

Carers' News Bulletin

October 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

Parent Carer Workshop - Coping Strategies & Emotional Regulation Workshop

Whitfield Village Hall, Manley Close, Dover, CT16 3LY
Monday 1 st December 2025 at 10 am - 12.30 pm

To book a space, please
register by clicking here

or contact us:
Phone **0300 302 0061**
support@carersek.org.uk



The workshop will include:

Connecting: with other Parent Carers and sharing experiences.

Guest Speakers: Kurt King & Michelle Elliott, founders of 'Differences Not Disabilities' aim to equip Carers with practical, evidence-based strategies to understand & manage behaviour. The session introduces the Kaplan and Wheeler Assault Cycle—a model that breaks behaviour into five phases: Green, Yellow, Red, Post Anger Discussion, and Blue.

Participants learn to:

- Recognise early signs of distress
- Apply preventative strategies to avoid escalation
- Respond safely during crisis moments
- Support emotional recovery and rebuild trust post-incident.

The workshop is interactive, using real-life examples and group discussions to make learning relatable. It aligns with the principles of the Restraint Reduction Network, promoting dignity, inclusion, and emotional wellbeing for neurodivergent individuals. Carers leave with increased confidence, practical tools, and a handout to support ongoing application in daily life.

Meet our Parent Carer Support Coordinator and Carer Money Matters team:

Carer Money Matters

- Look at ways to maximise income, provide practical tips on reducing your bills
- Carry out benefit checks and support with grants and reducing debt.

Parent Carer Support

- emotional support, signposting and referrals to external organisations
- information and guidance about SEND conditions, liaising with schools, professionals and EHCP's.

Light refreshments are provided with Tea & Coffee.

Overall, the feedback to our previous workshop was extremely positive, with one Carers comment being: *'Brilliant Workshop, fab speaker, gave some really good tips and advice. Brilliant staff from the hub. Met some lovely people, felt really nice to have a break and feel welcome and surrounded by other parents.'*

Celebrating Carers: A Heartwarming Forum in East Kent

Carers Forum: A Day of Connection and Celebration

On 10th October, Carers from across East Kent came together for a vibrant forum focused on connection, support, and appreciation. Hosted by our team, the event featured inspiring talks from local organisations including The Gap Project, Home Optics, and Carers Support East Kent. Speakers shared practical resources and uplifting messages, all aimed at empowering Carers and promoting wellbeing.

The day also offered a chance to explore local services, enjoy a relaxing afternoon tea, and take part in creative activities led by Broadstairs Town Shed. From crafts to conversation, the forum was a celebration of community spirit and a reminder that Carers are never alone. Together, we continue to build a network of compassion, resilience, and support



"This has been a life changing experience for me. I have been unable to join groups due to overwhelming stress and I felt my issues were a barrier to mixing."

What I found out today is that people care, and groups are available to me with caring supportive leaders. I am so grateful to you for allowing me this opportunity to mix and I felt happy relaxed and supported. I might say this was a lovely experience and I met some wonderful caring staff, Carers. The food was delicious and all staff very welcoming.

After struggling with serious mental and physical issues I thought I could not do this but I have brought my friend and I think your service, and GAP are truly life changing."



Join our Volunteer Team at our New Whitstable Charity Shop!

We were delighted to open our flagship charity shop last month in Whitstable and we'd love for you to be part of it!

Volunteers are at the heart of Carers' Support East Kent, championing the support and services we provide to local unpaid Carers. Whether you enjoy working behind the scenes or prefer a customer-facing role, there's a place for you in our shop.

There are plenty of ways to get involved:

- Serve customers at the till and offer a friendly face to shoppers.
- Sort donations to uncover the best preloved treasures.

- Help create eye-catching displays to showcase our stock and brighten the shop.

We offer a variety of morning and afternoon shifts on weekdays and weekends, and we'll do our best to be flexible around your commitments.

Volunteering is a great way to meet new people, learn new skills, and make a real difference in your community. If you're interested, we'd love to hear from you!

Contact us: volunteer@carersek.org.uk

[Sign up Here](#)



Carers rights day 2025

This year, Carers Rights Day is on Thursday 20th November and the theme is 'Know your rights, use your rights.' We want to help to make sure more Carers are aware of their rights and feel empowered to use them.

We will be holding zoom sessions on **20th November at 10am and 3pm.**

Would you like to know more about your right in the workplace or your rights as a Carer in general?

If you would like to attend, please email events@carersek.org.uk to register your place.

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 21st November - Mosaic coaster making

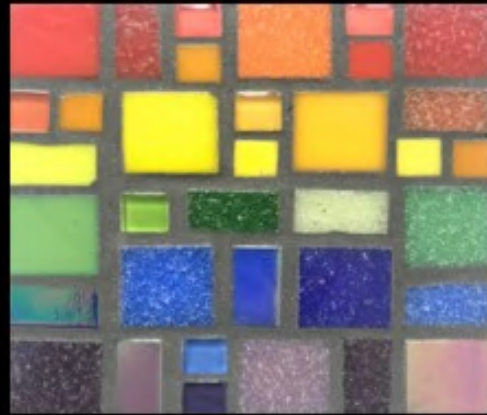
Friday 19th December - Mince pies and Christmas trees

Friday 16th January - Squeegee Art

Find Out More

Friday 21st November

Mosaic coaster making



Friday 19th December

**Mince pies and
Christmas trees**



Feel that winning buzz every week!

Did you know we run a weekly lottery? For just £1 per entry, you could win fantastic cash prizes while raising vital funds to support our essential services.

Our lottery is run by Unity, a trusted provider. You're 1.4 times more likely to match 3 numbers with Unity than with the National Lottery—giving you 5 extra chances to win £25,000! 50p of every £1 goes to supporting our Carer services.

Sign up today

Your contribution helps fund vital services for those who care for others in our community.

How it works:

Each week, you'll receive a unique 6-digit number.

Every Friday, a winning number is drawn at random.

Match your digits in the same positions to win up to £25,000!

Sign up online with the button to the left

Or call: **0370 050 9240**



Reserve online here

Dementia cinema – free event at Montfort Manor, Ashford

Every second Thursday of the month, 10.30am

Our cinema club is especially for people living with dementia and their Carers.

We show classic 'feel good' films in the comfort of our home's cinema, providing a safe, social and supportive environment for people living with dementia.

Enjoy popcorn and drinks during the film, and the opportunity to meet other Carers and share experiences.

To reserve a space, call on **012338 84302**

Stroke café - free event at Montfort Manor, Ashford



**Every third Tuesday of the month,
10am-12pm**

This is an opportunity for those affected by a stroke to share stories and make new friends in a relaxed and friendly environment. Enjoy complimentary refreshments and meet our friendly team.

[Reserve online here](#)

To attend, call on **012338 884302**
or email niki.young@careuk.com



Ashford Dementia Forum – Make Our Borough Dementia-Friendly

Ashford Dementia Forum: Supporting Our Community

The Ashford Dementia Forum is a welcoming group of local residents, charities, businesses, and professionals working together to make Ashford a dementia-friendly Borough. By promoting inclusive practices, sharing resources, and listening to those with lived experience, the Forum helps ensure people living with dementia—and their Carers—feel respected, supported, and included in everyday life.

Get Involved

The Forum meets on the first Tuesday of each month at 11:00 am, with venues rotating to stay accessible. Everyone is welcome, and no special skills are needed—just a willingness to listen and contribute.

To learn more or join the mailing list, contact Cleo Smith BEM at Age UK Ashford via co@ageukhla.org.uk.

Together, we can build a kinder, more supportive Ashford.

[Follow us on Facebook](#)



Margate: Colossus Wrestling

We're Pro Wrestling Colossus, we've been running events in Margate since August 2024 out of St Johns Community Centre. We've been fortunate that with our growing fan base since the start of 2025 we've sold out every show so far, but we're still trying grow to include more of Thanet and make wrestling Margate's most accessible afternoon of entertainment.

Hope to have as many of you reading along joining us November 1st; for the cost of a concession ticket (£5) you can come along and bring your Carer for free.

[Get your tickets here](#)



The Big Gospel Singalong: A Celebration of Soulful Music and Community

Join us for The Big Gospel Singalong on **Sunday, 16th November 2025**, from **3:00pm to 5:00pm** at [St George's Church in Deal](#)—a joyful afternoon of soulful music and community connection. Open to all, this uplifting event invites Carers, families, and friends to come together in song, celebrating the rich traditions of gospel music in a warm and inclusive setting. Whether you love to sing or simply enjoy the spirit of gospel, it's a wonderful opportunity to share in harmony, joy, and togetherness.

Get your free tickets

Neurodivergent Coffee Morning

On **Friday 31st October from 10am to 12pm**, neurodivergent adults are invited to a welcoming coffee morning at [Camp, 125 Northdown Road, Cliftonville](#).

Whether diagnosed, self-identifying, or exploring, attendees can enjoy a flexible, inclusive space designed to support comfort and connection. Bring anything that helps you feel at ease—this gathering is all about celebrating neurodiversity in community.





Safer SIMs for our Children

Whether you're a parent, grandparent, or caregiver, it's clear that children today are exposed to more online content than ever before — and keeping up with the fast-changing digital world can be challenging.

Fortunately, Safer SIMs are now available to help create a more secure online environment for kids. These SIM cards offer built-in parental controls, content filters, spending limits, and protection from inappropriate material. To learn more, simply search “Safer SIMs for Children” online and explore the various services designed to support safer digital experiences for young people.

Sweet Potato, Chickpea & Spinach Curry



Serves: 4
Time: 40 mins -1 hour
Difficulty: Easy

Method
1. Pre heat your oven to gas mark 6/
200 degrees.

Ingredients

3 Sweet Potatoes

Tinned Chopped Tomatoes

1 Onion

1 Tin Chickpeas

2 Cloves Garlic

1/2 Bag Of Spinach

1 Tin Coconut Milk

1 1/2 Tsp Dried Coriander

1 Tsp Dried Cumin

1 1/2 Tsp Dried Turmeric

2. Slice sweet potatoes into disks and then quarters.

3. Add to a baking tray, coat in oil of choice (we use olive oil) and sprinkle on dried coriander, cumin and turmeric and shake to coat.

4. Place tray into the oven for 30 minutes (until sweet potato is cooked through and soft).

5. While this is cooking, dice your onion, pop into a pan with oil on a medium heat to brown off. Once brown, add crushed garlic and cook for a further 2-3 mins.

6. Add your tinned tomatoes and chickpeas into the pan and stir through on a low heat.

7. Remove sweet potatoes from the oven and add to the pan, stir through and leave to simmer for 5-10 mins.

8. Add coconut milk and cook for a further 5 mins.

9. Add your spinach, once wilted and marbled through the curry, serve with rice.



Make a Will, Make a Difference

For Carers and those they care for, having a will is not just about legal peace of mind; it's about ensuring your wishes are respected and your loved ones are looked after.

Making a will is also an opportunity to do something truly wonderful. After taking care of your family and friends, you can choose to leave a gift in your will to Carers' Support East Kent. No matter the size, this kind of legacy can help transform the lives of local Carers providing vital support, resources, and a sense of community for those who give so much of themselves every day.

We understand that legacy giving is deeply personal and often a private decision between you and your loved ones. If you're considering this kind of gift, or simply want to learn more, we're here to help.

■ Read more: [Legacy Giving Booklet](#)
✉ Get in touch: fundraising@carersek.org.uk

Your legacy could be a lifeline for someone else. Thank you for considering this meaningful way to support Carers in East Kent.

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

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](#)



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.

Read a short testimonial about a break taken in Feb/March 2025 after a referral to Carefree:

"My wife and I have two disabled adult children and any night away is absolutely essential for us. I expected to be some hiccups at the hotel along the way due to the service being free but the whole process was really easy. We picked the hotel and around 2 hours later was advised we were booked in. On the day of our booking, we turned up at the hotel, a beautiful hotel in central London and this process was smooth running. What a fantastic, easy

use scheme to get away. Breakfast was included and this was delicious!"

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.



Email Us

Have your say

How you can help us

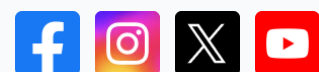
Please help us reach Carers who may not know about us, by forwarding this bulletin, following and sharing our social media posts (links below).

- > [Share your Carer story to help others](#)
- > [Volunteer with us](#)
- > [Donate to support Carers](#)
- > [Sign up with easyfundraising](#)



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