



CARERS

News

Carers Week 2021

**Making Caring Visible and
Valued this Carers Week**

Plus.....

How to get involved this Carers Week

Our Carers Week Quiz from the Keep

Upcoming Events, Groups and Workshops

And lots more Carers Week fun...



Carers Week

Brought to you by:



carershub

www.carershub.co.uk/news

A dedicated website and phone line for unpaid carers across Brighton & Hove

www.carershub.co.uk

01273 977000

Email: info@carershub.co.uk

Facebook: [/brightoncarershub](https://www.facebook.com/brightoncarershub)

Twitter: [@carershub](https://twitter.com/carershub)

Carershub offers services and useful resources to Young Carers, Adult Carers and Professionals.



A welcome from our CEO...

With Tom Lambert



Dear Carers and Supporters,

We are delighted to present this Special Carers Week edition of Carers News. We have an exciting programme of activities during the week and I hope everyone will find something for them. From virtual tours of Italy to a special surgery with Caroline Lucas MP. I am pleased to see such a variety this year.

In addition our online activities, we are pleased to be able to offer the Tea in the Park, in-person events throughout the day on Thursday 10th June. In particular, we targeted the promotion of this activity to those who have been digitally isolated during the pandemic.

As this year's theme for Carers Week is making caring visible and valued, we are promoting use of the Brighton and Hove Carers Card which offers carers numerous discounts for goods and services across the city. Several outlets are offering Carers Week specials too.

As lead partner of the Carers Hub, we have also enclosed a survey on carers' experience of the Hub service. It will be really valuable to compare results from the same consultation in 2019 and so we would really appreciate you returning completed forms using the pre-paid envelope provided.

Many thanks and a happy Carers Week 2021!

Tom



www.thecarerscentre.org

01273 746222

info@thecarerscentre.org



Making caring visible and valued this Carers Week

7 - 13 June 2021

Carers Week is an annual awareness campaign that celebrates and recognises the vital contribution of the UK's unpaid carers – supporting family members and friends who are older, have a disability, mental or physical illness or need extra help as they grow older.

This year, carers across the country are continuing to face new challenges as a result of the COVID-19 pandemic. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support.

They need to be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding. So during Carers Week, we're coming together to help Make Caring Visible and Valued.

Hello and welcome to your special Carers Week edition of Carers News. We have so much to bring you right through Carers Week, from online and in-person events to our online Carers' gallery with lots of opportunities for you to get involved.

It has been quite a year for everyone with restrictions coming and going and many of us have had changes in our caring roles. However, we are now starting to look forward to the summer and are hoping to be able to meet with more of you in person over the coming months.

In this special Carers Week edition of Carers News. You can find out all about Carers Week and how you can get involved. We have some words of thanks from local supporters and colleagues, take part in our Carers Week Quiz from the Keep, or keep up to date with all the great Carers Week events and Activities as well as all of our activities coming up in the rest of the month.

We also take the opportunity to thank our fantastic Reablement Volunteers during Volunteers Week 2021.

A big thank you and well done to all our Brighton and Hove Carers, we hope you enjoy your Carers Week.

www.thecarerscentre.org/carers-week-2021

How to get involved this



Celebrating the unpaid Carers of Brighton and Hove

Carers Week is about you, our fabulous Brighton and Hove Carers and all of the wonderful contributions you make through your caring. So here at the Carers Centre we have arranged a number of ways you can get involved during Carers Week. Whether you attend one of our events or activities, make a pledge, join the campaign or attempt to win our online general knowledge quiz, we hope there is something for everyone.



My Life as a Carer

An online Gallery

To help with our Carers Week celebrations, we are 'Making Caring Visible and Valued' with our Carers online gallery.

To be in with a chance of winning a £20 Shopping Voucher

send us your stories, photographs, pictures, poems, tips, tricks and tales to feature in our online gallery.

You can send as many pieces as you like, but only x1 entry per person will be added to the draw to win a **£20 'Waitrose' voucher** or for our Young Carers a **£20 'The Works' voucher**. (Terms and conditions are available on our website and upon request).

Your image will appear in our online gallery and may also feature in the next issue of Carers News, so please state whether you are happy for us to display your name next to your submission.

The Gallery is open now, so send your submissions to: carersweek@thecarerscentre.org

The closing date for entries is Friday 18th June 2021 at 12 noon and the winner will be drawn and notified the following week.

The My Life as a Carer Gallery will be available to view on our website during Carers Week (7-13 June 2021), please visit www.thecarerscentre.org/carers-week-2021

We cant wait to see your entries!

Find more great Carers Week activities and news at:

Making Caring Visible and Valued



Join the Campaign:

Better breaks for Unpaid Carers

Carers Trust are calling on the government to increase funding for carers' breaks.

Giving more unpaid carers the opportunity for some time away from their caring role.

You can support the campaign now by writing to your local MP and asking them to raise the need for better carer breaks support in Parliament.

It is very straight forward, visit www.carersweek.org/?cmp+campaign to find out how.



Find out more about Carers Week on the official website.

www.carersweek.org



Special Offers for Carers Week For Carers Card Holders

The Carers Card for Brighton and Hove brings unpaid carers like you great savings right across the city throughout the year from a whole host of businesses, groups and organisations.

To help **Make Caring Visible and Valued** our friends at **Amaze** have teamed up with a number of local businesses to offer your some great special discounts and deals this Carers Week.

To see the Carers Week special offers please visit www.thecarerscentre.org/carers-week-2021 and follow the link.

Don't have a Carers Card? No problem!

The Carers Card for Brighton & Hove is free to unpaid carers in the Brighton and Hove area. To find out more about applying for your Carers Card please visit the local councils website. www.brighton-hove.gov.uk/adult-social-care/apply-carers-card or contact the Carers Hub on 01273 977000 or by email info@carershub.co.uk

Please note: We recommend you check the most up to date Covid procedures with each venue and outlet.

www.thecarerscentre.org/carers-week-2021

Where to turn for advice and support

It can be difficult to find the right information at the right time, here are some of our top suggestions to turn to for advice and support.



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 or call **01273 977000**



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



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.carersuk.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.

www.carerstrust.org



“Unpaid Carers of Brighton & Hove we are still here for you”

Over the past year, many of you have been balancing your own wellbeing and that of a loved one at home under the trickiest of circumstances.

We want to remind you all, as restrictions are gradually lifted, that the Carers Hub remains open and is here for you.

You may want to think about re-joining groups and we can let you know when and where these might take place.

There may have been changes to your caring role, which may require a review of your carer’s assessment or a new contact assessment.

You may just need a little extra information to help you with your caring role, so please do get in touch.

www.carershub.co.uk

01273 977000

Our phone lines are open Monday - Friday 9am to 5pm

Digital Support for Carers



Connecting with others digitally is a great way to stay in touch with friends and family as well as giving you the opportunity to join groups and clubs online. But it can be difficult to know where to turn for support. Here we have compiled a list of some of the best places for 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.

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 info:

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).

Become a Carers Centre Member and Have Your Say!

Dear carers and stakeholders,

Members are very important to the Carers Centre. Our mission is to improve the quality of life for carers in Brighton & Hove. Getting your support and involvement will make sure that the Carers Centre will continue its focus on unpaid carers by providing appropriate and relevant services.

Being a member, you will:

- support our vision and values
- be able to vote at the Annual General Meeting (due to be held Thursday 15th July at a venue to be confirmed – likely online this year) and stand for election to the Board
- be able to support us with fundraising efforts
- meet up with trustees to share your stories and issues that matter to unpaid carers
- receive our regular newsletters and updates of events/activities
- be as active with your support as you'd like. We only ask that you consider attending the AGM if you are able.

According to our constitution, membership has to be renewed annually. Members who have not renewed their membership will be automatically taken off from the list.

If you would like to join us, please contact the Centre via info@thecarerscentre.org or 01273 746 222 for more information and to ask for an application form.

New membership applications will be considered by the Board of Trustees who will inform the applicant within 60 days of the application having been received.

A big Thank you

Some messages for the Carers of Brighton and Hove from some of our supporters and colleagues around the city this Carers Week

Dear carers of Brighton and Hove

I want to recognise and thank you all for the care that you provide to family and friends. During Carers Week, we plan to highlight nationally the roles that family carers perform, the hidden nature of caring, and the impact on our lives. Alongside other Carers Centres, we have secured lots of media coverage and raised the profile of carers in government and local authorities. I will be doing 15 radio and TV interviews non-stop on one day, highlighting the work of young carers and carers of all ages.

I cared throughout my teens for my grandmother, who had Parkinson's Disease, and more recently for my mother, who also had Parkinson's. I know first hand what carers are going through, and that's why for thirty years now I have been researching, writing, campaigning and advocating for carers of all ages. I was delighted that Carers Trust made me their Ambassador in October 2020, to speak out for family carers. And that's what I will continue to do.

Thank you for what YOU do. There is a long way to go for carers to be recognised and supported properly. Carers Week is one way we raise the profile of carers, and the Carers Centre and campaigning activities are other ways that we advocate for a better and fairer deal for all carers. We are here for you and with you.

With very best wishes,

Professor Saul Becker, Patron of The Carers Centre for Brighton and Hove

We would like to thank all unpaid Carers across the city who are tirelessly caring every day for a family member, friend or neighbour. Many of those you care for are vulnerable and at most risk from Covid 19. We know that you willingly carry out this role without expecting any credit or recognition, but we do recognise and appreciate the important role you play, caring and supporting the most vulnerable and keeping them safe.

You truly are unsung heroes. Thank you from us all

East Sussex, Brighton & Hove Crossroads Care

I want to recognise everyone in the city who looks after someone. Both the unpaid carers being increasingly relied on as the pandemic went on and those who found themselves newly caring for family or friends while they were isolating or other help wasn't possible.

Thank you for time, your commitment and the sacrifices you've made to keep some of the most vulnerable people in the city safe, healthy and well.

Your support has not only been vital to those you care for, but also crucial to our local health and care services. We couldn't have got through this last year without you.

Geoff Raw, Chief Executive Brighton & Hove City Council

On behalf of Brighton and Hove CCG, we would like to thank all of the carers across the city for their incredible efforts and dedication to those they care for over the course of the last year.

We recognise the extraordinary steps many have taken during the pandemic and how carers have gone above and beyond to make sure those they look after have continued to be supported, cared for, and remained connected within their community. This invaluable support has ensured that some of our most vulnerable people in the city have received the support they needed at a such a critical time.

Brighton and Hove CCG

There are no words really to describe the absolutely fantastic job family and friend carers have done this year. Keeping your cared for safe, working countless additional hours of caring responsibilities all whilst having to wade through the additional challenges brought about by a pandemic has been an incredible feat and we are in constant awe. Thank you for all you have done and everything you continue to do.

Gill and Eimer, Dementia Support Service Alzheimer's Society

[the keep] Brighton & Hove Quiz

This one is just for fun and all questions have a link to Brighton and Hove. Kindly provided by **The Keep** local archive and records office. See how many of these you can answer, no answers on a postcard, just turn to page 8 to find out your score. (images also available to view on our website: www.thecarerscentre.org)



1. Once 'The Volunteer', What is this popular town centre pub now called?

2. What was the first title in Peter James' Roy Grace series of novels?

3. Name the two films set in Brighton which are synonymous with Sir Richard Attenborough?

4. How many blue plaques are there in Brunswick Square?

5. In which 1971 film did the staff of W.C Boggs & Son enjoy a day trip to Brighton?

6. Which entrepreneur and environmentalist is commemorated at 22 Kensington Gardens, the site of her first shop? Who was she and what was the shop called?

7. Little Gold is the debut novel by Allie Rogers set in Brighton during the year of the Falklands War and the lifting of the Mary Rose from the Solent. Which year?

8. The Damned Untied filmed in 2009 is partly set in Brighton. Which sporting double act with links to Brighton & Hove Albion does it tell the story of?



9. This photograph was a promotional shot for which Brighton institution that was demolished in the late 1960s?

10. Who wrote Sugar Rush, the novel about teenager Kim Lewis and her troubled time at the fictional Ravedene School in Brighton?

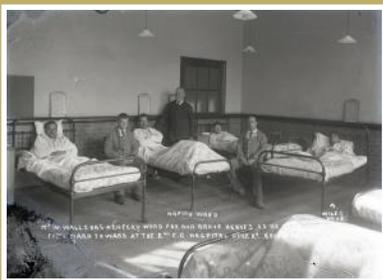
11. Which Sussex town stood in for Brighton in the 2010 remake of Brighton Rock?

12. Which politician's school is commemorated by a blue plaque at 29-30 Brunswick Road Hove?



13. Name the film star, and for a bonus point, the film he was promoting (his young co-star, Govind Raja Ross, may give you a clue)

14. In *Dombey and Son* by Charles Dickens, Paul Dombey is sent to Brighton for the air, to be looked after by the "ogress and child queller" but what is her name?



15. This photo shows soldiers convalescing at the 2nd Eastern General Hospital in Dyke Road, Brighton, during WWI. How is that building better known today?



16. From which Brighton landmark was this panoramic view taken?

17. The sister of the author the Reverend Charles Dodgson lived at 11 Sussex Square. How was Dodgson better known?



18. This is the view of Bank Holiday crowds in the courtyard of Henneky's Bar. What is Henneky's called now?

19. Which artist usually associated with Ditchling, was born at 32 Hamilton Road?

Find out how well you have done by turning to page 17 for the answers



If you have enjoyed this quiz, why not join us on the afternoon of Monday 7th June for our special general knowledge quiz for Carers game over Zoom.
Turn to Page 16 to find out more about how you can join in and to see all our upcoming events here at the Carers Centre.



Reablement Project

Wow! What a year for the Reablement project. Plunged into lock down last year, and separated from friends and loved ones our fantastic volunteers rose to the challenge and adapted their methods to reach out to unpaid carers across Brighton and Hove offering support and help, sometimes when it was needed most.

Over the past year our wonderful volunteers have been helping people to learn about their computers and digital devices to access zoom to stay in touch with friends and loved ones or to join some of the brilliant groups, workshops and activities our volunteers have arranged in the last 12 months. From crafting workshops, to our regular book club, classical music appreciation group,

Life Skills and Meditation workshops, they really have helped to provide something for everyone.

We still push on, matching Carers with our volunteers to learn a new skill or hobby to help with their caring role or with their health and wellbeing mostly over the phone and via zoom, and we are looking forward to being able to start meeting face to face again soon.

If you would like to find out more about the Reablement Project and how you can access our volunteers to learn a new skill or hobby, please visit www.thecarerscentre.org or call Carers Hub on 01273 977000.

Thank You



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

Under normal circumstances we would be doing something to celebrate with our Reablement Volunteers, but as things are still complicated with group meetings, I would like to take this opportunity to say a huge thank you and a massive well done to all of our brilliant volunteers for pressing through last year and working so hard to support unpaid carers across the city in new ways and under difficult circumstances.

Without you we would not have such a wonderful and diverse project that offers so much to the local unpaid carer community.



Celebrating our Brighton and Hove Carer Community

Join us here at the Carers Centre throughout Carers Week (7-13 June 2021) as we celebrate the valuable contributions made by all of our wonderful Brighton Carers.

Throughout Carers Week we will be bringing you carer related information, great workshops, fun activities and our weekly coffee and chat session. We will also be hosting an in-person Tea in the Park.



Tea in the Park

Thursday 10th June—St Anns Well Gardens

Join us for our first in-person group meetings of the year. This event is open to all carers.

To keep our social distancing there will be a total of 5 sessions and times to choose from:

9.30-10.30am, 10.45-11.45am, 12—1pm, 2—3pm, 3.15– 4.15pm

This is a bookable event only and spaces are very limited to 5 carers per session, so book early to avoid disappointment. We will ask you to follow Social Distancing Guidelines.

Tea, Coffee and Cake Provided

This event will take place whatever the weather, you will find us under our events shelter.

To find out more or to book your place, please contact the Carers Hub on 01273 977000 or email info@carershub.co.uk

If you require extra support for your 'cared for' person so you can attend any of our activities or events during Carers Week.

The My Health Matters scheme operated by Crossroads Care will be able to arrange for someone to come to your home to sit with your 'cared for' or to chat with them on the telephone while you attend one of our in-person or zoom based meetings.

For more information please contact Crossroads Care on 01273 234021

Please note: Arrangements will need to be made in advance so book early to avoid disappointment.

While restrictions on social interactions are slowly lifting across the country, we have been cautious while planning our events for Carers Week. Here is a round up of all of our online workshops, groups and activities coming to you throughout Carers Week 2021.



Tai Chi & Qi Gong

Monday 7th June 2021, 11am via Zoom, and again on 14th, 21st and 28th June.

This class is 45 minutes of light exercise, the movements are all about gently moving your body to breathe better and to stretch and loosen your joints. You can sit or stand, there is no lying on the floor and you work to your own level.



Carers Week Quiz

Monday 7th June 2021, 3-5pm via Zoom

Join our hosts Steve and Dan for a carers week special general knowledge quiz. Form teams with other members of your household or play solo and pitch your wits against other local carers and their households.



Carers' Book Club—1st Anniversary Special

Tuesday 8th June 2021, 3-5pm via Zoom

Join us for the first anniversary session of our Carers Book Club. Each month we come together to read a short story and discuss it via zoom.



Baking Easy Flat Breads with Stoneham Bakehouse

Tuesday 8th June 2021, 12—1pm, via Zoom

Join us to make delicious easy flat breads. Simon from Stoneham Bakehouse has a simple and easy recipe, which he will talk us through and we will end up with a tasty flat bread you can enjoy with your lunch.



Carers Weekly Coffee & Chat

Wednesday 9th June 2021, 10.30am, via Zoom, usually every Wednesday morning.

Join us for our Carers Week special Coffee and Chat session for Carers over Zoom. Open to all unpaid carers in the city.

Each week you will be able to meet and chat with other carers from around Brighton & Hove. All sessions are supported by a Carers Centre staff member.

To join in with any of our **Carers Week** groups or activities or to find out more, including support to help access Zoom, please contact

01273 977000 or email info@carershub.co.uk

To find out more about Carers Week www.thecarerscentre.org/carers-week-2021



Digital Resources for Carers

Wednesday 9th June 2021, 2.30—3.30pm, via Zoom

Join us for an introduction to the Free digital resources for Carers provided by Carers UK.

Signing up is Free and Easy, all you need are your name, email address and to create a password. You will not be sent spam emails once you sign up and it is up to you how often if at all you access the resource.

Our Engagement Lead, Steve will be hosting this session, answering any questions and helping anyone who wishes to sign up.



Monthly Meditation Group

Thursday 10th June, 10.30—11.30am, via Zoom. Usually Second Tuesday of the month.

Join us each month to learn about different types of meditation, their benefits to you and how you can include them in your daily life. Each session will end in a guided meditation.



Italy—Mountains, Beaches and Towns—A virtual look

Thursday 10th June, 3—4pm, via Zoom.

Our Engagement Lead, Steve, lived and worked in Italy as a mountain guide for a number of years. Here he will share some of his favourite photos and stories from this time.

A look at some beautiful landscapes and a few humorous tales from the summits to the sea. Let us bring a little corner of Italy to you for an hour.



Carers Surgery with Caroline Lucas MP

Friday 11th June, 5-6pm, via Zoom.

We are delighted to finish off our Carers Week celebrations by welcoming back Carers Centre Patron, Caroline Lucas MP for another coffee and chat session.

Caroline is a huge supporter of our services and joined us last year for a very successful coffee morning where she answered carers questions.

Caroline is welcoming questions in advance, so please submit your questions before 7th June to carersweek@thecarerscentre.org

Answers to the Keep Quiz on page 12—How well did you do?

1. The Mash Tun, 2. Dead Simple, 3. Oh What a Lovely Warr! & Brighton Rock,
4. 5 blue plaques, 5. Carry on at Your Convenience, 6. Annita Roddick and the Body Shop, 7. 1982,
8. Brian Clough and Peter Taylor, 9. The SS Brighton, 10. Julie Burchill, 11. Eastbourne, 12. Sir Winston Churchill, 13. Kenneth Moore, North West Frontier(1959), 14. Mrs Pipchin, 15. BHASVIC,
16. St Bartholomew's Church, 17. Lewis Carrol, 18. Hotel Du Vin, 19. Eric Gill.

While we are still not able to have our usual face to face meetings at venues across the city, why not join us at one of our regular groups over Zoom?

Each is attended by local carers in similar situations and is facilitated by a Carers Centre team member. To find out more about any of our groups, please do get in touch.



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 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, Monthly, via Zoom, next on Monday 28th June

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

To keep up to date with our events please visit www.thecarerscentre.org/events

Coming up at



for brighton and hove



Chair Yoga for All

Every Friday, 11am to 12 noon (starting Friday 4th June for 6 weeks)

Chair based Yoga for all abilities and carers of all backgrounds.

This group will be run by Josetta who has 15 years experience of teaching yoga. So join us for a morning of gentle exercise to improve your wellbeing.

Back By
Popular Demand



Changes Ahead talk from The Keep

Monday 14th June, 10am—11.15am, via Zoom

Join Suzanne from 'The Keep' to find out what 'The Keep' is and does. We will also be looking at the history of Mental Health provision in Brighton and Hove.

This event is open to all Carers and the regular Changes Ahead Coffee Morning will follow from 11.15—12.15, for Changes Ahead Carers Only

Back By
Popular Demand



Classical Music Appreciation Group

**Every 3rd Thursday of the Month starting 17th June 2021
10.30am—11.30am, via Zoom**

Join us for our new monthly group from the Reablement team.

Each month we will come together to share the music we like, look at the origins of classical music and look at what music is.

This group is for anyone with an interest in music (especially classical) who would like to learn more, share their musical likes and dislikes and is up for monthly based music discussions with other carers.

Brand
New
Group



Dancing for Health and Wellbeing

Tuesday 22nd June, 11.15am—12.15pm, via Zoom
(and then again on 29th June, and 6th, 13th, 20th and 27th July)

Rosaria Gracia will be running a weekly dance class for our health and wellbeing! The sessions will cover face yoga, somatic movement (strength, balance & length) and dance from different styles and eras. Join us and other local carers for a morning dance and improve your Health and Wellbeing.

Back By
Popular Demand



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


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

01273 977000