

CARERS WEEK (5 – 11 JUNE) EVENTS TIMETABLE

If you would like to join any of our virtual sessions, please email louise.gascoyne@nhs.net for a link.

Monday 5 June

Daily theme: Launch of Carers Week - health and social care issues affecting carers

Virtual session: 11am – 12pm - “A Mother’s Experience and a Carer’s Journey”

Lisa Thompson and Sue Cumming, Early Intervention in Psychosis, Carer Peer Support Workers.

Face to face session: 12– 2pm - Carers Week Event at The Bubble, Canterbury

Come and see the acute ward carers champions and carers leads. Activities include guess the bears name, tombola (with fantastic prizes) and a delicious cake sale.

Carers champions will be available on each of the wards all week to talk about everything Triangle of Care related.

Tuesday 6 June

Daily theme: Work and employment

Face to face session: 10am – 3pm – Carers Week Information stall with Carers First at Medway Maritime Hospital Atrium.

Virtual session: 11am – 12pm - Matthew McKenzie - Carer Activist and Author

KMPT are joined online by lived experience carer representative Matthew McKenzie.

Matthew is a carer activist, poet, author and editor of the online blog ‘A Caring Mind’, a blog that raises awareness of unpaid carers.

During the session, Matthew will kindly share his experience of being an unpaid carer, along with some of his written works on the topic.

Face to face session: 1pm – 3pm - Carers Week Information stall at Lakeside Lounge (at The Trevor Gibbens Unit, Maidstone)

A range of information will be available for staff, families, friends and carers, along with an opportunity to sign up to our Carers Week pledge!

Please note that this event is taking place within our medium secure service and so all visitors (including staff) will need to sign in at the main TGU reception in the first instance.

Wednesday 7 June

Daily theme: Visible, valued and supported

Face to face session: Carers Week Fete – all day event

At the Queen Elizabeth The Queen Mother Hospital (QEQM) outside the Thanet Mental Health Unit. Check out the poster below:



The poster features the Carers Week logo (5-11 June 2023) and the NHS Kent and Medway logo. A dark blue banner at the top asks, 'DO YOU LOOK AFTER SOMEONE OR PROVIDE DAILY SUPPORT TO SOMEONE YOU CARE ABOUT?'. Below this, the text reads: 'Join us for our FETE ON THE GREEN 7 JUNE 2023, 9AM-7PM'. The location is listed as 'Outside Elmstone Unit, Thanet Mental Health Unit, QEQM Hospital, Ramsgate Road, Margate, Kent CT9 4AN'. The central illustration shows four diverse people: a woman in a green shirt, a woman in a yellow shirt, a man in a brown shirt, and a woman in a pink shirt in a wheelchair. Three blue callout bubbles contain the text: 'INFORMATION ABOUT WHAT SUPPORT IS AVAILABLE TO YOU LOCALLY', 'A SAFE PLACE TO ASK ALL THE QUESTIONS YOU WANT', and 'JOIN IN WITH GAMES AND A RAFFLE'. The 'health heart hope' logo is in the bottom left corner.

Virtual session: 11am – 12pm - Mid Kent Mind's Everyday Mental Health Training

Mid Kent Mind have kindly offered to host their Everyday Mental Health Training session as part of our Carers Week events.

This online session touches on key areas of mental health and also looks at how things like rises in the cost of living can have an impact on mental health.

The session is open to staff as well as families, friends and carers and can help us to think about supporting our own mental health, as well as that of others who may be struggling. It's an hour well spent!

Virtual session: 2 -3pm - IMAGO Social Action Charity

KMPT are joined by Nicola Begley, operations manager of IMAGO.

Imago is a social action charity who provide support to carers across DGS.

During the session, Nicola will explain the support and services available and explain the processes to access them.

Thursday 8 June

Daily theme: Younger carers

Face to face session: 12- 4pm - Carers Week event at Priority House, Maidstone Reception
Carer information, Tombola and Activities.

Virtual session: 4 – 5pm - IMAGO Young Carers

KMPT are joined by Angela Holland, Director of Children and Young People's Services for IMAGO community.

During the session, Angela will explain the support and services available for young carers and young adult carers in Kent.

Friday 9 June

Friday: Older carers

Face to face session: from 12pm - Carers Week information stall with carers agencies at Darent Valley Hospital lobby

Face to face session: 12 – 2pm - Carers Week Information stall at Greenacres Restaurant (Bow Arrow Lane, Dartford) – 2 to 4pm at Littlebrook Reception

A range of information will be available for staff and families, friends and carers, along with an opportunity to sign up to our Carers Week pledge and join us in a tombola! This event is open to staff as well as families, friends and carers from across the services based on site, including Littlebrook Hospital, The Tarentfort Centre, The Brookfield Centre and The Allington Centre.

Saturday 10 June

Saturday: Mental health and wellbeing

Virtual session: 11 - 11.:11am - Time out to take care

It can be really hard to find time for ourselves when we are caring for others. This Carers Week, we invite you to try and take 11 minutes out of your day just for you. Simply grab a drink (and maybe a snack) and allow yourself 11 minutes whenever you can. We'll be taking our break at 11am, so please do join us online if you would like some company for your elevenses!

Sunday 11 June

Sunday: Reflections on Carers Week 2023

Virtual session: 11 - 11:11am - Time out to take care

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