



Kingston Carers' Network

A Network Partner of



KINGSTON CARERS' NETWORK

Improving the lives of carers in Kingston

Autumn/Winter 2024

Also inside:

- Staff News
- Male Carers' Activities
- Social Activities
- AGM Invite
- Young Carers' Project
- Mentoring
- YCP Conference



Young Carers' enjoying a trip thanks to Jack Petchey

Join us at the Annual General Meeting on 11th October 2024

See page 17 for more details.

Supported by...



Contacting KCN

020 3031 2757

Chief Executive, Rachael Stokes
ceo@kingstoncarers.org.uk

Deputy Chief Executive, David Still
carers1@kingstoncarers.org.uk

Senior Management Team

Office Operations Manager/Company Secretary, Jo Cocup
admin@kingstoncarers.org.uk

Adult Carers' Support Manager, Lily Bath
Lily.Bath@kingstoncarers.org.uk

Young Carers' Project Manager, Liz Grimwood
Liz.Grimwood@kingstoncarers.org.uk

Communications Manager, Joanne Maye
Joanne.Maye@kingstoncarers.org.uk

Benefits and Tribunal Representative, Vilma Espinoza
benefits@kingstoncarers.org.uk

Wellbeing Co-ordinator, Meera Winder
wellbeing@kingstoncarers.org.uk

Male Carers' Co-ordinator, Ian Bellinger
malecarers@kingstoncarers.org.uk

Counselling Administrator, Helen Brunskill
counselling@kingstoncarers.org.uk

Volunteer and Mentor Manager, Jess Burrows
mentoring@kingstoncarers.org.uk
volunteering@kingstoncarers.org.uk

Update from Interim CEO, Diane White

It is very true what they say about KCN, no-one ever leaves because our carers of all ages are so special and the KCN team supporting you all are truly wonderful, everyone wants to remain a part of this family. Having said goodbye last year, it has been such a privilege to return as Interim CEO and continue to support carers and raise awareness of needs. I am sad to say goodbye again yet delighted to welcome Rachael Stokes as the new CEO. I know KCN will continue to thrive in Rachael's very safe care and I look forward to seeing you all again around the borough, championing the carer cause and having fun at the Christmas party!



Introducing our new CEO, Rachael Stokes

Hello! I am delighted to have joined KCN in September as CEO. I first worked for a carers' charity at the start of my career more than two decades ago. Whilst there has been considerable progress since then to recognise carers' rights and improve the services and support available to them, there is clearly still much more to be done. I therefore look forward to working with you to ensure that carers across Kingston have everything they need to be healthy, supported, valued and heard.

I joined KCN from The Diana Award, a youth social action charity founded in the memory of the late Diana, Princess of



Wales, where I have spent the past four years as Director of Programmes. Prior to this, I have spent my entire career working in the charity sector as well as serving as a local Councillor in my home ward of Earlsfield, Wandsworth. When I am not working, I am usually kept busy by my two young children, gardening and running.

I expect my first few months to focus on meeting carers and KCN's partners and supporters across the Borough so I very much look forward to meeting you soon.

Staff News

Aisha Antwi, Volunteer Co-ordinator

Aisha first joined us as an admin volunteer before becoming part of the staff team. She is now stepping down from her role as Volunteer Co-ordinator to take up a fellowship in the creative industries. We are delighted that Aisha will continue her role as a Young Carers' Support Worker. I'm sure you will join us in wishing her all the very best as she embarks on this new adventure.



Katie Glen, Adult Carers' Support Worker

Katie first joined KCN as a volunteer mentor before joining the Adult Carers' Support Team. She has now left to focus on starting her own business.



30 years of KCN

More than 80 people gathered at Searchlight in New Malden on Saturday, 15th June, for a fantastic celebration marking 30 years of KCN. The evening was filled with memories and

laughter as everyone came together to honour the charity's incredible work supporting unpaid carers across Kingston.

Tony Woods, Chair of Trustees, shared stories from KCN's journey over the past three decades. Former

staff and trustees, including ex-CEO Kate Dudley, were there to join in the celebrations, making it a night to remember. Radio Jackie also created a special interview to commemorate the event, which you can listen to by visiting kingstoncarers.org.uk.

A highlight of the evening was the fun quiz, which brought out a bit of friendly competition, followed by dancing to music from the last 30 years. The guests were also treated to a delicious Lebanese meal.

Liz Grimwood, Manager of the Young Carers' Project, said "It's been very exciting planning the event. It's very important to me that we celebrate 30 years. When I started over 14 years ago, we only had 200 young carers, and now we have over 800." She went on to highlight some of the Young Carers' Project's proudest moments, including a trip to Disneyland Paris through Carers Trust and last year's fabulous conference, showcasing the extraordinary progress young carers have made. Some of these young carers have gone on to become social workers and are now giving back to the community, which speaks volumes about the lasting impact of KCN's work.

The event was met with glowing feedback, with many guests emailing in to thank KCN for a wonderful evening and to congratulate them on 30 years of vital service to the borough's



carers. One attendee wrote, "It was a brilliant night – a lovely way to celebrate all that KCN has done for carers like me."

The night wasn't just a celebration of the past – it was a reminder of the vital work KCN continues to do for carers across Kingston. Here's to the next 30 years!

Young Carers' Project

Update from Liz, YCP Team Leader

It's been as busy as ever at Kingston YCP headquarters, and with summer done but October half term on the way, we're gearing up for more fantastic trips with our amazing young carers during the school holidays.

A big thank you to Kingston Nurses Association for their generous donation, which allowed us to take our young carers on a day trip to Littlehampton! We had time for a splash in the sea and a few fun rides at Harbour Park. We've had some brilliant outings over the summer holiday including multi-sports, a trip to Guildford Lido, crazy golf, drama workshops, and a cooking workshop!



In June, Klaire, our Assistant Manager, took a group of teenage young carers to the YC Festival in Southampton. The young carers had an absolute blast camping in their tents and meeting other young carers from across the UK. The weekend was jam-packed with activities, from rollercoasters, water sports, and rock

climbing to karaoke, pizza making, cake decorating, and even a firework display! The event ended with a disco to celebrate the young carers and show appreciation for everything they do. A huge thank you to our fantastic, dedicated, volunteers, Jason and Emily, for joining us at the festival and making it an unforgettable weekend - your hard work never goes unnoticed.

In July, Carol, our targeted support worker, and Jason, our long-time volunteer and sessional worker, took a group of young carers to Hindleap Warren in Ashdown Forest for a Jack Petchey adventure weekend. The 12 young carers had an amazing time challenging themselves with activities like abseiling, a high rope course, and a thrilling forest river walk - complete with swimming through mud and pencil jumping into a deep mud pond! The fun continued into the night, with games on the first night and a torch-lit walk through the woods followed by marshmallow toasting around a campfire on the second night. A big thank you to the Jack Petchey Foundation for funding this trip, and to Klaire for securing the funding.

And in exciting news... the second annual Kingston YCP conference party for all registered young carers is set for Saturday 2nd November at Chessington Safari Hotel! Make sure to book your place - it's going to be one not to miss! See overleaf for more details.

If you think you may know someone who is a young carer, or for more information on the support available, please contact Liz on Liz.Grimwood@kingstoncarers.org.uk or 020 3031 2753.

Young Carers' Conference

We are thrilled to announce that Chessington World of Adventures is once again generously hosting our second 'Dream Big' Party Conference free of charge on Saturday 2nd November 2024, 10am-2pm. The conference is for all young carers registered with the Young Carers' Project and will celebrate their achievements and all that they do for their families. The day will involve performances, guest speakers, entertainment, food and drink and prizes as well as access to rides and animals at the park afterwards.

This year we want to do something a little different and have created sponsorship packages as well as offering a limited number of seats for businesses. If you know of any businesses who would be interested in attending and learning more about what we do, then please let us know.

Local need and demand for our services is at an all-time high. We continue to look for innovative ways to keep up with the demand. With this in mind, we are proud to launch our Young Carers' Project Sponsorship Programme and are seeking your support. The options available will enable your active engagement with a positive impact for Kingston young carers.

If you would like more information about our conference or on sponsoring the Young Carers Project, then please contact Liz Grimwood (YCP Team Manager) or Jess Burrows (Volunteer and Mentor Manager). See page 2 for details.



Kingston Carers'
Network

A Network Partner of
**CARERS
TRUST**

**KINGSTON CARERS'
NETWORK**

Improving the lives of carers in Kingston



Young
Carers'
Project

SPONSORSHIP *Packages*

£2,500

GOLD

Gold stone on Guildhall art installation, logo featured on website for one year, logo on event materials, full page advert in newsletter, mention in any press and social media, naming rights on young carer activity, opportunity to join key people in audience and to be involved with young carers directly.

£1,000

SILVER

Silver stone with organisation name on Guildhall art installation, logo on all event materials, half page advert in newsletter, opportunity to join key local people in audience, mention in any press and tags on social media handles.

£500

BRONZE

Bronze stone with organisation name on Guildhall art installation, logo on all event materials, advert in newsletter, opportunity to join key local people in audience, mention in any press and tags on social media handles.

We are grateful for any contribution

News from the Mentoring Project

Our mentoring programme for young carers aged 10 to 18 continues to thrive, but with increasing demand for mentors, we need your help!



Our mentors are amazing volunteers who receive full training from KCN, and we're always looking for more people to join the team. If you know anyone who might be interested in becoming a mentor, please ask them to contact Jess at mentoring@kingstoncarers.org.uk.

Mentoring requires a minimum six-month commitment, with mentors meeting a young carer every two weeks for an outing. These outings offer young carers the chance to get out of the house, try new activities, set personal goals, and have someone to talk to. Mentors provide guidance and support to help young carers achieve their goals.

Recent outings have included fun activities like crazy golf, bowling, cinema trips, go-karting, laser quest, ice skating, and a tour of Chelsea Football Club. But outings don't always have to be action-packed – simply meeting at a café for a drink and a chat is just as important. It's all about building trust, offering support, and providing the consistency of having someone they can rely on.

If you'd like to find out more about how you can make a difference to a young carer's life, please get in touch with Jess, Volunteer and Mentor Manager (see page 2 for details).

Meet the volunteer: Mia



How did you first hear about Kingston Carers' Network?

Surrey Young Carers reached out to me in my younger years due to my caring role for my autistic brother and I was always aware there was a similar organisation in Kingston

How long have you been volunteering with us?

Just under a year!

What made you interested in volunteering with us?

In 2023, I lost my dad to lung disease and neurofibromatosis. Despite being housebound, he found an online community where he could share his knowledge and experiences about his rapidly progressing illness. This engagement brought him immense joy and a sense of connection, which he always wanted to share with me. From him, I learned that community can be a powerful healer of pain and trauma. Knowing that Young Carers' Project is filled with people who have similar caregiving stories allows me to feel understood and gives me an opportunity to give back.

What is your volunteer role at Kingston Carers' Network?

Young Carers' Activities Volunteer

What do you enjoy about volunteering?

Being able to give back to kids who deserve a break from their caring roles, and just seeing how many turn up to youth

group due to the friendships they have made and the safe space that young carers have created for them. I have made some beautiful connections with staff and some very special attendees of the YCP's youth group. The days out and activities are also a bonus!

What advice would you give to others who are considering volunteering to help carers?

Volunteering to help carers is one of the most rewarding decisions you can make. It feels less like a traditional volunteering role and more like being surrounded by a group of younger siblings who tease me about my height and age (I'm not even old!). If you're considering doing this for just a short time, think again. You'll become deeply involved with each individual and their stories, and you'll inevitably fall in love with the charity and the impact it makes.

Male Carers

We offer regular social activities exclusively for our male carers, and new members are always welcome!

Every two weeks, we go ten-pin bowling at Hollywood Bowl in Tolworth, usually at 6pm on a Wednesday or Thursday. No experience or skill required – it's all about having fun and enjoying each other's company.

We also host regular online meetings, providing a relaxed space for male carers to share experiences and have a laugh together. These informal gatherings are a great way to connect with others, and if you're new to Zoom, we can help you get set up.

On the afternoon of 24th September, we have an exciting tour of

the State Rooms at Buckingham Palace. This sold-out tour is offered free of charge to KCN male carers, thanks to the Royal Collection Trust. We have a very limited number of places still available.



In addition to these activities, we also arrange casual lunches, pub meetups, and other events. We're always open to suggestions for new activities, so feel free to share your ideas!

Here's what some of our male carers have said about the programme:

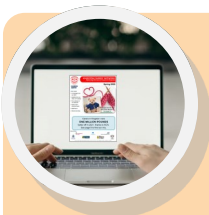
"A great morale booster."

"I've got to know other people in similar situations and gained strength from them."

"I've enjoyed the friendship and camaraderie of these activities."

If you'd like to sign up for any activities, receive our regular email updates, or get more information, please contact Ian at malecarers@kingstoncarers.org.uk or call 07305 099303.

KCN Newsletter



Thank you for taking the time to read our newsletter. The next edition will be published in October. If you are receiving this newsletter through the post but would be happy to receive it by email please email Joanne.Maye@kingstoncarers.org.uk.

Does your GP know you are a carer?

It's essential to inform your GP that you are a carer, as this allows them to provide you with the appropriate information and support. They can help you access services such as the annual flu jab, as well as guide you through other available resources.

By understanding the added pressures you face, your GP can better support your physical and mental wellbeing. Don't forget to ask them to update your records to reflect your role as a carer.

Carers' Assessments

We recognise that your role as a carer can be both rewarding and challenging. That's why we're here to support you every step of the way. On behalf of the Royal Borough of Kingston upon Thames (RBK), we can carry out a Carers Assessment; a process designed to understand and evaluate your unique needs and circumstances as a carer.

For a factsheet, or to find out more, please contact Jo Maye on 020 3031 2757 or Joanne.Maye@kingstoncarers.org.uk

Becoming a voting member of KCN

KCN is committed to ensuring that carers are involved in the running of the charity.

We are seeking new voting members who will be entitled to vote at the AGM and to approve the appointment of Trustees to the Board. Being a voting member of KCN is different to being registered with KCN as a carer. There is no requirement for you

to be a voting member but you will not be able to vote at the AGM (see below) unless you are both a voting member and registered with us.

If you wish to apply to become a voting member, we anticipate this membership to be continuous whilst you are associated with KCN however, you can resign as a voting member at any point in the future. There is no fee to join, but in the event of KCN's insolvency, all voting members might be charged a nominal fee of £1.

Voting Membership entitles you to:

A vote at the Annual General Meeting (AGM)

Receive the Annual Reports

Appoint Trustees to the Board

A KCN membership card

If you wish to become a voting member, please complete and return the form below.

Kingston Carers' Network

Membership form

Company Number 08376060

The liability of the members is limited to a sum not exceeding £1, being the amount that each member undertakes to contribute to the assets of the charity in the event of it's being wound up while he, she or it is a member or within one year of ceasing to be a member.

Name _____

Address _____

Signature _____ Date _____

Would you like to hear more from us?

If you like receiving our newsletters, why not sign up to our email bulletins for regular updates and follow us on our social media pages!


Our monthly ebulletins will keep you up-to-date with exciting news and details for forthcoming events. As well as regular updates from us, you'll get useful information, activities, and announcements from other organisations across the borough.

Sign up for the ebulletin: www.tinyurl.com/kcnebulletin

Follow us:

 Twitter – @KingstonCarers & @YCPKingston

 Instagram – @KingstonCarersNetwork

 Facebook – Kingston Carers Network & Kingston Young Carers' Project

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Kingston Carers' Network
418 Ewell Road
Surbiton
KT6 7HF

Join us at our AGM

You are invited to our Annual General Meeting
on the afternoon of Friday 11th October 2024.

2.00pm to 4.00pm

Searchlight Community Centre

Kingston Road, New Malden, KT3 3RX

Special Guests include Sir Ed Davey, Mayor Liz Green, and
Deputy Mayor Elizabeth Park

Please contact Jo Cocup on 020 3031 2757 or
admin@kingstoncarers.org.uk to book your space by 1st
October. Please advise us of any dietary requirements at
time of booking.

Formal invites will be sent to voting members (see page 14)
in due course.

Carers Week 2024

As part of Carers Week, Guildhall, Kingston, hosted an engaging session led by Vilma, Diana, and Meera from KCN's Adult Carers' Support Team. This special event was organised for RBK staff, all of whom are also carers. With over 40 attendees, the session provided an opportunity for carers to come together, share experiences, and learn about the vital support systems available to them including the role of KCN, benefits for carers and managing their own wellbeing and mental health.

In addition to informative presentations, there was a relaxing treat for some of the participants - complimentary massages, helping to alleviate stress and promote relaxation.

Support Groups

KCN runs monthly groups to give carers the chance to chat with others who may be in a similar situation to themselves. It is a friendly opportunity to share stories and tips in a safe, non-judgemental space.

Carers of Adults who are Neurodivergent

Whether your loved one has ADHD, autism, a learning disability or another neurodivergent condition, find support, share experiences and learn together.

Last Monday of each month (except Bank Holidays when it will be held on the previous Monday), 10.00am to 12.00pm. , Room 41, Ground Floor, Guildhall Building. Please book by emailing mhpeersupport@kingstoncarers.org.uk

Carers of People with a Mental Health Condition with Kingston Mental Health Carers' Forum

Second Tuesday of each month, 6.00pm to 7.15pm Surbiton. No need to book. For more information contact supportgroups@kingstoncarers.org.uk or 020 3031 2757.

Lunch Club for carers of People with Dementia

Once a month, 12.00pm to 2.00pm, usually Kingston
All lunches cost £5 which includes a meal and a drink
Please book by emailing supportgroups@kingstoncarers.org.uk or calling 020 3031 2757.

Young Adult Carers (16 to 21)

Join us for some socialising, games, music and a light dinner and refreshments. First and third Friday of each month (exc. Bank holidays), 6.00pm to 8.00pm, Chessington Sports Centre. For more information, or to come along, contact Emily on Emily.Forey@kingstoncarers.org.uk.

Counselling Service



KCN offers free one-to-one counselling in person at our office, which is provided by volunteer counsellors who are either fully qualified BACP integrative counsellors or in the final years of their training for a BACP

professional qualification in therapeutic and integrative approaches (with experienced accredited supervisors supervising their work on an ongoing basis).

Counselling is sometimes called a 'talking therapy'. A counsellor aims to provide you with a safe, independent and confidential space in which you can talk about your concerns, feel listened to, respected, understood and not feel judged. People of all ages and walks of life seek counselling and find it can help them to cope or to deal with difficult emotions or situations.

Carers may have particular concerns or difficulties associated with their caring role and our counselling team are skilled in working with carers to maintain their health and wellbeing while addressing these difficulties. Please note, due to demand a waiting list operates, but we can also provide details of experienced BACP qualified counsellors offering low-cost counselling for carers. For more information, please contact Helen on 020 3031 2757 or counselling@kingstoncarers.org.uk.

Kingston Mental Health Carers' Forum

Kingston Mental Health Carers' Forum (KMHCF) can provide support if you care for someone with a mental health condition. KMHCF offer one to one advice on what to expect from mental health services, signposting, the chance to have your say in the future shape of service provision that meets the needs of you and your loved one, and a weekly email newsletter with updates of new or proposed service provision and initiatives. See page 18 for details of the Support Group for carers of people with a mental health condition.

Membership is free and you can choose how much to get involved. Visit www.KMHCF.org.uk, email info@kmhcf.org.uk or call 07983 063578 for more information.

How to Register for Activities

Registration is essential for all events, including events that are free of charge. Places will be confirmed 10 days prior to the event. We do try to ensure every carer has an opportunity to attend an event or a lunch/brunch.

Activity fees are payable in cash on the day of event, the exception being the Christmas party where payment is requested in advance.

It is essential that you let us know as early as possible if you are not able to attend. "No shows" waste valuable resources that could be better used supporting more carers. Call 07458 305 348 if you cannot attend.

To register for a place please return the form on page 32, call 020 3031 2757 or email wellbeing@kingstoncarers.org.uk

We are always here to help you every way we can and we ask you to treat us with the same respect we afford you.

Regular Activities

Tea and Toast

Fridays, 9.30am to 11.30am, KCN Office, £1

Time to chat, meet new friends and enjoy talks on different topics. No need to book.

Brunch Socials

9.30am to 1.20pm, £5

Nov 9th 2024, Harts Boatyard

Jan 18th 2025, Harts Boatyard

Mar 15th 2025, Harts Boatyard

Lunch Socials

Oct 4th 2024, venue to be confirmed

Feb 11th 2025, venue to be confirmed

Sunday Night Yoga - Free for Carers

Explore and develop your mental & physical strength, flexibility and balance through a variety of breathing exercises, postures and guided relaxation techniques. The class combines hatha and vinyasa style yoga.

Sundays - 5.00pm - 6.00pm, Private Studio in Wimbledon

Village. Email info@thehilleryfamilyfoundation.com for more information and to book.

Get fit with Kat!



Kat runs the **KCN exercise classes** in a lovely studio at the Surbiton Racket and Fitness Club. She also live streams via Zoom, so you can join however works for you. Carers attending in person classes are welcome to use the club's changing facilities and café.

STRETCH AND TONE - Online via zoom only

Mon 9.30am to 10.15am

Improve your balance, flexibility and joint mobility. You will gain more movement and reduce your risk of injury. Class uses a blend of chair and floor mat.

RESISTANCE AND CORE

Fri 11.00am to 11.45am

This class focuses on strengthening and toning your muscles, helping you to build stability and suppleness.

Class passes can be purchased from KCN. No expiry date.

4 classes - £14

8 classes - £28

12 classes - £42

Drop in/one off sessions - £5 per person

wellbeing@kingstoncarers.org.uk for more info & to book

See page 20 for booking information for the following activities

October 2024



Kensington Palace

Wednesday 9th October, 10.30am, £5

Kensington Palace began as a small suburban villa, Nottingham House, chosen by William III and Mary II in 1689 as their country retreat. Over time, it was transformed into a fashionable royal residence by Stuart and Georgian monarchs. Queen Caroline shaped the palace and gardens, while Queen Victoria spent her childhood there before moving to Buckingham Palace in 1837. Kensington later housed minor royals, such as Victoria's daughter, the talented sculptor, Princess Louise. In more recent times, it has been home to Diana, Princess of Wales, Princess Margaret, the Duke and Duchess of Sussex, and currently, the Duke and Duchess of Cambridge and their children.

Carers to meet at the palace entrance

November 2024

Hampton Court Palace

Tuesday 19th November, 10.00am, £5

Experience the public dramas and private lives of Henry VIII, his wives and children in the world of the Tudor court. Admire Henry's Great Hall and Tudor kitchens. Discover the spectacular baroque palace built for William III and Mary II and explore Hampton Court Palace's outdoor spaces and 60 acres of magnificent gardens. Please note that transport is not provided for this trip. Carers to meet at the entrance of the palace.

December 2024



Adult Carers' Christmas Party

Saturday 7th December, 7.00pm to 10.00pm,
Searchlight, New Malden, £10

Music, raffle, quiz, food. Soft drinks will be provided, please bring your own alcohol

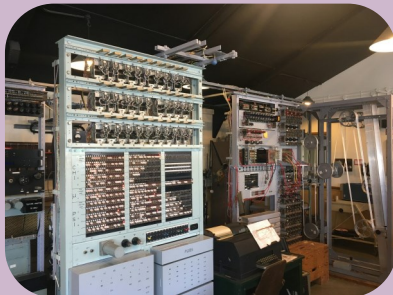


Kew Gardens Winter Solstice Walk

Saturday 21st December, 10.00am to
4.00pm, £5

Join us for mulled wine, mince pies and a crisp winter's walk. Please note that transport is not provided for this trip

January 2025



Bletchley Park

Saturday 18th January, 9.00am to
6.00pm, £5. Transport provided.
Meeting at KCN Office

Bletchley Park is an English country house and estate in Bletchley, Milton Keynes, that became the principal centre of Allied code-breaking during the Second World War.

February 2025

Kew Garden's Orchid Display

Date tbc, £5

Inspired by the beauty and biodiversity of Madagascar, Kew's annual Orchid Festival is a vibrant celebration of colour and warmth to brighten up the winter. Please note that transport is not provided for this trip.

**March 2025**

Painshill Park

Saturday 29th March,
9.00am to 4.00pm, £5.

Transport provided. Meeting
at KCN Office.

Painshill is an award-winning
18th century landscape
garden where you are invited

to walk around a work of art. Winding paths will take you on a journey to discover a living canvas with beautiful vistas and dramatically placed garden buildings. Stroll around the Serpentine Lake, wander through woodland and promenade past follies, including the Ruined Abbey, Gothic Temple and Turkish Tent.



See page 20 for booking information for all activities

Reading Retreat

The Reading Retreat is an exciting reading project in which small groups meet weekly to discuss a piece of writing that is read aloud by the volunteer Reader Leader or a willing participant at the start of the session.



The reading may be an article, book extract, short story or poem. There is no reading to do beforehand, so you can just arrive at a session and join in the discussion or listen to others discussing, as you wish. Sessions are free and held weekly but you don't have to attend every week as each session is separate. Everyone is welcome to come along!

Kingston Library Mondays from 11.00am to 12.00pm

Alfriston Centre Tuesdays from 10.30am to 11.30am

Tolworth Library Wednesdays from 2.30pm to 3.30pm

Surbiton Library Thursdays from 10.30am to 11.30am

New Malden Library Thursdays from 11.30am to 12.30pm

Email libraryvolunteers@kingston.gov.uk for more information.

Cosmic Therapies

Carers can enjoy discounted therapies with Meera at our office in Tolworth.

Fridays 12.00pm to 4.00pm. £25 for 45 minutes

Reflexology, Indian head massage, aromatherapy/sports massage, facials, acupuncture, Hopi candles, Reiki, NLP, manual lymphatic drainage, lifestyle analysis, and Kinesiology.

For more information, or to book an appointment, please call the office on 020 3031 2757 or email admin@kingstoncarers.org.uk.

Information and Support Programme



Integrated Care Support Services are working with a number of local carer centres and national organisations to provide a programme of interesting and useful information and support sessions, both in person and online, all of which are free to

attend.

The sessions will cover topics including falls prevention, wound care and sepsis, nutrition and hydration, dementia awareness, manual handling introduction, looking after yourself, end of life care, first aid, mental health awareness, Power of Attorney and Deputyship, health literacy, and care certificate awareness.

For more information or to register your interest please visit <https://www.surveymonkey.com/r/UCReg24> or contact 07543 746 306.

Supporting KCN to Support Carers

As more young people and adults take on a caring role, demand for our services is growing. We can only meet this demand with the support of our volunteers and by raising additional funds to deliver our activities and services. We are very grateful to the wonderful individuals, community groups, companies and charitable trusts and foundations that already support us and we would like to invite you to join them!

Whatever your interests or talents there are many ways in which you can lend your support and make a real and lasting difference to the lives of carers.

Volunteer with KCN

We couldn't manage without our wonderful volunteers and we are always on the lookout for more to join our team. We are particularly interested in hearing from you if you might be interested in supporting us with:

- compiling the newsletters
- updating the website
- our social media presence
- with Drop Ins for young adult carers
- cooking on Wednesday's at our young carers' Drop In
- young carers at Wednesday's Drop In
- mentoring a young carer

If you would like to find out more, contact Aisha on volunteering@kingstoncarers.org.uk or 020 3031 2757.

Challenge Yourself

Set yourself a challenge and invite your friends, family and colleagues to sponsor you! Recent challenges taken on by our

inspirational supporters have included Kingston Dragonboat race, London Landmarks Half Marathon and the very messy, but great fun, Colour Obstacle Rush. For inspiration or support, please contact Jo Maye on 020 3031 2757 or commsofficer@kingstoncarers.org.uk



Play Kingston Community Lottery

Kingston Community Lottery is an exciting weekly lottery that raises money for KCN and other good causes in the Royal Borough of Kingston upon Thames. Tickets for the lottery cost just £1 a week. Each ticket has a 1 in 50 chance to win a prize each week, with a top prize of £25,000! That's a better chance of winning than the National Lottery or the Health Lottery. See page 30 for more information.

EasyFundraising

Please remember to use easyfundraising every time you shop online! Over 7,000 brands will donate, so you can raise FREE donations for us no matter what you're buying. These donations really help us out, so please sign up if you haven't yet. It's easy and FREE! You can get started at www.easyfundraising.org.uk/causes/kcn.

Involve Your Employer

There are lots of ways businesses can support us including making us their charity of the year, charity partnerships, corporate sponsorship and matched funding. If you think your employer might be interested in supporting KCN, please contact Jo Maye on commsofficer@kingstoncarers.org.uk or 020 3031 2757.



Supported by

**KINGSTON
COMMUNITY
LOTTERY**

PLAY NOW

TO BOOST OUR FUNDRAISING



- Tickets cost just £1 a week
- Win up to £25,000
- Call 020 8183 0105 for more information or to play

BUY TICKETSGo to: www.kingstonlottery.co.ukAnd search for: **Kingston Carers**

Connected Kingston

Connected Kingston is a fantastic local resource designed to



make finding support in our community easier. Whether you're looking for advice on wellbeing, local activities, or other services, Connected Kingston is there to help.

Connected Kingston have worked with us to put together a Carers' Collection, which is specifically tailored for unpaid carers like you. This section offers a carefully curated list of services and resources aimed at improving your wellbeing and supporting you in your caring role. From respite care options to mental health support and financial advice, the Carers' Collection connects you with local organisations and services that can provide help and support.

Navigating caring responsibilities can be overwhelming, but Connected Kingston ensures you have easy access to the information you need at your fingertips. We encourage all carers to explore the Carers' Collection and discover the wide range of support available to help you maintain your own health and wellbeing.

For more information, visit Connected Kingston at www.connectedkingston.uk/collections/carers

BOOKING FORM:

Mr / Mrs / Ms / Miss / Other:

Full name: _____

Postcode: _____ Phone Number: _____

Email: _____

Please mark the diamond(s) if you are:

◇ Aged over 65

◇ Dementia carer

◇ Parent carer

◇ A volunteer

◇ None of the above

◇ Please state your ethnicity: _____

If requesting multiple events please list your choices in order of preference (1 = 1st choice, 2 = 2nd choice etc).

Please return this form to "Kingston Carers' Network, 418 Ewell Road, Tolworth, KT6 7HF". You will need to use a stamp.