



Welcome to the latest edition of Involve Kent's Carers' Newsletter.

We hope this newsletter can serve as a useful tool in helping to highlight the services and support available to you.

If you have a suggestion of what you would like to see in our newsletter email your ideas to [hello@involvekent.org.uk](mailto:hello@involvekent.org.uk)

## How we work with carers

Once you are referred into our service, one of our Navigators will give you a call. We can arrange a visit to your home in order to understand your current caring situation and the most relevant services to help support you. This could be..



**Assisting with hospital discharges**



**Providing Kent Carer's Emergency Cards**



**Linking you to local organisations**



**Conducting Statutory Carers Assessments**



**Developing support plans**



**& much more**

**Do you know of anyone that is also helping to look after someone? Pass on our details!**

**03000 810 005**

## Feedback from you!

"Everything had become a struggle; I was exhausted and did not know where to find help. I got such a quick response from Involve and they were able to start helping me straight away."

"I was feeling isolated in dealing with the situation and Involve Kent was able to put me in touch with two other carers in the same situation as me and, for a time, we were able to email each other which I found very helpful and supportive."

"I was linked with the Carers Catch Up weekly online support group. I love attending. At one point it was the highlight of my week before my counselling started. The group keeps me sane & I feel safe in sharing my experiences & also listening to others. I feel guided & supported."

# There are huge benefits to be gained by Carers supporting each other

I have been working for Involve for 16 months as a Community Navigator working with carers across West Kent. I am now moving into a new role to help facilitate connections between carers. These could take the form of email communication, TEAMS meet ups, coffee and lunch groups, workshops or activity groups.

I would love to hear from you about the sorts of things that would be most helpful to you and invite you to complete a short questionnaire which you can find online here:

<https://forms.office.com/e/hGVvGNN5Zn>

To find out about the current opportunities there are to meet other carers see further information in this newsletter.

I look forward to working with you to help you connect and support each other.



Nic Weller

**Have you got questions about caring for an adult?**  
**Can you offer advice to others about caring for an adult?**



Involve Kent are planning to run a course which looks at some of the ways unpaid carers can feel supported and empowered in their role. We will share thoughts on how you can look after your own wellbeing, ideas to help you cope day to day, support with financial issues and more. Each session will be about 2 hours and will run over a six week period. Dates and venues to be confirmed.

If you would like to share your experience and knowledge and get some new information and advice please register your interest by contacting Involve Kent..

## **Unpaid carers in the workforce**

With changes to the population and lifestyles more people are fulfilling the role of an unpaid carer whilst working in paid employment.

Involve Kent would like to invite carers to share their thoughts, experiences and their success stories at forums; dates and times to be confirmed.

If you are an unpaid carer in work or trying to find work and would be interested in sharing your journey with us please register your interest by contacting Involve Kent.

## Join us at our Carers' Forum

Tuesday 26th March from 10.30am to 1.30pm

Maidstone Community Support Centre, 39-48 Marsham St, Maidstone ME14 1HH.

Parking is available at nearby pay and display car parks.

Speakers include:

Glen Miles, a solicitor to talk about Power of Attorney and related issues.

Nicole Monahan to talk about Small Good Things, highlighting enterprises in Kent that offer services to people living with difficulties.

Staff from Involve Kent who will talk to you about our services and support for those caring for an adult.

Buffet lunch and teas and coffees will be provided (donations accepted for lunch).

If you require help with transport or alternative care for the person you care for please let us know. Call **03000 810 005** or email [hello@involvekent.org.uk](mailto:hello@involvekent.org.uk) to book a place or find out more.

**We look forward to meeting you there.**

### Dates for your diary

Join us again for events throughout the year:

Monday 10th June at Ditton Community Centre 1pm to 4pm  
– information from local services, games and tea.

Thursday 13th June at Paddock Wood Community Centre  
1.30pm to 4pm – afternoon tea.

Thursday 5th September at Southborough Civic Centre 1pm  
to 4pm – Carers' Forum.

Thursday 21st November at Ditton Community Centre  
10.30am to 1.30pm – Carers' Forum.

**PLEASE CALL TO REGISTER!**





# Carers Events & Activities



03000 810 005

communitynavigation@

involvekent.org.uk

Contact us to book your place!



## Face to Face opportunities to meet other carers

Coffee and Chat Maidstone Peer Support Group:

Last Thursday of every month from 10.30am to 12.00pm.

Involve Hub, The Mall,  
Maidstone, ME14 1BW

Find us on the ground floor near the entrance to the bus station.

Coffee and Chat Tonbridge Peer Support Group:

First Monday of every month from 10am to 11.30am.

Christ Church, High Street,  
Tonbridge, TN9 1SG

Pay and display parking available at Sainsbury's

## Carer Walking Groups

Maidstone carers walking group meets on the first Wednesday of each month at various locations around the Mid-Kent area.

West Kent carers walking group meets on the last Thursday of each month at various locations.

## Online Carer Group

A group of carers meet online on a TEAMS call with one of our Community Navigators every Wednesday from 11am to 12pm

To find out the details for these groups please call on 03000 810005, email [hello@involvekent.org.uk](mailto:hello@involvekent.org.uk) or speak to your Community Navigator.



Involve continuously consult with Carer's on our future programme of groups, activities and events. If you have any suggestions please speak to one of our Community Navigators or e-mail us with your ideas.

On behalf of



[www.involvekent.org.uk](http://www.involvekent.org.uk)

Involve Kent - Charity no: 1066911



# Useful Information

## Lasting Power of Attorney

It is always a good idea to plan for the future and the possibility that you or the person you care for, might need other people to make important decisions on your behalf.

You can do this by setting up a Lasting Power of Attorney, giving named people who you trust permission to act on your behalf.

We will be pleased to welcome a solicitor, Glen Miles, to our Forum on 26th March to talk more about this subject.

There are two types of Lasting Power of Attorney:

One is for property and financial affairs, which concerns things such as managing a bank or building society account, paying bills, collecting benefits or a pension and selling your home.

The other is for health and welfare which is for decisions about things like your daily routine, for example (washing, dressing, eating), medical care, moving into a care home and life-sustaining treatment.

You can find advice from the following links:

Gov.UK: <https://www.gov.uk/power-of-attorney>

Age UK: <https://www.ageuk.org.uk/information-advice/money-legal/legal-issues/power-of-attorney/>

Money Saving Expert: <https://www.moneysavingexpert.com/family/power-of-attorney/>



This is a project funded by Kent County Council working with small enterprises across Kent who offer help and support to people living with different challenges. The aim is to help local people to set up small enterprises and ventures that offer care and support at home and support in the community, for older and disabled people across the county. People looking for support are able to access the directory to find the help they need.



Simply Scan Me for more information using your Phone camera!



The Carers Leave Act will come into force on 6th April 2024. This Act will give employees who are unpaid carers up to five days unpaid leave from work a year in support of their caring responsibilities, something that Carers UK has worked towards for years.

Leave will be able to be taken in half or full days, up to and including taking a block of a whole week of leave at once.

This is good news for Carers' who are in work or who would like to work alongside their caring role.

For more information on this and many other important subjects relating to carers go to the Carers UK website: <https://www.carersuk.org/>

## Kent & Medway Carers' Emergency Card

As a carer, you may often worry about what would happen to the person you care for if you suddenly became ill or were involved in an accident. This recognised Carers Card means that should something happen to you, a person close to you will be contacted to ensure the person you care for is supported whilst you receive care. Involve will supply you with an Emergency Plan to complete and can assist you with completing this.



Kent Connect To Support is a website provided by Kent County Council that gives you answers to common questions, and information and advice to help you look after yourself, stay independent and connect. You can access a Community Services directory and Care Services directory. <https://kent.connecttosupport.org/>



MoneyHelper is here to make your money and pension choices clearer. Here to cut through the complexity, explain what you need to do and how you can do it. Here to put you in control with free, impartial guidance that's backed by government, and to recommend further, trusted support if you need it.

Open to everyone, MoneyHelper is helping people to clear their debts, reduce spending and make the most of their income. To support loved ones, plan ahead for major purchases and find out about entitlements. To build up savings and pensions, and know their options.

Visit [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk) or call 0800 011 3797

# Dementia Support

Join us for  
our next  
event

Invicta Court care home,  
Weaving  
Dementia Friendly  
Cinema Club

Every second and fourth Friday of  
the month, 10:30am - 12:30pm

Dementia friendly screenings offer a  
safe, social and supportive environment  
for you and your loved one. As well as the  
opportunity to meet other carers and  
share experiences.

Trusted to care.



To attend please call  
01622 809803 or email  
jaime.jukes@careuk.com

care UK

The big dementia  
conversation

Join the big dementia conversation  
at our next event:

Let's talk about dementia

Tuesday 27th February 2024  
2pm - 4pm

Come along to our 'Let's talk about dementia'  
event where we'll shine a light on some aspects  
of dementia that you're not often told about, as  
well as why a loved one might be behaving  
differently and what you can do to support them.

Trusted to care.



Invicta Court care home  
Weaving, Maidstone  
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or email jaime.jukes@careuk.com

care UK