

SUPPORT

- ☆ A **listening ear** for any carer wishing to talk to someone in confidence, by telephone or face to face
- ☆ Carer **support group** where you can make new friends, share information and support each other
- ☆ The project can liaise with and make referrals to **other sources of help** on your behalf
- ☆ Carers Break Fund
- ☆ An opportunity for you to have a holiday, pursue a hobby, attend adult education or whatever appeals to you. This Fund has been allocated by the government to give the carer a much needed break from their caring role. Please contact Maureen on Maidstone (01622) 685276 to apply.

INFORMATION

- ☆ Information is available on:
 - ☆ Local services and support systems
 - ☆ Entitlements and rights
 - ☆ Benefits
 - ☆ Regular newsletter

ASSISTANCE

Practical assistance is available with:

- ☆ Dealing with forms
- ☆ Claiming benefits
- ☆ Acting as an Advocate to put forward issues of concern to other organisations.
- ☆ Making a complaint when things go wrong with services.

CARERS VOICE

The project seeks to raise the awareness of carers issues and to ensure that carers views are heard.

- ☆ **Local Planning and monitoring group** – an opportunity to be involved with the providers of mental health services and be consulted on the current provision of services and what is needed for the future.
- ☆ **Joint Commissioning Board Meeting**—carers welcomed to be involved in the 'decision making' for 'buying in' new services
- ☆ Support to attend other public meetings where your voice can be heard.
- ☆ Being involved in the training of professionals, and talks to community groups about carers issues

For further
information
Please contact

Maureen Belcher

**01622
685276**

**Maidstone & Malling
Carers Project**

is funded by Kent County
Council Social Services and
managed by



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**Maidstone
& Malling
Carers Project**

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[www.vam-online.org.uk/
carersproject.asp](http://www.vam-online.org.uk/carersproject.asp)

**MAIDSTONE & MALLING
CARERS PROJECT**

aims to provide high quality
services to individuals and
organisations but recognises there
may be occasions when the users
of the services feel that the quality
or level of service received has
been less than they could expect.
Please let us know if you have a
complaint.

**Maidstone
& Malling
Carers Project**

Mental health

*Do you look after a
relative, partner or friend
who has mental health
needs?*

IF SO—YOU ARE A CARER

Maidstone & Malling
Carers Project
is a point of contact for
carers living in Maidstone
and surrounding rural
areas needing support,
information and advice.