

## How else can we help?

Would you like to meet your loved one's team in a **Meet and Greet** session?



Would you like to go **'Through the keyhole'** and take a virtual tour of your loved one's ward?



Would you like **more information** from us about what services we offer – for example: Family Therapy or Restorative Justice?



Would you like to see more **specialised Carer Support Groups** available, for example: BAME, LGBTQ+?



Would you like to know more about your **rights** as a carer and how to get the support you are entitled to?



**Did you know?** Carers Rights Day is taking place on Thursday 25 November 2021 and the theme is: **Caring for Your Future.**

**If any of the above would be helpful or if you have any other ideas or questions relating to how we work with families, friends and carers, please speak to your Family Engagement and Liaison Lead or our ward Carers Champion(s).**

A number of organisations were involved in bringing together Carers Week 2021, including the following **Carer Support Organisations:**

**CARERS TRUST**

[www.carers.org](http://www.carers.org)



**carersUK**  
making life better for carers

[www.carersuk.org](http://www.carersuk.org)

Information on your local Carer Support Organisation can be obtained via your Family Engagement and Liaison Lead.

**For more information visit: [www.carersweek.org](http://www.carersweek.org)**

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**NHS**

**Kent and Medway**  
NHS and Social Care Partnership Trust

**Carers week**  
7-13 June 2021

## Make caring visible and valued

This Carers Week, we want to take some time to say Thank You for the valuable role that you play and to invite you to take some time out to take care of yourself too.

You might be thinking... **but am I carer?** And you wouldn't be alone. Many people who have caring responsibilities don't recognise that they can identify as a carer and that this can help them to access much-needed support.

**Are you looking after someone?**

### Carer [noun]

/ˈkeərə(r)

- (1) Cares (unpaid) for family or friends who have a disability, illness or who need support in later life: Washing them. And their laundry. And their dishes. Keeping appointments. And records. And tempers. Giving medicine. And time. And hugs. Filling forms. And fridges. And silences. Dealing with doctors. And nurses. And pharmacists. And social workers. And benefits agencies. And care workers. And a lack of sleep.
- (2) Needs support to manage a life of their own.

If this sounds familiar, then please know that we **see** you, we **hear** you and we **thank** you.













Carers Week is an annual awareness campaign to celebrate and recognise the vital contribution made by the UK's 6.5 million carers.



*Brilliant care through brilliant people*



This Carers Week take some time to join us as we think about the importance of wellbeing and can how we can better work together to look after ourselves and those we care for.

Monday 7 June	Tuesday 8 June	Wednesday 9 June	Thursday 10 June	Friday 11 June	Saturday 12 June	Sunday 13 June
<p><b>11am</b> <b>Elevenes*</b> Music or meditation</p> 	<p><b>11am</b> <b>Elevenes</b> Time for tea</p> 	<p><b>11am</b> <b>Elevenes</b> Walk with wonder</p> 	<p><b>11am</b> <b>Elevenes</b> Thankful thoughts</p> 	<p><b>11am</b> <b>Elevenes</b> Find the fun</p> 	<p><b>11am</b> <b>Elevenes</b> Share a smile</p> 	<p><b>11am</b> <b>Elevenes</b> Seek support</p> 
<p><b>6-7pm</b> <b>Thank you Forum</b> All welcome</p> 	<p><b>3-5pm</b> <b>Meet the Manager</b> <b>Dartford</b> The Allington Centre The Brookfield Centre The Tarentfort Centre</p> 	<p><b>3-5pm</b> <b>Meet the Manager</b> <b>Maidstone</b> The Trevor Gibbens Unit</p>	<p><b>4-4.30pm</b> <b>Equality and</b> <b>Changing Cultures</b> <b>Update: KMPT – an</b> <b>Anti-Racist Trust</b> All welcome</p> 	<p><b>3-4pm</b> <b>Meet the Team –</b> <b>The Brookfield</b> <b>Centre*</b></p> <p>* If your loved one is in another of our services and you'd like to arrange to meet their team, please speak to the Family Engagement and Liaison Lead to arrange.</p>		

All of the above sessions can be accessed [online](#) or by [phone](#) – please speak to the Family Engagement and Liaison Lead for the dial in details.



For each of the above 'Elevenes' sessions, simply grab a drink and a snack (if you like) and spend 11 minutes out of your day finding ways to focus on the above themes. If you'd like some company and/or ideas, please join us online or by phone.