

Autumn 2017 | [carersinbeds.org.uk](http://carersinbeds.org.uk)

# Carers



A not-for-profit  
organisation run for  
carers by carers

Registered Charity  
No. 1135507



CARERS DISCOUNT CARD -  
HAVE YOU GOT YOURS?

SUPPORT FOR PARENTS

THE POWER OF RELAXATION



Find us @CarersInBeds



# Carers Conference 2017

## Carer Well-being and Resilience

Incorporating Carers in Bedfordshire's 2017 AGM

The Rufus Centre, Flitwick  
17<sup>th</sup> Nov 2017, 10 – 4pm

For unpaid carers, and those who work or volunteer to support them  
Call or email to register your interest now

### Confirmed speakers:

- Emily Holzhausen OBE, Director of Policy and Public Affairs, Carers UK
- Dr Johan Schoeman, Associate Specialist in Older Peoples Mental Health and Memory Clinic Lead for Luton, East London Foundation Trust

**Free!**  
Donations  
welcome

Taster activities • Workshops • Demonstrations

Call 0300 111 1919 for details or [contact@carersinbeds.org.uk](mailto:contact@carersinbeds.org.uk)  
[carersinbeds.org.uk/conference](http://carersinbeds.org.uk/conference)

Registered charity number: 1135507

## Editorial

### Welcome to the September edition of Carers.

Featured in this edition is an update on the carers' groups running in Barton-le-Clay and Henlow for carers of individuals with



dementia or memory loss (p. 17). We also showcase the work of the team of staff and volunteers supporting parents (p. 14), and are thrilled to publish some of your stories on how special pets make a difference to your lives (p. 11). Thanks for sharing your experiences.

We're asking for your help in shaping services for carers whose caring role has come to an end. Find out more on p.7 and let Sandra, Sharon or Sally know about your thoughts and experiences.

Since the last magazine we have said goodbye to Nikki Brandon and Saleha Khanom, who established the Carers Lounge at the Luton & Dunstable Hospital. Shelley Hobbs has gone on maternity leave from her Peer Mentor role with the Young Carers team. We've been busy recruiting and look forward to introducing you to the new members of the Carers in Bedfordshire team in the next edition.

Please do keep on sharing your experiences and stories with us. Take care as those autumn evenings draw in.

**Helen**

[Helen.satterthwaite@carersinbeds.org.uk](mailto:Helen.satterthwaite@carersinbeds.org.uk)

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## ISSUE 74

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**President:** Alistair Burt MP

### **Biggleswade Office:**

Sea Cadet HQ, Station Road,  
Biggleswade, SG18 8AL

### **Leighton Buzzard Office:**

Arden House, West Street,  
Leighton Buzzard, LU7 1DD

### **Carers Lounge Bedford:**

Bedford Hospital, South Wing, Kempston  
Road, Bedford, MK42 9DJ

### **Carers Lounge Luton:**

Luton & Dunstable University Hospital, St  
Mary's Wing, Lewsey Road, Luton, LU4 0DJ

Cover photo: Discount card businesses  
enjoying breakfast at Gallone's ice cream  
parlour, Bedford during Carers Week 2017  
© Carers in Bedfordshire

Our support for Bedfordshire's carers is  
funded by Central Bedfordshire Council,  
Bedford Borough Council, Bedfordshire  
Clinical Commissioning Group and a  
growing number of generous individuals,  
groups and organisations.



## News



## Universal Credit update

Universal credit was launched in our area, for **new** claimants of working age, on 3rd May 2017.

Universal credit is a new combined benefit that will replace the following separate benefits:

- Income based job seekers allowance
- Income based Employment support allowance
- Income support
- Working tax credit
- Child tax credit
- Housing benefit

**Key features of Universal Credit are:**

- Claims are made and managed using online accounts set up with the Department of Work and Pensions
- Payments are assessed every month
- Payments are made monthly rather than weekly.

For the time being if you are in receipt of any of the existing listed benefits **you do not need to take any action.** Existing claimants will be migrated onto Universal Credit from July 2019 onwards.

## Working in partnership for carers in Central Bedfordshire



Carers and professionals from health and social care services met in July in Dunstable to exchange views and information on respite services. The meeting covered all respite that gives carers a break: residential respite, day care, holiday activities for children with additional needs.

Carers learnt about plans for day services run by Central Bedfordshire Council and expressed their views on the carers' voucher scheme. We heard that for those who live in a rural area, the two hours go very quickly if you need to use public transport.

Parent carers asked about short breaks accessed via the Children with Disabilities team. Carers said they experience some agencies as unreliable making it very difficult to plan ahead. Representatives from East London Foundation Trust gave examples of the complexity of arranging respite for carers of people with mental health problems.

The next partnership meeting will be held on 17th November in Flitwick, within the Carers' Conference, and will have the theme of Information and Advice. To register your interest, receive notes of the last partnership meetings, or to find out more, please contact Carol Solaiman@carersinbeds.org.uk.

**More about the Carers Voucher scheme can be found here: [www.centralbedfordshire.gov.uk/health-social-care/carers/breaks.aspx](http://www.centralbedfordshire.gov.uk/health-social-care/carers/breaks.aspx)**

- each voucher is worth one hour of care
- approved list of agencies will be supplied



### Save the date

## 17th November 2017!

Carers in Bedfordshire's AGM will take place within the Carers Conference on Friday 17th November, between 2pm and 4pm.

Please put this date in your diary if you are a full member of CIB. Hopefully you'll be able to come to the conference as well!

## Volunteer review

We have a team of volunteer review callers who ring carers who we've not spoken to for a year or so, to find out how you are getting on. If you get a review call, please do take the opportunity to 'take stock' and consider whether our groups, cafes, courses or therapies may help you cope better with caring.

## Groups and training

We run a wide variety of groups and training in Bedford, Biggleswade and Leighton Buzzard - something for everyone from information-sharing groups to walking groups, camera club, Information Technology (IT) training and the Carers Choirs. They are all great fun and a way of meeting others in a similar position and an opportunity to learn new skills.

Training for the next quarter is on the Groups and Training supplement enclosed with this magazine and our Wellbeing courses are featured on the back page of this magazine. We are really fortunate to have Dr Middleton, Consultant Psychiatrist, from the Community Mental Health Team coming to talk about Bipolar on **25th September @ 7pm** at our **Leighton Buzzard** office. This is a rare opportunity; last time Dr Middleton came to talk for us, the feedback was overwhelmingly positive.

If you've not been to a group or Café before it would be lovely to see you.



The combined Carers' Choir performing at the Taster Thursday session at St Johns' Hospice, Moggerhanger

## "If I'm feeling low, it lifts my spirits"

Join the Carers Choir to boost your immune system, lower stress, build confidence and have fun!

**Bedford**, fortnightly, 9.45-11.15am, Priory Methodist Church, from Sept 5th

**Biggleswade**, fortnightly, 1.45-3pm, Sea Cadets HQ, from Sept 6th

## Has your caring role ended, or changed?

Carers often call us, particularly after receiving a copy of this magazine, to tell us that their loved one has passed away and that their caring role has ended. Many former carers continue to attend groups and share their valuable experience with other carers. Some have become active volunteers, or have formed informal groups to nurture friendships and support each other.

If you are adjusting to your role as a former carer, we would love to hear what would help you in this transition and what 'life after caring' is really like.

Please call 0300 111 1919 or contact

**Sandra Rome**, [sandra.rome@carersinbeds.org.uk](mailto:sandra.rome@carersinbeds.org.uk) (Bedford)

**Sally Petre**, [sally.petre@carersinbeds.org.uk](mailto:sally.petre@carersinbeds.org.uk) (Biggleswade/Shefford/Ampt Hill)

**Sharon Rogers**, [sharon.rogers@carersinbeds.org.uk](mailto:sharon.rogers@carersinbeds.org.uk) (Leighton Buzzard/Dunstable)



Sandra Rome



Sally Petre



Sharon Rogers

## Carers Week June 2017

Carers Week 2017 was our busiest ever! Did you spot us at Bedford Park, Leighton Buzzard market, Sainsbury's Biggleswade and Clapham, Bedford library, Unilever staff canteen, Luton & Dunstable and Bedford hospitals, Bedford Borough Hall or the Bunyan Sports Centre?!!

Our twitter campaign for Carers Week, #thisiswhatacarerlookslike resulted in a huge increase in interest in Carers in Bedfordshire amongst twitter users. Thank you to all of you who took part in the campaign to show the diversity of carers in our community.

**Do you know of publications, such as village newsletters or online forums you visit, where we could submit an article to let more people know about services for carers? Please let Carol Solaiman know on 0300 111 1919 [carol.solaiman@carersinbeds.org.uk](mailto:carol.solaiman@carersinbeds.org.uk)**



The Monday morning drop in group had its highest ever attendance on the Monday of Carers Week!

# Don't forget your flu vaccine

You are entitled to request a free  
flu jab from your GP if you:

- provide unpaid care to family or friends, or
- are in receipt of the Carer's Allowance for looking after vulnerable adults or children

Did you know you can transfer the  
flu virus to someone you look after.  
Be safe - get your flu vaccine.

**STAY WELL  
THIS WINTER**



Bedford Borough Council and  
Central Bedfordshire Council  
working together

## The **power** of relaxation



Brenda has cared for her husband, Robert, at home for several years, but this year has been a time of change and transition for them both. Robert has moved into residential care. In the past Brenda had benefited from relaxation therapy with Melanie Reynolds, our Relaxation Therapy Coordinator. Brenda wondered whether it might help again.

Brenda's Carers in Bedfordshire Support Worker encouraged her and Brenda decided that a course of relaxation support would help her through the stress of this challenging time. And what a difference this has made! Brenda has enjoyed the benefits of massage - being more relaxed and with increased mobility - which has made a huge difference to her, both physically and emotionally.

But that's not all! She found there were so many ways in which Carers in Bedfordshire could help. Brenda told us,

"It opened the doorway to the whole team. Because Mel knows me she can point me in exactly the right direction and knows exactly what I need, which saves a lot of time and effort."

For Brenda that meant support organising financial matters, information about physiotherapy services, help with a carers grant application, learning about art classes and information about counselling at Carers in Bedfordshire.

*"It helped me to stop and see the big picture - like taking a step back, slowing down, stepping back and looking at things differently, which made me feel calm and supported. It affected the way I feel, think and even the way I speak".*

Brenda told Mel that in her relaxation therapy sessions, "I know I can talk and moan in confidence! What's not to like!"

To discuss whether relaxation therapy sessions would help you, find out more or book sessions at Bedford, Biggleswade or Leighton Buzzard, please contact Melanie Reynolds, Relaxation Therapy Coordinator on 0300 111 1919.



## Bedfordshire's Young Carers at the Young Carers Festival 2017

The Young Carers' Festival (YCF) is a national event run by YMCA in partnership with the Children's Society, exclusively for young people with a caring responsibility at home. The festival provides an opportunity for a break from caring, to have fun and to share experiences with others in a similar situation.

This year Carers in Bedfordshire took 19 young people to the festival, held at Fairthorne Manor, Southampton.

The CIB encampment was made up of several tents, complete with an invaluable gazebo that served as a great meeting point and hosted many discussions and debates throughout the weekend.

Everyone soon settled in and was off to explore the activities and attractions on offer. On Friday evening we were treated to a magnificent fireworks display which was rightly accompanied by "ooos" and "ahhs". On Saturday everyone

was up bright and early (to see the sun rise!), ready for another fun-packed day with lots of laughter, jokes and peer support. We even took a turn at hosting the young carers' radio show!

Sunday came far too quickly but was to bring us a highlight of the trip. Carers in Bedfordshire's five-a-side football team, named Bedford Rovers, battled hard in the heat, qualified for the final, and then **WON!!!**

Attending the young carers festival is a wonderful opportunity for young carers; we hope we can go again next year!

## Pets: A Carer's Support

In our last magazine, we asked you for stories about how your pets help you as carers. We had a great response - thank you. Here are some of our favourites:

"I care for my mother who has osteoarthritis. About ten years ago we started feeding a stray cat who visited us. We took him to the vets to see who he belonged to but he wasn't chipped and no one came forward so we took him in. He is sensitive to our feelings, if we look a bit down he tries to comfort us."

Peter Atkinson and Felix

"I was my mum's carer until she passed away in March and then I had to move house too. Our cat, Molly, wasn't really an affectionate cat until my mum died but now she is always by my side. She makes my new house feel more like home and gives me a reason to get up every day."

Kellie Holman and Molly

"Charlie was a rescue dog who needed extra love when we first got him. My husband is my carer and he started to notice Charlie acting differently around me sometimes. He would pace in front of me or push my legs...and then I would have a seizure. If I am alone and have a seizure Charlie will get my husband. He has been recognised by the PDSA for helping me and is just wonderful."

Alyson Fletcher and Charlie

"I care for my sister who has memory loss. We took Poppy in when her last owner asked us to. She is good company for me as I don't get out much in the week. We also have goldfish which my sister likes watching to relax her."

Nicholas Bonham & Poppy

Would you like to enjoy the company of a dog, but your lifestyle doesn't allow it? Or do you need help with your dog on an occasional basis from someone you can trust. [www.borrowmydoggy.com](http://www.borrowmydoggy.com) puts local dog owners in touch with local dog lovers to help care for and enjoy our four-legged friends.



## Grants News

We want to make it as easy as possible for carers to access the Carers' Grant Scheme, whilst ensuring the scheme works within the NHS's requirements. Please help us avoid unnecessary delays or disruption by completing the forms in full before sending them to us, and including all the information the panel needs to assess your grant.

- If you are applying for a service or product with a value of over £120 you must send in a quotation from the organisation from whom you wish to buy the service along with your application.
- Please make sure your application has been endorsed by a professional.
- Please include as much detail as possible about the caring you do, the impact it has on your health and wellbeing, and the difference the service will make to you. If we have to come back to you with any questions, this may cause a delay to your application.
- Grants cannot be used to pay for items, services, and breaks or holidays that you have already received or taken.

The deadline for receipt of applications is the 15th of each month, for the panel to consider the application that month. Any application received after this date will be considered by the panel the following month. Applications eligible for the fast-track scheme, ie. with a value less than £120, are considered more frequently.

More and more carers apply for a grant through this scheme each year. **There is no guarantee that your grant will be awarded so please do not rely on the award if you are pre-booking a service or break away.**



*Jake enjoying 1-2-1 swimming coaching, thanks to a Carers Grant*

## Carers Grants in action...

Jake is eight years old and helps care for his nine year old brother who has autism.

He says, "Sometimes I need to be his carer, for example, sometimes I supervise him so my mum can have a shower".

Jake applied for a carers grant for swimming lessons. Swimming gives him "me time"; it is his focus to learn, have fun and keep fit.

**If you have any questions about the Carers Grants scheme, please visit our website, [www.carersinbeds.org.uk](http://www.carersinbeds.org.uk), email [grants@carersinbeds.org.uk](mailto:grants@carersinbeds.org.uk) or contact 0300 111 1919.**

## Carers Discount Card – have you got yours?

900 carers now have a Carers in Bedfordshire discount card and can access a whole range of discounts on food, makeup, massage, and loads more.



Here are the latest deals!

- **The Barnes Hotel restaurant** on Cardington Road, Bedford – 10% off food and beverages.
- **Younique by Nikki** – 10% off makeup and skincare products
- **Leanne Howard Holistic Therapist** – 10% discount on massage therapies in Willington
- **Caravan holiday** let on the Isle of Wight – 10% discount
- **Sarah Polack** 10% off the initial fee for cognitive behavioural therapy to adults and cognitive coaching to parents or carers of a child with autism. Biggleswade or home visits to some locations.
- **Bedford Alterations** on Castle Road in Bedford – 10% discount on dress alterations, clothing repairs, tailoring service and made to measure curtains.
- **Fusion Leisure Centres:** Kempston Pool, Oasis Pool and John Bunyan Sports & Fitness Centre are accepting the Carers Discount Card. You may still get discounts at other Fusion leisure centres with a Fusion card.

Keep an eye on the website for these and many other discounts. You must have a Carers Discount card to take up these discounts.

**To apply for your Carers Discount Card, please complete and return this form to Carers in Bedfordshire, Suite K, Sandland Court, Pilgrim Centre, Brickhill Drive, Bedford, MK41 7PZ.**

**You must include a passport sized photo.**

Alternatively, email [discountcard@carersinbeds.org.uk](mailto:discountcard@carersinbeds.org.uk) or call 0300 111 1919.

Full name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Email: \_\_\_\_\_

Contact number: \_\_\_\_\_

Do you care for an: adult  child

# Support for parents from Carers in Bedfordshire

All too often parent carers don't see themselves as carers. We regularly hear "but I'm just their parent". It's not until we discuss what their "typical" day looks like that they realise that they are much more than "just a parent".

Here at Carers in Bedfordshire we are committed to providing an extensive package of support for parent carers. We have a dedicated team of parent carer support workers (PCSWs), some paid, some volunteers, and offer services including advocacy, 1:1 emotional support, training and peer support groups.

All of our PCSWs are parent carers themselves and with this comes experience, knowledge and most importantly, empathy. The team is here to support you in your caring role. We are guided by you and your priorities at any given time. We are not here to judge, nor will we force our services on you. You choose what you need and when you need it, safe in the knowledge that there is someone here that understands and is ready to listen.

We understand sometimes it is difficult to talk about your situation or to seek support, and are fully aware that parents can be tired of telling their story over and over again. That's why alongside our

1:1 support, we run parent support groups across the county, in Bedford, Biggleswade and Leighton Buzzard. The groups give parents a chance to meet others and to have some "me time." Parent carers lead very challenging lives and having a safe space to come and offload without being judged is very important for a parent's wellbeing.

As well as parent carer specific support, if you are registered with Carers in Bedfordshire you can access the full range of services available including relaxation therapies, carers choir, walking groups, counselling and much more.

If you feel you need support, or you know another parent carer that may need some support, please don't hesitate to get in touch. We can be contacted at our Bedford and Biggleswade offices or you can email us at [parent.carers@carersinbeds.org.uk](mailto:parent.carers@carersinbeds.org.uk)

**We very much look forward to hearing from you!**

## The Parent Carer Support Team consists of:



**Jenny Harris,**  
Lead



**Darran Youell,**  
Coordinator



**Jon Clingan,**  
Support Worker



**Laura Knowles,**  
Volunteer Support Worker



**Nicole Platon,**  
Volunteer admin support



**Lindsay Rootham,**  
Volunteer admin support



## Is your child heading for university or college this September?

If your child is a higher education student living in England, he or she can apply for a Disabled Students' Allowance (DSA) if they have a disability, including a:

- long-term health condition
- mental health condition
- specific learning difficulty, eg dyslexia

They must meet the definition of disability under the Equality Act 2010.

The support depends on each person's individual needs and not on income.

You can find out more at [www.gov.uk/disabled-students-allowances-dsas](http://www.gov.uk/disabled-students-allowances-dsas)



## Just Ask! for help

Bedfordshire Rural Communities Charity (BRCC) employs a number of staff who are there to help. Village Agents, Community Agents and Local Community Coordinators (LCCs) all do a similar job in providing help in accessing the services and support people would benefit from, but may not know exists.

They all make home visits and provide high quality information, promote access to services, connect people with their local community and help people stay independent in their own homes. They can help in many ways, from advice on home security and safety, to keeping warm in the winter and reducing energy bills, benefits checks & help completing benefits forms, saving money, advice, volunteering opportunities, joining a local group or support with becoming healthier .... the list is endless!

The Village Agents team of six cover all the villages in Bedford Borough and work predominantly with people over 60. The four LCCs work with all age groups in the urban areas and cover Cauldwell, Kingsbrook, Queen's Park, Putnoe, Goldington and Kempston. Village Agents and the LCCs are funded through BRCC by Bedford Borough Council.

Central Bedfordshire has three Community Agents working in Potton, Biggleswade and Eversholt. All staff are DBS checked and operate in the strictest confidence.

So, if you have a query or an ominous looking form to complete, then why not phone the service? If you would like to contact the Village/Community Agents Scheme or the Local Community Coordinators telephone **FREEPHONE 0800 039 1234** and leave a clear message with your name, telephone number and where you live.

## Dementia service news

### New Carers' groups in Central Bedfordshire

A group runs in **Barton-le-Clay**, at the same time and place as the Alzheimer's Society Cognitive Stimulation (CS) group for people with a diagnosis of dementia. Carers who wish to come on their own are very welcome to attend. The group is an opportunity to meet with people in a similar situation, share experiences and find out information. Speakers are arranged on a variety of topics.

**The group meets on alternate Tuesdays, from 12th September 2017, in St Nicholas Church Hall from 2pm - 3.30.**

A new monthly group has started at The Gardens, Arlesey Road, **Henlow**. The focus is on wellbeing; carers can attend by themselves or with the person with dementia. Discussion topics will include nutrition, benefits and information about services. The group meets on the 3rd Friday of the month from 10.30 - 12.30.

**Please contact Sally or Lisa for more information on 0300 111 1919 or email [sally.petre@carersinbeds.org.uk](mailto:sally.petre@carersinbeds.org.uk) or [lisa.head@carersinbeds.org.uk](mailto:lisa.head@carersinbeds.org.uk).**

**Keep up to date with the latest information at [www.memoryinbeds.org.uk](http://www.memoryinbeds.org.uk) or call 0300 111 9090.**

### Come and try the Carers Rest, Bedford

Are you caring for a loved one with dementia or memory loss? Is it difficult to get out and do something just for you?

Between 10.15 and 1.15 each Tuesday, at Dame Alice Court, Bedford, carers enjoy a break from the loneliness of caring, meeting other carers, sharing together the good and the not so good, having coffee and lunch, and relaxing with music and games. Limited transport may be provided if you need it. If you can't, or don't wish to, leave the person you care for, bring them along with you.

**If you would like to know more, please contact Geraldine Place on 0300 111 1919.**

### Have you signed up for our Memory Navigation Service?

If you are caring for a loved one with memory loss or dementia, and haven't already, do sign up for our Memory Navigation Service. Our trained volunteer navigators, staff and Dementia Nurse Specialist, Claire, are here to answer your questions about memory loss, dementia, signpost you to services, or just to be a listening ear. And we've got some handy cards to help you make sure you always know how to contact us!

Do you care  
for someone  
who has  
a learning  
disability?

**Come along to one of our carers' groups for support and to meet people in a similar situation to you?**

**We meet every month in Dunstable and Biggleswade:**

**Dunstable - Third Friday of every month 10.30am – 12.30pm**  
at Dunstable Methodist Church, The Square, Dunstable, LU6 3SN

**Biggleswade - Second Tuesday of every the month 10.30am – 12.30pm**  
at The Weatherly Centre, Eagle Farm Road, Biggleswade, SG18 8JH

Tea and coffee will be provided. Unfortunately we're unable to provide facilities for the cared for person.

**A great place to live and work.**

Find Central Bedfordshire Council online  [www.centralbedfordshire.gov.uk/carers](http://www.centralbedfordshire.gov.uk/carers)

## Learning Disability Carers' Support

Do you have someone in the family with a learning disability? Family carers may be providing care at home or supporting their family member in specialist accommodation or residential care. Whatever the situation you may be having issues about their care, safety or wellbeing.



The **Bedford** Learning Disability Carers Group, facilitated by Carers in Bedfordshire, recently shared experiences on the sort of wellbeing and safety issues that arise. These included:

- health, particularly eating and weight gain
- relationships between adults with a learning difficulty
- medication, particularly for behaviour issues

The carers in the group were determined not to accept substandard care, but find it difficult to complain.

But they all find talking about it together and sharing experience really helps!

Anne Tombs (pictured) is a carer and CiB volunteer. She represents carers in the Bedford Learning Disability Partnership Group and regularly feeds back to carers in the LD group. Anne recommended two Bedford Borough Council publications to the parents in the group.

'**Safeguarding Adults**' a wide ranging booklet about safety for any vulnerable adult. Available from the council on **01234 267422** or by emailing [care@bedford.gov.uk](mailto:care@bedford.gov.uk) and from Carers in Bedfordshire

'**Be Safe**' a guidance leaflet for adults with a learning disability. Available on **01234 267222** or [adult.protection@bedford.gov.uk](mailto:adult.protection@bedford.gov.uk)

**The Bedford Learning Disability Carers Group meets on the fourth Friday of the month from 10am to 12pm at our Bedford office. Please do join us! Contact Geraldine Place on 0300 111 1919 for details.**

In **Central Bedfordshire**, two monthly groups - one in Biggleswade and one in Dunstable - are facilitated by a member of the Learning Disability Team from Central Bedfordshire Council (details opposite). A programme of speakers is scheduled.

Carers of a friend or family member with a learning disability are of course welcome to attend any Carers in Bedfordshire carer group or training.

# Safeguarding of young people



**In the third of three articles about Safeguarding, our Young Carers Lead, Jo Sanctuary, talks about safeguarding in the context of young carers' caring role, and Carers in Bedfordshire's support for young carers.**

Safeguarding can be an important part of a carer's wellbeing, with the aim being support as well as protection. Working with families to ensure a young carer's caring role does not have an adverse impact on their wellbeing is important in meeting their needs. Wellbeing in this context includes emotional wellbeing, good physical health, regular attendance at school and supervision.

Family circumstances changing can put pressure on young people and their family, especially if the needs of the family member with care needs are not being met sufficiently. Involving other agencies in meeting these needs can be important for the wellbeing of that person as well as for the young person.

A family member, friend or professional may identify that further support is needed by a family. In this instance an open discussion to understand and

identify the most appropriate support available and/or a referral to another agency should be held.

This could include:

- referral to Children's Services through the Early Help Team, for example, so the family can access a range of support and relevant services.
- referral to inclusion services to support regular school attendance.
- referral to the child and adolescent mental health services (CAMHS) to provide specialist help with a range of mental and emotional health issues.
- referral to Housing to assist with accommodation needs or required adaptations.

Although Carers in Bedfordshire can provide support and advice, there are times when working in partnership with other agencies to fully meet a child/young person's needs is essential. If you are worried that a child or young person you know is in difficulties, or a young carer is not getting the support they need please contact Carers in Bedfordshire on **0300 111 1919** and speak to a member of the young carers team.

## Volunteer News

When you get a phone call, come to a group or see us out and about, the chances are you'll be talking to a volunteer. Volunteers help in the offices, at carers groups and meetings, visit families, give talks, give individual IT support, chat on the phone or signpost you to services, visit hospital wards and much more. We are lucky enough to have around 120 volunteers; about 40 of them are themselves carers.

Our newest team is the volunteer ambassadors. They attend community or professional events, run stalls, give talks and do supermarket collections. If you would like an ambassador to attend a local event, do give Carol a ring with the details.

**Like being with people?  
Got a few hours to spare?  
Could you bring a welcoming,  
friendly face and help with  
refreshments and/or lunch at:**

### **Bedford Carers Rest**

Every Tuesday 10.15-1.15pm

### **Biggleswade Memory Gateway**

Second Monday each month  
11-1pm

### **Henlow Gardens Group**

Third Friday each month  
10.30-12.30pm

**Come and be part of our  
busy, buzzy groups!**

We are also looking for volunteers for the following important roles

- 121 IT support for carers and IT support to the Biggleswade office on Monday, Tuesday or Wednesday
- Taking and making calls to carers and individuals with memory concerns to offer them kindness and support, and help them understand 'the system'.

If you volunteer with us, we will give you the training and support you need, and you will have the benefit of knowing that you are making a difference. And you'll enjoy it too!

## Award

Congratulations to Nick Berg who was Highly Commended at the Cheering Volunteering awards for Central Bedfordshire for his voluntary work with the Luton & Dunstable Hospital Carers Lounge.



Well done and thank you Nick!

**If you are thinking about volunteering, contact our volunteer coordinator, Carol Solaiman, for a chat, 0300 111 1919**



## Fundraising

### Fancy a Sausage Stroll?

Join us later this month for our Sausage Stroll - the 17th September is all about dachshunds! There'll be sausage dogs galore - as well as a just-for-fun dog show with a chance to show off your low-slung friends. We've even added a special category for all those 'not-sausage' dogs out there, so no one will feel left out.



There'll be hot dogs - of course! - as well as some stalls and games to keep your little humans busy, and all in the perfect setting of Bedford's Russell Park, down by the river, between 11am and 3pm. Our good friends at The Kiosk are supporting us, serving up their usual delicious fare.

**For more information, go to [carersinbeds.org.uk/sausage](http://carersinbeds.org.uk/sausage) - and we'll see you there!**

### Charity of the Year

One of the great ways in which local groups and businesses can support us here at Carers in Bedfordshire is by nominating us as their 'Charity of the Year.' We are so grateful for the support of groups like Ampthill Singers, who recently donated a very generous £2,400 as a result of their year-long support, and we were recently voted charity of the year for 2017-18 at Sainsbury's in Biggleswade.



**Do you know a group or business that is looking to support a local charity? Perhaps you're a member of a group, or own a business? Email [fundraising@carersinbeds.org.uk](mailto:fundraising@carersinbeds.org.uk) or call 0300 111 1919 and talk to Pippa if you can help.**

### Spare Change

Have you seen any of our green collecting tubs out and about? We're increasing the number of tubs on the counters of local pubs and cafés, shops and gyms, and we'd love to see even more of them find homes around the area. It's amazing how quickly they can fill up!

The Red Lion in Elstow has had one of our tubs on the bar for a while now, and our tub volunteer Bill Simpkins visits regularly to collect the full ones and leave new ones ready for more. Their customers have donated nearly £200 over the last eighteen months - all in spare change. Thank you - every penny counts!

**If you know somewhere that might take a tub, we'd be very happy to drop one in - and pick it up when it's nice and full. Email [fundraising@carersinbeds.org.uk](mailto:fundraising@carersinbeds.org.uk) or call 0300 111 1919.**

### Out with the old, in with the new

If you've got any old-style £1 coins saved up at home, remember that you need to spend them - or donate them! - before they go out of circulation. And it's sooner than you think! Old-style £1 coins will cease to be legal tender on October 15th 2017 - just a few short weeks from now.

**Why not pop them into your Carers in Bedfordshire home box - or one of our collecting tubs? We'll make good use of them while we still can!**



### Amsterdam Half Marathon

Well my feet have just touched back down following the Skydive and I am up and running, training for a half marathon in October. Me and eight of my friends are heading for Amsterdam for the weekend and we are all running to raise money for Carers in Bedfordshire. If you would like to sponsor us, even the smallest amount will help us reach our target, please go to our fundraising page [www.justgiving.com/fundraising/jenny-harris22](http://www.justgiving.com/fundraising/jenny-harris22) or make a donation at one of our offices or cafes.

Every pound people donate really does give us that boost to get out in the rain and run.

**Jenny**

# Focus on...Training and Learning for Wellbeing

Our wellbeing learning and training sessions give you skills and knowledge to care safely and with confidence, with due care for your own wellbeing. Here are some of the highlights for September-December. **Call 0300 111 9090 to book your place.**

## WELLNESS

Dawn Sunrise

3-week course; Bedford Office  
12-1pm, Mon 11/18/25th Sept,  
13/20/27th Nov

**£15** per course or **£6** per session.

This course will teach you relaxation skills, including gentle exercises, to help everyday life. "It always leaves me feeling calm after a session." Carer

## UNDERSTANDING STRESS

Yvonne Clark

2-hour session; Bedford Office  
10.30-12.30, Tues 24th Oct,  
Flitwick Sea Cadets,  
Mon 6th Nov, 1pm-3pm,  
**FREE** – donations welcome

This workshop will help you learn to recognise the signs of overload and develop strategies to reduce stress.

## MINDFULNESS AND MEDITATION

Dan Satterthwaite

3-week course; Bedford Office  
6pm-7.30pm, Weds 13/20/27th Sept,  
**FREE** – donations welcome

Dan will teach simple techniques, including two meditations from the Buddhist tradition, that can help to develop awareness, calmness and resilience. No previous experience required; led by an experienced tutor.

## 5 WAYS TO WELLBEING

Sandra Rome

2-hour session; Bedford  
1.30-3.30pm, Tues 12th Sept  
and Mon 2nd Oct, 1-3pm,  
**FREE** – donations welcome

Will help you take practical steps to improve your emotional wellbeing. This approach has been proven to make a positive difference in boosting feelings of wellbeing and to help cope with life's challenges.

## For Carers of someone with memory loss or dementia

### CARERS SUPPORT AND INFORMATION PROGRAMME 2 (CRISP)

Alzheimer's Society

For carers who have been caring for someone who has had a diagnosis of dementia for some time.

4-week course; Rufus Centre Flitwick,  
starting on 6th Oct, 10am-12.30, **FREE**

To book your place contact Alzheimer's Society on 01234 327380

### SUPPORT 4 MEMORY

Tibbs Dementia Foundation

6-week course; Bedford,  
London Road Health Centre  
Weds, 10.45-1.15,  
**FREE** – donations welcome

For carers, and people with mild dementia. An opportunity to share early experiences and concerns; topics include understand understanding dementia; support services and forward planning.

To book your place contact Tibbs Dementia Foundation on 07795 177948.