

CARERS

News

Autumn 2020

Carers and Creativity
finding time for ourselves in these
unusual times

Plus.....

Catching up with the goings on at The
Carers Centre

Lock Down Creativity with the Young Carers

Young Carers Movie Reviews

And much more...

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www.carershub.co.uk/news



CARERS News

The Carers Hub is a dedicated website
and phone line for unpaid carers
across Brighton & Hove

Website
carershub.co.uk

Phone
01273 977000

Email
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Twitter:
@carershub

Facebook:
/brightoncarershub

The Carers Hub is operated and managed
by The Carers Centre for Brighton & Hove
Please contact 01273 746222

Welcome to our

Autumn Edition.....

Hello and welcome to our Autumn Edition of Carers News....

Coming up in this issue we bring you all the goings on from the Carers Centre and how we have been reaching out to Carers through Lock Down.

Meet our Young Carers Team Leader, Ruth in our Meet the Team pages.

Catch up with all of the great activities the Young Carers have been running through the summer.

And don't forget our events pages at the back, showing you everything we have coming up over the next few weeks.

We will see you for our next issue in January.

Thank you for your interest in our magazine. Carers News is produced by The Carers Centre for Brighton and Hove.

If you are a local carer, support service or anything else carer related and would like to feature in Carers News please get in touch so we can keep the local carer community updated on everything carer related in Brighton and Hove.

For all enquiries please email
info@thecarerscentre.org

For up to date news stories for carers visit
www.carershub.co.uk/news

Dear Carers and Supporters of The Carers Centre,

Welcome to the autumn 2020 edition of Carers News. As we continue to provide support to the carers of Brighton & Hove through the Covid-19 pandemic, I am excited to bring you news of more innovation and a return to some face-to-face appointments. We have been fortunate to secure a grant from Carers Trust to provide additional outreach work, online group sessions and digital inclusion aids for carers from underrepresented groups. If you are a carer from the LGBTQ+ community or a BAME or Traveller background, please contact louisa.marchant@thecarerscentre.org or telephone 01273 977 000 for more information. For example, get in touch by the end of September and we may be able to secure a laptop or tablet computer so that you can access our online suite of support groups!

In other news, we now have a risk assessment in place which enables us to meet with carers on a one-to-one basis in outdoor, public settings. Our brilliant Young Carers Team have spearheaded this work with over 40 sessions held so far. Adult Carers Team projects such as Changes Ahead are now also offering this service so again, please contact us for details.

I also wanted to thank the carers, trustees and other members of the Centre whose participation made our 2020 AGM possible in July. With a small but requisite number of trustees in



attendance in-person, we had many more stakeholders join us via our online stream. In addition, Carers Centre Members returned advanced postal voting forms enabling key motions to be passed. It was a successful event but we do of course hope to see you all in-person next summer!

Lastly, a huge congratulations to the team that made our wide-ranging Carers Festival Online programme a success during Carers Week in June. Highlights included our book club (which is continuing) and a Q&A session with Carers Centre Patron Caroline Lucas M.P. as well as Council representatives Gemma Scambler and Rob Persey. You can read a transcript of the session at our website, www.thecarerscentre.org

Enjoy the rest of this autumn issue.

Best wishes,
Tom

Carers and Creativity

This month Eloise Paulton, our Reablement volunteer, shares her ideas and inspiration about how creativity can be a wonderful way for you to nurture yourself and make meaningful connections with your community.

As carers there can never be too many ways to look after yourself and break down feelings of isolation and it seems even more important than ever now in the current climate we find ourselves in. So carve a bit of time out for yourself and give one of Eloise's suggestions a try!

Creativity & Self –Care

Creative acts create space for the self to breathe. They allow you to express and explore who you are without needing to excel at the activity, or to produce something financially valuable. To create just for your eyes, your hands, your mind only. It is an inherently empowering and nurturing act, a fundamental part of being a human being. So often, we forget to carve out time to just be creative. It doesn't have to be a lot of time at all, just so long as it is focused. The five or fifty minutes you can spend getting lost in making something from nothing, practising active idleness through channeling yourself into a creative endeavour, will quieten and clear your mind.

Picture the scene. It's halfway through the day and you're restless. So far, you haven't done as much today as you had hoped. Perhaps you've received a phone call which has diverted your attention or made you feel anxious. Maybe one task

took longer than you expected. You are distracted, and you don't know where to begin.

Take a second to move away from whatever you are doing. Pick up a pen and some paper. Play your favourite song. Write two pages of brain splurge. Dance. Breathe. This time is only yours. It will enable you to rediscover your focus and positivity. Create your way back to yourself.

Creative activities to improve wellbeing

- Write once a day in minute detail about one thing
- Record a happy memory in detail
- Listen to a selection of your favourite songs and doodle/draw along freely in response to them
- Collage a favourite word using paper you would ordinarily recycle
- Read a poem which brings you joy out loud
- Write something in response to an image

Creativity & Community

Creating with other people, side by side, or collaboratively, is what has kept the human race alive and advancing (at least, for the most part!). Lockdown has been a difficult time for many.

Retreating into your own solitary world can be isolating as much as reposeful.

Online creative classes and activities with friends can rejuvenate your day and improve your wellbeing. I include some organisations and suggested collaborative pastimes below:

London Drawing Group: they have increased their online offering over the last few months, and now have a whole host of brilliant pay what you can classes, held in the early evening, which you can tune into. Lots of people take part, but you can only see the teacher. It still feels like you are part of a whole community!

www.londondrawinggroup.com

Cheese and Wine Painting Club: does what it says on the tin, but you provide the cheese and wine (or non-alcoholic alternative)! Only an hour's class, generally just before lunch. A really lovely way to punctuate your day.

www.cheeseandwinepaintingclub.com

Glasgow Women's Library: from talks, to art classes, to discussion groups, the Library has a wonderful online offering and diverse community.

www.womenslibrary.org.uk/events

Album review: why not team up with a friend and choose an album to discuss together, once a week, fortnight or month? It gives you the chance to delve deep into a favourite of yours, or discover something new.

Sharing is caring: sharing your musings with a loved one can often enrich the experience. Try reading a favourite poem to each other, writing about a memory you both have and comparing your accounts, or collaging each other's names.

Remember: you are worthy of the time you demarcate just for yourself. Creative acts can help make this time feel more fulfilling. They help you to take care of the busy landscape of your inner world, which will inevitably improve how you feel about the world around you.

Eloise is a theatre director, writer, musician and teacher of drama and English. Eloise works intergenerationally to make creative work which allows individuals to express themselves with a nurturing collaborative space. A volunteer with the Carers Reablement Project since October 2019, Eloise looks forward to going swimming again soon with her carer, who has become her friend.

Written by Nicola Lytle, Carers Centre Support and Outreach Worker



Meet the Team

This time we meet with Ruth Sullivan Our Young Carers Project Team Manager.



What does a typical day look like for you?

Daily work life has changed so much under lockdown and Covid-19. Most of the week I'm home based but getting back into the office a couple of days a week has been great. So much is done digitally at the moment, so most days involve at least one zoom call. The team keeps in touch via Slack so we're sharing ideas and asking questions on there and then I have my usual work around sourcing funding, budgeting, activities and, at the moment, ensuring the safety of our young people as they face lots of new challenges.

Can you tell us more about your service?

We provide support for young people aged 6-17 who are caring for a family member with an illness, disability, mental health difficulty or substance misuse problem. Some of our young people are caring for a parent or grandparent, but about a third of our young people are sibling carers. We provide one to one support, as well as organise groups around caring needs, and respite activities to give young people a break from their caring role. We also work closely with schools and statutory services and help our young people access support that might help meet their needs, for example counselling and mental health support.

What would you advise a Carer who is looking after someone?

Young carers experience a huge level of loneliness and isolation. We understand that being a carer can also impact on their schoolwork, hobbies, free time and friendships. I would recommend young carers to have a couple of chosen adults outside of their family who know about their caring role and can support them when things get difficult. Accessing a young carers project can help them to meet other young people who will understand what they're going through and support them to get some free time and have some fun. They don't have to manage on their own.

Do you run monthly/regular support groups? If so can you tell us a little about them?

We have weekly drop in sessions at the moment and then run activities during the school holidays. Under current Covid restrictions our drop ins are digital through our specially created chat room but we hope to eventually return to in person activities. In normal times, each age group has one drop in per month, with our younger groups based at St Nicholas Church and our older groups based at the Young Peoples Centre in Ship St.

Tell us about some of the carers you have met whilst working at the Carers Centre/Carers Hub.

Where to start! I don't know that I can narrow it down to any one story. Young carers are incredible young people and genuinely the most awesome and special young people I've ever worked with. I'm always blown away by their enthusiasm for activities and the incredible skills they have for art, music, sports. They are always friendly to new young people as well. I still get to work on the odd activity group and I think my favourite one was a punk band project where we created a punk band from scratch and performed a live gig at the end of the week.

What do you like to do when you are not working?

I love swimming. It's my big wind down activity. I've always been a water baby since spending a big part of my early childhood in Cornwall. I'm also an avid gamer and general all round geek. I love films – horror films are my especially guilty pleasure and I'm working on making a horror movie podcast with my friend.

What might someone be surprised to know about you?

I was a young carer myself. I have a stepbrother with Downs Syndrome. He is very funny, very creative and always up for a dance. We used to spend time in the holidays together when we were young and I'll help him do things like going to the shops, work his money out and brush his teeth. I don't see him as much as we've got older but I think the world of him.

What was the last book you read movie you watched?

I've just finished Learning from the Germans by Susan Neiman. It's a book that looks at how the Germans dealt with confronting the Holocaust after WW2 and looks at how the USA needs to do the same with its own history of slavery and racism. I'm a former history teacher so it was an interesting read. Last film was called See You Yesterday. It's part sci-fi/time travel and part social commentary on America. I recommend it!

What 3 words best describe you?

Geeky, dedicated, feisty.

The Young Carers Project supports children and young people aged 6-17 years, who are helping to care for someone in their family, with a disability, mental health condition, substance misuse issue or long term illness.

Young Carers can access group support such as school holiday activities, creative workshops or our term-time drop-in sessions. Some Young Carers also require one-to-one emotional support around managing their caring role.

To find out more about the Young Carers Project or to refer yourself, please call 01273 746222 to speak to a member of the team.

Young Carers get creative during Covid



Being stuck at home can be pretty boring but it did give our young carers the chance to take part in some online art activities.

Some fantastic paintings were created by participants in our YouTube painting club. Twenty young carers requested art packs and then watched the 4 tutorials that we recorded on our Brighton Young Carers YouTube channel. The themes were; Pop Art, Self Portrait, Street Art and Interiors.



Photo by Young Carer Isobel

YC Workshops from CREATE

During the summer holidays we worked with arts organisation CREATE to deliver two 3 day Zoom workshops for young people age 11-15.

The first workshop was Music led by Mike a professional musician. It was brilliant! Young Carers were able to record tracks using whatever they could lay their hands on at home. The group even managed to produce a sound track for one of the young peoples YouTube channel which they all have a copy of to keep.

The second week was photography with professional photographer Alicia. The group enjoyed quizzing Alicia about her career and the famous people she had photographed! They learnt how to use their smart phone cameras to take and edit great photos as well as create images that could tell a story. The group illustrated a poem with photos they took and shared. It was amazing!

Crazy Comic Book drawing with the Young Carers

Over the summer months Young Carers ran a few zoom comic book drawing workshops with James from Crazy Comic Club. James is a great teacher and excellent for Zoom as he has bags of energy. James talks everyone through the basics of templates for drawing comic book characters and the young carers can



personalize their drawings. There have been some fantastic drawings, and characters, that have come out of the workshops. And it seems all the young carers involved have really enjoyed the sessions. We hope to start running a regular group with James in the Autumn. James also runs weekly zoom classes that young carers can join for a reduced rate. Talk to your support worker if you are interested.

To find out more about the Young Carers Project or to refer yourself, please call 01273 746222 to speak to a member of the team.

Teen & Young Adult Carers

Keeping Busy with the YC team

By Paula, Teen & Young Adult Carers Support Worker

Well most definitely strange times upon us, but in typical can do fashion the YCP thought on their feet to come up with some fun, creative and empowering activities we could safely run for the young carers we support.

I have had enormous fun planning and delivering these activities alongside some fantastic tutors, whose experience, patience and sense of fun was a real privilege to work with.

So far during this lockdown period we have delivered an amazing zany cartoon drawing workshop, a make up tutorial, song writing workshop, a three day film music recording workshop, University Q & A's, and the Great young Carers Bake off, I have enclosed a



selection of photos of some of the amazing efforts. Well done to Abbi who was a worthy winner; unfortunately I was unable to sample any of the wagon wheels!

Alongside activities we have been keeping in regular contact with the groups we support and I am continually impressed by the resilience and adaptability of the young people we support. They are truly inspirational!

To find out more about the support available for Teen and Young Adult Carers, please call 01273 746222 to speak to a member of the team.



Looking for a recommendation of a good movie to watch?

During lock down the Young Carers Project have been running a film club and our Young Carers have been reviewing movies.

First up Rudy, Noah, Sophie, Alice and Tarik. Thank you to them!



A Silent Voice—The Movie

Age rating 12 Netflix

Reviewed by Rudy (age 12)



The film is about a bully who became bullied himself and how this made him think about his own behaviour.

My favourite part of the film was the twist in the plot towards the end, it's worth waiting for!

What stood out about the film was how they showed the way he blocked out people who were trying to help him and I also like some of the jokes in the script.

This is an animated film, which I enjoyed as I think the story dealt with some very uncomfortable issues about the way kids behave and it was quite powerful to do it in an animated style.

I would recommend this to other people because it is underrated. It has an amazing story and animation and is clever. The story really makes you think about things differently. I also like it because it's very different to the usual style of films for kids.

Before you watch this be aware that it has some serious messages about young people who bully and how that can affect you. It also touches on one of the characters feeling suicidal because of his guilt. I think it is a unique way of dealing with an uncomfortable topic.



Star Wars—This Rise of Skywalker

Age rating 12 DVD 2019

Reviewed by Noah (age 12)



The film is about the emperor returning and the resistance has sent a group of heroes to find out more about this threat and how to defeat them. It is also about Rey finding out who she really is.

The best part of the film is the end battle with the emperor.

The stand out part of the movie is the characters and special effects.

I would recommend this film because it's a good end to the Skywalker saga. Watch it!



Maleficent—Mistress of Evil

Age rating PG—DVD 2019

Reviewed by Sophie (age 12)



This is the second in the series of Maleficent films.

I give this film five stars.

It has a good start with really good effects throughout. It is suitable for boys and girls.

It's magical and has a good story line. My favourite bit was when the Queen threw Arora off the roof which sets the final scene. There were some funny little bits in it too.

Hopefully there will be a number 3!



Dolittle

Age rating PG—DVD

Reviewed by Alice (age 13)



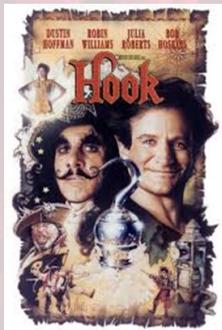
The plot summary is a man who can talk to animals whose wife dies. When the queen becomes ill he has to set out on an adventure to save her.

My favourite part of the film is the part right at the end.

I noticed that a lot of the ideas used in this movie have also been previously used in other movies. For example, the way the wife died is the exact same to how the parents die in Frozen. Followed by the man shutting himself away after this event is the same as how Elsa shut herself away.

Furthermore, the way the man can talk to animals is similar to 'George of the Jungle'. The ape in George of the Jungle is George's best friend and the ape in this movie is also the man's best friend.

I would recommend it to someone who likes animals. The animation was good too.



Hook

Age rating U, 1991

Reviewed by Tarik (age 13)



I would give this film 4 out of 5 stars

The film is about a man called Peter Pan. Some children are abducted by Captain Hook and Pan is forced to return to Neverland. With some help from Tinkerbell and the lost boys he is able to save the children.

My favourite part when Peter Pan and the Lost Boys have a food fight! Things that stood out were all the designs on the set.

I would recommend this film if you would like to have a good laugh.

Working Carers



The Working Carers Group has grown from the start of the year to almost 50 participants. A number of the group have been furloughed by their employer which is a double edged sword. Caring is easier in many ways due to being at home, however, the interaction with colleagues and potential for respite is sorely missed. As lockdown restrictions and the furlough scheme have changed, so has our requirement to return to working. The group have discussed this rapidly changing situation and our understanding of what we should be doing to protect ourselves and dependents while trying to return or continue to work.

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

Are you a working carer?
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 entitlement.

If you find it difficult to balance work and caring, we are here for you.
For more information from our dedicated support worker, please call Carers Hub on 01273 977000 or email info@carershub.co.uk



Working Carers (and Employers) Peer Support Group

Coffee Meet Up via Zoom

6pm, Last Wednesday of Every Month

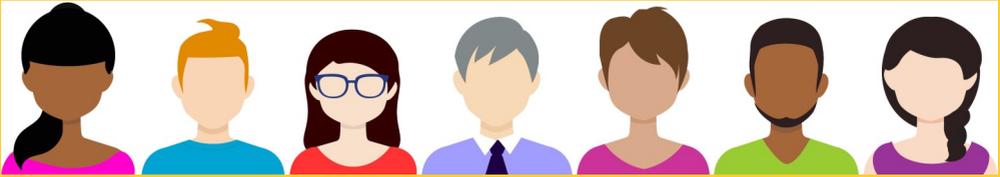
Join our friendly group for an early evening cuppa and chat with other working carers, those seeking to return to work and employers.

For details and to receive joining instructions.

steve.castellari@thecarerscentre.org

Booking is required.

www.thecarerscentre.org/working-carers



Help and advice for employers is an important part of our work.

It is estimated that 1 in 7 employees will have a care role for a family member, friend or neighbour and this can have a serious effect on them and also their employer. In fact, many employees may not even associate the help they provide with being a carer as we tend to assume this is only a paid occupation delivering social care services.

Family and friend carers may therefore be missing out on support, advice and benefits that would help them to:

- have respite from their role
- improve their mental health and well-being
- support them in working
- give emotional support when needed.

Employers not knowing about carers in their workforce and making little or no provision for them, face among other things:

- loss of staff and experience
- difficulties in recruiting staff who have a care role
- lower employee morale
- potential conflict when employees are faced with needing time to care.

If you are an employer, can you afford to be unaware of the carers in your workforce and their rights and responsibilities?

Organisations in Brighton and Hove with under 250 employees can become part of the Employers for Carers umbrella scheme for **free**, hosted by **Brighton and Hove City Council**.

This gives you access to a range of digital resources relating to carers working in organisations and the law and best practice for employers.

Larger organisations can join the scheme as members directly with a scale of costs depending on the number of employees and/or membership required.

For details of the Employers for Carers scheme (EFC) or to arrange for me to consult with you or your employees about caring and working, please contact me directly either via LinkedIn, our website

www.thecarerscentre.org/advice-for-employers/

or directly via my email

steve.castellari@thecarerscentre.org



We also have a new "Linked in" online presence where you can follow us for updates on care and work.

www.linkedin.com/company/the-carers-centre-for-brighton-&-hove-limited/



Carer's Engagement



Together with the Carer Expert Group, we have requested that carers with experience of caring for people with Learning Disabilities and/or Autism be a representative voice in the LD Strategy planning work. We have had several responses back for possible inclusion in this project and look forward to carers being able to contribute their knowledge and shape the strategy moving forward. If you are interested in finding out more and possibly being involved, please contact Steve at The Carers Centre.

Online feedback from carers

Following the Carers Festival that we ran online from June 8 to 12, we wanted to know your thoughts on the way we are having to engage with you using the internet more and more. A short survey was sent out and a large number of you responded during July. As always, a huge thank you to all who participated, we appreciate that finding the time and energy to respond to surveys is not easy.

Initial findings show us that while a fair percentage of you are happy and able to communicate with us using Zoom, Skype and other electronic methods, the majority get greater satisfaction and value from being able to meet up in person with us and other carers over a nice cuppa. Of course, we want to get back to our coffee mornings and other meet ups as soon as we can and despite Covid-19 pushing us to a more online way of operating, we view the

online meet ups as an addition to our resources rather than a replacement for physical get togethers. We know there are many of you who may have limited or no access to the internet.

As Dame Vera famously sang "We'll meet again, don't know where, don't know when but I know we'll meet again some sunny day."

Surveys

At the beginning of the year, we ran a survey with your help, which looked at the Care Assessment for Physical, Sensory or Neurological Impairment. There were a large number of responses and a report was sent to the commissioning team at Brighton & Hove City Council.

As a result of your feedback, the following action is taking place:

"Brighton and Hove City Council's commissioning team is now putting together a commissioning plan for services and support for people with physical disability, sensory needs or acquired brain injury for the next four years. A key part of this plan is feedback from people with disabilities and their carers and we are currently pulling together a summary of the feedback and what we will do with it. We will share with you the summary of feedback and the commissioning plan."

As always, we would like to thank everyone that took part.

Covid-19 challenges feedback from carers

Together with the survey about online engagement above, we also included a section asking what your greatest challenge has been during Covid-19 lockdown and following some easing of restrictions.

The main themes so far have been access to food and medicines during the beginning of lockdown then how to protect vulnerable people in your households (in some cases including yourselves) while struggling to understand the advice that was being given which seemed to change as rapidly as the situation itself.

We have shared these issues with other organisations and with Brighton and Hove City Council, who are continuing to plan and adapt to the challenges Covid-19 has given us all.

Some actions The Carers Centre/Carers Hub have been taking during lockdown are:

Identifying and contacting approximately 1000 carers with Covid-19 vulnerable dependents and changing our systems to help us record help and advice given.

Delivering emergency food packages and signposting to services set up by BHCC and other charities to enable food and medicines to be got to those in need.

Sourcing and supplying of a small number of masks.

Moving our regular groups online and supplying information and advice regarding using technology to stay connected. We also managed to source some funds to provide some equipment to help carers get online.

Meet up groups Learning Disability Group

Many of you may already be familiar with our monthly coffee mornings held in locations around the City, from Portslade right over to Saltdean. We also have a regular meet up for carers of people with Learning Disabilities and/or Autism which has moved from being once a quarter to monthly and another group for Working Carers (including those who want to return to work/volunteering) and Employers, which is monthly.

If you are interested in any of our regular meet ups, please drop us a line by email, phone or letter, so we can make sure you get information and updates.

The LD/Autism group has seen an increase in interest in recent months though we know that it is not always possible to have an online meet up and freely discuss your concerns and experiences. We hope to get back to a coffee shop soon.

Digital resources from Carers UK plus BHCC access code

As we have had to reduce our face to face interaction and move to online meet ups and activities, so being able to access online resources has become increasingly important. The Carers Centre website has some useful pages of information to help you increase your online experience in our "Resources for Carers" section.

We also have access to free Digital Resources for Carers, please use this link and the access code BHCC_JT75

https://carersdigital.org/local/iomad_signup/signup.php



You said—We recommended

By Steve Castellari— Carer Engagement Lead



With Covid-19 shutting down much of our normal lives for much of 2020 so far, the Carer Experts have not had a chance to meet up in person. As soon as we are able, we will meet in person again at The Carers Centre.

The Carer Expert Group provides us with an incredible resource of experience, enabling us to pass this on to other organisations and projects we work with. We are always looking to increase the number and range of experience of the group to ensure that as wide and diverse a range of carers views are represented as possible. We would really positively welcome contributions to our panel from those who identify as LGBTQ+, or are from BAME/ Gypsy, Roma Traveller backgrounds to ensure that your views and experiences are represented

Recently a request has gone out to the Carer Experts for participation with the Learning Disability Strategy that is currently being planned by BHCC Health and Social Care. Several members of the group have responded and we are discussing how they can best be represented in the planning of the Learning Disability Strategy.

A possible change to the group is to be discussed, namely the name! As a group, we want to increase our reach and inclusion and for carers to become increasingly represented at both a local and where possible national level. To help do this, we are considering changing the name to "Carers Engagement Group" or "Carers Voice". This idea is for discussion among the current group members and we will update later in the year.

Would you like to be a Carer Expert?

The Carer Expert Group is open to any carer regardless of how long you have been caring or whether you think you are an “expert” or not.

It provides an opportunity to get involved (with no defined commitment) in more detailed discussions on the whole range of subjects applying to caring for someone in Brighton and Hove.

There is no cost in being a member of the group and if attending a meeting is difficult, we can arrange to get your views by email, phone or even letter!

If you are interested in finding out more about the group please contact **Steve.Castellari@thecarerscentre.org** or contact Carers Hub on **01273 977000**



Inclusion Project

Boost in funding helps Inclusion Project

We are very happy to have recently been awarded a grant from the Carers Trust for £15,000 which allows us to extend the Inclusion Project work and offer a series of groups and workshops via Zoom between September and November.

We also have funding to provide a small number of free laptops and I pads to carers from minority groups to help you access carer support/groups online/ work or education. Please get in touch as soon as possible if you think this might benefit you.

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 a Traveller, Gypsy or Roma backgrounds.

We are interested to know if you have ideas about how we can reduce barriers and make our service accessible to all. For example, do we need more information in different languages? Do we need information you can listen to or watch rather than read? Please do contact us, we would love to hear your thoughts and experiences.

For more information, please contact 01273 977000 or email louisa.marchant@thecarerscentre.org

September and October Zoom Dates for your Diary for LGBTQ+ Carers;

- Tuesday 29th September; 'Creative Yoga with Lex' via Zoom, 10.30-11.30am
- Thursday 8th October; 'Local LGBTQ+ History; Share memories and stories with 'The Keep' archives via Zoom, 2-2.30pm
- We also have regular LGBTQ+ Peer support meetings. Please let me know if you would like to join or receive updates about these.

In October and November we will have meditation, dancing, local history and creative writing and a garden visit to come, so watch this space.



To find out more about the Inclusion Project or to access any of our support services, please contact **Carers Hub** on **01273 977000** or email **info@carershub.co.uk**

Coming up at



For brighton & hove



Carer's Coffee & Chat

Every Wednesday 10.30 am, via Zoom

Join us for our weekly coffee and chat sessions over Zoom. Each week you will be able to meet and chat with carers from around Brighton and Hove, and all sessions are supported by a Carers Centre staff member.

Contact **Carers Hub** for more information on **01273 977000**



Carers who are supporters of people with mental health challenges Coffee and Chat

Monthly, via Zoom . Next on 12th Oct, 9th Nov, 14th Dec

Come and have a cuppa and a chat with us and other carers who are supporters of people with mental health challenges.

Contact changesahead@thecarerscentre.org for details



Working Carers (and Employers) Peer Support Group

Coffee Meet Up via Zoom

6pm, Last Wednesday of the Month, via Zoom

Join our friendly group for an early evening cuppa and chat with other working carers, those seeking to return to work and employers.

Booking Required. For details and to receive joining instructions please email steve.castellari@thecarerscentre.org



LGBTQ+ Carers Online Meet Up

Monthly, via Zoom

Join our Inclusion Worker Louisa, for our Adult Carers (18+) virtual meet up for any LGBTQ+ carers who would like to get together to chat and meet others in similar situations.

To find out more or to join this group please contact **01273 977000** or email louisa.marchant@thecarerscentre.org



Carer's Book Club

Every second Tuesday of the month, via Zoom

Each month we will be reading a short story and coming together to chat about it via Zoom.

Please get in touch so we can send you a link for this month's text.

01273 977000 or email volunteer@thecarerscentre.org



Carers' Craft and Chat Hour

Friday 25th September 2020 11am—12 noon, via Zoom

Take some time away from your caring role to relax and meet other like-minded carers who are interested in arts and crafts.

Bring your own art and craft projects along to the Zoom screen. Whether it's cross-stitch, knitting, crochet, weaving, painting, sewing, colouring, card making, macramé or other creative activity you enjoy.

To book your place please call **01273 977000** or email louisa.marchant@thecarerscentre.org



Benefits for Carers and those they look after

A Carers Workshop, via Zoom

Monday 5th October 2020

2 pm —3 pm via Zoom

Find out about benefits for people with disabilities and their carers and have your questions answered by experienced advisors from Possability People.

To book your place, please contact **01273 977000** or email info@thecarershub.co.uk



LGBTQ Carers History Talk

Thursday 8th October 2-3.30pm via Zoom

Inviting our LGBTQI+ Carers to join us for an afternoon delving into Brighton's history...

Via Zoom we will explore old maps, photos and other hidden treasures from The Keep's archives of Brighton.

Share memories and stories and chat with others in a relaxed space.

If there is anything you would like us to request from the archive to see on screen or would like us to cover let us know and we will see if it is available.

Please email Louisa at

Louisa.marchant@thecarerscentre.org or call **01273 977000** to book a space.



For more information about our events please visit our webpage

www.thecarerscentre.org/events

Or for more information and to register your interest in any of our groups,

or to receive support to access a group

please call **01273 977000** or email info@carershub.co.uk



Every day
another 6,000
people take on
a caring
responsibility
in the UK


carershub.co.uk
information & support in Brighton & Hove

01273 977000