

Hospital Maidstone

Summer 2023

Hello and welcome to our "Summer Edition" of our FFC Newsletter!

We hope this newsletter finds you well and you were able to enjoy the summer with its different variations of the weather.

We believe family, friends and carers are a valuable part of the recovery journey for those individuals who we care for. Cygnet's overall aim is to continue to find ways of working with carers, families and friends so they feel informed and engaged in the care of the service user they support as much as possible.



The Triangle of Care model is an integral part of our strategy. It highlights the importance of meaningful involvement and inclusion of carers, families and friends, leading to better care and outcomes for all. It promotes safety, supports recovery and sustains wellbeing and is led by the Carers Trust. (www.carers.org)

Cygnet Health Care are committed to become a member of the Triangle of Care. We are right into it and we will keep you updated on this process.

We all know how the ongoing news about the cost-of-living, inflation and rising interest rates can be add pressure for carers, so we tried our best to gather relevant and helpful information for your which you'll find throughout the newsletter.

As well we share information with you about what's going on at Cygnet Maidstone.

If you interested to get involved or become a Carer Ambassador please get in touch with us.

As always, the team are here to support and advise you to ensure that you get all the help and information that you need.

Your Maidstone Carer Support Team



UK
Parliament
Carer's Leave Bill

Carer's Leave has moved from Bill to Act!



Carer's Leave Act 2023

The **Carer's Leave Act 2023** received Royal Assent in May 2023 and the law will be enacted in 2024 and could come into force as early as April 2024.

The Carer's Leave Act will give employees a statutory right to a **week's unpaid leave** to care for a dependant.

Carer's Leave will be available to eligible employees from the first day of their employment, meaning unpaid carers will be supported regardless of how long they've worked with their employer. Staff will be able to take the leave flexibly to suit their caring responsibilities and will not need to provide evidence of how the leave is used or who it will be used for, ensuring a smoother process for both businesses and their employees.

The Act will give rights to over 2 million employees in Great Britain who are carers. It will also mean that employers will need to think about their employees with caring responsibilities and think about their support for carers.

You will find Information on the latest developments published on the Carers UK website <https://www.carersuk.org>



Summer BBQ @ Cygnet Hospital Maidstone



farewell

/fɛːˈwel/
used to express good wishes on parting



Graham Bibby was part of the chaplaincy team who comes into our hospital on a regular base and provides pastoral care for our patients.



The Chaplaincy team with Alison our General Manager



Graham has loved his role to get to know the patients and be there for them.

We wish Graham all the best for his new chapter of life.

Thank you Graham for your ongoing support! You will be missed!



Save the dates!

10th October - Celebrating our Anniversary

21st December - Christmas Carols @ Cygnet Maidstone

Meet our TEAM



1. Name and Position at Cygnet Maidstone

Alison McCulloch, General Manager

2. Describe your job in 3 words

Varied, challenging and interesting.

3. If you could change one thing about your job what would it be?

More time with the patients.

4. What do you like about Cygnet Maidstone?

I love that everyone supports each other no matter what their role, it does feel like a family vibe here. I also feel that I am able to support with making decisions and although my role is non clinical I have a good insight into the clinical side too.

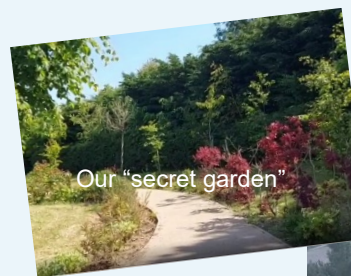
5. What are you doing to unwind?

Travelling and making memories with friends

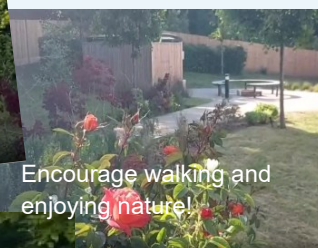
Occupational Garden Design

is a fantastic opportunity to improve people's health and wellbeing and to get involved today.

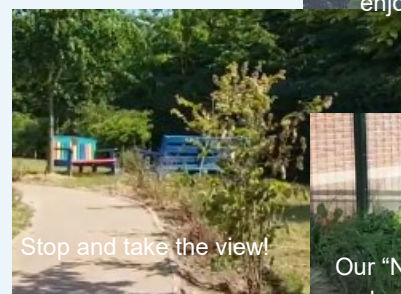
Neil Barker, Head of Occupational Therapy



Our "secret garden"



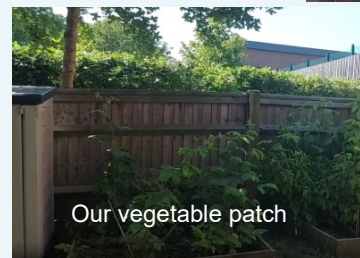
Encourage walking and enjoying nature!



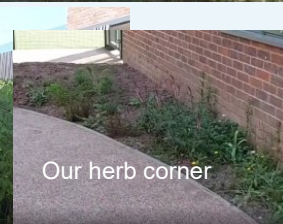
Stop and take the view!



Our "Nature Garden" - sit and practice mindfulness!



Our vegetable patch



Our herb corner

Please find out more contacting us or open the Iwebink:

https://www.linkedin.com/posts/neil-barker-47b439102_cygnatot23-cygnethealth-cygnetaidstone-activity-7075165960222957569-MPlv?

Web-links...

CAP

are a charity that provides free advice and support on money issues, including help with the cost of living and particularly debt advice.

There to help you if you are feeling under pressure regarding your financial situation.

christians
against
poverty

CAP

Carer's Counselling

CONTACT US BY E-MAIL

CONTACT US BY PHONE ON 03450956701

CROSSROADS CARE KENT CARER'S COUNSELLING SERVICE **NEED SOMEONE TO TALK TO?**

Carers and their families can often get caught up in their roles and responsibilities without giving themselves the time and space they need for their own health and wellbeing. Sound familiar? We are here to help.

We offer up to 12 weeks FREE therapeutic counselling.

Sessions are one to one with a trained counsellor or trainee student counsellor if appropriate. Held in a safe, confidential environment offering the opportunity to explore your own thoughts and feelings whilst learning coping strategies to move forward in your caring role.

Speak to one of our friendly team today on: 0345 095 6701 option 3

Available at our Herne Bay and Wateringbury offices

In partnership with
MACMILLAN
CANCER SUPPORT

A Network Partner of
CARERS
TRUST

NHS
Kent and Medway
Cancer Alliance

CROSSROADS CARE KENT

In partnership with
Kent and Medway Cancer Alliance

ARE YOU SUPPORTING OR CARING FOR SOMEONE WITH CANCER?

Need someone to talk to?

We offer up to 12 weeks FREE therapeutic counselling.

Sessions are one to one with a fully supported counsellor-in-training.

Held in a safe, confidential environment & offering you the opportunity to explore your own thoughts and feelings whilst learning coping strategies

Speak to one of our friendly team today on: 0345 095 6701 (option 3)

Available at locations across Kent & Medway

NHS
Kent and Medway
Cancer Alliance

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CARERS
TRUST

In partnership with
MACMILLAN
CANCER SUPPORT

Does your GP know that you a carer?



It can be very helpful to let your surgery know you are a carer. This is important, as GPs need to understand about your caring responsibility and the impact on your own health and how they can support you. It is vital that you look after your own health and accept any treatment that you might need.

Ultimately, you cannot look after someone else without first looking after yourself. GPs can provide you with really useful support, advice and information. For example, they can refer you to local support networks in your area or help you understand what you're entitled to as a carer— such as a **free flu jab** or **free annual health checks** for example.

Ask at the surgery for a **GP Carer Registration form** or register on your GP surgery's website. Simply fill in the form and hand it to the receptionist, and you will be recorded as a carer on your notes.

What is the Hub of Hope?

The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity "Chasing the Stigma" and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

The services and support listed on the Hub of Hope are not only for when things become unbearable – a crisis point. They are also for those times when we notice struggle, or when we are starting to we need extra to emerge from a time.

The Hub of Hope and services for and friends to ena-help for them- for the person they recognise that the member of an interconnected family or community is dependent on the wellbeing of all of its members.



You can use the website or download the app. Searching by postcode or the name of a town allows anyone and anywhere to find the nearest source of support for any mental health issue.



www.hubofhope.co.uk

Hope for The Caregiver

HEALTHY CAREGIVERS MAKE BETTER CAREGIVERS™

Peter Rosenberger has been the primary carer for his wife for nearly 30 years. Through the amputation of both of his wife's legs, 78 operations and private medical bills, Rosenberger has learned what it requires—physically, mentally and emotionally—to put the needs of another before himself. The author of the book, **Hope for the Caregiver**, Rosenberger is an advocate for carers everywhere and seeks to encourage them during the tolling and often rewarding experience of caregiving.

Improving lives together **Cygnnet** Health Care

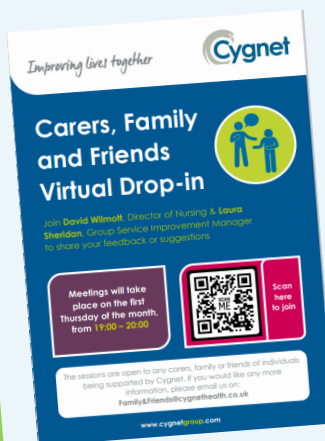
From Thursday, 7th September 2023

7 – 8pm

David Wilmott, Director of Nursing and Laura Sheridan, Group Service Improvement Manager, will host monthly Carers, Family and Friends Virtual Drop-in sessions via Zoom.

This will be an opportunity for Carers, family or friends to share feedback and suggestions.

Meetings will take place on the **first Thursday of every month.**



FamilyFriendsCarer

Support Group Meeting

04th October 18:00h

Speaker:

Zoe Collins– Recovery College Lead
The role of Recovery College



Just send an email to

JuttaNeumann@cygnnethealth.co.uk and we will send you the zoom link via email.



Have your say!

Cygnnet wants to know how well we are supporting you or your loved one in our services. Your feedback will help Cygnnet understand what we do well and what we need to do better.

Scan the QR codes to complete the surveys



Cygnnet's Family, Friends and Carers Satisfaction Survey

Please, do let us know your thoughts and give us feedback!

Support with completing surveys
You can use the advocacy service to help you complete feedback surveys.
If you need an interpreter or translator, please speak to a member of the staff team.
You can use electronic devices available in your service to complete surveys online via the Cygnnet website: www.cygnnetgroup.com/surveys
You also have the option to complete surveys on paper.
If you have any questions or would like more information, please email family&friends@cygnnethealth.co.uk



Carer Support Leads Maidstone Hospital

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Follow us on social media:



[www. Cygnnetgroup.com](http://www.Cygnnetgroup.com)