

Tel: 01622 685276

Issue 29 October 2010

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Dear Carer

Welcome to your Autumn edition of our newsletter. As always if you are interested in any of the activities mentioned please don't be shy about contacting us for more information.

As you will read on page 2 we are saying a fond farewell to Rachel, who yet may well still be involved with supporting us and you in the future, in her capacity as a trainer. We also extend a warm welcome to Jane who has already demonstrated she will be a real asset to the Team.

These are difficult and worrying times for many and as you will read we are making efforts to ensure that the importance of supporting carers does not get overlooked in the forthcoming Government Spending Review.

KCC are currently reviewing services such as ours that support carers, if you would like to have your say about the sort of support you value and need, please come along to the next Forum on 13 October [invitation and programme enclosed with this mailing].

Very Best Wishes

Barbara

Barbara Hagan



Christine Smith



Jane Thomas



Maureen Belcher



Maidstone & Malling Carers Project
Maidstone Community Support Centre
39-48 Marsham Street
Maidstone Kent
ME14 1HH

If you can help us cut costs by having your newsletter sent by email please let us know

Phone: 01622 685276

Fax: 01622 757134

e-mail: carers@vam-online.org.uk

www.vam-online.org.uk/carersproject.asp

Goodbye, goodbye..



Where does the time go? It seems like only yesterday I was writing my 'Hello' and now I am saying 'Goodbye'. I thoroughly enjoyed my short time with the team, and meeting so many of you lovely carers. I have felt humbled at the welcome, openness and trust you all offered me. How fortunate I am to have had something that made saying goodbye so hard! It was not an easy decision to leave and I have continued building on the experiences I shared with you in delivering the Caring with Confidence programme. Although that is coming to an end I am sure it is not the end of other courses for carers and I hope our paths may well cross once more! Thank you all for your good wishes, cards and gifts - they are truly treasured, along with all the happy memories.

With my very best wishes to you all, *Rachel*

..and hello!

I am Jane Thomas and I joined the team at Maidstone and Malling Carers Project on 26 July 2010. I have already met some of you at the project's groups, spoken to more of you on the telephone and visited some of you to assist with non means tested benefit claims. Thank you for making me so welcome.

I worked for 11 years at the Department of Work and Pensions, I then worked for the charity NCH and most recently for Kent Libraries. Outside of work I have 3 teenage girls who certainly keep me busy, and a Border terrier dog that is just a little unruly! I enjoy walking, reading, dancing and socialising with my family and friends.

I will be organising the walking group and this will continue to be on the last Monday of the month, please contact me if you would like to join us I will be very pleased to hear from you. One of my other roles is to administer and promote the Kent Carers Emergency Card. I can also help you to apply for Attendance Allowance and Disability Living Allowance for the person you care for and also Carers Allowance for yourself.

I have really enjoyed the job so far and I am looking forward to meeting more of you and helping to further extend the support that the project already provides. Please remember to apply for your Kent Carers Emergency Card; there is an article on the next page explaining the card and its benefits. I can be contacted on 01622 685276 or by email at jane.thomas@vam-online.org.uk and I am also to be found at the Gateway in Maidstone every Thursday between 1 pm until 5 pm



Jane Thomas

Jane

Kent Carers Emergency Card

As a carer do you worry when you leave the person you care for, even just for a simple trip to the shops, what would happen to them if you were taken ill or have an accident while out? Do you worry who would know that there is someone alone at home, in need of support and waiting for you to return?



The Kent Carers Emergency card scheme is designed to give carers peace of mind when they are away from the person they care for. Carers who register for the scheme will be issued with a credit card sized card that has a unique reference number and emergency contact centre phone number on it. In an emergency situation a person telephones the number on the card and quotes the registration number. The call is received by Kent County Council's 24 hour contact centre and staff can immediately access the information carers have supplied to ensure an emergency plan is put into action. The service is free and available 24 hours a day, 7 days a week.

Over 250 carers in Maidstone and Malling have already applied but many of you haven't yet, please give it serious consideration. Thankfully most people who register for a card never have call for it to be used. However, we know of one Maidstone carer who was urgently admitted to hospital and the card ensured emergency care for his wife was put in place. Please contact **Jane Thomas** for a form on **01622 685276** or by email jane.thomas@vam-online.org.uk

If you need help to complete it I can arrange to visit you at home, talk you through the form over the telephone or you can visit me at the office or at the Maidstone Gateway every Thursday between 1pm to 5 pm. If you have internet access and are confident using a computer you can also complete an on-line application at www.kentcarersemergencycard.org.uk

IMPORTANT REMINDER TO EMERGENCY CARD HOLDERS

Please ensure that you **inform us of any changes** as and when they occur – e.g. change of telephone number for your emergency contact. Remember if needed the card will only work if information is correct!

Carers Direct

Carers Direct is a free national service offering information, advice and support to carers. Their helpline is open 8am – 9pm
Mon – Fri and 11am – 4pm weekends

call **0808 802 02 02** or go to www.nhs.uk/carersdirect



What I'm
really thinking

THE INCAPACITY BENEFIT CLAIMANT

I live with a deep sense of paranoia, but that's not the condition that keeps me on "*the sick*" - it is merely a consequence of public opinion. Some days, when my cancer treatment leaves me vomiting and in pain, I'm rarely seen out of doors. Others, I go outside and appear to be brimming with health. On those days, I can't help worrying; do I look sick enough to the casual observer?

Will "*they*" think I'm well enough to work? Will I need to be assessed by the social security doctor? Do they know I'm dying?

Is it reasonable to sit in the sun and feel its warmth for what might be my last summer? Do I need to justify my disabled parking badge by making a pantomime of getting out of my car? When I book event tickets, will someone challenge my disabled status because I "*look so well*"?

Snide remarks and hurtful comments aimed at those guilty of benefit fraud have an impact on the vulnerable too. I'd love to work, but what could I do? Standing for any length of time leaves me in agony, as does lifting or walking any distance. Temporary work? I don't know if I will be around even next week.

I sometimes feel it is indecent of me to hang on to life when I'm clearly no longer a productive member of society. And I can't help feeling my neighbours are itching to uncover us so-called benefit cheats. Perhaps they want to name and shame us for having the indecency to be ill during a period of national austerity.

First printed in The Guardian Weekend 04 September 2010. **With thanks to author Amanda Love, Registered Nurse diagnosed with terminal breast cancer.**

LEISURE LEARNING COURSES at Maidstone Community Support Centre

Courses are designed for those disadvantaged by health or social issues, especially those who are learning disabled —

**Bead Jewellery ❖ Floristry ❖ Yoga ❖ Money Matters
Creative Christmas crafts ❖ Keep Safe and Healthy**

**01622 230711
leisurelearning@mscs.org.uk
www.mscs.org.uk
or call in to the centre**





Carers deserve a 'life of their own'

Maidstone and Weald MP Helen Grant teamed up with a celebrity doctor to help support carers during a national week dedicated to them.

CARE AND CARE ALIKE

Barbara Hagan, Dr Chris Steele MBE and Helen Grant MP

MP Helen Grant teamed up with ITV's This Morning celebrity GP, Dr Chris Steele MBE, to support this year's Carers Week and celebrate the contribution made by people in Maidstone & The Weald and throughout the UK, who provide unpaid care for someone who is ill, frail or disabled.

The theme of Carers Week was 'A Life of My Own' with calls for greater understanding and support for the army of carers who provide vital care for their families, friends and communities. In doing so, many sacrifice much in their own lives, unable to do the little things that most of us take for granted. All too often, these unsung heroes also suffer ill health.

Helen said "A trip to the cinema, or even a full night's sleep – these are luxuries for many of the thousands of carers in Maidstone & Malling. I am supporting Carers Week and all those helping to raise awareness of carers, and the priceless contribution they make to our local community. I hope that as a result of Carers Week, many more carers will find out about services and support that exist to help them.

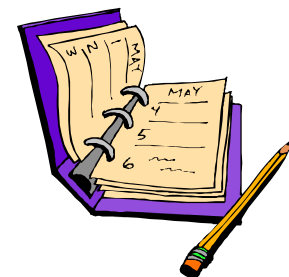
Helen met up with Dr Chris at the House of Commons to pay tribute to carers, and to urge that they receive more support in their caring roles. Mrs Grant also invited the manager of Maidstone & Malling Carer's Project, Barbara Hagan, to join her in Westminster for the event. The Project offers practical information and support for the 20,540 carers in the Maidstone & Malling area.

Activities in Maidstone & Malling to mark Carers' week included;

- An outing for carers to Eltham Palace
- The Maidstone & Malling Carers' Forum at the Grangemoor Hotel
- A 'mobile gateway' at Martin Square in Larkfield offering a mobile information centre to reach local people who are 'hidden carers'.

Dr Chris, who has long been a champion for the health and wellbeing of the country's millions of carers, said "I am delighted to give my continuing support for Carers Week and its focus on a carer's right to 'A life of my own'. Many non-carers take their free-time for granted, whether it's going to the cinema or meeting with family and friends. As a GP I have met many carers who have never received any help or respite. I know how carers' own health and well-being has suffered as a consequence and just how isolated they can feel. Who is caring for the carers? Change is needed at grassroots level and Carers Week is vital in raising awareness and promoting carers' issues."

A Carer's Diary



Monday

Good day today no tears from Milly until we walked home. We went line dancing and got home just after 9pm. Bedtime started at 10.30 but Milly was slow with her rituals tonight, when I said goodnight and made my way up to bed it was 1.40. I could hear her getting frustrated and hitting the doors and when John's alarm went off at 5.15 Milly had got her pyjamas on and was in bed but was still wide awake doing her books!

Tuesday

Found Milly asleep in yesterday's clothes this morning. Went to the swimming baths to watch her swimming, she was having a lovely time. Started bedtime at 10.45 and it is now 12.49. Milly has put her pencils in the bin and is back on the settee, I must now try and get her to stand by the doors. Received troubled phone calls from my daughter Claire. Milly did her last ritual and was ready for bed while I was still typing the diary up. Got to bed at 2am.

Wednesday

Called Milly at 9.30. She dressed and got back into bed. She sat there making her noises all morning. When it was time to go shopping I had to physically prompt her downstairs and into the car. She settled down when we picked up Nanna. No problems while shopping but when we left Nanna she said goodbye nicely and then started crying. Milly sat on the settee making her noises and didn't start eating her dinner until after 9.30. It is now 12.07 she has put her pencils in the bin and I am waiting for her to tear her paper. I went up with Milly and it was just after 2am when I got to bed.

Thursday

When we got home today I found Milly had wet herself so I took her up for a bath and washed her hair. By the time she started her dinner it was 10.30 and she took about an hour to eat it. We then started bedtime routine. At 1.45 she at last started putting her pencils in the bin. At 2.15 she put her books under her arm and stood by the doors. At 2.40

I went up hoping she would follow. At 3.05 I came back down to try and get her up to bed.

Friday

I picked Milly up from Bingo and of course she cried! We shopped on the way home and she soon settled down. Usual bedtime procedure. I got to bed at 12.40. I didn't hear her come up, I must have fallen asleep very quickly!

Saturday

Woke Milly around 10.30 today. Told her it was time for a bath and hair wash. She didn't want to oblige. She put herself back to bed to do some colouring. Eventually she got into the bath around 1.30. She arrived downstairs around 4pm. During early evening she decided to make herself cake and custard. At bedtime she didn't want to know. I took my time, talking to her. I then realised she had wet herself and I then had trouble getting her to go upstairs and in the end I had to carry her. Needless to say from the first physical prompt we had tears. I helped her wash and change and let her back downstairs in the hope this would calm her down. She got her things and made for the settee again. I had to use physical prompts to get her into the hall again, then I lay on the floor and within a few minutes she went upstairs. I lay on the floor in her bedroom to stop her going back downstairs. Milly calmed down and I went to bed, it was gone 1am. I woke later to Milly coming upstairs, it was 2.38am.

Sunday

When I came downstairs I noticed that cushions and tea cloths had been put between the settee and the wall, I realised that something had been hidden there, sure enough the fleece which was still wet from being washed. Normal day and evening with Milly eating dinner in her own time. I gave Temazepam around 9pm. At bedtime Milly didn't want to know. I tried the promise of the fleece if she went to bed quickly - it didn't work! This time I got a duvet and settled on her floor to sleep.

Extracts from Marion's diary

❖ Come on chaps
more men needed
in all the groups
please!

**Beat the blues this winter
and get active with us!**

1. Walking Group

Would you like a break from your caring role and wish you got out more? Would you like to take some exercise and meet friendly people? Would you like to see more of the countryside around Maidstone? Have a picnic, lunch in a pub or café and a chat and some laughter.

If so then why not join Maidstone and Malling Carers Project Walking Group. The group meets on the last Monday of the month from 11.30-1.30 and goes on different walks around the countryside of Maidstone, after the walk there is the opportunity to have a picnic together if the weather is fine or lunch in a pub or café. Don't worry if you don't know anybody else you will be made very welcome.



Please contact **Jane Thomas** on **01622 685276** or by email at jane.thomas@vam-online.org.uk for further information I will be very pleased to hear from you.

2. How about a weekly exercise workout?

Exercise to music with Linda Eatwell, a qualified aerobics instructor / join in with the line dancing class (it really is an energetic work out and not at all yee ha!) Linda gears the class to suit all abilities so don't worry about a few stiff joints. Come along for the company and do what you can. If you are free on Thursday afternoons from 3-4pm. call **Christine on 01622 685276**

3. Swimming Group

The group meets on Tuesday mornings from 10.20 at the Living Well Fitness Centre at The Hilton Hotel in Maidstone. After a workout or a swim, relax in the steam room, sauna or jacuzzi and finish off with a coffee in the hotel lounge. Ring Christine if you would like more details.

Would love to join but can't swim? No excuse! Maidstone Leisure Centre are offering adults **FREE SWIMMING LESSONS** for beginners and improvers. Places are now available each day of the week. Get an application form from the Leisure Centre reception or call **08451 552277**

All too energetic for you? Then how about...

The book club? The group meets once a month at Maidstone Community Support Centre from 10 - 11.30am and would welcome new members. Next meeting: **12 Oct**

This month's book: The Guernsey Literary & Potato Pie Society by Mary Ann Shaffer & Annie Barrows

ACTIVITIES



Card Making Group – another 4-week session begins on 01 October. Janet will be concentrating on decoupage this time. If you are interested in future craft sessions please let Christine know and we'll put you on the mailing list.

Art Group

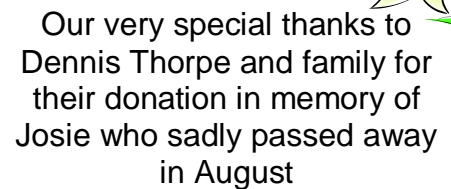
The carers art group meets on the first Monday of the month from 1.30-3.30. Bring along your own materials and anything you want to work on. Set aside a couple of hours for yourself each month to have peace and quiet and to be 'creative'. Bill opened his oil paints for the first time in 20 years and found they were still usable! If you would like to come along to the next session on 04 October ring Christine on 01622 685276.

Indian Head Massage

Our thanks to Marie for coming along to several groups to give carers an Indian head massage. She is happy to provide this service to any carers that would like it, so let us know if you would like to come in for a coffee and a chat and a soothing massage.

Carers Activities Fund

ALL THE ABOVE ACTIVITY GROUPS ARE FREE TO CARERS. WE CAN ONLY FUND THEM THANKS TO DONATIONS RECEIVED FROM TRUSTS, CARERS, AND FUNDRAISING EFFORTS FROM GROUPS, CLUBS AND BUSINESSES. OUR MOST GRATEFUL THANKS TO ALL THOSE THAT HAVE SUPPORTED US THIS YEAR.



Our very special thanks to Dennis Thorpe and family for their donation in memory of Josie who sadly passed away in August

Please consider making a donation instead of funeral flowers to help us to continue to offer carers respite activities.

Donations to the activities fund should be made to: **Voluntary Action Maidstone marked Maidstone & Malling Carers Project** (Registered Charity No.1066911)

Thank you Marks and Spencers

The Maidstone Branch of Marks and Spencer have chosen us as their '**CHARITY OF THE YEAR**'! This means the staff will be raising funds for us throughout the year and if you shop in Maidstone you may have noticed **OUR COLLECTION TINS AT THE TILLS**. Thank you to the carer who suggested us for consideration and thank you to the staff for selecting us from the nominations put forward.

Christmas Calendar

We are planning to produce a calendar again this year, so be prepared for our happy snappy photographer to appear in your group. We will make sure we have your permission before we go to print! Sales of the calendar will once again go towards our activities fund. Please ring us, email us or tell us if you would like to order some as we will need to have an idea of how many to print. If you have taken any good pictures of your group during the year, do pass them on to us for our selection.

Free Computer Lessons

Several carers have already taken up the offer of computer lessons with Josh at Compass House. Martin has taken the plunge at last. He now has his own computer, sent us his first email and looks forward to keeping in close contact with family in Australia via the webcam. Well done Martin! If you need a confidence boost before joining a regular computer class, give them a call **01622 688003**

Maidstone & Malling 50th Carers Forum

Summary of notes from Tue 15 June 2010

Topic: A life of your own

Attended by: 30 carers, 3 Maidstone and Malling Carers Project staff, 3 interested professionals and 6 Panel members

Panel members started by explaining their role and giving updates;

Naomi Hill – Carers Policy Officer KCC

Responsible for the development of Policy for Carers' in Kent, working with carers and professionals to ensure work is progressing the Kent Carers Strategy and in producing the Kent Annual Carers Report . Recent developments include; One off Payments for carers, these are a payment of up to £200 to be used to meet a need identified during a Carers Assessment. Also Direct Payments for Carers, these may be accessed in cases where carers support people who are eligible for services but refuse them, leaving the carer struggling without assistance.

Emma Hansen – Joint Commissioner for Dementia West Kent

New services include; a Kent and Medway Dementia website and 24 hour helpline for carers and people with dementia: **0845 604 4391**

www.dementiawebkentandmedway.org.uk , a crisis service to avoid unnecessary admission to hospital and an Advocacy service for people with dementia. A review of short breaks will be undertaken. Increase to diagnosis rate is needed as currently only 40% of people with dementia are formerly diagnosed.

Sue Harrison – Care Partnership Manager Jobcentreplus

Staff have received training and advisors should understand the needs of carers and be able to identify flexible vacancies and also recognize the skills carers have gained from their caring role. Employment support would be offered to carers needing or wishing to return to paid employment.

Sue Stower – Locality Manager Maidstone and Malling KCC

Sue explained the following changes to the way support is arranged; The Assessment and Enablement Team consists of Care Managers and Occupational Therapists, who are now called Case Managers. This Team is responsible for assessing need. The Co ordination Team work with people on how they would like the services they need provided and the Community Services Team are the technicians who fit equipment that is needed.

Sharon Neville – Crossroads West Kent

Crossroads supports carers by providing a regular 3 hour visit from a carer support worker who enables the carer to take a break. Carers can use this time to go out, take a relaxing bath or even catch up on sleep. Their service which is free is in great demand and unfortunately there is a waiting list. Sharon advised carers not to wait until they are



Ann West, a carer who has attended the Forum since it started 18 years ago cuts the 50th celebratory cake

Carers Forum Cont'd

desperate and to put their name on the waiting list now. They have enough staff but not enough funding so one way to get the service sooner is to use a Direct Payment. *[If you don't know what this is please contact the Carers Project and we will advise]*

Julie Van Ruykelvelt – Assistant Director of Patient Experience West Kent NHS

Lead on commissioning services for carers and people with long term conditions, also lead for the NHS Pilot improving support for carers in the NHS. Part of the Pilot is improving recognition for carers and awareness of their needs amongst health staff. Training is being developed ranging from sessions which will involve carers to e-learning programmes which staff can complete at their own pace.

Carers asked lots of questions and several had individual concerns around problems with health services which Panel members offered to help resolve outside the meeting.

One carer made a heartfelt statement about the importance of carers having a life of their own and how difficult this can be. It clearly rang cords with many other carers who backed up and echoed her comments. She said;

'I have been a carer since I was 26 and I'm now 61. You adapt into the life you have. You need to be able to use your intelligence and you suddenly find you've missed out on things over the years. The Carers Book Group is time for me but I'm not always able to go. It is important to have a life of my own and it is just a short break. We are not talking about a lot of time but valuing small amounts of it and it is also about fulfillment. It isn't selfish, I couldn't function if I didn't have my outlet. Too many carers feel guilty for taking time on their own – we don't switch off. The problems are not going to go away – you have to trust in the person you are leaving your loved one with. It is alright to have your own life too.'

The next Forum: Weds 13 October 2010

Topic: *The Future of Carer Support Services – what's important for you?*

Venue Grange Moor Hotel , St Michael's Road — 10am–12.30pm

Caring with Confidence

As many of you will be aware along with other Carers Organizations in Kent we have been hosting free training sessions for carers as part of the national Caring with Confidence Programme. Funded by the Department of Health, these sessions should have run until end of March 2011. Unfortunately the Government has pulled the funding prematurely with effect from 28 September. Carers who have attended sessions have been very positive about the experience.



Kent's Carers Organizations have been working to find funding to continue what carers clearly regard as a very valuable programme. We are pleased to report that work is now taking place on an adapted version which can be delivered until March 2011. This has been made possible as part of the West Kent NHS Pilot funding to improve support for carers includes provision of training for both carers and professionals. This new model will be tested for quality and cost effectiveness and may then be taken forward across Kent by other Commissioners.

If you are interested in taking part in future training sessions from now until February please do contact us so that we can let you know when courses are scheduled.

Carers Strategy Refresh

Some of you will remember taking part in national consultations about carers needs which resulted in the development of the National Carers Strategy in 2008. This set out a vision that by 2018:

'carers will be universally recognized and valued as being fundamental to strong families and stable communities. Support will be tailored to meet individuals need, enabling carers to maintain a balance between their caring responsibilities and a life outside of caring, while enabling the person they support to be a full and equal citizen'. The Strategy sets out some important aims which if achieved would significantly improve life for carers.

The new Government is currently reviewing the Strategy and whilst wishing to maintain the vision want to set new priorities to **'ensure maximum value for money in the context of the current economic climate and Government's top priority of reducing the national deficit'**

Thank you to all carers who have responded to the call to make their views known regarding priorities for supporting carers. The deadline for responses was the 20 September. 25 carers attending a meeting of the Carers Reference Group in Maidstone and a submission has been made based on views expressed there. Maidstone and Malling Carers Project have also submitted their own response informed by our work with you and what you have told us. *[We have also sent a copy of this with a letter to Helen Grant MP asking for her support]*. If you would like to see a copy of either or both of submissions please let us know. Our response can also be downloaded from our website.

Cuts to Welfare

We will be submitting a response to plans to change and make cuts to welfare benefits. We are particularly concerned about the plan to cut £1billion from the Disability Living Allowance [DLA] – this is about 25%. This would be achieved by the introduction of medical assessments. As Carers Allowance is linked to receipt of DLA, a poor medical assessment could result in dire financial difficulties for carers and their families. Responses need to be made by 01 October; go to 21st Century Welfare Consultation www.dwp.gov.uk/consultations or call us and we can print a paper off for you.

Voluntary Action Maidstone's Annual General Meeting



Want to hear how the voluntary and community sector in Maidstone can develop relationships with local businesses? Then come along to our AGM which will take place

Monday 27 September, 6.30pm at Trinity Foyer, Maidstone

Voluntary Action Maidstone is a Council for Voluntary Service (CVS) which provides support to voluntary and community groups in the Maidstone area. It also manages the Volunteer Car Scheme, the Brighter Futures Group for Older People, The V Team, Platform Project, the Volunteer Centre and the Maidstone & Malling Carers Project .

For further details please contact sue.townso@vam-online.org.uk or telephone 01622 677337 (or contact the carers project on 01622 685276 /email: carers@vam-online.org.uk)

Diary Dates

Check on our website for future dates
www.vam-online.org.uk/carersproject.asp

Mondays	Maidstone District Partnership POP-IN - for people with a learning disability and carers - Tel: Jenny 07732 609 540	1 - 4
Tuesdays	Swimming Group for Carers at the Living Well Fitness Centre Tel: Christine 01622 685276	10.30 -
Thursdays	JANE from Maidstone Carers Project in Maidstone Gateway	1 - 5
Thursdays	Music & Exercise / Line Dancing for Carers - Holy Family Catholic Church Hall, Park Wood. (Transport from Maidstone available) Tel: Christine 01622 685276	3 - 4
Fri 01 Oct	Carers Card Group 4 weeks until Fri 22 October - Maidstone Community Support Centre	10-12.30
Mon 04 Oct	Carers Art Group at Maidstone Community Support Centre Tel: Christine 01622 685276	1.30-3.30
Tue 12 Oct	Carers Book Group - Maidstone Community Support Centre Tel: Christine 01622 685276 / 230728	10-11.30
Wed 13 Oct	Maidstone & Malling Carers Forum - Topic: The Future of Carer Support Services - The Grange Moor Hotel, Maidstone	10-12.30
Mon 18 Oct	Carers Support Group - all carers at Maidstone Community Support Centre Tel: Barbara 01622 685276	1.30 - 3
Wed 20 Oct	Alzheimers Society Carers Group - carers of people with dementia at 1 Dairy Court Fairview Farm, Linton Road, Loose. Tel: 01622 747181 before attending	2 - 4
Mon 25 Oct	Carers Walking Group - (Transport from Maidstone available) Tel Jane 01622 685276 for details.	11.30 - 1
Tue 26 Oct	Mental Health Carers Support Group - Kingswood Centre, 180-186 Union Street Tel: Maureen 01622 685276	11-12.30
Wed 27 Oct	Family Carer Network (attached to Butterfly Club) Maidstone Community Support Centre Tel: Jenny 01622 609284	7.30-8.30
Wed 27 Oct	Learning Disability Carers Group - Maidstone Community Support Centre Tel: Barbara 01622 685276	1.30 - 3
Mon 01 Nov	Carers Art Group - as above	1.30-3.30
Tue 09 Nov	Carers Book Club - as above	10-11.30
Mon 15 Nov	Carers Support Group - as above	1.30 - 3
Wed 17 Nov	Alzheimers Society Carers Group - as above	2 - 4
Wed 24 Nov	Learning Disability Carers Group - as above	1.30 - 3
Wed 24 Nov	Family Carer Network - as above	7.30-8.30
Mon 29 Nov	Carers Walking Group - as above	11.30 - 1
Tue 30 Nov	Mental Health Carers Support Group - as above	11-12.30