



Kingston Carers' Network

A Network Partner of
CARERS TRUST

KINGSTON CARERS' NETWORK

Improving the lives of carers in Kingston

Spring/Summer 2024

Also inside:

- Carers Week
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- Social Activities
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- YCP News



Join us in celebrating 30 years of improving the lives of carers in Kingston.

See page 8 for more details.

Supported by...



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News from the Chair of the Board of Trustees.

We regret to inform you that our CEO, Mr Tony Bennett, stood down from his role on 18 January, 2024. I would like to thank Tony for his efforts in guiding us through



various challenges and for maintaining & building key relationships with external stakeholders. The board of trustees is saddened by this departure but will now be actively engaged in the search for a new CEO to lead us into the next phase of our journey.

Diane White has returned as Interim CEO, with support from the Deputy CEO and the board, to ensure continuity and stability within the organisation.

We appreciate your continued support and understanding during this transition period. Please stay tuned for further updates as we navigate this process.

Sincerely,

Dr Tony Woods, Chair of the Board of Trustees.



Update from Interim CEO, Diane White

Over the years, I have seen many former staff members return, no-one can ever quite bring themselves to leave the wonderful KCN team, and especially you truly very special carers. I am proving to be no exception! I am delighted to return as interim CEO, until a permanent replacement is appointed. I am very much looking forward to seeing you all.

Staff News

We were delighted to welcome Jess Burrows back from maternity leave. She returned to her role as the Mentoring Co-ordinator.

We were very sorry to say goodbye to Mollie, Lyndsey, Sam, Tony and Priya who left for new adventures. Many of you will have met Veronica who was with us for over 14 years and we are sure you will join us in wishing her well in her retirement.

Welcome to all our new staff!



Udari Wickremasinghe - Finance Officer

Hi I am Udari , the new finance officer and as exciting as it may sound, I have always loved accounting and finance. When I am not working, I spend time with my kids, bake for the school PTA and take long walks down the river. I run an accountancy practice, so I was not joking about loving Accounts. I don't miss working for large corporations as a Management Accountant at all. In fact, I love not having month end deadlines or reporting pressure to international stock exchanges.

Diana Alecu - Mental Health Peer Support Worker

Hi, I am Diana and to say that I am over excited to have joined the KCN team as the Mental Health Peer Support is an understatement. My previous line of work included working with elderly and disabled people. I'm also a mental health first aider and I love to find ways of bringing people together and helping them to connect in different ways



be it music, arts & crafts, theatre etc.

Mental health is a subject I have a passion for since I had my own struggles and I found through personal experience that small things can make a massive difference to anyone's wellbeing. Outside of work I have a massive passion for boxing, a sport that helped my mental health massively, so much so that I am also an England Boxing qualified judge. I also volunteer at a local arts centre and I love live music, reading, painting, walks by the river, bubble baths and seeing my lovely friends as much as I can. I am so blessed to have amazing people in my life!



Carol Harvey - Targeted Support Worker, YCP

Some of you may remember me, as I have previously worked for KCN supporting both adult carers and young carers and their families. I stopped working to care for my mum when she was diagnosed with dementia several years ago. During this time I also went back to college to study for Level 2 & 3 qualifications in Counselling Skills but decided I did not want to pursue this any further and prefer to support people as a support worker, especially through a whole family approach. I am working 18 hours a week, which I aim to split equally between work with individual young carers and their families, and small group work with young carers, focussing on improving/maintaining resilience and wellbeing. My last job was working as Outdoor Learning Project Lead in a primary school, where I was facilitating a lot of gardening and eco groups and I hope to make use of the great outdoors and natural world in my new role.

Marie Green - Adult Carers' Support Worker



Hello everyone, I am so delighted and excited to join this lovely team and to support the amazing carers as they care for their loved ones. I am married and have an adult daughter and son, who live away from home. I live in Chessington and attend a local church. My working background is in social work, working with children with disabilities and their families. I have also previously worked in special schools as a support worker. I also volunteer in supporting a local adult with learning disability friendship group and a local befriending charity. My last role before coming to KCN was an assessor and supervisor for newly qualified social worker's. I love to help and am passionate about my community, so I am looking forward to learning more about carers networks, local resources and organisations in the Kingston borough.

Joslyn Kofi-Opata - Adult Carers' Support Worker



Hi! My name is Joslyn and I have recently joined the KCN team as an Adult Carers' Support Worker.

Before making the move to KCN, I worked for 10 years at a national charity, which provides support to individuals with a spinal cord injury. My time was spent managing the charity's interim accessible accommodation and supporting tenants in order to help them sustain their tenancy and encourage them towards independent living.

In my spare time, I have been part of my church's choir for several years. I also enjoy baking as a bit of side gig whilst family birthdays always equal cake!

I am looking forward to getting stuck in at KCN; learning lots and helping as many people as I possibly can!



Claire Littlewood - Adult Carers' Support Worker

Hi everyone, I'm thrilled to be joining KCN. I have enjoyed spending the last three years working in a similar role with adult carers in another London borough. I also have experience working in a variety of positions supporting children and young people who have disabilities and their families. I have worked in a parent carer forum as well as in the fields of social work and residential and respite care. Outside of work, I love spending quality time with my family, catching up with friends and chasing after our new puppy! I enjoy music, going to concerts, visiting the theatre and trying my hand at baking. I can't wait to meet all of you very soon.

Claire Hamdani - Young Carers' Support Worker

Hi, I am excited to have joined the YCP team and I'm also looking forward to using my 21 years experience working in education. I love to support children to attain their full potential and this new job role allows me to help the young carers to enjoy being a child.

I am a mum of three grown up children and love to cycle and walk my dogs.



30 years of KCN

We are thrilled to invite you to join us in celebrating a huge milestone - 30 years of KCN! As we reflect on three decades of dedication to carers in Kingston, **we invite you to join us for an evening celebration**

on Saturday 15th June, 6pm to 8pm, at Searchlight, New Malden. **Spaces must be booked** by contacting Meera on 020 3031 2757 or wellbeing@kingstoncarers.org.uk by Tuesday 28th May. Refreshments will be provided along with music, games and a raffle.



Do you have stories, information or pictures that you can share with us? Contact Jo M on 020 3031 2757 or joanne.maye@kingstoncarers.org.uk.

Learn about KCN at Kingston Museum

As the celebrations continue, we are delighted to share that we have been invited to showcase the organisation in the community area of Kingston Museum. Coinciding with Carers Week, this exhibition serves as a tribute to the remarkable dedication of carers in our community and the invaluable support provided by Kingston Carers' Network.

The display will take place from Thursday 23rd May to Saturday 8th June at Kingston Museum, Wheatfield Way, Kingston, KT1 2PS. The museum is free to enter open Thursdays to Saturdays from 10.00am to 5.00pm.

News from the Young Carers' Project

Update from Liz, YCP Team Leader

We have been very busy at YCP headquarters. The school holidays are always busy ensuring our young carers enjoy a break from their caring role, particularly over the Christmas holidays.

Christmas is but a distant memory but we all had great fun attending two pantos ('Peter Pan' and 'The Wizard of Oz'). Ice skating with 50 teenagers and a lovely Christmas party for our younger carers with a special surprise visit from Santa !

We were also delighted to showcase the hard work of our young carers in a BBC feature 'A day in the life of a young carer' which can be viewed on our YouTube channel: <https://bit.ly/BBCYCP>



I am so very proud of all our young carers who took part in the film! It was great to work with the BBC and Fiona Lampdin and we hope to continue to work with them to raise the profile of carers of all ages.

A big thank you to Julie who has returned to YCP for a few hours a week to support our work with Jack Petchey. These awards are vital for us and fund a number of respite breaks. The trips are always chosen by the winning young carer.



Julie and Liz recently attended a ceremony, held at the Guildhall, which saw all our Jack Petchey

winners awarded a certificate from Mayor Diane White.

We are also pleased to announce that YCP Assistant Manager, Klaire, has won this year's Jack Petchey Leadership Award, after being nominated by the teenage young carers from our well attended youth group. Klaire will be using the £1000 prize money to organise a residential trip.

We are excited to announce the second "Inspiring Change - Young Carers 'Conference'" will take place in November! More exciting info to follow in our next newsletter

Finally, I would like to thank all our volunteers for their time and commitment. Wow, what an amazing lot of lovely people they are. From helping with admin in the office, to stuffing letters for our young carers, to helping us on activities, cooking for all and so, so, much more. They are the best people!!! If you would like to find out more about volunteering with the Young Carers' Project, contact Aisha on 020 3031 2757 or volunteering@kingstoncarers.org.uk

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.



News from the Mentoring Project

Our mentor programme for young carers continues to go from strength to strength. The next mentor training sessions for volunteers will be held later in the year following the success of our recent set of sessions in March. A few recent outings in the last few months have been crazy golf, tenpin bowling, cinema, go-carting, laser quest, ice skating and a tour of the Chelsea Football Club. Outings are not always about going on activities and can be as simple as meeting up in a café to have a drink and a chat as its about getting to know one another, establishing trust and having the consistency of seeing the same person.



Mentoring is a minimum 6-month commitment and involves meeting and taking a young carer on an outing every 2 weeks. Mentors help young carers set and achieve goals and is an opportunity for young carers to get out of the house, do something new and having someone to go to as their 'safe space'.

If you know of anyone who would like to volunteer as a mentor then please ask them to contact mentoring@kingstoncarers.org.uk

Young Adult Carers

It's with mixed emotions that I share the news of stepping down from running Young Adult Carers (YAC) Drop-In group after 13 years. Witnessing your growth over the years has been an absolute joy, and I couldn't be prouder of the remarkable individuals you've become. The torch is now being passed to the capable hands of Emily, a familiar face to many as a YAC, Volunteer, and Mentor. She will run the group alongside volunteers whom you know and love! I have full confidence in Emily's ability to nurture the group and carry the spirit forward.

Thank you for being the heartbeat of the YAC Drop-In. It's not a goodbye but a 'see you later.' Keep shining bright, and here's to the exciting chapters that await!

Liz Grimwood, YCP Manager

I have been so impressed with the young adult carers (YACS) whom I have had the pleasure to meet whilst volunteering at the YAC Support Group, which takes place at Searchlight on the Kingston Road on the 1st and 3rd Friday of each month. I already knew some of these incredible young people from when they were still at school and part of the Young Carers' Project. It is amazing to see how they have flourished and hear about their current jobs, university studies, apprenticeships, volunteering etc, which cover a wide range of careers including quantity surveying, nursery/early years, bus driver, security, retail and wellbeing work. Below we hear from two of our YACs, Emily who facilitates the YAC Support Group and Dwight, a member.

Carol Harvey, Young Carers' Targeted Support Worker



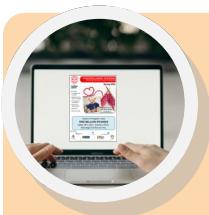
Emily says “I work at the YMCA as a well-being coordinator and am now running the YAC Dorp In. I want to do a doctorate in Educational Psychology. I joined the YCP when I was twelve. What I liked most about it was being able to socialise with other

young carers and take part in activities that I wouldn't have been able to have done if it wasn't for YCP. YCP helped me by offering me a safe place to be myself. I went to the YACs group as it offered me respite from my caring responsibilities and I made lots of friends through YCP.”

Dwight says “Gosh, how long have I been part of the YCP and YACs? I honestly don't remember - it's become such a core part of my life that, without it, I'd probably be a completely different person. If it weren't for them, I'd probably just be a recluse caring for his mother. But look at me now - I'm sociable, I have fun, I can be... an actual human being. The mere act of going out every other Friday and just socialising, playing some games, sharing my awful playlists... it's beautiful.”

Email Emily.Forey@kingstoncarers.org.uk to find out more.

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.

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.

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

Crocheting Positivi-tea



One of our talented carers has designed this super cute crochet teacup amigurumi in honour of KCN being tea-riffic! The pattern is available for free online at www.ravelry.com/patterns/library/positivi-tea-teacup-amigurumi with

donations from those who have enjoyed the pattern being directed to KCN.

Kingston Wellbeing Service

Kingston Wellbeing Service is now delivered by Via on behalf of South West London and St George's Mental Health NHS Trust.

They deliver drug and alcohol support for local adults aged 18+ and their carers. They are located at Surbiton Health Centre and can be contacted on 0300 303 4614 or kingston@viaorg.uk.

Does your GP know you are a carer?

It is important to tell your GP that you are a carer so that they can offer you appropriate information and support. They can help you to understand what support is available to you such as the annual flu jab.

It is helpful for your GP to understand about the extra pressures you may be facing that might impact your physical or mental wellbeing.

Ask your GP to make a note that you are a carer.

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 in person counselling 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.

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.


Plus, follow our social media to see photos from our activities, updates on what we're up to and a chance to engage with us and other carers.

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

Follow us:

 Twitter – @KingstonCarers & @YCPKingston

 Instagram – @KingstonCarersNetwork

 Facebook – Kingston Carers Network & Kingston Young Carers' Project

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 page 31) 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

Company Number 08376060

Membership form

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 _____

Please return form to:

Freepost KINGSTON CARERS NETWORK

(No need to write the address on the envelope)

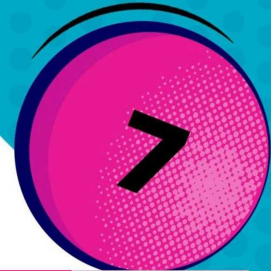


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Events for male carers

We have a range of activities exclusively for male carers.

We go ten-pin bowling about every 2 weeks at Hollywood Bowl in Tolworth, usually at 6pm on a Wednesday or Thursday.

New-comers always

welcome. No experience or skill required- and it is great fun.

We also have regular online Zoom meetings where we have a chance to talk about and share our experiences- and we also have a few laughs. Again, new-comers always welcome and we would be glad to have you join us. Help is available with using or setting up Zoom if required.

On the mornings of Saturday 2nd, 16th and 23rd March we had 3 cookery classes in which we cooked some healthy recipes and you can perfect your culinary skills.

We also have ad hoc lunches, pub meetings and other activities. (Perhaps unsurprisingly, our most popular activity last year was a visit to a local brewery). One attendee said he was grateful for “a chance to develop growing friendships and an ability to share our experiences as well as to share some much-needed breaks.”

To sign up for any of these activities, to subscribe to a regular email about activities exclusively for male carers, or for further information please call Ian on 07305 099 303 or email malecarers@kingstoncarers.org.uk



How to Register for Activities

Registration is essential for all events, including events that are free of charge.

Once we receive your request, your name will be added to the event register. Confirmations will be sent 10 working days before the event. If oversubscribed, names will be drawn out of a hat to ensure every carer has an opportunity to attend an event.

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 07458 305 348 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. **Please note there will be no Tea and Toast in August.**

Lunch socials

12.00pm to 2.00pm, £5

August 21st - Venue TBC

Brunch Socials

9.30am to 11.30am, £5, Harts Boatyard
18th May, 20th June, 14th September

Tai Chi

Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai chi originated as an ancient martial art in China. Over the years, it has become more focused on health promotion and rehabilitation. Online/zoom Tai chi sessions 8am-8.30am Monday, Wednesday and Fridays. £2.50 for 30mins.

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. Afterwards please stay for a smoothie, tea or coffee.

Sundays - 5:45pm - 7pm, Private Studio in Wimbledon Village.
Email wellbeing@kingstoncarers.org.uk to book.

Sensory Palaces at Hampton Court

For carers of people with dementia and the people they care for

Tuesdays, 16th July, 17th September, 5th November,
10.30am to 2.30pm, Meet at Hampton Court, £5

Taking place when the palace is closed to others, sessions are suitable for people at any stage of their dementia journey.

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 22 for booking information for the following activities

June 2024

British Wildlife Centre, Lingfield

Monday 3rd June, 1.00pm to 6.00pm,
Meet at KCN Office £5.

The British Wildlife Centre was founded in 1997 by David Mills. Before then, on the site of what is now the wildlife centre, for 30 years David was a dairy farmer with the award-winning Venn herd of pedigree Jersey cows which, in its day, was one of the leading Jersey herds in the country. In 1994 David ceased dairy farming and reluctantly sold his beloved herd to realise his second dream – to create his own zoo. He decided to specialise in British wildlife as he felt that there was need to educate the public about native species and the challenges they face living in the wild in Britain today.



Kew Gardens

Tuesday 25th June 10.00am to 4.00pm £5

Join us as we explore the beauty of Kew in springtime.

Please note that transport is not provided for this trip.



July 2024

Seaside trip to Eastbourne

Saturday 6th July, 9.00am to 5.00pm, £5 transport provided



Eastbourne is a resort town on England's southeast coast. On the seafront are Victorian hotels, the 19th-century Eastbourne Pier and a 1930s bandstand. Towner Art Gallery includes modern British works. Nearby, Redoubt Fortress, built during the Napoleonic Wars, has a military museum. Southwest along the coast, in South Downs National Park, are the tall chalk cliffs of Beachy Head and its striped 1902 lighthouse. This is a self-guided event, which means your time in Bognor Regis is yours to spend as you like.



River Cruise

Wednesday 10th July, Kingston to Richmond, £5, times to be confirmed, meeting in Kingston

Enjoy an hour long cruise along the Thames followed by leisure time in Richmond, an affluent residential district bordering the River Thames. Tranquil Kew Gardens attracts botanical enthusiasts and families with its huge Arboretum, 17th-century Kew Palace, and panoramic views from its Treetop Walkway. Herds of deer roam Richmond Park, a popular picnic spot. The Quadrant main street and nearby roads have eclectic shops, casual and upscale dining, and performances at Richmond Theatre

August 2024

Seaside Trip to Bognor Regis

Saturday 10th August, 9.00am to 5.00pm, £5, transport provided



Bognor Regis is a town and seaside resort in West Sussex on the south coast of England. The beach is sand and shingle with a large expanse of sand at low tide.

The main shopping centre is within a pedestrian precinct and the high street provides many well-known stores as well as independent shops. The arcade off the high street also has a number of independent shops. The shopping centre is just a short walk from the seafront and beach. Markets are held within the town centre throughout the year.

This is a self-guided event, which means your time in Bognor Regis is yours to spend as you like.

September 2024

Hannah Peschar Sculpture Garden

Date to be confirmed, 10.00am to 4.00pm, £5, Transport provided



Created more than 35 years ago, the garden exhibits an ever-changing collection of contemporary sculpture throughout the magical gardens.

Surrounding a 15th century Grade 2 listed cottage, the grounds have been restored and reinvented

Kew Gardens

Thursday 19th September 10.00am to 4.00pm
£5

Join us as we explore the beauty of Kew in autumn.

Please note that transport is not provided for this trip



See page 22 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.

Reflexology, Indian head massage, aromatherapy/sports massage, facials, Hopi candles, Reiki, NLP, manual lymphatic drainage, lifestyle analysis, and Kinesiology appointments all cost £25 for 45 minutes (cash only).

Acupuncture body rebalance treatment, 55 minutes, £40 (cash only).

Treatments take place twice monthly on a Friday from 12.00pm to 4.00pm. Each treatment must end on time to allow sufficient time between clients.

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

Annual General Meeting

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

1.00pm to 3.00pm, Searchlight Community Centre
Kingston Road, New Malden, KT3 3RX

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 19) in due course.

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 18 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.

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 **"FREEPOST Kingston Carers' Network"**.
Do not write anything else on the envelope or use a stamp.