

*CARERS*

# News

*Winter* 2021



**Carers Reablement**  
Bringing people together in these  
challenging times

**Plus.....**

**Gruesome goings on at the Young Carers  
Project**

**Meet the Team**

**Upcoming Events, Groups and Workshops**

**And much more...**

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[www.carershub.co.uk/news](http://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  
**info@carershub.co.uk**

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

## **Winter Edition.....**

Hello and the warmest of winter welcomes.

In this issue we will be looking at how Reablement has supported carers throughout the lock-downs. We will catch up with all the goings on with the Young Carers Project, this time is particularly gruesome with a write up about a Halloween make-up workshop. We meet Paula, our Young Adult Carers Support Worker in Meet the team. And catch up with all the happenings at the Carers Centre over the last few months, as well as looking forward to 2021 with some great groups, activities and workshops. See you in the Spring!!

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,

As a new year dawns, I wanted to reflect upon the incredible impact that The Carers Centre has had on our city during a very challenging 2020.

I wanted to begin by thanking our staff, volunteers and board of trustees for their commitment and dedication. Despite the Covid-19 restrictions, we have actually had more contacts with carers than during 2019. That is in part of course, due to swift adaptation and the embrace of video technology. Although it is not without its

drawbacks, many of you have told us that our online groups have provided a means to keep valuable contact with peers and support staff.

We have also been mindful of those without the means or wish to access online support. We have secured over 40 devices (laptops or tablets) to digitally excluded carers. Many of you will also have received our Carers Rights Day mailout, our effort to include those who couldn't join our online stream on the day.

New projects for the year, such as Changes Ahead and our Carers Inclusion provision have seen The Carers Centre become a true hub for the carers of Brighton & Hove. As always, we have lots of plans for the year ahead and we would love for more carers to actively steer our service developments.

With that in mind, please do contact our Engagement Lead [steve.castellari@thecarerscentre.org](mailto:steve.castellari@thecarerscentre.org) for information about our Carers Voice group.

Finally, a huge thank you to the young and adult carers of Brighton & Hove. You continue to provide invaluable support to your loved ones and I hope that you feel able to turn to us whenever you, the carer, needs support yourself.

I wish you all a happy and healthy 2021!

Tom





## Carers Reablement Top Tips for Carers in Isolation

While the Carers Centre Reablement Project has had to stop our volunteers meeting with carers for the time being. We would like to encourage you to find time for yourselves each day, whether that is a short walk, a boogie in the kitchen, reading that book you have been meaning to get around to, or picking up a long forgotten hobby. In times such as these a bit of normality can go a long way.....



1. Stay in touch with friends, family and loved ones—utilize modern social media to keep in touch, we highly recommend video chats with relatives... Although a traditional letter or card can go down just as well.
2. Keep up to date with current government advice and guidelines, choose your own way of receiving the information, whether online, by radio or TV, but try not to get bogged down in the 24 hour rolling coverage if you can.
3. Listen to the radio or put some music on—keep your spirits up. Some of the Carers Centre staff have been sharing playlists online so are listening to the same things and every now and again will have a collective boogie in their kitchens.
4. Make sure to get out of the house and get some fresh air, whenever is suitable (within government restrictions). Spring is upon us, the flowers are starting to poke out and the weather is looking a little better.
5. Keep yourself entertained and uplifted.

Why not take this opportunity to try something you have never done before or to pick up an old hobby. Never tried listening to a podcast? Maybe now is your time..... There is a plethora of entertainment online, from movies to TV shows, books and all sorts of websites both useful and otherwise.

However you choose to unwind, make sure you take a little time each day for yourself.....

## Useful Carer websites to turn to for advice and support

In these challenging times it can be difficult to know who to turn to for help and support. Here are our best places for Carers to find out up to date information about the ongoing pandemic, as well as general carer information, guidance and advice.



Carers Hub is still open to support you. On our website will be bringing you updates about the current situation concerning Carers in Brighton and Hove. As well as news, events and activities and all of our usual support.

Please email [info@carershub.co.uk](mailto:info@carershub.co.uk) or call 01273 977000 to find out more.



[www.carersuk.org](http://www.carersuk.org)

The Carers UK website is well worth a visit. Simply type [www.carersuk.org](http://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 while 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](http://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.

# Carer's Reablement Project



## Carers Reablement: like a lighthouse in the dark!

Well! What a year 2020 was, Pandemics, Lock Downs and so many skills to be shared....

The Reablement Project has been like a lighthouse in the dark to many during the last few months, with our volunteers rising to the challenge of supporting our Carers in new and different ways.

Over the last few months we have helped lots of local carers to get the best from their computer or digital device and to access video calling software to stay in touch with friends and family as well as to join Carers Centre peer support groups, activities and workshops.

In March, during the first lock down, our volunteers turned their hands from supporting carers 1:1 on a face to face basis to offering their support over the phone or via video chat, and we have had many success stories throughout the year, learning all sorts of skills.

Alongside our 1:1 support our volunteers have contributed to our Lock Down special edition of Carers News. We have also been working with our volunteers to provide new and exciting groups and workshops for Carers to join from the comfort of their own home via Zoom and have run workshops on Bunting, making Christmas Ribbon Chandaliers, as well as our increasingly popular monthly book group (see opposite page for more info).

So looking forward to 2021, we will still strive to provide as much support as possible to our Carers, (usually with minor alterations) with the help of our volunteers. We will be bringing you more groups and workshops, but mostly we are holding out and looking forward to things getting back to normal a little bit and getting to meet you all in person once again.

[www.thecarerscentre.org/carers-reablement-project](http://www.thecarerscentre.org/carers-reablement-project)

## Carers' Book Club

During the first Lock Down back in Spring, we started our Reablement Book Club, a place for a group of carers to come together once a month to have a short focused discussion and chat.

Each month we select a short story for us all to read and discuss. We have already had some great conversations started by the pieces.



If you would like to join our book club, please turn to page 19 for more information.

## Reablement Workshops

Our wonderful Reablement Project volunteer, Jenny has been running craft workshops with Carers. In the summer she hosted a 'Bunting for Beginners Workshop' and we had an experienced group of crafters join us to see how to make bunting. We then had a follow up session for everyone to show off their creations, which all looked fabulous.



Just before Christmas, Jenny hosted a 'Festive Ribbon Chandelier Workshop' and we were joined by a lovely group of carers to make a pretty decoration.

"I thoroughly enjoyed making the ribbon chandelier and seeing other carers."

Thank you so much to everyone who joined in with the workshops and for showing off your creations. If you have any ideas for more craft evenings, please let us know!

### **Do you have a skill you could share? Could you help an unpaid carer to learn a new skill?**

We are currently looking for volunteers with skills of all types for our Carers Reablement Project, a project designed to support unpaid carers to learn new skills and achieve positive changes in their lives.

You will be matched based on your skills and knowledge to meet for an hour a week for up to 10 weeks. You decide how much time to commit and when. You will receive training, ongoing support and an invite to our monthly volunteer supervision, which is a great way to meet other volunteers and share your experiences.

For more information or for an application pack please call 01273 977000 or email [volunteer@thecarerscentre.org](mailto:volunteer@thecarerscentre.org)

# Gruesome Goings On At the Young Carers Project



Covid 19 continues to create extra challenges for our young carers and their families. We have continued to stay creative over lockdown II and our amazing young carers have once again got stuck into our online and home based activities with some great results!

Our ever popular comic drawing workshops with illustrator James Parsons continue to inspire some very cool artwork. Octobers sessions had a Manga style ghoulish theme! We have some talented artists among us (call an emergency meeting!). You can get more info about James own comic club at [crazycomicclub.co.uk](http://crazycomicclub.co.uk)

This months guest YC film reviewers watched Studio Ghibli films such as Spirited Away, Ponyo and Return of the Cat. These are excellent for Anime fans! Please contact me if you want like to be a film reviewer in 2021.

Twenty Young Carers received our Halloween Special effects makeover kits which included liquid latex and wax as well as face paints, glow in the dark make up and

of course fake blood! Paula and I ran a gross demo on Zoom and we then received lots of gruesomely brilliant entries to our Halloween makeover competition. The most family friendly are pictured below. We were very impressed by the entries and our winners from the different age groups were; Matt, Sophie, Georgia, Noah, Ruby, Abbie and Lewis who all received prizes for their efforts. Well done to them! Noah's savage guinea pig Pee-Wee gave the YCP team a much needed laugh! No savage guinea pigs, young carers or clowns were harmed in the making of these photos! We are looking forward to Zoom Hula Hooping lessons in December and Ukulele lessons in January and February. I am hoping to meet up with more of you again face to face as soon as possible. Here's hoping 2021 is a better year for everybody. See you on the other side!

**To find out more about the support available for Young Carers, or to access support yourself please call 01273 746222 to speak to a member of the team.**

# Meeting our Supporters : KidZone ArtClub

## Can you tell us a bit about your project?

Kidzone delivers art workshops for kids! Held in after-school settings during term time, and in community centres during the holidays. Kidzone Artclub has been running for about 20 years, and Denise started it because there was basically no art in the school that Asher was attending!!! Not much has changed in all that time, except that Asher is now (a bit) older and helps out too!

## How were you guys impacted by Covid-19?

Due to the Coronavirus situation, the schools that we work in were closed! So, we couldn't deliver our workshops after school, and the community centres were shut too, which meant we couldn't run the holiday workshops either!

Even with all these restrictions, we still wanted to offer kids an opportunity to interact with our projects, so we went digital! We were asked by the National Lottery Community Fund, to create a Covid response project. So we began Kidzone At Home! And it was because of the Young Carers Project that this was actually developed!!!

We initially set out to make a website and upload digital workshops that showed how to make art projects. We also set out to provide Tablets to some children who had no or limited access to the internet during these already difficult times, as we recognized there was a need for them.

It was so cute to hear that you would be delivering 100 Xmas Hampers to the families that you work with! And thought it would be a fantastic development of our project to collaborate with you and provide those families with 100 'Kidzone Kits', which contained all of the materials to create an art project!

## You very kindly donated some tablets to Young Carers, tell us a bit about how that came about?

And we were so pleased to have been able to donate them!!!

The idea of donating Tablets actually came about earlier in the year, Asher had worked on a project with the Young Carers Project and noticed that some children were unable to participate as fully as others, because they didn't have working phones. Ruth affirmed that only some of the children had the capabilities to work on the project outside of the classes.

Plus, it was clear from the start that the Coronavirus situation was going to impact greatly on some people within our society, who were forced to work / study / socialize, whilst remaining at home.

Part of our aims and objectives for the Kidzone At Home project is to provide some children with a Tablet so they could have internet access. These were not specifically to participate in our project, just for them to simply be able to connect with their friends, and take part in their school work during these difficult times.

## What is your New Year's wish for Kidzone?

We hope that all children have happy and fulfilled lives,

We wish that all children had the same opportunities to achieve their potential. We believe that ALL children are creative, it's just about making opportunities, supporting them and empowering them and each other. That is a responsibility for us all. Happy New Year everyone!!!

Many thanks to Denise and Asher, at Kidzone for chatting to us.



# Meet the Team

**This time we chat with Paula Mellis Our Young Adult Carer Support Worker.**

## **What does a typical day look like for you?**

At the moment a typical day looks pretty different to how it did a year ago. Two out of the three I work are from home. We are still managing to connect with young people through email, calls, text and Zoom! I am getting to be quite the expert (!) now and quite enjoy delivering a zoom group. My day is a mix of supporting individual young carers (I personally work with 15 to 25 year olds) attending meetings with other services and planning, preparing and delivering digital groups and activities.

## **Can you tell us more about your service?**

I work in the Young Carers team and we support young people aged 5 to 25 years who have a caring role for a family member, whether that be a parent, grandparent or sibling. This can be practical or emotional support and we aim to reduce the impact of the caring role through 1:1 support and advocacy, groups and activities to allow peer support, respite and fun! We also raise awareness with other professionals and schools on how they can also support young carers in the community.

## **What would you advise a young carer who is looking after someone?**

I would advise them to ask for help, don't try and struggle on through on your own. There is plenty of support available, and there are plenty of young carers experiencing the same things as you so don't be embarrassed to ask for help.

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

Pre Covid-19 we were running regular groups and activities. We run a fortnightly drop-in for all our different age groups, these allow the young carers to meet and establish friendships with other young carers, it is reassuring for them to spend time with others who may be having similar experiences. We also run more focus based groups for example we ran a 2 day wellbeing retreat for our young adult carers, they were able to try out some different ways of supporting their own wellbeing, such as yoga, acupuncture, ecotherapy and guided mindfulness walks all set in the beautiful South Downs. Alongside this we run fun groups and activities such as a trip to Thorpe Park, drama workshops, cooking activities, roller disco, art classes and many many more. Since Lockdown we have been delivering lots of activities via Zoom, these have included music recording, animation, chocolate making, comic drawing and make up tutorials to name a few. We have all been very busy!

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

Although it sounds a bit cliché I am still continuously surprised by the resilience, strength of character and determination of many of the young carers I meet. They are proud to be identified as young carers and see the positive in their caring role. I have met so many wonderful young people over the years and I am proud to not only have been part of their journey but to have helped them reach the potential they deserve!



**What do you do when you are not working?**

When I am not working I am a busy mum of 3, I enjoy dog walks, enjoy running a bit less! Love films, friends, cooking, reading and being outdoors.

**What might someone be surprised to know about you?**

Next month I have been working at the Young Carers Project for 17 years!!

**What was the last book you read/movie you watched?**

The last book I read was 'The Cancer Ladies running Club' written by a friend and the last film I watched was 'The Favourite', I love Olivia Colman!

**What 3 words best describe you?**

Daft, Loving and Hopeful!

The Young Carers Project at The Carers Centre supports children and young people who are helping to care for someone in their family.

Young Carers can access group support such as holiday activities, creative workshops or drop in sessions. As well as one-to-one emotional support and advocacy to ensure the Young Carer's voice is heard when needed.

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



# Carer's Engagement



Phew, what a turbulent year it has been. No sooner than we understand information and restrictions, than we seem to be applying new ones. As I write this, there seems to be light at the end of the tunnel with the promise of a new approved vaccine(s) and increases and new methods in testing. Hopefully this will mean that 2021 will see an improving situation for us all where we can once again start to run physical meet ups and activities and consider Zoom as just another tool in our armory rather than the main tool.

The last quarter of 2020 has seen no let up in engagement activities though, indeed, here at The Carers Centre we have increased the number of offerings available though sadly mostly online.



## Carer Experts

The group met online at the beginning of November to discuss potentially changing the name to encourage all carers to feel able to join as some people may not identify themselves as "experts".

The consensus was that it was ok to change the name and we have chosen "**Carers Voice**". For the time being, communications about group meetings will still have the Carer Expert logo attached though this will be phased out as members become used to the new name.

We discussed a number of areas where we can represent the views of carers to other organisations such as the Brighton branch of HealthWatch (they are the watchdog for the NHS), Primary Care Networks and Hospital Trusts.

Also during the meeting, we looked at some training on communication with professionals and a recap of training on medication run for us previously. Slides are available for anyone that missed out. email [steve.castellari@thecarerscentre.org](mailto:steve.castellari@thecarerscentre.org)

for more information.

The next meeting will be in early February. **New group members are very very welcome**, whether you are new to caring, are very experienced or are an ex-carer, we need your voice to be represented from across all our diverse and wonderful communities.



## Carer Engagement

### Surveys

Since the summer, we have conducted two surveys as part of our engagement work (Digital Engagement and Covid-19 Challenges). A huge thank you to everyone that completes our surveys. Whether you write just a few lines or an in-depth experience, every piece of information is useful. What you tell us helps to shape services; both our own and also from commissioning bodies such as the City Council and the Clinical Commissioning Group.

## New Projects

From the work we have already completed looking at Covid-19 challenges, we are currently engaged in two projects which will expand on this to provide a high level of detail for the NHS and the Sussex CCG's.

The first of these is a project looking at health inequalities from some of our vulnerable communities where we know these inequalities exist. Black and minority ethnic groups, the Gypsy/Roma/Traveller and LGBTQ+ communities are all part of the project.

Because the work is detailed and requires us to run focus groups, we are offering a single **£50 Aldi Food Voucher prize draw** for attendees of the focus groups.

By the time of publication, the groups will have already been completed but a second project is running in conjunction with **Care For The Carers (East Sussex)** and **Carers Support West Sussex**, to cover the whole of Sussex.

This will be looking at how we move forward while Covid-19 still presents challenges and hopefully as we start to overcome these.

Again, with our colleagues in the organisations mentioned above, we will be running focus groups open to all carers across Sussex. As with the December focus groups there will be a **£50 (value of one single prize) prize draw** which attendees will be automatically entered into as a thank you from us.

Please watch out for our communications about how you can take part.

## Carers Stories

A new feature for Carers News is that we want to hear your stories. Not only during the pandemic but generally.

Maybe you have a particular experience to share which will help other carers, a funny story, a picture or photo you have taken that means something to you (please tell us the significance), or even a joke that made you chuckle on a gloomy day.

We want to make this an ongoing feature in Carers News, so please send us your stories etc. at any time.

Launching this new feature, we are offering one **£20 prize token** with the winner being chosen at random from the entries received. The stories will be published in the Spring edition of Carers News. The winner will be notified by us before the Spring edition is launched.

Entries must not contain personal information without the written consent to publish from the individual or group, only one prize will be available for the launch. Entries can be sent by post or by email to the addresses below.

For all the prize draws mentioned, only one prize will be drawn and these are not available to Carers Centre employees and trustees (or immediate family of these). Other Terms and Conditions apply and can be obtained by writing to [steve.castellari@thecarerscentre.org](mailto:steve.castellari@thecarerscentre.org) or by post to Steve Castellari, The Carers Centre, 18 Bedford Place, Brighton, BN1 2PT



## Carers App to stay connected

One item that was mentioned by a number of carers responding to our Digital Engagement survey in the summer, was how useful it would be to have a simple application (app) that would let carers be connected with each other.

We are currently evaluating an app that has been produced by another Carers Centre and will update you with more information both in our electronic communications and also in the Spring edition.



## Coffee Mornings

Our coffee mornings had to move online due to the pandemic but along with special activities such as Dancing, Chair Yoga, Creative Writing, Book Club and Legal Workshops to name a few, we are continuing to offer you the opportunity to meet up with us and other carers and now have a weekly coffee morning on Wednesdays.

The coffee mornings for people caring for someone with Learning Disabilities and/or Autism are now monthly and usually are in the last week of the month. Decembers was an exception because of Christmas, and will take place on Friday 11 Dec.



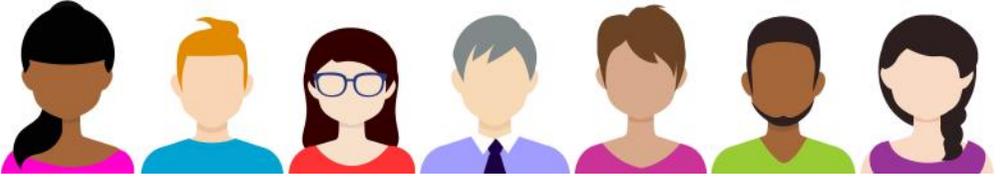
## Carers Rights Day

We had to hold Carers Rights Day online this year sadly, however, we still ran two sessions. The first explaining the Digital Resource for Carers (DRC) and where to find carers rights within it and the second looking at the Employers for Carers scheme (EFC) which contains a wealth of information for employers regarding the legal rights of carers in their workforce. The key information from these sessions is available on our YouTube channel <https://www.youtube.com/channel/UCg8TNCzVCAFBdmK7D2sX85A>

## Translations on our website

Brighton and Hove has a diverse population with English being only one of many languages that are spoken by residents. To ensure that we are providing information in a way that lets as many people as possible access it, we have added options for viewing our website in languages other than English. To view carershub.co.uk site in another language, scroll to the bottom of the page and click 'select language'.

# Working Carers



Coffee evenings have continued on a monthly basis, usually on the last Wednesday of the month in the evening. The December one is being held on the 16th and had a guest from Hays Specialist recruitment to talk about getting back into work.

## Youtube

To support carers including working carers, we have added some items to our **YouTube channel** - we are hearing more and more that you like to be able to see video clips of information and to have this available to refer back to at your leisure.

The YouTube channel can be found here: <https://www.youtube.com/channel/UCg8TNcZvCAFBdmK7D2sX85A>

We have recently added an explanation and look at the **Digital Resource for Carers (DRC)** which is provided by Carers UK and made available for **FREE** to all carers via Brighton and Hove City Council's umbrella membership. This is a tremendous resource and sign up is simple and shown in the video clip. You only need an email, create a password and enter the access code **BHCC\_JT75**

Also new to the channel is a video explaining the **Employers for Carers (EFC)** scheme, which is proving invaluable for so many employers. Again this is provided by Carers UK and

available **FREE** to any employer with less than 250 employees in the city via Brighton and Hove City Council.

For larger employers, a rolling scale of charges applies but if you think your employer might benefit from this scheme, regardless of their size, contact [steve.castellari@thecarerscentre.org](mailto:steve.castellari@thecarerscentre.org) our specialist Working Carer and Employers Engagement Lead. Steve is also available for free consultation with employers on all care related matters including company carer policy, training for managers and HR and how to recognise carers among the companies employees and ensure they are supported.



We have a new **LinkedIn channel** <https://www.linkedin.com/company/the-carers-centre-for-brighton-&-hove-limited/?viewAsMember=true>

Since the launch in Sept, we now have over 150 followers and are growing every day. Latest information regarding surveys, workshops, coffee mornings, employer and working carer news and carer/related articles are posted almost every day. Let your employer know about it if they are connected on LinkedIn.

[www.thecarerscentre.org/working-carers](http://www.thecarerscentre.org/working-carers)



## Happy New Year from the Inclusion Project

Wishing a Happy New Year to all of our carers. Here is an update from our Inclusion Worker Louisa about some of the things the Inclusion project has been working on in recent months. This project is funded to develop support and help overcome any barriers faced for carers who identify as Lesbian Gay, Bisexual, Queer, Trans/Non Binary or Intersex (LGBTQI+), for carers who are from diverse ethnic backgrounds and also for carers from Gypsy Roma and Traveller Communities.



### Regular LGBTQ+ peer support

Since July we have been running a regular peer support group for carers who identify as LGBTQI+ via Zoom. This is an informal friendly safe space to meet other LGBTQI+ carers, share experiences and support one another remotely.

We will also, when safe, move to some in person/outside meetings and activities later in the New Year. The next zoom meets will be 11-12 on Friday 29th January, Friday 12th February, Friday 26th February, Friday 12th March

*“Having a space that is for LGBTQ+ carers means there is one big weight of sexuality that you assume won't be an issue with others leaving time to focus on more important issues. The group has already helped me feel less isolated and that I'm not alone in my caring role.”*

If you are interested in finding out more and would like to join the next meeting, please email [louisa.marchant@thecarerscentre.org](mailto:louisa.marchant@thecarerscentre.org) or call 01273977000.



## Carers Trust Zoom Groups

In August we were delighted to receive a grant of £15,000 from 'The Carers Trust'. This made a big difference to the project and meant we could extend it for another four months. We were able to provide 18 carers with Ipads and laptops as well as some digital support through our Reablement Project.

As well as this we ran several activity workshops and groups via zoom that were enjoyed by many different carers from different backgrounds and situations. These included dancing, creative writing, a history talk for LGBTQ+ carers, yoga and anxiety management.

*"It was fun and energetic and improved my stress level immediately."*

As a result of the success of these groups we will be continuing to offer Zoom activities such as dancing and yoga/gentle exercise for all carers through the winter months.

*"..it is lovely to see everyone else dancing around their kitchens or living rooms at the same time as myself! Thank you for providing these vital sessions to keep us all in touch with each other."*



## Survey and Focus Groups

As a new part of the project funded by the NHS we have been carrying out a survey to find out more about carers experiences of accessing services and barriers that they face. We are going to use the feedback from the survey to look at changes we need to make to make our service more accessible/ tailored to carers from specific communities/backgrounds.

We are also seeking carers who identify as LGBTQI+/ from different ethnic backgrounds or who identify as Gypsy, Roma or Traveller to speak to about their experiences of accessing NHS healthcare.

If you would be happy to speak to us about your experiences either over the phone or on Zoom please contact [louisa.marchant@thecarerscentre.org](mailto:louisa.marchant@thecarerscentre.org) and we can arrange a time to speak to you.

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](mailto:info@carershub.co.uk)**





## Carers' Weekly 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 other carers from around Brighton and Hove, and all sessions are supported by a Carers Centre staff member.



## Carers' Book Club

Every second Tuesday of the Month, via Zoom.

Each month we will be reading a short story and chatting about it via zoom. Please get in touch so we can send you a link for the latest text and instructions on joining the session.



## Carers who are supporters of people with mental health challenges Coffee Meet Up

Every 2nd Monday of the Month, 10 am - 12 noon via Zoom  
Come and have a cuppa and a chat with us and other carers who are supporters of people with mental health challenges.



## LGBTQ+ Carers Peer Support

Every third Friday of the month, 11—12 noon via Zoom

Join our inclusion worker Louisa for our monthly virtual get together to chat and meet others in similar situations.



## Learning Disabilities and/Autism Carers Peer Support Group Coffee Meet Up

11am, Usually last Tuesday of the Month, via Zoom

Come and have a cuppa and a chat with us and other carers who help people with Learning Disabilities and/or Autism.



## Working Carers (& Employers) Peer Support Coffee Meet Up

6pm, Last Wednesday of Month via Zoom

*It is estimated that 1 in 8 employees are also family and friend carers.*  
Join our friendly group for an early evening cuppa and chat with other working carers, those seeking to return to work and employers.

For more information about any of our events or to register your interest please call 01273 977000 or email [info@carershub.co.uk](mailto:info@carershub.co.uk)

To keep up to date with our events please visit [www.thecarerscentre.org/events](http://www.thecarerscentre.org/events)



## Exploring Music Workshop

Thursday 28th Jan, 4th Feb, 11th Feb and 18th Feb  
at 12 Noon, via Zoom.

Join us for a four week workshop with Reablement Project Volunteer Paul, to explore musical History. We will be sharing the music we like, looking at the origins of Classical Music as well as looking at what music is.

This group is for anyone with an interest in music, who would like to learn more and is up for a discussion and listening to a range of music.



## Dancing for Health & Wellbeing

Rosaria Gracia will be running a weekly dance class for our health and wellbeing.

Tuesdays 11.15am—12.15pm—via Zoom  
26th Jan, 2nd Feb, 9th Feb, 23rd Feb, 2nd Mar, 9th Mar.

The sessions will cover face yoga, somatic movement (strength, balance & length) and dance from different styles and eras.



## Boost Your Mood

Active for Life are joining us to bring you a Boost Your Mood workshop.

Thursday 4th February & Wednesday 10th March 2021  
10.30 am—11.30 am, via Zoom

This workshop will look at your wellness routine, and the positive effects this can have on our daily lives. The session will be imparting information, followed by breathing techniques and gentle chair based exercise.

**For more information about our events please visit our webpage**

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

**or to receive support to access a group**

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

  
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