

August 2025



Carers

Newsletter

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News**

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Partners**

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Activities**

 03000 810005

 hello@involvekent.org.uk

Welcome to the Carers August Newsletter 2025

Welcome to the August edition of our newsletter for unpaid carers!

The sun has finally made an appearance over the last couple of months, and with the arrival of summer, we have been busy delivering workshops, training, and enjoying group outings.

From June 9th to June 15th, we participated in Carers Week, a national campaign that recognises unpaid carers. Throughout the week, we held several events, including a forum, a carers' party, and a picnic in the beautiful grounds of Leeds Castle. You can read more about our activities for Carers Week later in this edition.

Additionally, you will find up-to-date information about our upcoming groups, training sessions, and workshops.

Following the success of our first session earlier this year, we are pleased to announce another date for the Virtual Dementia Bus. We also have a new talk available from The Co-operatives Estate on "Tax, Care, and Toy Boys." Although it's still summer, we are already planning for Christmas. You can now register your interest for one of our Christmas events.

Please get in touch with us if you have any questions or if you are interested in attending one of our events.

Contact Us

How to get in touch:

Opening Times:

Monday to Friday 9:00am - 5:00pm

Telephone: 03000 810005

General Email:

hello@involvekent.org.uk

Website: **www.involvekent.org.uk**

Address: **30 Turkey Court, Turkey Mill
Ashford Rd, Maidstone, ME14 5PP**



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About Our Carers Service

Involve's Carers Service is a single point of access for adult carers (18+) and young carers (16 - 24) who are providing unpaid care for a friend or family member and live in one of the following areas; Maidstone, Tonbridge and Malling, Tunbridge Wells and Sevenoaks.

We can help you by:



Supporting you to access a Carers Assessment on behalf of KCC



Offering information and advice focused on your needs



Providing a Kent Carer's Emergency Card



Supporting you to take a break



Linking you to support from other local organisations



Support on hospital discharge for you or your cared-for



Engagement to ensure your voice is heard



Peer support groups, training and more

Who is a Carer?

A carer is someone who provides unpaid care to a family member, friend, partner, or neighbour who could not manage without their support. This could be due to age related frailty, a long-term physical or mental health condition, disability or substance misuse. The care you provide could involve lots of different things such as personal care, household tasks, managing medication, appointments, emotional support and more. No matter what your caring role looks like, we are here for you.



What We've Been Up To

Carers Week 2025

During the week 9th to 15th June, we took part in Carers Week, an annual national campaign which recognises the amazing and often undervalued work that unpaid carers contribute in families and across our communities. Throughout the week we held different events and workshops for carers across West Kent, offering the chance for carers to take a break from their caring role for a couple of hours, meet like-minded people and make new connections.

We kicked off the celebrations on Monday with a party! Both carers and those they care for were invited to join us for a delightful afternoon of lunch, a quiz, raffle, and a performance from Ellie, one of our talented Young Adult Carers.



On Thursday, we held a Carers Forum in Maidstone, with speakers from Kent & Medway and Social Care Partnership Trust, Blackthorn Trust and Kent Fire and Rescue. Our Forums are an opportunity for carers to hear from other local support services, and to share their voice on things that matter to them.

We also held a Carers' Wellbeing Afternoon in Tunbridge Wells, joined by One You to discuss meals in a hurry, exercise and mindfulness.

Leeds Castle Trip

During Carers Week we held a special outing to Leeds Castle with some of our carers and young carers. The group enjoyed a leisurely walk around the castle and the grounds, followed by a packed lunch provided for by Graysons Catering.



I really enjoyed the wellbeing afternoon. I enjoyed meeting other people, the talk on nutrition, having the lovely fruit available, the exercises and the mindfulness session. It really made me stop and think about the way I would like to make changes as I have not really been looking after myself.



Thank you so much for arranging a care worker for me so I could attend the wellbeing event. I really enjoyed every part of it. I can't remember the last time I was able to do something for me.

Thank you for inviting me to the forum, even though I was apprehensive I found it very helpful and made some new friends and we plan to support each other.

Walk, Talk, Draw



Earlier in July, some of our carers enjoyed a sunny afternoon in Mote Park. Led by fellow carer and professional artist, Cas Holmes, the group were encouraged to use all their senses to take in and experience the beautiful surroundings as they watched a demonstration of how to record what they noticed using various mediums including pens, leaves and watercolour pencils. It was a wonderful way to switch off from everyday life, relax, and have a couple of hours of 'me time'.

This is something I've wanted to do for a long time but I didn't know where to start.

Thank you to Cas who gave up her time voluntarily to run this workshop. If you are interested in joining our next session, get in touch on 03000 81005 or email hello@involvekent.org.uk.



What's On

Carers' Forum

Our Carers' Forum is an opportunity for those caring unpaid for an adult family member, partner or friend to meet, gain information about services in the community, and have their voices heard. You will benefit from meeting other carers, share ideas and find support.

 Tuesday 9th September, Southborough, 10:30 - 13:30
Speakers include Southeast Water and Social Enterprise Kent on cancer awareness.

 Thursday 20th November, Maidstone, 10:30 - 13:30
Speakers tbc.

Walk Talk Draw



Enjoy a guided walk around Mote Park with carer, and experienced artist, Cas Holmes. Enjoy an opportunity for a bit of time to relax with other carers and focus on the beauty of the natural world.

 Wednesday 10th September,
Mote Park, 13:00 - 15:00

Virtual Dementia Bus

The Virtual Dementia Bus delivered by Training2Care, gives a sensory simulation of what it might be like for someone living with dementia. The session is followed by a discussion about how you can best support a person with dementia with tips and suggestions.

 Thursday 18th September, Ditton,
10:00 - 13:00 OR 13:30 - 16:30



What's On

First Aid



Knowing what to do in an emergency situation can make you feel more confident when looking after your loved one. In this one day workshop delivered by the British Red Cross you will learn how to; provide basic lifesaving skills, deal with choking, administer CPR, and treat wounds and stabilise injuries.



Monday 22nd September, Harrietsham,
10:00 - 12:00

Caring for Mental Health

A 4-week workshop with The Mental Health Resource charity supporting carers of people living with mental health conditions. Starting on Tuesday 23rd September each week until 14th October, 1pm to 4pm in Tonbridge. The workshop will cover:

- an introduction to mental health and The Mental Health Continuum
- signs and symptoms of different conditions
- talking to someone about their mental health
- looking after our own mental health when supporting someone else



Tuesdays, 23rd September - 14th October, Tonbridge, 13:00 - 16:00

Wellbeing Afternoon

A peaceful afternoon with Sonic Sanctuary exploring ways to alleviate stress.



Wednesday 8th October, Tunbridge Wells, 13:00 - 16:00

Caring: The Next Chapter

This workshop is for people who have recently stopped providing full time care for a family member or friend. Throughout the day we will discuss:

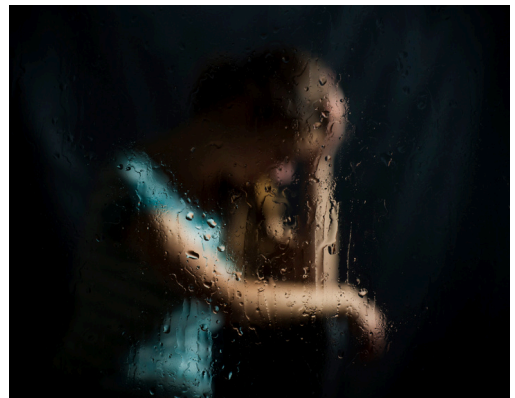
- taking time to adjust
- change in finances
- looking after your mental and physical health
- revisiting past interests and skills and developing new ones
- resilience and finding support



Tuesday 28th October, Paddock Wood, 10:00 - 15:00

Anticipatory Grief

Anticipatory grief refers to feelings of grief and sadness while a person is still alive, often when you're looking after someone with a terminal illness or life-limiting condition. It is normal to experience these feelings, however they can sometimes be difficult to manage and can affect your daily life. This workshop is a good introduction to anticipatory grief and how to support your self and others experiencing it.



Wednesday 29th October, Online, 18:00 - 19:30

Caring and Employment

A 2-part workshop which will cover how to:

- recognise your skills and link them to possible employment possibilities
- use online job search sites to find appropriate jobs
- understand how finances will be affected
- write an up-to-date CV
- develop good interview techniques
- understand your rights as a carer at work



Thursday 13th November, Maidstone, 10:00 - 15:00

Tax, Care and Toy Boys

This is a new talk from The Co-operatives Estate's planning team. A light-hearted but informative presentation about protecting your home and savings, inheritance tax and Lasting Powers of Attorney.

 Wednesday 3rd December, Maidstone, 12:00 - 13:30

Christmas 2025

Carers' Christmas Party

The Carers' Christmas Party is an opportunity to celebrate the season with festive activities, entertainment and delicious food in the company of other carers.

 Wednesday 10th December,
Ditton, 11:00 - 13:30



Leeds Castle Christmas Outing

Join Involve staff and other carers on a day trip to Leeds Castle. Enjoy a walk around the grounds and the Peter Pan themed castle decorations.

 Tuesday 16th December, 10:00 - 14:00, Leeds Castle
Lunch provided, £5 suggested donation

Information about booking

Please feel free to express an interest in any of these events by contacting us by phone or email. You must book your place as most events have limited numbers, and sometimes require us to order food. If you are unable to attend an event you are booked onto, please let us know as soon as you can so we are able to offer your space to someone else.

Please note that the full address of the event will be given at the point of booking.

 03000 810005  hello@involvekent.org.uk

Peer Support Groups

Being a carer can often feel lonely and isolating. While friends and family may be supportive, they often don't understand the true impact caring for someone can have on your life.

Many carers have found being able to meet and talk to other carers a huge benefit. Our peer support groups offer the opportunity to talk openly about your experience with others in a similar situation, or to simply take a break from your caring role for a couple of hours and unwind with a cup of tea.



Coffee & Chat Maidstone

Last Thursday of every month
from 10:00am to 12:00pm.



Coffee & Chat Tonbridge

First Monday of every month
from 10:00am to 11:30am



Online Support Group

Every Wednesday 11:00am to
12:00pm via Teams



Evening Online Support Group

A new monthly evening online
support group 2nd Wednesday of
every month, 6:00pm - 7:00pm

To find out more details about these groups, please call us on 03000 810005 or email hello@involvekent.org.uk. Alternatively, speak to your Community Navigator.

Has anything changed?

We always want to make sure we have the right information for carers registered with us to make sure we can provide the latest information and offer support. Please let us know if any of your details have changed e.g. address, phone number etc. if you are no longer in caring role, or if you haven't been in contact with us recently and would like some additional support.

Useful Information

Kent & Medway Carers' Emergency Card



As a carer, you may often worry about what would happen to the person you care for if you suddenly became ill or were involved in an accident. The recognised Carers' Emergency Card means that should something happen to you, a person close to you will be contacted to ensure the person you care for is supported whilst you receive care. Involve will supply you with an Emergency Plan to complete and can assist you with completing this.

Money Helper



Money Helper is here to make your money and pension choices clearer. Here to cut through the complexity, explain what you need to do and how you do it. Free, impartial guidance that's backed by the Government, and recommended further trusted support. Open to everyone, Money Helper helps you to clear your debts, reduce spending and make the most of your income. Visit www.moneyhelper.org.uk or call 08000 113 797.

Kent Fire & Rescue



Making sure home is a safe place is important for everyone. You'll find lots of advice and help in the Kent Fire & Rescue Service's Home Safety section - from smoke alarms to electrical and kitchen safety, they are there to help you stay safe. If you have a young family, a long-term health condition, dementia, a smoker, or are an older person, you are eligible for a Kent Fire and Rescue Service free Home Safety Visit.

Kent Connect to Support

Kent Connect to Support is a website provided by Kent County Council that gives you answers to common questions, information and advice to help you look after yourself, stay independent and connect. You can access a Community Services Directory and Care Services Directory.





Social Care Involvement Groups

Would you like to make a difference to adult social care in Kent?

We want to hear from people in Kent, of all backgrounds, ages and with diverse lived experience of social care, including unpaid carers. If you are interested in joining a co-production group in one of our four local areas (Ashford, Canterbury and Coastal, North Kent, Thanet and South Kent Coast, West Kent) we would love you to join the conversation.

We want to:

- listen to you and understand your experiences
- hear your ideas and suggestions
- let you know what support is available
- keep you updated on new services.

**Your voice
does make a
difference!**

You can:

- join our regular discussions, in a location local to you or online
- be part of our projects
- shape the future of social care.

If you would like to join one of our groups in Kent email:
makingadifference@kent.gov.uk
or visit: <https://kent.connecttosupport.org/get-involved>



Useful Contact Numbers

Involve	03000 810 005
Kent Adult Social Care	03000 416 161
Kent Adult Safeguarding Team	03000 416 161
Emergency Duty Team	03000 419 191
Kent Community Connectors	03000 422 065
Blue Badge	03000 416 262
Attendance Allowance	0800 731 0122
Carers Allowance	0800 731 0297
Personal Independence Payment	0800 121 4433
Disability Living Allowance	0800 121 4600
Citizens Advice Bureau North & West Kent	0808 278 7810
Mental Health Matters	08000 1070160
Release the Pressure	0800 107 0160
Live Well Kent	0800 567 7699
One You	0300 123 1220
Kent Connect To Support	0800 107 0160
West Kent Stroke Association	0303 3033 100
Alzheimer's and Dementia Support Service	01474 533 990
Kent Fire & Rescue Service	01622 692 121

Your Feedback

We value your voice and always seek your feedback on how we can improve our service for you. Please let us know if there is something you would like to feedback on, or have an idea that you think would benefit yourself and others. Please call **03000 810005** or email **hello@involvekent.org.uk**