

Carers' Support East Kent is a charity that provides Carers with the information and support they need. Our services are available to people looking after a relative or friend, who due to physical or mental illness, age related difficulties, disability or an addiction, cannot manage without their support.

Innovation House, Discovery Park, Ramsgate Rd, Sandwich, Kent CT13 9ND  
| Registered charity number 1136904 | Company limited by guarantee number 7213672

On behalf of



**Kent Carers Matter**  
WORKING TOGETHER AS A VOICE FOR CARERS



**“I can't put into words the difference the support has made”**



**Get in touch**

- **Phone** 0300 302 0061
- **Email** [support@carersek.org.uk](mailto:support@carersek.org.uk)
- **Website** [www.carersek.org.uk](http://www.carersek.org.uk)
- **Text** 07545 916214
- **Donate** Visit our website or Text SUPPORTCARERS to 70450 to donate £2. Texts cost £2 plus one standard rate message and you'll be opting in to hear more about our work and fundraising via telephone and SMS. If you'd like to give £2 but do not wish to receive marketingcommunications, text SUPPORT CARERSNOINFO to 70450.

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- Carers' Support East Kent
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**Do you look after a relative or friend who can't manage without your support?**

You are a Carer and this leaflet explains the help available to you.

**Information | Support | Time for you | Connect with other Carers**

# Who we help

If you look after a relative or friend, who due to physical or mental illness, age related difficulties, disability or an addiction, cannot manage without your support, you are a Carer and our information and support services are for you. (You may not think of yourself as a Carer).

Everyone's experience as a Carer is different. As an example, you might help someone with:

- personal things like getting washed, dressed or eating
- moving about or turning at night
- medication
- shopping, laundry or cleaning
- filling in forms
- managing money

Being a Carer can be both rewarding and challenging. As a Carer, it's important to look after your own health and well-being. We are here to support you.



**“It would have been impossible for me to carry on caring without your help”**

**“It's nice to know I'm not alone as a Carer and there is support at the end of a phone”**



# How we help

We provide information, support and signposting to services by phone, email, text, online and in person.



## Information

Find out about services available to Carers, benefits and rights.



## Support

A listening ear, drop-ins, support groups, social activities and training workshops.



## Carer's Needs Assessment

To identify and access the support you need as a Carer.



## Carers' Hospital Service

At QEOM, William Harvey and Kent & Canterbury Hospitals.



## Services for Young Adult Carers

A dedicated team for 16-24 year old Carers.



## Kent Carer's Emergency Card

Peace of mind when you are away from the person you look after.