

YOUNG ADULT CARER NEWSLETTER



Welcome to the latest edition of Involve Kent's Young Adult Carer's newsletter.

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

How we can help

If you are aged 16 to 24 and provide care and or support to a family member, friend, or partner who due to physical or mental health illness, disability, age related difficulties or addiction could not manage without your support, then we are here for you.

From age 18 supporting you to access a Carer's assessment



Supporting you to access a Carers Assessment through us



Helping you to access support groups and other activities.



Providing Kent Carers Emergency Cards



Linking you to local organisations for further support



Developing support plans with you to meet your needs



And much more

This service is available for Young Adult Carers living in Maidstone, Tunbridge Wells, Tonbridge and Malling and Sevenoaks.

Message from your Community Navigator

Hi Everyone!

My name is Chelsea and I support young adult carers at Involve.

I am excited to share with you details on groups and activities that have occurred in recent months, as well as the ones that are coming up that you will be able to join us at.

If you have any concerns about your caring role, your education/employment, your wellbeing, or you just want to talk, we are here for you.

We will help you live the life you want to live!

If you have any suggestions or ideas of what should be included in future newsletters, or need support, please email hello@involvekent.org.uk

College Visits

We visit the colleges in West Kent every month.



Springfest at
Hadlow College

Marketplace
at NKC



To find out the dates we visit to say hello, please call us on 0300 0810 005 or email hello@involvekent.org.uk.

Our Monthly Groups

There are two groups that take place in West Kent for young adult carers each month. These occur in Maidstone and Tonbridge.



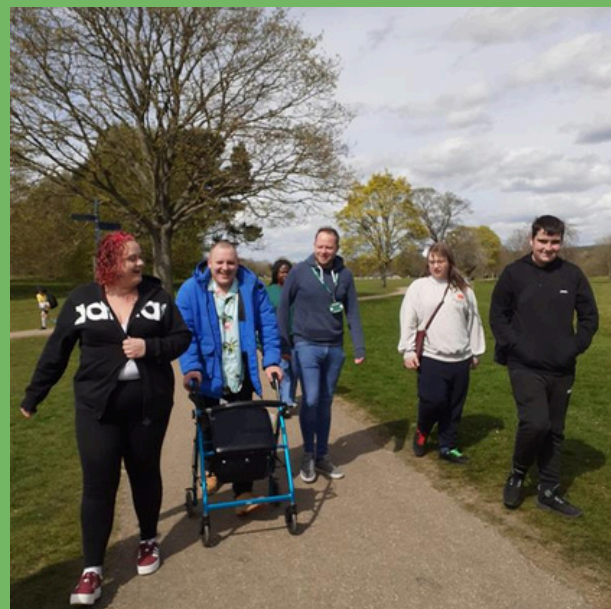
The groups provide a great chance to meet other young adult carers and share experiences in a relaxed setting.



Please let us know if you have any suggestions or ideas for future groups!

Active April

To raise awareness of the importance of physical activity for carers this April we arranged two events in West Kent.



"I had a great time!
It was nice to get out
the house for a while
and get some fresh
air"



In Maidstone, we enjoyed a walk
around Mote Park and
recognised the difference fresh
air can have on how you are
feeling.

In Tonbridge, we took in the
sights at Tonbridge Castle and
spoke about how we like to keep
active and topics important to us.



Upcoming Groups & Activities & Events

Please see below details of our two monthly groups in West Kent. The groups offer an opportunity for Young Adult Carers to meet up on a regular basis to socialise and build connections.

Maidstone Group

This occurs on the first Tuesday of every month.



Please get in contact if you would like further details regarding these monthly groups or would like to book a place!

Tonbridge Group

This occurs on the second Thursday of every month.



Carers Week Activities & Events

Between 9th and 15th June 2025



Activity: Mini golf

Date: Wednesday 11th June

Location: Tonbridge



Activity: Water sports

Date: Friday 13th June

Location: Maidstone



Please contact us to ask for more information and to book your place!



Kent & Medway Carers' Emergency Card

As a carer, you may worry about what will happen to the person you care for if you suddenly become 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 alongside this and can assist you to fill it out if needed.

Have you seen us
on social media?

@involvekent

