

Carers' News Bulletin

November 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

Keeping your information up to date

As part of our commitment to ensuring that your personal information with us remains up to date, please take a moment to consider if there have been any changes to:

Contact Information: your phone numbers, email address, postal address.

Preferences: how you prefer us to contact you e.g. phone, email, post, text, and the best times of day to reach you. If you don't currently receive our newsletters (including the monthly Carers' News) and would like to, please let us know.

Other Relevant Information: for example your personal circumstances, the amount of time you send supporting the person that you care for, medical conditions, or anything else that you believe we should be aware of.

Keeping your personal information up to date with us helps us to provide useful and timely support to you. We aim to maintain the highest standards of privacy and security for your benefit.

To update your details please reach out to us via [email](#) or call us on **0300 302 0061** (option 2).



[Sign up today](#)

CSEK Lottery - 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.

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**

**Ahead of the Autumn Budget,
we're calling for the Government
to take urgent action on Carer's
Allowance overpayments.**

**Carer
Poverty
Coalition**



Carer Poverty Coalition's Open Letter to the Government

Together with Carers UK and 50 organisations from across the country, Carers' Support East Kent has joined the Carer Poverty Coalition in writing to the Government ahead of the Autumn Budget, calling for urgent action to resolve the ongoing issue of Carer's Allowance overpayments.

As part of this open letter, we are calling on the Government to ensure that the Independent Review leads to three essential outcomes:

- New policies and processes must be put in place to ensure that there is accurate, transparent, and clear information so that Carers can make informed decisions about workings and earnings
- Internal DWP processes need to be changed to ensure that Carers do not incur overpayments as a result of poor practice.
- Carers' overpayment debts must be written off, where Carers received overpayments through no fault of their own, or due to systemic failures by the DWP

We are asking the Government to use the Autumn Budget to invest in delivering all three of these outcomes without delay. After years of avoidable hardship, this is a vital opportunity to show that Carers are valued, to fix a broken system, and to deliver justice for unpaid Carers who have borne the cost of these failings for far too long.

[Read the open letter here](#)

[Read more on the CarersUK website](#)

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 19th December - Mince pies and Christmas trees

Friday 16th January - Squeegee Art

[Find Out More](#)

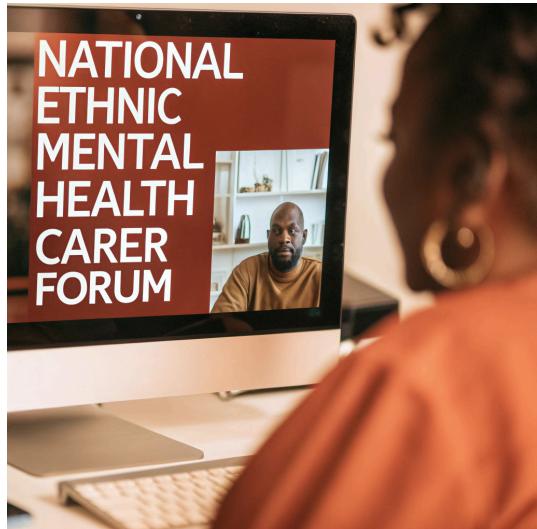
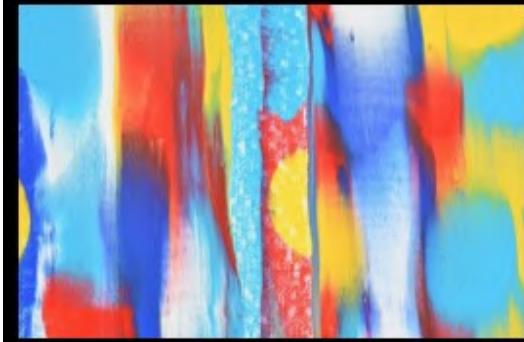
Friday 19th December

**Mince pies and
Christmas trees**



Friday 16th January

Squeegee Art



National Ethnic Mental Health Carer Forum

Date of online group: **Friday 28th November - 10:30 till 12:00**

The National Ethnic Mental Health Carer Forum is a dedicated space for ethnic minority Carers to share experiences, influence change, and shape the future of mental health care. All Global community Carers and professionals welcome

Speakers

- Sussex Partnership – PCREF update
- Kent & Medway NHS Trust – PCREF update
- Birmingham and Solihull Mental Health NHS Foundation Trust -

- Nakkita De Silva (University of Lincoln) - Liveability project
- Matthew McKenzie – Importance of including minority Carer voices

To book contact Matthew McKenzie at info@caringmindblog.com

Green Doctor

Worried about your winter heating bills?

Green Doctor's team of friendly staff experts, offer free, impartial advice to help people take control of their bills and save energy in their home.

You can book a Green Doctor Consultation online.

They also have Download-friendly planners to help you better manage your shopping, meals and energy reductions.



[Find out more](#)

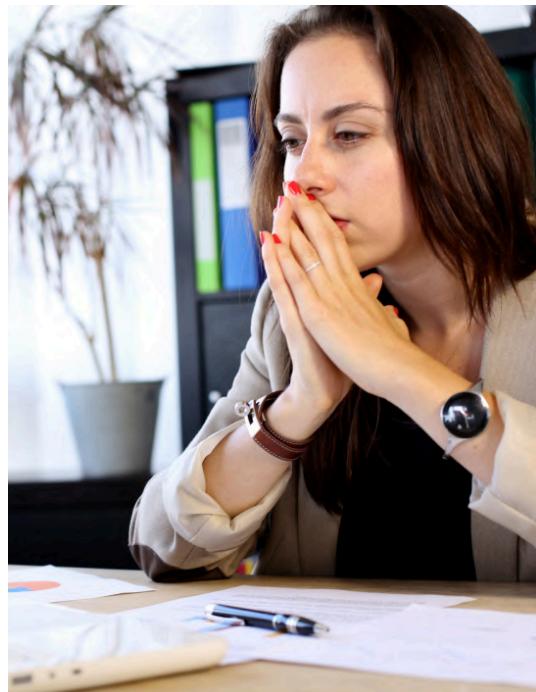
[Download Planners](#)

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



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



Wednesdays from 12pm-2pm on the following dates:

28/11/2025
03/12/2025
10/12/2025
17/12/2025
07/01/2026

Ashford Indoor Bowls Club - Bowl for Health

Would you like to try a new activity and meet other people from your local community? Join our bowl for health programme now!

Our free weekly bowls programme will enable you to get physically active in a friendly and relaxed environment.

14/01/2026
21/01/2026

At [Ashford Indoor Bowls Club, Victoria Park, Jemmett Rd, Ashford, Kent, TN23 4QD](#)

[Register Here](#)

All equipment will be provided - participants only need clean, flat trainers/shoes.

Free tea/coffee provided each week. No commitment required, bring A friend and come and try one or as many sessions as you like.

For more info, contact harryurwin@bowlsdevelopmentalliance.com

[Read More](#)

Hearing Aid Clinic – Dover

Every Wednesday, 10:00 – 12:00 at the Riverside Centre in Dover.

You can go along for support with any issues with hearing aids or for new batteries.

[The Riverside Community Hub
Maison Dieu Gardens, Dover, Kent, CT16 1RL](#)



Contact: **01304 207 268**
admin@riversidedover.org.uk



Upcoming Online Event: Exploring the Science of Happiness

On **December 8th at 6:00pm** UK time, wellbeing advocate Klaudia Mitura will host an engaging online session titled The Science of Happiness. This event invites participants to explore what it truly means to live a happier life, drawing on the latest research and expert insights.

Based on conversations from Klaudia's acclaimed podcast The Happiness Challenge, the session will highlight findings from leading voices in the field of

positive psychology and wellbeing. Attendees will gain practical strategies and evidence-based tools designed to boost everyday happiness and improve overall mental health.

Highlights of the Event

- A clear summary of key scientific findings about happiness
- Actionable steps to enhance personal wellbeing
- Interactive exercises to help participants apply what they learn

Whether you're looking to make small changes or take a deeper dive into the psychology of happiness, this event offers a welcoming space to begin your journey. It's an opportunity to reflect, recharge, and reconnect with what brings joy and fulfillment.

[Read More](#)[Book your free place](#)

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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