



Kingston Carers' Network

A Network Partner of  
**CARERS TRUST**

# KINGSTON CARERS' NETWORK

*Improving the lives of carers in Kingston*

## Autumn/Winter 2023

Also inside:

- Meet our new CEO
- Carers Rights Day
- Staff News
- Poem of the Month
- Social Activities
- AGM Invite
- Christmas Cards for sale



Staff meet at KCN to say goodbye to Diane and welcome Tony.



## Support unpaid carers in our community - buy your KCN Christmas cards today!

See page14

Supported by...



# Contacting KCN

**020 3031 2757**

**Chief Executive, Tony Bennett**

ceo@kingstoncarers.org.uk

**Deputy Chief Executive, David Still**

carers1@kingstoncarers.org.uk

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## Senior Management Team

**Office Operations Manager/Company Secretary, Jo Cocup**

admin@kingstoncarers.org.uk

**Adult Carers' Team Leader, Lily Bath**

carers5@kingstoncarers.org.uk

**Young Carers' Project Team Leader, Liz Grimwood**

ycpteamleader@kingstoncarers.org.uk

**Communications Manager, Joanne Maye**

commsofficer@kingstoncarers.org.uk

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**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

**Mentoring Co-ordinator (Maternity Cover), Aisha Antwi**

mentoring@kingstoncarers.org.uk

**Volunteer Manager, Lyndsey de Valmency-King**

volunteering@kingstoncarers.org.uk

## All new chapter unfolds.

With a mix of appreciation and sadness, the month of May saw all at KCN bid farewell to our CEO, Diane White as she stepped down from her role after four transformative years at the helm of our organization. Diane steered us through the immensely difficult covid years, ensuring our commitment to our carers never diminished whilst leading and nurturing our staff through new, challenging enforced work practices. Her compassion, empathy and professionalism were forever apparent throughout her tenure, as well as her expertise in managing to increase our income (and hence support for our carers) in an ever increasingly difficult financial climate. I am sure you will all join me in saying an enormous 'thank you' and wishing her all the best for the future in whatever she does next. We do know, however, that the first role she has taken on is Mayor of The Royal Borough of Kingston upon Thames so it seems, for the next 12 months at least, she has more than enough on her plate.



However, as one door closes, another opens, and we are thrilled to welcome our new CEO, Tony Bennett. Tony brings a wealth of experience from both the business and charity sectors as well as a fresh perspective that holds the promise of new achievements for KCN. With a proven track record of driving innovation and building high-performing teams, we are confident that Tony will lead us into an exciting new chapter of growth and prosperity.

So it's Thank you Diane for four incredible years of exceptional leadership. And welcome Tony, to a team eager to both continue to deliver Diane's legacy and to embrace change and seize new opportunities that lead to us helping the unpaid carers in our borough live their best lives.

I hope you all had a great summer and I look forward to chatting to at least some of you at our AGM in October.

*Dr Tony Woods, Chair of the Board of Trustees.*

## **Update from CEO Tony Bennett**

I am delighted to welcome you to the first KCN newsletter since I joined as Chief Executive in July.



I must begin by recognising the extraordinary contribution of my predecessor Diane White. She has worked with KCN for over 14 years, the last 4 as Chief Executive. During that time the organization has been transformed with the result that KCN has been able to help thousands of unpaid carers across Kingston.

Perhaps Diane's greatest legacy is the wonderful staff that she has recruited. I have been hugely impressed by the passion, energy and commitment shown by the team who so often go way beyond any reasonable expectations in their efforts to help carers in Kingston.

The other very strong impression from my first 2 months at KCN is of the incredible support being offered by adult and young carers in Kingston to their family and friends.

It is an honour and a privilege for all of us at KCN to be able to support you.

Please do read this newsletter carefully – there is a wealth of useful information and so many activities. There really is something for everyone... and my first request!! We badly need more volunteers to help us with our work. There are so many different ways in which people can help. So, if you have any time and desire to help, us please contact Lyndsey, our Volunteer Manager, [volunteering@kingstoncarers.org.uk](mailto:volunteering@kingstoncarers.org.uk). We can then discuss what would work best for you and us. Also please persuade your friends to volunteer!!

Above all, the purpose of KCN is to make sure that as an adult or young carer – you are not alone. We are here to help you as best we can.

Best wishes,

Tony

## Staff News



We are delighted to welcome back Lyndsey de Valmency-King from maternity leave. She returns to her role as the Volunteer Manager leaving Aisha Antwi free to join the Young Carers' Project as a support worker. Aisha continues to cover the role of Mentoring Co-ordinator whilst Jess Burrows is on maternity leave.

We were very sorry to say goodbye to Heidi White from the YCP. We wish her well in her new role in Sir Ed Davey's office.

We were also sorry to say goodbye to Julie Parker who supported many young carers as our Targeted Support Worker.

We are delighted that Meera Winder will be running the Wellbeing programme after the sad departure of Layla Brokenbrow.

Finally, we are sure you will join us in congratulating Lily Bath as she takes on the role of Adult Carers' Team Leader. A huge thank you and goodbye once again to Carole Whatnall who covered the role. Carole will continue to run the dementia lunch clubs as part of our incredible volunteer team.



### **Nicole - YCP Administrator**

We welcome Nicole to the Young Carers' Project Team. Nicole has been volunteering with the Adult Wellbeing Team since the start of the 2023 and is now working part time in the office supporting the YCP Team. She will be helping with the administration for holiday activity programmes and with our reporting and mailouts.

### **Vilma Espinoza - Benefits Adviser and Tribunal Representative**

Hello. My name is Vilma and I am very excited to join the Adult Carers' Team as the new Benefits and Tribunal Representative. I trained as a Solicitor and Barrister many decades ago and then became a foster





carer for 20 years. I have 5 daughters, a mixture of adopted, fostered, and birthed. I was previously the Benefits Advisor for Kingston and Richmond Boroughs SENDIASS. Outside of work I enjoy the great outdoors, especially hiking and camping. I also have two bunnies, a cat, and a very new kitten. I am keen to empower carers to manage their benefits to the best of their abilities and looking forward to delivering training as part of my new role!

## 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.



### 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](mailto:commsofficer@kingstoncarers.org.uk)

## **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](mailto:commsofficer@kingstoncarers.org.uk) or 020 3031 2757.

## **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 23 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](http://www.easyfundraising.org.uk/causes/kcn).

## **The Co-op**

When you buy selected Co-op products and services, 2p for every £1 spent goes into your membership account. The Co-op will also donate the same amount to a local cause.

You can select a local cause you would like to support and we



are delighted to be one of the options! You need to be a Co-op member and choose your cause online. If you need any help with this, please contact Jo Maye on 020 3031 2757 or [commsofficer@kingstoncarers.org.uk](mailto:commsofficer@kingstoncarers.org.uk).

## News from the Young Carers' Project

### Update from Liz, YCP Team Leader

The young carers project has had a fun packed summer .

We started the holidays with our annual drama workshop, run by our fabulous friend of many years, actor Paul Vitty. The young carers worked together to devise a theme and

outline for the play and Paul worked super hard on the first night to create a bespoke play, just for them. This is always a great highlight of our summer holidays. We are very grateful to Paul and our volunteers for helping to run this each year.

We were once again invited back to Holly Lodge in Richmond Park to take part in some exciting nature activities which included making a bird feeder to take home.

New for this year is a trip to Ninja Arena in Eastbourne followed by sporty games on the beach. We are incredibly grateful to our volunteer, Ram, who funded this trip.

We also ran a four week cooking course for our young carers aged 5 to 11. This workshop was been funded by the Kingston Community Fund and we are immensely grateful to them. We





taught the young carers how to make some delicious home cooked dinners using fresh ingredients that they were then able to take home and share with their family.

Six inspiring young carers recently won Jack Petchey awards which enables us to take lots of young carers on fabulous trips over the summer including go-karting, Drusilla's Zoo, Hampton open air pool and Air Hop.

We also have been fortunate enough to receive funding from Surbiton Farmers Market allowing us to take our young carers and their families to Littlehampton for the day. This is exceptionally welcome this year as many of our families are not able to take a break due to the cost of living crisis.

Sadly we have said farewell to Heidi who is now working for Ed Davey full time, and Julie who is leaving us to focus on her family. We wish them both well and hope they may pop back to see us occasionally.

Thank you to Nicole who joined the YCP team a few months ago and is helping us with admin tasks. Nicole has already made improvements to the way we work and we are very grateful to have her support on the



team. We are also delighted to welcome Aisha to the team as a YCP Support Worker. Some of you will have met Aisha as she has been ably covering the role of Mentoring Co-ordinator.

If you think you may know someone who is a young carer, or for more information on the support available, please contact Liz on [ycpteamleader@kingstoncarers.org.uk](mailto:ycpteamleader@kingstoncarers.org.uk) or 020 3031 2753.

## News from the Mentoring Project



We are delighted to announce that the high quality of our mentoring project has been recognised with the award of the 'Quality in Mentoring' (QiM) award through 'Befriending Networks'. There are two levels at which QiM can be awarded which are 'The Award' and 'Excellence' and KCN now has the QiM Excellence award which will hopefully help in securing future funding to enable the programme to continue.

This process included uploading evidence for nearly a hundred indicators, reviewing KCN policies, updating all the mentoring paperwork, looking at risk assessments, uploading case studies, mentor interviews, mentee/young carer interviews and attending a few training courses.

Achieving this award wouldn't have been possible without our incredible team of volunteer mentors. Over the past 18 months, 37 mentors have been recruited. Everyone has such a unique journey, and all are making many positive changes to the young carers they are matched with. If you are interested in becoming a mentor, please contact Aisha at [mentoring@kingstoncarers.org.uk](mailto:mentoring@kingstoncarers.org.uk) or 020 3031 2757.

## Tea and Toast with Tony

### Meet Tony Bennett, our new CEO

Join us at the launch of Tea and Toast on Friday 6th October from 9.30am to 11.30am, and meet our new CEO. Spaces must be booked. See page 26 for more information.

## Meet the Volunteer: Aamir

Aamir has been volunteering with our Young Carers' Project since 2022, supporting the team at Youth Group and on holiday activities. We're delighted he is going to begin mentoring with us too!

### How did you first hear about Kingston Carers' Network?

I work as a children's social worker. I enjoy my job but constantly dealing with underlying factors of safeguarding and risk can be pretty draining at times. I wanted to explore doing some direct youth work where I could focus on the interactive side of things. One day I must have typed some things into Google and then ended up here!

### Why did you choose to volunteer for us?

I have sent referrals off to the Young Carers' Project before so I knew about the project and what its aims were. I think it's a great project which gives a useful outlet to children who won't always be able to access the same opportunities as their



peers. I'm proud to be part of something which has such a positive impact to young people in Kingston.

### **What volunteering activities do you do and what do you enjoy about it?**

I help out at youth group, holiday activities when I can and I have just completed the mentoring program. I was very fortunate to be assigned as a mentor to a child with whom I built a great rapport. It was great to see his confidence grow with each session. Unfortunately the same can't be said about his banter.

### **What advice would you give to other people, who are considering volunteering to help carers?**

Just give things a go and see what works for you. There's plenty of variety among opportunities and age groups which should suit anyone that is considering getting involved.

*If you would like to find out more about our volunteering opportunities with our young carers, adult carers or in the office, please contact Lyndsey on 020 3031 2757 or [volunteering@kingstoncarers.org.uk](mailto:volunteering@kingstoncarers.org.uk).*

## **KCN Newsletter**

Thank you for taking the time to read our newsletter. The next edition will be published in April. If you are receiving this newsletter through the post but would be happy to receive it by email please email [commsofficer@kingstoncarers.org.uk](mailto:commsofficer@kingstoncarers.org.uk).





# Support carers this Christmas



Merry Christmas and  
a Happy New Year

Pack of 10 cards

£4

Contact 020 3031 2757 or  
[commsofficer@kingstoncarers.org.uk](mailto:commsofficer@kingstoncarers.org.uk)



## KCN Christmas Cards

Kingston Carers' Network is excited to launch their festive Christmas card, designed by our very own young carer, Jamie, aged 7.

The cards, shown on page 14, are available in packs of 10 and cost £4 with all proceeds going to KCN. They can be purchased from Kingston Carers' Network's office in Tolworth, or they can be posted for a fee of £1.50 for up to two packs, or £2 for more than two packs.

"We are so grateful to the young carer who designed these beautiful cards," said Liz, YCP Team Leader. "The cards are a wonderful way to show your support for unpaid carers this Christmas."

To order your cards, please call 020 3031 2757 or email [commsofficer@kingstoncarers.org.uk](mailto:commsofficer@kingstoncarers.org.uk).

**Order your cards today and help support unpaid carers in our community!**

## 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 [commsofficer@kingstoncarers.org.uk](mailto:commsofficer@kingstoncarers.org.uk)

## 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 with Asperger's/High Functioning Autism**

*Temporarily suspended. See below*

### **Carers of People with a Mental Health Condition**

Second Tuesday of each month, 6.00pm to 7.15pm

Surbiton. No need to book.

For more information on any of the above support groups, please email [supportgroups@kingstoncarers.org.uk](mailto:supportgroups@kingstoncarers.org.uk) or call the office on 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 [carole.whatnall@kingstoncarers.org.uk](mailto:carole.whatnall@kingstoncarers.org.uk) or calling 020 3725 3048.

## Could you help?

We are looking for a volunteer to facilitate our support group for carers of adults with Asperger's/high functioning autism. The group meet from 10.30am to 12.30pm on the first Wednesday of each month. If you think you might be able to help, or would like to find out more about the role, please contact Lyndsey on [volunteering@kingstoncarers.org.uk](mailto:volunteering@kingstoncarers.org.uk) or 020 3031 2757.



Registered Charity No: SC029160  
Company No: SC09296



Registered Charity No: 1053121  
Company No: 3102094



Company No: 3554492



Are you an LGBTQ+ person living in the UK?



Do you support a friend, child, neighbour, partner, chosen or birth family member who couldn't manage without you?



Come along to our online coffee meetups on Zoom



Chats and information sessions  
Share advice  
Find community

**UK-wide  
Online Coffee Meetups  
LGBTQ+  
unpaid Carers**



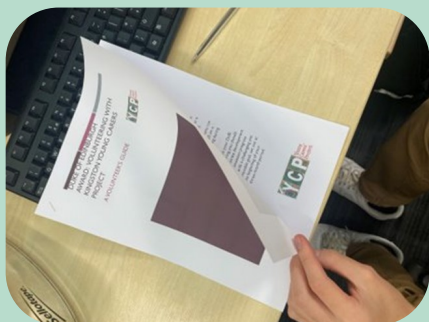
Please email  
[abinaya@wandsworthcarers.org.uk](mailto:abinaya@wandsworthcarers.org.uk)  
for more information

## Work experience with YCP

Hi everyone, my name is Ollie, and I spent a week doing work experience with the Young Carers' Project as part of my time in sixth form.

I've decided to document my experience here to show other young carers about what my experience was like and everything I got up to this week!

During my week of working here, I've been able to help in a range of activities which benefit other young carers, such as helping to arrange exciting trips, and plan activities for younger children's youth groups.



Here are just some of the things I got up to:

Firstly, from my own experience, I created a young person's handbook for volunteering with YCP as part of your Duke of

Edinburgh award. Young people looking to volunteer can use this guide to get started on their volunteering journey.



Secondly, I wrote and created a Jack Petchey information board, which can be used for quick reference to learn about the foundation and Jack Petchey award scheme

During my time at YCP, I have also helped the team with other regular office jobs which have given me experience in working in an office environment, something that is good to have as it adds to your experience working for others.

Outside of the office, I also visited and helped at a lunch club at a local school, which is an opportunity for young carers to eat and relax within their regular school environment. Having had these opportunities given to me when I was younger, I know how helpful these groups are, so it was really fun to help out.

Alongside the two larger projects, I also helped YCP with organising events and experiences for youth groups and outings. This included designing, printing and putting together activities that other young carers would enjoy at youth groups. Examples included upcoming young carers trips to Eastbourne, Littlehampton, and local activities! I found it really interesting to help out with projects like these, as it gave me experience in areas I'm not used to.

Overall, working with YCP has been an incredible experience to work with such amazing people, and has

given me an opportunity to learn certain skills I have not done before and will be beneficial in the future.

Thank you YCP!

## Counselling Service

KCN offers free one-to-one counselling which is provided by both fully BACP qualified counsellors, and trainee counsellors, who are independently supervised.



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.

We are able to 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](mailto: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](http://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 24) 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 \_\_\_\_\_

Please return form to:

**Freepost KINGSTON CARERS NETWORK**

*(No need to write the address on the envelope)*

Thinking with my brain, not moving from the spot, taking you with me for a short educational hop. Lie down, relax, close your eyes; let's go.



How about a Caribbean island? A sun baked place, with soft breezes rustling music from the coconut tree leaves, and hot, silvery sand needing swift ambling to cool feet in the warm, lapping sea.

To lower yourself into the water is as comforting and slightly cooler than an energy-lowered bath.

There you can look down and see small, coloured fish nibbling your toes, or swimming between braced knees, a truly colourful show.

The odd shelled crab hurrying out of your way, to bury itself in the sand out of sight.

Shells of all sizes left by previous owners lie decorating the sandy floor.

Breathing in the frangipani fragrance wafting over us from the shore, do you feel yourself relaxing, letting your troubles float gently away?

Floating, floating, floating; what bliss this is.

Wow...! That was a flash of lightning from an approaching grey thunder cloud, letting us know it is time for us to leave and embrace reality where we both really live.

© 2023 Penny Wobbly of WobblingPen



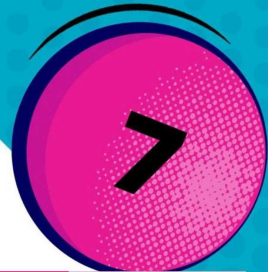
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**KINGSTON  
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LOTTERY**

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## 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 TICKETS

Go to: [www.kingstonlottery.co.uk](http://www.kingstonlottery.co.uk)

And search for: **Kingston Carers**



## Events for male carers

We have a range of activities available exclusively for our male carers.

These include online social meetings, ten-pin bowling evenings, a reading group, nature walks, cooking classes, pub socials, lunches and other activities.

If you are a male carer and would like more information, or to sign up for regular updates by email, please contact Ian Bellinger on [malecarers@kingstoncarers.org.uk](mailto:malecarers@kingstoncarers.org.uk) or 07305 099 303



## Annual General Meeting

**You are invited to our Annual General Meeting  
on the afternoon of Friday 6th October 2023.**

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](mailto: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 21)  
in due course.

## Adult Carers' Wellbeing



Welcome to the Autumn and Winter Wellbeing programme! I am delighted to have taken over the role as the Wellbeing Co-ordinator in addition to my position as Adult Carers' Support Worker.

We have a number of new events planned in addition to the usual lunch/brunch clubs, bowling and fitness classes, These include weekly Friday tea and toast sessions, offering a friendly space to meet new people, chat and hear about new topics; weekly healthy eating and nutrition on 'Wednesday Wellbeing' sessions and monthly Legs 11 Bingo!

Day trips include Wisley Gardens, Kew Gardens, Tower of London, Oxford, Mercedes Benz and Brooklands Museum. There is a visit to the Poppy Factory and the Mayor's office in Kingston as well as trips to see Peter Pan at the Rose Theatre and HMS Pinafore in East Horsley.

Rosie continues to offer manicures at an amazing discounted prices and therapies with yours truly include: Reflexology, Massage, Facials, Hopi Candles, Manual Lymphatic Drainage, and Kinesiology. See page 29-30 for more details.

We are grateful to Carers Trust for their continued support and to local businesses who support our events.

It has been a pleasure spending time with the carers that have attended events so far and I look forward to meeting more in the future.

See you soon! Meera

## 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 to the event. We will ensure each carer has an equal opportunity to attend events but we are unable to guarantee a place due to the high number of carers.

**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 07818 878 931 if you cannot attend.**

To register for a place please return the form on page 36, call 07818 878 931 or email [wellbeing@kingstoncarers.org.uk](mailto: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

### **Nutrition and Healthy Living**

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

Learn more about healthier eating options and give/receive support.

### **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.



## **Legs 11 Bingo**

7.00pm to 9.00pm, Parish Hall, St John's Church, Kingston,  
£5

Spend time with other carers whilst playing Bingo! Small prizes on offer. Light snacks served.

13th October, 17th November 2023,

12th January, 16th February, 15th March 2024

## **Ten Pin Bowling**

6.00pm to 8.00pm, Kingston Rotunda, £4 for two games

Join us for a relaxed evening with two fun games of bowling.

21<sup>st</sup> November 2023, 20<sup>th</sup> March 2024

## **Lunch socials**

12.00pm to 2.00pm, £5 (Venues TBC)

5th October 2023, 16th January 2024, 21st March 2024

## **Brunch Socials**

9.30am to 11.30am, £5, Harts Boatyard

11th November 2023, 23rd February 2024

## **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](mailto:wellbeing@kingstoncarers.org.uk) 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**

## 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](mailto:libraryvolunteers@kingston.gov.uk) for more information.

## Manicures with Rosie

Rosie offers treatments one Friday a month (please call for dates and times).

Rosie is qualified in both regular and gel manicures and each appointment will last 45 minutes and cost £12 (payable in cash on the day).



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](mailto:counselling@kingstoncarers.org.uk).

## Therapies with Meera

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

Reflexology, massage, facials, Hopi candles, manual lymphatic drainage, and Kinesiology appointments all cost £25 for 45 minutes (cash only).

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

Treatments take place on the first and third Monday of the month at 11am, 12pm, 1pm, 2pm, 3pm, 4pm. 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](mailto:counselling@kingstoncarers.org.uk).



See page 26 for booking information for the following activities

## October 2023

### Kingston Mayor's Office Tour

Thursday 5th October, 10.30am to 11.30am, Meet at Guildhall, Kingston, £2 to the Mayor's charity.

Enjoy a historical tour of some of the rooms within the Guildhall and a chance to bump into the Mayor!





## HMS Pinafore

Friday 27<sup>th</sup> October, 7.30pm,  
Meet at KCN Office, Tolworth, £5.  
Transport provided.

Bookham Light Operatic Society  
present Gilbert and Sullivan's

ever-popular "H.M.S. Pinafore" at Fetcham Village Hall.

HMS Pinafore is a hilarious tale of love, honour and duty.

Josephine, the daughter of Captain Corcoran, falls for lowly sailor Ralph Rackstraw. However, she's torn between her true love, and her father's desire for her to marry Sir Joseph Porter, the First Lord of the Admiralty.

## RHS Wisley Autumn Walk

Saturday 28th October. 9.00am to  
4.00pm, meet at KCN office,  
Tolworth, £5, including minibus

RHS Wisley the flagship garden of  
the Royal Horticultural Society and  
one of the great gardens of the  
world. This 600-acre garden is home  
to a wide variety of plants, including flowers, trees, shrubs,  
and vegetables Enjoy the colours of the season as we take  
a gentle stroll through the garden. You can bring a picnic or  
treat yourself to delicious food made from fresh, seasonal  
produce from the restaurant and cafés (not included).



# November 2023

## Tower of London

Friday 3rd November, Meet at Tower of London, 11.00am, £5

Officially His Majesty's Royal Palace and Fortress of the Tower of London, where Guy Fawkes was caught in the act, imprisoned and tortured at the Tower of London (carers to make own way to London)



## Poppy Factory Discovery visit

Tuesday 21st November, 12.30pm, meeting at Poppy Factory, Richmond, £5

Discover the home of Remembrance poppies and wreaths at the Poppy Factory Visitor Center. See how veterans make Royal and regimental wreaths by hand. After the tour, we will enjoy tea and cake.



## Carers Rights Day

Thursday 23rd November, 10.00am to 3.00pm, Location TBC

Raising awareness of carers' rights and entitlements, to help carers get the support they need.

There will be an interesting talk from our Benefits and Tribunals Representative along with other fun tbc.

See page 26 for booking information for all activities



**December 2023**

## **Peter Pan**

Saturday 2<sup>nd</sup> December, 5.30pm, Meet at Rose Theatre, Kingston, £5

This Christmas, an enchanting adventure awaits. Chasing his runaway shadow, a mischievous young boy crash lands through an open window and meets a headstrong young girl not yet ready to face growing up. With a sprinkle of fairy dust, they take flight on a whirlwind festive voyage over pirate ships, through mermaid lagoons and into the heart of Neverland

## **Hampton Court Palace Ice Skating**

Wednesday 6<sup>th</sup> December, 7.00pm, Meet at Hampton Court, £5

Immerse yourself in the quintessential winter experience at Hampton Court Palace! Enjoy some time on the ice followed by hot chocolate and cake.



## **Carers Christmas Party**

Friday 8<sup>th</sup> December, 7.00pm to 10.00pm, Parish Hall, St John's Church, Kingston, £10.

Join us for our annual festive party with music, food, soft drinks, mulled wine and a small gift.

*Please note this event is only for carers registered with KCN.*



## Kew Gardens Winter Walk

Saturday 16<sup>th</sup> December, 10.30am,  
meeting at Kew Gardens, £5 with mulled  
wine and mince pies.

## January 2024

### Mercedes-Benz World

Saturday 13<sup>th</sup> January, 9.00am to 4.00pm,  
Meeting at KCN office, Tolworth, £5  
including minibus

Mercedes-Benz is a facility open to the  
public at the historic Brooklands motor racing circuit in  
Weybridge.



### Brooklands Museum

Wednesday 17th January,  
9.00am to 4.00pm, meet at  
KCN office, Tolworth, £5

Step back in time to the  
days of innovation,

determination and record-breaking on the site of the world's  
first race track. Discover supersonic flight with Concorde and  
get up close to the aircraft designed, built and flown at  
Brooklands. Hear the stories of the pioneering men and  
women that shaped the world of motoring and aviation. Re-  
live the thrills and glamour of speed and flight, from over 100  
years of great British history at Brooklands Museum!

**February 2024**

## Day Trip to Oxford

Saturday 24th February, 9.00am to 5.00pm, meet at KCN office, Tolworth, £5 including minibus

You will have the opportunity to wander the streets of Oxford, taking in the sights of its prestigious university, established in the 12th century. The architecture of its 38 colleges in the city's medieval centre led poet Matthew Arnold to nickname it the 'City of Dreaming Spires'. You might enjoy the Botanic Gardens (not included) or indulge in some shopping in the bustling high street.

**March 2024**

## Kew Gardens Spring Walk

Thursday 28th March, 11.00am to, meeting at Kew Gardens, £5

Kew Gardens in the spring is a sight to behold. Vivid blooming flowers, unfurling green leaves and the melodious sound of

birdsong are all part of the beauty of spring at Kew. Take a walk through the Temperate House and see plants from all over the world, or explore the Kew Palace and learn about the history of the gardens. No matter what you're interested in, you're sure to find something to enjoy at Kew Gardens in the spring.

## 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.