

Carers' News Bulletin

May 2026



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



Carer Connect Day

This is the last chance to register your interest in attending Carer Connect Day on 2nd June. Registration forms close at **5pm Wednesday 27th May** and we will notify you if you have a place by email by the end of Thursday 28th May

2nd June 2026 Riverside Church, Whitstable 9.30am-3pm

Whether you're new to caring or have been supporting someone for some time, our Carer Connect Day is a friendly, welcoming space to connect with others, discover support and take some time for yourself.

This year's theme is *Building Carer Friendly Communities*

Together we will explore how we can collectively create environments and communities where Carers are recognised, valued, and supported.

About the Day

Enjoy a relaxed and flexible programme — attend for the full day or simply join the sessions that matter most to you.

- Connect with others and meet our friendly team
- Visit our Carers Marketplace to meet local organisations providing support and services (doors open at 9.30am)
- Enjoy a free light lunch (booking required)
- Book a free NHS Health Check (limited places)

In the Morning:

- Take part in a Q&A discussion with representatives from health, social care and charities supporting Carers
- Help shape Carer Friendly Communities in East Kent

In the Afternoon a choice of:

- Tabletop discussions (Girling's solicitors, Dementia Experience, KCC Involvement Team, and our Carers Advisory Group),
- Wellbeing activities led by East Kent Mind and Time to Shine
- Information sessions with Medequip and Home Optics.

Travel Information

Public Transport

Riverside Church is a 5-minute walk from Chestfield and Swalecliffe railway station.

Nearby bus stops include Maydowns Road, Chestfield and Chestfield & Swalecliffe (around a 9-minute walk).

Parking

Free on-site parking for 50 cars, including 5 accessible bays near the entrance.

How to Take Part

Simply register your interest and we'll be in touch with the outcome.

If you need support to attend (such as a sit-in service), please let us know on the booking form.

To register please follow this link:

<https://register.enthuse.com/ps/event/CarerConnectDayWhitstable0930am300pm>

Privacy Notice

You'll be asked to confirm that you've read and understood our Privacy Notice when registering:

👉 <https://carersek.org.uk/about-2/policies/privacy-policy/>

Register Here



Keeping your information up to date

As part of our commitment to keeping your personal information accurate and current, we kindly ask you to take a moment to consider whether there have been any changes to the following:

Your contact information

- Phone numbers
- Email address
- Postal address

Your communication preferences

- How you prefer us to contact you (phone, email, post, text)
- The best times of day to reach you

If you do not currently receive our newsletters, including the monthly *Carers' News*, and would like to, please let us know.

Other relevant information

This may include changes to your personal circumstances, the amount of time you spend supporting the person you care for, medical conditions, or anything else you feel we should be aware of.

Keeping your details up to date helps us provide you with useful and timely support. We are committed to maintaining the highest standards of privacy and security for your information.

To update your details, please contact us by email support@carersek.org.uk or call **0300 302 0061**.

As part of Carers Week, Carers Support East Kent is pleased to invite unpaid Carers to join us for a relaxed Walk & Talk.

There are 4 groups that will meet at four different locations throughout the week of Monday June 8th to Friday June 12th. The gentle walks will last approximately around one hour and will be accompanied by a member of Carers Support East Kent staff, along with other Carers from the local area.

This is a friendly, informal opportunity to enjoy some fresh air, light exercise, and supportive conversation. There's no pressure to talk — you're very welcome to simply walk and listen. Comfortable footwear is recommended.

The walks will be at the following venues for approximately an hour each, please use links provided to book.

Monday 8th June 2026 10:00am

at Minnis Community Hub, 19 Minnis Road, Birchington, CT7 9SF

<https://register.enthuse.com/ps/event/CarersWalkandTalkBirchington >;

Tuesday 9th June 2026 13:30pm

at The Jubilee Centre, Jubilee Road, Sandwich, CT13 0QP

<https://register.enthuse.com/ps/event/CarersWalkandTalkSandwich >;

Thursday 11th June 10:00am

at Salty Dog Harbour Café, Clock Tower Square, Dover, CT17 9FS

<https://register.enthuse.com/ps/event/CarersWalkandTalkDover >;

Friday 12th June 2026 10:30am

at BP Garage (beach side), Seabrook Road, Sandgate, Hythe, CT21 5RS

<https://register.enthuse.com/ps/event/CarersWalkandTalkHythe >;

For help registering, please contact us on **0300 302 0061**

Do something amazing today



Nothing beats that winning feeling!

Did you know that we have a weekly lottery? For just £1 per week players will have the chance to win some wonderful cash prizes while raising vital funds to support our essential services. Our lottery is facilitated by professional provider, Unity and as a result you're 1.4 times more likely to match 3 numbers in Unity than with the National Lottery – getting yourself 5 more chances to win £25,000!

And most importantly... a guaranteed 50p in every £1 goes to supporting local Carers in East Kent.

For every pound you play each week, you'll receive a unique 6-digit lottery number. Every Friday, a winning number is drawn at random. Match your digits to win up to £25,000!

The lottery is a number match game. We generate a random 6-digit winning number sequence. If your digits are in the same positions as the digits in the winning number sequence, you win a prize!

Sign up online today or call **0370 050 9240**

BeGambleAware is a registered charity that provides confidential telephone support and counselling to anyone who is affected by problem gambling. Call Gambleaware on (local rate) 0808 8020 133.

[Sign Up Online Here](#)



[Read More Here](#)

Carers in the Spotlight – BBC Caring Matters Week (24–30 May)

Next week, the BBC will shine a spotlight on Carers and social care across TV, radio, and online as part of Caring Matters Week.

You'll see and hear stories about caring in popular programmes such as EastEnders, The Archers, Woman's Hour, The Jeremy Vine Show (Radio 2), and BBC Radio 5 Live. Special features will also appear on Songs of Praise, The One Show, and Morning Live.

Carers Trust have been working behind the scenes to help the BBC highlight the real experiences, challenges, and voices of Carers.



Home Optics - Free Eye Test for Carers During Carers Week

Are you a Carer?

Did you know Home Optics offer HALF PRICE eye tests to all Carers?

To celebrate Carers week (8th-14th June) we will be offering all Carers a FREE eye test.

We know how much Carers do for those they care for, and how little time there is for themselves, so we want to help to take some stress away.

During Carers week, we will be offering FREE eye tests to all Carers that book an eye test for both themselves and their loved one.

Find Out More
(www.homeoptics.co.uk)

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 June - Folded Book Flower

Friday 17th July - Indestructible Cacti

Find Out More

Friday 19th June

Folded Book Flower



Friday 17th July

Indestructible Cacti



For help registering, call us on 0300 302 0061



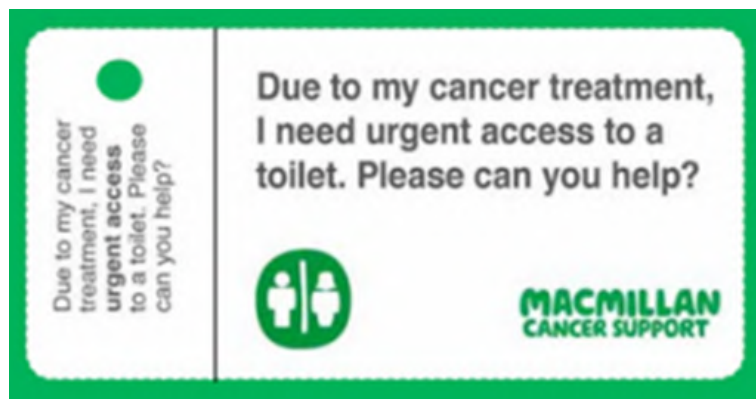
Free Uplifting Choir Sessions

The Dementia Experience are offering free uplifting choir sessions. The Phoenix Choir meets at Javelin Way, Ashford, TN24 8FN

Tuesdays, term time: 10-11am

A great way for people living with Dementia and their Carers to get together.

Contact: hello@dementia-experience.com



Macmillan Toilet Card

Cancer treatment can affect bowel and bladder function. This toilet card and key ring is designed to give you urgent access to a toilet when out in public, this will be at the discretion of the establishment however, we hope this card allows you urgent access.

If you or the person you are supporting, have been affected by this, please get in contact with our Hub Team on **0300 302 0061** and we can send you a card,



Music 4 Wellbeing - Singing for Wellbeing

Providing group music and other creative activities to support people to live well and thrive. Music4Wellbeing offers fun and stimulating activities as necessary social points of contact for people living life through the lens of disability, family and friends who are managing the health conditions of their loved ones on a daily basis and other people in need of social activity and companionship.

Music4Wellbeing kindly made an appearance at our Carer Connect Day last year, which you can watch [here](#)

Their regular sessions include:

Ashford Skylarks 2-3pm, 4th Wednesday of the month* Repton Connect Community Centre, Repton Avenue, TN23 3RX

Broadstairs Blue Jays 1:30pm-3:00pm on Wednesdays* Queens Road Baptist Church, Broadstairs, CT10 1NU

Medway Skylarks, Chatham 10am-12pm on Saturdays* University of Greenwich, Medway Campus, Central Avenue, Chatham ME4 4TB

Singtastic Erith 11:30am-1:00pm Last Wednesday of the month* St Johns Hall, 194 West St, Erith DA8 1AN

Margate - Thanet Union Singers 2-3:15pm, 1st Friday of the month* Union Church, Union Crescent, Margate CT9 1NR

Aylesham Times and dates tbc Aylesham Community Trust, Ackholt Road, Aylesham, Kent, CT3 3AJ

Canterbury Sounds Beaney 10:30-11am, monthly on a Friday Beaney House of Art & Knowledge, 18 High Street, Canterbury CT1 2RA

Deal Community Choir 1:15pm - 2:15pm on Mondays* St Andrew's Church Hall, West Street, Deal CT14 6DY

Maidstone Skylarks 2:30pm-4:00pm 2nd & 4th Wednesday of the month* Maidstone Masonic Centre, Courtenay Road, Tovil, ME15 6LF

Sandwich Singers 10:30am-12:00pm on Tuesdays* 19/21 Cattle Market, Sandwich, Kent, CT13 9AP

Birchington - Minnis Minstrels 1:45pm-3:15pm on Mondays* Kearns Hall, Grenham Bay Avenue, Birchington CT7 9NN

Canterbury Songbirds and St Stephen's Skylarks, Chatham By referral only. Please contact us on using the details overleaf

Dover Bluebirds 10:30am-12:00pm 1st Wednesday of the month* Whitfield Village Hall, Manley Close, Whitfield, Dover CT16 3LY

Margate - Seaside Singers 2:00pm-3:30pm on Thursdays Holy Trinity Church St Mary's Avenue Margate, CT9 3TN

Swalecliffe-Seaview Singers 2:30pm-4:00pm on Fridays* Swalecliffe & Chestfield Comm. Hall, 19 St John's Rd, Whitstable, CT5 2QU

All sessions are subject to change and groups break during the year, please contact before attending: 01304 699007



Spot the Scam Community Safety Awareness Event

Worried a family member is falling for an online scam?

Want clear, trusted advice on protecting yourself and your loved ones online?

Been caught out by a scam and need support, without judgement?

Join us for a friendly, practical session on staying scam smart.

Learn how to spot scams, protect your information, and get help if things go wrong.

Friday 19 June 2026 10:30am – 3:00pm

Age UK, Sanford House, Stade Street, Hythe, Kent, CT21 6BD

Contact: **01303 269602**



Smoky Sausage Skewers with tomato rice - Tesco

Ingredients

- 8-pack pork sausages
- 2 red onions, 1 cut into 3cm chunks, 1 finely diced
- 3 peppers, deseeded and cut into 3cm chunks
- 2 tbsp smoked paprika
- 2 tbsp dried oregano
- 3 garlic cloves, crushed
- 3 tbsp olive oil
- 2 tbsp tomato purée
- 300g long-grain rice, rinsed
- 1 chicken stock pot, made up to 700ml
- 15g fresh coriander, finely chopped

Method

1. Preheat the oven to gas 7, 220°C, fan 200°C and line a large baking tray with foil. Meanwhile, if using wooden skewers, soak 8 in cold water.
2. Cut each sausage into 4 pieces and put in a large bowl with the onion and pepper chunks. Add 1 tbsp each paprika and oregano, 1 crushed garlic clove and 2 tbsp oil. Season, then toss to coat gently.
3. Thread the sausages and veg onto the skewers, then transfer to the tray. Bake for 25-30 mins, turning halfway if starting to catch, until golden brown and cooked through.
4. Meanwhile, heat the remaining oil in a lidded pan over a medium heat and fry the diced onion for 5 mins, stirring, until softened. Add the remaining paprika, oregano, garlic and tomato purée, and cook for 2 mins or until aromatic.
5. Add the rice, stir to coat, then add the stock; cover and bring to the boil. Once bubbling, reduce to a simmer for 12-15 mins until the water is absorbed. Set aside for 5-10 mins, covered, until needed.
6. Carefully fluff up the rice with a fork and stir through the coriander. Serve with the sausage skewers.

Kent Be Prepared

Unfortunately, emergencies can happen when people least expect them, such as power outages, flooding, storms and fires.

The Kent and Medway Resilience Forum have produced a booklet to outline the types of risks people and communities might face, along with simple advice

to help people prepare.

For more information, please visit this web page:

<https://www.kentprepared.org.uk/booklet>

STEP 1	Make an emergency grab bag – consider: <ul style="list-style-type: none">• Torch• Keys• Medication• First aid kit• Toiletries• Important documents• Radio and batteries• Money and credit cards• Clothing and blankets• Mobile phone and charger• Pet food• Food and water• Emergency contacts	
STEP 2	Make a ‘Household Emergency Plan’ <p>Make an emergency plan for your home and practice it with your household. Your plan should include: contact numbers, how to turn off your gas, electricity and water, and sources of information and advice.</p>	
STEP 3	Sign up for weather and flood alerts <ul style="list-style-type: none">• Sign up for Met Office weather alerts: www.metoffice.gov.uk• Get Environment Agency Flood Warnings: www.gov.uk/get-flood-warnings	
STEP 4	Check your flood risk <p>Check your home’s flood risk by visiting the Environment Agency website at www.gov.uk/check-long-term-flood-risk</p>	
STEP 5	Join the Priority Services Register <p>The Priority Services Register is for customers who may need additional support in a utility outage. Find out if you or a relative is eligible to sign up for this free service by visiting www.thepsr.co.uk</p>	



Social Prescribing

DEAL AND SANDWICH PRIMARY CARE NETWORK

Healthy Together Circuits & Social 50+

Are you aged 50+ and registered with a Deal or Sandwich GP? Looking to improve your strength, balance, and wellbeing over 12 weeks?

Join in the Healthy Together Circuits & Social at [Freedom Leisure Sandwich](http://FreedomLeisureSandwich)

Starting:

Group 1: 18th Jun|Thursday's|5pm-6.15pm

Group 2: 6th Sep|Sunday's|9:10am-10.25am

Group 3: 5th Oct|Monday's|11:10am-12.25pm

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!"

Eight years ago, Carefree was built on a simple but powerful belief: that the people who give so much of themselves caring for others deserve a moment to simply breathe. Today, we are incredibly proud to announce that we've reached a landmark that once felt like a distant dream: 20,000 hotel breaks gifted to unpaid carers across the UK.

20,000 breaks - 20,000 chances to sleep in, to step away, to remember who you are beyond your caring role.



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](#)

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](#)



Carers' Support East Kent
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