

Spring 2026

Carers'

# Newsletter

Dates for  
your Diary



Support  
Groups



Help &  
Support



Useful  
Information



 03000 810005

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

# Welcome to the Carers Spring Newsletter 2026

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

You will find details of the workshops and events planned for the next three months in the following pages. Take a moment to see what we are up to and reserve your place.

The recent warm weather bringing flowers and wildlife back to our gardens and parks can bring a smile to our faces. It also helps us feel more able and inclined to get out and about in the fresh air.

The Active April campaign encourages all of us to get up and moving. We know this isn't always easy for carers, but just a little movement each day makes all the difference to our mental and physical wellbeing. Why not use the remainder of the month as an opportunity to commit to looking after your own health.

Use the links below for some inspiration, find out what your local leisure centre can offer, or call us to find out about the regular monthly walks for carers with Involve.

[Everyday Active Kent Carers UK](#)

[Everyday Active Kent Walks](#)

[NHS Better Health](#)

[Parkrun](#)



Follow us on social media:

**@InvolveKent**

## 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](mailto:hello@involvekent.org.uk)

Website: [www.involvekent.org.uk](http://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






## Caring and Me

Caring and Me is a four week course, with each week tackling a different topic based on challenges you may experience when caring for someone. It's an opportunity to learn new information, share ideas, and find support in a welcoming space with those who understand your situation.


 **Maidstone - Thursday afternoons from 7th May to 28th May**

 **Online - Tuesday evenings from 5th May to 26th May**

## Caring: The Next Chapter


Caring: The Next Chapter is a workshop designed for carers who are no longer in their caring role. Throughout the session, you will explore how to adjust, and discuss changes in finance, revisiting past interests, managing change, and looking after your wellbeing.



 **Wednesday 13<sup>th</sup> May, 10:30 - 15:30 in Paddock Wood**

## Emergency First Aid

Learning emergency first aid with the British Red Cross including cuts, broken bones, choking, suspected heart attack, CPR and using a defibrillator. This workshop will give you the confidence to know you can cope in an emergency.

 **Wednesday 20<sup>th</sup> May, 14:00 - 16:00 in Tunbridge Wells**

If you would like to register for any of these events, please contact Involve at **03000 810005** or email us at [hello@involvekent.org.uk](mailto:hello@involvekent.org.uk).




## Carers Week 2026



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

### Leeds Castle


Join us for a day visit Leeds Castle.  
A packed lunch will be provided.

 Tuesday 9<sup>th</sup> June, 10:30 to 14:00



### Carers Afternoon Tea

Join us for a delicious tea of scones and cakes, entertainment and laughter.

 Wednesday 10<sup>th</sup> June, 14:00 - 16:00 in Southborough

### Sissinghurst Castle Garden

Join us for a day visiting Sissinghurst Castle. A ploughman's lunch will be provided.

 Thursday 11<sup>th</sup> June, 10:30 - 14:00

### Carers' Forum

Join us to share experiences of caring, find out about planning for emergencies and hear from local services in Kent. A buffet lunch will be provided.

 Tuesday 16<sup>th</sup> June, 12:30 - 16:00



Numbers are limited so book early to avoid disappointment.



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 Tonbridge

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



## Coffee & Chat Maidstone

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



## Online Support Group

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



## Evening Online Support Group

Second Wednesday of every month, from 6:00pm to 7:00pm



## Walking Group Maidstone

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



## Walking Group West Kent

Third/Fourth Thursday of every month from 10:15am to 12:30pm

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



## Kent Library Service

The library is more than just a book lending service. Once you've joined for free you can also provide:

- Access to thousands of free eBooks, audiobooks and online newspapers and magazines for all ages and interests
- Access to free internet and Wi-Fi, and help using computers
- A home library service if your circumstances mean you cannot get to the library
- Clubs and activities - many libraries host group activities, contact your local library to find out what they offer

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## Digital Kent

Digital Kent is working to improve digital inclusion and capabilities in the county of Kent.



If you need support to access online services or understand how to make the most of digital technology, Digital Kent offer a wide range of workshops and one to one support to help you get connected.

[Find out more](#)

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## Medequip

Medequip is the leading provider of community equipment services to local authorities and the NHS across the UK, delivering a wide range of equipment and support to people in their own homes, keeping people independent for longer.

If you have equipment from NRS, you can contact Medequip for help and support.

[Find out more](#)



## 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](http://www.moneyhelper.org.uk) or call 08000 113 797.

## Kent Fire & Rescue



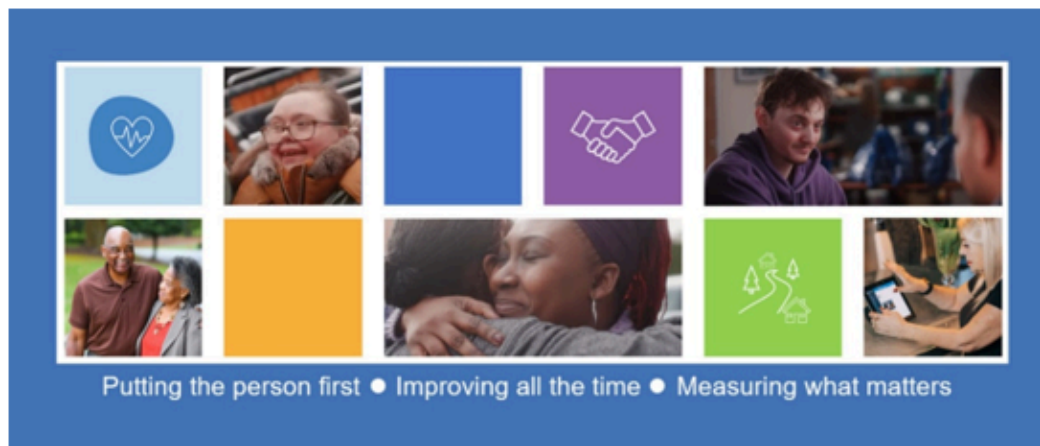
Making sure home is a safe place is important for everyone. You'll find lots of advice and help in the Kent Fire & Rescue Service's Home Safety section - from smoke alarms to electrical and kitchen safety, they are there to help you stay safe. If you have a young family, a long-term health condition,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



## Join our online Adult Social Care Involvement and Information group



Hosted by KCC Adult Social Care and Health's Involvement and Information Team, these are ongoing discussion forums for people who draw on care and support and unpaid carers, to help shape adult social care for the future.

[Find out more](#)



## Help Shape the Future of PIP

The UK Government has launched a review focused specifically on PIP, led by Sir Stephen Timms. Known as the Timms Review, this aims to take a closer look at how PIP is working in practice and the Department for Work and Pensions has opened a Call for Evidence as part of this review. This gives disabled people and those who support disabled people a direct opportunity to shape the future of the benefit.

No specialist knowledge is required to contribute. Personal experiences, whether they are your own or someone you support, is valuable.

[Find out more](#)

# Useful Organisations

Click the links to visit the organisation's website.

<a href="#"><u>Involve</u></a>	03000 810 005
<a href="#"><u>Kent Adult Social Care</u></a>	03000 416 161
<a href="#"><u>Kent Adult Safeguarding Team</u></a>	03000 416 161
Emergency Duty Team	03000 419 191
<a href="#"><u>Kent Community Connectors</u></a> (Free, confidential support for wellbeing)	03000 422 065
<a href="#"><u>Blue Badge</u></a> (Disabled Parking Permit)	03000 416 262
<a href="#"><u>Attendance Allowance</u></a> (Benefit)	0800 731 0122
<a href="#"><u>Carers Allowance</u></a> (Benefit)	0800 731 0297
<a href="#"><u>Personal Independence Payment</u></a> (Benefit)	0800 121 4433
<a href="#"><u>Disability Living Allowance</u></a> (Benefit)	0800 121 4600
<a href="#"><u>Citizens Advice Bureau North &amp; West Kent</u></a> (Free advice)	0808 278 7810
<a href="#"><u>Mental Health Matters</u></a> (Support for mental health needs)	0191 516 3500
<a href="#"><u>Release the Pressure</u></a> (Free mental health advice from trained therapists)	0800 107 0160
<a href="#"><u>Live Well Kent</u></a> (Free advice about money, housing, wellbeing and more)	0800 567 7699
<a href="#"><u>One You</u></a> (Support for a healthier lifestyle e.g. quitting smoking)	0300 123 1220
<a href="#"><u>Kent Connect To Support</u></a> (KCC online information resource)	
<a href="#"><u>West Kent Stroke Association</u></a>	0303 3033 100
<a href="#"><u>Alzheimer's and Dementia Support Service</u></a>	01474 533 990
<a href="#"><u>Kent Fire &amp; Rescue Service</u></a> (Free home fire safety visits)	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\*\*](mailto:hello@involvekent.org.uk)