

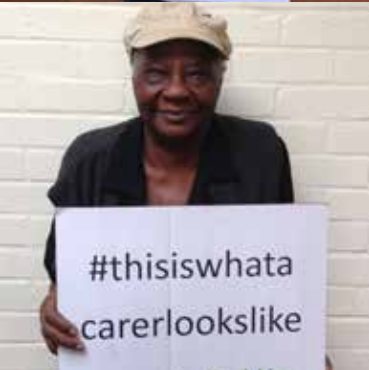
Summer 2017 | carersinbeds.org.uk

Carers



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

Registered Charity
No. 1135507



CARERS WEEK 2017

SAFE & WELL VISITS

LIFE AFTER LOSS



Find us @CarersInBeds
#thisiswhatacarerlookslike

Do you know when to call the NHS111 Service?

NHS111 is available **24 hours a day, 365 days a year**. Calls are free from landlines and mobile phones. 111 is the NHS non-emergency number. It's fast, easy and free. Call 111 and speak to a highly trained adviser, supported by healthcare professionals.



When to use 111

- If you need urgent access to a GP out of hours
- If you urgently need medical help or advice but it's not a life-threatening situation

Call 111 if:

you need medical help fast but it's not a 999 emergency

you don't have a GP



it is out of hours but you need to access a GP

you don't know who to call

you need health information or reassurance about what to do next

How does it work?

NHS111 and the OOH service are now working together in your area to provide you with the best possible care, in the most appropriate setting. By calling 111 you have access to a service staffed by a team of fully trained advisers, they will ask you questions to assess your symptoms, then give you the healthcare advice you need, including being seen by a clinician or directing you to the local community service which can help you best. That could be your local A&E, an urgent primary care centre or a walk-in centre, an emergency dentist or a late-opening chemist.

Local A&E

Out of Hours Doctor

Walk-In Centre

Community Nurse

Emergency Dentist

Late-opening Chemist



Editorial



Welcome to the Summer edition of Carers.

With Carers Week on the horizon we are

busy preparing those lovely cream teas for carers groups. We are also launching a social media campaign called *#thisiswhatacarerlookslike* to show the diversity and range of people who are family carers (pp.14-15). Following your feedback we are now featuring staff teams in the magazine so you can see who does what. This time we are introducing you to the young carers team who support young carers aged 4-25yrs. (pp.18-

19). You can read about the Fire Service's Safe and Well Visits (pp.10-11) and our recent Central Bedfordshire Carers Partnership Meeting on Transport (p.17).

Hear from Lorraine Young who works full time for BT but still finds time to volunteer at our Biggleswade Café (p.21). Evelyn Curtis tells us about life after losing the one you care for (pp.8-9) and just a reminder to let us know if any of your details change.

It's your last chance to sponsor the brave skydivers before they take to the skies on the 10th June! (pp.22-23)

Nikki

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ISSUE 73 June 2017

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Reg charity no. 1135507

A company limited by guarantee and
registered in England, no. 07140432

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Cover photo: Carers registered with
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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.

 **NHS**
Bedfordshire
Clinical Commissioning Group



 **BEDFORD**
BOROUGH COUNCIL

NEWS



Thank you for completing our survey!

Thank you for taking time out to
participate in our survey about
your caring circumstances and the
support you may have received.

We truly value the information you
have provided, and your responses
are vital in helping us to improve
and develop a service that meets
a high standard of quality which
will provide you with the support
and care you need to fulfil your
caring role.

The winner of the prize draw
and recipient of £25 Amazon
vouchers is.....

**Doreen Gormley
from Bedford**

Welcome to new members of staff!



Jane Baker
Carers Café
Organiser

Jane is a qualified
nail technician
and has provided

manicures for carers at the
Bedford and Houghton Regis
Cafés for the past three years.
She is now keen to have more
of an organisational role at the
Cafés so applied for the role and
was successful. Jane is a parent
carer herself and has previously
volunteered in the offices

Hannah Hicks

Young Person's Activity Organiser (Cafés)

Hannah is taking on this new role at the Saturday carers Cafés. Hannah has been working at the Cafés this year and she is very excited and enthusiastic to be having more of an input.



Janey Harris
Support Worker,
Dementia
and Memory
Navigator

Janey's new

role will be supporting carers
of those living with dementia or
memory loss in our Carers Rest
group. She will bring her specialist
skills to provide information and
advice to carers. Janey also joins
the Memory Navigation service,
working alongside Sally, Lisa and
our volunteer team.



Have you changed your details?

Remember to let us know if you change
your address, phone numbers or email
address. You can call us on **0300 111 1919**
or email **contact@carersinbeds.org.uk**



ELFT Commitment to Carers

East London NHS Foundation Trust (ELFT) provides mental health services across Bedfordshire and has pledged to meet a set of standards when working with carers.

Their 'Commitment to Carers' plan, outlines how they promise to engage and support carers of those with mental health conditions.

Over the past months, ELFT have been working on a number of initiatives that contribute to achieving both the letter and the spirit of their commitment to carers. An identified staff member in all teams has become a carers lead for that team, and these leads meet up regularly to discuss support for carers, supported by Gail Dearing, Associate Director of Social Care. A Carers in Bedfordshire staff member also attends those meetings.

ELFT have developed individual information packs for carers and are working towards better consistency on calling carers regularly. There is a regular programme of courses for carers through the Recovery College.

ELFT have also initiated a quality improvement project in Luton, looking at how carers are supported when their loved one is an inpatient. The learning from this will inform support across the areas ELFT operates.

The primary forums for carers to have their say in how ELFT services are run are the Working Together groups; there is one in Central Bedfordshire, one in Bedford Borough.

They are organising a conference with Carers in Bedfordshire to provide an update to carers and to involve them in their future plans.

To find out more about the Commitment to Carers plan and ELFT services, visit www.elft.nhs.uk

You can email the carers lead, Gail Dearing, gail.dearing@elft.nhs.uk or call **01582 708999** for further information on their work.



Safeguarding - what is neglect?

In the second of three articles about Safeguarding Sandra talks about neglect. Many family carers share caring with a paid carer, either at home or in a residential setting. Sometimes family members are concerned about the care their loved one is receiving.

Concerns may be about some of the basics - the administration of medicines, meals and feeding, privacy and dignity, or being able to make choices. Maybe 'safeguarding' doesn't spring immediately to mind when you see bed sores or bruising, or money going missing. But where medical, physical or emotional needs are not being met, safeguarding needs to be considered.

Where there are concerns about possible neglect, a referral to the local authority Safeguarding Service is required. It may not be intentional - what matters is the possible harm for the person receiving care. You may find it really helpful for a support worker to explain the

safeguarding process to you if you are apprehensive about sharing your concerns. Talking this through really does help.

A carer told us recently that she was pleased the safeguarding concern was raised - she needed to know that her relative was receiving the best care. She now had peace of mind because her support worker had helped her understand that safeguarding concerns are not made to cause trouble or problems, but to ensure the best standard of care is being provided.

If you have any questions about the issues raised in this article, or want to discuss it with a support worker, call us on **0300 111 1919**.



If you have a concern to report to the Safeguarding Service you can also ring these numbers:

Concerns about adults:

Bedford Borough
Tel 01234 276222
Central Bedfordshire
Tel 0300 300 8122

Concerns about children:

Bedford Borough
Tel 01234 718700
Central Bedfordshire
Tel 0300 300 8585



Evelyn and her late husband Allan

Life after loss

This edition's carer's story comes from Evelyn Curtis, a former carer who now volunteers for us.

"My name is Evelyn. I am now retired after working in many administrative roles and latterly as a Registered Care Manager. I also volunteered for many years with Gingerbread, St Joseph's Hospice, the Samaritans and Citizens Advice.

My late husband Allan had heart problems for many years but despite remaining healthy and active he returned from an

operation as a different man. Overnight he needed 24 hour care and it was such a shock. My family are all abroad so I had little support and was struggling, I only got out of the house for about three hours a week. My social worker pointed me to Carers in Bedfordshire and we started attending tea and toast sessions at Biggleswade. It was lovely that Allan could come too. I was replenished with massages

from the therapist Victoria and even applied for a grant.

"Getting out breaks the routine."

When Allan died, the lovely Dawn at Biggleswade assured me that Carers in Bedfordshire aided past carers for as long as they need. So to my delight my grant provided me with head and back massages for a whole year while I also attended bereavement counselling and art classes. Being able to get out more really helped, I made a good circle of friends and my neighbour taught

me some gardening!

I promised I would come back and support those who had helped me. When caring for someone it is all about them and their medical conditions but I always knew that before I fell too far this organisation was there to support me. Even the magazine was a regular reminder of what support was out there for me."

Evelyn is helping to raise awareness as a Carers in Bedfordshire ambassador and is training to become a telephone befriender.



Formers carers can access our carers Cafés, grants (within six months), 1:1 visits, information on support groups and counselling (charges may apply). For more information on our former carers support please contact Geraldine Place (Bedford Borough) on **0300 111 1919** or Dawn Ray (Central Bedfordshire) on **01767 315079**.

Pets Helping Carers

Do you have a pet who helps you in your caring role? It could be an assistance dog who helps the person you care for or simply your pet who helps get you out and about, gives you another focus and helps your stress levels.

We would love to hear from carers of all ages whose pets help them - from the fish who are relaxing to watch at the end of a tiring day to the dogs who make you laugh every day and get you out walking or the cat who sits on your lap and listens without judging.

Send us your stories (and pictures!) to nikki.brandon@carersinbeds.org.uk or post to Nikki Brandon, Carers in Bedfordshire, Sandland Court, Pilgrim Centre, Brickhill Drive, Bedford, MK41 7PZ





Carers Week 2017



12-18 June 2017

Carers Week runs from 12th to 16th June this year and is a week for raising awareness of the hard work that unpaid carers do. It is looking like it's going to be our busiest so far! We're having collections and information stands at local markets (Leighton Buzzard on the 13th), and supermarkets (Clapham Road Sainsburys on the 14th, Biggleswade Sainsburys on the 15th and Dunstable Tescos on the 17th) as well as a display at Borough Hall. The groups and Cafés are running as usual - but with a few extra treats added! Even Rafferty the Bear will be out and about. Let us know if you spot him, won't you?

If you're on social media, look out for [#thisiswhatacarerlookslike](#) during Carers Week. Carers are featured from just about every walk of life, young and not-so-young, caring for children, partners, parents and more. Share your own pictures with us, too - we'd love to see you! We are hoping it will raise awareness of

the diversity of family carers and the posts will be running day and night throughout the week to demonstrate that caring is often 24/7.



[CarersinBeds](#)



[carersinbedfordshire](#)



[CarersInBedfordshire](#)

On 13th June the Young Carers team are collaborating with Mark Rutherford School doing a 'carers in schools' day which will include workshops to raise awareness of young carers and include all feeder schools to Mark Rutherford.

We're delighted to be the chosen charity for Shakespeare in the Park's production of Macbeth on Saturday, 10th June, in Bedford Park. It's Macbeth like you've never seen it before - a comic, musical Steampunk version with songs that you're sure to recognise! Book your tickets now as it's certain to sell out. carersinbeds.org.uk/shakespeare

Cream teas will be on offer at our carers groups throughout the week.

Ivel Valley & West Mid Beds

12th June, Memory Gateway

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

19th June, Tea and Toast

10.30-12.30 - Sea Cadets HQ, Station Road, Biggleswade, SG18 8AL

Bedford

12th June, Coffee morning drop in

10-12pm - Sandland Court, Pilgrim Centre, Brickhill Drive, Bedford

12th June, Evening group

Sandland Court, Pilgrim Centre, Brickhill Drive, Bedford

13th June, Carers Rest (for carers of those living with dementia) - Dame Alice Court

Leighton Buzzard & Chiltern Vale

13th June, Dunstable group

Salvation Army, Lammas Walk, Leighton Buzzard

14th June, Young carers drop in

9.30-3.30pm - Arden House, West Street, Leighton Buzzard

15th June, Parents Together

10-12pm - Arden House, West Street, Leighton Buzzard

20th June, Walking Group

2-4pm - Parsons Close Recreation Ground

26th June, Evening group

7-9pm - Arden House, West Street, Leighton Buzzard

27th June, Houghton Regis group

1-3pm - Houghton Regis Library



Local News

Bedford News

One of the best ways of looking after yourself is through Relaxation Therapy. I'd really like to recommend a relaxing massage with Mel or Loraine - do ring us to book or discuss the possibility if you're wondering whether this would benefit you.



Does caring for your loved one mean it's really difficult to get out? Are you feeling you are missing out on a good chat with someone? We could arrange for you to have a regular phone call from someone who will listen and chat. Call Donna for more information on **0300 111 1919**.

The Carers Lounge is a lifeline when you are in and out of Bedford Hospital. Thanks to a grant from the Carers Trust, the Lounge has been focussing on transitions - those times for carers when significant changes happen and decisions are made about the future. We've identified four points of transition where carers need particular information and support:

- A new diagnosis or a deterioration in your loved one's condition makes you realise that now you are a carer. Life changes.

- There's a care package in place and paid carers are coming into your home. Many changes, practically, emotionally and financially.
- For some, care has to be outside the home - in residential or nursing care. Big choices and decisions, it's a new phase, you are sharing care with the staff where your loved one lives.
- A bereavement may bring the caring role to an end - another transition and life change. Maybe a time to build new things into your life, or return to things you love doing.

Call into the Carers Lounge or ring **0300 111 1919**. We're here to help.

Sandra



Leighton Buzzard and Chiltern Vale



All our groups and training are now on the sheet enclosed, come along and join us when you can. Thank you to all the walkers who joined us at Ashridge for the Bluebells Walk (we had bluebells!!!) and it was warm enough for us to enjoy coffee and cakes al fresco after. New walkers are very welcome.

It's back!!! We can again offer 1:1 IT training at Leighton Buzzard. Martin, our volunteer, is offering 45 minute sessions for complete beginners or those who are just a bit rusty. So if you need help on your laptop, ipad, tablet or smartphone, book an appointment.

The Parents Together group in Leighton Buzzard now meets at Arden House on the 3rd Thursday of each month, supporting parents of children with additional needs.

We look forward to seeing you at any of our groups or carers Cafés in Houghton Regis (2nd Saturday), Eaton Bray (1st Monday) and Leighton Buzzard (3rd Thursday) each month.

To find out more or book training please contact Sarah Johnson on **07772231208** or email **sarah.johnson@carersinbeds.org.uk**

Sharon

Ivel Valley and West Mid Beds



The Cafés continue to be popular and we are very grateful for the wonderful CiB volunteers who help out in a variety of ways at them. I would also like to say a big thank you to Lorraine and Richard who run an amazing raffle at the Biggleswade café, with the prizes all being kindly donated.

There are now carers groups for those caring for someone with dementia happening alongside activities organised by the Alzheimer's Society in our area. These are taking place at Barton le Clay and Shefford - we are very keen to increase numbers at these groups so do contact me or the Memory Navigation Service for more details.

Carers have been letting us know what topics they would like at groups, including armchair exercises, eye care and stroke awareness - we always need more ideas!

To find out more about our groups please contact Dawn Ray on **01767 315079**.

Sally



Safe and Well Visits

Bedfordshire Fire & Rescue Service is expanding its Home Fire Safety Visits to the most vulnerable people in its community. Pete Buckingham, Prevention Delivery Manager, from the service tells us more about the visits, "They have so far been extremely successful and saved thousands of lives by providing safety advice and fitting smoke alarms to alert occupants of fires in their homes and allowing them to get out safely."

As well as traditional fire safety advice firefighters and prevention staff will give advice on health, wellbeing and crime prevention to the vulnerable people they visit when carrying out safety visits in the home. Depending on what happens during the visit, Fire and Rescue Service personnel will be able to refer people to appropriate partner agencies for any further help and specialised support.

If you would like advice on home safety then call **01234 845000** or

visit the service's website **www.bedsfire.com**. For comprehensive Fire Safety advice you could also visit the Government's 'Fire Kills' Facebook page **www.facebook.com/firekills**

Fixing Your Bleeping Smoke Alarm

One of the most frequent enquiries the fire service receives is what to do about faulty smoke alarms. If your smoke alarm is over ten years old, has not been replaced or you do not have a smoke alarm then you can buy one for as little as £5 from supermarkets, DIY stores and from reputable online stores. If you do have a smoke alarm, please test it regularly by pressing the button in the centre once a week.

If your smoke alarm begins bleeping you should call the alarm suppliers, FireAngel and BlueWatch on 0800 141 2561 between 8.30am and 5.30pm Monday to Friday. They are unfortunately unable to provide replacements.

 For more advice and safety alerts why not join the community messaging service at **www.bedsfirealert.co.uk** or visit our website, **www.bedsfire.com**, join us on Facebook **www.facebook.com/bedsfire** or follow us on Twitter **@bedfire**

Do you feel down or sad a lot of the time?

Do you often feel upset and tearful?

Do you find it hard to cope?

There are times when everyone feels stressed or unhappy.

Generally, these difficult times pass, but sometimes there are problems that do not go away and it becomes harder to cope.

Talking about your problems can really help.

We offer confidential, quick and easy access to help and support.

We will contact you and offer you an appointment within a couple of days.



Making a Positive Difference Through Talking Therapies

self-refer today

01234 880400

www.bedfordshirewellbeing.nhs.uk

The Young Carers Team

We are focussing on our teams in each edition so you can put names to faces and see who does what. Here we introduce the Young Carers team who are based in Bedford and support around 1500 young carers, aged 4 to 25yrs.



Young carers may experience isolation, difficulties coping at home, problems at school, lack of social experiences and often need information and advice on the disabilities their parents, grandparents or sibling are affected by.

We believe in the positive benefit of Young Carers meeting others who share common experiences. Our services provide them with information, support, peer support and of course lots of fun! The team is made up of

support workers, administrators and volunteers who have a breadth of experience working in nurseries, schools, family centres and children's services. They run training, information sessions, activities and workshops tailored to the needs of young carers who often juggle education with caring. The activities are opportunities for learning, socialising and to meet others in similar situations. Most take place in the school holidays but there are also regular bi monthly clubs and hubs run after school.



Debbie Corey
- Young Carers
Support Worker



Jaz Sargeant -
Administrator



Jo Sanctuary -
Young Carers Lead



Shelley Hobbs
- Peer Mentor
Coordinator



Austin Trudgill
- Young Carers
Support Worker



Janice Sterling
- Siblings
Coordinator

Did you know we offer;

- Sibling workshops specifically for those young carers who care for a sibling. Held across Bedford Borough and Central Bedfordshire in schools and community venues.
- Peer mentors – young carers aged over 10yrs who are trained to give 1:1 peer support in schools or at clubs to other young carers. Children often like talking to peers and the mentors are often in similar situations as those they help.
- Hubs for 16-25 year olds in Bedford and in Central Bedfordshire for 18-25 year olds. These provide an opportunity for training, socialising and to receive support.
- Our carers cafes run on various Saturdays in Bedford, Houghton Regis and Biggleswade and young carers can attend with their families. They include children's activities, refreshments and therapies
- Young carers can apply for grants to access the gym, driving lessons, swimming lessons, guides, social groups, season tickets and days out.



To find out more about Young Carer activities and groups or to volunteer please contact the team on **0300 111 1919** or email young.team@carersinbeds.org.uk

Parent Carer Needs Assessments (PCNAs)

PCNAs are an assessment of your needs as a parent carer. Your local authority has a duty to provide them and it is a chance for you to tell social services about things that would make looking after your child easier.

The PCNA should focus on you as a parent and your needs and your wellbeing. It should consider;

- Personal dignity and respect
- Physical and mental health and emotional wellbeing
- Protection from abuse and neglect
- Control by the individual over day-to-day life
- Participation in work, education, training and recreation
- Social and economic wellbeing
- Domestic, family and personal relationships
- Suitability of living conditions
- Contribution to society

To request a PCNA contact your local authority's Children with Disabilities Team.

Bedford Borough: 01234 228709

Central Bedfordshire: 0300 300 8314

Contact A Family have produced a useful guide, including template letters, regarding carers' assessments. It can be found on their website www.cafamily.org.uk

Worried About your Memory or Dementia?

Unsure of who to
contact for help?

Contact the Bedfordshire Memory
Navigation Service on 0300 111 9090

The Memory Navigation Service provides support and information to anyone with memory concerns or those worried about someone they know.

When you call the dedicated number you will first be asked to share some details about your query or issue. Alongside the volunteer navigators who answer most of the calls, there are also Support Workers and a Dementia Specialist Nurse who all work together to help with whatever issues are raised and suggest what the next steps could be.

We can advise you on which services are available including;

- Local resources for people with memory difficulties and their carers
- How to access relevant health and social care for specialist assessment and support
- Local support from The Tibbs Foundation and Alzheimer's Society
- Courses for those with memory loss and their family/carers
- Support specifically for carers
- Face to Face support at one of the monthly Memory Gateways, a "marketplace" of services.



Claire Day

Dementia Nurse Specialist (East London Foundation Trust)



I am Claire Day, a registered nurse, employed by East London Foundation Trust (ELFT) to work at Carers in Bedfordshire one day per week (usually a Thursday) as a Specialist Dementia Nurse. I have previously worked with people with memory problems and dementia for almost twenty years. I continue to work part time with the community mental health team in Bedford alongside my role at Carers in Bedfordshire.

I have been here for a few weeks now and wanted to share a little of who I am and what this exciting new role is. You may have met me already as I am getting round to many of the wonderful activities organised all around the county.

We have recently developed a Memory Navigation Line, offering support and advice for anyone worried about memory problems or dementia. My role is to help and advise staff and volunteers with any complicated queries or situations, offer regular training for all the

team and provide assistance in accessing relevant health or social care services. Knowing where to turn when you have a question or finding yourself in a situation where more formal support is needed can be very confusing.

I will be regularly contributing to newsletters and other communications about memory problems and some "frequently asked questions" articles.

How has the service helped so far?

A lady called on behalf of her family who live with their mother who has a diagnosis of dementia. She is becoming very agitated at night and the caller wanted to find support for the family. The navigator discussed Memory Gateway and Carers in Bedfordshire, Tibbs & Support 4 Memory and gave their numbers.

A carer called to inform that his wife who had Alzheimer's disease, passed away. He commented that he is visiting the memory clinic as he is concerned about his own memory. He would like someone to call him every so often.



If you would like to talk about either yourself or someone you know, with memory problems or dementia, then contact us.

Call 0300 111 9090, email info@memoryinbeds.org.uk or visit www.memoryinbeds.org.uk

Partnership Working for Carers in Central Beds



On Wednesday 19th April, Carers in Bedfordshire co-hosted with Central Bedfordshire Council (CBC) the first of four 'new' Carers Partnership meetings to be held per year. The meetings are for carers and professionals to listen to each other and work together to find solutions to issues that affect carers lives.

The first meeting was about transport. 14 carers fed in their experiences, and 22 professionals from 10 different organisations attended. Presentations and constructive discussions were had on:

- public transport across the county
- eligibility and access to school transport
- transport challenges facing carers of East London Foundation Trust (ELFT) service users following the relocation of some services
- availability of community transport, especially Bedfordshire's Rural Community Charity's (BRCC) Good Neighbour schemes

Carers raised the need for more rest points at bus stops, wider availability of concessionary bus passes, and for better flexibility of school transport for children with additional needs. The professionals told us they found it really useful to find out about carers' experiences, and promised ongoing working together. More details of the meeting and next steps can be found on our website.

The next meeting is on Tues 11 July (am), Dunstable Fire Station and will have the theme of respite. If you would like to be kept up to date on these meetings, please contact Carol on **0300 111 1919** or **carol.solaiman@carersinbeds.org.uk**.

! Transport resources for carers in Central Bedfordshire:

School transport: centralbedfordshire.gov.uk/school/transport/free.aspx

Companion pass scheme: centralbedfordshire.gov.uk/transport/bus-pass/disabled.aspx

BRCC's Good Neighbour Schemes: <http://bedsrcc.org.uk/good-neighbour-scheme/>

Flittabus: flittabus.co.uk/about-flittabus

Volunteer News



Make the difference

Volunteering is rewarding. Wanting to 'make a difference' or to 'give back' are two of the main reasons that more than 120 people have signed up as volunteers with us.

Volunteering can improve wellbeing too. Pam, who volunteers at the Bedford lounge, said "it made me realise life didn't stop when I retired."

Staff strongly appreciate the difference volunteers make: "The contribution they make is invaluable. Having an empathetic ear has allowed carers to offload, sometimes for the first time ever."

We have lots of opportunities, even if you work full time.

! If you are thinking about volunteering, call our volunteer coordinator, Carol Solaiman for a chat on **0300 111 1919** or email volunteering@carersinbeds.org.uk



"I have been volunteering for Carers in Bedfordshire for 2 years. I am a full time manager at BT Openreach but

as my mother in law was poorly with Alzheimer's, I wanted to give something back to CiB for the help they gave my father in law. There was my dilemma, working full time, busy schedule! I asked if there was anything I could do at weekends or evenings and they told me about the Carers Cafés on Saturdays.

I went along to the Bedford one and absolutely loved it. Carers can meet and socialise, join in activities or enjoy the services on offer (hairdresser, chiropody). I didn't know 4 hours of my free time could make such a difference. It's not much 'time' to give up in the grand scale of things and I leave so happy and fulfilled that I have helped someone enjoy their afternoon."

Lorraine Young



Fundraising

Small change, big difference

Have you seen our new Home Boxes yet? They're neat little collection boxes for home - and it soon adds up if you're popping your coppers, or even your 5ps and 10s, in. Our first one to come back was half full but contained nearly £6!



If you'd like to give a box a home, please give us a call or email fundraising@carersinbeds.org.uk. You can pick one up at the Carers Cafés or Carers Rest, too. Just bring it back when you're ready to see how much is inside. You'll be amazed at how quickly it all adds up, and we'll be able to put all those pennies to good use in supporting carers.

Well Done!

Huge well done to Becca Young who ran a 5k run followed by a half marathon on consecutive days and has raised over £600 for us! Becca's Nan suffers with Alzheimer's and Becca's family are very involved with Carers in Bedfordshire so she chose us to raise money for in doing this challenge. Thank you!



Fore!

Are you a golfer? Do you know someone who is? Our very first Carers in Bedfordshire Golf Day will be held on Friday 8th September at the Bedfordshire Golf Club. Please help spread the news!

Skydive

On 10th June a team of intrepid supporters is taking to the skies for Carers in Bedfordshire for a sponsored skydive, jumping from an eye-watering 30,000 feet - which is around 2 miles high! It's still not too late to sponsor them. They are all registered on JustGiving - www.justgiving.com/carersinbedfordshire

Amanda Friday (carer)
Jenny Harris (staff)
Lem Harris (Jenny's son)
Pritti Saagi
Judith Tetlow
Rachel Young

Sunday Lunch

Enjoy a relaxing Sunday lunch with the family at The Pavilion at the Park, 11 June. Tickets are £20, with £5 from each ticket coming directly to support our work here at Carers in Bedfordshire. You'll need to book in advance for this one as spaces are limited.
carersinbeds.org.uk/sundaylunch

Tysoe's

"Tysoe's" in Pottton are holding a family fun day on the 17th June to raise awareness which will include refreshments, tombolas, craft stalls, a raffle and choir singing.



To help raise her skydiving target our very own Jenny Harris is holding a Quiz Night on the 17th June at Sharnbrook Village Hall from 7.30pm.

Tickets cost £10 (includes food) with great prizes to be won!

Call Jenny on **0300 111 1919** or jenny.harris@carersinbeds.org.uk to book your space.

Carers Discount Card

With new businesses signing up to the Discount Card all the time make sure you check our website carersinbeds.org.uk or we can post you the latest offers. Summer is on its way so we are highlighting the offers from participating businesses for getting you out and about and enjoying the weather!



Gallones Ice Cream Parlour, Bedford, 07804 655021



John Bunyan Community Boat, 0330 1239511



Holiday Cottage, Maundesley, Norfolk, 07506 470040



Bird of Prey Centre, (young carers only), 01767 627527



Surfin Café, Biggleswade - 01767 220581



Haven Holidays, 0333 2025423 quoting CH_BEDS

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
or call **0300 111 1919**.

Full name: _____

Address: _____

Postcode: _____

Email: _____

Contact number: _____

Do you care for an adult? child?

