

Carers' News Bulletin

January 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

Jill Attwell

Chief Executive Officer - Carers' Support East Kent



Community Services Consultation, have your say
Consultation runs between 17 January – 26 March 2023



KCC Community Services Consultation

Kent County Council (KCC) are proposing changes to the way they use their buildings to deliver some of their community services. KCC invite your feedback on their proposals as part of this consultation.

[More information](#)

3rd reading of the Carer's Leave bill 3rd Feb 2023

Many Carers who juggle paid
employment with unpaid care



urgently need more support to stay in work. That's why Carers' Support East Kent is supporting Wendy Chamberlain MP's Carers' Leave Bill, which would give millions of employees with unpaid caring responsibilities dedicated employment rights for the first time. It's time all Carers had a #RightToCarersLeave#

[More information](#)



Keeping warm in the cost-of-living crisis

Keeping warm over the winter months is especially important when looking after an older loved one or someone with a health condition. NHS advise to heating the rooms that you regularly use, such as your living room and bedroom, to at least 18°C. However, with the rising cost of gas and electricity, the expense of doing so will be on your mind. We've compiled some useful information on how to keep warm affordably.

[See the article on our website](#)



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](#)

Turn2us: Cost of living support

As winter continues and living costs continue to rise, many of us will be worrying about money.

If you are struggling financially with the rising costs of living, there may be additional ways you can maximise your income and manage your budget, plus organisations that may be able to provide you with advice and support. Read this [cost-of-living guide](#) now to learn more about the support available to you.



[Read more](#)

UK Charity 'Minds@Work' launch a new health and wellbeing programme for Carers who are caring and working



Do you care for a friend or family member who cannot cope without your support, due to their illness, disability, mental health problem or addiction? Are you trying to balance all this with a job too? If so, the next HIVE is just for you.

People in your situation are often so focused on meeting another person's needs that they have no time or emotional energy to look after their own health. You might feel isolated, like nobody around you knows or understands what you are going through.

Everyone in the HIVE understands, because it's full of people facing the same challenges.

So if you long for time and space to focus on yourself, sign up now to begin in **February 2023**. The programme is fully funded by Legal & General, so it's free for you, but places are limited.

To sign up for the HIVE programme please click here [Sign up — Minds@Work Movement - Mental Health in the Workplace \(mindsatworkmovement.com\)](https://mindsatworkmovement.com)

Read more

Carers' swap, donate, or giveaway

We have a Facebook Group for Carers who are registered with us to swap, donate, or give away items that might be of use to other Carers.

When you click the link below and ask to join the group, you'll be asked if you are registered with us and no one outside of the group will see your posts.

Carers' Support East Kent Swap, donate or giveaway



Advertise
your item



Match with
a recipient



Arrange a safe
exchange

Join now

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](#)



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.



Charity of the Year

Here at Carers Support East Kent, we are always keen to welcome partnerships and Charity of the Year adoptions.

If you know of any opportunities like this, please do consider us.

Maybe you're a member yourself or know someone who goes to a church or community group, such as Rotary or the WI or maybe your workplace choose a Charity of the Year.

From raising funds to growing awareness of Carers' and our partners play a vital role in support our work and services. For more information [visit](https://www.carersek.org.uk) or email fundraising@carersek.org.uk, we'd love to hear from you.

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
TRUST**



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