

CarersMK

Summer 2022



HELP AND SUPPORT FOR CARERS AT MILTON KEYNES UNIVERSITY HOSPITAL.



Do you look after someone who cannot manage without you because they are ill, frail or have a disability?

The advice, information and support is available to you from Carers MK.



WIN

**A £25 M&S
VOUCHER!**

**Supporting Carers
in Hospital**

**Groups, Workshops
and Activities**

**Young Carers &
Young Adult Carers**

**See page 12
for details**

Foreword by the Chief Executive Officer



The first half of 2022 focused on increasing in person support across all services at Carers Milton Keynes. It has been wonderful to see so many of you enjoying our varied programme of events with Carers Week a particular example of success! Carers Milton Keynes currently supports in excess of 6,700 carers of all ages. I have no doubt this number will increase across the year as we continue to raise awareness of the needs of carers across Milton Keynes and identify new carers earlier in their caring journey. Carer engagement has been a positive aspect of our work in 2022, gathering views on our current services and support to shape our Strategy for 2023 onwards.

I am delighted to see so many young carer activities happening this summer, with residential breaks taking place again after three years. Our Adult Carer Information and Support Group Programme has a wide range of themes and topics to participate in across Milton Keynes from September

such as; a writing group and Managing Stress workshop.

Our funders 'Thank you' wall is a celebration of all the incredible organisations that have supported the work of Carers Milton Keynes across the last year. Thank you for your continued support to carers in your local communities, it is very much needed and appreciated.

I would like to take this opportunity to share my continued thanks to our staff team and volunteers for their ongoing hard work and dedication to the organisation across another exceptionally busy six months.

I hope you enjoy this Summer Newsletter edition and I look forward to seeing many of you in the coming months.

Holly Hoskisson
Chief Executive Officer
Carers Bucks and Carers MK

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Meet Lucy Martin



Hello. I'm Lucy Martin and I am the Adult Carers Service Manager at Carers Milton Keynes and also at our sister charity, Carers Bucks. Having worked at Carers Bucks in various roles for seven years, I am delighted to have joined the team at Carers Milton Keynes and look forward to helping to shape the way carers are identified and supported within health, social care and the wider community. Carers are at the forefront of the services we deliver, and it was great to see some of you at our Carers Week Afternoon Tea event in Wolverton, and have the opportunity to hear about the support that is needed.

Meet Wendy Park



Hello, I recently became the Engagement and Development Manager for Carers Milton Keynes. There are 3 main parts to my role. Firstly, I am responsible for ensuring that our carers have a voice, both when we are planning our own services and also within the wider community. Secondly, I recruit and train all of our new volunteers, making sure that they have an opportunity to gain new skills whilst giving us the benefit of their time, experience and energy. Finally, along with the senior management team, I oversee the training and development of all of our staff. This means that whenever you need us we will be there with the knowledge and relevant expertise needed to be able to support you.

In the coming months I look forward to

talking to as many of you as possible about all of the things that matter to you and the person you care for. Your opinions are so important and will help us shape the future of carers support across Milton Keynes in the years to come. Please look out for our mailers and emails, and keep an eye on our social media for opportunities to come and meet me (either in person or via Zoom) and have your say.

Do you have time to volunteer with Carers Milton Keynes? Please do get in touch if you would like to hear more about our varied roles across the organisation.



Parent Carers

Visit our website for information and support available in Milton Keynes and nationally: [carersmiltonkeynes.org/information-for-carers/adult-parent-carers/types-of-caring-roles](https://www.carersmiltonkeynes.org/information-for-carers/adult-parent-carers/types-of-caring-roles) and click on 'Parent carers'.

Carers Week 2022

The theme for Carers Week was Making Caring Visible, Valued and Supported and we were pleased to be able to meet up with carers in person. We enjoyed a craft session, flower arranging in Newport Pagnell, a guided walk in Shenley, tea and cake in Great Lindford, afternoon tea in Wolverton, and a pub lunch in Newton Leys.

Our hospital team held an information session in Oldbrook and spoke about the support we can provide to carers when they or the person they care for is in hospital. We also held an information stand at Milton Keynes University Hospital, for their staff to learn more about carers support in the hospital.

Raising awareness is a key element of Carers Week. Our Adult Carers Service Manager delivered a presentation at CityFibre in MK focusing on the importance of recognising and supporting carers in the workplace.

Thank you to everyone who contributed to our Carers Week Wordcloud. We asked you to let us know the one word that encapsulates being a carer for you. The more frequently a particular word is mentioned, the larger it appears in the Wordcloud. We hope you like the end result.

Congratulations, to the winner of our Crack the Code hamper competition!





Integrated Care System Information

The 2022 Health and Care Act introduced new legislative measures that aim to make it easier for health and care organisations to deliver joined-up care for people who rely on multiple services. On 1st July, Integrated Care Systems launched across Bedfordshire, Luton and Milton Keynes.

An integrated care system (ICS) is a partnership of local councils, local NHS organisations and voluntary and community organisations, working with and for residents to support and improve everyone's health and wellbeing across the area. So, as you will imagine carers are key to all of this!

From a Carers MK perspective, we are working hard to ensure carers views and needs are represented across the ICS and ensuring we are and will continue to be involved at all levels of the system. The aim is to improve outcomes for all, including carers.

At first, Milton Keynes residents won't see a huge amount of change. Services can be accessed as before, through your GP when it comes to primary care, or through other health and care service providers, like hospitals and charities. For more information, visit: blmkhealthandcarepartnership.org

Support Groups, Workshops and Activities for Adult and Parent Carers

We are trialling a “hybrid” approach to support groups, where we are delivering some in person and some online via Zoom. We want to ensure we are offering the right kind of support in our groups, so would love to hear your views on whether we are achieving this. All feedback is welcomed and really helps us to plan ahead. For example, would you prefer to meet in person or would you rather meet on Zoom?

Contact us to share your views: mail@carersmiltonkeynes.org or 01908 231703.

Support Groups

Olney Support Group The Olney Centre, High Street, Olney, MK46 4EF	1st Thurs of the month 2pm – 3.30pm	6th Oct, 3rd Nov, 1st Dec, 5th Jan, 2nd Feb, 2nd Mar
Great Linford Support Group Great Linford Parish Council Offices, 1 St Leger Court, Great Linford, MK14 5HA	2nd Wed of the month 2pm – 3.30pm	14th Sep, 12th Oct, 9th Nov, 14th Dec, 11th Jan, 8th Feb, 8th Mar
Hanslope Support Group St James the Great Church, Hanslope <i>Delivered and facilitated by Hanslope PPG (Patient Participation Group)</i>	4th Wed of the month 10.30am – 12.30pm	24th Aug, 28th Sep, 26th Oct, 23rd Nov, Dec-TBA, 25th Jan, 22nd Feb, 22nd Mar
Mental Health Support Group (for carers of someone who is 16+) Carers MK office	Last Wed of the month 6pm – 7.30pm	31st Aug, 28th Sep, 26th Oct, 30th Nov, 21st Dec, 25th Jan, 22nd Feb, 29th Mar
Former Carers Group The Mead Centre, 75 High Street, Newport Pagnell, MK16 8AB	2nd Thurs of the month 1.30pm – 3pm	8th Sep, 10th Nov, 12th Jan, 9th Mar Please note: Informal social meet ups are sometimes arranged independently by attendees in between formal meetings
Parkinson's Support Group Carers MK office	1st Wed of the month 2pm – 3.30pm	7th Sep, 5th Oct, 2nd Nov, 7th Dec, 4th Jan, 1st Feb, 1st Mar
MS Support Group Carers MK office	Monday 2pm – 3.30pm	3rd Oct, 14th Nov, 19th Dec, 6th Feb, 20th Mar
Dementia Support Group (Tuesdays) via Zoom	2nd Tue of the month 1pm – 2.30pm	13th Sep, 11th Oct, 8th Nov, 13th Dec, 10th Jan, 14th Feb, 14th Mar
Dementia Support Group (Thursdays)	3rd Thurs of the month 1pm – 2.30pm	15th Sep, 20th Oct, 17th Nov, 15th Dec, 19th Jan, 16th Feb, 16th Mar

Dementia Support Group Water Eaton Church Centre, Drayton Road, Bletchley, MK2 3RR	Mondays 2.30pm – 4pm	26th Sep, 24th Oct, 21st Nov, 19th Dec
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*In collaboration with Water Eaton
Memory Club*

Workshops and Activities

Writing Group Carers MK office	2nd Wed of the month 10.30am – 12pm	14th Sep, 12th Oct, 9th Nov, 14th Dec, 11th Jan, 8th Feb, 8th Mar
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Managing Stress Carers MK office	Monday 10am – 12pm	12th Sep
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Legal Advice Clinic with Tonina Ashby from HCR Hewitsons	Fridays 20 minute phone appointments	9th Sep, 14th Oct, 11th Nov, 9th Dec, 13th Jan, 10th Feb, 10th Mar
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Wills and Trusts Workshop for parent carers (in partnership with PACA MK and HCR Hewitsons) via Zoom	Tuesday 6pm – 7.30pm	20th Sep
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Wills and Trusts Workshop for parent carers (in partnership with PACA MK and HCR Hewitsons) at The Quaker Centre, Downhead Park, MK15 9BH	Friday 10.30am – 12pm	23rd Sep
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Feel Beautiful on the Inside - 4 week workshops (Relaxation and Yoga Breathing Techniques) via Zoom	Thursdays 10.50am – 12.15pm	22nd Sep, 29th Sep, 6th Oct, 13th Oct
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Manual Handling (Back Care) The Quaker Centre, Downhead Park, MK15 9BH	Monday 10am – 12.30pm	26th Sep
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Guardian First Aid Awareness The Quaker Centre, Downhead Park, MK15 9BH	Monday 1.30pm – 4pm	26th Sep
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Craft Workshop – Button Pictures Carers MK office	Friday 10am – 12pm	16th Sep
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Craft Workshop – Festive Wreaths Carers MK office	Friday 10am – 12pm	9th Dec
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Feel Beautiful on the Inside - 4 week workshops (Relaxation and Yoga Breathing Techniques) via Zoom	Thursdays 10.50am – 12.15pm	19th Jan 2023, 26th Jan 2023, 2nd Feb 2023, 9th Feb 2023
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Dementia Carers Support Group

This group meets in collaboration with the Water Eaton Memory Club which meets in the large hall at the same venue.

The carers support group takes place on Mondays (every 4 weeks), 2.30pm - 4pm at Water Eaton Church Centre (in the lounge), Drayton Road, Bletchley, MK2 3RR. Check out page 7 for dates.

You are welcome either to attend the Dementia Carers Support Group whilst the person you care for attends the Memory Club, or to come on your own to the carers group.

Please note, places at the Memory Club (2.15pm - 4.15pm) can be booked with Olive on 07510 203166 and cost £5 per session.

Legal Advice Clinic with Tonina Ashby, HRC Hewitsons Milton Keynes Monthly on Fridays by telephone - see page 7 for dates

- **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?

Tonina is a Solicitor and Partner with HCR Hewitsons specialising in supporting vulnerable individuals and their families with legal advice. Tonina has a wealth of experience in dealing with Court of Protection applications, Care Funding, Deputyships, Lasting Powers of Attorney, Wills and Trusts.

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

hcr
hewitsons



Writing Group

**2nd Wednesday of the month
10.30am - 12pm via Zoom**

Enjoy putting pen to paper (or fingers to keyboard)? Join The Writing Group to meet like-minded people. Whatever your skill level, everyone is welcome, even if you just want to come along and listen.



Managing Stress Workshop via Zoom

**MONDAY 12TH SEPTEMBER 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



Craft Session: Button Pictures

Friday 16th September 2022, 10am – 12pm
Carers MK office, Margaret Powell House,
439 Midsummer Boulevard, Milton Keynes, MK9 3BN

Join us and find your creative side creating pictures using buttons. All materials provided.



Manual Handling (Back Care) Workshop

Monday 26th September 2022 10am – 12.30pm
The Quaker Centre, 1 Oakley Gardens, Downhead Park, Milton Keynes, MK15 9BH

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.

Guardian First Aid Awareness Workshop

Monday 26th September 2022 | 1.30pm – 4pm
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.



Craft Workshop: Festive Wreaths

Friday 9th December 2022, 10am – 12pm
Carers MK office, Margaret Powell House,
439 Midsummer Boulevard, Milton Keynes, MK9 3BN

Join us for a popular craft session, making festive wreaths using pipe cleaners and curtain rings.



Supporting Carers at Milton Keynes University Hospital

Are you caring for someone who is in MK University Hospital?

Do you regularly attend hospital appointments?

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

Carers MK has two dedicated hospital support workers, Hayley Edwards and Claire Rolland, who are available to offer advice and support Monday to Friday, 9am – 5pm.

We have been doing a gradual return to the hospital and are starting to see more carers in person, as well as continuing with our telephone support.

When we are on site, we will be in our office in the main entrance (next door to Costa), please do pop in and see us.

If the person you care for is in hospital, it can be a time of anxiety and uncertainty. We can support you with the following:

- Advise on current hospital visiting protocols and infection and control measures.
- Help you understand the hospital process and discharge planning.
- Offer information, advice and emotional support.

During Carers Week, we ran a “meet the hospital team” session with colleagues from the hospital Patient Experience Team. It was great to meet and speak to carers in a relaxed environment and talk about how the hospital team can support them and the people they care for. It was also a good opportunity for carers to ask questions and to share their experiences. We hope to run similar sessions in the future.

Contact us



01908 231703 and ask for a Hospital Support Worker



mail@carersmiltonkeynes.org





Parent and Carers Alliance MK

Thank you to everyone who attended our Summer SEND Information Day on 18th June. Whilst this was a smaller one off event, we do hope you enjoyed it as much as we did. It was great to see everyone face to face again.

Our next SEND Information Festival will be on 4th February 2023. Keep an eye on mkseindinfoday.co.uk for details.

We hope to meet as many of you as possible at the SEN Sessions that are taking place across the city, such as soft play and activity centres. If you see us, please come and say hello.

We have lots of events in the pipeline for the year ahead ranging from Parent Carer wellbeing sessions to Train Days and sewing sessions to Christmas wreath making! Keep an eye on our website pacamk.org/calendar and Facebook page for more information.

Contact us

Tel: 01908 231703 (select option 3)

Mob: 07852 526057

Email: pacamk@gmail.com

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

Twitter: [@pacamk](https://twitter.com/pacamk)

Instagram: [pacamk](https://www.instagram.com/pacamk)

WILLS & TRUSTS WORKSHOP

for parent carers in Milton Keynes

hcr
hewitsons

CarersMK



Delivered by Tonina, a Solicitor and Partner with HCR Hewitsons specialising in supporting vulnerable individuals and their families with legal advice. Tonina has a wealth of experience in dealing with Wills and Trusts.

We are offering a choice of two dates:
Tues 20th Sept, 6.30pm-8pm via Zoom
or

Fri 23rd Sept, 10.30am-12pm
at The Quaker Centre, 1 Oakley Gardens,
Milton Keynes, MK15 9BH

Book your place on one of these events:
mkbookings@carersmiltonkeynes.org and tell us which date you are booking for.



Thank You Wall

Thank you to Waitrose Ltd
for their kind donation of

£1,000



Thank you to various
departments from John
Lewis & Partners for
donating a large
number of Easter eggs
to our young carers.

Thank you to the National
Lottery for the continued
support of our work.

Thank you to Leap and
Volkswagen Passenger
Cars in MK for donating
tickets for carers to see
three UEFA Women's
Euro 2022 group
stage matches.

Thank you to One Stop
Community Partnership
for their donation of
£1,000
towards our emergency fund.

We are grateful to
have received "In
Memory" donations
towards our work
over the past few
months. Thank you
to the families and
friends who donated
in this way.



Thank you to Lynsey Mansueto,
our local Morrisons Leisure
Plaza Community Champion,
for arranging a donation of
cupcakes for our Jubilee Picnic.

Thank you to
David Brooks for
your ongoing support.

Thank you to The D'Oyly
Carte Charitable Trust who
awarded us a grant of
£3,500!

Thank you to Global
Make Some Noise for
their continued support.

Thank you to Middleton Pavilion for allowing us to use their venue for free for several activities. It offered a welcoming and comfortable environment for our young carers and young adult carers to safely come together.

COMPETITION!

For the chance to win a £25 M&S voucher, solve our anagram:

SCENTADLASS

Submit your answer to [carersmiltonkeynes.org/competition](https://www.carersmiltonkeynes.org/competition) by midday on 14/09/22. The competition is open to carers registered with Carers MK. Winner will be randomly selected.

Young Carers and Young Adult Carers

The Young Carers team have been redesigning our targeted support sessions. We ran our new Sibs session, which focused on caring for a sibling. Through fun activities, the young carers were able to express their feelings and understand others' experiences. We were pleased with the positive feedback.



From August 2022, we will be running new targeted support sessions, which will include looking after your own wellbeing as a young carer, caring for a parent, and focusing on transitional periods that young carers can go through, such as starting secondary school whilst balancing their caring role. Check your emails for invites or contact us if you feel that you could benefit from attending these sessions.

The team have been busy providing young carers with face to face support and respite. Our youth clubs have been well attended with lots of old and new faces joining. Check out our website for the youth clubs timetable.

Cream Tea

During Carers Week, our young carers were invited to a cream tea at Milton Keynes University Hospital by the Patience Experience team. As well as

enjoying the experience, the young carers shared their ideas about future projects that focused on supporting the wellbeing of patients and their families.

Jubilee Picnic

We had a great time celebrating the Jubilee with young carers and their families at our picnic, which we hosted with PACA MK. It was a wonderful opportunity to meet the young carers' families and get into the Jubilee spirit!



Milly Day

Our young carers attended a Milly Day event. There was swimming, river boat rides, a petting zoo and fabulous gift bags. A big thanks to Honey-pot children's charity and Milly Day charity for including us. Our young carers were able to make new friends and happy memories.



Collaborative Working

Arthur Ellis

We were able to facilitate five wellbeing sessions to a group of young carers which were run by Arthur Ellis, a mental health support service in Milton Keynes. The sessions covered a number of topics affecting carers and their own mental wellbeing.

MMA

We teamed up with Safari MMA to offer young carers the opportunity to attend 10 funded sessions of Muay Thai classes at Safari Health Hub in Bletchley. The sessions worked on carers' mental and physical wellness through martial arts.

Caldecotte Residential

Milton Keynes Rotary Club ran a residential camp for a number of young carers at Caldecotte Xperience Milton Keynes. The young carers enjoyed extended respite from their caring role whilst sleeping in a Yurt and participating in a variety of activities.

Pendragon Project

We facilitated a trip for young carers and young adult carers to join the Pendragon Project and take part in a trek through the Peak District. This involved trekking over 40km on challenging terrain, making camps, pitching tents, participating in fire lighting, survival skills sessions and completing a high ropes assault course.



Young Carers Action Day 2022

We had the exciting opportunity to collaborate with Young Carers Bucks and Bedford Young Carers for Young Carers Action Day. We ran an online quiz and invited our young carers to come along to a creative session, where they used natural materials to create collages/pictures highlighting how they tackled isolation and how they coped with their caring role during lockdown.



School Drop-ins

We are delighted that we have been able to offer a drop-in service to many secondary schools in Milton Keynes. Our support workers have enjoyed catching up with the young carers and hope to see some new faces in the new academic year.

A Year in Numbers: 1st April 2021 - 31st March 2022



There were
724 new referrals
to Carers MK

We ran **144 groups** for
**young carers and
young adults carers**



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

In total we have **6713 carers**
registered with Carers MK



4378
adult carers



1545
parent carers



38
young adult
carers



752
young carers

WE ARE LOOKING FOR VOLUNTEERS!

Help us to make a difference to the lives
of unpaid carers in Milton Keynes.

Assist at our carers support groups

Drive our young carers to and from their club nights

Help at fundraising and raising awareness events

Admin support

WE WOULD LOVE TO HEAR FROM YOU!

01908 231703

mail@carersmiltonkeynes.org



November 2022

Please look out for our
emails and keep an eye
on our social media for
the latest updates.

 CarersMK

 @CarersMK

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CarersMK

Dedicated to supporting carers

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