

Cygnet Carer Support Group

MAIDSTONE

ISSUE ONE

SPRING 2019

Welcome to the first issue of the Cygnet Carer Support Group newsletter, aimed at bringing you advice, support and information. Carers, families and friends play a vital role in service users recovery and at Cygnet we are committed to understanding your needs. We want to know what is important to you. With that in mind, we hope you can join us for Spring Tea – see overleaf for details.

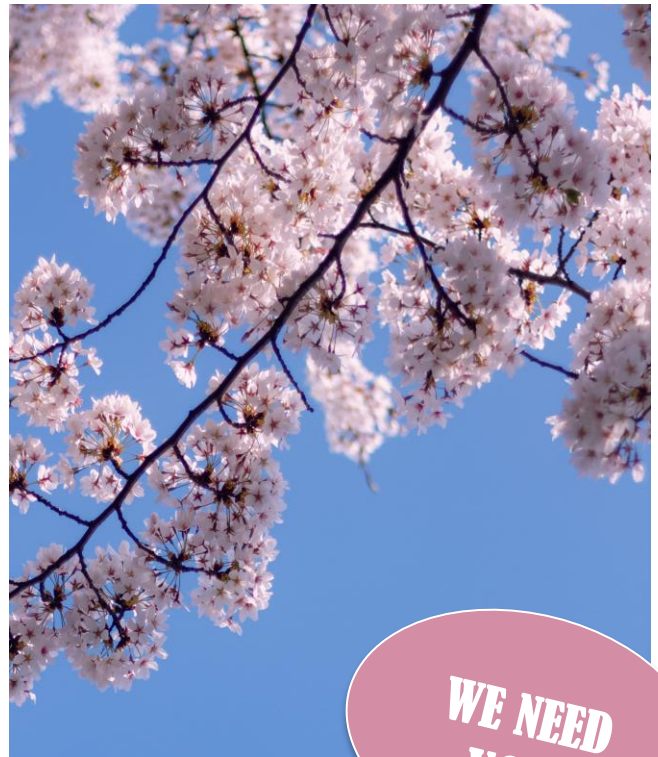
“A carer is anyone... who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid.”

NHS England

2014 Care Act

For the first time, the 2014 Care Act placed care and support law into a single statute, to ensure that carers have clearer information and advice to help them navigate the system, and a more diverse, high quality range of support to choose from to meet their needs. Carers now have extended rights to assessment, and new entitlements to support to meet their eligible needs. For more information about the Care Act 2014 visit the Department of Health website. Visit

www.gov.uk/government/publications/care-act-2014-part-1-factsheets for more information



Carer Representative

Are you interested in listening to what other carers have to say and putting forward their views at meetings and events? Are you able to give some of your time to a voluntary role over the next six months? If so then the Carer Representative role could be for you.

For more details and to apply email Pippa Collins or Maria Bousquet (contact details overleaf) by 30 March.

Cygnet Maidstone Gidds Pond Way, off Newnham Court Way, Weaving, Maidstone, ME14 5FT Telephone: 01622 580 330



USEFUL CONTACTS

Cygnets has information for carers available online at:
<https://www.cygnethealth.co.uk/service-users-carers/support-for-carers/>

Carers First in Kent & Medway

Tel: 0300 303 1555
Email: info@carersfirst.org.uk
Website: www.carersfirst.org.uk

Kent County Council Carers Information

Tel: 03000 416161
Email: social.services@kent.gov.uk
Website: www.kent.gov.uk/social-care-and-health

Involve Kent

Tel: 01622 685 276
Email: office@involvekent.org.uk
www.involvekent.org.uk/services/carers

Other contacts:

Carers UK
www.carersuk.org

Sane
www.sane.org.uk

Mind
www.mind.org.uk

Rethink
www.rethink.org

Carer Support Leads

Roseacre 01622 8025399
Jutta Neumann
Juttaneumann@cygnethealthcare.co.uk

Kingswood 01622 8025376
Ruvimbo Kutama
RuvimboKutama@cygnethealth.co.uk

Bearsted 01622 8025365
Adele Kerr
AdeleKerr@cygnethealth.co.uk

Saltwood 01622 8025350
Suzanne Seymour
SuzanneSeymour@cygnethealth.co.uk

Pippa Collins
Carers Co-ordinator
Pippacollins@cygnethealthcare.co.uk

Alan Heyes
Founder Therapy Partners
alan@therapypartners.co.uk



Maria Bousquet
Head of Social Work
mariaousquet@cygnethealthcare.co.uk



SPRING TEA

Cygnets Maidstone

21st March

from 3pm

Join us for tea and cakes in the dining room

Please RSVP to:

Pippacollins@cygnethealthcare.co.uk