

Carers' News Bulletin

October 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



Ramsgate FC Offer Support to Reach Male Carers

It was such a pleasure to meet Steve from Ramsgate Football Club this month and discuss partnering to raise awareness for unpaid Carers in East Kent. Steve is at the helm of the Rams, and I was staggered by the amount of Community outreach undertaken By Ramsgate FC.

Ramsgate is one of the largest non-League clubs in Kent, and last season fielded 78 senior and youth teams, and for 2023/24 again includes 3 for women and 10 for girls as well as 2 senior men's teams comprising the 1st Team and Under 23s. The club continues to grow and it a firm fixture in the local community.

Carers' Support East Kent are always working to reach Carers who may not realise there is help available for them on their caring journey.

In the UK 42% of Carers are men, but as a husband, partner, dad, son, brother or any other relation or friend you may not feel you are a Carer.

Looking after those we care about is something that we do. You may not think of yourself as a Carer, but if you look after a relative or friend who can't manage without your support you are a Carer and

our services are for you.

We understand that every caring situation is different and it can sometimes feel difficult to ask for help and support. You might be worried about asking for help or feeling unsure about what might happen if you do. You might find yourself doing things you have never done before or that you are not comfortable doing as a Carer.

You are not alone, research shows that many men find it harder to ask for help and support, in a study carried out by Carers Trust and the Men's Health Forum participants said:

"Ladies seem more able to ask for help and support. Men don't talk about the need for support. They talk about football not feelings."

If you are working and caring we know this can be hard to manage, and you may not want to share your personal situation with your employer or colleagues.

The study also noted that more than one in four male Carers in employment would not describe or acknowledge themselves as a Carer to others, meaning they may not get the support they need.

If you spend most of your time caring, you may find it difficult to do the things you enjoy or spend time with friends or family. You might be feeling lonely and may find it hard to share this with others.

Whatever your situation, please contact us we will listen to what matters to you and give you information about support available to you.

Ramsgate FC have been incredibly supportive in our effort to reach male Carers, Steve placed an advert about Carers' Support East Kent in the Match Day programme and we will have an information stall at Ramsgate FC Soon! Thank you Ramsgate FC and GO RAMS!



Chris' Experience as our Volunteer

Hi, I am Chris.

I live in Birchington, and I am a volunteer for Carers' Support East Kent. This is a registered charity, based at Discovery Park, Sandwich, whose purpose is to ensure all Carers are valued and able to live the life they choose.

Being a Carer can be a positive experience, but it can also be challenging and exhausting which can impact on the Carer's physical or mental health. My dad contracted Alzheimer's when he was just 64 and Mum cared for him for 13 years, so I do have some

understanding.

Many Carers find themselves having to juggle the needs of their family, employment, financial well-being and even their own health alongside their Carers role. When you are caring for someone else it is so easy to ignore your own needs. Getting the balance right is important for the Cared-for, as well as the Carer, as when the Carer becomes ill, stressed or unhappy, their ability to care will suffer.

Thanks to the generosity of the team at the Birchington Community Hub on Minnis Road, I run a coffee morning there for Carers on the second Monday of each month between 10.30am and 12. If you are a Carer and feel that you are becoming isolated and need a bit of help, do come and join us. We have a good natter, support each other when required and enjoy the coffee/tea and a slice of cake! I can put you in touch with Carers' Support and tell you more about how they might be able to support YOU. Do come along. Or contact the team on **0300 302 0061** or at support@carersek.org.uk

Kindest Regards,
Chris



Canterbury Tails Cat Café

Canterbury Tails is a fully plant-based Cat Café that offers half price entry for Carers.

To take advantage of this offer you will need to pay the standard entry of £10 for the person you are caring for and you can then apply for "Working Carer's Discount" for yourself which will get you entry for £5.

Although the wording says "Working Carers", we understand that these offers also apply to those Carers who care for a relative or friend regardless of whether you are in employment.

On the café's website, simply add one standard "Café Entry" to your cart (for the person you are caring for), as well as one "Café Entry - Working Carer's Discount". Please ensure both are set for the same date and timeslot.

The link to buy entry to the café is supplied [here](#), you can book entry many weeks in advance along with the time slot you will attend:

You will need to ensure you bring a Kent Carers Emergency Card with you on the day as proof of your caring role. If you or the person you care for struggle with your mobility, you can request seating on the ground floor.

The Café also offers food and drinks along with the opportunity to increase your wellbeing as you will be surrounded by a variety of

different cats! There is also a gift shop if any trinkets catch your fancy. You can find a profile of all the cats at the establishment at this link [here](#).

Book Entry



“I can’t put into words the difference the support from Carers’ Support East Kent has made”

Carers' Support East Kent, provide vital support and info to **All** unpaid Carers in East Kent

If you, or the person you care for, is LGBTQ+, you may feel that you face additional issues and challenges in your caring role.

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.

Get in touch today for a friendly chat, to see how **WE** can support **YOU** on your caring Journey.

support@carersek.org.uk

Find out more on our website



Money Saving Corner

Staying warm advice from Money Saving Expert: Heat the human, not the home.

Make sure you only pay for the energy you use, don't rely on your providers estimate, do a meter reading yourself.

If you are struggling with finances, there are various organisations who can support you:

- **Citizens Advice: 0808 223 1133**
<https://www.citizensadvice.org.uk/>
- **StepChange:** A charity that provides free debt advice. It can work with you to develop a personalised plan to make repayments, set up and manage a debt management plan for you, or even help with ways to write off debts if you are unable to pay: **0800 138 1111** or <https://www.stepchange.org/>
- **Money Helper:** Sponsored by the Department of Work and Pensions, it provides free, impartial, and confidential money guidance to anyone in the UK. You can contact Money Helper on **0800 138 777**. Or visit their website <https://www.moneyhelper.org.uk/en>
- **Age UK:** can help any older person or those entitled to claim benefits. Please contact Age UK before you consider turning your heating off or down. They can check you are receiving all the support available to you. **0800 678 1602** Or visit their website <https://www.ageuk.org.uk/>
- **Scope:** If you have a disability, you can get help from Scope. It has a free energy and water advice service for disabled people and their families in England and Wales. You can contact them on **0808 801 0828**. Or visit their website [Disability Energy Support | Disability charity Scope UK](#)

Money Saving Expert Article



Kent Adult Social Care and Digital Kent's autumn

DIGITAL ROADSHOW

Autumn Digital Roadshow

- Try out our new adult social care digital resources
- Learn about technology for independent living
- Find information about wellbeing, care and support
- Explore what's available in your community

How will this benefit you?

Our friendly team will be attending a variety of locations in person this autumn, to give demonstrations and guidance on digital technology and online tools that can help people stay independent, provide a guide to key information about social care in Kent and help signpost to the right place for support.

Who can attend?

Anyone who wants to know about social care in Kent. This may be especially useful for people that would like to stay independent at home, family carers of adults and staff from health, social care and voluntary sectors. Staff from local private businesses are also welcome.

How do I book my space?

It's good to know who to expect as it helps us create a session that is just right for you, so please contact us via makingadifference@kent.gov.uk to reserve a free space on our bookable workshops, or call **03000 413 998** if you prefer to phone

us.

You can also come and say hello at one of our information stands if you're in the area on the day.

Dates, times and locations*

- Tues 17 Oct: 10am-2pm [Temple Hill Community Centre, Dartford DA1 5HY](#) (information stand/demos)
- Wed 18 Oct: 9.30am-12 midday [Ashford Library and Gateway Plus TN23 1AS](#) (information stand/demos)
- Wed 18 Oct: 2pm-4.30pm [MS Therapy Centre, Canterbury CT4 7DZ](#) (bookable workshop)
- Thu 19 Oct: 1.30pm-4pm [Kent History and Library Centre, Maidstone ME14 1LQ](#) (bookable workshop)
- Tue 24 Oct: 10am-2pm [Tree Community Centre, Dartford DA1 2RS](#) (information stand and demos)
- Wed 25 Oct: 2pm-4.30pm [Eden Centre, Edenbridge TN8 6BY](#) (bookable workshop)
- Thu 2 Nov: 1.30-4pm [Maidstone Community Support Centre ME14 1HH](#) (bookable workshop)

*More November dates and locations to be released soon. Subject to change depending on demand

[See the poster](#)

Exploring acute COPD care at home in East Kent

The University of Kent are working on a project titled 'Acute Care at Home in Kent for people with COPD'. Sponsored by Kent Community Health NHS Foundation Trust (KCHFT).

They are looking to speak with both patients and carers of people with COPD who have experience of acute care/management in East Kent so that they can explore and understand how services are accessed and delivered in the region, whether that is in hospital or in the community.

Patients and carers with relevant experiences will be invited to take part in an interview (or a discussion group, if preferred) that can be done in-person or remotely, by phone or online.

Interviews will last about 1 hour, and participants will be reimbursed for their time with a gift voucher.

Contact the University of Kent COPD study team on **0300 013 2078** or by email at copdccare@kent.ac.uk






Apply now

3H Foundation Holidays and Breaks

The 3H Foundation help families with a disabled family member to have a holiday in the UK by awarding a modest grant.

These holiday grants enable people to have a break away even if for only a few days. Carers are able to apply for a Carer grant enabling them to have a period of respite away without their cared for, giving them a bit of 'me' time to recharge.


They currently have funding available for Kent residents. All applications need to be completed through their website before 30th October.




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



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




Book Folding
Friday 17th November
1pm-3pm



Christmas Decorations
Friday 15th December
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:

- 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](#)

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](#)



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.

[Read More](#)

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



See the
poster

Age Concern Sandwich Singers

Group singing songs you know and love
from 10am with singing from 10:30-11:30am

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

October 24th 31st
November 7th 14th 21st 28th
December 5th 12th

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

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



Sessions are being held on:

2023

- 6th November
- 4th December

2024

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

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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