

CARERS

News

Lock down Special



Caring in Lock down

Plus.....

Carers Week and the Carers Festival

Volunteers Week

Activities to try



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www.carershub.co.uk/news

Hello and the warmest of welcomes to all of you wonderful carers to this our special mid-season Lock down special.

While all of our face –to-face and one to one meetings are currently suspended we are still open to support you.....

In this issue we look towards Carers Week and all the fantastic things we have coming up for you as part of our Carers Festival Online.

Our Carers and Reablement Volunteers have created guides for you to give something new a try during lock down.

We hope you enjoy this special issue of Carers News and look forward to seeing you as part of the Carers Festival.

Best wishes and keep safe

The Carers News Team



We are here for you

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Coming up in this special issue

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Carers News is produced and distributed by The Carers Centre for Brighton and Hove and the Carers Hub. If you would like to provide anything for future issues of carers news, whether you are a carer, a volunteer or a supporter, please contact Dan at The Carers Centre on info@thecarerscentre.org.



A word from our CEO...

With Tom Lambert



Dear Carers and Supporters of The Carers Centre,

A warm welcome to this special mid-season edition of Carers News. I am sure all of our supporters will join me in recognising the incredible efforts of Brighton & Hove's unpaid family/friend carers during these challenging times. Please rest assured that we at The Carers Centre are doing everything we can to help carers to manage their caring role.

Excellent partnership work with Brighton and Hove Food Partnership and Brighton & Hove City Council has seen us distribute countless food and PPE packages to those that need them most. Our Carers Hub referral system is still operational and highly responsive so please don't hesitate to contact us via info@carershub.co.uk or 01273 977 000. Our staff are on stand-by to help but if you have to leave a voicemail, we are able to respond the same day in the vast majority of cases.

I am delighted to confirm that several of our existing peer support groups are now operating online - including Working Carers, Changes Ahead (mental health carers) and LD Carers with our general coffee mornings coming online as I write this. Our Young Carers Team are providing innovative ways to engage with young carers aged 6-17 through their YouTube channel and other media. Please do contact us using the details above if you'd like to get involved or if you need some help with getting online. Our Carer Reablement Project is providing advice for Zoom/Skype novices! We can also support you if you do not have an internet-ready device to access these provisions.

Finally from me, we are really excited to be bringing much of our Carers Week celebrations to you despite the social distancing requirements we are all facing; please see page 5 for more information. We are working hard to ensure that unpaid family/friend carers are recognised during Carers Week and beyond for the invaluable support you provide.

Stay Safe,
Tom

We are still here for information and support during these challenging times.



info@carershub.co.uk

01273 977000

Coronavirus Update

In light of recent Government guidance around Coronavirus (COVID-19) we have made the difficult decision to suspend all Carers Centre group activities and in-person 1:1 sessions until further notice. We will be working with the local authority and partners in the voluntary sector to maintain our Carers Hub support line – **01273 977 000** info@carershub.co.uk so that carers can be provided with up-to-date information.



During this challenging time, we appreciate that many carers will be worried about the health of their family, themselves and about their ability to continue caring. The local authority has issued a statement around their [commitment to supporting carers](#). We are contacting carers in at-risk groups and escalating cases of concern where necessary.

As this situation is unprecedented and evolving, we will do our best to update you whenever we are able. In the meantime, please continue to refer to [Gov.UK](#), [Brighton & Hove City Council](#) and [Brighton & Hove CCG](#) for guidance.

Use this [Government website](#) to register if you have a medical condition that makes you extremely vulnerable to coronavirus. If you're not sure whether your medical condition makes you extremely vulnerable, register anyway. You can register yourself, or on behalf of someone else.

For the latest statements about the Coronavirus and what we are doing to support you, please visit our website www.carershub.co.uk

Updated 15th May 2020

Carers Festival Online

Celebrating the amazing unpaid Family/Friend Carers in our City

Bringing the Carers Festival to your Front Room!

Carers Week is upon us, when top carers charities join forces with their supporters and networks to celebrate and recognize the vital contributions made by the UK's 6.5 million unpaid family/friend carers.

Last year we organized our very first Carers Festival at the Open Market in Brighton, with stalls packed with information from carer-related organisations from across the city and beyond.

Unfortunately this year, things are a little different, at the time of writing this we are still in lock down, self isolating at home to prevent the spread of a pandemic. Which means no face to face meetings or gatherings.

So we are bringing you the **Carers Festival Online**, a taste of our festival last year, brought direct to your computer, tablet or smart phone.

Join us during Carers Week (8th -14th June), when each day we will bring you activities , information, videos and a little festival fun.

Take part in an online fitness class, join a virtual carers coffee morning, join our virtual book club, take part in our quiz or come to find out useful and relevant information

To take part in our activities during the Carers Festival Online, you will need to have an email address and access to the internet. Visit our website to find out more about what is going on throughout the Carers Festival and to sign up for our groups and activities.

If you require support to get online or to access the Carers Festival Online please contact the Carers Hub (01273 977000), someone will be in touch to see how best we can support you.

We look forward to seeing you in the week of 8—14th June 2020.



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognize the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

This years theme is '**Making Caring Visible**'. Being visible to family, friends and work. Being visible to other carers and being visible to the general public. Making carers visible will give them access to the right information and support at the right time.

We all have a part to play in 'Making Carers Visible' whether a friend or family member, a neighbour, a local business or a large employer, there are little things we can do to help carers in their caring roles.

For more information about carers week visit their website:

www.carersweek.org

www.thecarerscentre.org/carers-festival-2020

Carers Festival *Online*

Celebrating the amazing unpaid Family/Friend Carers in our City

8th—14th June 2020

This year the Carers Festival takes a new twist as we continue to find ways of connecting with carers whilst social distancing.

Bringing the Carers Festival to your Front Room

Join us during Carers Week as we bring you the **Carers Festival Online**.

Throughout the week we will bring you some online festival fun and activities to celebrate all the fabulous contributions the unpaid family/friend carers of Brighton & Hove make on a daily basis.

Each day there will be a chance to try a new online activity, from singing and craft making, to keeping active and enjoying 5 minutes of mindfulness.

So join us on the Carers Centre website

www.thecarerscentre.org/carers-festival-2020

and social media ([facebook](#), [twitter](#))

for all of the relevant links and information throughout the week.

www.thecarerscentre.org/carers-festival-2020



How to get involved in the Carers Festival Online

To join in with our Carers Festival 2020 and to find out all about the upcoming activities and virtual coffee mornings we will be offering throughout the week, please visit our website from your computer, smart phone or tablet:

www.thecarerscentre.org/carers-festival-2020

Make sure to check back regularly as we are releasing new groups and activities right up until the Carers Festival, and throughout the week we will be adding links, information and some festival fun on a daily basis.

You can also find us on our social media channels:



Carers Online Gallery



To start the 2020 **Carers Festival Online** we are launching an online gallery of carers artwork, photography, poetry, useful recipes and any tips that have helped you through this time of isolation. All of this will be exhibited on our website during Carers Week as part of our Carers Festival.

We invite you to have a go at something creative and to share it with the local carer community.

Please email submissions to: carersweek@thecarerscentre.org
Or post to: The Carers Centre, 18 Bedford Place, Brighton, BN1 2PT
Please state if you would like your name to appear next to your contribution, only first names will be displayed, or if you would like to remain anonymous.
Feel free to submit more than one piece, but unfortunately we will not be able to send anything back.

We are really looking forward to seeing your submissions!

Come and view the gallery during Carers Week on our website.

Help us say Thank You

Thank You

Help us say a big Thank You to the Unpaid Family/Friend Carers in our community by displaying the 'Thank You' poster at the back of this edition of Carers News in your window at home or at work for Carers Week (8-14 June 2020).

You can also record a short video (15 seconds or under) or take a photo of you saying thank you with our poster and email it to us to put together in a Carers Festival Thank You video.

Please send contributions to carersweek@thecarerscentre.org

Or find out more on www.thecarerscentre.org/carers-festival-2020

www.thecarerscentre.org/carers-festival-2020

CARERS News Digital

Coming to an inbox near you soon

During Carers Week 2020 (8-14 June) we are launching our Carers News fortnightly digital updates.

Once a fortnight you will receive a Carers News Digital Update direct to your inbox.

Working with Brighton and Hove City Council and the Brighton and Hove NHS Clinical Commissioning Group, Carers Hub and The Carers Centre for Brighton and Hove we will bring you up to date information and announcements regarding the ongoing pandemic as well as other useful carer related resources and ways to take a break from your caring role.



To make sure you are signed up to receive Carers News digital updates, please visit: www.carershub.co.uk/subscribe and fill in your details to join our mailing list. (you can unsubscribe at any time).

A message from Gemma Scambler

Carers Commissioning Manager, Brighton & Hove City Council and Clinical Commissioning Group.

We recognize and value the essential support you are continuing to provide to those you care for, so by producing a new fortnightly digital briefing we hope it will be of support to you during these difficult times.

The Carers Hub, and Brighton and Hove City Council, are working together to ensure you are kept up to date with the digital support services that are available, as well as a range of resources to provide a 'break'. We know many of you are not currently accessing physical breaks, although some breaks and respite services continue to be available within the City, it is essential that you have some time for yourself. So we will highlight some of the digital resources that are out there for you to try—including audio books; virtual tours; e-learning; and online exercise classes. Hopefully something will spark your interest.

Additionally if you need to have a 'physical break' or you need support with accessing digital activities, please contact the Carers Hub 01273 977000, who can support you.

To receive your digital fortnightly Carers News Update please visit:

www.carershub.co.uk/subscribe

to fill in your details to join our mailing list.



Reablement Project

While the face to face meetings between volunteers and carers for the Reablement Project are on hold due to the Covid-19 outbreak; some of our matches have continued to meet remotely via zoom or phone, while others have been keeping in touch, as it is too difficult to carry on activities like swimming.

In April we put together our end of year report, which covers April 2019 to March 2020. During this time we've had 131 carers accessing the Reablement Project and our dedicated team of volunteers have accumulated 219 hours of volunteering. We've also had 14 new volunteers join the team. The new volunteers skills include German, Spanish, a qualified Personal Trainer, a volunteer with circus and gymnast skills, a variety of arts and crafts, including an artist who teaches stencilling and spray painting and another who paints watercolours, a book binder, an

experienced mindfulness meditation practitioner and gardener.

Our new musical volunteers play and can teach guitar, trombone, euphonium, flute and recorder. We also have a large number of volunteers who have IT skills, which was our most popular skill being requested with 25% of carers.

Other popular skills are having sessions with our certified life coach volunteers, learning a new art or craft, including painting with watercolours, photography and learning how to use a sewing machine and learning a musical instrument, piano/keyboard and guitar being the most popular.

One carer on the project summed it up well with "One of the best things I've ever done."



Thank You

Volunteers week 1—7 June 2020

Volunteers week is an annual celebration of the great work done by volunteers up and down the country.

Normally we would do something with our volunteers to celebrate and say thank you, but as things are different this year, with lockdown and social distancing, we would like to take this opportunity to say a massive thank you to all our volunteers. Without you, we wouldn't have such a wonderful diverse project that offers so much to the unpaid family/friend carers in the city.

Have a look at our Facebook and Twitter for [#VolunteersWeek](#) and say [#ThankYouVolunteers](#)



Things to do in Lock Down



Walking around your local area

Make the most of the quiet streets and get to know your local area, if you can get out of town into the wonderful countryside we have on our doorstep.

Visit this website for some great local walks.

www.visitbrighton.com/things-to-do/sports-and-activities/walking-and-hiking



Connect with Neighbours

This is a great time to connect with your neighbours (from a safe distance of course). Use this time to build up a good relationship or take it as an opportunity to get to know them better. Say 'Hello' to your neighbours on your daily exercise, take a moment to stop and chat.



Pick up the Phone

Conversation is the way to the heart, and a phone call is a great way to stay in touch with friends and family to avoid feeling so isolated.

Or bring your phone call into the 21st Century with a video call, seeing a person while you chat to them is a great way to feel connected.



Turn the Radio On

With so much to choose from on British and international radio waves and through the internet, you will be sure to find a station that suits you.

Why not join in with the 'Great British Sing Along' the main BBC radio channels unite their listeners by playing the same songs across different stations. Join in every Thursday morning from 9.



Write a Letter

Royal Mail is still delivering through these difficult times.

Why not take this opportunity to pick up a pen and write a loved one a good old fashioned letter.



Creative Writing

Use this time to explore your creative writing styles. Some good starting points are to ask questions; what? Why? Where? When? and how?.

So grab a pen and a notepad, find a comfy spot.



Make your own

Banana Bread

Our Carers Centre Reablement Project volunteer Rose has been continuing her support to a carer throughout the lockdown. She shared a recipe with her carer and we would like to share it with you.

Here the carer made a rather tasty banana bread and would like to share the recipe.



170g of caster sugar
170g of self raising flour
170g of soft margarine
3 eggs
3 exceptionally overripe bananas (the recipe says 2 bananas but 3 is best but no more. I tried it with 4 & it burnt on the top as the inside of the cake was too moist & needed more cooking)

Mix it all well together in a bowl & put the mixture in a grease proof baking tin (ie. Smear the tin with soft margarine, put in grease proof paper & pour the mixture on top of the paper). Cook for an hour at 160c. Mine always takes slightly longer than an hour, so check after an hour & see if it needs a few more minutes. To check, put a knife in the middle of the cake. If it comes out clean (or practically clean), it's cooked. Leave to slightly cool & have a slice with a cup of tea. Gorgeous!



Reablement
Project



By Reablement Volunteer

Home workouts can be a great way to help you stay fit and healthy and reach the recommended 150 minutes of exercise each week.

Aim to workout for 20-30 minutes on at least 5 days a week, these can either be 5 sessions of mixed cardiovascular, strength, and flexibility exercises or 3 sessions of cardio exercise plus 2 days of strength and flexibility exercise.



Top tips for exercising at home

1. Find a comfortable room where you can move freely and with minimal distractions. If it helps play your favourite music.
2. Wear comfortable loose clothing
3. Warm-up and cool down
4. Start slowly and listen to your body, focus on your form, muscles being exercised and remember to breath!
5. Plan a routine. Exercising at the same time and days each week can help you stay motivated. For some working out first thing in the day gets the session out of the way so they can get on with their day but for others a workout at the end of the day helps them wind down. Whatever works for you is fine.
6. Don't beat yourself up if something comes up and you have to miss a session, just reschedule it.
7. Set a goal and keep track of your progress. A goal could be to lose a few pounds or increase the time you can hold the plank position. Keep the goal realistic, if you want to be able to hold the plank for 1 minute but can only currently manage 20 seconds aim to increase the hold by 10 secs each week for 4 weeks.
8. Most importantly make sure your sessions 'time for you' and reward yourself when you reach your goals. Maybe treat yourself to that ice-cream!

Other Useful Fitness Links

Brighton and Hove's Active for Life team have got loads of great ideas and guidance to keeping active at home
<https://new.brighton-hove.gov.uk/health-and-wellbeing/support-be-active/how-stay-active-home>

Albion in the community

Resources and video tutorials including football skills and challenges.

<https://www.albioninthecommunity.org.uk/resources-and-downloads/>

Joe Wicks, the nation's personal trainer during the Coronavirus. If you haven't heard of Joe Wicks yet, have a look. He is providing free workouts, for different ages and abilities all available through his YouTube channel here.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

For more information on workout plans these excellent NHS videos are a great start and good guide on form and technique. No equipment required

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>



Reablement
Project

The Reablement Project's guide to

By Reablement Volunteer Carol T

Meditation

Meditation has been around for a very long time and seems to have become more popular in recent years.

Meditation is mainly learning to become aware of your self, the tensions in the body, the way the mind races and how it affects us. The aim is inner peace and awareness which then radiates into our everyday life, bringing a calmer, smoother approach to everything.

There are various methods and approaches to Meditation; Chanting a Mantra, a word that is repeated aloud, as in the Om, or silently in the mind. There are lots of

Mantra which have various meanings. You can use a crystal or stone and focus your mind on it. Be aware of its form and how it feels.

With all methods, when you realise your mind has gone back to thinking/planning/arguing with yourself, you gently bring yourself back to focus on the Mantra or Object. There is also Visualisation, this is where a person leads you into a deep relaxation and guides you with a pleasant narrative and brings you back after about 15-20 minutes.

The benefits of regular Meditation can be very effective, as deep relaxation will help the body and mind. You may find you are more focused in what you are doing in life, job, driving, looking after children etc. and getting better results. Being able to appreciate the beauty of things around you, bird song, really seeing nature and its colours, being aware of the flowers colour.

Being more relaxed and generally feeling happier. A sense of 'lifes ok' problems and worries seem to be dealt with differently, for example; instead of worrying and fretting and getting stressed you seem to be able to deal with things better. Less stress, better choices, better health.

You can find teachers in the various forms of meditation, the main ones being; Chanting—either vocally or in the mind, Visually—using music, visualization and objects.

Chanting

A Mantra or word/words are used, repeating the mantra slowly, usually on the out breath for 10-20 minutes.

Mantras are Sanskrit words in the ancient Sanskrit language but you can use words such as Love, I am Love, Peace, Today I see the beauty that surrounds me.

Visually

You can hold a flower, sit on the beach and gaze at the sea or somewhere peaceful, and focus on that, if your mind wanders off, gently refocus.

Music

Use music that is gentle, peaceful and soothing. There are lovely CDs available of appropriate music or do a web search.



Visualisation

A person guides you calmly and soothingly through a relaxation, then guides you on a simple journey where you see, hear and smell what's around you, then guide you back.

Objects

These can be crystals, stones special to you, I have one that I found in Scotland by a shallow quiet pool, when I hold this in my hand I close my eyes and it takes me back there. Religious items or relics are also used, it has to be something you connect with.

Regular daily practice, say for up to half an hour, can make us feel more relaxed, happier, more aware of surroundings and being able to appreciate and respect things and people.

The focusing practice helps in improvements of everyday life. Being more relaxed and less stressed brings a happier feel. It can also help in improving our health and wellbeing.

Finding a Sit Spot

By Jane Howard—Changes Ahead Carer

For a lot of us, our connection to nature is critical to our sense of peace, happiness and even purpose.

Research from around the world indicates that spending time in a natural setting provides a plethora of benefits; from lower blood pressure to strengthened immunity to an enhanced sense of wellbeing and happiness.

The 'Sit Spot' is a spot in nature to connect, observe and study life, and through this practice we can establish and anchor our relationship to nature so that no matter what the conditions, we will remain grounded in our connection to life.

Here's the concept...

Find a place in your home, or a nearby open space, such as a park or the beach, and simply sit down, relax and just observe.

Make your time at your sit spot distraction and technology free.

Thirty minutes is a good length of time for sitting. However you can start with just ten minutes. The longer you sit the more you'll experience. The more you experience, the more you learn. Don't be surprised if you learn some interesting things about yourself during the process as well.

The ideal Sit Spot should be close by, have nature, be solitary, and safe...

1. **Find a spot that is easy to get to: not more than a few minutes from your door.** Your own garden is perfect! Equally, it could be on your balcony, or somewhere inside your home, where you can see nature out of the window. The idea is that it needs to be easy and quick to get to. Later, you may venture further to an alternate Sit Spot and experience the natural world differently.
2. **The point of the Sit Spot is to connect you to your local natural neighborhood.** There has to be some nature there, but not necessarily a lot. Your Sit Spot is a place where you can observe nature in some form, whether it is rushing water, plants, trees, or just sun, wind and clouds.
3. **At your Sit Spot, it's important to be able to expand your senses and let go of thinking.** When thoughts arise, I invite you to come back to your senses; to the sounds, sights, smells, tastes and feel of the place. It is also the place where you put your phone away. You may be surrounded by people in a local park, but you're not interacting with them.
4. You need to be able to relax at your sit spot and feel safe. This is important to allow yourself to simply just be, observe and enjoy your 'mindful' nature practice. Feel invited by nature to expand your awareness and soak it all in. When you feel safe your Sit Spot practice will be something you look forward to.

I invite you to release concern that you don't have the perfect Sit Spot—They're all perfect, and none of them are perfect!



The idea is

To get to know one place really well, until you recognize the changes in animals and trees from one day, one week, one month, one season, and one year to the next, and you feel a deep appreciation for what you find there.

Intention for the week:

Go to your Sit Spot as often as you can, at different times of the day, no matter what the weather (well, almost) and sit for a good length of time... remember 30 minutes is good.

If you like to sketch or journal, be inspired by your Sit Spot!

Let it remind you of your place in the great circle of life and how your unique spirit is and always will be connected to all the splendour that surrounds you.

Swimmingly

*Bear my weight
Take this freight
Water; Oh-!
Now I float.*

By Eloïse (Reablement Volunteer)

Before the lockdown, Giuseppe and I had swum together at Prince Regent on five occasions. On the surface of things, perhaps we wouldn't have a lot in common: a woman in her twenties, a man in his sixties, the sort of life experience gulf which could make a friendship sink, rather than swim. But from the first match meeting at Jubilee Library, we had a strong connection, which I hoped would evolve and strengthen as we took to the water.

I am not a swimming teacher. I was apprehensive as to how to approach the sessions, how much to plan their structure, whether we should set goals, how long to spend in the pool. I found that patience and clear communication from both sides helped improve Giuseppe's confidence. This was soon reflected in him trusting himself in the pool. Each session his muscles remembered an instruction from the previous time, which he applied with every stroke.

'Today, I felt myself float.'

I will never forget the delightful flush of accomplishment those words brought, and how glad I felt that Giuseppe was beginning to remaster his buoyancy. We celebrated aptly with coffee and cannoli.

Our time together has been curtailed, for how long I am not sure. We keep in touch with texts and I think of him often, with sadness and persistent hope. Our continuing friendship is testament to the project which enabled us to connect.

For me, swimming feels like a cool and soft blanket of freedom, fresh, comforting and blue-skied. The skies of the future and of returning to Prince Regent with my carer.



Useful Links

The World Health Organisation have a guide on how to stay physically active during self quarantine.

<http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/stay-physically-active-during-self-quarantine>

Active Sussex are sharing local ideas, initiatives, online classes or webinars from across Sussex on their social media platforms. Check it out here o <https://www.activesussex.org/activeathome/>

Do you enjoy dancing? Take the opportunity to join in dance classes from all around the world! A huge variety of online classes here through Dancing Alone, Together. (Helpful tip - add 5 hours to the times listed to convert to British Summer Time!) o

<https://dancingalonetogether.org/classes/>

Try and bring some balance to your mind and your body, in the comfort of your own home by giving Yoga with Adriene a go. Yoga instructor Adriene offers over 500 free YouTube videos ranging from complete beginners to more advanced. She includes videos for all sorts of issues relating to mental health and wellbeing including sleep, anxiety and vulnerability

<https://yogawithadriene.com/free-yoga-videos/>

Gardening Quiz

It is that time of year where the gardens, parks and countryside of Brighton & Hove come to life with an abundance of colours and smells setting the scene for our summer.

Here is our gardening quiz to keep you green fingered carers entertained.
Best of luck

Use the clues below to find the name of a plant or flower.

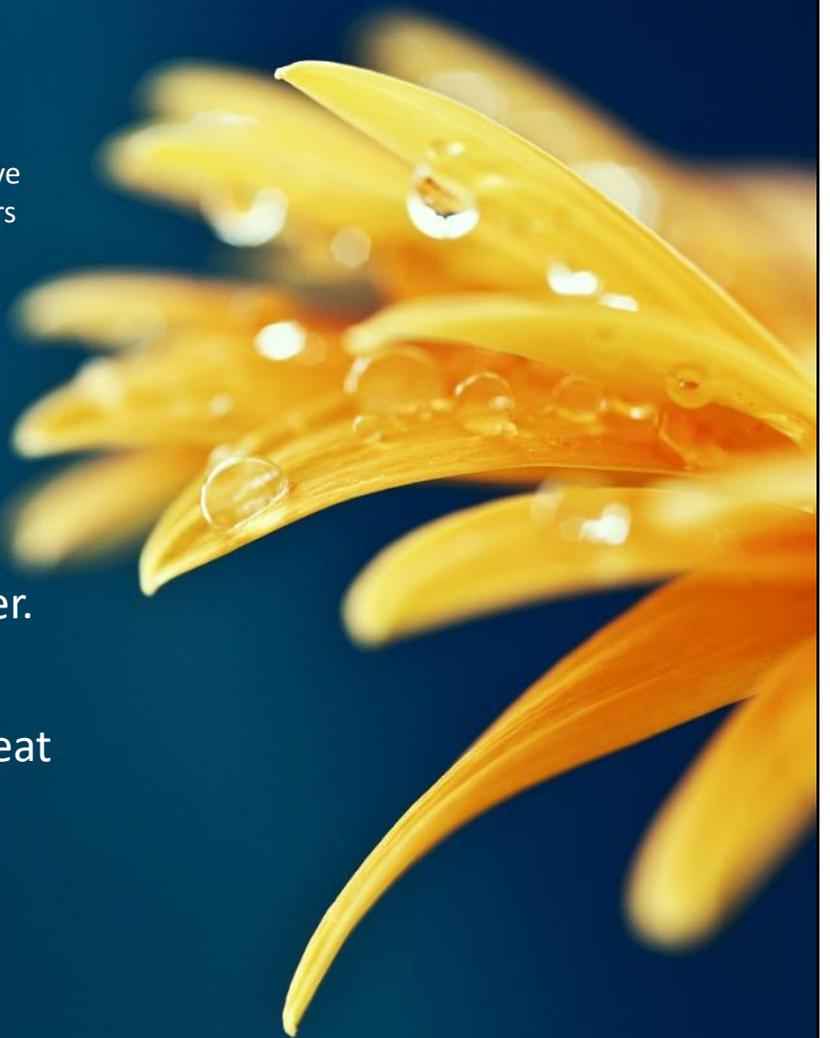
1. She looks sweet upon a seat
2. Animal in a hurry
3. Bovine errors
4. Fallen water crystals
5. Smart Beast
6. To remind one
7. Part of the eye
8. Feline source of money
9. Churned milk in a vessel
10. Tinned milk
11. Waits for no man
12. Old Man
13. Flagship VIII's Henry
14. Wed a precious metal
15. She lives between two hills
16. Emotion in the fog
17. Sweep Clean
18. Ha ha! Boom Boom!
19. Monster playing card game
20. Dessert in a pod
21. Medieval punishment

Find the answers on page 20
And add up your scores.

If you scored :

0-5	Needs Potting Out
6-10	Needs Watering
11-15	Green Fingered
16-20	Blooming Marvelous
21	You are a gardening god

Thanks for playing.



Digital Support in Lockdown

During these troubling times it can be difficult to know where to turn to for support.

If you are a complete beginner or a more seasoned user, your technology can unlock a world outside your home. Keeping you in contact with loved ones, catching up on missed TV or taking up a new hobby or interest.

We have compiled a list of the best guides, tutorials and support available in the local area.



Local Advice & Support

Digital Brighton & Hove is a cross-sector partnership which brings together over 250 organisations working to create a more digitally confident city.

They have been continuing their great work throughout the current situation to bring digital support to Brighton & Hove. Follow the link below to their Covid19 network response page, with links to useful websites and how to access further support.

www.digitalbrightonandhove.org.uk/covid-19-network-response/



Carers Digital Resources

We have compiled the best places to go for digital support in the local area, as well as links to further training, online instructions, interactive tutorials and printable worksheets.

A great place to start to find out more about your technology.

www.thecarerscentre.org/resource/digital-resources-for-carers-during-covid-19/



Online Digital Skills Training

We have teamed up with Digital Unite, (the organisation behind the Digital Champions Network, offering computer support and skills training to individuals and community groups up and down the country), to bring you guides on getting the most from your tech during the lockdown.

Each topic will link you to a selection of easy to follow tutorials and guides, covering useful subjects from social media, email and video calling to Health & Fitness, Mental Health, Hobbies and Interests and even Indoor Activities to do with kids.

Visit our website for more information: www.thecarerscentre.org/resource/digital-resources-for-carers-during-covid-19/

Still stuck for help? Our Digital Drop-In has become more digital!



If you require further support with your computer, tablet or mobile phone please contact the Carers Hub (01273 977000) or email volunteer@thecarerscentre.org

We will call you back to assess your needs and advise accordingly, we can even match you with a volunteer for 1:1 support over the phone or via video chat (subject to availability).

Some useful weblinks for more up to date information

To stay up to date with national government advice and procedures visit www.gov.uk

For information on a more local level visit Brighton & Hove City Council www.new.brighton-hove.gov.uk/coronavirus-covid-19

Use this government website to register if you have a medical condition that makes you extremely vulnerable to coronavirus. If you are not sure whether your medical condition makes you extremely vulnerable, register anyway. You can register yourself or on behalf of someone else. www.gov.uk/coronavirus-extremely-vulnerable

Healthwatch Brighton & Hove is regularly updating a useful Frequently Asked Questions document about coronavirus www.healthwatchbrightonandhove.co.uk/news/coronavirus-frequently-asked-questions

[Government Guidance](#) for Unpaid Carers

[City Council information](#) for unpaid carers

Check out our guidance on digital support in Brighton & Hove [here](#).

Healthwatch Brighton & Hove is regularly updating a useful [Frequently Asked Questions](#) document about Coronavirus.

The Carers UK/Carers Trust Joint Statement on Coronavirus is available [here](#).

In addition, Mind has produced a handy guide for anyone concerned about Coronavirus and their wellbeing. [Please visit this link to access the guide.](#)

Advice regarding benefits is [available here](#).

Supermarket opening times for vulnerable customers [available here](#).

Useful websites for advice and support



On our website will be bringing you updates about the current situation concerning Carers in Brighton and Hove. As well as news and all of our usual support.

www.thecarershub.co.uk

Call: 01273 977000 or email: info@carershub.co.uk



The Carers Centre For Brighton & Hove

For up to date Covid-19 and carer related announcements, news, resources for Carers with downloadable fact sheets, access to carers digital resources and information about all of our services, activities and events.

www.thecarerscentre.org



www.carersuk.org

The Carers UK website is well worth a visit. Simply type www.carersuk.org into your browser and you will discover information, news, and fantastic advice aimed at carers like you.

At the moment you will also find great information about how to cope with the current Covid19 situation, with up to date news and inspirational stories to good advice about staying well and happy will caring for someone during the current goings on. You can even join forums and talk to carers up and down the country



www.carers.org

The Carers Trust website has a wealth of useful information and advice for carers, along with regular updates about the Coronavirus situation, and forums, where you can chat to other carers online 24 hours a day.

Young Carers Home Painting Club

By Cheryl

During this difficult time for young carers and their families we have been thinking of ways to still run activities for our young people.

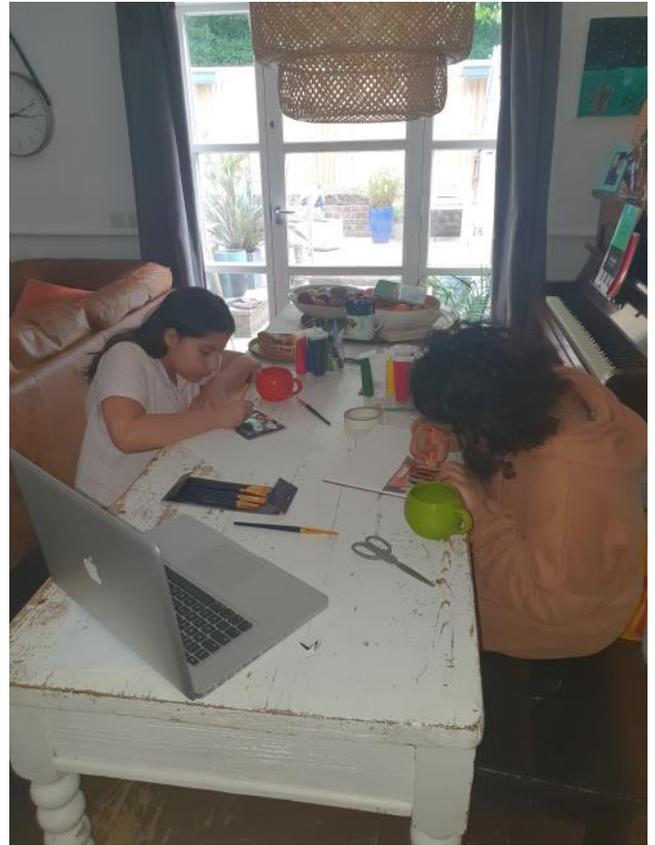
This week our Brighton Young Carers Painting Club started online. Twenty young carers aged 11-13 signed up to take part. We ordered lots of art equipment which was then picked up and shipped out to the group. This contained everything needed to take part in the online course on our Young Carers Youtube Channel. Of course members could use the art materials to create anything they wanted as well as using the tutorials if they wished to. It was the first time I have filmed anything for Youtube so it was a new challenge for me too!

The first session was inspired by the Pop Artist Andy Warhol. It seemed quite fitting to be making work about everyday items such as the baked bean or soup can and which have become prized objects during lockdown. Not sure if anyone chose to paint pasta or loo roll!

Some artists were very keen and I received the first completed painting from the tutorial the next day!
Look at this amazing work by Isla and Alithia. We will be posting more images on our Twitter Art Gallery Soon.

Looking forward to seeing you all again when we can meet safely.

Cheryl



If you are interested in Art check out these links;

www.tate.org.uk/kids

www.familydaystriedandtested.com/free-virtual-tours-of-world-museums-educational-sites-galleries-for-children/

Also check out TV show
Graysons Art Club on Channel 4 at
8pm (also available on catchuAp)



If you are a Young Carer or would like to find out more about our Young Carers Project please visit: www.thecarerscentre.org
Or you can find us on social media Facebook.com/brightonyoungcarers



Carer's Engagement

It has been a strange time since the last edition of Carers News went out. So many changes in the world and a lot of restrictions designed to keep us safe from the coronavirus but which have a huge impact on us in our lives and care roles.

The Carers Centre have kept going with support for our carers through phone calls, emails and social media but one thing we have not been able to do is run our coffee mornings and other groups. To ensure the groups keep going, we are now running some virtual meet ups every month using Zoom (has anyone ever heard of Zoom before?).

There are some meet ups for specific groups which have had several sessions now—Working Carers (and those wanting to return to work) is one of these and we will have our third meet up towards the end of May. The feedback from the group has been positive so far and as the host, I am trying to ensure that every meet up, there is some information or useful links that the group can explore and which may just help make the days a little easier.

We also have two new flyers relating to working ([these can be found on our website](#)) one with information for working carers and the other for employers. These provide some background information to the schemes available which provide help and support for working carers and employers.

The second group meet up were carers of people with learning difficulties and/or autism and the third group that I am hosting will be the Carer Experts in mid May.

Our ordinary coffee mornings are also starting to be offered online. While we realise that is not the same as being able to actually get together with some familiar faces and also meet new people, we believe that these are a valuable tool. They can help us all to remember that we are not alone in this time and that thanks to technology we can still keep in touch.

Of course some people are not online or feel able to join a meeting. It might be that the person they care for is nearby and they do not wish to discuss their care role in front of them. We want to reassure you that you can still contact us by phone or email, whichever is best for you, or even write into us at our Bedford Place address.

For those of you who are able to look at our website, please do as we are updating new information and links frequently.

In the meantime while we wait for our lives to return to something resembling normality, I would just like to wish everyone of you all the very best.

Steve

Are you a Working Carer?



**Did you know....
nearly one in seven workers in the UK
is also an unpaid carer?**

Source: CarersTrust

**Are you an unpaid carer who also has a
full or part time job, wants to return to work,
set up your own business
or take on a volunteer role?
We are here for you**

Continuing to work whilst caring can help you to have a better balance in your life and provide you with social interaction outside of your caring role.

But staying in work or returning to work can be daunting; you may find it helpful to talk to your employer about taking some time off or working flexibly.

Many carers consider giving up work but it is important to understand the implications this could have on your income, quality of life and future pension entitlements.

If you find it difficult to balance working and caring

Call Carers Hub on **01273 977000**

Or email info@thecarerscentre.org

www.thecarerscentre.org/working-carers



Answers to gardening puzzle on page 16

1. Daisy
2. Bulrush
3. Cowslip
4. snow drop
5. Dandelion
6. Forget-me-not
7. Iris
8. Catmint
9. Buttercup
10. Carnation
11. Thyme
12. Sage
13. Rosemary
14. Marigold
15. Lily of the Valley
16. Love in the mist
17. Broom
18. Basil
19. Snapdragon
20. Sweet Pea
21. stock

Check back on Page 16 to see how you have done



Carers Centre Inclusion Project: Covid 19 Support

By Louisa

Now more than ever, many unpaid carers are facing increased isolation and difficulty. If you provide unpaid support for a partner, family member, or friend with a disability, physical or mental health condition you could access further support from the Carers Centre.

We are particularly keen to reach out to you;

- If you identify as Lesbian, Gay, Bisexual, Trans, or Queer+ (LGBTQ+)
- If you are from a BAME background or refugee/migrant background
- If you are from a Traveller, Gypsy or Roma backgrounds.

We understand that unpaid carers from minority backgrounds may be experiencing additional challenges and barriers on top of the challenges of supporting someone.

At this time our Inclusion Worker Louisa can support with:

- Helping you access further support in your caring role
- Helping to access information in alternative formats if you need it
- Looking after your own mental health and wellbeing
- Ideas of activities you can do to fill the day (for you or for those you support)
- Helping you to get support for essential things like food, shopping and medication
- Signposting to other relevant organisations for advice/support
- Linking to support with technology e.g getting online, using internet shopping, online Zoom groups

If you are interested in accessing our services please contact 01273 977000

or email louisa.marchant@thecarerscentre.org

You can also refer yourself via our website www.carershub.co.uk



Carers' Legal Surgery at the Carers Centre



We are very pleased to be able to offer a monthly legal clinic here at The Carers Centre thanks to the very generous Martin Searle Solicitors, Renaissance Legal and SMR Solicitors donating their time and expertise.

Between them they are able to provide assistance and advice on a range of issues pertaining to caring, for example; 'Power of Attorney, Court of Protection, Mental Capacity, Accommodation and Wills.

Due to the current Covid-19 restrictions, we are able to offer these appointments remotely (via telephone or Skype.)

If you would like to take advantage of this service, don't hesitate to call or email to book an appointment.

Contact Carol on 07958 192 942 or email info@thecarerscentre.org



for brighton and hove

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Thank You

Celebrating the amazing unpaid family & friend carers in Brighton & Hove



8—14 June 2020

