



Winslow & Villages Community Board minutes

Minutes of the meeting of the Winslow & Villages Community Board held on Wednesday 29 November 2023 in Mursley Village Hall, The Lane, Mursley MK17 0RY.

BC Councillors present

P Gomm (Chairman), B Stanier Bt (Vice-Chairman), J Chilver and J Jordan

Town/Parish Councils and other organisations present

A Arthur (Stewkley), C Dodds (Winslow Resident), J Gilbey (Great Horwood), R Hamley (Winslow), K Higgins (Stewkley), L Johnson (Winslow Resident), T Langford (Pitchcott Hill Farm), L Martin (Carers Bucks), L Monger (Winslow Lions), J Simonds (Stewkley Clerk), A Simone (Trading Standards), R van de Poll (Winslow), S Walker (Adstock and Oving), I Whipp (Newton Longville), and M Williams (Nash)

Agenda Item

1 Chairman's Welcome

The Chairman welcomed everyone to the meeting, and undertook introductions.

He explained that the Cabinet Member for Communities and Thames Valley Police (TVP) had unfortunately sent their apologies.

2 Apologies for Absence

Councillor D Goss

Caroline Cousin – Great Horwood parish Council

John Collinge - Newton Longville Parish Council

Padbury Parish Council

Wendy Taylor - Soulbury Parish Council

Oliver Rhodes

Councillor Arif Hussain – Cabinet Member for Communities

Inspector James Davies

3 Minutes

The action notes from the previous meeting were agreed.

4 Declarations of Interest

There were no declarations of interest.

5 Cabinet Member Introduction

The Cabinet Member for Communities was unavailable sent his apologies.

6 TVP Update

TVP were unable to attend due to being on operations, and sent their apologies.

7 Carers Bucks

Lucy Martin, Chief Executive of Carers Bucks (CB) gave a presentation of the organisation and the work they undertaken. The slides are attached to the action notes.

8 Trading Standards

Aldo Simone, Trading Standards Officer gave a presentation on scams work. The slides are attached to the action notes.

9 Corporate Update

The corporate update was available online with the meeting papers.

The meeting was signposted to the local plan where engagement will start with communities in early 2024 and a reminder of the cost of living fund available to residents who may need support.

A reminder was also given about the consultation currently open - a review on where to vote (polling stations) and the Buckinghamshire Housing Strategy.

It was agreed to have an item for housing growth on the next CB meeting.

Q: When is the local plan being published – no official date but likely 2027.

10 Community Board Update

Phil Gomm, Chairman and Sophia Comer, Manager provided the update. The slides are attached to the action notes.

11 Task & Finish Group Update

Environment – several visits have been undertaken during the year to completed projects, the same arrangement will run in 2024 and suggestions are welcome for places to visit. Everyone is welcome to attend.

Rural Community Uplift – will be looking at a community bus transport project to bring people from more rural communities into towns. Due to time pressure, the Chairman asked people to contact him directly for further information.

12 Community Matters

- Nash Community Garden project - A report on the project was available at

the meeting. A recommendation report will be circulated after the meeting for comment.

- A short overview was given about an environmental wellbeing centre being established at Pitchcott. We will invite Tony to attend our next meeting to provide a further update.
- Meetings/attendance – it was suggested there was not enough time for items on the agenda and the meetings were infrequent, should there be more? Also was the town & parish attendance good?
The Chairman confirmed he and the Board Manager were looking at these going forward; he also confirmed he had written to all town & parish councils encouraging them to come to the meetings and be part of the Board.
It was confirmed the number of town & parishes attending board meetings across the county varies due to the number of local councils in each board area, so it was difficult to draw comparisons. In some there were 30 local councils, in others just 2. The view was that this meeting had a good level of local council attendance.

13 Date of the Next Meeting

7th February 6:30 pm via Teams

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CarersBucks

Dedicated to supporting
carers in Buckinghamshire

Registered Charity No. 1106745
Company Registration No. 4941481



Who is a carer?

- A carer is someone who, unpaid, looks after a partner, child, relative, friend or neighbour because they have a disability or illness, have poor mental health, are frail or have an addiction
- A carer does not need to be related to, nor living with, the person they are caring for
- Anyone can be a carer - someone can become a carer overnight



Statistics

National

- 1 in 5 adults (around 10.58 million people) are carers in the UK
- Every year over 2.3 million adults become carers
- Since October 2020, there has been a 42% increase in unpaid carers providing significant care (more than 20 hours per week)

Buckinghamshire

- In the 2021 census approx. 42,000 people in Buckinghamshire identified themselves as a carer, with approx. 18,000 providing 20 or more hours of care per week
- If you were to include those who do not recognise themselves as a carer, this number would be significantly higher

Statistics from Carers UK

There are different types of carers

Adult carers: Someone aged 18+ looking after a family member, friend or neighbour who is disabled or ill, has poor mental health, is frail or has an addiction.

Parent carers: Someone looking after a child or young person who has an illness, disability or an additional need. They do not need to have parental responsibility; they may be a grandparent, other relative or family friend.

Young adult carers: A young person aged 16-25, caring for a family member, friend or neighbour who is disabled or ill, has poor mental health, is frail or has an addiction.

Young carers: A child or young person aged 5-16 caring for a parent, sibling or other relative living in the same household who has a physical or mental illness, a disability, or a drug or alcohol related problem.

Sandwich carers: Someone who cares for both ill, disabled or older relatives and dependent children or children with disabilities – this type of carer is on the increase due to older people living longer.

Former carers: Someone whose caring role has come to an end – former carers will still need some onward support.

What kind of care do unpaid carers provide?

- Personal care – *e.g. help with washing, dressing, toileting or eating*
- Mobility support – *e.g. getting the person they care for in and out of bed, they may have to use equipment to move or transfer them*
- Provide emotional support, motivation or keeping an eye on a neighbour
- Manage and co-ordinate care services or medical appointments for the person they care for
- May have to manage paperwork or financial matters for the person they care for



Cost of caring

- The support provided by the UK's unpaid carers is worth an estimated £193 billion per year – equivalent to a second NHS
- For carers, the cost of caring is often high, with over two thirds of carers reporting that they regularly use their own income or savings to pay for care or support, thereby taking a toll on a carer's emotional and physical health



Impact of caring for carers

- **63%** said they were extremely worried about managing their monthly costs
- **62%** agreed that the increase in the cost of living was having a negative impact on their mental and/or physical health
- **41%** of carers haven't taken a break from their caring role in the last year
- **30%** said their mental health was bad or very bad
- **75%** of carers worry about continuing to juggle work and care
- **52%** said that they need more financial support

Carers UK's State of Caring 2022 report



During Carers Week 2023, we asked carers what does being a carer mean to them?



How Carers Bucks supports adult carers

- Information, advice and emotional support
- Signposting or referrals into other services
- Carer information and support groups
- Carers support in four hospitals in Buckinghamshire
- Work with GP Practices
- Support for carers from diverse communities
- Emergency planning
- Benefits, employment or financial information
- Support for older carers
- Carers choir



What carers have said about Carers Bucks' Adult Carers service

The emotional support and having someone there during these stressful moments are worth more than anything.

You have been my life line and only support and communication at Wexham Hospital.

I always feel cheered up and empowered when you call...you have great sensitivity, and the capacity to ask the carer 'How are *you* doing?' which is so needed.

Thank you so much for all you've done for us!
[through significant hospital discharge challenges]

Thank you for taking the time to talk with me yesterday...it's nice to know there is support available.

It's really comforting to know there is someone there if needed, thank you.

Refer an adult carer to us



Referral form on our website: carersbucks.org/contact-us/register



mail@carersbucks.org



0300 777 2722 (Monday to Thursday, 9am – 5pm and Friday, 9am – 4.30pm)

Carers Bucks' Young Adult Carers Service

- Carers Bucks currently has 268 young adult carers aged 16-25 registered
- We support young adult carers with balancing their caring role whilst transitioning into adulthood
- Our young adult carers support workers tailor their approach to suit the needs of the person they are supporting and tackle anything that rises around their caring role



Carers Bucks' Young Carers Service

- A young carer is a child or young person who cares for a family member due to disability, illness, long-term condition, poor mental health and/or addiction.
- Carers Bucks currently has 1371 young carers aged 5-16 registered
- We aim to tailor the support we offer to each young carer registered with us. This may include:
 - Peer support through term time club nights
 - Targeted support groups focusing on specific aspects of the caring role
 - Activities, outings and trips during the school holidays
 - One to one sessions with an experienced support worker
 - Information, guidance and signposting to other organisations
 - Support in schools including assemblies, young carer groups and group sessions



Tasks young carers and young adult carers may carry out

- Practical tasks – *e.g. cooking, housework, shopping, collecting prescriptions, managing the family budget*
- Personal care – *e.g. dressing, washing, toileting, administering medication*
- Physical care – *e.g. lifting, helping a parent on stairs, with physiotherapy*
- Looking after younger siblings
- Managing finances
- Medication management
- Emotional support
- Helping someone to communicate



Impact of caring on a young person

- Physical health
- Emotional wellbeing
- Relationships
- Social opportunities
- Future prospects



“This is our reality”

Quotes from young carers in Buckinghamshire

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Not all caring needs are visible, some care for those with hidden disabilities.

You cannot generalise the role of a carer.

Each life stage we experience as a carer gets harder.

The older you get the bigger the impact of being a carer can have on your world.

Being a carer can be overwhelming and feel as though you are backed into a corner.

We worry when we are away from home.

I cannot prioritise my exams and school work like my friends can

Refer young carers or young adult carers to us

- Ensuring a holistic approach to supporting a young carer or young adult carer is essential and therefore, referring them into our services are key
- You can refer a young carer or young adult carer to our service if:
 - the young person is aged between 5-25
 - the young person lives in Buckinghamshire
 - the young person is aware of the referral
 - parent/guardian consent has been given
 - schools and other educational settings are one of Carers Bucks' highest referrers



Referral form on our website: carersbucks.org/young-carer-referral



youngcarers@carersbucks.org



0300 777 2722 (Monday to Thursday, 9am – 5pm and Friday, 9am – 4.30pm)

Thank you
Any questions?



Community Board Update

August - November





The Community Board attended the Winslow Show in August. We had lots of engagement with local residents and took along the “prioritree” for suggestions and a questionnaire to get a better understanding of what people knew about the Community Board.

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We attended the Winslow Framers Market in September to speak with local traders



Heritage Event



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On the 11th September we held a Heritage event at the Winslow Library to coincide with Heritage Open Days. We were luck enough to have Dr David Noy and the Archives Team support us with the event.

We hope to do something similar next year.





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Along with some of the other Community Boards we attended Bucks County Show.

Invited to the Medical Detection Dogs 15th Anniversary





Lions Club of Winslow invites you to..

Carols & Lanterns



Tuesday 19th December

Lantern Parade in Market Square 6:30 pm

Carols in St. Laurence Church 7:00 pm

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This year we are very proud to announce that together with funding from the Winslow and villages Community Board and the hard work of the local Men in Sheds the Lions Club of Winslow has been able to donate 200 Lantern Kits to the local Guiding, Scouting organisations and the Winslow C. of E. School.

We look forward to seeing the finished lanterns being 'paraded' in the Market Square before the traditional Carols Service in the St. Laurence Church. Father Christmas already has the event in his busy calendar!

***We do hope you can join us and bring along your own lanterns!
Any time after 6:15 pm. in the Market Square with the 'parade' starting around 6:30 pm. leading off into the church for Carols at 7:00 pm.***

Sponsored by:



Supported by:



The Community Board provided a small grant of £956 to the Winslow Guides for a lantern festival.

The cost went towards materials for the 1,000 lantern kits, which were made by Men in Sheds. Not only are the Guides involved, but also the Scouts and local Primary School are taking part in the event that is being held on the 19th December.



Community Board
Winslow and
Villages

DEMENTIA AWARENESS TRAINING



Dementia Awareness Training is available to residents and business in the Winslow and Villages Community Board area. This training is free and will help to increase awareness of dementia and support you to understand the challenges from different perspectives.

If you are interested in attending a training session, please email winvill@buckinghamshire.gov.uk to book your space

**Monday 4th December,
Winslow Library**

**10:00 - 13:00
16 spaces available**

**13:30 - 16:30
16 spaces available**

Dementia Awareness Training is being held on Monday 4th December at the Library. There are still a few spaces available



Email: winvill@buckinghamshire.gov.uk to book a space

Budget

The Winslow and Villages Community Board have a budget for 2023-24 of £103,029. £25,974.46 has been allocated so far this year to the below projects;

- Dunton Play Equipment
- Great Horwood Village Hall, Accessible Toilets
- Winslow Bowls Club , Accessible Equipment
- Granborough Wild Flowering Coronation Meadow
- Winslow Guides Lantern Festival
- Dementia Awareness Experience

If you think you have a project that meets the funding criteria, please do not hesitate to get in touch with me to discuss further



If you have any suggestions for future agenda items, guest speakers or something you think the Community Board should be looking into then please email the Winslow and Villages mailbox - winvill@buckinghamshire.gov.uk

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