

Quotes from Group members

"It is so easy in a carer situation to feel isolated and alone, but the care group is always there with a helping hand and a good ear for listening and the tea and cakes are not bad either!"

"I have nothing but praise for the support I've been given."

"It is nice to be able to talk with others with similar problems. They become friends and we all support each other when anyone is very low."

"It's nice to know that I am not alone, the group gives me an opportunity to share my problems and get peer support, which I find invaluable"

"As a carer, you can feel isolated. The informal monthly meetings of the Carers Group are a chance to meet other carers socially, benefit from their experience and meet representatives from Age UK, Mk Carers Milton Keynes and other organizations who can highlight help that is available."

"I believe that voluntary carers are the unsung heroes of our society and want to support them in any way I can. The group proves you are never alone and offers help, advice, mutual support in a good humoured relaxed environment. If you are a carer this is for you."

"I find it very uplifting to see carers come to the group and after a short while begin to relax and see how the group can help and support them in all sorts of ways"

Thanks for your interest in Hanslope Carers Group

We are very grateful for the support of the doctors and staff at Hanslope Surgery, Fr Gary Ecclestone at St James the Great church in Hanslope, and Carers MK, who come along to most meetings.

There is a friendly and informal atmosphere

And share experiences and offer mutual support and the occasional shoulder....

We give local carers some respite from everyday caring activities

At our meetings

We share information about resources, facilities and services available

There are often expert professional visitors

And the tea, coffee, cakes, and biscuits are excellent

We always respect others confidentiality and dignity

Hanslope Carers Group

We meet on the 4th Wednesday of each month from 10.30 to 12.30am

You are welcome to drop in at any time

All carers are welcome

Venue - Coffee Area, St James Church, Hanslope



GROUP COORDINATORS

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We always maintain
mutual trust and
complete
confidentiality

To support
one other

To support carers of
all ages locally, of
all faiths [or none],
colour, or creed

**Our aims are to maintain a group
that meets monthly**

To give carers a little respite
in a friendly and supportive
atmosphere

To help carers to find the
services and facilities they
need

Useful Resources

Hanslope Surgery

Western Drive
Hanslope
MK19 7LA
01908 510230

Carers MK

439 Midsummer Boulevard
Milton Keynes
MK9 3BN
01908 231703

Age UK

The Peartree Centre
1 Chadds Lane
Peartree Bridge
MK6 3EB

Northamptonshire Carers

123 Midland Rd
Wellingborough
NN8 1LU
01933 677837