

Happy New Year ~ 2011!

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**CARERS RIGHTS DAY
FRIDAY 21ST
JANUARY
2011 - SEE
PAGE 2 FOR
DETAILS!!**

USEFUL NUMBERS:

NHS Direct
0845 46 47

Social Services
Contact &
Assessment
(formerly County
Duty)
08458 247 100

Child Line
0800 11 11

NSPCC
0808 800 5000

We hope you all had a wonderful Christmas and would like to wish you a really Happy, Prosperous and Peaceful New Year.

Many of our Carers enjoyed Christmas Meals and Parties and we would like to thank everyone involved in making the occasions so special.

Over 100 Carers also enjoyed a trip to the Woodville Halls in Gravesend to watch the pantomime Cinderella! A fantastic time was had by all despite the date having to be hastily rearranged due to the snow in December.

As you know, we as part of the voluntary sector along with others, are facing cut backs to our funding this coming year. To date we know that KCC funding for Adult Carer Support services will continue to September 2011. We of course hope that we will be able to offer you the same level of service as we have in the past. However, many of our funders (and potential funders) ask for evidence of the benefit services like ours have for you, the Carers, so please let us know what you've enjoyed (or not enjoyed) and how you think we can improve the services and support given to you.

On a really positive note, we as an organisation have always had a "glass half full" approach and are always looking for ways to improve matters for our Carers and as such are certain that being the KM Groups Charity of the Year for Swale, will provide us for many opportunities to raise our profile and of course, the issues faced by many Carers—there will be lots of events planned by the KM throughout the year that anyone can take part in to raise money for our Charity—we'll be advertising them all very soon!

The New Year should be a time for looking forward, not back and for celebrating achievements and learning valuable lessons from failures and as one famous author so rightly says: **"We spend January 1st walking through our lives, room by room, drawing up a list of work to be done and cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives ... not looking for flaws, but for potential!"**

Happy New Year Everyone!

WE HOPE YOU ENJOY THIS ISSUE, BUT IF YOU WOULD PREFER TO RECEIVE YOUR NEWSLETTER IN LARGE PRINT OR BY EMAIL IN FUTURE, PLEASE CONTACT : SANDIE HORNBY ON 01795 583440 OR EMAIL sandie.hornby@swalecarers.org.uk

COME ALONG & HAVE YOUR SAY!

**NEW
DATE FOR
YOUR
DIARY!**

CARERS RIGHTS DAY

Friday 21st January

10am—2.30pm

Alexander Centre

Preston Street

Faversham ME13 8NZ

**Let us know the
points you want to
raise regarding
the new
Government's
policies!**

This years theme is: "Know Your Rights" - Equality Act 2010

The new Equality Act came into force on 1st October 2010—within the Act there are a number of changes regarding the rights of Carers
Come along to our Carers Rights Day event to find out what they are and how they might affect you.

We have a number of key note speakers including:

- Derek Hall—Kent Adult Social Services
- John Burke— on behalf of Gordon Henderson MP
 - Sue Harrison—Jobcentre Plus
 - Hannah Lockyer—Gardner Croft Solicitors
- Bill Ronan—Community Engagement Officer (KCC)
 - Modupe Dosunmu—Sheerness Gateway
 - Helen Appleton—Caring Confidently in Kent

**The event will include a Question and Answer Session where you can ask about issues affecting you
"Information Market Place"**

Display Stands and Information Leaflets from organisations including:
Family Action • Advocacy Partners • NHS Carers Direct

- Sheppey Resource Centre • Jobcentre Plus • Swale Borough Council
- Housing Associations ... and MANY MORE!

**IN ORDER FOR THE EVENT TO BE A SUCCESS ...
WE NEED YOU, THE CARERS, TO BE THERE!**

To register your place, please contact the office
01795 583440

**The event will be followed by
the Swale & Canterbury Carers Support AGM
to which you are warmly invited to attend**

Free Buffet Lunch & Refreshments

Dates for Your Diary:

Friday 21st January—Carers Rights Day—see page 2 for further details!

Caring Confidently in Kent
1st February-Sittingbourne/9th March-Canterbury
See Page 7 for full details!

Adult Carer Support Groups:

St Stephens Comm Ctr Canterbury 2-4pm	Family Action Faversham 10-12 noon	Baptist Friendship Ctr Herne Bay 10.30—12.30	Whitstable Evangelical Church Tankerton 2-4pm	Ladies Group Strode Crescent Sheerness 10.15 –12.15	Men's Group Roving Venue (Ring Kevin)
1st Feb	1st Feb	15th Feb	15th Feb	21st Feb	24th Feb
1st March	1st March	15th March	15th March	21st March	31st March
5th April	5th April	19th April	19th April	18th April	28th April
3rd May	3rd May	17th May	17th May	16th May	26th May
C	A W	R E	E E	R K	S
5th July	5th July	19th July	19th July	18th July	28th July
2nd Aug	2nd Aug	16th Aug	16th Aug	15th Aug	25th Aug
6th Sept	6th Sept	20th Sept	20th Sept	19th Sept	29th Sept
4th Oct	4th Oct	18th Oct	18th Oct	17th Oct	27th Oct
1st Nov	1st Nov	15th Nov	15th Nov	14th Nov	24th Nov
Christmas	Christmas	Christmas	Christmas	Christmas Meal	Christmas Meal



Sheerness Group: Every Tuesday (term time only) 4.15—6.15
@ Sheerness Youth Centre, Meyrick Road, Sheerness

Sittingbourne Group: Every Thursday (term time only) 4.15—6.15 @ Newhouse
Youth & Sports Centre, Chalkwell Road, Sittingbourne

1/2 Term Trips—see enclosed Flyer!!!

General:

We received the lovely poem below from Pat and Allan, thank you so much!!

The Carers Carers

They are always there when you need them
Helping in so many ways
Each doing their best to help us
Caring is how they make up their days
And every day they think ahead
Reports and forms, news sheet, then a letter
Everyone matters, they all do their best
Rushing around to make our life better
Sometimes when your life is not going good
Contact the Carers, they will help if they could
All will do everything that they can do
Respecting your wishes and privacy too
Every day they do their best
Regularly putting your mind at rest
So give them a cheer 'cos they pass the test

Thank you for all your help
Pat and Allan

If you would like to share a poem, story or picture with other Carers, please send it in to the office and we'll publish it in a forthcoming issue.

Panto Pics!



Caring Families Service

Have you heard about our Caring Families Service?

If you know a Young Carer who is finding it difficult to cope with their caring role, balancing this with school life, or the care they are giving is too much or perhaps inappropriate, then please refer them to our **Caring Families Service**, run in association with Family Action, Sheerness.

The aim of the service is to involve wider family members and friends in providing care and thereby allowing the Young Carer more freedom to enjoy social activities and friendships.

Please contact our Young Carers Support team in the office on 01795 583440, or Michelle on 01795 889230 to make a referral.

Young Carers

CLUB 518

Good Luck to those Young Carers that are starting to sit their AS or A levels! We've got our fingers crossed for you all!!



We hope you all had a really great Christmas and a really Happy New Year!!!

We can't actually believe it's over already!! ☹️

Well as the saying goes "There's no peace for the wicked!" so Nik and David have already been busy arranging trips for the February Half Term!!

For the 'Oldies' (16+!) we've got Ice Skating at the Gillingham Ice Rink

The 'Middle Aged' (over 12's!) we have The Hop Farm "Extreme Zone"

And for the 'Young Whipper Snappers' (under 12's!) - Old McDonald's Farm, Dartford

All the details are on the enclosed flyer, so if you want a place, be sure to return your reply slip by 28th January!



Bird or his handler (Karen) have visited loads of your schools in the past year, raising awareness of how difficult it can sometimes be to juggle caring for someone and going to school. If your school is thinking of doing any fundraising, for example Non-School Uniform day etc, please ask them to remember us when deciding which charity to support! That way we can continue to support you and hopefully make your life a bit easier.

This year we are hoping to find lots of new places to take you during the holidays!

Nik and David will send out the information, so don't forget to send back your reply slips when asked to!!



If you are able to make your own way to and from Club 518 and other YC activities, can you please do so. We have been getting extremely high taxi bills again and are sure that some of you would be able to get lifts to events from family members. We can only afford to book taxis for YC's that have no other way of getting to places.



The Sunlight Project is run by the KCA. It is for children aged between 7 and 13 who are affected by parents with drug or alcohol problems.

If you would like to talk to someone about this please ring: 01227 456744. Or if you prefer you can talk to David, Nik or Karen and they'll be able to make a referral for you.

Sittingbourne YC's Please Note!!

From Thursday 20th January we will not be able to use the Sports Hall at Newhouse. This is due to a new roof being completed. We will hopefully be back in there on 31st March

Volunteers/Fundraising!:



We are very pleased to announce that Emma Page has been appointed as Volunteer Co-ordinator! Emma worked with us previously in the role and also as a Young Carers Support Officer, so knows all about our organisation and also knows many of the volunteers already. If you are a volunteer (or know anyone that would like to volunteer with us), please contact Emma — emma.hornby@swalecarers.org.uk, or Mobile No.

Part of Emma's role will be to provide training to you our volunteers, offer supervision and of course ensure you feel valued and supported!

We have been named as **KM Group Charity of the Year 2011** for Swale and we are hoping that this will enable us to raise awareness of unpaid family Carers, the profile of Swale & Canterbury Carers Support and also attract many more volunteers to help us deliver support and fun activities to the Carers!

We need volunteers to help us with the following services and activities including:

- Adult Carer Support — Young Carer Support — Parent Carer Support**
- Activities:** Support Groups, Art & Crafts, Dance Workshops, Drama Workshops, Cream Teas, and much more
- Outings:** Theatre Trips, Zoos, Soft Play Gym, Cinema, Bowling, Ice Skating, to name but a few!
- Fundraising:** Raising money in various ways to continue supporting our Carers

And we always welcome any help in the office (particularly around Newsletter time!!)

If you would like to lend a helping hand to give the Carers a great time, please get in touch!



**Get a Sponsor
and
Raise Money for Us!**



Keep an eye on the local KM press for details of forthcoming events that you can take part in and help raise money for our Charity!! To take part you will need to get a sponsor form (downloadable from the KM website) and then get as many family, friends, neighbours etc, to sponsor you to take part in some extreme activities:

Water Zorbing, Abseiling, Dragon Boat Racing to name but a few!! So if you are an individual or want to get a team of workmates together and try things you never thought you would, please remember us when choosing the Charity you wish to support!!! Dates/Venue and Activity will be advertised soon, so check them out!!

**Don't forget CARERS RIGHTS DAY event
21st January 2010 - see page 2**

Caring Confidently In Kent

If you are providing help and support to a relative, partner, friend or neighbour who cannot manage because of disability, addiction, illness or frailty, then you are a Carer.

Caring is a vital and important role in the community. Life can feel demanding and isolating for Carers. Many Carers have their own health problems, sometimes caused or added to by the physical and emotional demands of a caring role.

Did you know there is more advice and help available to support you in your caring role?

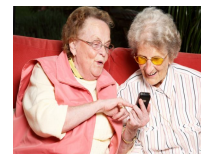
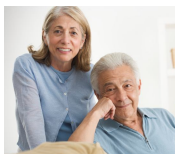
If you are looking after a friend or relative Caring Confidently can help you to make a positive difference to your life and that of the person you care for. Caring Confidently is aimed at improving support for Carers aged 18 and over in Kent. You can develop your caring knowledge and skills by:

- taking part in free local group sessions
- accessing e-learning (coming soon).

Or a combination of both.

Caring Confidently will:

- help you build on your strengths as a Carer
- give you the opportunity to share experiences and learn from others in similar situations
- give you useful information, ideas and tips about looking after someone
- help you decide what you might like to change about your caring role.



There are three sessions you can attend, starting with an introductory session.

What is Caring Confidently?

Week one

- Introduction to programme aims
- Identifying concerns and needs
- Dealing with emergencies
- Looking after your back
- Medication issues
- Resources and benefits.

Week two

- Coping with stress
- Healthy eating
- Looking after you.

Week three

•

- Communication and dealing with professionals Creating a balanced life
- Planning a life of your own
- Addressing your concerns and needs.

Caring Confidently can help you access the support you need
DATES & VENUES:

**Adult Education Centre
College Road, Sittingbourne ME10 1LF**

1st, 8th and 15th February

**St Mary Bredin Church
59 Nunnery Fields, Canterbury CT1 3JN**

2nd, 9th & 16th March

To register your interest, please contact Helen Appleton on 01474 330350 or email: caringconfidently@btinternet.com

PS: Helen will be at our carers rights day to give an overview of the training, so if you're interested please come along on 21st January!!

Your Health: Colds and Flu

Don't forget to ask your GP surgery for the Flu Jab—as a Carer you should be entitled to it free of charge.

And remember “Coughs and Sneezes Spread Diseases” so if you do have a cold or flu :

- **Catch it** - cough, sneeze or blow your nose into a paper tissue!
- **Bin it** - throw the used tissue straight into a bin, don't use it again!
- **Kill it!** - wash your hands as soon as you can

Contact Us:

01795 583440

Suite 9, Bank House
Broadway
SHEERNESS
Kent
ME12 1TW

Chris Lovelock—Chief Executive Officer: (Full Time) Business Matters relating to Swale & Canterbury Carers Support **M 07733 898 372** Chris.lovelock@swalecarers.org.uk

Sandie Hornby—Chief Operations Officer: (Full time) Any matter relating to staffing; Adult Protection; Safeguarding Children and the Young Carers Service, including “Caring Families”
M 07733 898 371 Sandie.hornby@swalecarers.org.uk

ADMINISTRATION Ami Crinean—(Full time) **01795 583440** Admin@swalecarers.org.uk

ADULT CARERS SUPPORT SERVICES

Kevin Bell—(Full Time) + OCLD **M 07902 208 688** Kevin.bell@swalecarers.org.uk

Claire Bateman—(Full time) + ADFS **M 07709 059 030** Claire.bateman@swalecarers.org.uk

Penni Lethbridge—(Full time) + Parents **M 07827 328 602** penni. lethbridge@swalecarers.org.uk

Claire Saunders- (Full time - Maternity cover) + Parents **M 07827 328 603**

Parent.carers@swalecarers.org.uk

YOUNG CARERS SUPPORT SERVICES

David Scoones—(Full time) **M 07523 971896** David.scoones@swalecarers.org.uk

Nik Oddy—(Full time) **M 07709 059359** Young.carers@swalecarers.org.uk

Karen Thorpe—Schools Development Officer (Part time/term time only) **M 07934 442059**

school@swalecarers.org.uk

HEALTH PROMOTION

Alex Chapman—(Full time) **M 07523 971895** Carers.health@swalecarers.org.uk

CARING FAMILIES

Michelle Parker—(Full time) **M 01795 583440 or 889230** michelle.parker@family-action.org.uk

VOLUNTEERING

Emma Hornby- (Part time) emma.hornby@swalecarers.org.uk



Complaint? Here at Swale & Canterbury Carers Support we like to get things right!

If at any time you feel we don't, please let us know. We have a full Complaints procedure and will endeavour to put things right for you as quickly as possible. If you would like a copy of our leaflet, please contact the office.

For More Details of the Services we provide, please visit our website:

www.swalecarers.org.uk