

— Edition: October 26 —

Buckinghamshire Carers Partnership Newsletter

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If you would like to add an article to a future newsletter, please contact

BuckinghamshireCarersPartnership@buckinghamshire.gov.uk



**Carer Friendly
Buckinghamshire**

In our continued efforts to work together to improve our offer for unpaid carers in Buckinghamshire, this newsletter has been created to share the great work happening across the Carers Partnership and provide opportunity for professionals and partners to join us on our journey.

Each quarter we will share success stories, and details around progress we're making against the live action plan owned by the Carers Partnership Board, to support our [All-Age Carers Strategy 2025-2030](#).

Recent Activity

Care Fest Event - June 2026

As part of Carers Week (8th to 12th June), the successful CareFest 2026 programme was delivered with support from the Council's Healthy Libraries programme.



Three events were held at libraries in High Wycombe, Burnham, and Aylesbury, attracting almost 90 unpaid carers.

The sessions helped raise awareness of unpaid carers and provided information, support and opportunities for short wellbeing breaks for carers across Buckinghamshire.

A key strength of the programme was its ability to create inclusive, welcoming environments where carers felt comfortable to connect, share experiences and prioritise their own wellbeing. Feedback consistently highlighted the positive atmosphere, with carers valuing the opportunity to meet others and feel part of a supportive community.



86% said they will continue to use the wellbeing/ mindfulness strategies they learnt at **CareFest**



86% said that **CareFest** met their expectations



86% said they felt a sense of connection at **CareFest**



100% said **CareFest** gave them an opportunity to take some time for themselves



86% felt the wellbeing/ mindfulness strategies they learnt at **CareFest** will support me to continue in

Recent Activity

Launch of new Bucks All-Age Carers Service

Co-Founder and CEO of Mobilise, James Townsend, introduces the new service:

Hello,

Caring is something many of us do, and it's easier when we have others alongside us. We'd love to tell you who we are, the support available across Buckinghamshire and how to get in touch.



Since the 1st of July 2026, Buckinghamshire Council has commissioned Mobilise to run the All-Age Carers Support service. We support anyone aged five and over who looks after someone close to them, including young carers, young adult carers and adult carers. If your caring role ends, we can keep supporting you if you need it.

Reaching carers early

Lots of us don't think of ourselves as carers. We're just looking after mum, or helping a friend through treatment. So we work with partners to reach people early. That includes a Health and Social Care Pathway with hospital and care teams, and work in schools, colleges and universities across the county.

Who can refer

Anyone can refer themselves. We also welcome referrals from GPs, schools, social care, housing, police, probation, voluntary and community groups, and other partners across Buckinghamshire. We'll be in touch within 48 hours of every referral.

What we offer

We can help with information and advice, health and wellbeing, meeting other carers, planning for the future, managing the money side of caring, and getting into education, training and work.

Support comes in whatever way works for you - in person, on the phone or online.

Working with partners in Buckinghamshire

We sit on the Buckinghamshire Carers Partnership Board alongside Buckinghamshire Council, and we build social value into how we run the service. We're working towards four outcomes: carers found earlier, better wellbeing, more confidence in caring, and more financial security, with better access to education and work.

Recent Activity

Launch of new Bucks All-Age Carers Service cont.

The right support at the right time

No two caring situations are the same, so we start by listening. We take time to understand what matters to you, then help you find the right route. That might be information and advice, one-to-one support, meeting other carers, a specialist partner, or help to get a Carer's Assessment from Buckinghamshire Council. Every conversation ends with clear next steps, so you know what happens next and where to turn.

Face-to-face support

Sometimes a chat in person helps most. Face-to-face support can include one-to-one conversations with our team, drop-ins and carer cafés in your area, peer support groups, and sessions in schools and colleges for young carers and young adult carers. We'll work out together what suits you.

The Mobilise Hub and our website

The Mobilise Hub is our online community. It's where carers connect with people who get it, join events and courses, and find practical information. You can use it through the Mobilise app or a web browser, any time of day. Our website has a library of guides on everything from carers' rights and benefits to looking after yourself, so you can find answers when you need them.

Get support or make a referral

Refer yourself or someone else using our referral form, <https://support.mobiliseonline.co.uk/buckinghamshire> or call 0300 131 21 21.



James Townsend (he/ him)

Co-Founder and CEO, Mobilise

james@mobiliseonline.co.uk



Recent Activity

National recognition for our work to support carers

Buckinghamshire Council have been shortlisted for a national workplace inclusion award

In recognition of the practical, colleague-led work taking place across the council to make sure employees with caring responsibilities feel seen, supported and able to thrive at work, we've been shortlisted in Onvero's 2026 Inclusivity Excellence Awards, in the Innovative Approach to Workplace Inclusion category.



This recognition belongs especially to our Carers Staff Network co-chairs, and to our network members who have shared their experiences, ideas and time to help shape meaningful change. Their hard work has helped bring forward the Carer's Passport, up to two days of paid Emergency Carers Leave each year, awareness activities and better ways for colleagues to identify and talk about their caring responsibilities. The shortlisting is a fantastic acknowledgement of what the co-chairs and network have achieved together.

"I'm incredibly proud that Buckinghamshire Council has been shortlisted for this award.

"As Corporate Director for Adults and Health, with responsibility for our external-facing All-Age Carers Strategy, and as CMT champion for the Carers Staff Network, I see the difference this work makes.

"The Carers Staff Network has worked tirelessly to make carers more visible, strengthen the support available and ensure colleagues' lived experiences shape our approach. This recognition is thoroughly deserved and is a real testament to everything they have achieved."

Craig McArdle, Corporate Director for Adults and Health

Voice of Carers

'Love around the Clock'

a poem written by Raj Fernades.

Raj says "I have written it not only to share my real-life experience daily but also to give other unpaid carers in my tribe a voice.

This is a story of an old mother speaking to her son. Sadly she has dementia. Cases like this are real, I see them everyday. Importantly, this is not a story that seeks sympathy. It is raw but real. It is a cry for help; not knowing where the help will come from - real, tangible help."



Love around the clock

Thank you, Jack.

I'm sorry this wasn't written in your script.

It wasn't part of your journey.

I'm sorry I took away the things that mattered to you so you could care for me – your job, your friends, your parties, your football. Even your family who had to share you with me.

It must be hard for you to see me fading away, parts of me breaking down daily.

I feel so empty now. Left with little but the memories of loving you even before I named you Jack.

Memories of teaching you to talk and walk and ride a bike.

But look at me now, not a shadow of myself. Wasting away, forgetting who I am.

I'm sorry that I called you Paul a few times.

I'm sorry that I've forgotten to work the TV remote.

I'm sorry that I couldn't make it to the toilet on time.

It wasn't in the script for me to see you hold back the tears as you lift me off the floor.

These memories will forever be imbedded in the innermost part of me.

I can't thank you enough Jack for feeding me, playing my favourite songs and making me laugh.

How precious it is to know that in the evening of my life, with all my complexities, I hear you say, "I'm here for you Mum, I'm not leaving you".

Yes, you stay with me round the clock. Your outpouring of love is the only light that shines within me.

And thank you for showing me that your love gets stronger as my body breaks down.

Voice of Carers



Bucks Voice

Oxford Health's service user and carer forum, which meets on the first Friday of every month 11.00-13.00.

This friendly forum is a great place to learn more about how using lived experience can help improve service delivery and development. We also regularly have speakers from services within and outside of Oxford Health to inform us of any new initiatives and work in co-production with us.

We would love you to get involved and work together with other people who use Buckinghamshire mental health services, as well as staff, to improve the quality of care you or your loved one is receiving!

Meets the first Friday of each month 11.00-13.00 – this is a hybrid meeting, offering a choice of joining online via MS Teams or in person alternating between the Whiteleaf Centre in Aylesbury and Saffron House in High Wycombe.

Contact: getinvolved@oxfordhealth.nhs.uk for more information

Over 18 mental health services offer two carer support groups

Join Oxford Health's family and carers groups for peer support, to share, ask and listen with other family members and carers in similar situations. These groups are free of charge for unpaid carers, family members, and friends who are **supporting someone currently under the care of the Buckinghamshire Adult Mental Health Services**.

Buckinghamshire Family and Carer Support Group – last Wednesday of every month at 11am-12.30pm. These are a mix of in-person and online groups.

Family and Carer Support Group, specifically for people supporting someone who self harms and/or has suicidal thoughts – held on the last Thursday of every month at 6pm – 7pm. These are a mix of online and in-person groups.

For further information contact: icareyoucare@oxfordhealth.nhs.uk

Voice of Carers

CAMHS Walking With You (WWY)

Walking With You is a support group for anyone supporting children and young people, up to the age of 25, who are experiencing mental health difficulties. It is a safe space where you can talk freely among people who are walking the same path as you.

There is no judgment, and it is completely confidential.

Our group will connect you with like-minded people who have walked in your shoes.

The group meets monthly for one and half hours with most meetings being held online but also offer some face to face sessions. You do not need to have a child/young person that has or is being seen by Buckinghamshire CAMHS in order to join the group.

For more information, visit [Walking with You \(WWY\) | Oxford Health CAMHS](#)



Mobilise Moment

Mobilise Moment, September 2026



Carer voice: what carers told us about friendships

Mobilise Moments are short, regular polls we share with the Mobilise Community, so we can learn from each other and shape the support around us.

95%

have less time for friendships than before they started caring

85%

say caring has changed the things they do with friends

62%

feel able to be open with their friends about their caring role

"I find myself avoiding conversations that start with 'is [the person you care for] getting better?' I know it is meant well, but it confirms a limited understanding of the reality, so I don't really share my thoughts on my caring role and its impact on me."

Buckinghamshire carer, July 2026

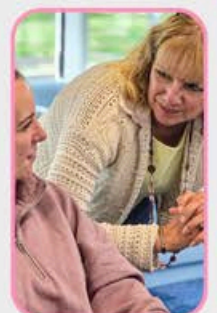
"Mobilise has given some lovely friends – friends who 'get it'"

What this tells us

Time and arranging cover are often the biggest barriers to getting support. Carers also tell us they value talking to people who truly understand caring, which is where specialist carer support and connecting with other carers make a difference.

What we offer

Mobilise offers information and advice, alongside spaces where carers can meet, share experiences and build friendships with others who understand. Because time is precious, support comes in whatever way works best, in person, by phone or online, with calls booked at a time that suits each carer.



Source: Mobilise Moment, July 2026. 185 Buckinghamshire carers responded; percentages are of those who answered each question.

Events & Campaigns

Building Carer Friendly Communities

We warmly invite you to the **Carers Partnership Conference 2026 - Building Carer Friendly Communities** on 16th November.



Please also share & promote the event across your networks.

We look forward to seeing you all there!



Carer Friendly
Buckinghamshire

Buckinghamshire Carers Partnership

CARERS PARTNERSHIP CONFERENCE 2026

Building Carer Friendly Communities



**Monday
16
November**



9.00am – 1.00pm



**The
Gateway,
Aylesbury**

WHAT TO EXPECT

-  Guest speakers
-  Carer voices and lived experience
-  Interactive discussions and shared learning
-  Networking and marketplace stalls

WHO'S INVITED

-  Partners, professionals and Elected Members
-  Key stakeholders across Health, Social Care, Education & VCSE
-  Voluntary, community and partner groups

JOIN US

Buckinghamshire's Carers Partnership warmly invites you to a morning of connection, insight and practical action to build **Carer Friendly Communities**.

To reserve your place, please scan the QR code or [follow this link](#).



Making Buckinghamshire a great place to live and work for all unpaid carers, Together.



Events & Campaigns

Carers Rights Day 2026



Carers Rights Day 2026 takes place on Thursday 19th November and is a national awareness campaign led by Carers UK.

This year's Carers Rights Day focuses on the theme **"Someone you know is a carer, but do they know it yet?"**

The campaign aims to help unpaid carers recognise their caring role and understand the rights, support and services available to them. Many people caring for a loved one do not see themselves as carers and may miss out on valuable advice, financial support and wellbeing services. Carers Rights Day is a reminder to identify, recognise and support carers in our communities and ensure they can access the help they are entitled to.

More information can be found on the [Carers UK](#) website.

Mobilise will be hosting an event on Thursday 19th November at the High Wycombe Museum. Full details will be published on [their website](#) in the coming weeks.

Safeguarding Carers - in Support of Adults Safeguarding Week 16th – 22nd November 2026



Carers in Buckinghamshire play a vital role in supporting residents with care and support needs, often supporting the cared-for person to maintain their independence and remain connected to their communities. However, the demands of caring can have a significant impact on a person's own wellbeing, and carers can be at risk of isolation, stress, burnout, neglect, or abuse.

Recognising and responding to safeguarding concerns affecting carers is just as important as safeguarding the people they support. Ensuring carers have access at the right time to the right information, advice, guidance and support can help prevent issues from escalating and enable them to continue in their caring role safely.

National Safeguarding Week provides an opportunity to raise awareness of carers rights, promote early intervention, and encourage professionals, services, and communities to recognise and value carers experiences. It is also a reminder to us all that carers should feel able to seek help and advice when needed, and be supported to look after their own health and wellbeing as well as those they care for

By listening to carers and ensuring they can access support at the right time, we can help improve outcomes for carers and those they care for, while recognising the invaluable contribution they make every day.

Training & Workshops

Oxford Health Carers Workshops

Oxford Health NHS Foundation Trust offers a range of Carers Workshops designed to help family members, friends, and carers gain a better understanding of mental health conditions and feel more confident in their caring role.

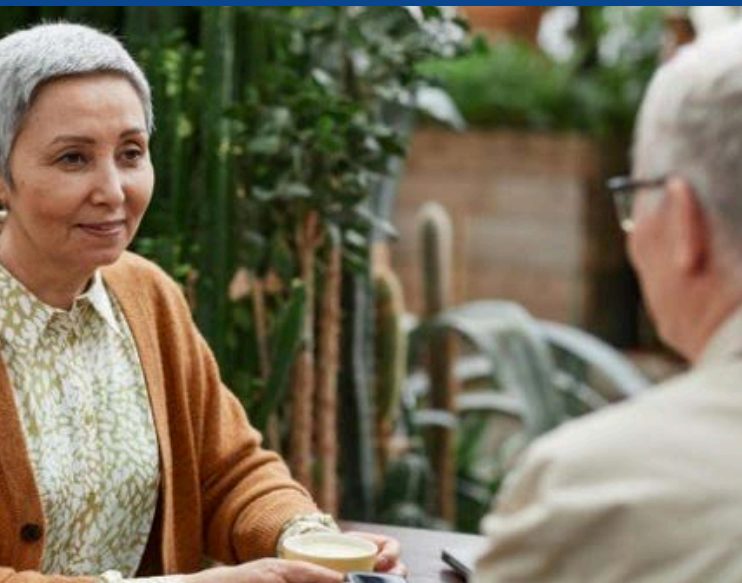


The remaining workshops scheduled for this year are:

- Understanding and Supporting Someone with Anxiety – 5 November
- Understanding Social Care Assessments – 19 November
- Understanding and Supporting Someone with Autism – 2 December

These sessions are free of charge for unpaid carers, family members, and friends who are **supporting someone currently under the care of the Buckinghamshire and Oxfordshire Adult Mental Health Services**

Useful Resources



Stronger with Support



Buckinghamshire Council's **Stronger with Support** webpage brings together information, advice and local services designed to help carers access the support they need, look after their own wellbeing, and stay connected.

Visit the [website](#) to explore the range of support available.

Useful Resources

Age Better Bucks

Age Better Bucks from Age UK Buckinghamshire is a free service helping older adults across Buckinghamshire to obtain guidance and support in relation to ageing well.

We support people to stay independent, connected, and to know how to obtain support if needed. We provide advice and support in line with the five pillars of Ageing Well – helping you stay connected, keep moving, learn about the importance of eating well, staying hydrated and remaining cognitively engaged.



The service offers one-to-one support from a Community Support Connector. They'll visit you at home or chat over the phone, to discuss what's important to you, and help create a simple six-week plan tailored to your needs. This could include finding local activities, accessing information, or building confidence to get out and about.

Know someone who might benefit? Would you like to know more about how to remain healthy and active as you get older? Our team are here to discuss your goals with you and work with you on a personalised support plan. Looking after ourselves as we become older is so important for both ourselves and those around us.

Call: 01296 846099 (Monday to Friday, 9am to 5pm), email agebetter@ageukbucks.co.uk

You can also refer via Joy – the link can be found on the [Age UK Bucks website](#) or by searching Age Better Bucks.

Partnership Board Pages

FACT Bucks - <https://www.factbucks.org.uk/>

Care Advice Bucks - <https://careadvice.buckinghamshire.gov.uk/>

Mobilise - <https://www.mobiliseonline.co.uk/>

Buckinghamshire Family Information Service - <https://familyinfo.buckinghamshire.gov.uk/>

Age UK - <https://www.ageuk.org.uk/buckinghamshire/>

Bucks Mind - <https://www.bucksmind.org.uk/>

Oxford Health NHS Foundation - <https://oxfordhealth.nhs.uk/>

Thames Valley ICB - <https://thamesvalley.icb.nhs.uk/>

Buckinghamshire Healthcare NHS Trust - <https://www.buckshealthcare.nhs.uk/>

Healthwatch Bucks - <https://www.healthwatchbucks.co.uk/>

