

# Carers News

IMAGO

Wellbeing  
Matters  
Kent

[www.imago.community](http://www.imago.community)

August 2019



## Hello and Welcome

*Welcome to the first edition of Carers News.*

*Imago is delighted to be the new provider supporting Carers across Dartford, Gravesham, Swanley and Swale.*

*We aim to support Carers wellbeing so they feel healthy and confident to continue their caring role.*

*We are working closely with health, social care and voluntary organisations to make sure Carers get the right support at the right time.*

Best Wishes

Maggie Pondage  
Director of Adult Services



Wellbeing Matters is the name for our new service for Adult Carers, adults over 55 years, and adults with complex needs living in Dartford, Gravesham, Swanley and Swale.

The name sums up how we feel about the people we support... your wellbeing matters!

We've put together some information about Wellbeing Matters and other Imago services in this newsletter but please get in touch if you'd like to know more.





## Support for Carers

Anyone can be a Carer but many people don't realise there is support available for them. People become Carers out of love or respect for the person they care for, a sense of responsibility, or simply because there is no one else.

You may care for friend, a partner or a family member (who may or may not live with you).

People need care for many reasons... Older age, physical or mental health, illness, disability, addiction or substance misuse.

Caring can be both rewarding and challenging. It may disrupt your sleep and demand long days; often there is a financial impact. Carers report feeling physically exhausted, emotional, isolated and lonely.

Our Wellbeing Matters team understand the issues that affect Carers. We can provide:

- A statutory Carers Assessment;

- Information and advice;

- Emotional and practical support based on an action plan designed around your needs;

- Opportunities to share experiences and learn something new through group support, social activities and training;

- Support during a crisis period, enabling you to continue your caring role;

- Opportunities for you to have a voice and feel listened to.

To request a Carers Assessment, call our Navigation Centre team on 0300 011 1965

## Counselling Service

Carers often put the needs of others before their own, which affects their own wellbeing. 12% of Carers say they have suffered mental ill health, such as stress or depression, as a result of their caring role.

Counselling provides an opportunity for Carers to explore their own needs and feelings in a confidential space.

The Imago Counselling Service for Adult Carers aims to be accessible and affordable. Counselling is currently available in Ashford and Swale, and we hope to be able to offer the service in other areas of Kent in the future.

The service is provided by qualified Counsellors, and by trainee Counsellors completing their final year of training. Counsellors are affiliated to professional bodies; adhere to the British Association of Counselling and Psychotherapy (BACP) Ethical Guidelines; and undergo regular clinical supervision.

Contact [counselling@imago.community](mailto:counselling@imago.community) or 0300 011 1965 to find out more!

# What is Community Navigation?

Our Community Navigation team guide people through health, social care and community services to get the support they need. This service is available for people in Dartford, Gravesham, Swanley, Swale and Medway who are over 55 years, or adults over 18 years who have complex needs.

Community Navigation offers a personalised approach, enabling people to remain independent in their homes, increasing their ability to take control and self-manage. We work with individuals to identify what will make the greatest difference to improve their health, wellbeing, confidence and motivation. Help is offered through home visits, face-to-face appointments, telephone and email.

We link people with appropriate local services and organisations who can provide ongoing help such as:

- |                                     |                   |
|-------------------------------------|-------------------|
| Befriending                         | Domiciliary care  |
| Home safety                         | Social activities |
| Financial support & benefits advice | Form filling      |
| Housing                             | Transport         |
| Aids and adaptations                | Gardening         |
| Sensory services                    | Handyman services |
| Domestic support                    | Lifeline          |
| Shopping                            |                   |



Contact our Navigation Centre to find out more  
0300 011 1965

## Young Carers

**Under 25 and caring for someone?**

Imago also supports  
Young Carers and  
Young Adult Carers

More information at  
[www.imago.community](http://www.imago.community) or ask  
your Community Navigator



# Carers Groups

Carers Groups are a great opportunity to meet people in similar situations. You can share your experiences of caring, what's going on in your life or just enjoy time for you.

There's no need to book: just take a look at what clubs are available in your area and simply pop along on the day. See below for details.



## SWALE CARERS COFFEE CLUB

**WHERE:** The Hope Street  
Centre Café in  
Sheerness, ME12 1AJ

**WHEN:** 1:00pm-2:30pm  
Third Monday of the month

19th August  
16th September  
21st October  
18th November

**DETAILS:** Tea and Coffee  
can be purchased from the  
café for 50/70p per cup

## BRING & SHARE AFTERNOON TEA

**WHERE:**  
Kemsley Community House,  
66 Coldharbour Lane,  
ME10 2RT

**WHEN:** 2:30pm-4:00pm  
Last Friday of the month

26th July  
30th August  
27th September  
25th October  
29th November

**DETAILS:** We provide the  
drinks, you bring the cake

## SWALE CARERS LUNCH CLUB

**WHERE:** The Vineyard in  
Sittingbourne, ME10 1AW

**WHEN:** 12:30pm-2:00pm  
First Wednesday of the  
month

7th August  
4th September  
2nd October  
6th November

**DETAILS:** Purchase lunch for  
£5 or just a drink

# Carers Groups

## DARTFORD CARERS COFFEE CLUB

### WHERE:

St Edmunds Church,  
St Edmunds Road, Temple  
Hill, Dartford, DA1 5ND

WHEN: 1.00pm-2.30pm

First Thursday of the month

1st August

5th September

3rd October

7th November

DETAILS: Tea and Coffee  
can be purchased from the  
café for 50p

## DARTFORD CARERS LUNCH

WHERE: The Rising Sun,  
Dartford, DA1 3EP

WHEN: 12.00pm-1.30pm

Last Wednesday of the  
month

31st July

28th August

25th September

30th October

27th November

DETAILS: two course lunch  
for £8.99 or just buy a drink

## GRAVESEND CARERS LUNCH

WHERE: The Robert Po-  
cock, Gravesend, DA12 1AH

WHEN: 12.00pm-1.30pm

Last Tuesday of the month

30th July

27th August

24th September

29th October

26th November

DETAILS: Purchase lunch  
from £5 or just a drink

## HEXTABLE CARERS GROUP

### WHERE:

Hextable Heritage Centre,  
BR8 7LT

WHEN: 1.30pm-3.00pm

Second Tuesday of the  
month

13th August

10th September

8th October

12th November

DETAILS: Free tea & coffee  
is provided

## EYNSFORD & FARNINGHAM CARERS LUNCH CLUB

### WHERE:

Eynsford Village Hall,  
Dartford, DA4 0AA

WHEN: 10.00am-12.00pm

Second Friday of the month

9th August

13th September

11th October

8th November

DETAILS: FREE group  
for anyone living with, or  
supporting someone with  
Dementia

## SWANLEY CARERS LUNCH CLUB

### WHERE:

Lullingstone Castle, Swanley,  
BR8 8BE

WHEN: 11am-12.30pm

Third Monday of the month

19th August

16th September

21st October

18th November

DETAILS: Purchase lunch  
from £5 or just a drink



# CAMEO – Come And Meet Each Other

CAMEO supports people 50+ who are socially isolated or experiencing loneliness due to changing life circumstances in the Dartford, Gravesham and Swanley areas.

CAMEO is a 12 week programme that brings people together in a series of activities. Sessions are themed around personal wellbeing and community connections, with opportunities to develop practical skills, attend social events and be supported by peers.

You can attend one or more sessions, and we hope that you'll want to come back again. The groups become self-sustaining over time, with people participating in volunteering and friendships long after the sessions are completed.

*It's not just about the present; it's also about your future.*

We want to help you to feel less isolated and anxious, make close friends, better manage life situations, be aware of local resources and opportunities including volunteering, and feel better connected to your community.

Contact the Navigation Centre to find out more  
0300 011 1965



*"I felt nervous about going to the first meeting, but by the time they met me at the door I felt like I'd been there for years. I actually joined the course three times over the years. I just enjoyed it so much, especially meeting different people.*

*Even now, between us, since the course finished, we started a social group and that group is still meeting today.*

*Kate actually introduced a new member two weeks ago. She does car boot sales but soon realised she wasn't actually meeting anybody at the sales and she didn't know anybody. Kate brought her to one of our lunches and she expressed that she felt quite nervous being that she was now 'alone' at home, to which we all said we would come over and rally round her. She couldn't believe we would all do that for her, but that's what CAMEO is about, helping each other through the hard times and learning something new."*

Viv, Cameo Participant





*"My favourite part...? Just talking to people. I was married for several years, lost my husband and because we were one unit, we did everything together and suddenly he was gone. My daughter moved away, my step-son lives in Germany, so I had nobody.*

*I joined CAMEO through a friend and it just opened everything up for me, suddenly I had friends. I mean I'd had friends before because my husband and I would go caravanning a lot and we used to meet people here there and everywhere, but you'd go home and then that was it and I was happy with that until I obviously lost my husband and, boy, did my world change.*

*Joining CAMEO was the best thing out there for me because I was very, very shy, believe it or not, and suddenly having to meet people and take part in learning together, I thought 'oh crumbs how am I going to cope with this?' but they were so friendly and so welcoming, and of course the Imago staff were brilliant and suddenly I didn't feel alone anymore.*

*It was wonderful!*

Kate, Cameo Participant



We have some amazing volunteers at Imago and are always look for people with time and skills to share.

Volunteering is a great way to meet people and make a difference.

Volunteers support:

CAMEO

Social Prescribing

Dial2Drive

Young Carers

Contact us today on 01892 530330

[volunteering@imago.community](mailto:volunteering@imago.community)



When you use the easyfundraising website to shop with any of the 1600 retailers, the retailer makes a small donation to say thank you and they send those free funds to support Dial 2 Drive – the Imago community transport service supporting older people to remain independent.

[www.easyfundraising.org.uk/causes/dial2drive/](http://www.easyfundraising.org.uk/causes/dial2drive/)

# Next time...

The November 2019 issue will feature plans for the festive period and future Carer's groups, looking ahead to 2020. We'll also hear from one of our Carers Groups about their experience with Imago.

We'd love to hear from you too, so please phone or email, or speak to your Community Navigator, and let us know what you think of the service or what you would like to see in the newsletter.

Don't hesitate to get in touch if you have any questions or would like to know more about our services

Adult Carers	0300 011 1965
Young Adult Carers	0300 011 1965
Young Carers	0300 111 1110



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