



**KINGSTON
CARERS
NETWORK**



Information and support for those who care for someone at home

Are you looking after someone who couldn't manage without your help? If so, you are a carer.

There may be over 37,000 unpaid carers across the Royal Borough of Kingston upon Thames, but many don't recognise the role they play, and go without support.

We're here for you.

A Network Partner of
**CARERS
TRUST**

Who are carers?

A carer is anyone, of any age, who provides unpaid support to a family member or friend who could not manage without it.

This may involve caring for a relative, partner, or friend who is ill, frail, disabled, or has mental health or substance misuse challenges.



Carers may also balance paid work alongside these responsibilities. Carers come from all backgrounds, cultures, and ages, and can include children.

About Kingston Carers Network

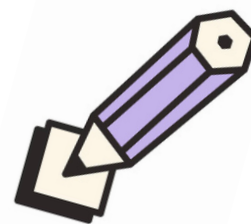
Kingston Carers Network (KCN) is a **local registered charity** providing independent information, advice, advocacy and support to anyone caring for someone in Kingston. We support carers of all ages.



We are also committed to giving carers a stronger voice. We make sure their experiences, views and needs are heard across the borough so that local services, health and social care provision and community support reflect the real lives of carers.



Registering with us



The quickest way to register with us is online. You can also email, telephone or visit us at our office.

When you register with us, we will take a few details from you and then arrange a discussion to see what services we could offer you.

Our services

We offer a range of services to support you in your caring role:

Information, advice and advocacy

We offer information, advice, and advocacy for carers on a wide range of issues, including welfare benefits, community and social care, housing, lasting powers of attorney and employment rights. We also help carers apply for charitable grants.

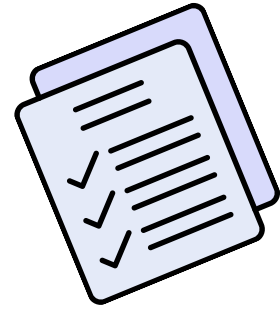


Caring can often affect finances, so we support carers and their families to claim all the benefits they are entitled to.



This includes benefit checks, guidance on completing forms, challenging decisions, and advocacy at tribunal appeals for issues such as disability and caring responsibilities.

Carer's Assessments



Once you've registered with us, you may want to consider a formal Carer's Assessment. Anyone caring for someone else is entitled to one.

A Carer's Assessment is an opportunity for YOU to talk about the care you provide and the impact it has on your day-to-day life. The assessment will help you understand how you are coping with your role as a carer and identify what you need to support you with it.

Getting an assessment can open the door to support, such as grants or a relief care budget, to help you take a break from caring.

We undertake assessments on behalf of the council for carers aged 18+ providing care and support to adults living in the borough. Parent carers and young carers can access an assessment via Achieving for Children.



Counselling



We offer free face-to-face counselling with trainee counsellors under independent supervision.

Counselling provides a safe, confidential space to be listened to without judgment. It can help carers process and cope with the unique challenges they face, such as loneliness, guilt, conflicting emotions and bereavement.

Contact: counselling@kingstoncarers.org.uk



Mental Health Peer Support

Peer support workers use their lived experience of mental health challenges to empower others and offer hope when times are hard. We provide six to eight weekly one-to-one sessions of up to an hour each, to help you identify coping strategies and set wellbeing goals. Sessions can be face-to-face or over the phone.

Contact: mhpeersupport@kingstoncarers.org.uk

Peer Support Groups



Our regular support groups provide a welcoming space to connect and share experiences with others who understand what you are going through. Join us for:

Tea and Toast: An opportunity to connect with other carers and our team over a hot drink, with a different speaker each month.

When: 10am-12pm, last Friday of the month.

Where: See our website

Carers of people with a mental health condition: A monthly support group delivered with Kingston Mental Health Carers Forum.

When: 6-7.15pm, second Tuesday of the month.

Where: Fircroft Trust Community Wellbeing Hub, Surbiton

Carers of adults who are neurodivergent: A monthly group for carers supporting adults who are neurodivergent - meaning their brains process or experience the world differently, including autism, ADHD and learning disabilities.

When: 10am-12pm, last Monday of the month.

Where: Room 41, Ground floor, Guildhall Building, Kingston



Carers of people with dementia: A monthly lunch club for carers of people with dementia. Spaces must be booked in advance.

When: 10am-12pm, last Monday of the month.

Where: Restaurants and cafes across Kingston

Young adult carers group: A bi-monthly group for 18 to 25 year olds.

When: 6-8pm, first and third Friday of the month.

Where: New Malden Community Hub and Café



Male carers support group: Social meet-ups, activities and online meetings where male carers can support one another.

When: ad hoc. **Where:** Kingston and surrounding areas. Contact malecarers@kingstoncarers.org.uk to register for updates

Please check our website for the most up-to-date venue information before attending. For more details about any group, contact supportgroups@kingstoncarers.org.uk

Complementary therapies

We offer a variety of subsidised therapies in the wellbeing room at our office (such as massage, acupuncture and beauty treatments) according to practitioner availability,

Young Carers Project



The Young Carers' Project supports carers aged 5 to 18 with advice, drop-in groups, holiday activities, one-to-one mentoring and targeted family support.

Contact:

ycpreferrals@kingstoncarers.org.uk



KINGSTON CARERS NETWORK

Find out more

To find out more about how we can support you, and the services listed in this brochure, visit **kingstoncarers.org.uk**.

Alternatively, for both **general enquiries and referrals**, you can contact our friendly team at **admin@kingstoncarers.org.uk** or give us a call.



020 3031 2757

Our offices: 418 Ewell Road, Tolworth, KT6 7HF

Registered charity No. 1151456. Company No. 8376060



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