



What's On

News and Information

Carers' Information Session/Forum

Our next Carers' Information Session/Forum will be held on **Thursday, 15th November** at 10.30 at Ditton Community Centre, Kilnbarn Road, Ditton, Aylesford, ME20 6AH. Come along to meet the team, chat to other Carers and find out useful information from speakers. **Carers only please.**

Free on-site parking. Free entry. Donations for refreshments and lunch.
10.00 - 10.30 please arrive for registration and refreshments.

Call us to book your place on 01622 685276.

Involve Carers' Christmas Lunch Tuesday 18th December 2018 Boughton Monchelsea

You are warmly invited to our Christmas Carers' Lunch and get together on Tuesday 18th December in Boughton Monchelsea.

This event will be a chance for you to meet other Carers over a buffet lunch. You are welcome to come alone, or bring the person you care for with you. Please bring a plate of food to share.

Numbers are restricted so please phone 01622 685276 to book a place by 4th December 2018.

We have moved!

Our new address is:

Involve Carers,
30 Turkey Court,
Turkey Mill
Ashford Road,
Maidstone ME14 5PP
01622 685276

carers@involvekent.org.uk

Do you have your free of charge Kent Carers' Emergency Card?

If you, as the Carer, have an accident and are unable to undertake your caring role, the Kent Carers' Emergency Card can give you peace of mind that the person you care for is being looked after. The scheme is administered here at Involve Carers. Ask us for an application form.

Important information to existing Emergency Card Holders:

Please ensure that you inform us of any changes as and when they occur.

**If you are no longer in a caring role, please inform us.
To assist us in keeping costs down, please let us know your email address.**

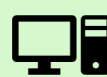
Involve Carers have included information in the 'What's On' in good faith, and every effort has been made to make information accurate, but we accept no responsibility for errors. The content included is not necessarily that of Involve Carers.



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What's On

Activities available to Carers who are registered with Involve Carers:

All held at MCSC, Marsham Street, ME14 1HH unless otherwise stated.

Call 01622 685276 for more information and to book onto groups.

Mondays, fortnightly	Indoor Bowls and Table Tennis <i>10.30-11.30</i> For both you the Carer and the person you care for.	First Wednesday of the month	Carers' Walking Group <i>11.30</i> Carers only please. Usually first Wednesday of each month. Up to 3.5 miles, leisurely walking, meet at various locations.
Every Monday Heart of Flavour Café, King Street, Maidstone ME14 1BA.	Former Carers' Social Group <i>11.00-12.30</i> Peer led social group for former Carers who wish to keep in touch. No need to book.	Fridays, fortnightly	Carers' Meditation Group <i>11.00-12.30</i> Carers only please. Find a quiet peacefulness under the guidance of our volunteer practitioner.
First Monday of the month Involve Hub, Maidstone Mall	Carers' Peer Support Group <i>13.30—15.30</i> Peer led coffee and chat social group. Donations for refreshments. Opportunity for Art.	Second Friday of the month	Carers' Friday Group <i>11.00-12.30</i> Peer led social group for Carers who wish to keep in touch.
Last Tuesday of the month (not December)	Mental Health Carers' Support Group <i>11.00-12.30</i> For Carers only who look after someone with a Mental Health illness.	(Dates and times vary) Queen's Road, Maidstone	Reflexology Taster for Carers Reflexology involves applying gentle pressure to the feet to bring about a state of relaxation. 30 minute treatment session free of charge to Carers.

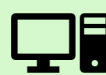
Our thanks to those that have supported us. If you wish to make a donation, please send a cheque to us to our address below. Donations will be used exclusively to fund Carers' Activities. Cheques need to be made payable to our umbrella charity 'Involve Kent' (Registered Charity No.1066911).



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Involve Kent Activities, also open to Non Carers:
For more information and to book onto groups contact Zara on 01622 235833 or
zara.hamid@involvekent.org.uk

New Group coming soon— Monday Maidstone Leisure centre	Swimming Group <i>12.00-13.00</i> Must be fully independent. £10 a year and £2 a session.	Thursday, once a month Maidstone Museum	Cinema Club Limited spaces £4.50 for ticket, tea and biscuits. Optional lunch after at the café.
Every Monday and Tuesday Involve Hub, Maidstone Mall	Knitting Group <i>10.30—12.00</i> A knitting group open for all abilities. Bring your own projects or use our wool to make items to be sold in our shop.	Every Thursday MCSC, Marsham St, ME14 1HH	Involve Choir <i>10.00-11.30</i> You must be registered with Involve Older People's Service (over 65s) to attend. £5 a session (first session free)
Every Wednesday Involve Hub, Maidstone Mall	Advanced Sewing Group <i>10.30-12.00</i> If you are experienced in needlework, come along and meet others for a hot drink and enjoy sewing.	Every Friday Involve Hub, Maidstone Mall.	Beginners Sewing Group <i>14.00-15.30</i> Learn sewing and meet others for a cup of tea or coffee.
Every Wednesday Involve Hub, Maidstone Mall	Art Group <i>14.00—15.30</i> Drawing and sketching group.	Every Thursday and Friday Involve Hub, Maidstone Mall	Craft for Wellbeing <i>10.30—12.00</i> An arts and crafts group open for all.
Every Thursday (not school hols) Infozone, Palace Avenue.	Multicultural Ladies Coffee Morning <i>9.30-11.00</i> For ladies from all ethnic/religious backgrounds. Children welcome but must be supervised.	First Saturday of the month Involve Hub, Maidstone Mall	Sustainable Craft Club <i>10.00-midday</i> Make beautiful gifts, items for the home using only recycled materials. Donation of £10 covers materials, refreshments and running costs.
Every Thursday Involve Hub, Maidstone Mall.	Games Group for Over 65s <i>14.00-15.30</i> All abilities. Relax, play board games and socialise for £2 per session including hot drinks.	Date TBC at enquiry	RESPONSE COURSES Dates given on enquiry: <ul style="list-style-type: none"> <i>Confidence and Self Esteem</i> <i>Skills for Volunteering</i> Free for those 19+ and unwaged / low-waged
Every Wednesday MCSC, Marsham St, ME14 1HH	Involve Shed <i>11.00—13.00 or 13.30—15.30</i> Fun woodwork sessions.	Every Monday and Thursday MCSC, Marsham St, ME14 1HH	Involve Allotment <i>14.00—15.30</i>

