

Tell me more.....

If you are caring for someone and would like more information, please call us on **020 3031 2757**, or return the form below.

Please send me a KCN Carers' Guide

Name: _____

Address: _____

Telephone No: _____

Email: _____

I do/do not give permission for my details to be held at KCN

I would like to receive the KCN quarterly newsletter

I would like to be contacted by a KCN support worker

I consent to be contacted and for my details to be put on the database

YES NO

Your personal information will be held and used in accordance with the Data Protection Act. 1998

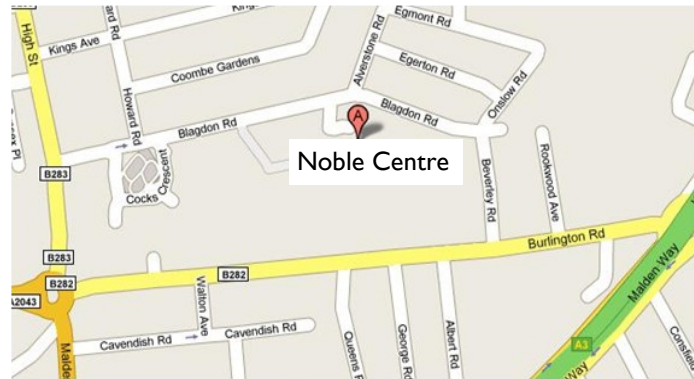
Where are we?

Kingston Carers' Network

The Noble Centre,
109a Blagdon Road,
New Malden, KT3 4BD

Tel: 020 3031 2757

Open Monday to Friday 9am to 5pm



BUSES:

Route 213 (Kingston to Sutton) stops in New Malden High Street
131, 152, 265, K1, K5, K9 and K10 also stop nearby.

TRAINS:

New Malden BR Station is a short walk up the High Street.

BY CAR:

The Noble Centre is not accessible from the High Street by car because a barrier divides Blagdon Road. To reach the Noble Centre by car, turn into Beverley Road from Burlington Road, then turn left into Blagdon Road.



Kingston Carers' Network

Independent information, advice and emotional support for carers in the Royal Borough of Kingston upon Thames

Telephone: 020 3031 2757

Email: info@kingstoncarers.org.uk
Website: www.kingstoncarers.org.uk



Registered Charity Number 1039508

Who are we?

KCN is a local registered Charity, that provides independent information, advice and support to people who care for someone living in the Royal Borough of Kingston upon Thames.

Who is a carer?

A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems. A carer may also be juggling paid work with their unpaid caring responsibilities at home.

Anyone can become a carer; carers come from all walks of life, all cultures and can be of any age, including children. There are around 13,000 carers in the borough of Kingston. Carers may not recognise themselves as carers and therefore not seek help and support.

As a result of caring, carers may experience:

- Poorer mental and physical health
- Isolation
- Financial hardship and unemployment
- A lack of recognition by others

How can we help?

Kingston Carers' Network aims to ensure that carers:

- Enjoy good physical and emotional health and wellbeing
- Are recognised and respected as expert care partners
- Are given information about services and support available to carers
- Are listened to and supported by providing a 'listening ear'
- Have a life outside of caring through engaging in activities, outings and social events
- Are well-informed and know about their rights, benefits and allowances
- Have support to access benefits and allowances
- Can access training and information to meet their caring needs
- Receive regular support through groups and drop-ins
- Get equal access to services
- Are encouraged to recognize their own needs and to get their status acknowledged
- Are kept informed of national and local policies that affect carers
- Are consulted and have input to service planning and delivery

What services do we provide?

Kingston Carers' Network provides the following services:

- A support worker for adult carers who are caring for an adult or a child with an illness, physical disability, sensory impairment or someone who is frail.
- A specialist support worker for carers of people with mental health problems, or people who misuse substances
- Dedicated Young Carers' Service for carers aged 5-18
- Programme of training, information sessions and activities
- A range of outings and social events
- Group/peer support for carers
- Free counselling service (by trainee counsellors)
- An out-of-hours specialist legal advice held Thursday evenings, 6.00pm to 8.30pm
- Well-being and inclusion worker to support carers to have a life outside of caring
- Volunteering opportunities through a dedicated volunteer support service
- Access to discounted complementary therapies for carers
- Free Reiki and Indian Head Massage
- Book Club held first Thursday of every month
- Monthly hairdressing service for carers and the people they care for
- Quarterly newsletters