

Milton Keynes Carer



HAVE YOUR SAY

The NHS in Milton Keynes has to make £104 million of savings over the next 4 years. Although the government has pledged the NHS will receive increases in funding, in reality these will only be in line with inflation and will not cover the new demands that arise from a growing, ageing, longer-living population and the introduction of new technologies. In other words the funding received in the coming years will not be enough for the NHS to deliver local services the way it has in the past. Just over half of these savings will have to come from decisions, such as:

- reducing duplication and integrating services
- stopping some services and treatments currently available on the NHS
- increasing thresholds so that only patients with the greatest need receive treatment.

As these changes will affect many carers' lives, Carers Milton Keynes has arranged a special meeting on **15th February 2-3pm at the YMCA** to give carers the opportunity to discuss this situation with managers from the local Primary Care Trust. It will also be an opportunity to have your voice heard on future healthcare decisions.

We would be grateful if you would let us know if you are coming.

The public engagement document is available via www.miltonkeynes.nhs.uk; your views can also be given via a short online survey at www.miltonkeynes.nhs.uk/discussion2011.htm Hard copies will be available at the event.



Carers Advisory Forum

Carers Milton Keynes has set up a carers' forum (pictured above) to consult on carers' issues, both nationally and locally. Members have been kept busy giving their views on the government's refresh of the Carers' Strategy; considering how Carers Milton Keynes might reach more carers and attending the Carers UK National Carers' Summit. The Forum has also been looking at how carers can help to keep the Carers' Centre running in these difficult financial times. The Forum meets quarterly at our office.

Carers interested in joining the Forum should contact Mandy Pateman on 01908 231703 (on Mondays, Wednesdays or Fridays).

Included in this issue

Training Programme	3
Working with Very Young Carers	4
Carers MK Online	5
Changes to Housing Benefit	6
Diary of Training and Events	10

SOCIAL EVENTS

Carers' Choir

Some of you will have heard our wonderful carers' choir perform, most recently at the Christmas party. We are looking for more carers to join us in this immensely enjoyable activity. You do not have to audition - just have an enjoyment of singing.

We meet at the Music Centre, Simpson Road, Simpson on **Fridays 4th Feb, 4th March, 1st April all from 1-2pm and Thurs 5th May 10.30 – 11.30am**

Evening Social Event

We would like to invite you to a social evening at the Barn Beefeater pub in Central Milton Keynes (MK9 3BZ) for an opportunity to meet other carers in a relaxing setting. We will meet in the conservatory area. Come along and treat yourself to a night out!

Thursday 24th February at 7pm.

(Please let us know if you are coming so we can reserve tables).

Men's Group

Our male carers have informed us that they would prefer to meet in a more social setting. Therefore, the next meeting of the group will be at the First Base Sports Bar in the Xscape Building, Central Milton Keynes. Carers will have the opportunity to have a drink, play pool, snooker or darts and socialise with each other. Come along and share experiences and make new friends.

Monday 28th February 7pm onwards.

Celebrate Spring

Join us at Frosts Garden Centre in Woburn Sands where Maurice will talk about seasonal plants.

Wednesday 9th March 10.00am – 12.00pm

Kings & Queens – Richard III

Chris Nixon-Caney, one of our carers, has kindly offered to share his interest of Kings & Queens by giving regular talks to carers, starting with Richard III. He writes:

On Monday 4th April 1.30 - 3pm I will be giving my anecdotal and I hope amusing take on the end of "The Wars of the Roses". It will include snippets of the Lawrence Olivier film of Richard III; an explanation of the houses York and Lancaster and how I came to love parts of Shakespearian myth.

This will be far from a schoolboy history lesson. I truly hope you will join me for an adventure into the unknown.

Chris Nixon-Caney, Carer

Ramble

This event is for those of you who like getting out into the fresh air and having a walk.

This time we are going to explore part of the Ouse Valley Park which will take approx 1 ½ hours. We will meet in the car park off the Haversham Road. More details will be sent nearer the time for those of you wishing to come.

Wednesday 13th April 10.30am – 1pm approx

Summer Leys Nature Reserve

We are making a return visit to this picturesque nature reserve in Northamptonshire. A guide from the Wildlife Trust will join us to talk about insect, plant and bird life at this time of the year.

You can make your own way there or come in the minibus. Please note there are no facilities at Summer Leys but you can bring a picnic. A stop will be made in Olney on the outward and return journeys.

Thursday 26th May 10.30am – 2pm approx

TRAINING PROGRAMME

funded by Milton Keynes Council



How to be Assertive

Understanding assertiveness while remaining in control is a difficult concept to fully comprehend. This course shows you how to communicate clearly and confidently. It also teaches you how to say 'no'.

Thursday 3rd March 10am – 2.30pm
(includes lunch)

Stress and Anger Management

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

Thursday 31st March 10am – 2.30 pm
(includes lunch)

Siblings Parents Course

When you have a child with additional needs recognising the needs and emotions of your other child(ren) can be challenging. Being able to address this situation with all the demands on your time and energy is difficult. This course aims to help parents who are in this situation.

Thursday 12th May 10.30am – 12.30pm

Legal Planning

Joanna Addison, from local solicitors Ray, Borley and Dunkley, will join us to advise about wills and trusts with particular reference to those of you caring for someone who has a learning difficulty.

Friday 20th May 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.



Birdwatching at Summer Leys nature reserve. See page 2 for details of our next trip to Summer Leys.

Loss of Training for Carers

Unfortunately funding for the training courses we have organised to support family carers comes to an end in April. This will mean a reduction in the courses we can offer. We do have a venue (for up to 16 people) and we are happy to accommodate suitable trainers who can offer their services voluntarily.

If you know of someone who might be interested in supporting family carers in this way please contact **Hilda Kirkwood** on **01908 231703** or email **hilda.kirkwood@carersmiltonkeynes.org**

LINK Changing

Legislation to evolve Local Involvement Networks(LINks) into Local Healthwatch, which will enable stronger patient, carer and public voice, was included in the Health and Social Care Bill introduced into Parliament on 19th January 2011.

NEWS FROM CARERS MILTON KEYNES

Working with Very Young Carers

Our Very Young Carers Family Service works to prevent children under eight from taking on a caring role for a family member, or from continuing in an inappropriate caring role.

We work with the child and their family for approximately four months to make sure that the family receives and makes good use of any services they are entitled to, and encourage and support them to access local activities and support networks.

Our work is very intensive and we spend a lot of time getting to know our families and assisting them in becoming more independent.

We can help families of potential young carers to access appropriate support, gain help from their extended family through a Family Group Meeting, get in touch with agencies to meet their care needs, and deal with their feelings and understanding around the illness or condition within the home. In addition we provide one-to-one support for the identified child who may be experiencing difficulties because of the family circumstances.

We accept referrals from all professionals and agencies who work with children and families. This can include, for example, schools, adult and children's social services, GPs, and children's centres.

If you would like more information on our service, or how to make a referral, please call Lara Druzynski on 01908 231 703 ext 222.



Festive fun at the Young Carers' Christmas party.

Young Carers' Christmas Party

On Sunday 5th December 108 young carers and their families joined us at Heron's Lodge for this year's Young Carers' Christmas Party. This was the first time we have organised a family Christmas party and we were very excited to see everyone there. Young Carers' events give families the opportunity to spend time doing things together, in a place where they do not have to worry about what other people may think. It is also a chance to meet other families who are in similar situations to themselves.

Activities included a disco, a quiz, Christmas arts and crafts and a delicious buffet. There was a magnificent prize for the family who won the quiz - £100 worth of People Tree vouchers which was very kindly donated by Liz Rathbone.

We would also like to thank Pete, Kiran, Mary and Anne who supported us on the day. We hope that everyone who came along enjoyed themselves as much as we did!

A BIG THANK YOU!

We would like to thank all of you who kindly sent us cards and gifts at Christmas-time. It was much appreciated by all the staff at the Centre. The quality of biscuits offered at meetings this year will rise significantly due to your generosity!

NEWS FROM CARERS MILTON KEYNES

Supporting Former Carers

If the person that you care for dies or moves into residential care you may find it hard to 'pick up the pieces of your life'.

We run monthly meetings to support Former Carers in moving forward and making new friends. We meet on the second Thursday of each month either at our offices or at a local garden centre.

The next meeting is on Thursday 10th February 1.30pm-3.30pm at Carers MK offices. For further information call 01908 231703. For future dates please see the diary on pages 10 -12.

New Group for Stroke Carers

Would you like to meet other carers who are looking after someone who has had a stroke? A new group has started where carers can drop in and have a chat with other carers sharing similar experiences. It meets from 6 - 8pm on the third Tuesday of each month and is being run jointly with the Community Stroke Support Team and Carers Milton Keynes.

Meetings take place on 15th February, 15th March and 19th April. No need to ring first, just come along to the Carers' Centre.

Carers MK Online

We have been working hard on developing and updating our website.



You can now find up to date information on the site including our latest newsletter, training programme and dates for your diary, young carers' information and much more. Visit us at www.carersmiltonkeynes.org and let us know what you think.

Donations are always greatly appreciated and you can now donate securely online by clicking on the 'Donate Now' button on our Home Page. This will take you to the Just Giving website - search for Carers Milton Keynes to take you to our fundraising page.

Independence Project

Carers Milton Keynes is embarking on a new project that will allow carers to talk to one of our Carer Support Workers using Skype and a webcam. These sessions will be pre-booked and will allow those involved to see and hear each other over their computers. The project is targeted at older people as it is funded by European money specifically given to encourage older people to use a computer. This work is intended to reduce the feeling of isolation that can happen when you are confined to home.

We are aiming to recruit someone to a part-time post to work on this project. This is a 10 hour per week job that might suit a carer. The successful candidate must have a good knowledge of technology and excellent interpersonal skills. They must also be a driver with access to a vehicle.

If you are interested in applying please email us on mail@carersmiltonkeynes.org and we will send out further details.



Carers meeting the Mayor at the Health Awareness event.

Carers Health Checks

A nurse will be attending our Coffee Group on **Friday 25th February 10.30am-12.30pm** by a local nurse. She will be offering to check your blood pressure and giving some general health advice. Sharon, our therapist, will also be available to offer some relaxing treatments – indeed she is present at all Friday morning coffee groups.

MONEY MATTERS

Changes to Housing Benefit

Changes are being made to the way Housing Benefit is calculated for people renting their homes from private landlords.

From 1st April 2011 the rates for Local Housing Allowance will be reduced across the country:

Weekly excess

The maximum £15 weekly excess that some customers can get will be removed.

Limits on payments

A limit will be introduced so that Local Housing Allowance does not exceed:

- £250 a week for a 1 bedroom property (including shared accommodation)
- £290 a week for a 2 bedroom property
- £340 a week for a 3 bedroom property
- £400 a week for a 4 bedroom property

The maximum rate of Housing Benefit will be limited to the rate for a 4 bedroom property.

There will be help for disabled people towards the cost of an extra bedroom if they need an overnight carer. The new rates will apply to all new claimants from 1st April 2011. Existing customers will have up to nine months transitional protection at their current local housing authority rate following their claim review to help them adjust to the changes. Local authorities will be writing to people receiving Housing Benefit about the changes, which will affect almost everyone who is claiming Local Housing Allowance. You may want to contact your local authority to find out how this is likely to affect you. You may also want to seek advice from your Housing Benefit office before you sign a new tenancy agreement.

Further changes to Housing Benefit are planned over the next 3 years. For more information and to compare current HB rates against what the new rates are likely to be for your area visit www.direct.gov.uk



The carers' choir in action at our Christmas party.

Higher Rate DLA for Severe Visual Impairment

From 11th April severely visually impaired people may be entitled to the higher rate mobility component of Disability Living Allowance (DLA). This means you could get an extra £30 a week.

To meet the criteria you must be aged between 3 and under 65 on the 11th April 2011, be certified as severely sight impaired by a consultant ophthalmologist and:

- have a best corrected visual acuity of less than 3/60 or
- have a best corrected visual acuity of 3/60 or more, but less than 6/60, a complete loss of peripheral visual field and a central visual field of no more than 10 degrees in total.

The Pensions, Disability and Carers Service is reviewing all cases of those who are severely sight impaired and in receipt of the lower rate mobility component of DLA, to see if they may be eligible for the higher rate. If you are eligible you will be asked for a certificate of vision impairment (often called a CVI or BD8) from your consultant ophthalmologist.

Visit the Department for Work and Pensions website at www.dwp.gov.uk for more information.

SERVICES AND INFORMATION

High Calibre Service

Do you love books but struggle to read because of sight problems or dyslexia, or because you find it difficult to hold a book?



If so you might like to try books from Calibre Audio Library. Calibre provides a free postal lending library of audio books. It's a nationwide service with 19,000 members and all its books are recorded unabridged.

As it is a postal service, you can exchange your books as often as you like. And with over 8,000 titles in the library you'll never run out of new books to read. There's also a Young Calibre collection for under-16s. The service is entirely free - no subscriptions, no fines, no postage costs and no charge for lost or damaged books.

Books are available in MP3 digital format, on CDs and USB memory stick; members with sight loss can also receive them on tapes.

To find out more or to join the library telephone 01296 432339; email enquiries@calibre.org.uk or visit the website www.calibre.org.uk.

Refreshing the National Strategy for Carers

The coalition government has published *Recognised, Valued and Supported: Next Steps for the Carers Strategy*. It identifies 4 priority areas :

- identifying and recognising carers;
- realising and releasing potential of individual carers (covering schooling for Young Carers and employment for adults);
- a life outside of caring;
- supporting carers to stay healthy.

This should give carers more opportunity to participate as equal and expert partners in the design and delivery of carer services at a local level. **For further details visit www.dh.gov.uk**

Does the Thought of Your Next Heating Bill Leave You Cold?

As the price of fuel increases, energy bills can become unmanageable. For residents restricted to oil, the bills can be even greater. To help combat this, a freephone helpline has been set up to advise residents in Milton Keynes how to cut their fuel bills.

The service is offered by the United Sustainable Energy Agency in partnership with Milton Keynes Council, Milton Keynes Age UK, and the Primary Care Trust.

If you are struggling with your energy bills, you are not alone. Currently 5 million people in the UK cannot afford to pay for the heat they need. Anyone who is struggling with their fuel bills or wanting information on how to keep warm can call for free, impartial advice on:

- Improving the efficiency of your property through cavity wall and loft insulation including the grants available
- Warm Front grants to help with heating system replacements
- Switching energy suppliers to find the best deal
- Social tariffs provided by the energy companies for vulnerable customers
- Advice on fuel debt
- Home Improvement Agency who undertake minor repairs for vulnerable home owners
- Sign posting to other active support organisations
- Information on improving your energy efficiency to cut your energy bill.

The Affordable Warmth helpline is 0800 107 00 44 and is available Monday to Friday 9am to 5pm.

MENTAL HEALTH SUPPORT

Mental Health Community Carer Support workers

As Carer Support Officers for the East & West Recovery Teams (Adult Mental Health) we support adult carers caring for their family members or friends who have been diagnosed with a mental health illness. Carers are referred to us by professionals working within the team. We carry out Carers' Assessments on the first meeting to establish the carer's needs and then arrange the appropriate support and/or advice.

One of our main roles requires us to support and listen to carers who have any questions and concerns regarding their caring role. We meet with carers on a regular basis, if possible, outside of the caring environment which gives carers an opportunity to address their concerns without feeling guilty or ashamed. Carers are also signposted to other services which can help them with their needs. Many carers find the service very helpful because this gives them the chance to voice their opinions and to be looked after as many believe the carer is often the one who gets forgotten.

Kulwant Kaur, Carer Support Officer,
East Recovery Team (Adult Mental Health),
Neath Hill Health Centre. Tel: 01908 355151;
mob: 07881 917701.

Deborah Richards, Carer Support Officer,
West Recovery Team, Bletchley. Tel: 01908
643200 or 01908 340967

If you would prefer to receive this newsletter via email please let us know by emailing mail@carersmiltonkeynes.org

Mental Health Support Group

Our next meeting is on **Wednesday 6th April 6-7.30pm**. Steve McNay, from Milton Keynes Mind will be talking about the services that Mind offers.

For dates of future meetings see the Diary on pages 10 -12.



The choir doing some cramming before their performance at the Christmas party.

Information on Psychosis

The website mentalhealthcare.org.uk provides reliable and up to date information for family members and friends of people who have psychosis. The information is based on the results of research carried out to learn more about the causes of psychosis and to develop better treatments or to improve existing ones.

The site has been developed by a number of mental health organisations including the Institute of Psychiatry and Rethink.

Visit www.mentalhealthcare.org.uk

PARENT CARERS

Parent Carer Information

We have an interesting programme for you to enjoy over the next few months.

Monday 28th February – through LINK (Local Implementation Network) individuals and groups are able to influence and improve health and social care services. A representative from the Network will tell us more about how it all works.

Monday 21st March – Jenna Huass from 'Come Sign with Me' will be the speaker at this group. This will be of interest for those parents who use, or want to use, sign language to communicate with your children.

Monday 4th April – Some of you will have experienced the CAF (Common Assessment Framework) process or have heard about it. Gilly Attree is one of the co-ordinators and she will be explaining the process and answering your questions.

Monday 16th May – Jane Lynds is the disability advisor at Milton Keynes College. For those of you who are looking at the transition process for your young people, this should be really helpful.

Parents' Coffee Morning



Come and meet other parents at our coffee morning at Greenleys Family Centre in Ardwell Lane, from 10.30am – 12.30pm. We meet on the first Friday of the month and children are welcome to attend as there is soft play and lots of toys to keep them amused.

All parents are welcome to attend either of our parent groups for advice, friendship and support.

News from PACA



We are looking forward to another busy and rewarding year representing the views of parents and carers of children and young people with additional needs.

Our big news is that we have finally moved into our new office. It's not much but it's home. I can't tell you how lovely it is to get all the PACA stuff out of our respective homes!

Our new address is: Office 2 @ Farm Garages, Lovat Court, Caldecote Street, Newport Pagnell MK16 0YZ.

Forthcoming meetings are:

16th March 12-2pm at Pebbles, Fishermead

16th April 10-2pm (as above)

18th May 12-2pm (as above)

11th June 10-12pm Greenleys Family Centre

Meetings held at the Pebbles, Fishermead include lunch; light refreshments are available for Saturday morning meetings. To enable parents to attend meetings we are able to help with transport and a creche is available at the Saturday meetings (places MUST be booked a week in advance of the meeting).

All parents and carers of children and young people are welcome to attend these meetings. They are a really good way to find out what projects we are working on.

Contact Jane on 07852 526057 or email pacamk@gmail.com if you would like to be included on our membership list.

DIARY OF TRAINING AND EVENTS

February

Tues 8th	Yoga at Heron's Lodge 11.30am-1pm
Thurs 10th	Former Carers 1.30-3.30pm
	Pension & Benefits Advice 1-4pm
Tues 15th	Yoga at Heron's Lodge 11.30-1pm
	NHS Consultation Event 2-3pm (<i>see front page</i>)
	Stroke Support Group 6-8pm
Thurs 17th	Crafty Carers 10am-1pm
	Relaxation therapies, morning and evening sessions available by appt only.
Wed 23rd	Newport Pagnell support group, UR Church 1.30-3.30pm
	Bletchley support group, Parkside Surgery 1.30-3.30pm
Thurs 24th	Pension and benefits advice 1-4pm
	Social evening at The Barn, Central MK from 7pm
	Friends and family mental health support group 6-7.30pm
Fri 25th	Coffee morning (health checks and massage therapist available) 10.30am-12.30pm
Mon 28th	Parent Carer Group 11am-1pm
	Men's Group meeting at First Base Sports Bar, Xscape, CMK 7pm onwards

March

Tues 1st	Yoga at Heron's Lodge 11.30am-1pm
Wed 2nd	First Aid 10.30am-12.30pm
Thurs 3rd	Relaxation therapies, morning sessions by appointment
	How to be Assertive 10am-2.30pm (inc lunch)
	Olney support group, Olney Centre 2-4pm
Fri 4th	Parent Carer coffee morning, Greenleys Centre 10.30am-12.30pm
	Singing at Simpson Music Centre 1-2pm
	Reflexology afternoon sessions by appointment 1-4pm
Tues 8th	Writing Club 10.30-12.30pm
	Yoga at Heron's Lodge 11.30am-1pm
Wed 9th	Joy of Gardening, Frosts Garden Centre 10am-12pm
Thurs 10th	Former Carers, Wyevale Garden Centre 1.30-3.30pm
	Pension and benefits advice 1-4pm
Tues 15th	Yoga at Heron's Lodge 11.30am-1pm
	Stroke Support Group 6-8pm
Thurs 17th	Crafty Carers 10am-1pm
	Relaxation therapies, morning and evening sessions available by appt only
Mon 21st	Parent Carer Group 11am-1pm
Tues 22nd	Yoga at Heron's Lodge 11.30am-1pm

DIARY OF TRAINING AND EVENTS

March (continued)

Wed 23rd	Reduce Cholesterol & Blood Pressure through Diet 10.30am-12.30pm
Thurs 24th	Pension and benefits advice 1-4pm
Fri 25th	Coffee morning (health checks available) 10.30am-12.30pm
Tues 29th	Yoga at Heron's Lodge 11.30am-1pm
Wed 30th	Newport Pagnell support group, UR Church 1.30-3.30pm
	Bletchley support group, Parkside Surgery 1.30-3.30pm
Thurs 31st	Stress and Anger Management 10am-2.30pm (inc lunch)
	Friends and Family mental health support group 6-7.30pm

April

Fri 1st	Parent Carer coffee morning, Greenleys family centre 10.30am-12.30pm
	Singing at Simpson Music Centre 1-2pm
	Reflexology afternoon sessions by appt only
Mon 4th	Kings and Queens talk 1.30-3pm
Tues 5th	Yoga at Heron's Lodge 11.30-1pm
Wed 6th	Mental Health evening support group 6-7.30pm
Thurs 7th	Relaxation therapies morning sessions by appt only
	Olney support group, Olney Centre 2-4pm
	Pension & Benefits Advice 1-4pm
Mon 11th	Parent Carer group 11am-1pm
Wed 13th	Ouse Valley Walk 10.30am-1pm (approx)
Thurs 14th	Former Carers 1.30-3.30pm

April (continued)

Tues 19th	Stroke support group 6-8pm
Thurs 21st	Crafty Carers 10am-1pm
	Relaxation therapies morning and evening sessions by appointment only
	Pension & Benefits Advice 1-4pm
Tues 26th	Yoga at Heron's Lodge 11.30am-1pm
Wed 27th	Newport Pagnell support group, UR Church 1.30-3.30pm
	Bletchley support group, Parkside Surgery 1.30-3.30pm
Thurs 28th	Coffee Morning (massage therapist available). Please note change of day.
	Friends and Family mental health support group 6-7.30pm

May

Tues 3rd	Yoga at Heron's Lodge 11.30-1pm
Thurs 5th	Relaxation therapies morning sessions by appt only
	Singing at Simpson Music Centre 10.30-11.30pm
	Olney support group, Olney Centre 2-4pm
	Pension and benefits advice 1-4pm
Fri 6th	Parent Carer coffee morning, Greenleys family centre 10.30am-12.30pm
	Reflexology afternoon sessions by appointment only
Tues 10th	Writing Club 10.30-12.30pm
	Yoga at Heron's Lodge 11.30-1pm
Thurs 12th	Siblings Parents Course 10.30-12.30pm

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DIARY OF TRAINING AND EVENTS

May (continued)

Thurs 12th	Former Carers, Dobbies Garden Centre 1.30-3.30pm
Mon 16th	Parent Carers' group 11am-1pm
Tues 17th	Yoga at Heron's Lodge 11.30-1pm
	Stroke support group 6-8pm
Thurs 19th	Crafty Carers 10am-1pm
	Relaxation therapies morning and evening sessions by appt
	Pension and benefits advice 1-4pm
Fri 20th	Legal Planning - Wills & Trusts 10.30am-12.30pm
Tues 24th	Yoga at Heron's Lodge 11.30-1pm
Wed 25th	Newport Pagnell support group, UR Church 1.30-3.30pm
	Bletchley support group, Parkside Surgery 1.30-3.30pm
Thurs 26th	Summer Leys Nature Walk 10.30am-2pm (approx)
	Friends and Family mental health support group 6-7.30pm
Fri 27th	Coffee Morning (massage therapist available). 10.30-12.30pm

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

Centre for Integrated Living



The Centre for Integrated Living is an information centre offering a wide range of free and confidential information on any disability related issue for disabled people, their families, carers and anyone else with an interest in the field of disability.

Information provided includes benefits, equipment, transport and mobility, local and national support groups, leisure, holidays and care. Below is a list of their drop-in sessions:

1st Tuesday of the month

Stroke Peer Support Group Drop-In
10.00am – 12.30pm

1st Tuesday of the month

Macular Disease Society Drop-In
1.30pm – 3.30pm

2nd and 4th Tuesday of the month

Deaf Community Drop-In
10.00am – 12 noon

The Centre for Integrated Living is at 330 Saxon Gate West, CMK. **Contact the Centre on 01908 231344.**

If you would prefer to receive this newsletter via email please let us know by emailing mail@carersmiltonkeynes.org

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

CARERS MILTON KEYNES

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Registered Charity No. 1116804