



Kingston Carers'
Network

A Network Partner of
**CARERS
TRUST**

KINGSTON CARERS' NETWORK

Improving the lives of carers in Kingston

Spring/Summer 2025

Shape the future of KCN

Kingston Carers' Network is currently reviewing its priorities for the next five years to ensure we are meeting the needs of all carers across the borough. We therefore need your input. This is your opportunity to shape the future of our services, tell us what support has been most valuable to you and areas where we can improve.

Enclosed with this newsletter is a carers survey, which we would be grateful if you could complete and return to us using the prepaid envelope by 31 May 2025.

We are also keen to run focus groups and hold discussions within our regular support groups. If you would like to take part in a focus group, please contact Joanne Maye:

Joanne.Maye@kingstoncarers.org.uk

Help us reach hidden carers in Kingston

Carers are the backbone of our community, supporting loved ones who are living with a physical or mental illness, disability or addiction. At Kingston Carers' Network we support over 5,000 carers each year – but we know there are at least as many as 15,000 carers in the borough. That means there is still significant unmet need, with many carers remaining 'hidden' and unsupported in our community.

We want to expand our services – and increase our outreach to help identify carers. But to do that we need your help.

There are many ways in which you can support us – from volunteering and fundraising through to making a direct donation online via JustGiving.

Specific fundraising opportunities you may wish to consider for the year ahead:

- Organise a community fundraising event as part of the #Kingston2025 celebrations over the summer
- Get sponsored to take part in the Kingston Half Marathon and 10k on 5 October
- Sign up to the Kingston Community Lottery

Is 2025 the year you make a difference? Visit www.kingstoncarers.org.uk/support-us to find out more about available opportunities.

Join the Kingston Carers Board

Kingston Council works closely with Kingston Carers' Network to organise the Kingston Carers Board. This Board is helping to deliver The Kingston All Age Carers Strategy, and brings together organisations that offer information and support services to unpaid carers in the borough. The Carers Board are always keen to hear from as many carers as possible.

Work with us to help design social care services for you and people you care about. Get involved and have your say by joining the Carers Board. We value the insights of people with lived experience, and we recognise them as 'experts by experience'. An expert by experience is someone who has personal experience using health and social care services, including family members and carers. We want to partner with experts by experience to co-produce our services. Co-production

means working together equally to design services and make decisions that work for everyone. It's based on the principle that people who use a service are best placed to help design it.

The next meeting is on Tuesday 20 May (1-3pm). This is an opportunity to get to know the Board and find out about what we're working on. The meeting will be in person in Kingston and carer's travel expenses can be reimbursed.

If you would like to join the Board or to find out more please email: adultscommissioning@kingston.gov.uk or call 020 8547 5000 or visit bit.ly/rbkcarersboard. Let's work together to make a positive difference. We hope to see you there!

Monthly 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), 10am-12pm, 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, 6-7.15pm, Hillcroft, Surbiton until July 2025. 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, 12-2pm, 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' Group (16 to 25)

Join us for some socialising, games, music and a light dinner and refreshments. First and third Friday of each month (exc. Bank holidays), 6-8pm, New Malden Community Hub and Cafe. For more information, or to come along, email YAC@kingstoncarers.org.uk.

Male Carers

Regular online social meetings as well as walks and other activities with the occasional lunch or pub visit thrown in. Recent trips have included ten pin bowling, AELTC tour at Wimbledon and a visit to the Royal Mews. No commitment - just attend as and when you can. There are new members joining all the time, so please come along to one of the meetings. For more information about the group, please contact Ian on malecarers@kingstoncarers.org.uk or 07305 099 303.

Regular Activities

Tea and Toast

Fridays, 9.30-11.30am, KCN Office, £1. Time to chat, meet new friends and enjoy talks on different topics. No need to book.

Benefits Drop in Sessions

Starting in April 2025, these will take place on the last Friday of every month during the Tea & Toast event. Vilma, our Benefits and Tribunal Representative, will be available from 9.30am to 10.30am to answer general benefit-related questions. At 11am, Vilma will be available for a one-to-one session, which can

include form-filling or support with specific benefit queries.

Please note: The individual support session at 11am must be booked in advance by emailing benefits@kingstoncarers.org.uk.

Counselling

KCN offers free one to one counselling 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).

Please contact Helen on counselling@kingstoncarers.org.uk or 020 3031 2751 to find out more.

Mindfulness Mondays

Fortnightly, starting 14 April, 2pm to 4pm, KCN office, £5.

Focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment.

Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress. Please book your space by emailing wellbeing@kingstoncarers.org.uk or calling 020 3031 2757.

Sunday Night Yoga

Sundays, 5.00pm to 6.00pm, private studio in Wimbledon Village, free of charge. Funded and run by The Hillery Foundation.

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. Email info@thehilleryfamilyfoundation.com for more information and to book.

Complementary Therapies

Carers can enjoy discounted therapies with Meera at our office in Tolworth. Fridays 12.00pm to 4.00pm. £25 for 45 minutes

Reflexology, Indian head massage, aromatherapy/sports massage, facials, Hopi candles, Reiki, NLP, manual lymphatic drainage, lifestyle analysis, and Kinesiology.

Spring/Summer Events

Registration for the following events is essential, including events that are free of charge. To register for a place please email wellbeing@kingstoncarers.org.uk or call 020 3031 2757.

New to Caring Lunch, 15 April, 12.30-2.30pm, £6 Location tbc. For people new to caring or new to KCN.

Hampton Court Palace Tulips, 17 April, 10-4pm, Meeting at Hampton Court. Experience the tulips in the gardens, whilst practising mindfulness. Please note that transport is not provided for this trip.

New to Caring Brunch, 17 May, 9.30-11.30am, Harts Boatyard, £6

Fiddler on the Roof, 22 May, 6.30pm, Nomad Theatre, East Horsley. £10, transport provided. Enjoy this am dram performance from Bookham Light Operatic Society.

Kew Gardens in Spring, 31 May, 10.30-4pm, meeting at Kew Gardens, £5. Join us as we explore the beauty of Kew in springtime. Please note that transport is not provided for this trip.

Carers Week Lunch, 11 June, 12.30pm, Ristorante Sorrento, Tolworth, cost tbc.

Secret Walking Tour of Central London, 21 June, £7. Details tbc

Seaside Trip to Camber Sands, 19 July, 9-5pm, £7, transport provided.

New to Caring Brunch, 26 July, 9.30-11.30am, Harts Boatyard, £6

Kew Gardens in Summer, 6 August, 10.30-4pm, meeting at Kew Gardens, £5. Join us as we explore the beauty of Kew in summer. Please note that transport is not provided for this trip.

Hampton Court Food Festival, 23 August, 10.30am, Hampton Court, £6

Sculpture Garden September, date tbc. 10am-4pm, £7, transport provided. Register your interest to find out more once date is confirmed.

New to Caring Brunch, 27 September, 9.30-11.30am, Harts Boatyard, £6

Changes to KCN newsletter

We are in the process of updating our records and, to help reduce our paper use and postage costs, we will be moving more of our communication with carers to email and online. We want to make sure that you continue to receive the information from KCN, in the way that you want to receive it.

We would be very grateful if you could return the form overleaf in the freepost envelope provided. You do not need to include a stamp.

If you do not return this form, we will stop sending you information. You can start receiving information again at any time, just contact us to let us know.

Communication Preferences

Name:

Postcode:

Email address:

Contact Preferences

- Please continue to send me information (complete section below)
- I do not wish to receive information from KCN but want to remain on your database
- Please archive my record

How you would like to receive information

I agree to receive the following information from KCN via email

- Newsletters (twice a year)
- Monthly eNews
- Support group reminder: (tick applicable below)
 - Carers of people with dementia
 - Carers of people with a mental health condition
 - Carers of adults who are neurodivergent
 - Male carers
 - Young adult carers

If you would prefer to continue receiving the newsletter by post, please let us know by ticking the box below.

- Please continue to send me the newsletter by post.