

Carers' News Bulletin

May 2025



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

What's around the corner – my story so far – David Marshall shares his experience of caring for his wife with rare dementia.

“One of the cruellest diseases we can experience is Dementia. Unlike other diseases it takes away the very soul of a person.

What is it like to live with someone with the disease?

Difficult to answer due to the variations of both the illness and its progress. Since my wife's diagnosis I have met several people caring for their partner or relative and each one is different and at different stages so there is no single answer.”



[Read David's full account here](#)

[Read more Carer stories](#)



SEK
Social
Enterprise
Kent

Moving & Assisting with a Hoist (Introduction) 31st July

We are offering a free, full-day training session for carers on “Moving & Assisting with a Hoist (Introduction)” on Thursday, 31st July 2025, from 9:30 AM to 4:30 PM at 63-65 High Street, Margate.

This hands-on course, delivered by Social Enterprise Kent, is designed to build essential skills for safely moving and assisting individuals, with a focus on hoist use. The training includes scenario-based learning and practical demonstrations covering walking support, chair transfers, bed mobility, and repositioning techniques using slide sheets and hoists.

All those wishing to attend may be entered into a draw due to limited spaces. Your interest needs to be expressed by the end of Thursday 10th July 2025.

We will let you know by the end of Thursday 17th 2025 if you have been successful in obtaining a place.
Use the link below to sign up and see more details.

Sign up

Are you caring for someone and worried about the cost of living?

Are you looking for ways to reduce energy bills, for you or the people you care for?

Do you need support accessing help around debt or other money concerns?



We're particularly keen to hear from you if you are a parent caring for a child/children under 18 with a disability or additional need

**CARERS
TRUST**

**Carers'
Support** 
East Kent

Carer Money Matters can help you with energy bills and other money matters.

We can help you make sure you're getting everything you, and the people you're caring for, are entitled to. So money doesn't have to be such a big worry.

Please get the help you need to help the people you care for. See how Carer Money Matters can help you.

0300 302 0061
support@carersek.org.uk

Help protect Carers' benefits! Support Carers UK's campaign today

We are deeply concerned that the Government's plans to reform the welfare system will have a devastating impact on unpaid Carers and their families. We are proud to stand alongside Carers UK and the Carer Poverty Coalition in opposing these cuts. Please sign Carers UK's open letter to the Prime Minister today and join us in calling on the Government to immediately reconsider their proposals.

"I would have to return to work in order for us to survive. This would mean leaving my extremely disabled husband alone all day, risking serious harm to him."



[Read More Here](#)



Beacon Plus Community Café

Beacon Plus Community Café recently catered for two of our Carer Forums in Deal and Folkestone producing a delicious light lunch of sandwiches, cakes and vegetable sticks with houmous. This was enjoyed by all that attended.

Beacon Plus welcomes applications from individuals within the Kent Community with the motivation to learn and the potential to succeed on a route into employment. Beacon Plus currently caters for a wide range of needs including Specific learning difficulties, speech impairment, communication disorders, sensory impairment (Hearing, Visual) perceptual problems, Autistic Spectrum Continuum, behaviour difficulties related to cognition. Physical and

sensory impairment and medical needs, with many learners experiencing a combination of these difficulties in addition to their learning needs.

[Find out more](#)



Unpaid Carer's Leave: What You Need to Know

Employees in the UK can take up to one week of unpaid leave each year to care for someone with a long-term illness, disability, or age-related needs. This right starts from day one of employment and applies even if the dependant isn't a family member. Leave can be taken in full or half days and is based on the employee's usual working pattern.

Requesting Leave

Employees must give at least 3 days' notice for a day or half-day off or double the notice for longer leave. Employers can delay (but not refuse) the leave if it would cause serious disruption and must offer a new date within a month. Emergency leave is also available without notice. For more info, please see the link below

[Find out more](#)



**The Challenging
Behaviour Foundation**

Forward Together

Forward Together is a new project led by the Challenging Behaviour Foundation, working across Salford/Manchester, The Black Country, and Kent/Medway. It brings together family carers and professionals to improve support for people with severe or profound learning disabilities and behaviours that challenge.

We're inviting family carers to join their local Forward Together Regional Network by completing a short sign-up form (linked in the button below). Members will receive updates, be invited to Community of Practice events, and help shape future services through their lived experience.

[Sign Up](#)



Kent
Wildlife Trust

Wilder Wellbeing Kent

The 6-week programmes are free and designed for individuals who may be experiencing a lowered wellbeing, living with mental or physical health conditions, or feeling lonely or isolated. Carers can be referred to these sessions by a social prescriber or can self-refer through the options on this page. Programmes are run on an ad-hoc basis in line with funding, but efforts are made to ensure that there are programmes evenly spread across the county. When attending, carers are encouraged to bring any refreshments they may want and wear suitable attire for the weather. Facilities and accessibility of the site can be checked on the reserve pages (which will be linked from the programme information), or a member of the Wilder Wellbeing team can answer any questions.

Additionally, there is a free event for carers every Wednesday from May 7th to June 11th, 10am-12pm. This event provides a wonderful opportunity for carers to connect, share experiences, and find support in a welcoming environment. Events are held in various locations, including Dover, Dungeness, and Pegwell Bay.

[See What's On](#)

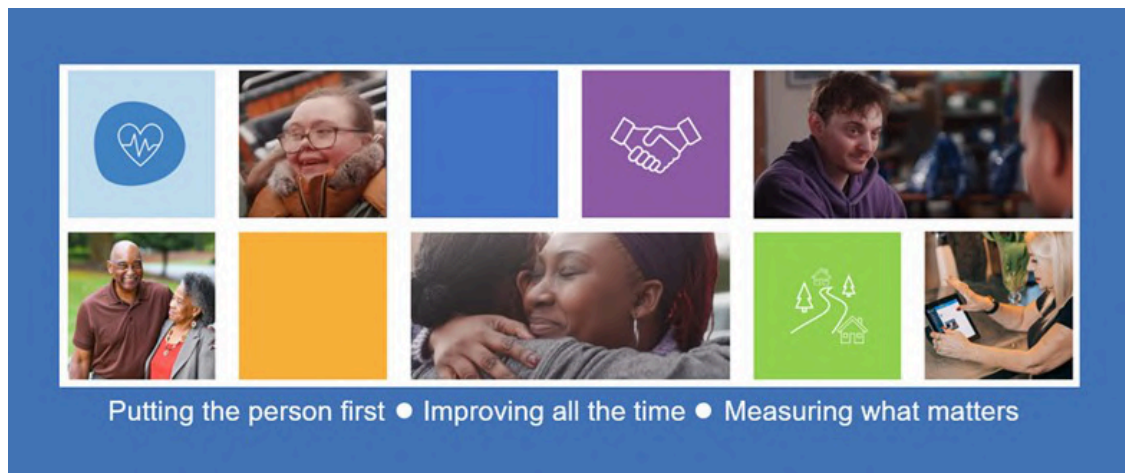


Look Good Feel Better

Look Good Feel Better UK is a specialist cancer charity dedicated to supporting individuals through the physical and emotional challenges of cancer treatment. They offer free workshops across the UK, both virtually and in-person, led by industry-trained specialists. These workshops provide practical advice on managing changes to skin, eyebrows, eyelashes, hair, nails, and body confidence.

Each session offers a unique opportunity for participants to connect with others in similar situations, fostering a sense of community and support. Attendees leave feeling empowered, motivated, and less isolated, helping them to feel more confident during their cancer journey. You can book a workshop via their website or over the phone at **01372 747500**.

[Visit their Website](#)



KCC Involvement Groups

Kent County Council is on the lookout for passionate individuals with lived experience in adult social care to join their team as representatives for commissioning projects. This is a unique opportunity to make a real difference by sharing your insights and helping shape the future of services like home care, residential care, assistive technology, carer support, enablement, and sensory help. Previous projects have tackled everything from strategy and technology to processes, commissioning, and co-designing communication materials.

The role requires a commitment of just 2 hours per month for 6-12 months,

with flexible meeting options online or face-to-face. Plus, your time will be reimbursed! If you're interested in making a positive impact, email makingadifference@kent.gov.uk or call 03000 41 29 74 to share your interest and experience. Kent County Council welcomes people from all backgrounds and areas in Kent to ensure a diverse and inclusive representation. Join us in making a difference!

[Read More](#)



Adult Social Care Connect

We are Kent County Council, Adult Social Care Connect (ASCC)
Our principles are for people to get the right support at the right time.

We are a single point of access and contact point for the people we support.
This drop-in Service is free, no appointment needed.

Please visit us at:

[Social Enterprise Kent, High Street, Margate, CT9 1DX - 9.30 am to 1pm](#)

Upcoming Dates:

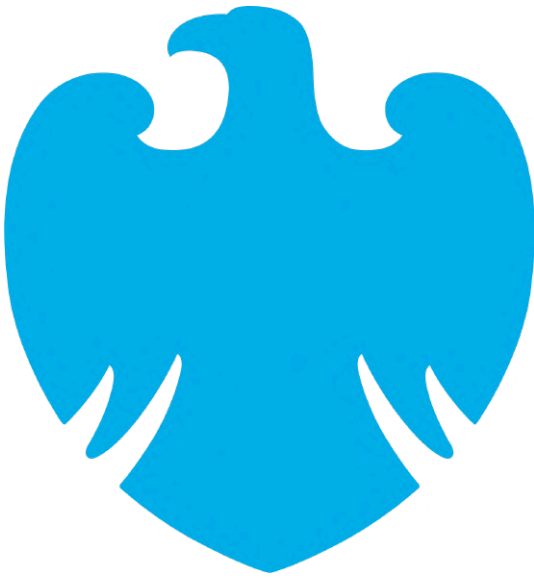
6th June 2025, 20th June 2025

You could also contact us:

Check out kent.connecttosupport.org

Complete an online self-assessment by using our website: kent.gov.uk

Call **03000 416161**, Monday to Friday between the hours of **8.30am-5.00pm**



[Sign Up Here](#)

Barclays Digital Wings

We are thrilled to announce a new initiative offering free online resources for Carers, developed in partnership with Barclays Bank. These resources cover essential digital skills such as smartphone basics, email setup, safe internet browsing, and more.

Each session lasts 20 to 30 minutes, and participants can earn badges as they complete each section. This program aims to provide practical skills like money management and avoiding phishing scams, without any marketing of Barclays products unless opted in.

Sign up today to start enhancing your online digital skills! Whether you're interested in learning how to take great smartphone photos, manage your finances, or navigate social media, these resources are designed to help carers gain valuable knowledge that will be useful in their daily lives.

Sign up with the button to the left.

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](#)





Find Out More

Broadstairs Town Shed

Broadstairs Town Shed has been planning ahead and have managed to stock up another year's supplies of goodies for the monthly Carers Creative Fridays.

If you are a Carer, and would like to register your interest in attending one or more of these free craft sessions please email us at events@carersek.org.uk and we will pass your details to Broadstairs Town Shed who will contact you directly.

Friday 20th June - Jewellery making
Friday 18th July - Marble Paper Making

Friday 15th August - Fun plant labels
Friday 19th September - Jam jar prism light

Friday 17th October - Halloween Leaf Painting

Friday 21st November - Mosaic coaster making

Friday 19th December - Mince pies and Christmas trees

Friday 16th January - Squeegee Art



Changes to Direct Payment Cards

KCC is transitioning 2,500 Direct Payment Kent Card users from EML Card Services to a new provider, allpay. This change affects only those using the Kent Card, not individuals who receive their Direct Payments through separate bank accounts or payroll providers. The transition will be phased to ensure a smooth process and manage potential issues effectively. Users will receive 60 days' notice via letter, followed by a detailed letter before receiving their new card, explaining how to transfer funds and manage standing orders.

The new cards started being distributed in batches on the 12th May, all users will receive their new card by the end of July. This phased approach will help ensure a seamless transition for everyone involved. The local authority is committed to providing clear instructions and support throughout the process to make the change as straightforward as possible for all Kent Card users.

If you have any questions about the change, please contact KCC using the details on **03000 413600** or direct.payments@kent.gov.uk

Your Guide To Direct Payments

Carefree



Read More and Sign Up

Time for Me with Carefree – hotel breaks

From [Carefree](#)

Give yourself a breather – some time and space to look after your own wellbeing.

With thanks to the generous support of the many charitable trust funders, we are delighted to be working with charity Carefree to be able to offer you a short hotel stay, one to two nights – usually with breakfast – at no charge.

Carefree transforms vacant accommodation into vital breaks for unpaid Carers. This is usually in the form of a twin or double room. This is designed to give you some time away from your caring responsibilities.

You are welcome to take a companion with you but not the person that you care for. If you want to travel alone, that's fine too.

Comments, compliments & complaints

We do our best to get things right for you, so telling us when we have done something well or have exceeded your expectations is a good way of letting us know how to keep doing these things.

You can mention this to any of our staff or volunteers or send us your comment or compliment by email or through our webform.

Carers' Support East Kent



Email Us

Have your say

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](#)



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