

# CarersNews

The newsletter of CarersMK

Spring/Summer 2018

## Meet the Young Carers Forum

Read about our most recent activities and find out how we have been improving our communication through social media.

14



04

# AGM

CARERS MK | 2018

1ST JUNE 2018

05

John's Campaign  
'Open Access'



At MKLH we support John's Campaign  
Do you care for a person who is living with dementia or complex needs and is a patient here in the hospital?  
Then you may be eligible for a carer's pass which will enable you to support the person you care for at a range of appointments, investigations and during their stay in the hospital.  
Please ask for more information from the department or ward that you are visiting.

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# Drop-in

Carers MK 2018 Annual General Meeting

John's Campaign – getting a Carer's Pass

Young carers secondary school drop-ins

# CarersMK

Dedicated to supporting carers  
[www.carersmiltonkeynes.org](http://www.carersmiltonkeynes.org)

## Meet the team

### Chief Executive

Stephen Archibald

### Operations Manager

Kirstie O'Sullivan

### Adult Carers Service Manager

Sue Bowering

### Young Carers Service Manager

Sally Mansi

### Fundraising Co-ordinator

#### North Bucks & Milton Keynes

Beth Sawyers

### Fundraising Trusts Manager

Paul Catton

### Communications Assistants

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Fraser Capaldi

### Adult Carers Team

Angela Doherty

Alison McGee

Lynne Stoodley

Christie Straughan

### Young Carers Team

Debbie Norton

Marianne Head

Sue Ackerley

Bryony Gibbens

Jessica Flowers

Rhonda Adamu

### Hospital Support Worker

Hayley Edwards

### Volunteer Driver Service

#### Project Co-ordinator

Heena Trivedi

### Parent Participation

#### Co-ordinator

Rachael Sherratt-Smith

### PACA Administrator

Chris Merriman

# CarersMK

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## Foreword by the Chief Executive



Welcome to the Spring/Summer issue of the Carers News. In this issue you will find lots of useful information including our new support groups, workshops and training diary (March – September). You will also find useful information and advice on hydration and urinary tract infections.

We are really pleased to support the dementia team at Milton Keynes University Hospital with their new “John’s Campaign” initiative. This allows carers of patients with dementia and complex needs to better support their loved ones by allowing them to attend appointments, stay overnight and arrange discounts on car parking charges.

As ever we are very grateful to those who have given us generous donations over the past few months. This support helps us to pay for the invaluable work Carers MK does to support unpaid carers in Milton Keynes. It allows us to provide

services in addition to that which is paid for by the contract we have with the council and other funding bodies.

I am pleased to say that the opportunity for young carers to access support in school is continuing to grow as we now have monthly drop-in sessions in several schools across Milton Keynes.

We are running a number of workshops over the coming months to help carers in their caring role including; first aid awareness, manual handling, managing stress, eating healthily on a budget, dementia awareness and sewing.

Save the date! We are holding our Annual General Meeting on Friday 1st June from 10-1pm at Herons Lodge, Loughton. All carers are welcome to attend – please make sure you call to book your place.

### Stephen Archibald

Chief Executive Carers MK  
and Carers Bucks

[stephen.archibald@carersbucks.org](mailto:stephen.archibald@carersbucks.org)

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A carers story



# News from CarersMK

## Hello, my name is Angela Doherty and I joined Carers MK in December 2017.

My role is Adult Carers Co-ordinator. This is a very varied role which includes supervising and supporting the Adult Support Workers in the delivery of a high quality advice, information and support service for adult carers, overseeing our rolling programme of support groups and workshops, and developing our network of amazing volunteers.

There is also a support worker aspect to my role. This means that I will have the privilege of supporting individual carers on a one to one basis too.

I have extensive experience in managing and delivering information, advice and support services and have worked in the voluntary sector for over 13 years; spending some of that time with a local disabled persons' organisation and some time with a national charity.

I am very much enjoying working with such a great team at Carers MK and providing much needed support to local carers.

I also have personal experience of caring for a family member.



## Hi, my name is Marianne Head and I joined Young Carers MK in October as a Support Worker.

For the last four years, I had been working as a Primary School teacher. I knew I wanted to continue working with young people and here I am with the young carers team. Originally from Nottingham, I am learning all about the lovely Milton Keynes area; I am forever asking for directions.

I enjoy meeting all the young carers we have in our service and I love how much fun both the young people and the staff want to have when they are together. The support worker role incorporates many tasks day to day, from supporting young people 1:1, to playing laser tag during the holidays. Our days are unpredictable which is what I like.

Outside of work, I am studying for a masters in psychoanalysis. I have a secondary caring role for my mum who was diagnosed with MS early on in my life. I love music and you will regularly catch me singing in my car, attending gigs or even making music myself.



## Hi, my name is Sue and I started working as a Young Carers Support Worker in MK in December.

I have worked with young people for over 15 years. My roles have been in pastoral care and specialist care for young people with a range of additional needs such as ASD, ADHD, attachment disorders, ADD, PDA, BESD etc.

I enjoy working with young people and am in awe of their resilience, determination and infectious enthusiasm despite the challenges they experience daily. I am looking forward to getting to know our young carers and spending time with them at our many clubs and activities.



## Hi, my name is Chris and I joined PACA as an Administrator in November.

My role is to provide administrative support to the Parent and Carer Alliance and I am trying to learn as quickly as possible as there are a variety of daily tasks. I look forward to working with people and volunteers from across Milton Keynes.

Previous to joining PACA I had worked in education and secondary teaching before moving into administration with student fees at the Open University. There were challenging times as a number of grants were withdrawn and student loans introduced.

Outside of work I enjoy being a volunteer with MK Reader Service for the visually impaired and I like a number of sports, more armchair watching rather than participating, although I do try and provide some competition with young great nephews and nieces...just about!



# AGM

CARERS MK | 2018

Friday 1st June 2018  
10.00am-1.00pm

Carers MK AGM is being held on 1st June 2018 at Herons Lodge, Bradwell Road, Loughton, MK8 9AA.

The focus of the AGM will be 'Health'.

We welcome attendance from carers and professionals. Please call us on 01908 231703 or email us at [mail@carersmiltonkeynes.org](mailto:mail@carersmiltonkeynes.org) to confirm your attendance.

## Shared Lives

services are designed to support adults with care and support needs who need a helping hand. This service is available to all Adult Social Care service users.



The scheme matches an adult who has care and support needs with an approved Shared Lives Carer. The carers share their regular family and community life with the adult to provide the help they need, this can include social and recreational activities, washing and dressing (personal care) and preparing food. Shared Lives support can vary from a day a week, a day a month, overnight stays or living with someone for a short while or permanently.

If you are interested in using this service or becoming a Shared Lives Carer you can get further information from our website [www.milton-keynes.gov.uk/sharedlives](http://www.milton-keynes.gov.uk/sharedlives) or telephone 01908 258088 or contact [sharedlivesmk@milton-keynes.gov.uk](mailto:sharedlivesmk@milton-keynes.gov.uk)



Would you like support and guidance on how to improve your health and lose weight?

## WhyWeight Milton Keynes

(In partnership with Milton Keynes Council) offers FREE Weight Management and Healthy Lifestyle programmes for both adults and children across Milton Keynes.

For further information, please visit [www.whyweightmk.co.uk](http://www.whyweightmk.co.uk) or contact us via 01908 046380 or [info@whyweightmk.co.uk](mailto:info@whyweightmk.co.uk)



## Mental Health Carers Support Group

First Wednesday of the month  
6.00pm-7.30pm

At Carers MK Offices

**7th March:** Tracey Keech from Healthwatch will give a talk.

**4th April:** Support session.

**2nd May:** Session focussing on managing stress. Beth Lawrence will facilitate this session which will include tips on dealing with your own stress as well as that of the person that you are caring for.

**6th June:** Support session.

**4th July:** Sarah Broadhurst from Oxford Brookes University will be joining us to share the findings of her research. Sarah will feedback the findings from her research on understanding resilience of family carers. She will discuss the 'Carer Model of Resilience' and how effective current interventions are. Some of our local carers assisted with this research so it will be interesting to hear the findings.

**1st August:** Support session.

**5th September:** Pamper Evening

An opportunity to have taster sessions in Reiki, Reflexology and Indian Head Massage. These are being very kindly offered by Jean Stemson and Liz Rabone.



Healthwatch Milton Keynes is your voice in health and social care. It's the statutory body that works to improve health and social care for the people who use it.

Healthwatch Milton Keynes wants its work to be guided by the people it works for. The organisation is launching its new strategy for 2018-21 and wants your input. The strategy will set out its guiding principles and what it aims to achieve over the next three years. It will be launched this April.

Healthwatch Milton Keynes is also looking at how it will put the strategy into practice, and how it can ensure that it is an effective local voice for people who use health and social care services.

Healthwatch Milton Keynes wants to be better informed about the issues that most affect you as patients, service users, or family and friends of people who use health and social care services. This information will help the organisation understand which areas it should focus on evaluating and scrutinising in 2018-19.

This is where you come in. Healthwatch Milton Keynes wants to hear what you think about its current priorities. It would also like to hear about the specific issues you think are the most important for the organisation to look at and act on over the coming year. Examples might include care homes, access to mental health services, social isolation, or access to healthcare in your school. Healthwatch Milton Keynes wants its work to be based on the issues YOU think are most important when it comes to YOUR health and care needs.

Share your views online at [www.healthwatchmiltonkeynes.co.uk](http://www.healthwatchmiltonkeynes.co.uk) or by calling the office on 01908 698800.





## John's Campaign

### Do you care for a person who is living with dementia or complex needs and is a patient in our hospital?

If the answer is yes, you will be eligible for a Carer's Pass which will enable you to support the person you care for at a range of appointments, investigations, and during their stay at the hospital.

This is a new initiative called 'John's Campaign' which was recently introduced into the hospital by the dementia team. We recognise that family members and carers know their loved ones or the person they care for best and our staff would like to work with you to provide the best care and experience.

Hospital stays can be very distressing for someone with dementia or complex needs and by having someone they trust to accompany them to an x-ray or medical procedure can make the patient much more settled and co-

operative. It has also been proven that having a relative stay with the patient overnight can reduce the likelihood of an agitated and unsettled night.

#### What do I need to do?

You need to ask for a 'Carer's Pass' and a John's Campaign leaflet.

#### How do I get a Carer's Pass?

In the first instance, speak to the nurse in charge (you can identify them by the red badge on their uniform). They will ask you a few eligibility questions to see if the pass is appropriate for you. Once issued, the pass is valid for seven days and will entitle you to have access outside of visiting

hours and even staying overnight with your relative (if you wish to) and to accompany them to any appointments or procedures they may need whilst in hospital. For example you could provide support with feeding and personal care on the ward. The nurses on the wards will be responsible for the care delivery and treatment and you can discuss together the level of involvement you would like to proceed with and a clear care plan can then be produced and agreed.

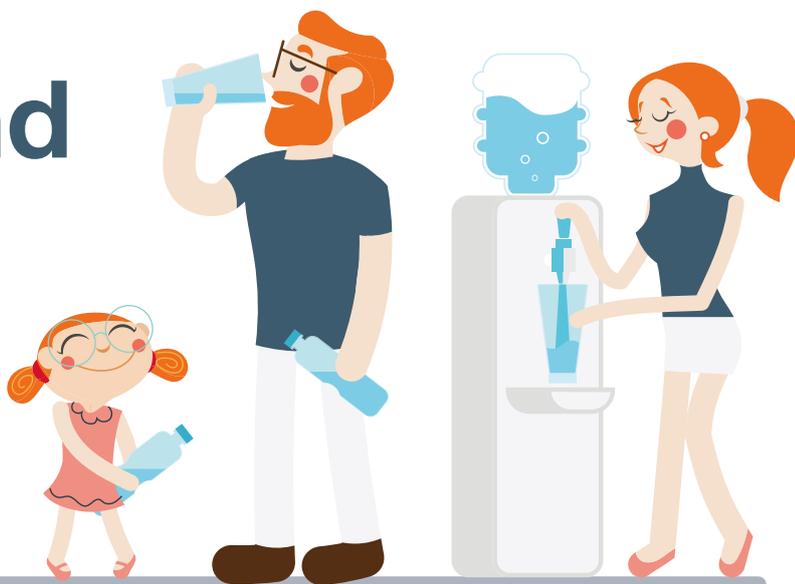
You will also be entitled to a substantial discount on car parking and will only need to pay £6 per week whilst you have the pass. After seven days, the pass will be reviewed by ward staff to see if it is still required. Please do speak to the nurse in charge and remind them about this review a day before your pass expires.

The dementia team wish to champion 'John's Campaign' in the hospital and have been fully supported by the executive team, wider clinical teams, colleagues and Carers MK.

Hearing from patients and carers is very important to us. Your feedback helps us to understand what is important to you and where we may need to improve. It also lets us know what we are doing to provide a positive experience for you. We would love to hear from you about your experiences in the hospital when you have used the Carer's Pass. You can talk to any member of staff, fill in a 'Friends & Family Test' (FFT) feedback form or you can email us on [patientexperience@mkuh.nhs.uk](mailto:patientexperience@mkuh.nhs.uk)



# Hydration and urinary tract infections



## Hydration

### Poor hydration

There may be times when carers or the people they care for feel unwell and experience a range of the following symptoms:

- Dry mouth
- Headache
- Dizziness
- Tiredness
- Confusion
- Constipation
- Falls
- Not wanting to take part in activities

The cause could be dehydration so check your urine against the chart below to find out if you are hydrated or dehydrated.

Did you know that good hydration for carers and the cared for person could prevent admissions to hospital?

### Good hydration can help:

- avoid low blood pressure
- reduce the risk of kidney stones forming
- prevent falls and risk of falls
- improve cognitive functions (for example thinking and communication)
- wound or pressure sore healing and aid healthy skin
- prevent constipation as drinking enough water and eating fibre rich foods increases stool frequency
- people with diabetes to replace fluids lost due to frequent urination
- prevent urinary tract infections

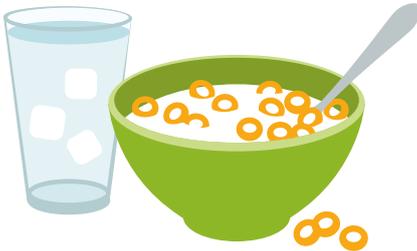


### How hydrated are you?

1	<b>Hydrated</b>	If urine colour matches 1, 2 or 3 then you or the cared for person are hydrated, carry on drinking fluids as usual.
2		
3		
4	<b>Dehydrated</b>	If urine colour matches 4, 5 or 6 then you or the cared for person needs to drink more. Drink a glass of water now and increase the amount of fluids.
5		
6		
7	<b>Severely Dehydrated</b>	If urine colour matches 7 or 8, you or the cared for person <b>needs to be re-hydrated urgently</b> . Drink plenty of water at hourly intervals and if there is no improvement call the GP.
8		

## How can you help?

- 1 Drink water and fluids through the day and at mealtimes**



- 2 Always have water available to drink and within easy reach**



- 3 In warm weather drink more water and fluids**



- 4 Eat more fruit and vegetables which can also help with hydration**



- 5 Sucking ice-pops and ice cubes can also help!**



## Urinary tract infections

Urinary tract infections (UTIs) are common infections that can affect the bladder, the kidneys and the tubes connected to them. Anyone can get them, but they're particularly common in women. Some women experience UTIs regularly (called recurrent UTIs).

UTIs can be painful and uncomfortable, but usually pass within a few days and can be easily treated with antibiotics. However not all infections require antibiotics as often the infection clears up on its own. The following information is about UTIs in adults. UTIs in children may be more serious and medical advice should be sought.

### Symptoms of UTIs

Infections of the bladder (sometimes called cystitis) or the urethra (tube that carries urine out of the body) are known as lower UTIs. Lower UTIs are common and aren't usually a cause for major concern but can cause the following symptoms:

- a need to pass urine more often than usual
- pain or discomfort when passing urine
- sudden urges to pass urine
- feeling as though you're unable to empty your bladder fully
- pain low down in the stomach
- urine that is cloudy, foul-smelling or contains blood
- feeling generally unwell, achy and tired.



Infections of the kidneys or ureters (tubes connecting the kidneys to the bladder) are known as upper UTIs. Upper UTIs can be serious if left untreated, as they could damage the kidneys or spread to the bloodstream. These can cause the above symptoms and also:

- a high temperature (fever) of 38°C (100.4°F) or above
- pain in the sides or back
- shivering and chills
- feeling and being sick
- confusion
- agitation or restlessness.

### When to get medical advice

It is a good idea to contact the GP if you have any of the following:

- the symptoms of a UTI haven't started to improve after a few days
- the symptoms of a UTI are severe or getting worse
- frequent UTIs
- symptoms of an upper UTI

If a UTI is detected, antibiotics are usually recommended because untreated upper UTIs can potentially cause serious problems if they're allowed to spread.

### Treatment for UTIs

UTIs are normally treated with a short course of antibiotics. The symptoms will normally pass within three to five days of starting treatment. Always complete the whole course of antibiotics even if you are feeling better. Over-the-counter painkillers such as paracetamol or ibuprofen can help with any pain. Drinking plenty of fluids will also help. Return to your GP if the symptoms don't improve, get worse or come back after treatment.

If you have found the information helpful in relation to hydration and UTI guidance and are happy to make comments to the Clinical Commissioning Group (CCG), please respond to our survey online via this link [bit.ly/2EFLMAE](https://bit.ly/2EFLMAE) or call Clair from the CCG on 01908 278703 to give feedback over the phone.

# Support group **diary & workshops**

## Support groups

<b>Bletchley Support Group</b> West Bletchley Parish Council Offices	Tuesdays 10.30am-12.00pm	13th March – <b>This group will no longer be meeting after this date.</b>
<b>Olney Support Group</b> Olney Centre	Thursdays 2.00pm-3.30pm	1st March, 5th April, 3rd May, 7th June, 5th July, 2nd August, 6th September
<b>Great Linford Support Group</b> Great Linford Parish Council Offices	Wednesdays 2.00pm-3.30pm	14th March, 11th April, 9th May, 13th June, 11th July, 8th August, 12th September
<b>Hanslope Support Group</b> Hanslope Church	Wednesdays 10.30am-12.30pm	28th March, 25th April, 30th May, 27th June, 25th July, 29th August, 26th September
<b>Newport Pagnell Support Group</b> UR Church	Wednesdays 1.30pm-3.00pm	28th March, 25th April, 30th May, 27th June, 25th July, 29th August, 26th September
<b>Autism Support Group</b> (for carers of someone over the age of 18 with autism)	Tuesdays 2.00pm-3.30pm	6th March, 3rd April, 1st May, 5th June, 3rd July, 7th August, 4th September
<b>Mental Health Evening Support Group</b>	Wednesdays 6.00pm-7.30pm	7th March, 4th April, 2nd May, 6th June, 4th July, 1st August, 5th September
<b>Friends and Family Mental Health Group</b> (Personality Disorder)	Wednesdays 6.00pm-7.30pm	28th March, 25th April, 30th May, 27th June, 25th July, 29th August, 26th September
<b>Parent Carer Group</b>	Mondays 10.30am-12.00pm	19th March, 16th April, 21st May, 18th June, 16th July, <b>No group in August</b> , 17th September
<b>Former Carers</b>	Thursdays 1.30pm-3.00pm	8th March, 12th April, 10th May, 14th June, 12th July, 9th August, 13th September
<b>Stroke Group</b>	Thursdays 10.30pm-12.00pm	22nd March – <b>This group will no longer be meeting after this date.</b>
<b>Parkinson's Support Group</b>	Wednesdays 2.00pm-3.30pm	7th March, 4th April, 2nd May, 6th June, 4th July, 1st August, 5th September
<b>MS Support Group</b>	Mondays 2.00pm-3.30pm	9th April, 21st May, 2nd July, 13th August, 24th September
<b>Alzheimer's Support Group</b> Alzheimer's Offices, Margaret Powell House	Wednesdays 10.30am-12.30pm	14th March, 11th April, 9th May, 6th June, 4th July, 1st August, 29th August, 26th September

## Relaxation

**Reflexology or Indian Head Massage** Monthly on Fridays By appointment only

## Social groups and events

**Writing Group** Wednesdays 10.30am-12.00pm 14th March, 11th April, 9th May, 13th June, 11th July, 8th August, 12th September

## Workshops

**First aid awareness** Mondays 5th March – 10.00am-12.30pm  
The Quaker Centre Downhead Park, MK15 9BH 14th May – 1.30pm-4.00pm  
2nd July – 10.00am-12.30pm  
10th September – 1.30pm-4.00pm

**Manual handling (back care)** Mondays 5th March – 1.30pm-4.00pm  
The Quaker Centre Downhead Park, MK15 9BH 14th May – 10.00am-12.30pm  
2nd July – 1.30pm-4.00pm  
10th September – 10.00am-12.30pm

**Managing stress** Tuesdays 27th March, 29th May, 24th July, 10.00am-12.00pm 25th September

**Healthy eating on a budget workshop** Thursday 1st March 10.00am-12.00pm

**Six week sewing workshops** Fridays 4th May – 8th June 12.00pm-2.00pm 7th September – 12th October

**Drumming party** Tuesday 14th August 2.00pm-4.00pm  
Moulsoe Millennium Hall, Cranfield Road, Moulsoe MK16 0HL

**Two week dementia workshop** Thursday 12th April, 19th April 10.30am-12.30pm

**Please note: All activities are at Margaret Powell House unless otherwise stated.**

You need to book a place on our workshops and training sessions by emailing us on [mail@carersmiltonkeynes.org](mailto:mail@carersmiltonkeynes.org) or calling **01908 231703**. If you have booked but unable to attend please contact us so that we are able to offer your place to another carer – thank you.

Don't forget to visit our website at [www.carersmiltonkeynes.org](http://www.carersmiltonkeynes.org) or 'Like' our Facebook

page to receive the latest information on forthcoming events, news and vacancies.

We regularly send out email reminders to carers about our training sessions, activities and events. If you would like to be kept up to date in this way please make sure we have your current email address – email us at [mail@carersmiltonkeynes.org](mailto:mail@carersmiltonkeynes.org) or call **01908 231703**

# Workshops & training



## Drumming party

Moulsoe Millennium Hall, Cranfield Road,  
Moulsoe, MK16 0HB

Carers MK warmly invites you to a drumming party for children, young people with additional needs and their \*parent carers.

Siblings are welcome to join in the fun too!

Please call us on **01908 231703** or email [mail@carersmiltonkeynes.org](mailto:mail@carersmiltonkeynes.org) to book a space.

\*Parent carers are responsible for their children at all times.

### Dates/Times

Tuesday 14th August 2018 – 2.00pm-4.00pm



## First aid awareness

Quaker Centre, 1 Oakley Gardens, Downhead  
Park, Milton Keynes, MK15 9BH

The course will start with an introduction where the attendees will be asked to briefly explain who they care for and the types of challenges that they face. This will allow the tutor to tailor the session to best meet their needs. Courses will be delivered by Guardian.

- How to deal with an unconscious adult or child
- How to deal with a person who is choking – including the technique for dealing with wheelchair users
- How to manage a major bleed
- How to deal with seizures/convulsions
- An overview of Cardiopulmonary Resuscitation (video and tutor demonstration)



### Dates/Times

Monday 5th March 2018 – 10.00am-12.30pm

Monday 14th May 2018 – 1.30pm-4.00pm

Monday 2nd July 2018 – 10.00am-12.30pm

Monday 10th September 2018 – 1.30pm-4.00pm



## Manual handling – back care

Quaker Centre, 1 Oakley Gardens, Downhead  
Park, Milton Keynes, MK15 9BH

The course will start with an introduction where the attendees will be asked to briefly explain who they care for and the types of challenges that they face. This will allow the tutor to tailor the session to best meet their needs. Courses will be delivered by Guardian.

### Compulsory elements

- Care plans and communication with the patient
- “Power Posture” and a practical exercise

### Mix and match sessions

(depending on the needs of the attendees)

- Sitting to standing/standing to sitting
- Walking with a frame or stick
- Assisted walking
- Laying to sitting
- Use of wheelchairs
- Equipment
  - Slide sheets
  - Glide cushions
  - Turning seats etc.



### Dates/Times

Monday 5th March 2018 – 1.30pm-4.00pm

Monday 14th May 2018 – 10.00am-12.30pm

Monday 2nd July 2018 – 1.30pm-4.00pm

Monday 10th September 2018 – 10.00am-12.30pm



## Managing stress workshop

10.00am-12.00pm

Learn how to identify sources of stress and ways to manage it. Explore ways of avoiding unnecessary stress by learning to say 'no', taking control of your environment, avoiding the 'hot' topics, setting realistic goals, focusing on the positive and learning to forgive.

### Dates

Tuesday 27th  
March 2018

Tuesday 29th  
May 2018

Tuesday 24th July 2018

Tuesday 25th September 2018



## Healthy eating on a budget workshop

1st March 2018 – 10.00am-12.00pm

Eating well within a tight budget can seem tricky, but it doesn't have to be. It can be done, believe me! So come and learn the simple things that can keep costs down, but still ensure you eat well and look after your health.

In this workshop run by Felicia Jones of [stresslessliving.co.uk](http://stresslessliving.co.uk), you'll learn great tips. These range from simple kitchen tools that can help you reduce costs, to choosing reasonably priced healthy ingredients. All of this will help you to make great choices and healthy meals at a fraction of the take away prices.

The session will cover:

- Pricing up meals
- Looking at low cost healthy ingredients
- Simple time saving and cost effective tools to reduce costs (bulk buying/cooking, freezing/planning)
- Going through recipes and designing a week's worth of healthy meals



## Sewing workshops

12.00pm-2.00pm

Our sewing workshops are run for 6 weeks and are a great way to learn something new or develop skills that you already have.

These workshops are always popular and numbers are restricted, so if you have not been before and would like to book you place, please give us a call on [01908 231703](tel:01908231703) or email us on [mail@carersmiltonkeynes.org](mailto:mail@carersmiltonkeynes.org)

### Dates

4th May – 8th June 2018 (weekly on Fridays)

7th September – 12th October 2018 (weekly on Fridays)



## Two week dementia workshop

10.30am-12.30pm

Two informal sessions looking at the symptoms and behaviours associated with dementia.

The sessions will look at practical ways you can support someone living with dementia, meet others in a similar caring role and find out about support services available in the local area.

Please call our offices to book a place on this workshop.

### Dates

Thursday 12th April and Thursday 19th April 2018

## For carers attending the Carers MK offices in Margaret Powell House

Our offices are located on the third floor and, under normal circumstances, there is lift access. Please be aware that in the event of a fire evacuation it is not permitted to use the lifts and you will need to exit the building via the stairs. If you have any difficulties managing stairs then please contact us as soon as possible.



MILTON KEYNES  
SEND IAS

## Parents and Carers Alliance

### Parents and Carers Alliance AGM – changes to the Committee!

Following our AGM on 27th September 2017, we have a new Committee and welcome Jon Ralphs as our new Chairperson.

You can email Jon directly at [chair@pacamk.org](mailto:chair@pacamk.org)



### Contact – the new name for Contact a Family

Contact is the national charity for families with disabled children, for information and advice on any aspect of caring for a disabled child.

Contact have recently launched “The helpful guide for families with disabled children”. You can order a copy via their website [www.contact.org.uk](http://www.contact.org.uk) which also contains lots of information and resources.

FREE helpline **0808 808 3555**

**9.30am-5.00pm, Monday-Friday**

Calls are free from UK landlines and UK mobiles.



### SEND Information Day

**Saturday 3rd February 2018**

Thank you to everyone who attended the SEND Information Day on 3rd February, which was organised by PACA and MK SEND IAS.

This annual event was a great success with over 300 parent carers joining us with their children and young people.

The theme for the day was Inclusion and Transition. The programme included very motivational talks by two young people, Georgie Ralphs and Dean Pittman.

There were workshops for parents, children and young people, and over 30 information stands.

This annual event takes place on the first Saturday in February. We do hope you can join us next year!



### Thank you Jason!

We would really like to thank Jason for being Chair of PACA for the past few years. He has done a fantastic job over this time to help steer the forum and bring PACA to where it is today. We are really pleased that he has decided to stay on the Committee as Secretary.

### Would you like to join the Steering Group or become a Parent Rep?

For parent carers who want to get a bit more involved, we really welcome your presence at meetings and offer training and support. Parent Reps are required to register as a PACA Volunteer with Carers MK. The process will be explained to you when you apply. Please contact us or see our website for more information.

**07852 526057**

[pacamk@gmail.com](mailto:pacamk@gmail.com)

[www.pacamk.org](http://www.pacamk.org)

[f /parentsandcarersalliancemk](https://www.facebook.com/parentsandcarersalliancemk)

[@PacaMk](https://twitter.com/PacaMk)



# Fundraising thank you wall



## £429

The Carers MK November raffle was drawn, a total of **£429** was raised, we would like to thank everyone for their generosity.

## Thank you!

Thank you to **Abdul Hai** of the Jalori Indian restaurant in Woburn Sands for hosting a charity quiz and curry night on the second Tuesday of each month. Thank you also to Shirley Jones for nominating Carers MK as one on the charities that benefit from the monies raised by the quizzes that take place.

The cost of the evening is **£20 per person** and this includes quiz entry and a generous Indian style buffet. The next event is on 13th March. Anyone is welcome, teams are made up of a minimum of 2 or a maximum of 4 people. If you would like to attend the next quiz please call Jalori on **01908 282116** to reserve a table.



## £550

### Thanks to Stony Stratford Mummers

One of our registered carers is part of the Stony Stratford Mummers, she regularly uses services via Carers MK and wanted to thank us for the support that she receives.

Stony Stratford Mummers have been keeping alive the tradition of performing mummers plays since 1973. Each year they donate whatever they raise to charity and this year's performances (at Stony Stratford's Turning on the Lights Day, Olney's Dicken's Day and a Christmas pub tour around the local villages) raised **£550** for Carers MK.

For more information see [www.stonymummers.org.uk](http://www.stonymummers.org.uk) or visit Stony Stratford Mummers on Facebook.



## £50

Thanks to **Kingfisher GP Surgery** for raising **£50** at a recent carers support session and cake sale event held within their practice.

Fazilat Shivji, Practice Manager said that the event went really well, it was a great opportunity for carers to come along and be supported by Carers MK as well as raising funds for the charity itself.



# Young Carers MK News

## Our new Young Adult Carers Service is now up and running

Are you looking after someone in your family who cannot manage without you because they are ill or have a disability? Are you between the ages 16-25?

The Young Adult Carers programme supports young people as they transition into adulthood and independence whilst continuing to provide unpaid care for a member of their family at home who suffers from an illness, physical disability, mental health problem or an addiction.

At Carers MK we believe that a young person with a caring responsibility has the same right to life choices as their peers. Caring for a family member should not reduce life opportunities, such as further and higher education, employment and independent living.

We can offer you:

- regular social events
- one to one intervention
- targeted group work
- life skills sessions
- representation at meetings
- information, advice and signposting.



If you would like to be part of this project please get in touch and we will be in touch to arrange a young adult carer's assessment. Contact Debbie on **01908 231703** or email [debbie.norton@carersmiltonkeynes.org](mailto:debbie.norton@carersmiltonkeynes.org)

## The Forum

The Forum group have been amazing! Over the October half term, Forum put on their very own activity and created an amazing Halloween party for our younger, young carers group. The party was filled with decorations, games and crafts which were all created by forum members. Everyone had a fantastic time, and we even had our very own young carer who DJ'd for us.

The Young Carers Forum is all about reviewing the service and giving recommendations as to how it could be improved. Between them they have decided we need to have more interaction on social media as the majority of our young carers use this as a way of communicating. We have taken this on board and now we have made it into the world of Twitter, Instagram and we still have Facebook. This has been a fantastic initiative as we are able to connect with other young carers services around the UK and share ideas to help raise awareness to others. So give us a follow everyone [@YoungCarersMK](https://www.instagram.com/YoungCarersMK).

We have a few more projects coming up in Forum and we are always on the lookout for new members to join us. If you are interested, currently in secondary school and

## Drop-in



Here at Young Carers MK, we have a successful project that we run in some secondary schools. We are happy to announce that it is continuing to grow!

Once a month, two of our support workers go into school and check in with as many of our young carers who attend that school as possible. We spend time with each young person, finding out how they are and reminding them that we are here to listen.

We are currently running monthly drop-ins at:

Milton Keynes Academy

Radcliffe

Lord Grey

Stantonbury

St. Paul's

Stantonbury, Lord Grey and St. Paul's are brand new to our list! If you attend any of these schools and would like to be put on our drop-in list, please call the office on **01908 231703**, and let us know.

have lots of enthusiasm and ideas about what Young Carers MK should look like, please contact Bryony or Marianne on **01908 23170**. We meet every 6-8 weeks at our offices in Central MK and have three social events a year such as Christmas meals, bowling or ice skating.





# CarersMK

Dedicated to supporting carers

01908 231703  
mail@carersmiltonkeynes.org

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439 Midsummer Boulevard  
Central Milton Keynes  
MK9 3BN

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Young Carers MK: [www.youngcarersmk.org](http://www.youngcarersmk.org)