

Carers' News Bulletin

June 2023



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



Carers' Week – thanks everyone for a great one!

Whether you organised activities, attended one of our events or said I CARE - you helped us come together to recognise and support Carers. Thank you for making a wonderful [#CarersWeek](https://twitter.com/CarersWeek) 2023.

Carers Week may be over for this year, but you can still support Carers by getting involved. There are many ways you can become part of our community and help support local Carers in East Kent. The money you raise, the time you volunteer and the gifts you donate will help to make a difference for local Carers.

Your support will give Carers the support, reassurance, information,

and guidance they need to continue providing care and live well. It will offer them opportunities to share fears, for concerns to be addressed and accurate information imparted.

Donate, volunteer or Partner with us – for more details visit <https://carersek.org.uk/get-involved/> or click the button below

Get Involved



New on-line self-referral form

We know that when you are a Carer time is precious and caring isn't nine to five. It can be difficult to find the time to do the things we need and want to do.

To make it easier for Carers that haven't used our service before to tell us about their situation and access information and support we have launched an online self referral form.

Our team are still available in all the usual ways to provide information and support.

You can now do this on-line by visiting <https://carersek.org.uk/carers-self-referral/> or clicking the button below.

Carer Self Referral Form



Visit from Thanet Mayors

Our CEO, Jill Attwell gave a short presentation to the Mayors about the importance of supporting Carers in our communities, the challenges Carers experience the services Carers' Support East Kent provide for Carers.

Thank you to the Mayor and Mayoress of Margate, Cllr Rob Yates and Mrs Iris Johnston, Ingrid Spencer clerk to the Margate Charter Trustees & Mayor's Assistant and with Cllr Kristian Bright, The Mayor of Broadstairs & St. Peter's for visiting us at Discovery Park.

State of Caring survey

[Carers UK](#) have launched their annual State of Caring survey to understand more about unpaid Carers' lives and experiences in 2023.

Last year over 13000 Carers shared their experiences through the survey, and their responses helped Carers UK bring the voice of Carers into discussions on a whole range of issues, including the cost-of-living crisis.

It's really important that we hear from unpaid Carers about their experiences of caring this year.

You can complete the survey at <https://www.surveymonkey.co.uk/r/Z2C2BCG>



Complete The Survey

University of
Kent

University of Kent
Research

The University of Kent is carrying out research on family carers, if you care for someone over the age of 60, share a home with the family member

you care for or does your family member have care workers come in to care for them?

If you are interested in helping with this research please contact Kathryn Rogers by email on kmr32@kent.ac.uk or by phone on 07864 637306.

Support for young people with special educational needs and disabilities.

SEND information hub can support with employment, education, getting involved in the community, living independently and much more.

For more information please check their website.



SEND KCC
Website



Read More

BIG FREE BUS WEEKEND 24th -25th June

As part of their Bus Service Improvement Plan, Kent County Council are offering free bus travel on all bus services running in Kent and Medway on the 24th and 25th of June. This is just one of their initiatives to encourage the use of the bus.

All routes on local bus services within Kent and Medway will be free to travel on from the first bus in the morning until 8pm on both the Saturday and Sunday.

There is no need for a ticket, just turn up and hop on!

Age Concern Tea Dance

Age Concern in Sandwich are holding a tea dance on Tuesday 8th August in Deal at St Richards Church 4pm-6pm, free to enter and refreshments available.

[See the poster](#)



[Find out more](#)

FCS 'Talk it Out' Programme

The 'Talk it Out' Programme, which runs for 10 weeks in East Kent (Folkestone, Ashford, New Romney), supports mental health and wellbeing.

It will run from June this year until March 2024 and will be facilitated by FCS Talking Therapies staff.

Groups will be free to attend with a maximum of 10 people in each group. There will also be an option to participate online.



LGBT+ Pride Month

It's LGBTQ+ Pride Month in June, a chance for us to celebrate and make a stand for LGBTQ+ 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 LGBTQ+ 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/>

Porchlight's Young Adults Participation Project (YAP)



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

Email
yap@porchlight.org.uk

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.



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
Alheimers & 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:



Kent Fraud Alert System - June Update

Kent Police have announced 4 new fraud alerts you should be aware of.

These Include: Scam Apple Pay Text Messages, Courier Fraud, Identity Theft and Airline Voucher 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.

Kent Fraud
PDF

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 black. Below this is text about free and confidential advice, the Clarion Domestic Abuse Helpline number (0737 663 7069), and the website (www.domesticabuseservices.org.uk). There are two logos: Clarion Housing (a stylized 'K' made of horizontal lines) and KIDAS (a green circle with a white 'K'). The bottom half of the poster features a photograph of a woman in a pink shirt looking at a man, with a pink banner at the bottom that 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 email supported.housing@clarionhg.com

GPS Personal Alarm – Age UK

When you are independent, active and want to enjoy



More Info

getting out and about, the Classic GPS Personal Alarm provides reassurance that you can call for help at the touch of a button.

The Classic GPS Personal Alarm is a small pendant that uses GPS-tracking so you can get help from anywhere in any emergency.

The pendant is small enough to wear around your neck, use as a key fob or keep in a pocket.

Should you fall, feel unwell or be in distress, you can speak with *Taking Care's* Emergency Resolution team by pressing the pendant's emergency button.

The Emergency Resolution team will know who and where you are. They will quickly get help to you by calling friends, family or the emergency services.

The life-saving alarm service is provided by *Taking Care*, the first Which? Trusted Trader approved personal alarm service in the UK.

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



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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