

Hello and welcome to our June edition of our Newsletter



I hope this newsletter finds you well.!

Carers week is around the corner - an annual campaign to raise awareness of caring, recognise the massive contributions and difference carers make to families and communities and the challenges they face. Find out more about this years campaign on the

website from Carers UK www.carersuk.org/news-and-campaigns/our-campaigns/carers-week.

We hope you enjoy reading our "spring newsletter" and find the information I have put together helpful *"Thank You"* for the difference you made for your loved one who is in our care.



We are here for your support, please do get in touch. We would love to hear your feedback and/or ideas for future content.

ffcMaidstone@cygnethealth.co.uk

Jutta Neumann and the Carer Support Team



Family Friend Carers event at Cygnet Hospital Maidstone



We have held our first weekend FFC event on Saturday the 20th of April.

The day included; Short talks delivered by a range of people: Louisa Powell our Hospital Manager, Julian De Takats, a Carer and Cygnet Carer Ambassador, Paula Tappenden, our head of Social Work, just to name a few. It

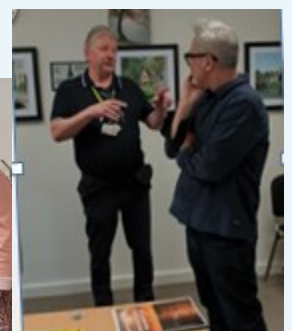


was a great opportunity to meet various members of the hospital team, to connect with other Carers, to meet new people, to learn more about Cygnet Maidstone and the Triangle of Care.

We had tours of the wards including wards, our therapy rooms including Recovery College and Social Space, gym and our physical health clinic, as well as **Munchies** our patient run Coffee Shop. We had a sneak pre-view of our upcoming pet corner and our guests have been showed around our garden areas.

The Psychology and Occupational Department were showcasing their important work.

It was a great day ! See you at our next event!



Carers Card UK



The **Carers Card** is intended for individuals who provide care, support, or assistance to someone, including those receiving carers allowance. This encompasses helping individuals dealing with mental health issues, illness, disability, frailty, or addiction.

As a card holder your account includes a catalogue of useful information. Everything from guides to best practices. Through the app Carer Card UK aims to not only provide practical support for you as a carer but also let you know that there are resources and services available to support you in your role.

In **Case of Emergency** the card holds 'In Case of Emergency (ICE)' contact details which are an essential piece of information that can be used if you are taken ill or injured. Anyone that's shown or discovers the card has two contacts they can call to inform them what's happened. A 'Carer's Emergency Plan' is an extremely useful document outlining key information about the person you care for. You can create your plan within your account.

The **'Carer Circle'** tool allows you to create a circle of care for the person you look after.

It helps you organise your care by allowing you to add notes, tasks, appointments, medication lists as well as monitoring the wellbeing of the person you care for. If you share the responsibility of caring with someone else then you can invite them into your Carer Circle.

The Carers Card provides carers with access to online discounts through its app, offering savings and various online perks across 21 categories, ranging from food and drink to days out.

The card can be purchased at a discounted price of £7 via the link below.

<https://www.carerscarduk.co.uk/?affiliate=ref=CygnethHealth#cardpackages>

In the news...

South East Online

SOUTH EAST ENGLAND NEWS FROM NTSI - THE INDEPENDENT NEWS SHARING AGENCY

Art Healthcare Kent

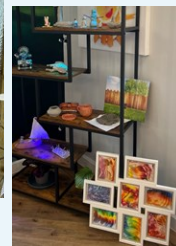
Maidstone Mental Health Hospital Hosts Patient Art Exhibition

Lisa Baker LLB April 26, 2024



<https://southeastonline.co.uk/2024/04/26/maidstone-mental-health-hospital-hosts-patient-art-exhibition/>

An "Art Exhibition" organised by Kes Davis and Jacqueline Lammens took place in our reception area in March.



Several patients shared their artwork and talked through their creations. Maidstone's Mayor and Mayoress were also in attendance.



Munchies

Did you know that we have an on-site coffee shop run by our patients with the support of staff of the hospital ?!

With great success we launched our coffee shop this year. Patients and dedicated members off staff are running Munchies on a regular base.

It's an great opportunity for our patients to gain some work experience and gain new skills.

When you visit your friend or family member please pop in, you can't miss - it's located in our reception area. Please do support us!

You might received a voucher at our "Maidstone cares for Carers event- please feel free to re-deem it!



Triangle of Care (TOC)

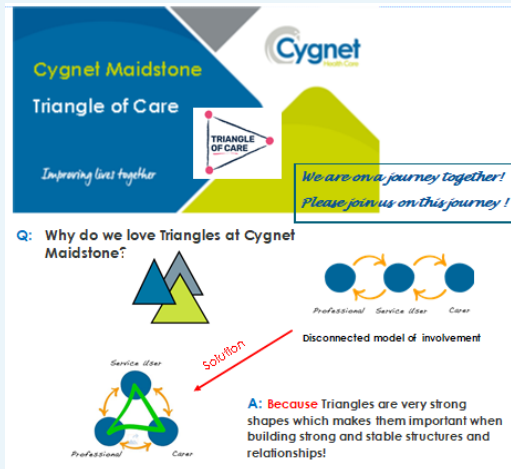
The Triangle of Care (TOC) is a membership run by the Carers Trust. The Triangle of Care focuses on keeping Carers included, informed and supported when they are caring for an individual with mental health difficulties.

Here at Cygnet MAIDSTONE we try our best to live to the principles of the Triangle of Care (TOC) in our daily work. Our work with Friends, Families and Carers (FFC) are based upon the core principle that Carers, people who use services and professionals should work in equal partnership to promote safety, support recovery and sustain wellbeing.

In working in partnership together we believe we can achieve the best outcome for our patients in their journey of recovery and we can support you in your role as a carer.

We absolutely value and appreciate your input as a Carer and we encourage you to stay connected, get in touch with us, give us feedback, take part in our surveys, join our FFC Support Group Meetings...

We are looking forward to hearing from you!



Carers' Leave

Employees are entitled to a week of unpaid leave to undertake caring responsibilities under the [Carers' Leave Act 2023](#), which came into force on the 6th April 2024. It covers dependants that require care for an illness or injury that means they are likely to need care for more than three months, or for a disability, or those who require care because of old age.

Key changes include:

- Day one right for employees.
- Employees will not be required to provide evidence or explain how the leave will be used.
- Up to one week of unpaid carer's leave per year.
- Unpaid leave can be taken from half a day up to and including one whole week of leave.

Carer Support Group via zoom



Cygnet Hospitals Godden Green, Maidstone & Woking

What those who attend have to say about the group:

- Being able to discuss problems and listen to others
- Opportunity to meet professionals from the hospital
- Finding different solutions to issues.
- Lovely group of like minded people who are willing to listen and support you

Wednesday

26 June @18:00

Speaker:
Dr Ayesha Prout
(Clinical Psychologist)

Topic: Boundaries

COULD YOU BE A CARER AMBASSADOR?

Do you have a few hours to spare? We are looking for volunteers to support our work with carers.

- Help us to deliver our "Carer Awareness Training",
- Providing a listening ear to carers
- Help us to develop our work with carers at Cygnet Hospital Maidstone
- Be a "voice" of our carers
-

Please get in touch with us!
Call our Carer Lead :01622 580 330
or email:
ffcmaidstone@cygnethealth.co.uk



- Are you joining?!

Please ask for the link and our leaflet if you haven't received it yet!

Or scan the barcode !

The Recovery College's third Cooking Academy group has just started. It's a five week programme where students learn to cook meals from scratch and they are given all the nutritional, hygiene and safety information surrounding the recipes. The group led by our Catering Manager Lee Gardham gets to take over the kitchen at Fusion Healthy Living Centre for the afternoon and they are taught all the necessary skills involved in preparing healthy recipes that are flexible to suit different dietary requirements. We know how much people enjoy takeaways, but imagine if you can make those takeaway style foods at home without the added preservatives, stabilisers and hefty price tag. The group make their own pizza bases and wraps for their fajitas and they learn how to cook a soup using left over vegetables.

As well as teaching technical cooking skills like chopping, dicing and slicing, the course builds confidence and team working and you'd be hard pressed to try and catch the students out on their knowledge of hygiene and safety in the kitchen.

Cooking Academy helps increase independence, but it also gives students an AQA accreditation in Hygiene and Safety Awareness in the kitchen. Most of our students also opt to take the Cygnet Achieve Food Safety Certificate which is an added bonus for the CV in case they want to pursue a career in hospitality. Acceptance on the course is subject to Multi-Disciplinary team approval and the activities are fully risk assessed with just four students per group.

Feedback shows how much our students enjoy the programme and how inspiring they find it:

"I feel a lot more confident in the kitchen and we've made the pizzas and the burgers again since. I would've liked to do it for longer".

"I enjoyed the atmosphere and camaraderie. We all shared the work equally, including the washing up!"

"I would like to experiment with some recipes for homemade pasta and Beef Wellington".



Maintenance

Lee- Maintenance Manager

(covers Maidstone and Godden Green (not in the picture))

Nigel

Maintenance assistant

Ian

Maintenance Supervisor

Louise

Porter

We are lucky to have such a great team on site. They do incredible work on a daily basis to keep us safe and healthy and maintaining our building each and every day. Some of them develop a therapeutic rapport with our patients and are part of their journey of recovery. Regardless of the role, every member of staff at our hospital are here to support,

Meet our
TEAM



Carer Support Team

Maidstone Hospital

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Saltwood 01622 580 403

Paula Tappenden — Social Worker/Carer Lead
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Rebecca Odubono — Social Work Assistant
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Connect with us

