

# Milton Keynes Carer

**carers**  
milton keynes



*Things are looking up for carers!*

## INTERIM NEWSLETTER

You're probably thinking we've shrunk compared to our normal size and this is why.....

We have decided to publish our newsletter 3 times per year from Autumn 2008 (previously it was 4 times per year). To bridge the gap between the end of our Summer activities and the publication of our next full newsletter we are sending you a calendar of forthcoming events for the Autumn months. We hope that you will find something on the list that will help you with your caring responsibilities. Please complete the enclosed form or email us or telephone us, in the normal way, to register your interest in your chosen events. The next full newsletter should be out at the end of October/ beginning of November.

Hilda Kirkwood

## GENERAL ACTIVITIES

– see diary for dates and times

### Meditation – first Wednesday of the month 10-11

Owing to the success of our initial 'taster' we are going to introduce an hour long monthly session. We would encourage you to come and learn how this can benefit your daily life. Each session is complete in itself so come along when you can.

### Yoga – weekly, term time only 1-3 at Heron's Lodge, Loughton

This gentle exercise is extremely useful in combating stress and strengthening posture. All levels of fitness and ages are welcome.

### Games Afternoon – third Friday of the month 1.30 -3.30

For those of you wanting an escape from routine, come along and try this social and fun afternoon activity.

### Picnic and Ramble at Emberton Park – 10.30 – 1.30 (Wed 17th Sept)

Come and have a gentle stroll, watch the wildlife and bring a picnic to this event.

### Pottery – Wed 19th Nov 11-1

Come and enjoy this creative session at Kingston pottery centre. You will have a chance to design your own pattern on a plate or mug.

### Christmas Party

This will be held on Friday 19th December at Heron's Lodge for carers and those they are looking after. More details in our next newsletter.

## DIARY

## September 2008

Mon 1st	Crafty Carers (10 -1)
Tues 2nd	Yoga at Heron's Lodge (1- 3)
Wed 3rd	Meditation & Relaxation session (10.00 – 11.00)
Thurs 4th	Pension Service Advice (2-4) by appointment
Fri 5th	Parent Carer Coffee morning (10.30 – 12.30) Greenleys Family Centre Relaxation Therapies (1.00, 2.00, 3.00) by appointment
Tues 9th	Support Group (10.30 – 12.30) Yoga at Heron's Lodge (1 – 3)
Wed 10th	Joy of Gardening (10 -12) Frosts Garden Centre
Thurs 11th	Creative Writing (1) (10 – 12) Former Carers (1.30 – 3.30)
Mon 15th	Parent Carer Support Group (11-1)
Tues 16th	Yoga at Heron's Lodge (1 – 3)
Wed 17th	Ramble & Picnic (10.30 – 1.30) Emberton Country Park
Thurs 18th	Crafty Carers (10 – 1) Relaxation Therapies (10.30, 11.30, 12.30) by appointment Pension Service advice (2- 4) by appointment Evening Coffee & Chat group (7-9)
Fri 19th	Games afternoon (1.30 – 3.30)
Mon 22nd	Dealing with Challenging Behaviour. (10.30 – 12.30)
Tues 23rd	Yoga at Heron's Lodge (1 – 3)
Thurs 25th	Creative Writing (2) (10 – 12) West Side Story (7 -10) Milton Keynes Theatre
Fri 26th	Coffee Morning (10.30 – 12.30)
Mon 29th	First Aid (10.30 – 12.30)
Tues 30th	Yoga at Heron's Lodge (1 – 3)

## October 2008

Wed 1st	Meditation & Relaxation session (10.00 – 11.00) Support Group (1.30 – 3.30) Parkside Surgery, Bletchley Mental Health Support Group (6-7.30)
Thurs 2nd	Pension Service Advice (2- 4) by appointment

Fri 3rd	Parent Carer Coffee Morning (10.30 – 12.30) Greenleys Family Centre Relaxation Therapies (1.00, 2.00, 3.00) by appointment
Mon 6th	Crafty Carers (10 – 1)
Tues 7th	Yoga at Heron's Lodge (1 – 3pm)
Thurs 9th	Creative Writing (3) (10 -12) Former Carers Group (1.30 – 3.30)
Tues 14th	Support Group (10.30 – 12.30) Yoga at Heron's Lodge (1.30 – 3.30)
Wed 15th	Wardrobe Personality Workshop (10.30 – 12.30)
Thurs 16th	Crafty Carers (10 – 1) Relaxation Therapies (10.30, 11.30, 12.30) by appointment Evening Coffee & Chat group (7.00 – 9.00)
Fri 17th	Games afternoon (1.30 – 3.30)
Mon 20th	Parent Carer Group (11 – 1)
Tues 21st	Yoga at Heron's Lodge (1.30- 3.30)
Wed 22nd	Diet session on Irritable Bowel Syndrome (10.30 – 12.30)
Thurs 23rd	Creative Writing (4) (10 - 12)
Wed 29th	Support Group (1.30 – 3.30 ) Parkside Surgery group meeting (1.30 – 3.30) Newport Pagnell URC group meeting (1.30 – 3.30)
Thurs 30th	Pension Service Advice (2-4) by appointment
Fri 31st	Coffee morning (10.30 – 12.30)

## November 2008

Mon 3rd	Crafty Carers (10 – 1)
Tues 4th	Yoga at Heron's Lodge (1.30 – 3.30)
Wed 5th	Meditation & Relaxation session (10.00 – 11.00)
Thurs 6th	Stress & Anger Management (10 – 2.30 including lunch)
Fri 7th	Parent Carer Coffee Morning (10.30 – 12.30) Greenleys Family Centre Relaxation Therapies (1.00, 2.00, 3.00) By appointment
Tues 11th	Support Group (10.30 – 12.30) Yoga at Heron's Lodge (1- 3)
Wed 12th	Benefits Information session (10.30 – 12.30)

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

Thurs 13th	Former Carers (1.30 – 3.30) Pension Service Advice (2 – 4) by appointment
Mon 17th	Parent Carer Group (11 – 1)
Tues 18th	Yoga at Heron's Lodge (1-3)
Wed 19th	Pottery Painting (11 – 1) Kingston Local Centre
Thurs 20th	Crafty Carers (10 -1pm) Relaxation Therapies (10.30, 11.30,12.30) by appointment Evening Support Group (7- 9)
Fri 21st	Games afternoon (1.30 – 3.30)
Mon 24th	Taking care of your back (10.30 – 12.30)
Tues 25th	Yoga at Heron's Lodge (1-3)
Wed 26th	Support Group (1.30 – 3.30) Parkside Surgery, Bletchley
Thurs 27th	Pension Service Advice (2 – 4) by appointment
Fri 28th	Coffee Morning (10.30 – 12.30)

## December 2008

Mon 1st	Crafty carers (10 – 1)
Tues 2nd	Yoga at Heron's Lodge (1-3)
Wed 3rd	Meditation & Relaxation session (10.00 – 11.00 ) Mental Health Support Group (6 – 7.30)
Fri 5th	Carers Rights Day- Bletchley and Newport Pagnell
Mon 8th	Art of Assertiveness (10 – 2.30 includes lunch)
Tues 9th	Support Group (10.30 – 12.30) Yoga at Heron's Lodge (1- 3)
Wed 10th	Joy of Gardening (10 – 12) Frosts Garden Centre
Thurs 11th	Former Carer Group (1.30 – 3.30) Camphill Teashop Pension Service Advice (2 – 4) by appointment
Mon 15th	Parent Carer Group (11 – 1)
Wed 17th	Newport Pagnell Support Group Newport Pagnell URC (1.30 – 3.30)
Thurs 18th	Crafty Carers (10 – 1) Relaxation Therapies (10.30, 11.30, 12.30) by appointment Evening Support (7 – 9)
Fri 19th	Christmas Party

## Support Group speakers

### Mental Health Group

**Oct 1st** - 'The benefits of physical exercise in helping mental wellbeing are clear. In Milton Keynes, IMPACT provides a range of opportunities for adults who have experienced mental ill health to undertake activities. Everything from football to Tai Chi, badminton to dance. To find out more, we have invited **IMPACT** to attend our Carers Support Group on October 1st.

**Dec 3rd** – instead of a speaker this month we have decided to have a session where carers looking after someone with a mental health problem can come and enjoy being pampered with some relaxation therapies.

### Parent Carer Group

**Sept 15th** – a speaker from CAMHS (child and adolescent mental health services) – this organisation supports families who have children and young people experiencing mild, moderate or severe mental health difficulties.

**Oct 20th** – Carmen Kane – Parent Support Co-ordinator will come to talk about the service and courses that they provide on behalf of Milton Keynes Council.

**Nov 17th** - Our counsellor, Jackie Ruane will answer your questions on parenting issues

**Dec 15th** – Sure Start. One of their workers will talk about this service which brings together childcare, early education, health and family support for children under 5.

### Tuesday Group

**Sept 9th** – Occupational Therapy. Delia Fielding will talk to you about adaptations that can be made to the home to promote independence eg handrails, bath seats

**Oct 14th** – Community Transport & Plus Bus. Mohammed Bandali will talk about Community Transport, taxicards and how carers can take advantage of such services.

**Nov 17th** – Lesley McGhee from the Red Cross talking about their transport to hospital, doctor or dental appointments done by volunteers. They will also be talking about the medical equipment loans service.

**Dec 9th** - Coffee morning and mince pies

## TRAINING PROGRAMME AUTUMN 2008

### **Creative Writing**

These sessions are intended to explore the creativity that often lies, unsuspected, within each one of us. Although its primary focus is on prose writing, we will try to make space for other forms of writing desired by course members. **Four week course – Thursday 11th September, 25 September, 9th October & 23rd October 10 – 12**

### **How to Deal with Changed and Challenging Behaviour**

At times looking after someone with dementia can be challenging because of changed behaviour. This course helps you to come to terms with this situation as well as being able to get into their world and find ways of communicating effectively. **Monday 22nd September 10.30 – 12.30**

### **Emergency First Aid**

Have you updated your basic first aid techniques recently? Knowing basic life saving techniques might make a difference to a person's recovery. This 2-hour session is centred on Carers questions and concerns. **Monday 29th September 10.30 – 12.30 (A new training provider will lead this session).**

### **'Wardrobe Personality' Workshop**

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 15th October 10.30 – 12.30**

### **Do you suffer with Irritable Bowel Syndrome? How diet can help!**

Many people suffer with an irritable bowel and experience bloating, constipation, diarrhoea and wind. For some people a small change to their diet can significantly alleviate symptoms. This session provides a dietary guide for people suffering with IBS. **Wednesday 22nd October 10.30 – 12.30**

### **Stress & Anger Management**

This course explores both anger and stress, their causes and their effects. Discover ways of handling these emotions. Learn strategies to cope with your individual situations. **Thursday 6th November 10.00 – 2.30 (includes buffet lunch).**

### **Benefits training**

Frank Pitfield, from the Disability and Carers Service will come to talk to us about benefits that are relevant to carers including carers allowance, disability living allowance, and attendance allowance. **12th November 10.30 – 12.30**

### **Taking Care of your Back**

Sometimes caring can cause physical injuries to your back. Come along to this session to find ways of continuing your caring role whilst preventing injury to yourself and the person you care for. **Monday 24th November 10.30 – 12.30**

### **The Art of Assertiveness**

Learn ways to communicate clearly and confidently whilst remaining in control. **Monday 8th December 10.00 – 2.30 (includes buffet lunch).**

### **The Joy of Gardening**

Frosts Garden Centre welcomes us to find out more about plants and general gardening skills. Refreshments provided. **Wednesday 10th December 10.00- 12.00**

### **Relaxation Therapies**

Enjoy an hour-long relaxation therapy treatment and learn some relaxation techniques. By appointment only – see dates in diary. Please note extra sessions now available.

## CARERS MILTON KEYNES

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