

Carers' News Bulletin

December 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' SUPPORT EAST KENT CHRISTMAS CLOSING TIMES

WE WILL CLOSE FOR THE FESTIVE PERIOD AT 5PM
ON FRIDAY THE 22ND OF DECEMBER AND REOPEN
ON JANUARY 2ND, 2024.

WE KNOW THAT CHRISTMAS CAN BE A
CHALLENGING TIME FOR CARERS,
SHOULD YOU REQUIRE SUPPORT DURING THIS
PERIOD, GO TO

[HTTPS://CARERSEK.ORG.UK/EMERGENCY-AND-
HELPFUL-NUMBERS-OVER-CHRISTMAS/](https://carersek.org.uk/emergency-and-helpful-numbers-over-christmas/)
FOR THE NUMBERS OF PARTNERS WHO CAN ASSIST
YOU!

Seasons Greetings



from the team at Carers Support East Kent



12 Days of Caring at Discovery Park

Carers' Support East Kent have teamed up with Your Leisure and Discovery Park to encourage our supporters to GET MOVING in December.

The challenge is to meet The UK Chief Medical Officers' Guidelines recommending each week adults do at least 150 minutes of moderate-intensity activity. So that's just over 21 minutes per day and nearly 12 hours for the month of December.

Your Leisure generously agreed to provide free supervised access to the gym in Innovation House between 1 and 2pm each day throughout December. We have had great support from the wonderful team at New Appointments Group and Kreston Reeves who are getting those minutes in to raise funds for Carers' Support East Kent.

Thank you everyone for your energy and enthusiasm.



Carer Friendly Employer Training & Support

New legislation including the Carers Leave Act 2023 and Employment Relations (Flexible Working) Act 2023 is changing the way employers support employees with caring responsibilities.

Carers' Support East Kent has been working with Carers for over 22 years and possesses the expertise and practical experience at a leadership and operational level to provide training and support to help employers navigate the new landscape.

If you work for, or know of a business/employer that would be interested in working with us to improve support for Carers in the workforce please encourage them to contact Kevin Fordham for more information kevinf@carersek.org.uk

If you are a Carer juggling work and caring for someone and would like information or support please contact support@carersek.org.uk



Volunteers

Carers' Support East Kent has a vibrant team of dedicated Volunteers. Our Volunteers play a vital role in coordinating support groups to create a welcoming environment for Carers to come together connect and find Community.

Community outreach is vital when covering a large area, such as East Kent, our community volunteers ensure leaflets and posters are up in prominent local hubs to guide Carers towards our service, they also engage with groups and keep us abreast of opportunities in their local area. While Roz does a wonderful job supporting our team in the hub at Discovery Park.

In the past month two new volunteers have completed their induction and we are delighted to welcome Lucy and Vicki to the team and look forward to working with them in the new year.

We have a wealth of volunteering opportunities and would welcome new recruits, if you have a few hours a week to help support unpaid Carers in your community please get in touch, we would love to hear from you. Get in touch here: volunteering@carersek.org.uk



The Oyster Singers Fundraising

Throughout 2023 we have been supported by The Oyster Singers as their Charity of the year. It has been a fantastic opportunity to partner with this dedicated group who have gone out of their way to fundraise and raise awareness for Carers' Support East Kent.

I was lucky enough to attend The Oyster Singers Winter Lunch where they raised over £400, an incredible amount which will make a huge difference to the Carers we support.

This weekend the choir gave a festive performance at their Winter Concert which got everyone in the Christmas spirit with their repertoire of music. The audience were incredibly generous and the collection raised £216. We would like to say thank you for your support it has been inspiring to watch you bring Charity and Community to everything you do.

More about Oyster Singers

A promotional graphic for the NHS Stop Think Choose campaign. It features a woman in a green beanie and brown coat blowing her nose into a tissue. The background is a festive red with white snowflakes and a small Christmas tree. The NHS logo is in the top right. Text reads: 'Get the right treatment when you need it' and 'stopthinkchoose.co.uk'. At the bottom are three icons: a hand for 'STOP' (Stay calm, assess the situation), a head with a gear for 'THINK' (What advice or treatment do you need?), and an arrow for 'CHOOSE' (Choose where to get the right help quickly).

NHS

Get the right treatment
when you need it

stopthinkchoose.co.uk

STOP
Stay calm, assess the situation

THINK
What advice or treatment do you need?

CHOOSE
Choose where to get the right help quickly

Start your countdown to staying well this Christmas

As the countdown for Christmas begins, NHS Kent and Medway is asking patients to plan ahead this festive season.

Winter is a busy time for the NHS and knowing the right place to go can help you find the treatment you need, faster.

Please choose wisely and help us help you.

If you need NHS help over Christmas and New Year, visit [Stop Think Choose](https://stopthinkchoose.co.uk) to access a guide of services, including pharmacies and urgent treatment centres.

Choosing the right NHS service



Find out
more

Christmas and mental health

Christmas can affect our mental health in lots of different ways. This could be if Christmas is part of your life, or if it's happening around you. It's a time of year that often puts extra pressure on us.

If Christmas is a hard time for you, it's important to remember that you are not alone.

Mind has some useful advice, such as [tips to help you cope](#), [useful contacts](#) and [ways to support others](#)



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



Wingham Wildlife Park Offer Free Entry to Carers Accompanying Cared-For

Paying visitors who require an essential carer to accompany them in order to have a day out at the park are eligible to bring with them one such essential carer (who must be at least 16 years old to qualify), free of charge, subject to written evidence in any of the forms listed on the right.

The evidence provided must be dated within the last 12 months

- Personal Independence Payment (PIP) letter.
- Disability Living Allowance (DLA) letter.
- Armed Forces Independence Payment (AFIP) letter.
- Attendance allowance (AA) letter.
- Adult / Child Disability Payment (ADP / CDP) letter.
- Photographic staff identification card from a registered nursing or residential care home (foster homes in this instance do not qualify).
- Confirmation of a requirement for an essential carer by a medical professional on NHS headed paper.
- Access card (must show on the front that the person requires a carer).
- Severely sight impaired registration confirmation.

and no other cards, letters or blue badges will be accepted as evidence.

- Sight impaired registration confirmation.
- CEA card.

[Read More](#)

Recipe for an easy Stew in the slow cooker

- 4 tins of oxtail soup
- Fresh or tinned carrots and potatoes
- Cubed swede (fresh or frozen)
- Cabbage or kale optional extra
- 1 whole onion diced or you can use frozen
- Frozen lamb chops or other cubed meat depending on your price range (can add sausages and bacon to bulk out)
- Season with salt and pepper
- Dash of tomato puree
- Mixed herbs or fresh if you prefer

Cook in the slow cooker on low for 6-8 hours and enjoy



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



“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

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:
2024

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

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

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**CARERS
TRUST**



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