

CarersMK



Winter 2021



Adult Carers
Team Updates



Groups, Workshops
and Activities



Young Carers &
Young Adult Carers

WIN

**A £25 M&S
VOUCHER!**

See page 13
for details



Foreword by the Chief Executive Officer



I am delighted to introduce Carers MK Winter Newsletter 2021. At Carers MK, our focus this year has been to respond to the challenges COVID-19 has presented to carers of all ages. Caring roles have increased, caring hours and responsibilities have increased but as has the overwhelming resilience and commitment from carers to continue to care in the face of many adversities. 817 new referrals to Carers MK demonstrates the increasing need to raise awareness of the needs of carers and young carers across Milton Keynes and identify them earlier in their caring journey.

For me, this year has been about reflection and learning. As we start work on our Strategic Plan for 2022, it is important to take note of what we have learned, what we want to develop and that we listen to the voices of carers

to help shape future services. We look forward to increasing face-to-face support in the New Year, and it is great to see a varied support group programme being developed, improving carer health and wellbeing. I hope you enjoy the sessions being delivered.

I would like to take this opportunity to share my sincere thanks to our staff teams and volunteers across Carers MK for continuing to provide much needed support and services to carers across Milton Keynes during exceptional times and thank you to our funders for their ongoing support.

I wish you a happy festive season and best wishes for 2022.

Holly Hoskisson
Chief Executive Officer
Carers Bucks and Carers MK

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A Year in Numbers: October 2020 - September 2021



There were
817 new referrals
to Carers MK

We ran **128 groups** for
**young carers and
young adults carers**



**1779 carers
of all ages**
attended carers
groups, workshops
& training

In total we have **6487 carers**
registered with Carers MK



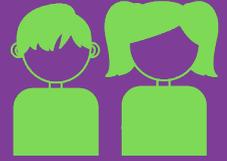
4147
adult carers



1308
parent carers



151
young adult
carers



881
young carers

A huge thanks to you
again - You are one of
our angels.

I just wanted someone to
listen and take our
situation seriously and I
knew Carers MK would.

Things are much better
and it's all down to
your help.

Meet Our New Staff Members

Yasmeen Azizul

I am really excited to start my role as Service Manager for Young Carers and Young Adult Carers across Carers Milton Keynes and Carers Bucks. After becoming a young carer for my Dad as a teenager, I feel privileged that I have been provided with an opportunity to use my personal experience to help others that may be in a similar situation. I understand what it is like to be a young carer and how it can be challenging to transition into a young adult carer and how responsibilities change throughout the journey. My career has always focused on working with young people and their families and this is what I thrive on. I am looking forward to helping the service reach its full potential and raising awareness of carers across the county.



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Claire Rolland

Hi, my name is Claire Rolland and I have been working with Carers MK since November 2020 as an Adult Carers Support Worker (Monday, Tuesday and Wednesday) and a Hospital support worker (Thursday and Friday). I previously worked in Early Years as a Nursery Nurse and went on to be a manager of a setting within a training provider, where I became their safeguarding lead and an assessor in early years. My safeguarding role included me supporting young people and their families to access support they needed and pastoral care. I am a carer for my husband who has chronic kidney disease and I understand the impact of the caring role on a person and their family. I love seeing people being able to reach their full potential and being empowered to move forward in their life. Since working with Carers MK, I have enjoyed working with the team and working with carers to support them in their caring role. I look forward to working with many more carers both in the community and the hospital setting.



Saying Farewell

Over the last 18 months we have said a fond farewell to Sue Bowering (Adult Carers Service Manager), Sally Mansi (Young Carers Service Manager), Debby Hulmes (Adult Carers Support Worker), Lydia Rolph (Young Carers Support Worker) and Shamil Shah (Young Carers Support Worker).

Adult Carers Team

The Adult Carers Team provide information, advice, and emotional support to adult and parent carers in Milton Keynes. We do this via telephone and email support and at our groups, activities and workshops.

Our support groups give carers the chance to meet other carers, share knowledge and experience, and to get support from each other and our support workers.

Workshops provide useful information and training to support carers in their

caring role and our activities provide the opportunity to switch off, to try something new and have some fun.

The team have been busy working throughout the pandemic and whilst we have had to make some changes, we are still very much here to support you, so please don't hesitate to pick up the phone or send us an email whenever you need support.



01908 231703



mail@carersmiltonkeynes.org



Some of our Adult Carers, Hospital Support and PACA MK teams

Do you receive our monthly e-bulletins?

This e-bulletin contains useful information and details about activities, workshops and groups for carers and parent carers. It also acts as a reminder that Carers MK is here to support you. If you have an email address and currently do not receive our monthly e-bulletins, please email us at mail@carersmiltonkeynes.org to let us know that you would like to be added to the mailing list.

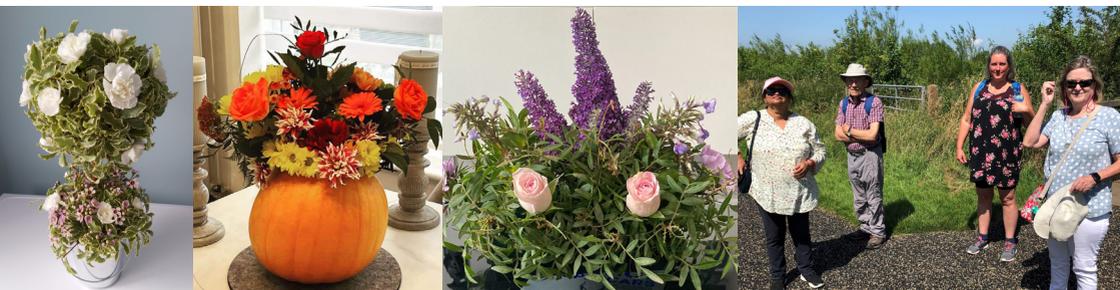
Groups, Workshops and Activities for Adult and Parent Carers

All groups, workshops and activities were initially cancelled in late March 2020 as the office closed and staff started to work remotely from home.

Knowing how important it is for carers to come to a group for peer support, attend an activity or workshop for a break or to learn new skills, we quickly moved to deliver as much as we could online via Zoom. Over the last 18 months this has included our regular support groups, a series of specialist support groups for parents of children with autism, first aid, managing stress workshops, diabetes information, photography, craft workshops, breathing and relaxation sessions, flower arranging and cookery demonstrations. It has been busy!

As restrictions eased, we looked at ways that we could offer some activities for carers face-to-face and in June, July and September carers were able to join us for guided walks. At the end of September carers attended a manual handling workshop delivered by Guardian Training at the Quaker Centre.

We're now working on plans to return some of our groups, workshops and activities to meeting in person again so please do look out for our monthly e-bulletins or on our website for details. See page 7 for the list of groups, activities and workshops that we will be running from January to March 2022. All of these are being held via Zoom unless otherwise stated. For more information and to book your place, please contact us on 01908 231703 or mail@carersmiltonkeynes.org



Support Groups

Great Linford Support Group	2nd Wednesday of the month 2pm – 3.30pm	12th January, 9th February, 9th March
Hanslope Support Group St James the Great Church, Hanslope <i>This group is delivered and facilitated by Hanslope PPG (Patient Participation Group)</i>	4th Wednesday of the month 10.30am – 12.30pm	26th January, 23rd February, 23rd March
Mental Health Support Group (for carers of someone who is 16+)	Last Wednesday of the month 6pm – 7.30pm	26th January, 23rd February, 30th March
Former Carers Group	2nd Thursday of the month 1.30pm – 3pm	13th January, 10th February, 10th March
Parkinson's Support Group	1st Wednesday of the month 2pm – 3.30pm	5th January, 2nd February, 2nd March
MS Support Group	Mondays 2pm – 3.30pm	24th January, 7th March
Dementia Support Group (Tuesdays)	2nd Tuesday of the month 1pm – 2.30pm	11th January, 8th February, 8th March
Dementia Support Group (Thursdays)	3rd Thursday of the month 1pm – 2.30pm	20th January, 17th February, 17th March

Social Groups

Writing Group	2nd Wednesday of the month 10.30am – 12pm	12th January, 9th February, 9th March
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Workshops and Activities

Managing Stress	Monday 10am – 12pm	14th February
Flower Arranging	Monday 10am – 12pm	Dates to be confirmed
Q&A Legal Advice Clinic with Toller's Solicitors (Telephone appointments)	Fridays from 9.30am	14th January, 11th February, 11th March
Cookery class - cook along with Sarah Scotland	Monday 11am – 12pm	10th January, 14th March
Guardian First Aid Awareness The Quaker Centre, Downhead Park, MK15 9BH	Monday 10am – 12.30pm	28th March
Manual Handling (Back Care) The Quaker Centre, Downhead Park, MK15 9BH	Monday 1.30pm – 4pm	28th March

Workshops and Training



Cookery Masterclass Demonstration by Sarah Scotland

Monday 10th January | 11am - 12pm

We're making a Katsu Curry, which can either be vegetarian or chicken. Sarah will also be able to give advice on how to adapt the recipe to suit any dietary requirements.

A great way to meet carers and swap ideas & top tips! You can either cook along or sit and watch a meal being made.



Writing Group

Wednesdays, 10.30am - 12pm
12th Jan, 9th Feb & 9th Mar

If you enjoy putting pen to paper (or fingers to keyboard) the Writing Group is a great place to meet like-minded people. Whatever your skill level, everyone is welcome to join us for our fun, friendly meetings, even if you just want to come along and listen.



Managing Stress Workshop via Zoom

MONDAY 14TH FEBRUARY 2022
10AM - 12PM

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.



For more information and to book your place:
01908 231703 or mail@carersmiltonkeynes.org

Talk to Tollers - Telephone Legal Advice Clinics

Fridays: 14th Jan, 11th Feb, 11th Mar 2022

- **Do you** have a burning question about Wills or Powers of Attorney?
- **Want to** know about care funding or how best to protect vulnerable loved ones?
- **Would you** like to be able to support your vulnerable loved ones by managing their finances for them?

Tollers Solicitors are on hand to listen and give free advice on your circumstances at a free and private telephone advice appointment. They specialise in law for the vulnerable and the elderly and can advise on issues such as Deputyships, Powers of Attorney, Mental Capacity, Care Funding, Wills, Trusts and Probate.

20 minute appointments. The first appointment starts at 9.30am.

tollers
solicitors



Guardian First Aid Awareness Workshop

Monday 28th March 2022 10am - 12.30pm
The Quaker Centre, 1 Oakley Gardens,
Downhead Park, Milton Keynes, MK15 9BH

Attendees will be asked to briefly explain who they care for and the types of challenges that they face to allow the trainer to tailor the session to best meet their needs.

- How to deal with an unconscious adult or child
- How to deal with someone who's choking – incl. 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 trainer demonstration)

The session is being delivered by Guardian Training.



Manual Handling (Back Care) Workshop

Monday 28th March 2022 1.30pm - 4pm

Carers will be asked to explain who they care for and the challenges they face. This'll allow the tutor to tailor the session to meet carers' needs. The session will cover care plans, communication with the patient or cared for, Power Posture and a practical exercise. Depending on carers' needs, it may also cover sitting to standing or standing to sitting, walking with frame or stick, assisted walking, laying to sitting, use of wheelchairs and equipment.

The session is being delivered by Guardian Training at The Quaker Centre, 1 Oakley Gardens, Downhead Park, Milton Keynes, MK15 9BH.



Carers Support at Milton Keynes University Hospital

Are you caring for someone who is an inpatient at MK University Hospital?

Do you regularly attend hospital appointments?

Did you know that Carers MK provide a free support service to carers?

Carers MK have two dedicated Hospital Support Workers, Hayley Edwards and Claire Rolland who are available to offer advice and support Monday to Friday, 9am – 5pm.

We know that a hospital admission can be a time of anxiety and uncertainty. Your caring role may have changed due to an increase in the care needs of the person you care for, or you may be new to caring and unsure of what help is available to you. Whatever the circumstances, we are here to offer support, advice and information so please get in touch.

How we are currently working

We are currently working from home with occasional on site visits but are continuing to maintain contact and liaison with staff and wards within the hospital. We are happy to assist you with any of the following:

- Advice around visiting protocols and processes
- Understanding how discharge planning works and who to speak to. Support and advice throughout this process.
- Advice and information by telephone
- Emotional support
- Signposting to other services
- Support and advice post discharge

Contact us

T: 01908 231703 and ask for a Hospital Support Worker

E: mail@carersmiltonkeynes.org



Save the Date! MK Special Educational Needs and Disability Information Festival



We are going to host this popular event virtually and face-to-face.

- **Friday 4th February - online workshops**
- **Saturday 5th February, 9am-1.30pm at The Ridgeway Centre, Wolverton**

PACA MK and MK SEND Information, Advice and Support Service are holding their annual information event for parents and carers of children and young people with a SEN or disability. The theme for the 2022 event is: **Wellbeing**. There will be free workshops for parents and young people to attend and lots of information stands. A FREE crèche for parents to book and refreshments provided.

More details to follow on: mksendinfoday.co.uk and our Facebook pages.



Parent and Carers Alliance MK

Staff changes at PACA MK

In the last few months we said a fond farewell to Chris Merriman and welcomed Amy Overall as our new PACA Administrator.



“I’m the new administrator for PACA MK. I’m a parent carer myself and I’m looking forward to working with you all to help shape the services in Milton Keynes that support families like mine.”

Join Us!

If you are a parent carer, why not join us at one of our events.

We have a full programme of fun and informative events for all the family.

See our website or social media for more information:

- pacamk.org/calendar
- facebook.com/parentsandcarersalliancemk
- twitter.com/PacaMk

New PACA Committee

In October PACA held its AGM which included an excellent presentation by Arthur Ellis about ways to improve the Mental Health of our Families. We also elected our committee for another year: Susan Akhtar (Chair), Sarah Black (Vice Chair), Tracy Bayley (Treasurer)

Make a Christmas Decoration with PACA MK

Saturday 18th December, 10am – 11.30am

This is a family workshop suitable for children over 10 years of age. One FREE kit will be posted to you before the event - the kit will contain either a Xmas Tree, Ice Skate or Gingerbread Man. To book your ticket:

pacaxmassewing.eventbrite.co.uk

Relax Kids Family Workshop

Thursday 13th January 2022, 6.30pm

Relax Kids supports your children’s mental and emotional health and wellbeing with a range of tools and techniques to help calm their body and mind and build confidence and self-esteem. We use a pioneering 7-step whole-brain holistic approach and fun, magical and creative techniques to help your children feel happier and healthier. To book your ticket:

relaxkids_family_workshop_paca.eventbrite.co.uk

and Jason Brucass (Secretary). See our review of the year:

pacamk.org/annual-report

We very much look forward to meeting with you all in the coming year, whether in person or on Zoom!

Fundraising Thank You Wall

Thank you to MK Community Foundation for supporting us and donating

£1,150

towards the cost of providing flower arranging workshops to carers in MK.



Thank you to Angela Rhodes and her team for choosing Young Carers MK as one of the benefiting charities of this year's Oasis Ball and raising

£500!

Thank you to Rotary Club of Woburn Sands for helping us support the wellbeing of carers in Milton Keynes by donating

£500!



Thank you to Big Lottery Fund for their ongoing support in funding for our Older Adult Carers service.



Thank you to Global's Make Some Noise for their ongoing support in funding for our Young Adult Carers service.

Thank you to Middleton Pavilion for funding water sports activities for 30 young carers in the summer.



Thank you to The Edward Gostling Foundation for awarding us

£700

Thank you to Sue Robinson for her ongoing support with the provision of craft materials for our very popular craft activities.

to fund cookery workshops to teach carers how to create simple, healthy and affordable meals for them and their families.

Christmas Word Search

M I P I G S I N B L A N K E T S H J
I Q J K F H O L L Y S Y G L U L P R
S N S B A U B L E S A P K V R F R E
T Q J F J I N G L E N C M E K A E I
L S T O C K I N G Q T O F S E I S N
E G I N G E R B R E A D W Z Y R E D
T T I N S E L F O P C Y W M X Y N E
O C A R O L S W J W L B X W A M T E
E H L U B V E X L W A J X Y V N S R
P M I N C E P I E S U Z C J X E M A
D R D A N G E L D H S K M E R R Y J
L J F Y P C H R I S T M A S H D Z N

Christmas gingerbread Santa Claus mistletoe
pigs in blankets mince pies stocking reindeer
presents snowman jingle tinsel carols holly
baubles turkey fairy merry elves angel

Christmas Competition!

To be in with a chance of winning a £25
M&S voucher, solve our festive anagram:

CEDK HET LSAHL

This competition is open to carers registered with Carers MK.
Submit your answer to carersmiltonkeynes.org/competition
by midday on 20/12/21. Winner will be randomly selected.

Young Carers and Young Adult Carers

As restrictions have eased, we have enjoyed being able to see young carers face-to-face at school drop-ins and at activities.

In the summer, we were busy doing various outdoor activities including a coaching session with MK Dons, circus skills, pirate golf, water sports at Willen Lake, climbing at Caldecotte Lake and pond dipping with the Parks Trust.

We've hosted various zoom sessions such as a photography workshop, arts and crafts, cooking, martial arts, Star Wars and Harry Potter clubs.

Recently we have been able to run a few small youth clubs. We were fortunate enough to be able to offer some young carers the opportunity to spend some time at Animal Antiks for a few weeks during the summer. We took part in a variety of activities including

walking alpacas, painting ponies and bush tucker trials.

The Young Carers team would like to say a special thanks to Middleton Pavilion for raising money to fund water sports activities for 30 young carers in the summer. Also a huge thank you to them for letting us use their venue for activities free of charge. A big thank you to Tino and Paul from Star Martial Arts for putting on energetic sessions over zoom which were thoroughly enjoyed by all. We would also like to thank Jenny for her inventive, gory special effects workshops.

Thank you to everyone who has helped support and provide activities for our young carers over these trying times.

We look forward to planning some great sessions for our young carers during festive season.





CarersMK

Dedicated to supporting carers

01908 231703

mail@carersmiltonkeynes.org

carersmiltonkeynes.org

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Company Registration No. 05577393



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Working in partnership with

