

## Join us for an online Meet & Greet

Our Young Adult Carer coordinators, Dawn and Lindsey, would like to invite you to the online meet and greet sessions which run every 4 weeks.

At these meetings, we will talk about how the service can help and you can ask us any questions. This is also a great opportunity to meet other Young Adult Carers.

To get involved, please send a message to either:  
[dawn.gregory@imago.community](mailto:dawn.gregory@imago.community) or  
[lindsey.kingsnorth@imago.community](mailto:lindsey.kingsnorth@imago.community)

*We look forward to meeting you!*

Future meetings could include:

- Crafting
- Cooking
- CV & Creative Writing
- Quiz's
- Guest Speakers

We would love to hear your suggestions on making these groups your own!



**Dawn**



**Lindsey**



**There are around 7 million carers in the UK. That is 1 in 10 people.**

**This figure is rising, and many more people don't realise they are carers!  
Recent events have placed additional pressures on everyone, and Carers have particularly been impacted by the closure of facilities and reduced support services.**

Caring for someone, whether they are elderly, frail, have a life-long illness, mental health condition, addiction, or a physical or learning disability can be very rewarding. It can also be tiring and stressful, and impact the Carer's own health and wellbeing.

Many people do not think of themselves as Carers. They just do the right thing for the people they love and don't expect any help. We understand that Carers often experience isolation, stress, guilt and anger, and that caring can be emotionally draining.

Are you a Young Adult Carer? Do you know what support is out there? Do you struggle to find a little time for yourself because of your caring responsibilities? Our trained Young Adult Carer Coordinators can help.

Our support is totally **free of charge**. By providing emotional and practical support and information, we aim to ease the stress experienced by Carers, and help them to feel better equipped for their caring role.

## How we can help

Our **YAC coordinators** will talk to you about your caring role and provide advice, guidance and support. This will assist you in your caring role, by helping you to maintain your own health and well-being, and to find the right balance between your caring role and your own needs.

We will work with you to develop an individualised support plan and to access relevant resources and support. We can also support you with:

- Benefits & form filling
- Holistic assessments
- 1-1 emotional support
- Liaise with other professionals on your behalf
- Advocacy
- Community services
- Activities, training, and education
- Meet & talk groups
- Respite from your caring role
- Support with getting into work

If you have any questions or concerns please give us a call on **0300 011 1965**

## Carers Week 5th - 11th June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.



**\*\*Watch this space for our plans for Carers Week!\*\***

### Priority Service Register

The Priority Services Register is a free support service to help people in vulnerable situations when they experience a loss of power or other essential supplies to the home.

You can sign up by going to the website link below or calling 0800 169 9970.

<https://www.ukpowernetworks.co.uk/power-cut/priority-services/about-the-priority-services-register>



### Kent and Medway Carers Emergency Card

As a carer, you may often worry about what would happen to the person you care for if you suddenly became ill or were involved in an accident. By carrying a Kent and Medway Carers' Emergency Card, someone close to you can be contacted in those situations so that the person you care for can be supported while you're unavailable.

You can apply for the card (which is free of charge) by calling our HUB **0300 011 1965** or talking to your YAC coordinator.



## Welfare Assistance

The rise of energy bills and cost of living has greatly impacted many households. Your local council may be able to provide support through welfare assistance programmes. Please contact Kent County Council via their website at:

<https://www.kent.gov.uk/social-care-and-health/care-and-support/benefits>

If you would like help to access the website, ask a trusted friend or family member to help you. Alternatively you can call on: **03000 41 41 41** - lines are open Monday to Friday, 9am to 5pm

## What would you like to see here?

Are you creative? Would you like to help with the design and input of our next newsletter? If so please contact Lindsey [lindsey.kingsnorth@imago.community](mailto:lindsey.kingsnorth@imago.community) / 07557907893 or Dawn [dawn.gregory@imago.community](mailto:dawn.gregory@imago.community) / 07384114230 to discuss.

This would be great to add to your CV! Employers appreciate the time and effort that goes into volunteering.

## Coming soon...

- Free online support groups
- Free training opportunities
- Free workshops



We are looking for volunteers to join the new **Imago Adult Shadow Board**

This is an opportunity for people to get involved and help shape current and future services

To find out more, contact [sam.baxter@imago.community](mailto:sam.baxter@imago.community)



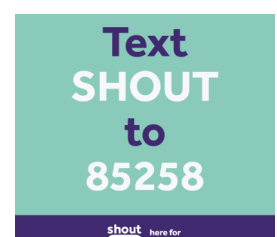
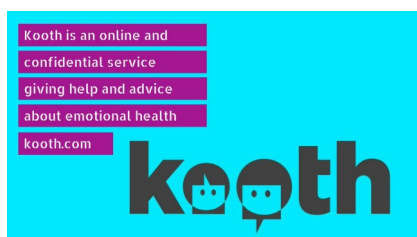
## Useful links

### Support with your Mental Health & Wellbeing

- Release the Pressure - Don't suffer in silence: Make the call. **0800 107 0160**  
[www.kent.gov.uk/social-care-and-health/health/release-the-pressure](http://www.kent.gov.uk/social-care-and-health/health/release-the-pressure)
- [www.rethink.org](http://www.rethink.org)
- [www.kooth.com](http://www.kooth.com)
- [www.themix.org.uk](http://www.themix.org.uk)
- [www.youngminds.org.uk/](http://www.youngminds.org.uk/)
- [www.mind.org.uk/information-support/for-children-and-young-people/how-to-get-help-and-support](http://www.mind.org.uk/information-support/for-children-and-young-people/how-to-get-help-and-support)
- <https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/types/>
- <https://www.talktofrank.com> - Information around drugs and substance misuse

### Support for your Caring Role

- [www.carers.org/getting-support-if-you-are-a-young-carer-or-young-adult-carer/getting-support-if-you-are-a-young-carer-or-young-adult-carer](http://www.carers.org/getting-support-if-you-are-a-young-carer-or-young-adult-carer/getting-support-if-you-are-a-young-carer-or-young-adult-carer)
- [www.crossroadskent.org/how-we-can-help-young-carers](http://www.crossroadskent.org/how-we-can-help-young-carers)
- [www.carersuk.org](http://www.carersuk.org)
- [www.revitalise.org.uk](http://www.revitalise.org.uk) - Respite Holidays for Disabled People and Carers
- Adult Social Services: **03000 41 61 61** (Monday to Friday, 9am - 5pm)  
**03000 41 91 91** (outside of office hours - for emergencies only)



## Wellbeing Corner



Once you find your breath, try the 5-4-3-2-1 exercise to help ground yourself.

### Feeling Stressed, Feeling Anxious?






Breath your way to bliss

**EXHALE DOUBLE** – In this technique you simply count while breathing and consciously lengthen the exhalation by making it double the inhalation.

For example, inhale to a count of 4 (inhale and count 1, 2, 3, 4) and exhale to a count of 8 (exhale and count 1, 2, 3, 4, 5, 6, 7, 8). This method of breathing activates the relaxation response.

### The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.

		
Acknowledge <b>5</b> things that you can see around you.	Acknowledge <b>4</b> things that you can touch around you.	Acknowledge <b>3</b> things that you can hear around you.
		
Acknowledge <b>2</b> things that you can smell around you.	Acknowledge <b>1</b> thing that you can taste around you.	

#DeStressMonday      DeStressMonday.org      **DE STRESS MONDAY**

## Wellbeing Corner

### Self-care is important

Self-care is the things we do to look after our own mental health and wellbeing. There are lots of ways to do this and it's important to find what works for you.

There are lots of suggestions here: <https://www.annafreud.org/on-my-mind/self-care/>

### Exercise

Exercise has many positives for our physical and mental health. There are loads of ways to build exercise into your routine, even just going for a walk at your local park can get your heart rate up. Being outdoors is great for your wellbeing!

Read about how exercise can help you:

<https://www.nhs.uk/live-well/exercise/exercise-health-benefits/>

### Healthy Eating

Eating well is also good for our mental and physical wellbeing. It's helpful to understand that the mind and body are connected... what we eat affects mood, focus, energy and sleep.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mental-health>



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@imagocommunityuk

IMAGO

Your local charity  
Building Resilience,  
Facilitating Change  
Since 1964

For any questions or concerns  
please contact our navigation team on:

Telephone: **0300 011 1965**

Email: **[navigation@imago.community](mailto:navigation@imago.community)**

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



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*On behalf of*



Registered charity number: 1108388