

Carers' News Bulletin

December 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



Festive Closing Times.

We will close for the festive period at 3pm on **Wednesday 24th December 2025**, and reopen at **8:30am on Friday 2nd January 2026**.

We understand that the festive season can be a challenging time for Carers. Should you require urgent support during this period go to:

<https://carersek.org.uk/emergency-and-helpful-numbers-over-christmas-2025/>



Parent Carer Workshop

We're excited to invite you to our upcoming **Parent Carer Workshop: Know Your Rights**, delivered by **IASK (Information, Advice and Support Kent)**. This free online session is designed for **Parent Carers of children and young people with SEND**.

Workshop Details

Date: Thursday, 15 January 2026

Time: 10:30 AM – 12:00 PM

Location: Online via Zoom

What You'll Learn:

- What is Special Educational Needs (SEN) Support?
- The 'graduated approach' to supporting children and young people with SEN
- What are 'reasonable adjustments' and 'best endeavours'?
- Purpose of an Education, Health and Care Plan (EHCP)
- Understanding disagreement resolution, mediation, and appeals
- How IASK can support you

How to Register:

Click the button below to secure your place.

We will send you a Zoom link a few days before the event so that you can join.

Who can attend?

Parent Carers registered with Carers' Support East Kent.

Not registered yet? Call **0300 302 0061** or complete the self-referral form [here](#)

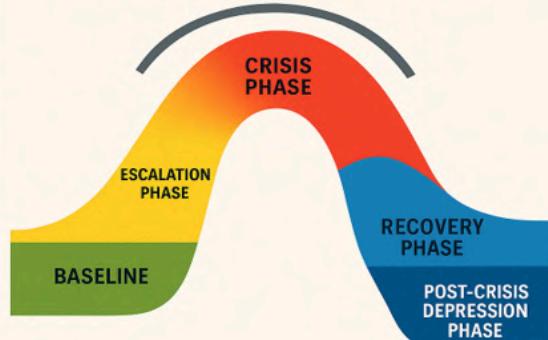
Privacy Notice: Please confirm you've read our [privacy policy](#). We look forward to seeing you there!

[Register Here](#)



KAPLAN AND WHEELER'S ASSAULT CYCLE

BEHAVIOR/TIME INTENSITY MODEL



December's Parent Carer Workshop

This interactive workshop using real-life examples aimed to equip attendees with practical, evidence-based strategies to understand & manage their children's behaviour.

Guest speakers Kurt King & Michelle Elliott, founders of 'Differences Not Disabilities' introduced the Kaplan and Wheeler Assualt Cycle (a model that breaks behaviours into five phases) and facilitated discussions and learning to recognise, prevent and respond to behaviours.

"Really informative workshop, facilitators were very knowledgeable and gave informed case studies to consolidate my understanding, thank you! I wish I had been able to attend this session years ago.....pace and content were tip top"

Attendees left with increased confidence, practical tools, a handout and sensory toys to support ongoing application in daily life.

If you are over 18 and caring for someone under 18 who is ill, has a disability or experiences mental health or substance misuse issues and would like further support or information about future workshops please contact us.

We look forward to hearing from you or meeting you at one of our Parent Carer Workshops!

[Read More about the event](#)

CARERS RIGHTS DAY
THURSDAY 20TH NOVEMBER 2025



Carers Rights Day - 20th November 2025

This year's theme was 'Know your rights, use your rights.'

Our online webinars provided Carers in East Kent with important information about Carers Rights:

Did you know?

Employees are entitled to one week's unpaid leave per year if providing or arranging care for someone with a long-term care need. Some workplaces provide additional support for Carers, so consider telling your employer that you are a Carer to see what support is available to you

Did you know?

You have the right to a Carer's Assessment by your local authority to look at your needs as a Carer and how caring affects your wellbeing. In Kent the majority of Carer Assessments are carried out by Carer Support organisations on behalf of the local authority

Did you know?

If you provide unpaid care, you can ask your GP practice to identify you as a Carer on your patient record. The benefit of this is that you may then fall into a priority group for vaccines or other public health campaigns.

A big thank you to everyone that attended – we hope you found it useful.

If you'd like to know more please [contact us](#)

Carers UK also have useful information about Carers Rights on their website

[Click Here](#)

GIVE THE GIFT OF WINNING THIS CHRISTMAS



Wishing you a LOTTO fun
this Holiday Season!

This festive season give the gift of winning by purchasing one of our lottery gift vouchers.

You could give your friends and family the chance to win £25,000, while supporting Carers' Support East Kent with our vital work!

Have a TREE-mendous holiday,
From all of us at Carers' Support
East Kent.

[Enter Here](#)



Coping at Christmas When You're a Carer

The festive season can be joyful, but if you're caring for someone, it can also feel overwhelming. Balancing responsibilities with holiday expectations isn't easy, so here are some practical tips to help you look after yourself as well as those you care for:

1. Give Yourself Permission to Pause

Caring is demanding, and it's okay to take breaks. Even a few minutes to enjoy a cup of tea, listen to music, or step outside can help you recharge.

2. Ask for Support

You don't have to do everything alone. Share tasks with family or friends if possible and explore local respite services. Charities like **Carers UK** offer advice and support throughout the holidays.

3. Keep Christmas Simple

Don't feel pressured to create a "perfect" festive experience. Focus on what matters most—connection and comfort—rather than elaborate plans or decorations.

4. Stay Connected

If you can't meet in person, arrange phone calls or video chats. Talking to someone who understands can make a big difference.

5. Plan Ahead

Think about meals, medication, and any appointments early so you're not stressed at the last minute. A simple schedule can help you feel more in control.

6. Look After Yourself

Eat well, rest when you can, and try gentle movement. Your wellbeing matters too—caring for yourself helps you care for others.

7. Reach Out for Help

Charities like **Carers UK** (0808 808 7777) and **Mind** (0300 123 3393) offer helplines and online communities where you can share experiences and get advice.

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](#)

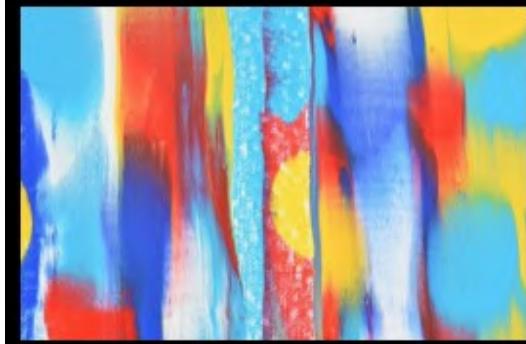
Friday 19th December

**Mince pies and
Christmas trees**



Friday 16th January

Squeegee Art



**Alzheimer's
Society**

[Read More](#)

How to support a person with dementia at Christmas

Christmas means many things to many people - from food, family and festivities, to religious observance and quiet reflection. But for people affected by dementia it can be more difficult. Alzheimer's Society has listed eight ways you can support people with dementia at Christmas.



Social Prescribing

DEAL AND SANDWICH PRIMARY CARE NETWORK

5 Days of Wellbeing

January 2026 at Deal Town Hall, pop in for a cuppa and a chat.

Thursday 15th - Energy Efficiency, And Home Safety Awareness Day

- Green Doctors
- Age UK
- Community Warden
- Kent Fire And Rescue

Friday 16th - Connect Together, Social Activity Awareness Day

- Jodi - Well-being Coordinator @ Walmer Castle
- NHS Talking Therapies
- DWP

Saturday 17th - Hobby Day

- local groups sharing their specialism
- encouraging people to join in
- a new interest in the new year

Monday 19th - Brew Monday

- Enjoy a Cuppa, Cake and a chat

Tuesday 20th - Keep Active and Healthy

- One You Kent
- Family Hub

Contact: 01304 744075

Email: social.prescriberpcn@nhs.net



Caring for Yourself Without Children: Building a Strong Future

Not everyone has children to rely on for care later in life – and that's perfectly okay. With thoughtful planning and a proactive approach, caring for yourself without family support is absolutely achievable.

If you would like more information and support, visit Aging Without Children at <https://awoc.org.uk>

In East Kent, local groups in Canterbury, Hythe, Ashford, Broadstairs, and online via Zoom bring people ageing without children together for informal peer support and the chance to share experiences.

Warm Welcome Spaces

An opportunity to make new friends and connect with the community over a cuppa while keeping warm. Follow the link and add your postcode to find your closest space.

[Find a space near you](#)



Ingredients

- 320 g Ready rolled shortcrust pastry
- Mixed Christmas dinner leftovers (turkey, stuffing, veggies, gravy etc)
- Salt and pepper (to taste)

Turkey Leftover Pie

Instructions

1. Chop all Christmas dinner leftovers into bite sized pieces
2. Mix leftovers together, along with cold gravy and season well with salt and pepper
3. Line pie tins with two thirds of the pastry
4. Fill pastry with leftovers mixture, pressing down gently
5. Top leftovers with a knob of butter
6. Egg wash pastry edges
7. Top with remaining pastry 'lids', crimping edges to seal
8. Pierce a hole in the top of each pie for steam to escape

- 1 tbsp Butter
- 1 Egg (beaten)

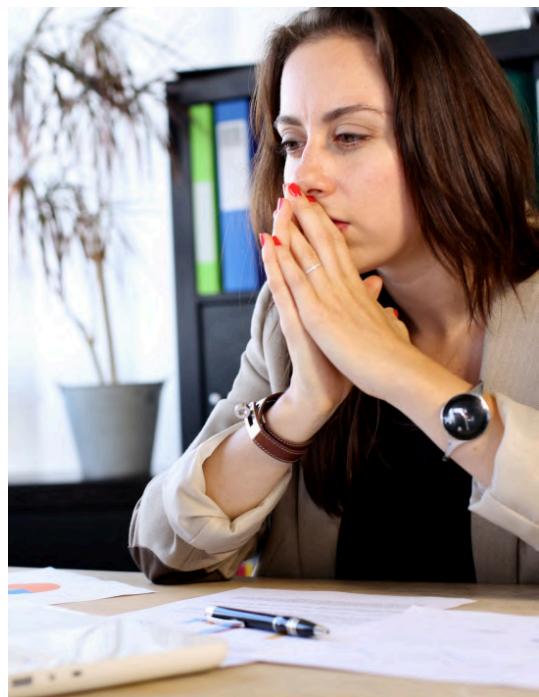
9. Egg wash the top of the pastry lid
10. Bake in oven at 180 degrees C, 350 F for 30 to 40 minutes, until golden brown

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



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.

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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