

Carers' News Bulletin

May 2023



Between bulletins, keep up to date by [visiting our website](#) and following us on social media. We welcome ideas for future issues to support@carersek.org.uk

Carers' Week is just around the corner!

**We're supporting
Carers Week!**



5-11 June 2023

Carers' Week is just around the corner!

This week celebrates and recognises the vital contribution made by the UK's 5.7 million Carers – over 148,341 in Kent.

This year's theme is '*Recognising and supporting Carers in the community*' so we will be out and about across the whole of East Kent raising awareness of Carers and our services giving support. It is important that we help identify Carers so that they can access information and support.

See what's on and where we'll be by clicking [here](#)

'I CARE' for Carers Week 2023. This year we are encouraging Carers to add their voice by joining UK Carers and support organisations

across the country in saying "I CARE..." on the Carers' Week website – to view and take part visit <https://www.carersweek.org/>

Carers' Information Day, Broadstairs

As part of Carers' Week, we are holding a Carers Information Day at [The Pavilion, Harbour St, Broadstairs CT10 1EU](#) from **11am to 4pm** on **Wednesday 7th June**.

There will be information stalls, refreshments, raffle and lots more. So if you look after a friend or relative who cannot manage without your support, do come along.



Support Us

Go Colourful for Carers, Friday 9th June

With Carers' Week fast approaching, it's that time again to 'Go Colourful for Carers'.

Join us on **Friday 9th June** when we'll be coming together for some colourful fun during Carers week. Dress up in a colourful outfit or bright accessories and have a bit of fun with friends, colleagues or family, share images of you in your finery on social media and donate to support local Carers.

Get involved by wearing your brightest hat, most glittery shoes, shiniest rainbow top or whatever colourful clothing or accessories you have. You can be as vibrant or as subtle as you like with your support. Sign up and find out more [here](#)

Second annual Kent Care Summit - 21 June 2023 at Hall by the Sea, Dreamland, Margate

This exciting event is an opportunity for adults that draw on care and support, Carers, the care workforce, system leaders, commissioners, providers and community organisations in Kent



Book Here

to join up and work together.

There will be a variety of contributors sharing what is important to people with lived experience of adult social care and unpaid Carers, interactive workshop sessions and a marketplace that aims to offer useful information and resources.

Please note the organiser of the event is Kent County Council, Carers' Support East Kent will be attending and we hope to see you there.

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

If you have any difficulties with your booking please contact makingadifference@kent.gov.uk

Free parking, lunch and refreshments are provided. BSL interpreters will be available on site. Travel options can be found on the venue's website (Dreamland Margate) [here](#)

If you would like to attend and need support with travel or replacement care for the person you support (if they do not wish to/are unable to attend with you) please contact us and we will explore options with you



LGBT+ Pride Month

It's LGBT+ Pride Month in June, a chance for us to celebrate and make a stand for LGBT rights!

According to the 2021 Census, more LGB+ people are Carers than non-LGB+ people, and we are aware that if you or the person you care for is LGBTQ+, you may feel that you face additional issues and challenges in your caring role.

You may be worried about accessing services and have concerns that they may not be welcoming or able to meet your needs. You may worry about discrimination or people not understanding your situation.

A study by Carers UK found that 1 in 10 people who identified LGBTQIA+ are also a Carer for up to 19 hours per week. LGBTQ+ Carers are 3 times more likely to have mental health concerns, and 2 times more likely to feel isolated than non-LGBTQ+ Carers. Please reach out if you need support.

We understand that sometimes people can even be discouraged from seeking support because they worry about others' reactions,

anticipate stigma or discrimination. We appreciate that for some, this may add to the impact that caring has on your life and that it could increase feelings of isolation.

Whatever your situation, please contact us at support@carersek.org.uk / **0300 302 0061**. We will listen to what matters to you and give you information about support available to you.

Deal Pride - 15th of July

We are proud to be invited to attend Deal's first ever Pride event! We will be there all day celebrating Pride with you and providing information and support regarding your caring roles.



You will be able to find us on Walmer Green, and we look forward to seeing you all there!

To find out more go to:
<https://www.dealpride.co.uk/>



John's Campaign

For the right to stay with people with dementia

For the right of people with dementia to be supported by their family carers

John's Campaign
Website

EKHUFT
Dementia care

John's Campaign has a single, simple message: no one should enforce disconnection between family carers and those who need their expert knowledge and their love.

This principle is applicable everywhere: in the doctor's surgery, the A&E ward, the dementia assessment unit and the care home.

<https://johnscampaign.org.uk/>

East Kent Hospital University Foundation Trust support this important campaign which advocates carers staying with their loved ones in hospital. Read their page on Dementia Care [here](#)

Deputy and attorney guidance: manage a bank account for someone else

This leaflet, co-authored by the Office of the Public Guardian and British banking bodies, includes guidance on:



- your powers as a deputy or attorney managing a bank account for someone else, who may or may not have mental capacity
- documents that [deputies](#) and [attorneys](#) need to show banks and other financial institutions to manage an account for someone else
- how to manage a joint account when one of the account holders no longer has mental capacity

Leaflet

Leaflet
(Large
Print)

Council Tax discounts for severely mentally impaired people

You might be able to apply for a discount on your Council Tax bill if you or someone you live with is severely mentally impaired.

You'll need to:

- get a certificate to say you're severely mentally impaired from a medical professional, such as your GP
- prove your eligibility for certain benefits - [check with your local council](#)



Read on the Gov.uk website

If you qualify as severely mentally impaired

You'll get a 100% discount if you qualify as severely mentally impaired and one of the following applies:

- you live on your own
- any other adults in your household either qualify as severely mentally impaired or are full-time students

There'll be a 50% discount on the council tax bill if [everyone else in your household is 'disregarded'](#).

If you live with someone who is severely mentally impaired

You'll get a 25% discount if you live with someone who qualifies as severely mentally impaired and either:

- there are no other adults in your household
- everyone else in your home is disregarded

for further details see the link below:



Apply

Participating
cinemas

CEA Cards for Carers (The Cinema Exhibitors' Association Card)

A CEA Card entitles you to ONE free ticket for a carer to accompany the person they care for to the cinema to provide assistance. A CEA card costs £6 per year.

Approximately 90% Cinemas accept the card. To find participating Cinemas near you please follow this link. <https://www.ceacard.co.uk/participating-cinemas>

To apply the person requiring assistance must be in the receipt of the following:

- Disability Living Allowance (DLA)
- Attendance Allowance (AA)
- Personal Independence Payment (PIP)
- Adult / Child Disability Payment (ADP / CDP in Scotland)
- Armed Forces Independence Payment (AFIP)

Or hold:

- Severely Sight Impaired Registration (formerly Registered Blind)
- Sight Impaired Registration (formerly Partially Sighted)

When applying for a Card you will be asked to send or upload the awarding letter from DWP or a statement confirming receipt of the allowance for the applicant dated within the last 12 months.

To apply for a CEA please follow the following link:
<https://www.ceacard.co.uk/apply>

Westgate Carlton Cinema

Movie Moments Films – These are held on Thursdays at 10.45am. Tickets for Movie Moments are just £2.50 (CEA card holders go free) AND come with a complimentary hot drink and biscuits!

Project (YAP)

The project covers Kent and Medway. Its aim is to improve support, care, and treatment of young people experiencing mental health difficulties.

Porchlight has been commissioned by the Kent and Medway Integrated Care Board (ICB), to develop a project which partners with 18-to-25-year-olds, supporting them to feedback their experiences of crisis services to improve their design, development, and evaluation.

Young Adults aged between 18 and 25 years, have reported poor experiences of care within services, whether provided by statutory or non-statutory bodies. This includes people who are transitioning from children and young people's services into adult services and those who are young parents.



Email
yap@porchlight.org.uk



Dementia Drop-in Clinics in Sandwich Last Thursday of every month, 2 – 4pm

Have you or a loved one been diagnosed with a dementia? Do you need some support? This is your open invitation to come along and seek information and advice from a range of professionals in an informal social setting.

Canterbury Mental Health Team and Age Concern Sandwich are hosting a new responsive, accessible after care service in the local community.

Who can you meet:

- Memory Service Consultant
- Memory Service Nurse
- Age Concern
- Stillwell and Singleton Solicitors
- Carers' Support
- Dementia and Me Co-ordinators
- A private consultation room is also available

[Age Concern, Sneller House, 19/21 Cattle Market, Sandwich, CT13 9AP](#)

For more information contact Age Concern Sandwich on **01304 614237**

The Touch Base Project: Crisis Alternatives Support for Autistic Adults, Kent and Medway

A project for people who have a diagnosis of, or are awaiting evaluation for, Autism or Asperger's and who are experiencing significant mental health difficulties.

Their team of professional staff, peer supporters, and volunteers aim to provide a detailed, individual, and specific mental health service, which is built around you and your needs.

They operate across Kent and Medway.

They are open year-round and can offer an out-of-hours service, including weekends and bank holidays.

Their aim is to prevent a crisis. They are not a clinical service but if they can't help, they will do their best to make sure they give you the details of appropriate forms of support in your area.

What they offer:

- 6 weeks of 1-1 Self Advocacy
- Peer Support Groups
- Social Meet-Ups
- Phone, Text, and Online (Zoom) Support
- Limited Capacity for Face-to-Face Support in the Community

You can contact Advocacy for All by telephone: **0345 310 1812**

Or by Email:

info@advocacyforall.org.uk



Project
Leaflet

Make a
referral



Fidget Muffs Knitting Patterns

Some of our carers have very kindly made us some fidget muffs

which are fantastic for people that have restless hands.

We have been told that these are particularly useful for people that have Dementia. They can have ribbon, buttons or beads sewed into them and also keep hands warm.

If you are interested in how to make them please see below the links to some possible patterns.

Twiddlemuff
Pattern

Twiddle
Squares
Pattern

Dementia Music Sessions

The Cin Cin Bar in Deal are offering afternoon music sessions for those diagnosed with Dementia and Alzheimer's. Sessions will be in a relaxed, informal environment with live music.

Sessions will run **every 1st and 3rd Wednesday of the month between 2-4pm** at [15A South Court, Deal CT14 7AF](#)

These sessions are free and run by volunteers, there are teas and coffees available with a donation pot.



Cin Cin Bar

**LIVE
MUSIC
SESSIONS**

*For those diagnosed with
Alzheimers & Dementia
(with a particular focus
on younger diagnosis)*

**FIRST & THIRD WEDNESDAYS OF EACH MONTH
2PM - 4PM**

*Join us for a bi-monthly live music session in a safe,
welcoming and non age related environment.
The session is run by volunteers & carers are invited to
attend along with family and friends (if you wish) to
create a fun & friendly environment.
FREE ENTRY with FREE soft refreshments (Donation jar
available if you wish).*

**CIN CIN BAR
15A SOUTH COURT
DEAL
CT14 7AF**

*Run with
consultation &
support from:*





[More information](#)

Covid-19 spring booster vaccinations

More than a million people will be eligible for a spring Covid-19 jab in the south east, as the NHS begins to roll out the next phase of the vaccination programme.

People aged 75 and over, those with a weakened immune system and older adult care home residents, will be eligible. This follows advice from the Joint Committee of Vaccination and Immunisation.

The first appointments are available **from Monday 17 April**. Text messages and letters will be sent to those eligible.

The last spring vaccination appointments will be offered on 30 June.

Timeline:

- **17 April:** The NHS will begin to vaccinate eligible members of the public in the spring booster campaign.
- **5 May:** Last chance to get a first dose to receive full primary course during spring for not-at-risk adults aged 18 and over.
- **29 June:** The last date for the public to book spring boosters.
- **30 June:** The last date for the public to get vaccinated outside of seasonal booster campaigns.

Kent Fraud Alert System - May Update

Kent Police have announced 5 new fraud alerts you should be aware of.

These Include: Emails regarding undelivered bank cards, Courier Fraud, Investment Scams, TV Licence Scams and Holiday Scams

Please feel free to share with whoever you think needs to know.

Full details of these scams are provided in the PDF linked in the button below.

Preventing fraud

Together, let's stop scammers.

Remember, ABC:

- never Assume
- never Believe
- always Confirm

Get the latest scam advice:

@KentPoliceECU

Kent and Medway Safe Havens

Are you feeling distressed, frightened, overwhelmed, or that things are too much for you? Don't know where to turn to get mental health support? Are your usual sources of support closed for the night?

Kent and Medway Safe Havens offer out-of-hours mental health support to anyone aged 16+ in the Kent area.



Kent and Medway Safe Havens

Clarion Domestic Abuse Support

A poster for Clarion Domestic Abuse Support. The top half has a white background with the title 'Domestic abuse' in large pink letters, followed by 'Do you know who to turn to?' in dark blue. Below this is text about free and confidential advice, the Clarion Domestic Abuse Helpline service on 0737 663 7069, and the website www.domesticabuseservices.org.uk. Logos for Clarion Housing and KIDAS are at the bottom left. The right half of the poster features a photograph of a young Black woman in a pink shirt looking thoughtfully at another person. A pink banner at the bottom reads 'If you are in danger please call 999 immediately'.

Clarion's Domestic Abuse service offers support to help people experiencing domestic abuse stay safe. We work with our clients to provide and encourage choice and independence to help them build the life they want to lead free from abuse.

For women who are at risk and not able to remain living at home our 11 refuges offer secure accommodation for up to 80 women and their children across Kent and Medway.

Our community outreach service provides free and confidential advice, over the phone or in a mutually agreed safe public place or if assessed as safe at the client's home. Support is available to men, women and transgender people over the age of 16 affected by domestic abuse.

Contact our domestic abuse support line on **0737 663 7069** or



Support with the rising costs of living

If you are struggling with the rising costs of living, we have details of a range of organisations offering support with staying warm and well, with support such as:

- Information and Advice
- Food Banks
- Warm Spaces

You can find a list on the link below or please call our friendly team 0300 302 0061 and they will be happy to share information about what might be available in your community.

[Read about cost of living support across East Kent](#)

Cost of living support

Cost of living support poster

[Click here to see the poster](#)

What's on for Carers?

We run regular Carer drop-ins, support groups, social activities, training workshops and

fundraising events.

Please check our calendar to see what's on.

What's On for Carers
Calendar



**Carers' Support East Kent
&
The Good Estate Agent**

£100 donated to Carer's Support for every property listed with The Good Estate Agent - Dover and Deal

"Carers' Support East Kent has been the most positive experience we've had"

"You listened to me, advised me where able, spent time talking to me and made it clear nothing was too much trouble"

Get in contact with The Good Estate Agent and help support carers all across East Kent

Book your FREE valuation now

<https://carersek.org.uk> 01304 796806 www.thegoodestateagent.com jamiespeed@thegoodea.co.uk



The Good Estate Agent supporting local Carers

We are delighted to announce that over the next 12 months The Good Estate Agent in Dover and Deal will donate £100 for every property listed with them.

Jamie Speed, manager/owner said:

"We are delighted to be supporting local Carers in this way. This is a cause close to my heart. I was the Assistant Head at Folkestone Academy and worked very closely with young Carers.

I saw first-hand the impact of juggling school, college, work and with caring for parent, grandparent, sibling, partner, or friend had on blossoming young lives. I certainly would have found it incredibly challenging.

Now I want to make a difference to Carers of all ages in East Kent especially now when things are so tough. I am proud to be contributing to the wonderful work Carers' Support East Kent do and helping local Carers."



Join us as a volunteer

Without our amazing team of volunteers (many of whom also have experience as Carers), we would not be able to provide many of our services.

Could you share your skills and experience to help others? There are lots of different opportunities for volunteers at Carers Support East Kent. You could:

- organise and attend Carer drop-ins, support groups and social activities
- provide phone support for Carers
- raise awareness of Carers and our services in the community
- help with administration and fundraising
- deliver training workshops for Carers
- be a volunteer driver
- We provide training, support, and travel expenses for our volunteers.

If you're interested in joining us as a volunteer, we'd love to hear from you. Email volunteer@carersek.org.uk or call 0300 302 0061 for an informal chat.

How you can help us

Please help us reach Carers who may not know about us, by forwarding this bulletin, following and sharing our social media posts (links below).

- > [Share your Carer story to help others](#)
- > [Volunteer with us](#)
- > [Donate to support Carers](#)
- > [Sign up with easyfundraising](#)

Thank you

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