



Do you look after an adult family member or friend who has a disability, mental or physical illness, addiction, or who needs extra help as they grow older? If so this newsletter is for you.

How we work with carers

If you call us, or are referred to us, one of our friendly staff members will chat to you about your caring role and how we might be able to help. We can also visit you at home or in a community setting if your prefer.



Supporting you to access a Carers Assessment



Developing Support Plans with you that meet your needs



Linking you to local organisations for further support



Assisting with hospital discharges



Supporting you to plan for emergencies



Help you access training, peer support and much more!

Save the Date - Carers Week June 9th to June 13th 2025

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face, and recognise the contribution they make to families and communities throughout the UK.

The theme for Carers Week 2025 is 'Caring About Equality'. The campaign highlights the inequalities faced by unpaid carers and the steps needed to create a fairer society. We will be celebrating carers' week and invite you to get involved with us.

Carers Week Events



Involve Carers 50th Birthday Celebration Lunch

Monday 9th June - 11:30am to 2:00pm in Ditton

Come and join us as we celebrate Carers Week and the 50th anniversary of Involve Kent. Delicious food, quiz, raffle, entertainment and a lot of fun.

Carers' Forum

Thursday 12th June - 1:00pm to 4:00pm in Maidstone

Join us to hear from local services about the support they can offer you. Share experiences and your own expertise as you chat with other carers over lunch.

Carers' Wellbeing Workshop

Friday 13th June - 2:00pm to 4:00pm in Tunbridge Wells

Let us help you spend an afternoon just thinking about yourself. Learn about quick to create nutritious meals, share ways of exercising even when it is hard to get out or make time and spend some time participating in mindful activities to help you unwind.

Please call or email us to book your place!

[E: hello@involvekent.org.uk](mailto:hello@involvekent.org.uk)

[T: 03000 810 005](tel:03000810005)

Anticipatory Grief – online sessions

Anticipatory grief can impact on our work, interactions, energy, and physical health.

If you want to know more, then this session is a good introduction.

Learn how to find support for yourself and others, and feel more confident in understanding and coping with your emotions.

Upcoming dates:

Wednesday 28th May
3:30pm to 5:00pm

Wednesday 30th July
6:00pm to 7:30pm

An Exciting Start to 2025

We held our first Carers' Forum of the year in March with speakers from Involve Kent, KCC, Citizens Advice and Spadework.

"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."



We facilitated 2 first aid workshops where participants learnt emergency first aid including what to do in the event of cuts, falls, choking, suspected heart attack and broken bones. They also get a chance to practice CPR and use of a defibrillator. Thank you to Babs and British Red Cross for your support to deliver this training.

"It has given me more confidence in providing support for the person I care for."

We have held 6 Caring & Me courses so far this year where carers meet once a week for six weeks to learn and share ideas about a range of topics, from looking at financial support to taking care of yourself.

"I found lots of helpful information from you and other members of the course, and I feel I have been able to move on in my own attitude to caring."

"I feel more relaxed and patient, and intend to reach out for help more often."

Active April

West Kent Walk

Thursday 24th April - Meeting at 10:00am

Bluebell Walk at River Hill Himalayan Gardens

Online Group

Wednesday 30th April - 6:00pm to 7:30pm via TEAMS

Exercises you can do at home and sharing ideas evening.

Call or email us to attend

E: hello@involvekent.org.uk

T: [03000 810 005](tel:03000810005)



FREE First Aid Workshop for those caring for a family member or friend

Would you like to learn how to:

- Provide basic lifesaving skills
- Administer CPR
- Treat wounds and stabilise injuries



If so, we are offering a 90 minute first aid workshop in partnership with the British Red Cross.



Tuesday 24th June,
2:00pm - 4:00pm
in Tonbridge

By the end of the workshop, you will feel more confident in your ability to respond to medical emergencies and provide crucial assistance until professional help arrives.

Limited spaces available and booking essential.

Peer Support for Carers

Many carers have experienced first hand the enormous benefits of meeting with others who are also caring for a family member or friend. Being able to express their concerns and problems whilst still having fun and enjoying varied conversation is a life line to many.

Coffee and Chat Maidstone Peer Support Group

Last Thursday of every month from 10:30am to 12:00pm

Coffee and Chat Tonbridge Peer Support Group

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

Coffee and Chat Sevenoaks Peer Support Group

3rd Wednesday of every month from 11:00am to 11:30am
Pay and display parking nearby.

Online Support Group

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

COMING SOON: A new monthly evening online support group will start in the summer.

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



MOVING & HANDLING AWARENESS

Tips for caring for yourself

Are you caring for an adult family member or friend who may need support to move around safely at home?

Then you may be interested in this half day workshop organised by Involve Kent and delivered by a qualified member of the Clinical Team at NRS Healthcare. The session will provide helpful hints and tips on how to move and handle your cared for, whilst also caring for yourself.



Upcoming session:

Aylesford* - Tuesday 8th July, 10:30am to 1:00pm

*The full address will be provided at point of booking.

Caring and Me

A course for carers

Caring and Me is a FREE 6 week course for unpaid carers living in West Kent. Each 2 hour session will focus on a different topic relevant to caring for someone. This is an opportunity to learn new information, share ideas and find support in an open and friendly environment.

Upcoming Courses:

Tonbridge: Tuesdays 10:30am to 12:30pm from 29th April to 3rd June

Maidstone: Thursdays 2:00pm to 4:00pm from 1st May to 5th June

Online: Wednesdays 2:00pm - 3:30pm from 30th April to 4th June via Teams



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>



Are you interested in health inequalities? Get involved in health research

Health and social care research helps to improve services and ensure that the voices of people from all backgrounds are heard. Engaging with a wide range of communities ensures that services are delivered in a suitable and accessible way.

Kent and Medway has some of the lowest numbers in the country for people getting involved in health research which means that services might not be the best they can be for those who use them. As a partner in the Community Research Engagement Network, we are working with organisations across Kent and Medway to increase opportunities for people to take part in research.

Anyone can take part in health and social care research. Often, you may be offered a voucher or small payment to take part in research and researchers are always looking for a wide range of participants. Time commitment varies, you might complete a questionnaire or be interviewed, or you might like to join a longer study across a few months or even years. How much or little you want to get involved is entirely your choice.

If you are interested in finding out more about health research, how you can get involved and how you can encourage others to take part, there are a number of ways to get involved:

Sign Up to Be Part of the Research

Be Part of Research is a UK-wide registry of all health and social care research which helps match people to research that is relevant to them. You can get updates on research that is local to you and can browse to find studies that you might be interested in.

Contact Involve for more info:

Clara Citro, Engagement and
Partnerships Coordinator
partnerships@involvekent.org.uk
T: 07311 388078



You can sign up by going to the
following website:

<https://bepartofresearch.nihr.ac.uk/>

Or by scanning the QR code

Looking for male carers!

Researchers at the Universities of Hertfordshire, Kent and Cardiff want to find out more about older male carers' experiences to help develop research in this area.

Are you:

- Aged 65+
- Caring/cared for a partner/spouse who has dementia and/or other long-term conditions

And, one or more, of the below:

- Living in a rural or coastal area
- Black, Asian or from another ethnically diverse community
- Gay, bisexual or transgender

If so we would love to hear from you and invite you to join a series of discussion groups.


This is an inclusive study. We are committed to include, respect and value everyone from Gay, Bisexual and Transgender communities, different age groups, disability, gender identity, race/ethnicity, religion/belief and sexual orientation.

We want to set up one or two groups of male carers with diverse experiences to help us:

- Learn more about men's experiences and thoughts about accessing community-based support.
- Discuss how best to reach out to male carers for further research.
- Develop ideas and questions for a research proposal

To learn more and express your interest

Contact: Steven Owen via email at
s.owen4@herts.ac.uk



What will participation involve?

- Attending eight online meetings (90 minutes including a short break) – once a month between April and December 2025
- Reflect on your experiences of being part of the discussion groups and what we could improve or change
- You'll receive a £20 voucher for each hour contributing to the group.

Resources and Services

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. This recognised Carers 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.

MoneyHelper

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 can do it. Here to put you in control with free, impartial guidance that's backed by government, and to recommend further, trusted support if you need it.

Open to everyone, Money Helper is helping people to clear their debts, reduce spending and make the most of their income. To support loved ones, plan ahead for major purchases and find out about entitlements. To build up savings and pensions, and know their options.

Visit www.moneyhelper.org.uk or call 0800 011 3797.



Making sure home is a safe place is important for everyone. You'll find lots of advice and help in 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 or dementia, or are an older person or a smoker, 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, and information and advice to help you look after yourself, stay independent and connect. You can access a Community Services directory and Care Services directory.

