

Do you look after, help or support someone?

Do you worry while looking after someone?

Do you feel lonely and isolated whilst looking after someone you care about?

Do you find it difficult to get the right support for the person you care for?

Would you like to have more time for yourself whilst looking after someone?

Would you like to meet other unpaid carers and share experiences?

If any of the above applies to you, Carers Hub is here to help!

## Who is a Carer?

A carer is a person of any age, adult or child, who provides unpaid support to a partner, relative, or friend who could not manage to live independently or whose health or wellbeing would deteriorate without this help. This could be due to frailty, disability or a serious health condition.

## Contact Carers Hub

Call

**01273 977 000**

Monday to Friday, 9am—5pm

Email

**info@carershub.co.uk**

Website

**www.carershub.co.uk**

Twitter: **@carershub1**

Facebook: **brightoncarershub**

If you would like information about support for Carers in another language or in audio format please phone 01273 977 000 or email [info@carershub.co.uk](mailto:info@carershub.co.uk)

If you know someone who provides support to a relative, partner, friend or neighbour who could not manage without them, please pass this leaflet on.

Carers Hub is managed by The Carers Centre for Brighton & Hove  
In partnership with Alzheimer's Society, Crossroads Care Brighton, Hove and East Sussex and Local Authority Assessment Staff.



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18 Bedford Place, Brighton, BN1 2PT  
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If you are looking after someone, we are here to help you!

One Number

One Website

One Place for Carers

Supporting Unpaid Carers  
Across Brighton & Hove

## 91% of Carers say the Hub supported their wellbeing needs

Carers Hub is a partnership of three local charities and local authority assessment staff, creating a focal point for unpaid carers to get the information and support they need.

**“Extremely helpful at a very stressful time.”**

The Partnership comprises The Carers Centre for Brighton and Hove, Brighton and Hove Crossroads Care, Brighton and Hove Alzheimer’s Society and Brighton and Hove City Council.

**“Prompt action taken to connect me with other agencies.”**

**“Carers are arguably the City of Brighton & Hove’s biggest social care and health asset and supporting them is essential.”**

Brighton & Hove City Council

**Carers Hub is for Carers of all ages**

**Carers Hub aims to improve the quality of life of carers in Brighton & Hove by providing access to a range of local services and resources.**

## Available Services

### Information and Advice

Call us on the phone, send us an email, take a look at our website or book an appointment with your Carers Support Worker. We offer information and advice on all aspects of caring. We can put you in touch with, or refer you to, organisations providing more specialist or expert advice.

### Carers Assessments

A Carers Assessment is a first step in helping you to understand your situation and to get access to the services. These include the Carers Card, Emergency Back-up Scheme, Carers Personal Budget and home-based respite. Carers Assessments are usually undertaken during a phone call or you can make an appointment to meet a Carers Support Worker.

### Young Carers Project

The Young Carers Project supports children and young people aged 6-17 years, who help to care for someone in their family with a disability, mental health condition, substance misuse issue or long-term illness. Young Carers can gain access to group support such as school holiday activities, creative workshops or our term-time drop in sessions. The Young Carers Project works with schools in Brighton & Hove to support school staff to identify young carers in their schools.

### Supporting Carers who are caring for someone at the end of their life, and those who are bereaved

This service offers the opportunity to talk with a Carers Support Worker about problems faced whilst looking after somebody with a life limiting illness. Carers can also find out about some of the specific groups available to them as well as other support available in the local community.

Bereaved Carers can access one-to-one bereavement support and can find out about specialist bereavement services available in the local community.

### Dementia Carers Support

The Alzheimer’s Society service provides specialist information, support and advice to carers of people with dementia. A programme of training addresses issues such as: dementia awareness, how to support someone with dementia, legal and money matters and coping strategies for carers.

### Home based respite

My Health Matters is a free home-based respite service provided by Crossroads Care. This service provides support to the person you care for whilst you attend your health or wellbeing appointments. You may also be able to use this service to attend training, courses or events that help you in your caring role, such as counselling or first aid training.

### Improving the wellbeing of carers

Our Carers Reablement Service supports carers, assisted by volunteers, to make changes to help improve their health and wellbeing. The service matches the skills, experience and knowledge of the volunteer to the specific goals of the carer; for example, going to a gym, learning to use a computer, attending a book group, losing weight or learning to cook.

### Peer Support for Carers

Peer support groups for carers are hosted across Brighton and Hove. Some are for adults in any unpaid caring role and others are for carers of people in specific circumstances; for example, carers of people with dementia, carers of people with life limiting conditions or carers of people with mental health difficulties.

### Carer Awareness for Professionals

This service delivers flexible sessions, supporting professionals in the community to identify carers and understand the impact that the caring role can have on the individual and their families. Professionals gain an understanding of the range of services available to carers and how they can refer them to the Carers Hub.