

Carers' News Bulletin

September 2023



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



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 15th September
1pm-3pm



Book Folding
Friday 17th November
1pm-3pm



Christmas Decorations
Friday 15th December
1pm-3pm



Introduction to French Polishing
Friday 20th October
1pm-3pm





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



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:

- 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 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



Dementia Roadshow

Carers Support East Kent attended the Dementia Roadshow at St George's Church in Deal on Tuesday 19th September, run by the Dementia and Me team at Age Concern Sandwich. For information on future stalls and events we will be attending, keep an eye on our Newsletter and social media.

At each of these events there is a chance to speak to our Carer Support Coordinators about the support we can offer for Carers.

Our
Facebook

Our X (formerly
Twitter)

Our
Instagram

Welcome to our new
Community
Development and
Volunteer Coordinator
Louisa

Louisa Constantine is delighted

to have joined Carers' Support East Kent as Community Development and Volunteer Coordinator.

Louisa has experience in volunteer recruitment and coordination as well as developing strong Community Partnerships for events, fundraising and collaboration.

When forming partnerships her goal is to create relationships which grow and have longevity so Carer' Support East Kent can return to partners for assistance and support on different projects overtime.

Building a community for volunteers is wonderful experience, watching someone arrive with little confidence or sense of what value they bring and getting to watch them grow, flourish and take ownership of volunteering projects is incredibly rewarding, everyone has something to offer!



Louisa lives in Whitstable with her husband, two daughters, Noodle the cat and her beloved black lab Ziggy. If you would like to get involved in our volunteering community, we would love to hear from you, please contact louisac@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.

[Whats On for Carers Calendar](#)

Carefree

If you're an unpaid carer dedicating over 30 hours a week to caring for others and you're 18 or older, you can enjoy exclusive access to breathtaking hotel breaks across the UK.

These breaks are gifted to you as a token of appreciation for your selfless commitment. You can treat yourself to one unforgettable break per year at the cost of a £25 admin fee only.



[Sign up today](#)



NHS flu and COVID-19 vaccine programmes being brought forward due to risk of new Covid variant.

NHS England has announced that eligible people, including unpaid carers, will now start to be offered a COVID-19 vaccine from 11 September, in line with the latest expert guidance on the new Covid variant.

Carers' Support East Kent would like to encourage unpaid carers aged 16 to 64 to flag that they are an unpaid carer for a friend or family member so that their eligibility for the Covid vaccine is clear.

Those eligible for a flu vaccine this year include carers in receipt of Carer's Allowance, or those who are the main carer of an elderly or disabled person and close contacts of immunocompromised individuals.

Carers' Support East Kent are committed to supporting Carers health and would advise contacting healthcare providers to book your slot.

[Read More](#)



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**

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 Friends Website](#)

[Email Food Friends](#)

Sainsbury's Assisted Shopping Scheme

Sainsbury's Assisted Shopping scheme helps people who are housebound and cannot travel to the shops or those who cannot manage online shopping by allowing them to make shopping orders over the telephone.

Orders placed before 6:00pm can even be delivered the next day. People must register via the telephone before they can place telephone orders.

For more information about delivery costs and registering for the service, please contact Sainsburys Assisted Shopping directly.
Tel: **0800 328 1700**



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](#)



Energy price cap lowering from 1st October

Don't have a smart meter?

Remember to read your energy meters as the energy price cap is changing from 1st October. Energy regulator Ofgem has announced that its price cap will drop from £2,074- £1,923 from October 1st, meaning that the annual bill of a typical household should drop by around £151 a year.

Your energy supplier needs regular readings from your gas or electricity meter to work out the cost of your bills. If you don't send them readings, they'll estimate your usage, meaning you could be paying for more, or less, energy than what you use – but that's typically if you don't have a smart meter, which normally sends automatic readings to your supplier.

According to Uswitch, it's important to take a meter reading on or around October 1st, as this is the date that energy tariffs will change.

[Visit USwitch website for further details](#)

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.



[Complete the survey here](#)



Age Concern Sandwich Singers

Group singing songs you know and love

See the
poster

from 10am with singing from 10:30-11:30am

On the below dates at Age Concern Sandwich, [19-21 Cattle Market, Sandwich CT13 9AP](#)

September 5th 12th 19th 26th
October 3rd 10th 17th 24th 31st
November 7th 14th 21st 28th
December 5th 12th

for more info, call **01304 614237** or **07790 263762**

Age Concern Dementia Drop-in Clinics

On the last Thursday of every month, 2pm - 4pm at Age Concern Sandwich, [19-21 Cattle Market, Sandwich CT13 9AP](#)



Have you or a loved one been diagnosed with 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.

You can meet:

- Memory service doctor
- Memory service nurse
- Age Concern
- Stillwell and singleton solicitors
- A private consultation room is available

For more info, contact **01304 614237**



Find more SEK
Wellbeing
Activities in your

Marigold Social Club

Monday, Tuesday & Thursday 9.30-2.30pm at [The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS](#)

Join Joan, Jerry, Gemma ... and Teddy (our resident dog) for fun, laughter, activities, and games.

Sessions run **10am-12pm** and **1-2.30pm**, with the option for lunch served at 12pm. For more info, please call **01304 372608** or pop along.

Age UK Craft Club Hub

Monday, Tuesday & Thursday 9.30-2.30pm at [The Deal Centre, 3 Park Street, Deal, CT14 6AG](#).

A new craft club to meet with like-minded crafters. Bring your own project or try something new. Refreshments included in the session price.

For more information, please call Karen **07958 518424** or email karen.pattison@ageukskc.org.uk



Find more Age UK South Kent Coast events



Sessions are being held on:

2023

- 11th September
- 2nd October
- 6th November
- 4th December

2024

- 8th January
- 5th February
- 4th March
- *No April Meeting*
- 13th May
- 3rd June
- 8th July

SPOTS support group

Come and join SPOTS for a chat and a 'cuppa'.

SPOTS is a support & information sharing group for families, friends or Carers of children & adults with autism (and other associated learning difficulties)

9:30am to 11:30am at the [Green Banks Centre for Disabled Children, Westfield Rd, Margate, CT9 5PA](#)

Children welcome, with soft play & sensory rooms available.

Please phone **07717 064944** or **07938 952138**

Email spotspectrum@gmail.com

Join the Facebook group

Help for Heroes - The Veterans War

When a conflict ends, for some the battles don't stop.

Help for Heroes support veterans and their families by giving life-changing support, no matter when or where they served.

They're at their side. For as long as it takes....



Visit the Help for Heroes website



East Kent Mind Crisis Café

Our aim is:

- To provide a safe, relaxing space where you can speak freely with one of our mental health workers about what is going on for you
- To offer support, advice and signpost you to a suitable service for you
- To help you feel less isolated
- To provide support to learn from a crisis

What is the Crisis Café ?

The Ramsgate Crisis Café is a safe and friendly place that you can come to if you are experiencing severe emotional or psychological distress. You can access mental health support and advice from mental health and wellbeing workers.

When is it open?

We are now open from **6pm to 9.30pm**, seven days a week. You can visit without an appointment.

Address: [34 King St, Ramsgate CT11 8NT](#)

Domestic Abuse Victim Empowerment (DAVE)

Save DAVE is a Domestic Abuse Victim Empowerment service providing confidential advice, impartial support, and advocacy for male victims of domestic abuse.



The Male Victim Domestic Abuse Service is a bespoke support service for male victims of domestic abuse and domestic violence, including psychological, physical, sexual, financial, and emotional abuse and coercive and controlling behaviour.

DAVE supports all men, with or without children.

Call DAVE **01233 680160** or visit www.SaveDAVE.org.uk

Free Coastal Wellbeing Activities for Margate residents at Walpole Bay

Thanet District Council is running six weeks of free



activities as part of the Margate Town Deal Coastal Wellbeing Project.

The activities are aimed at Margate residents who don't usually access gyms or paid classes. All on Walpole Bay beach, unless otherwise stated.

Book your place here

Please book your place with the button on the left, or if you have any questions, please email natasha.brown@thanet.gov.uk

More info

The remaining events are as follows:

Social Singing with Laura Watson – every Wednesday at 5.30pm at the Walpole Bay Hotel shelter, Fifth Avenue, starting on Wednesday 27 September.

Boxing for Mental Health with Loz Elliot – every Thursday at 10.30am, starting on Thursday 28 September.

Children* in Permaculture with Flints *aged 0-5 with their carers – every Thursday from 10am to 12pm starting on 28 September 2023.

Clubbercise with Leanne Hawker – every Thursday at 5.30pm, starting on Thursday 28 September.

Yoga with Angela from Another Journey Begins. - every Friday at 10.30am, starting on Friday 29 September.

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. Consultation closes **9th October**, so be sure to have your say before this date.



Summary and Questionnaire

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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Carers' Support East Kent
Innovation House
Discovery Park
Ramsgate Road
Sandwich
Kent CT13 9ND

T 0300 302 0061
M 07545 916214
support@carersek.org.uk

www.carersek.org.uk

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