

# Carers' News Bulletin

August 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](mailto:support@carersek.org.uk)



## We've been chosen as Charity of the Year!

We are delighted to have been chosen as *Charity of the Year* by the Sandwich office of accountants, business and wealth advisers, Kreston Reeves.

Each Kreston Reeves office in Kent, Sussex and London supports a different charity each year and staff can volunteer to give time to support their chosen charity. As a firm, Kreston Reeves want to 'give back' to their local community wherever they can. Further to supporting a colleague who is a Carer, they have kindly chosen to support us for a year. During this time they will be raising funds and

awareness.

Jenny McCarthy, Fundraising and Partnerships Manager, pictured with Taylor Moores, Accounts Assistant Manager at Kreston Reeves, above, said:

*"Thanks to the wonderful support of partners like Kreston Reeves, we can champion Carers' needs and ensure they get the right support when they need it most. Their support also gives Carers access to vital breaks from their caring responsibilities, enabling them to focus on their health and wellbeing".*

Been inspired? For a chat about how your company can help, please get in contact. Or if you know of a local business or group that has a Charity of the Year scheme, do let us know.

Learn more about Kreston Reeves [here](#).

Email our fundraising team



**Come and join us at the Shed for some fun.**

**A couple of hours to learn something new and lose yourself in a rewarding creative activity.**

**Gilding**  
Friday 15<sup>th</sup> September  
1pm-3pm

**Introduction to French Polishing**  
Friday 20<sup>th</sup> October  
1pm-3pm

**Book Folding**  
Friday 17<sup>th</sup> November  
1pm-3pm

**Christmas Decorations**  
Friday 15<sup>th</sup> December  
1pm-3pm

**broadstairs town shed**

Unit 3 Oakwood Industrial Estate,  
Dane Valley Road,  
Broadstairs,  
Kent, CT10 3JL  
Tel: 01843 867580  
Email: [info@broadstairs-townshed.org.uk](mailto:info@broadstairs-townshed.org.uk)

**Location Map**

## Time for Me – Thanet based creative workshops and taster sessions

With thanks to the generous support of Broadstairs Town shed, we are delighted to bring you a selection of taster sessions and workshops designed to provide a creative learning experience while giving you a break from your caring role, a little 'Time for Me'.

The Broadstairs Town Shed is a volunteer led initiative. A place for people to get together, and participate in meaningful and rewarding DIY/woodwork and metalwork-based activities. They are running four monthly workshops, exclusive sessions for Carers registered with Carers Support East Kent. The sessions take place on the 3rd Friday of the month as follows:

- 15th September Introduction to Gilding 1pm-3pm
- 20th October Introduction to French Polishing 1pm-3pm
- 17th November Introduction to Book Folding 1pm-3pm
- 21st December Christmas Decorations making 1pm-3pm

There are 12 places for registered Carers on each session. These workshops take place at the shed, Unit 3 [Oakwood Industrial Estate, Dane Valley Road, St Peter's, Kent, CT10 3JL](#). The Shed has free parking and is also on the Thanet Loop bus route, with a stop right outside. It is fully accessible for wheelchair users.

If you are interested in attending please email [events@carersek.org.uk](mailto:events@carersek.org.uk) or ring us on **0300 302 0061** and select option 1 (events) to leave your details, stating which session you are interested in.

Where there is more interest than spaces, we will run a draw to allocate places.

[Register interest here](#)

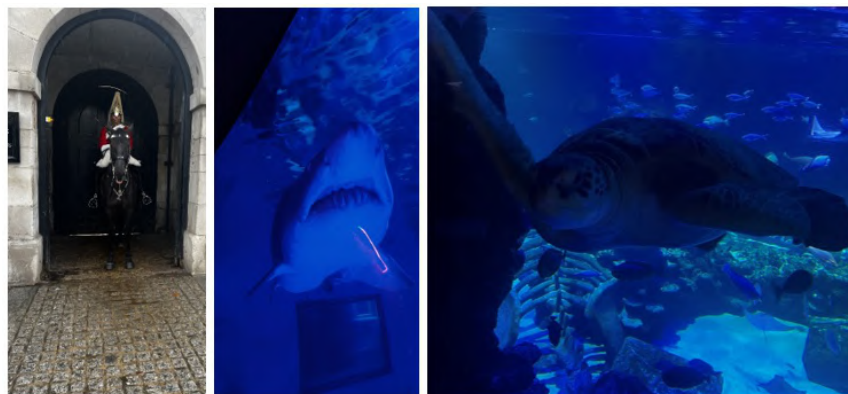


## Covid-19 autumn booster: Carers are eligible

The Joint Committee on Vaccination and Immunisation (JCVI) has announced its advice regarding persons who will be eligible for a COVID-19 booster vaccine in autumn 2023.

Unpaid carers will be eligible for the booster, as they were last year. NHS England will confirm details on how and when eligible people can access the autumn booster vaccine in due course.

[Read More](#)



## Merlin's Magic Wand support Young Adult Carers

On Tuesday 8<sup>th</sup> August we were very excited to be able to take a few of our Young Adult Carers to the Sea Life Centre in London with thanks to Merlin's Magic Wand. We all had an amazing time, despite the weather, and also went and visited the M&M shop!

**AGE**  
*Concern*  
**SANDWICH**

## Dementia Awareness Roadshow

We are happy to announce that we will be supporting the Dementia Awareness Roadshow on **Tuesday the 19th September.**



The Dementia and Me team at Age Concern Sandwich are hitting the road to raise awareness and help improve the lives of those living with dementia.

Please join them for a free enlightening and entertaining event at **St Georges Church, High Street, Deal 10am-2pm.**

Refreshments and excellent conversation available.

For more info, contact Age Concern Sandwich on **01304 614237**

## Domestic Abuse Support in Kent & Medway

This is a resource covering Kent and Medway providing advice and information on services available for victims, friends & family, and perpetrators of Domestic Abuse.

Simply click the area of Kent you live in, and see the best help available in your area.



DA Services  
Webpage



## Food Friends

Food Friends is a registered charity working hard to bring communities together through food and friendship. They run a meal sharing initiative that connects volunteers, who would love to deliver an extra portion of their home cooked food, as and when they can, to a neighbour who would enjoy this along with a friendly chat.

If you, or someone you care for, would like a home cooked meal, delivered with kindness and care, or you would just like to hear more, please contact their friendly team on **01227 250 410**, email **hello@food-friends.co.uk** or visit their website [www.food-friends.co.uk](http://www.food-friends.co.uk)

Please note, their meal sharing initiative currently operates in Whitstable, Canterbury, Herne Bay and Faversham, is free of charge,

and all their volunteers are DBS and reference checked.

[Food Fiends Website](#)

[Email Food Friends](#)



## Free and reduced fee TV Licences

Please find some helpful info below to find out if you qualify for a free or reduced fee licence.

### ***How do you qualify for a free TV Licence?***

You can get a free TV Licence if you, as the licence holder, are 75 years or older and you, or your partner living at the same address, receive Pension Credit.

[Apply for a free TV Licence Here](#)

### ***How do you qualify for a reduced fee licence?***

- If you live in a residential care home, supported housing or sheltered accommodation you may be entitled to a reduced fee TV Licence.
- If you are blind (severely sight impaired) and can provide the appropriate evidence, you are eligible to apply for a 50% concession.

[Find out about reduced fees here](#)



## Cup of Tea for KAB

Kent Association for the Blind would like to invite you, your family and friends to enjoy a Cup of Tea for KAB at their Maidstone Sight Centre ([72 College Road, Maidstone, Kent ME15 6SJ](#)) on **Thursday 31st August** between **11am and 3pm**.

Enjoy delicious cakes – plus have a chance of winning on the tombolo or try guessing the weight of the cake. There will be plenty of games and fun to be had. Iris, their Mobile Sight Centre, will also be on site for you to explore and answer any questions you may have regarding general eye health.

To obtain a ticket, please complete the form on their website

[www.kab.org.uk](http://www.kab.org.uk) or contact the Fundraising Team on **01622 691357**.  
Tickets are priced at £5 per adult and £2.50 per child.

[Purchase Tickets](#)

## Age Concern Sandwich - Greet, Eat, Meet...

### **Mondays and Fridays only**

Thanks to funding from Dover District Council, Age Concern Sandwich is able to offer a delicious 2-course lunch at a subsidised cost of £4.

Don't spend your summer days alone, come to Age Concern Sandwich where you'll be warmly welcomed and can enjoy a delicious lunch in the company of others.

Advance booking is advisable.  
Please call **01304 614237** to book and for more information.



## Household Support Fund

A scheme funded by the government to support vulnerable Kent households in need of help who are struggling to pay for food. Please check the eligibility and apply below.  
The voucher can be redeemed at the following supermarkets:

- Aldi
- Asda
- Farmfoods
- Iceland
- Morrisons
- Sainsbury's
- Tesco

[Check eligibility and apply](#)

## Keeping safe when you care for someone with dementia

Dementia can affect a person's ability to manage their emotions and actions. At times of intense distress, they may become verbally or physically aggressive, putting them and those around them at risk of harm.



Click the button below to find more info on assessing risks, preventing aggressive behaviour, making a safety plan, and more.

[Dementia UK](#)



## Talk It Out Crafter's "Make Do & Mend"

Do you have any clothes to repair? Instead of throwing them away, why not attend a "Make do & Mend" session?

Held at [43 Victoria Road in Deal](#) every **Friday 11am-1pm**. There is no charge for this and tea and coffee is on offer.

[See the poster](#)

[Talk It Out Crafters on Facebook](#)

## Kent and Medway Abuse Strategy 2024-2029

They want to hear your views on the new **Kent & Medway Partnership Domestic Abuse Strategy 2024-2029**.

The strategy represents the work and ambitions of 20 partners across Kent & Medway and has been written based on detailed feedback from people who have experienced abuse.

Follow the button to read the strategy summary and have your say by filling out their questionnaire.

[Summary & Questionnaire](#)



Do you have a few hours a week free?  
Want to support our work with Carers?

We are seeking an office volunteer to provide admin



support to our hub team.

This role is vital to the delivery of our services and makes an important contribution to the range of Carers' services provided across East Kent.

You'd be providing essential administrative support to the Carer Support Coordinator team enabling their efforts to be focused on supporting Carers and fulfilling their front-line responsibilities.

Volunteers are a key part of our charity, and we value everyone's contribution. Full training will be provided.

For more details, an informal chat or to express an interest please email [volunteer@carersek.org.uk](mailto:volunteer@carersek.org.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](#)



[Complete the survey here](#)

## East Kent Hospitals Survey

If you are a family member or friend who provides unpaid care or support to a person who is or has been (since January 2023) an in-patient at East Kent Hospitals, we have a survey you can complete.

The survey is anonymous. Your feedback will be shared with the ward and with Trust managers and used to make improvements where needed.

## 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

Carers' News is produced thanks to funding from Carers Trust.



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