



KINGSTON CARERS' NETWORK
Improving the lives of carers in Kingston



Kingston Carers' Network

Health and Wellbeing Networking event

16th October 2024

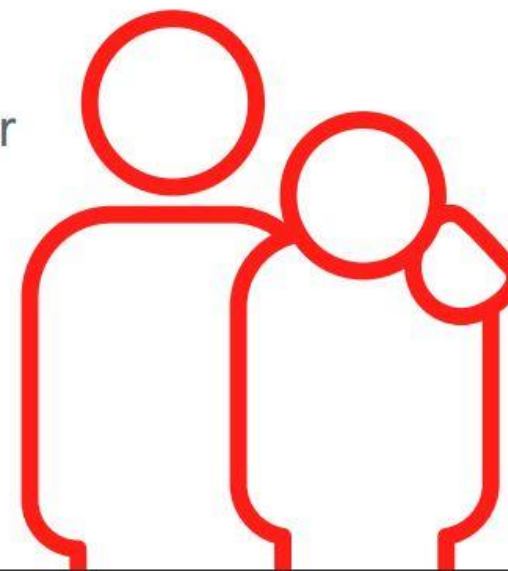
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Who is a carer?

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

This could be **anyone**- a 10 year old child supporting a sibling with a mental health condition, a 35 year old mother caring for their son who has a long-term health condition, or a 70 year old man caring for their wife with dementia.



Who are KCN?

Kingston Carers' Network (KCN) is a local registered charity, providing independent information, advice, and support to people who care for someone living in the Royal Borough of Kingston upon Thames.

We support carers of **all ages**, including young carers aged 5 to 18.

We do this through our dedicated **Young Carers' Project**.



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What are our aims?

Our model of support aims to meet the five outcomes of the **National Carers' Strategy**

- Carers will not be financially disadvantaged
- Carers will be mentally and physically well; treated with dignity
- Carers will be recognised and supported as an expert care partner
- Carers will enjoy a life outside caring
- Children will thrive, and be protected from inappropriate caring roles



How many carers are there in Kingston?

KCN supports over **4000 adult carers** and almost **1000 young carers**.

Although this number appears high already, it is not nearly high enough to represent the true number of carers in the borough.

The recently published Carers Week 2022 report shows that the number of unpaid carers remains higher than before the pandemic with **one in five** of the UK's adults (approximately **10.58 million** people) now providing care.

This means in **Kingston**, we can assume that out of a population of 168,000, there may be as many as **33,600 carers**.

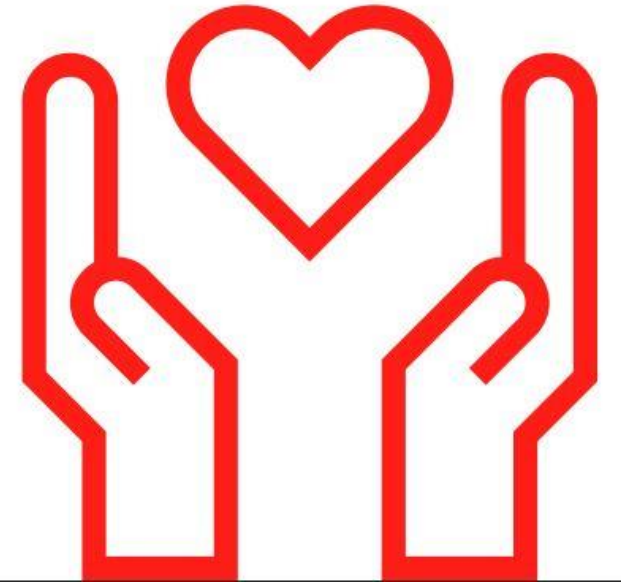


What can we offer?

KCN has developed a range of services to meet the holistic needs of our carers.

For our **adult carers** this includes...

- Advice and guidance| (including signposting, maximising income, carers' rights, tribunal appeals,| accessing social care support etc.)
- Peer support groups
- Counselling and MH peer support
- Carers' assessments
- Carers' breaks and wellbeing services
- Complementary therapies
- Workshops and signposting

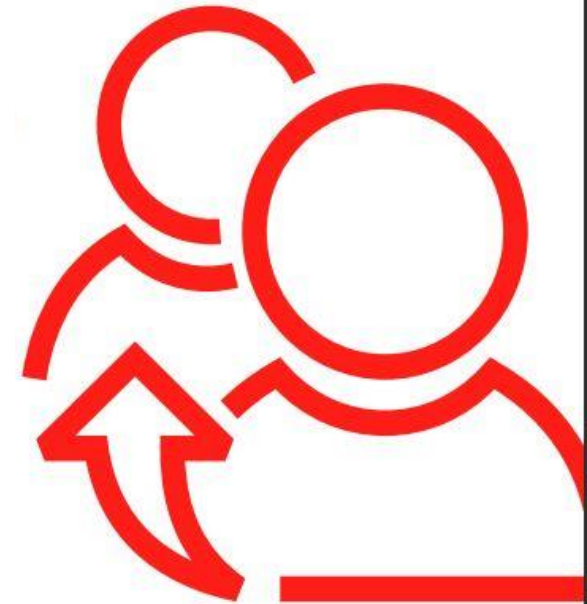


Who can be referred?

We can support:

- carers living in the Royal Borough of Kingston upon Thames
- people caring for someone who lives in the Royal Borough of Kingston upon Thames
- carers who are registered with a GP in the Royal Borough of Kingston upon Thames.

We accept self referrals as well as professional referrals.



**Do you have
any
questions?**

