

Summer Edition 2024



Do you look after an adult Family member or friend who has a disability, mental or physical illness, addiction, or who needs extra help as they grow older. If so this Newsletter is for you.

If you call us or are referred to us.

One of our friendly staff will chat to you about your caring role and what may help. We can also visit you at home or a community setting if your prefer.



Supporting you to
access a cares
assessment



Developing Support Plans
with you



Linking you to local
organisations



Assisting with hospital
discharges



Providing Kent Carers'
Emergency Cards



And much more!

Do you know anyone who is also helping to look after someone? Pass on our contact details! **03000 810005** or **hello@involvekent.org.uk**



Carers Forum Feedback

We had a great attendance at our first Carers' Forum of the year in March.

There was a real buzz in the room as people made new friends and shared their experiences with interesting speakers and a chance for Carers to have their voices heard.

"It was lovely to come to the forum today. Thank you for making us so welcome and giving me the opportunity to make several new friends as well as learn new things from your excellent speakers"

"I attended the forum yesterday and really benefitted from it!"

"I have to say how good yesterday was, it was a very informative meeting... very well attended and lovely to hear everyone chatting. I certainly met some new carers and we all have much comparison with the same care responsibilities, and learn so much about what's out there."

"Many thanks for setting up the Carers' Forum on Tuesday this week. I really enjoyed the morning, found it useful and enjoyed sharing stories with other carers."



Carer [noun]

/ˈkeərə(r)

[1] Cares (unpaid) for family or friends who have a disability, illness or who need support in later life:
Washing them. And their laundry. And their dishes.
Keeping appointments. And records. And tempers.
Giving medicine. And time. And hugs.
Filling forms. And fridges. And silences.
Dealing with doctors. And nurses. And pharmacists.
And social workers. And benefits agencies.
And care workers. And a lack of sleep.

[2] Needs support to manage a life of their own.

Looking after someone?

Find out about the help
and support available at
carersweek.org



Carers Week 10th - 16th June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

For more information, [click here](#).

Carers Week Dates for your Diary

West Kent Carer's Forum

Monday 10th June at Ditton Community Centre from 13:00 to 16:00.

Speakers include Kent Fire and Rescue, Age UK and NRS Healthcare.

Local services will also be present to share information including ADSS, Chatty Café, Spadework's and Community Wardens.

Light refreshments will be served and there will be plenty of time to chat with other carers.

Online TEAMs Tea and Quiz

Thursday 13th June from 18:00 to 20:00. Make a brew, grab a biscuit, and join us for a fun online quiz with time to get to know people and chat informally afterwards.

2 Afternoon Tea's

Wednesday 12th June at The Holy Family Parish Hall 1pm to 4pm

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

Relax with a cup of tea and scone, have a go at some tabletop games and meet new people.

To book your space email: hello@involvekent.org.uk or call 03000 810005.

Carers Week Creative Competition

Tell the community what it is like to be an unpaid carer.

Use story, poetry, art or photography* to share your story.

Unpaid carers are anyone caring for a partner, relative or friend with a long-term physical or mental health condition, age related difficulties, disability or addiction, who could not manage without your support.

At Involve Kent, we invite you to send us a piece of creative work that expresses what it is like to care for someone. Entries will be judged by Involve staff.

We will display the work during Carers' Week (June 10th to 16th at our events).



*If you are using photographs of people, you must have permission to use the image and please anonymise all people referred to in your entry before you send it to us. For GDPR reasons these will be destroyed after the competition.

**Please email your entries to hello@involvekent.org.uk
By Monday 3rd June 2024**

Future Carers' Forums

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.

To book your space email: hello@involvekent.org.uk or call 03000 810005.



Caring and Me

Involve are pleased to announce the start of a new course designed for and with people caring unpaid for a family member or friend.

Caring and Me is a 6 week course of 2 hours a week where you can meet other carers, gather and share information and have a bit of fun.

This course covers:

- Meeting and sharing ideas (getting to know each other and practical steps)
- Navigating wellness (ways to look after yourself)
- Navigating finances (looking at benefits, grants and budgets)
- Navigating support (emergency planning and support services)
- Navigating difficult days (coping with stress and having tender conversations)
- Round up (social opportunity and time to reflect on the course)

If you are an unpaid carer and would like to share your experience and knowledge, get some new information and advice, come and join us.

Maidstone: Every Friday from 7th June to 12th July, 10:30am - 12:30pm at Maidstone Fusion (2 & 3 Cobb Way, Park Wood, Maidstone, ME16 9XF)

Tunbridge Wells: Every Tuesday from 4th June to 9th July, 1:30pm - 3:30pm at The Studio Room, Trinity Theatre (Church Road, Tunbridge Wells, TN1 1JP)

Online: Every Wednesday from 6th June to 10th July, 6pm - 8pm

To book your space email: hello@involvekent.org.uk or call 03000 810005.

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 at 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 10:00am to 11:30am at 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 team of carers meet online on a Teams call with one of the Community Navigators every Wednesday from 11am to 12pm.

To find out the details for these groups please call us on 03000 810005 or email hello@involvekent.org.uk, or speak to your Community Navigator.

What Our Walker's Think!

"I have been walking with Involve's Walking Group for many years. Every month my caring duties may change but this group has been consistently there for me to unwind with, through the walking and friendships we make"

"The green of nature and the friendship of fellow carers restores my mental energy and I always feel recharged afterwards"



Anticipatory Grief

Caring for a loved one who has a life limiting diagnosis or long-term health, or mental health conditions can cause anticipatory grief in their carers.

1 hour 30 mins FREE virtual sessions via TEAMS With Karen Dutton RGN on:

Wednesday 29th May – 18:00 to 19:30

Wednesday 26th June – 15:30 to 17:00

Wednesday 31st July – 18:00 to 19:30

Wednesday 25th September – 15:30 to 17:00

Anticipatory Grief can impact on our work, interactions, energy, and physical health. If you want to know more, then this session is a good introduction. Learn how to find support for yourself and others and feel more confident in understanding and coping with your emotions.

To book a place, and get the link, please contact: Involve on 03000 810005 or email hello@involvekent.org.uk



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

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.

↳ MoneyHelper

Money Helper 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, Money Helper 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 or call 0800 011 3797.



Chatty Cafe

The Chatty Cafe Scheme is the UK's leading non-profit organisation tackling loneliness. They offer three services which include:

- Face to face meet ups where venues offer 'Chatter & Natter' tables where customers get together to chat. There are hundreds of venues around the UK and these are run by volunteers.
- Online Chatty Cafe sessions held every Tuesday and Thursday from 1pm - 1:30pm. Anyone over 18 can join.
- Telephone Friendship Service for anyone over 18 experiencing loneliness and could benefit from a weekly phone chat.



**Kent Fire &
Rescue Service**

Safety in the Home

Making sure home is a safe place is important for everyone. You'll find lots of advice and help in Kent Fire & Rescue Service's 'home safety' section - from smoke alarms to electrical and kitchen safety, they are there to help you stay safe. If you have a young family, a long-term health condition or dementia, or are an older person or a smoker, you are eligible for a Kent Fire and Rescue Service free home safety visit.

Funded care support and transport available upon request for all Involve event dates.

PLEASE CALL TO REGISTER!

03000 810 005

hello@involvekent.org.uk



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