

Carers' News Bulletin

March 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



Spring Fair for Young Adult Carers

Tuesday 4th April 12 - 2pm at [Dover Youth Hub, Park Avenue, Deal, CT14 9UU](#)

Are you a Young Adult Carer or do you know someone who is?

Why not come along to our Spring Fair, meet other Carers and our friendly team.

There will be guest speakers, games, and refreshments.

The Fair is aimed at Young Adult Carers aged 16-24 but all families are welcome to come along.

Guest speakers include:

[BeYou Project](#)
[Porchlight](#) runs the [BeYou](#) project offering services for the LGBTQ+ community.

[FCS Talking Therapies \(previously Faversham Counselling Service\)](#)

[Imago](#)

[Wellbeing counsellor Felicity](#)

Felicity is an Independent counsellor and wellbeing mentor who is also going to show how to create mood boards. A mood board is a board that anyone can create to lift their mood with anything that

makes us happy.

The clocks go forward

26 March

Clocks change at 1am Sunday 26th March 2023

Don't forget that clocks go forward 1 hour this coming Sunday 26th March 2023.

In the UK, the clocks go forward 1 hour at 1am on the last Sunday in March, and back 1 hour at 2am on the last Sunday in October.

The period when the clocks are 1 hour ahead is called British Summer Time (BST). There's more daylight in the evenings and less in the mornings (sometimes called Daylight Saving Time).

When the clocks go back, the UK is on Greenwich Mean Time (GMT).

When do the clocks change?

Daylight saving time and dementia

Daylight Saving Time can have severe effects on people with Dementia. Here's how you can soften the impact, and help your loved one during this time.

The concept of daylight saving time can confuse everybody's internal clock. Losing an hour in the spring can cause tiredness, while gaining an hour in the winter increases the risk of irritability and depression in most people. However, these effects can be much more pronounced in people with dementia.

By adding or taking away an hour, daylight saving time affects your loved one's natural circadian rhythms (their body clock).

This affects the chemicals the brain releases throughout the day, and often results in changes in behaviour, mood, and well-being.

For those with dementia, daylight saving time is also damaging because having a consistent routine is an important part of managing their condition. By shifting ahead/back an hour, this routine is disrupted and often leads to confusion.

Sundowning syndrome

It's estimated that [**1 in 5 people with dementia**](#) suffer from 'sundowning syndrome'. Through this condition, the confusion caused by dementia is made much worse when the sun goes down.

Many caregivers have noticed that the intensity of this confusion gets much worse after the clocks change. It is believed that overstimulation and exhaustion caused by daylight saving time affect the brain and compound the effects of sundowning syndrome.

People present in many different ways, but here are the key symptoms of sundowning syndrome:

- Pacing and wandering
- Feelings of agitation/being overwhelmed
- Restlessness
- Irritability
- Confusion/disorientation
- Demanding
- Suspicious
- Yelling
- Hearing or seeing things that aren't there
- Having mood swings

What can you do to help?

By making sure your loved one sticks to a regular routine, despite the clocks changing, you can help avoid the detrimental effects of daylight saving.

Help them avoid sleep disrupters such as caffeine, alcohol, and naps during the day. These will make it harder for them to sleep at night.

Take them out for a walk. Exposure to natural sunlight helps regulate the body's natural rhythms and the exercise will help your loved one fall asleep later on.

Make sure that they stay in a comfortable environment, full of light and at a moderate temperature. This will help them feel safe and secure in their home.

How to manage "Sundowning"



CarersUK - Carers Active April 2023

Carers Active April is [CarersUK](#) campaign month supporting unpaid Carers to be physically active, and raising awareness of the benefits of physical activity for Carers and the barriers they may face.

The month will raise awareness about the importance of physical activity and provide lots of opportunities for Carers to be active. You'll be supported and encouraged to take part in any activity that works for you, whether that's walking, jogging, yoga or simple exercises around your home and garden. By signing up to Carers Active April today you'll receive:

- Weekly online physical activity sessions throughout April
- The opportunity to take part in our Move Into Spring movement

- challenge, running throughout April
- An invitation to our free virtual Healthathon event on 29 April
- Helpful ideas, tips, and links during the month

If you want to get involved as a professional working with Carers or in the sports and leisure sector, click the button below to access the CarersUK supporter area. You'll find everything your organisation needs to make the most of Carers Active April, including activity ideas, newsletter copy and more.

Sign up for Carers Active April
with CarersUK

Get involved as a professional



Calling all knitters – join our Big Knit team

We are excited to be one of four charities chosen to benefit from the annual Big Knit organised by the Rotary Club of Isle of Thanet Sunrise.

The Big Knit is a community sponsored knit. The team who knits the longest section of plain lengths wins.

The event takes place on Saturday 15th April at [Holy Trinity Church, Cliftonville CT9 3TN](#) between 2.30 and 5pm.

Refreshments will be available in the interval and there is a free raffle for participants

If you are interested in taking part please email for more information: fundraising@carersek.org.uk



Launch of life-saving public emergency alerts

A new system that will give the Government and emergency services the capability to send an alert directly to mobiles phones when there is a risk to life launched 19th March 2023.

A siren-like alert will be sent to smartphone users across the UK next month to test a new government public warning system.

It allows the government and emergency services to send urgent messages warning the public of life-threatening situations like flooding or wildfires.

The test is expected to take place in the early evening of Sunday 23 April.

Phone users will have to acknowledge the alert before they can use other features on their devices.

A message will appear on the home screens of people's devices during the test, with vibration and a loud warning sound that will ring for about 10 seconds, even if the phone is set to silent.

[Read more](#)

The logo of The Rotary Club of Thanet, featuring a yellow gear-like emblem with a blue center.

The Rotary Club of Thanet
Proudly Presents in aid of their 'Cinderella' Fund

THE SANDWICH CONCERT BAND

A detailed illustration of a golden French horn, showing its coiled tubing and flared bell.

A MUSICAL EXTRAVAGANZA

Sunday 16th April, 2023
The Pavilion on the Sands, Broadstairs

Tickets: £9 on the door. Concert starts at 7.30pm

Free tickets for Carers - Musical Extravaganza

The Rotary Club of Thanet has kindly offered our Carers the opportunity to attend this event featuring the Sandwich Concert Band on Sunday 16th April from 7.30pm as their guests; with no charge.

If you are interested in attending please email breaks@carersek.org.uk by **Wednesday 5th April 2023.**

Places will be allocated on a first come first served basis.

DEMENTIA INTERPRETER

OUR INNOVATIVE TRAINING WILL BE OPEN TO THE PUBLIC AND IS GREAT
FOR THOSE WITH FAMILY OR FRIENDS LIVING WITH DEMENTIA!

26TH MAY 2023

10:00 AM - 1:00 PM

Dementia Interpreter - the language of dementia

Does someone you care about live with dementia?

Would you like to have a bit more knowledge and understanding about living with dementia?

Dementia Interpreter is a commitment to learning the 'language of dementia'. With experiential elements to help understand what it is like for a person living with dementia.

Care Match UK (Margate) have joined up with Dementia UK to provide this Dementia Interpreter session to fundraise for Dementia UK. Although free, donations for this are strongly encouraged as it is a fundraising event for Dementia UK.

The next session is on **Friday 26th May 2023 10am to 1pm** (booking is essential).

Care Match UK (Thanet), Unit 4A (near first car park), Hartsdown Park, Margate, CT9 5QX.

If you are interested/would like to book a place, please contact the Care Match UK team directly:

Email: hello@carematchuk.co.uk, Call: 01843 636 188.

Please note this event is not provided by/organised by Carers' Support East Kent.

An insight into Dementia
Interpreter



Dementia Workshops for Carers

Carers from Thanet & Dover took part in a programme of workshops bringing people supporting someone living with dementia together to explore a variety of topics and to share knowledge and experience with each other.

Carers told us they enjoyed the sessions, not only because of the

information received, but also due to the spirit of camaraderie within the groups, meeting fellow Carers, and finding that as Carers we are not alone in how we feel and what we experience. We hope that these relationships blossom and that some Carers will remain in touch with one another in the future.

“It’s excellent - the people involved in the presentations were very good communicators and provided very helpful advice. My impression is that all Carers would benefit - it was helpful to have people who have first-hand family experience. Thank you for inviting me to attend”.

The sessions were facilitated by Carers' Support East Kent and supported by a range of guest speakers and community services/organisations; our thanks to all who helped make the programme a success.

Carers were also able to gain some insight into what it is like to live with dementia when the Dementia Tour Bus visited.

Members of our team were also on hand to provide information about support available and the importance of looking after yourself as a Carer, and have since gone on to help some Carers access additional support and some much needed breaks.

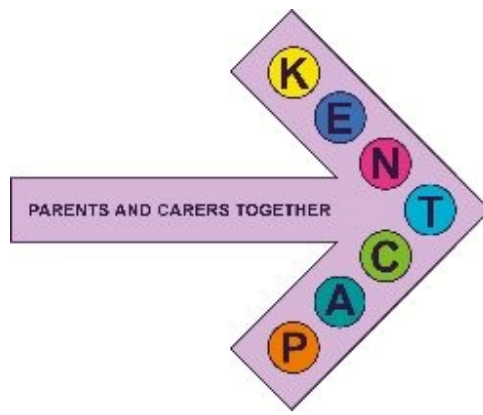
Please check future copies of Carers' News for future workshops.



Free entry to Dover Castle on 25-26 March 2023

One National Lottery ticket will provide free entry for one adult and up to 2 children. You will not need to pre-book to redeem free entry to site. Please remember to bring along your Lottery ticket on the day.

[Full details](#)



Sip and Socialise Support Group Thursday 30th March noon – 2pm

This month at Sip and Socialise support group we have a guest speaker from KENT PACT.

Kent PACT is a Parent Carer Forum in Kent for parents and Carers of children and young people. Kent Parents and Carers Together Charity Registration Number 1194016.

If you wish to attend, there is no need to book, you can just come along, there will be tea and coffee provided.

The Group will be run by Jess Williams (Carers' Support East Kent) on the day. We hope to see you there!



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](#)



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](#)

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.

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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