

Carers' News Bulletin

November 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



Carers' Rights Day – Thursday 23rd November

Carers Rights Day is an annual campaign coordinated by Carers UK where hundreds of organisations and thousands of individuals come together to raise awareness of caring, helping to identify Carers and signposting them to information, advice and support.

Whether someone has recently become a Carer, realised they have been caring for a while without support or has been caring for someone for many years, it's important they understand their rights and are able to access the support that is available to them whenever they need it.

Did you know that Carers are entitled to:

- have an annual statutory Carer's Assessment
- discuss flexible working options with their employer
- protection from discrimination
- request a free flu jab
- identify as a Carer
- be consulted on hospital discharge for the person they care for

Some new rights, right around the corner

The Carer's Leave Act is something that has been campaigned for tirelessly for many years and we expect it will become law in 2024. It

will give employees juggling work with unpaid care a legal right to request up to five days unpaid leave every twelve months, which will help many manage some of the day-to-day challenges of being a Carer – enabling them to stay in employment.

With the introduction of the new Employment Relations (Flexible Working) Act anyone, including unpaid will be able to ask their employer for changes to their working hours, times of work, or place of work, from day one. And being able to ask for a different flexible working arrangement more than once a year will be a huge help too. We expect the Act to become law in 2024.

We are launching our Carer-Friendly Employer training programme as part of our activities to help local employers navigate the new landscape and support Carers within their workforce.

Let us know if your employer would be interested by clicking the button below.

Let Us Know

Find out more on the CarersUK website



Co-op Community Fund

We are delighted to announce The Co-op have chosen to support Carers' Support East Kent through the Co-op Community Fund.

Carers' Support East Kent are a local charity who provide vital support and information to all unpaid Carers in East Kent. To support us through the Co-op Community fund Here is what you need to do:

1. Sign up as a co-op community Member
2. Go to [this web page](#) and choose Carers' Support East Kent

By doing this, 1p in every £1 will go to supporting our local services.

Please sign up today to help us continue our vital work.
Thank you

Sign up and support us

Pumpkin Cake Recipe

Servings: Makes 2 loaves



Prep Time: 20 Minutes
Cook Time: 65 Minutes
Total Time: 1 Hour 30 Minutes

INGREDIENTS

- 250g plain flour
- ½ teaspoon salt
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 170g unsalted butter, softened
- 400g caster sugar
- 2 large eggs
- 425g pumpkin puree

INSTRUCTIONS

- Preheat the oven to 160°C and set an oven rack in the middle position. Generously grease two 8x4-inch loaf tins and line with baking parchment.
- In a medium bowl, combine the flour, salt, baking soda, baking powder, cloves, cinnamon, and nutmeg. Whisk until well combined; set aside.
- In a large bowl of an electric mixer, beat the butter and sugar on medium speed until just blended. Add the eggs one at a time, beating well after each addition. Continue beating until very light and fluffy, a few minutes. Beat in the pumpkin. The mixture might look grainy and curdled at this point -- that's okay.
- Add the flour mixture and mix on low speed until combined.
- Turn the batter into the prepared pans, dividing evenly, and bake for 65 – 75 minutes, or until a cake tester inserted into the centre comes out clean. Let the loaves cool in the pans for about 10 minutes, then turn out onto a wire rack to cool completely.

If you have any recipes or crafts that you would like to share in this newsletter, please email them to events@carersek.org.uk and we will try and include as many as possible in future editions

Movember - Male mental health

Movember is a global community of people making a difference in male mental health and suicide prevention, prostate cancer and testicular cancer.

If you want further details, including support for male mental health and spotting the signs of male cancer, please follow the button to the website.



Visit the
website



Kent and Medway learning disability and autism strategy

Kent County Council is working with Medway Council and the NHS to produce a three-year plan for people with learning disabilities and autistic people.

We want to hear from residents of Kent and Medway with lived experience of learning disability or autism, their family, carers and professionals who work with them. Understanding your experiences will help inform this strategy.

To find out more about how the plan is being developed and how you can have your say, please visit - [Kent and Medway Integrated Care Board website](#)

Carer Poverty Coalition writes to Chancellor urging him to provide more targeted financial support for unpaid carers

**Carer
Poverty
Coalition**

Carers' Support East Kent are a member of the Carer Poverty Coalition.

On Wednesday 15 November the Carer Poverty Coalition sent an open letter to the Chancellor ahead of the Autumn Statement, urging him to provide more targeted financial support for unpaid carers.

To write to your MP [\[click here\]](#)



Parliamentary inquiry report focused on Young Carers and Young Adult Carers

15,000 children, including 3,000 aged just five to nine, spend 50 hours or more a week looking after family members because of

illness, disability or addiction.

Evidence to the inquiry has highlighted how there are likely to be one million young Carers in the UK and the time they spend caring can lead to them falling behind at school and damage their life opportunities.

The Enquiry Heard;

Despite mounting evidence showing the impact on them of their caring role, the inquiry has shone light on how many young Carers are not being identified anywhere near early enough so they can get the support they need. And as the report makes all too clear, this is creating a postcode lottery of support for young Carers.

Some young Carers are being left to cope alone for 10 years before being identified, while evidence to the inquiry showed the average waiting time to get support is three years.

There are significant waiting lists for assessments and support in some areas with services struggling to meet demand and other areas where particular groups of young Carers cannot access any support.

Young people with caring responsibilities are more likely to self-harm than young people without caring responsibilities. Of children who do self-harm, young Carers are twice as likely to attempt to take their own life than non-carers.

Being a young Carer has a knock-on effect on school attainment and attendance, with young Carers missing 27 school days per year on average.

The Report Recommends;

The urgent introduction of a cross-government National Carers Strategy, including a properly resourced action plan for young carers and young adult Carers.

The Government should commission an independent ten-year review of the difference the Children and Families Act 2014 and Care Act 2014 have made for unpaid Carers, including young carers and young adult Carers.

Ahead of a new Carers Strategy, the Government should also work with young Carers and young adult Carers on immediate plans to improve early identification, increase access to support and reduce the numbers of young people providing inappropriate or excessive levels of care.

The Government should formally support the development and implementation of the first UK-wide Covenant for Young Carers and Young Adult Carers.



Contact us by
email

How you can help

To coincide with the report release, a group of young Carers will hand an open letter in at 10 Downing Street on 14 November demanding Prime Minister Rishi Sunak does more to help. The letter has been signed by more than 1,100 young people.

Writing to your local MP and asking them if they are attending the Inquiry Report Parliamentary launch taking place on Tuesday 14th November from 3:30pm to 5pm in the Cholmondeley Room, House of Lords

Posting about the findings of the

report on your social media channels on Tuesday 14th November or interacting with APPG ([@APPGYCandYAC](#))/Carers Trust ([@CarersTrust](#)) posts.

If you look after someone and need support, get in touch on **0300 302 0061** or email **support@carersek.org.uk**

November Zoom Carers Group

Our monthly online Zoom Carers group will be changing days this month. The group, hosted by our Support Coordinator Janet Terry, will take place on **Wednesday 29th November**.

If you care for a friend or loved one and would like the chance to meet and chat with other carers, then join us at these meetings.

Please email janett@carersek.org.uk for more information and link to the zoom group.

You can also ring us on **0300 302 0061** and select option 1 to leave your details to book this event.

Carers' Support
East Kent

Book by
email [here](#)



Delivering for **Pharmacy2U**

Register online
here

Get the App for
Android devices

Get the App for
Apple devices

Royal Mail Health - Pharmacy2U

Royal Mail have teamed up with Pharmacy2U, the UK's largest online pharmacy, to offer a complete NHS prescription service you can access 24/7 from the comfort of your home.

Now you can make the most of the online world and save valuable time by having all your NHS prescription needs delivered directly through your letterbox*. Simply, register and order your prescription through their website or the Royal Mail Health app. They'll then deliver it safely and securely for FREE.

Register below and we'll take care of the rest. We'll even send handy reminders so you never run out.

It's as easy as that.

*Most orders will fit through your letterbox but in the case of larger items, you can select alternative delivery options.

Closure of the Household Support Fund food voucher scheme

Sadly, applications for the HSF food voucher scheme have now closed.

However, there will be a fuel voucher scheme opening this month and an energy voucher scheme opening this winter.

To stay informed on the upcoming schemes, join the HSF contact list by emailing householdsupportfund@kent.gov.uk.



Visit the HSF webpage

Email to join the contact list



Apply online

Healthy Start - help to buy Healthy Food and Milk for Children under 4

If you are currently pregnant or a parent of a child under 4, the Healthy Start scheme can help to purchase Food and Milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. The benefit will be paid onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

Apply online at healthystart.nhs.uk

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

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



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

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

broadstairs town shed

Unit 3 Oakwood Industrial Estate,
Dane Valley Road,
Broadstairs,
Kent, CT10 3JL
Tel: 01843 867580
Email: 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 have already run three of their four monthly workshops, exclusive to Carers registered with Carers Support East Kent. The final session takes place as follows:

- 15th 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



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.

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

- 4th December

2024

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

Carers' Support East Kent Christmas Closing Times

We will close for the festive period at



Telephone numbers for support over the Christmas period

[Click here to
see the list](#)



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.

**CARERS
TRUST**



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