers do not have the time to look for it, or know who to contact. The Carer's Handbook is a one-stop shop of relevant information and has recently been updated.

***The Carer's Handbook* by Jane Matthews published by How to Books, June 2007. 2nd edition. Cost £10.99**

Jane is speaking at our AGM on the 14th September - see page 3

Care Vouchers

The national charity Counsel and Care has launched a campaign for the introduction of care vouchers to support working Carers. The vouchers would give employees with caring responsibilities tax breaks on care services, helping them pay for extra support, in the same way as already exists for childcare vouchers.

Research by the London School of Economics, published in July, highlighted the economic benefits of the care voucher proposal. It predicts that for only £37 million investment from government, £38 million could be generated for care services. This could pay for an extra 5.5 million hours of home care. The research also showed that the vouchers would help businesses retain the skills of their valued and experienced staff - particularly older and female workers.

Care vouchers offer a new and innovative way to help Carers buy the extra support they need but which the government does not provide. This proposal for tax exemptions for care vouchers has the support of a wide range of charities, older people's organisations, employers and employee groups, and voucher providers.

For more details visit the Counsel and Care website at www.counselandcare.org.uk

SERVICES AND INFORMATION

Holiday and Respite Breaks

For those Carers who have not yet arranged a holiday or respite break here are some suggestions.

Two new respite facilities have opened recently to provide relaxing breaks for people with disabilities and their Carers. The **Jane Hodge Respite Care and Holiday Centre** is based in the Vale of Glamorgan, and offers high quality care in modern accommodation. Run by John Grooms the Centre has 28 large en suite rooms and provides physiotherapy and day trips, a jacuzzi, sauna, indoor bowls and a tennis court.

In Penrith, Cumbria **Age Concern Eden** has opened a fully accessible, self-catering lodge. It sleeps 4 people in double and twin bedrooms and has panoramic views of the Lake District Fells and Greystoke Forest. Aimed specifically at Carers in need of respite, the lodge has been purpose built and is fully equipped and with a motability scooter provided for those who need it.

Call 01446 772608 for more details about the Jane Hodge Respite Care and Holiday Centre or 01768 863618 for the Age Concern lodge.

The **Lin Berwick Trust** has cottages in East Harling, Norfolk and Dirleton, East Lothian, Scotland suitable for people with severe disabilities and their families. The cottages sleep 6 and facilities include electrically operated beds, Clos-o-Mat toilet, bedroom to bathroom ceiling hoist and much more. The cottages are open all year and have been awarded the highest National Accessible Scheme ratings. Weekly rates are between £350 - £745.

To book telephone 01787 372343 or visit the website at www.linberwicktrust.org.uk

Affordable Fun for Young People with Disabilities

Do you like the idea of a week's outdoor activity holiday for a tenth of the usual cost?

The Calvert Trust Exmoor has bursaries to help fund activity breaks for under 25 year olds with disabilities living within a 40 kilometre radius of Milton Keynes. Here you can canoe, kayak, sail, rock climb, horse ride and zipwire no matter what your ability. All activities and accommodation are accessible so participants can have fun with friends and family.

There is a 90% subsidy for individuals and their Carers and 50% for groups. Prices include all activities, accommodation and homemade meals. For example, a week's all inclusive holiday in November for a young person and their Carer costs £335 per person. This bursary means that the young person and Carer pay just £33.50. Bursaries must be used this year.

To find out more call the Calvert Trust Exmoor 01598 763221 or visit www.calvert-trust.org.uk



Carers enjoying a rare summer's day at Waddesdon Manor in June.

CONSULTATION CORNER

Consultation with Carers about Emergency Cover

49 Carers assembled at the Parkside Hotel in early July to discuss what they felt they would need if an emergency situation arose that prevented them from being able to care for the person or people they look after. Another 30 people sent their apologies for the event and a further 6 sent their comments to us by email or letter. This overwhelming response to the event shows how important it is to a carer to know that somebody would be there for the person they care for if an emergency should arise.

A café style was arranged so that people could discuss their issues informally around tables, whilst enjoying refreshments. On this occasion people were encouraged to write on the tablecloth!

Now all these comments are being collated and they will inform the way that Milton Keynes Council brings in a policy on how to spend the Government allocation to Milton Keynes, for emergency cover, from October this year.

We are extremely grateful to all of you who attended or sent in comments and we will be keeping you informed, via this newsletter, of future policy provision.

Footnote: I would like to apologise to anyone who attended who has a hearing problem as I now realise that the layout was unsuitable for you to participate fully. Hilda Kirkwood.

Physical Disability Day Services Consultation

Over the last year Milton Keynes Council has been consulting with disabled people (under 65 years) and their Carers about the future of day services. During this time we have developed a new vision and recently held a consultation about the vision and a number of different options on the best way to deliver the vision. Thank you to all those people who replied to the consultation. You told us:

- There was universal agreement to the vision; we all agree that we want wider choice of day activities.
- There was no clear view on which option would be the best way to deliver the vision; some people wanted small changes to the current services, but others wanted a complete change.
- For some people more opportunities to do things in their local community were important
- For some people it is very important to be with other people with similar disabilities.
- For some people a specialist buildings-based disability service was important to them.

Before we decide on how to take the services forward we will need to have further discussions to agree the best way to develop the services. We will try to keep you informed as we make decisions.

For further information please contact Adam Payne on 01908 253294 or email adam.payne@Milton-keynes.gov.uk

Thursday Evening General Support Group

We need to know if Carers would prefer this group to start earlier, say 6.00 or 6.30p.m. Are you happy with keeping it 'general' or would you prefer a topic each month? Should it just be a coffee evening?

Your opinions please to Hilda at Carers Milton Keynes on 01908 231703.

MENTAL HEALTH CARERS

Support Group

At our October support group we have a speaker coming from Kontakt the Early Intervention in Psychosis Team. The group meets from 6 -7.30pm at the Carers Centre.

For more details contact Carers Milton Keynes.

Nutrition and Mental Health

Taking control of our own and family members' mental health through dietary changes is something positive that everyone can do, and is a strategy that can be used alongside prescribed medication. Here are some examples of how improvements may be made.

Stabilising Blood Sugar

Fluctuations in blood sugar are associated with changes in energy, mood and emotion. Basic guidelines are:

- Eat regularly every 3-4 hrs.
- Reduce refined starches and sugary drinks (ie white bread, biscuits and cakes) and use less refined ones such as wholemeal bread, oat cakes, beans.
- Limit stimulants such as coffee, alcohol and chocolate as these shoot blood sugar up and then down.

CARING FOR SOMEONE WITH DEMENTIA

Helpful Tips

Alzheimer's Disease International has produced a booklet aimed at Carers of people with dementia. *Tips to Meet Daily Challenges* looks at the everyday challenges that Carers have to cope with and suggests ways in which these can be met. Subjects covered include bathing and personal hygiene, repetitive questioning and behaviour, losing personal items, wandering and violence and aggression.

The booklet can be downloaded from the web site at www.alz.co.uk/carers/tips.html or you can request copies from Carers Milton Keynes.

- Buffer the effect of starches on insulin with some protein at each meal.

Fish Oil (Omega 3 oils)

- Omega 3 oils in oily fish (tuna, trout, anchovy, mackerel, salmon, sardine etc) are important for brain function and shown to be helpful in reducing symptoms of schizophrenia and depression in some people. They are also helpful in preventing heart disease and diabetes.
- If you decide to use a fish oil (not cod liver oil) supplement, use a good quality one to prevent contaminants. (Do not take fish oil if taking anti-coagulant or hypertension medications).
Always check with your GP)

Proteins

These are important as building blocks of the neurotransmitters in the brain.

- Aim for a portion of protein with each meal.
- Protein foods are meat, chicken, turkey, fish and seafood, Vegetarian options are milk, yogurts, cheese, eggs, soya foods, beans, nuts and seeds.

For further advice contact Pam Jones at Carers Bucks who is a qualified Nutritional Therapist.

SPECIAL Treatment

SPECIAL is a charity based in Burford, Oxfordshire offering an unusual and constructive approach to dementia care. They run short presentations for Carers providing a clear understanding of dementia and ways to improve their own quality of life as well as that of the person they care for. They are positive and practical and focus on what can be achieved, rather than what cannot. These are followed up by further workshops and training.

For more information contact SPECIAL on 01993 822129 or visit their web site at www.special.co.uk

PARENT CARERS

Parent Carer Support Groups

The coffee morning at Greenleys Family Centre is proving popular. Parents are welcome to meet in an informal way and you can bring your children with you knowing there are plenty of toys to keep them occupied.

Our second Parent Carer Group is on the **second Monday of every month** here at the Carers' Centre in Milton Keynes. Topics are varied and with sandwiches and a relaxing massage on offer, it is a welcome morning out.

On **8th October** nutritionist Diana Wright is coming to talk to the group. She can help with all kinds of questions about diet and its relationship to certain conditions. If you have any questions before the day I can email them to Diana in advance.

On the **12th November** we welcome a speaker from the Parent Partnership Service. This organisation offers independent information, advice and support regarding special educational needs issues.

Funding Boost for Families Caring for Disabled Children

In May the government announced a funding package of £340 million to support disabled children and their families, as part of the disabled children's review.

Over the next three years the money will go towards providing accessible childcare and support for parents who are struggling to cope. It will also fund short breaks for young people with complex needs to give their families a rest and towards providing advisory services for disabled young people. This money will be spent from 2008 to 2011.

Currently, according to Mencap statistics, only 1 in 13 families get any form of specialist support in caring for their disabled child. **Further details of how this will affect parents in Milton Keynes will be highlighted in future issues of this newsletter.**

Asperger Syndrome and Bullying

Bullying is a serious problem for people with Asperger Syndrome (AS) both at school and in the workplace, and displaying "different" behaviour exacerbates the risk of being victimised. This book offers individuals with AS who are being bullied the opportunity to see that they are not alone and is an invaluable source of advice for parents, teachers etc.

Asperger Syndrome and Bullying: Strategies and Solutions by Nick Dubin, published by JKP, 2007

Parents Once Again

It is estimated that between 100,000 and 150,000 grandparents nationwide are providing full-time care for their grandchildren, many of whom will have disability or special needs. However their role is largely unrecognised and many have to relearn parenting skills. The Grandparents Association provides advice to grandparents and families covering such issues as welfare benefits, residence issues and orders. **Phone their helpline on 0845 4349585 or visit their web site at www.grandparents-association.org.uk**

If you are caring for your grandchild with special needs you are very welcome to join our parent Carer support groups in Milton Keynes.

Isn't She Talking Yet?

After writing an article about her daughter's special needs in The Sunday Times, India Knight received such a huge response that she decided to launch an online diary as a forum for parents in a similar position to keep in touch and help each other.

Visit the weblog at http://timesonline.typepad.com/india_knight/

TRAINING FOR CARERS funded by Milton Keynes Council



Yoga

We are pleased to inform you that the yoga sessions will now be ongoing during school term time from the 11th September. **They are held at Heron's Lodge at Loughton on Tuesday afternoons from 1.30pm - 3.30pm.** All Carers are very welcome. This is a really good way to relax and help cope with your caring role. **To confirm your place please give us a ring.**

Gardening

We are again grateful to Frosts Garden Centre in Woburn Sands for allowing us to visit them on **Wednesday 26th September.** We are going to have a demonstration on how to make an autumn container including the use of shrubs and colour. The minibus will leave the centre at 9.30am and the session will start at 10am. **Please contact the Carers Centre if you wish to go by minibus.**

Art

Owing to the popularity of this activity earlier in the year we are organising another session at the Scope Resource Centre, Neath Hill on **Wednesday October 17th from 10am – 1pm.** Please book in advance as places are limited.

Money Matters – Debt Management

Through changing circumstance money issues become a real issue for people, especially for Carers. We are very pleased that Gillian Grimes from the Citizen Advice Bureau will deliver this course for us on **Wednesday 14th November from 10.30am – 12.30pm.** This is what she has to say about the course:

'Lots of people are in debt for all sorts of reasons. Often it is a result of a loss of household income caused by life changing events. This workshop will help you to get your financial situation back under control. It will show you how to work out a personal budget and how to deal with people you owe money to (your creditors). You may not be able to pay them all

at once and it is often necessary to decide who should be paid first. Understanding the actions creditors can take reduces the stress of dealing with money worries.'

Reducing Blood Pressure through Diet.

Learn that there are ways to assist in reducing your blood pressure by your diet intake.

Wednesday 21st November 10.30am – 12.30pm.

Taking Care of Your Back

A caring role often means you are putting your back under stress. Learn techniques that will reduce the load and stress on your body. Even in your everyday life it is essential to know how to lift and move safely. Come to this course to learn more..

Tuesday 30th November 6.00pm – 8.00pm.

Art of Communication

This course encourages you to understand and discover effective ways of communicating. Find out about listening skills, body language, verbal and non-verbal communication.

Monday 1st October 10.00am – 2.30pm.

Lunch provided

Stress and Anger Management

This course explores both anger and stress, their causes, their effects and ways of handling them appropriately. It aims to give an insight and an understanding of these emotions. After this course you may feel better equipped and have strategies for coping better in your individual situations.

Thursday 1st November 10.00am - 2.30pm.

Lunch provided

TRAINING FOR CARERS funded by Milton Keynes Council



MILTON KEYNES
COUNCIL

Understanding your Child

Parenting can be one of the most difficult and rewarding of roles at times. This course seeks to help you understand your child – the dilemmas, the skills, the strategies that are needed. It shares positive parenting skills and helps you find ways of dealing with the conflicts through communication and negotiation of boundaries.

Monday 29th November 10.00am - 2.30pm.
Lunch provided

First Aid

This session does not take long to learn, but could help you save a life. Find out how to react to common injuries and emergencies. The session is provided by British Red Cross.

Thursday 6th September 10.30am - 12.30pm.

Managing Stress through Relaxation

Two more dates are available for these very popular hour long sessions. You will be guided to learn relaxation techniques and also enjoy a choice of relaxation therapies. Book your place early on this course to avoid disappointment but you will receive written confirmation nearer the date.

Thursday 18th October; Thursday 22nd November.

Unless otherwise stated all courses take place at Carers' Milton Keynes offices. To book a place or for further details call 01908 231703 or complete the enclosed booking form.

If you would like someone to look after the person you care for so that you can attend any of our courses please ring us to discuss the possibilities. We can cover any costs incurred for this provision

Diary of Training and Activities

September

Thurs 6th	10.30 – 12.30	First Aid
Monday 17th	10.00 – 2.30	Understanding Stress
Wed 19th	10.30 – 12.30	Colour Therapy
Tuesday 25th	10.00 – 2.30	Aromatherapy
Wed 26th	10.00 – 12.30	Joy of Gardening

October

Tuesday 2nd	7pm	Theatre trip
Thurs 4th	10.00 – 2.30	Art of Communication
Wed 10th	10.30 – 1.00	Autumn Ramble
Wed 17th	10.00 – 1.00	Art workshop
Thurs 18th	10.30 – 1.30	Managing Stress Through Relaxation
Wed 24th	10.00 – 2.30	Bucks Railway Centre
Tuesday 30th	6.00 – 8.00	Take Care of your Back

November

Thursday 1st	10.00 – 2.30	Stress and Anger Management
Wed 7th	10.30 – 12.30	Colour Therapy
Wed 14th	10.30 – 12.30	Debt Management
Wed 21st	10.30 – 12.30	Reducing Blood Pressure through Diet
Thurs 22nd	10.30 – 1.30	Managing Stress through Relaxation
Thurs 29th	10.00 – 2.30	Understanding your Child

We are always keen for Carers to contribute to this newsletter. Any contributions should be sent to Connie Sharp at Carers Bucks preferably via email to connie.sharp@carersbucks.org or telephone 01296 392711. Deadline for copy for the next newsletter is 22nd October .

Support Groups	Venue	Sept	Oct	Nov	Dec
Tuesday 10.30am - 12.30pm	Carers Milton Keynes <i>with guest speaker</i>	11	9	13	11
* Thursday evenings 7pm - 9.00pm	Carers Milton Keynes	20	18	15	
* Wednesday 1.30pm - 3.30pm	Newport Pagnell United Reform Church	-	24	-	19
* Wednesday 1.30pm - 3.30pm	Bletchley Parkside Medical Centre	26	24	28	19
Specialist Groups					
* Mental Health Tuesday 10.30am - 12.30pm	Carers Milton Keynes	18	16	20	18
* Mental Health Wednesday 6 -7.30pm	Carers Milton Keynes	-	3	-	5
Parent Carers (<i>children welcome</i>) Friday 10.30am - 12.30pm	Greenleys Family Centre	7	5	2	7
*Parent Carers Monday 10.30am - 1pm	Carers Milton Keynes	10	8	12	10
Former Carers Thursday 1.30pm -3.30pm	Carers Milton Keynes	13	11	8	13
Social Groups					
*Coffee Morning Friday 10.30am - 12.30pm	Carers Milton Keynes	28	26	30	14
Crafty Carers Monday 10am - 1pm	Carers Milton Keynes	3	1	5	3
Crafty Carers Thursday 10am - 1pm	Carers Milton Keynes	20	18	15	13
<i>Groups marked with * are supported by individual relaxation therapy sessions which need to be booked in advance. Contact Carers Milton Keynes for details 01908 231703.</i>					

CARERS MILTON KEYNES

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

Tel: 01908 231703 Fax: 01908 660867 Email: mail@carersmiltonkeynes.org

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