

CARERS

News

Autumn 2021

Young Carers Special
Catch up with all the goings
on this summer from the
Young Carers Project

Plus.....

Latest Carers Centre News,

A look at accessibility at the
Amex Stadium

As well as all of our upcoming
events and groups

Brought to you by:



www.carershub.co.uk/news

Welcome to our
Autumn Edition.....

Hello and welcome to another packed edition of Carers News.

In this issue we catch up with all the goings on at the Young Carers Project over the summer holidays.

We take a look spotting the signs for hearing loss and offer the RNID tips for better communication.

Updates for our working Carers.

We take a look at accessibility at Brighton and Hove Albion's home ground, the Amex.

Updates from the Carers Engagement Project, including info about the new translation feature on the Carers Hub website.

As well as a look at all of our upcoming events and activities.

Hope you have a lovely Autumn and look forward to seeing you in the Winter Edition.

For all enquiries please email
info@thecarerscentre.org

For up to date news stories for carers visit
www.carershub.co.uk/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](https://twitter.com/carershub)

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

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

Dear Carers and Supporters,

We are delighted to bring you news of our return to regular, in-person support for carers this autumn. We have been trialing a number of group activities over the summer and while we are of course being mindful of being as COVID safe as possible, the positive feedback from carers attending has been wonderful to hear!



That being said, we are well positioned to deliver a hybrid service moving forward. The success of our online groups and activities has seen many carers access more support than ever before. We are keen to cater to carers in which ever way suits them best and so you can expect both online and in-person events in the short—and long term future of the charity.

I also want to update you about your role in supporting the COVID vaccination roll-out. Our partnership work with the local authority, NHS and carers' support organisations in East and West Sussex saw over 1,100 carers in Brighton and Hove receive their vaccine invite sooner than they would have based on their age group alone. We have winter planning meetings arranged and will update you as soon as any information about boosters and flu jabs for carers is known.

I hope you enjoy this issue of Carers News and wish you well as the summer draws to a close.

Tom

Working towards face to face meetings

By Steve Castellari, Carers Centre Engagement lead and Working Carers Lead.

With the lifting of restrictions (19 July), we are slowly looking at moving back to face to face meetings. We're not back as I write this but some face to face activities have started to happen.

We know from work we carried out last year that most carers prefer face to face activities but we also know from recent work that carers are wary of just rushing back to physical meet ups.

Safety and Covid security are paramount in any decisions we make about group activities and for some groups we may slowly move into a hybrid method of meeting, with physical and zoom happening at the same time (where it's possible to do this).

We are still working hard to ensure that there is an active programme of activities. Please make sure you are subscribed to our weekly activity sheet or check our events page on the website.

www.thecarerscentre.org/events

The vaccine rollout continues and we may be heading towards a booster programme as well as the seasonal flu vaccination programme. We continue to post information on our website about the Corona Vaccine Programme.



Coffee Mornings

As I am sure you are aware, our coffee mornings had to move online due to the pandemic, with many of you joining us for some great activities such as Tai Chi, Meditation, Dancing, Chair Yoga, Book Club, Legal Workshops plus many more. We are continuing to offer the opportunity to meet up with us and other carers at our Weekly Coffee Morning for all Carers on Wednesdays via Zoom.

Turn to the back pages to see all of our upcoming events and activities



Hooray! Our first activity in real life!!

It feels amazing to be offering small outdoor group activities and trips again for Young Carers after so long. We had amazingly warm, glorious weather during half term for this first trip to Hove Lagoon for an afternoon of water-sports.

After much time wrangling with wetsuits and sea shoes the young carers were ready for their first challenge. The group built rafts using barrels, planks and ropes and competed in teams to see whose raft would make it to the other side of the lagoon and back (a handful of grass to be collected as evidence!). Next stand up paddle boarding (SUP). The group learnt the basics before taking part in challenges including running along all of the paddle boards and jumping off the end—some screaming was involved! For the last activity the instructor confusingly brought out a cup of green liquid. This made more sense when we saw a giant slide in place and realised it was washing up liquid! The YCs rubbed this on their lifejackets making them super slippery in readiness for the giant sliding. Some impressive moves were on display as the YCs dived onto the slide producing some excellent action shots! It was fantastic to see everyone together, safely enjoying some new challenges and much needed laughs. Next up, beach volleyball, sailing, ice creams on the beach and art in the park.

By Cheryl Pierce—Young Carers Support and Outreach worker



Summer Fun with our Young Carers

What a great summer of activities with our 11-13 year old carers despite only being able to offer outdoor activities. The British weather was kind enough to allow all planned activities to go ahead! Water sports fans enjoyed kayaking and paddle boarding at Hove Lagoon. It was great to be on the water again—learning how to paddle, taking part in team races and even playing water volleyball!



Next up was the slightly terrifying Brighton Zip. The thrill seekers amongst the group took up the challenge of flying down the 300 metre zip wire over Brighton Beach. I had to pretend not to be scared as I had told all the young people it was fine! The worst bit was climbing the 32 metre high spiral staircase to the top which was swaying in the wind, before then making a leap of faith off the platform. I was so impressed by all the young carers courage particularly one young man who managed to overcome a real fear and was so happy to have achieved it afterwards. Everyone was buzzing having survived the zip and definitely ready for fish and chips!





Our maker workshop with art company Exploring Senses was a much more chilled event! The young people used 3D pens to create awesome keyrings and objects. We designed our own objects or used templates of our favourite logos to draw over with the pens. This builds a 3D object from the image which hardens to form the fantastic creations you can see in the pictures. We certainly have some great artist and makers in our groups. Using the pens was so relaxing and therapeutic as well as producing some quality products to take home.



We had some other chances to put our creative skills to the test over the summer via our Zoom Workshops. The pop up art Workshop on Zoom with illustrator James Parsons was great fun. Young people were sent a pack of templates to use to create their own pop up characters and worlds. It was very inspiring and gave us a whole load of more ideas for next time. The usual arty gang and some new members also joined us for our regular Comic Club Zooms in which James takes us through how to draw our favourite characters. There is always some very random and funny chat and a great way to meet friends from Young Carers while at home!



It was great to see everyone again—we are planning more activities and hopefully a return to our regular drop in session in the Autumn! See you soon!



Student Volunteers assist the Young Carers Project

Every year we are delighted to welcome students on volunteering placements from Brighton University. This is an elective module that allows university student to become involved with organisations in Brighton and give back to the community while developing skills and gaining work experience.

We were very lucky to have Senthia and Megan on placement with us this last year. They provided incredible support during the pandemic.

Here, we get to learn a little bit about the experience and how our volunteers got on....

I volunteered with the Young Carers Project because I like to work with children and help out. My role at the Carers Centre is creating videos on activities the young carers can do from home. Also, uploading content for the Facebook page on information on young carers and stories.

I've had fun making videos and planning ideas on what activity to do next! It gave me a challenge as I've never tried this before, so I've learnt a lot from this

experience. I've also researched about young carers and what they go through, I found it interesting to read about their roles and their amazing skills.

Volunteering with the Young Carers Project has helped me build on my communication skills. I love being creative when doing art & crafts and baking. I've really enjoyed my experience so far and I'm glad to volunteer at the Carers Centre!

Senthia

Upon entering my second year at university, I was offered an exceptional opportunity to volunteer within the community of Brighton. We were given a leaflet of our options and Brighton Young Carers Project stood out to me in bright flashing lights. I figured this was my opportunity to give back to an organization that helps so many young people and adults with assumed caring responsibilities.

As a young adult carer, I knew first-hand the remarkable work the Young Carers Charity did to support young people with very important adult responsibilities. To be a young carer is no easy task, and I am very proud to have been apart of a very special charity.

My role during my placement was to help monitor the Instagram Account @Brightonycp, trying my best to fill it with some positive memorabilia, supportive links, and blooming media. My one goal? To spread positivity and awareness to all our followers, hoping to give them insight to information and links

that might prove useful in someone's day to day.

My volunteer role with Brighton Young Carers project has opened doors to some more incredible opportunities – Such as now becoming a voice in Carers Trust – Finally getting my voice out there. It has been a passion of mine to one day give back to the charity, and to help support and guide young carers across the country. I am humbled to admit, what started off as just a module selection for my degree, has now completely changed my views and opportunities of the future. Working with BYCP has been an honour and an experience I will hold close and dear to my heart. To everyone I have had the pleasure of meeting and interacting with, I say thank you for your hard work, your support, and your drive to make this world a better and stable place for the young carers of today; And to all the young carers I have interacted with through the Instagram page, **keep being awesome! We see you; we hear you; we support you!**

Megan Glendon: Student Volunteer from Brighton University.



Trustees Wanted for the Carers Centre for Brighton & Hove

The Carers Centre for Brighton and Hove is our city's local, life-changing carers charity. Since 1988, our team of professionals and volunteers have been providing unpaid family/friend carers with emotional support, information and a well deserved break from their caring role.

Being a trustee of a charity is rewarding and a great opportunity to get involved in the local community. We are fortunate to have a diverse and dynamic board of trustees at present. However, we would be interested in receiving new applications from those with skills and experience in the following area(s): Finance, Equalities.

If you are interested in applying please download a Trustee Recruitment Information pack from our website www.thecarerscentre.org/volunteer

Carers and Hearing Loss

Unaddressed hearing loss not only affects a person's life directly, but it can also lead to indirect negative consequences such as social isolation. Moreover, research shows that there is a link between unaddressed hearing loss and dementia.

Spotting the signs

If a person depends on someone else to care for them, they might not notice hearing loss themselves. That is why it is important to stay alert for common signs that might indicate that a person has hearing loss. The list below is not exclusive, but it includes some common signs that carers can look out for.

They think you are mumbling

They set TV too loud

They shout or whisper

You need to repeat things

They watch your lips

They find it difficult to follow conversation

If you notice any of these signs, it is good to consult a GP to assess the person's hearing. It might just be ear wax that blocks the ear canal or an ear infection that causes temporary hearing loss. However, it could also be that the person is starting to lose their hearing, for example, due to ageing. Hearing aids can help manage hearing loss.

FREE online Hearing Check

Check if your hearing is in a normal range or if you may have hearing loss.

Please note: this is not the same as a full hearing test carried out by an audiologist (hearing specialist), but it is a quick and reliable way to find out if you need one.

www.rnid.org.uk/take-online-hearing-check

Remember that people who are deaf or have hearing loss have individual communication needs and you should ask someone how best you can communicate with them.

Not every tip shown here will be appropriate for every person who is deaf or has hearing loss. Be patient and considerate, it is a stressful time for us all, but people with deafness and hearing loss who rely on facial expressions and lip-reading are finding things difficult especially right now.



Re-phrase

If someone doesn't understand you, repeat what you said or phrase it differently, use plain language



Face to Face

Make sure you are facing the person you are talking to and speak clearly—avoid shouting and speaking too fast or unnecessarily slow



Interpreter

If they ask, speak to a relative or friend



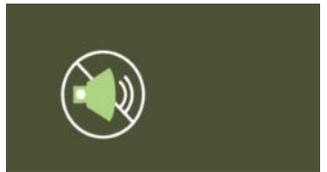
Write it down

Use a pen on paper, text on device screens or whiteboards



Full attention

Use simple gestures such as pointing or waving to get someone's attention



Background noise

In a noisy place, move to a quieter area if possible

For more information, please contact the national information line:

Call: **0808 808 0123**

Textphone: **0808 808 900**

Email: information@hearingloss.org.uk

www.rnid.org.uk

Working Carers



Working Carers Coffee Evening

Working Carer Coffee evenings have continued on a monthly basis, usually on the last Wednesday of the month in the evening.

Where possible we have had a guest speaker to give us an update on the world of work and see how it tallies with carers experiences.

Please see the back pages for more information.



A new service has been launched by Albion in the Community, which is designed to help people to get back into work. It is not carer specific but applies to all seeking a return to or starting work.

You can find details by putting this link in your browser

www.albioninthecommunity.org.uk/forward-your-career-programme



Don't forget that Carers UK provide the Digital Resource for Carers which has a complete section on working and caring, including return to work or thinking of leaving work.

If you want to access these Digital Resources for Carers, please follow this link and use the access code BHCC_JT75

www.carersdigital.org/local/iomad_signup/signup.php

For working carers, those seeking to return to work and employers



To support carers including working carers, we have added some new 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:

www.youtube.com/channel/UCg8TNCzvCAFBdmK7D2sX85A

We have recently added an explanation and look at the Digital Resources 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 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 [LinkedIn channel](https://www.linkedin.com/company/the-carers-centre-for-brighton-&-hove-limited/?viewAsMember=true) <https://www.linkedin.com/company/the-carers-centre-for-brighton-&-hove-limited/?viewAsMember=true>



Since the launch in September of last year, we now have nearly 400 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. Follow us or let your employer know about it if they are connected on LinkedIn.



Brighton & Hove Albion and the Amex are now more accessible than ever

Since gaining promotion to the Premier League, Brighton and Hove Albion has been concentrating it's efforts on further developing accessibility at the club's Amex Stadium.

One aspect has been the recently launched 'Inclusion Room'.

The Inclusion room is more of a stepping stone to help supporters who may struggle in large crowds, to slowly introduce themselves into this environment.

Pre-Covid there are a maximum of 3 supporters + carers in the room. The space is also available for families if they wish.



The Club are encouraging supporters to get in touch if they feel that the inclusion room may help with introducing football to a persons life. This fantastic facility has already been a great success and the club would like to continue this.

To get a flavour for what the room looks like itself, please take a virtual tour hosted on the B&H Albion Youtube Page https://www.youtube.com/watch?v=A31oPzVk60k&ab_channel=OfficialBrighton%26HoveAlbionFC

Things at the Amex don't stop at just the inclusion room, the stadium is set up fantastically to offer easy access to all.

727 easy access seats with minimal walking/ steps from concourse to seat.

221 wheelchair spaces with 185 in general admission areas (this includes pichside seats and the option of raised platform)

37 accessible toilets located around the stadium as well as a **changing places facility** located in the East Statnd which is open 365 days a year 24 hours a day.

For Blind or Visually Impaired Supporters

They offer an Audio descriptive commentary service, commented on by in-house commentators. Equipment can be collected at the accessible ticket office window on a matchday.

For Deaf or Hard of hearing supporters

The seating areas within the stadium are fully covered by a radio-based assistive hearing system, designed for those with Telecoil hearing aids, with the 'T' setting. Allowing supporters of varying hearing impairments to listen to both safety and matchday announcements. Equipment can be collected from the accessible ticket office on match days.

Assistance Animals are welcome in the stadium, please notify prior to matchday.

Parking

Accessible parking is available to supporters at a rate of £7.50, blue badge required, please arrange in advance.

Accessible Shuttle Buses

2 accessible buses on a matchday bringing disabled supporters from Sussex Uni car park to the Amex and back again after the final whistle.

To find out more about Disability and Accessibility at Brighton and Hove Albion please visit this page on their website:

<https://www.brightonandhovealbion.com/club/club/disability-accessibility>

Season Ticket Prices can be found via the Season Ticket Page on their website.

<https://tickets.brightonandhovealbion.com/>

Free Carer Tickets to see Brighton and Hove Albion

Did you know.....

Carers of supporters with a disability may be entitled to a free carer ticket to support their cared for at Brighton and Hove Albion football matches.

Supporters with a disability may be entitled to a free carer ticket.

B&H Albion accept the following documentation to qualify for the free carer or PA

- Personal Independence Payment (PIP)
- Attendance Allowance (AA)
- Severe Disablement Allowance (SDA)
- War Disabled Pension
- Certificate of Visual Impairment (CVI 2003)
- Disability Living Allowance (DLA) middle to high rate.

If a supporter was receiving a PIP payment, but they were then stopped at the next assessment, a form can be provided which would need to be completed by a GP, it will then be reviewed to see if the supporter still requires a carer ticket.



**Wishing the club all the best
for the coming season.
"Up the Albion"**



Carers Voice and Carer Awareness Training

The Carers Voice Group met in early August and we discussed Carer Awareness training that we are developing. The CV group looked at our "General Training" while the monthly working carers group looked at the "Employers Training".

Two other sets of training are also being developed, one for Education providers and the other for Healthcare providers. I would like to thank everyone that attended and contributed.

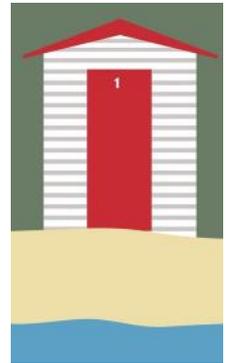
New group members are very very welcome, whether you are new to caring, very experienced or an ex-carer, we need your voice to be represented from across all our diverse and wonderful communities. You can get involved by email, phone, zoom or in person (when these start again).

Email steve.castellari@thecarerscentre.org to join the group or for more information.

Stalls and Stands

We were recently at Brighton Pavillion Gardens for a charity day and we hope to also have some time at the police "Beach Hut" on the seafront later in the summer.

If you are an employer, a community group or other organisation and you want us to host a stall at your venue, please call to discuss. We can also run virtual events and Question and Answer sessions. If you represent a group where English is not the main language, please contact us to learn how we can engage with you via community advocates and translators.



Brighton & Hove's new 5 year adult learning disability strategy 2021-2026

The new 5 year adult learning disability strategy is in the latter stages of being finalised. Once this has been completed, the strategy will be launched and six workstreams will become active which will drive a particular section of the strategy forward.

The six areas being worked on are: Activities Work and Learning. Health and Wellbeing. Housing and Support. Information and Advice. Transitions. Relationships, Friendships and Feeling Safe.

More information will come out in due course about how carers can be involved.

With Carers Engagement Lead Steve Castellari



Carers App to stay connected

One item that was mentioned by a number of carers responding to our Digital Engagement survey in the summer of 2020, 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.

Update: before we commit to this app, we want to ensure that it will be useful to you. We will be running a very quick survey in the near future to gather your thoughts. The survey will be sent out as part of our weekly activities and also as a separate email.



Translations (including on our website)

Brighton and Hove has a diverse population with English being only one of many languages that are spoken by residents. We are pleased to now have a translation tool on our website page. You can find the 'translate' button at the bottom of each page at www.carershush.co.uk

We want to hear your *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 next edition of Carers News. The winner will be notified by us before the edition is launched. Entries must not contain personal information with 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 address below.

The prize draws 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 or by post to Steve Castellari, The Carers Centre, 18 Bedford Place, Brighton, BN1 2PT

Information Events for Carers



Energy Saving Workshop

Monday 18th October, 11am—12 noon

Those crisp autumn mornings are here already but it's not too late to start thinking about how to make your energy and water use more affordable. Rebecca Jones, from the charity National Energy Action, will be here to help us find more.

Wellbeing Activities for Carers



Tai Chi & Qi Gong

Every Monday, 11am via Zoom

Join us for some light exercise all about gently moving your body to breathe better and to stretch and loosen your joints. The tutor will guide you through exercises you can remember and practice on a daily basis for enhanced wellbeing.



Monthly Meditation Group

Every 2nd Thursday of the Month, via Zoom

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



Carers Wellbeing Walking Group

Usually last Wednesday of the month, locations throughout the city.

Join us as we enjoy a short walk in beautiful surroundings followed by a wonderful chat and a coffee or hot chocolate.

Please get in touch to find out where we will be walking this month!

Interest Activities for Carers



Carers' Book Club

Every 2nd Tuesday of the Month, 10.30-11.30am

Join us each month for our Short Story discussion group. 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 this month's text.



Music Appreciation Group

Every 3rd Thursday of the Month, 10.30am—11.30am via Zoom

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

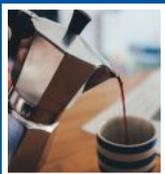
Monthly Support Groups at



for brighton and hove

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, 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

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



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


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

01273 977000