

CARERS

News

Winter 2021

Catch up with all the events and activities from the Carers Centre

And...

Carers Rights Day review

Carers Stories

Young Carers Project

Plus much more....

Brought to you by:



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

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 welcome to your Winter edition of Carers News. As the weather chills down and the nights are darker, we look at some of our events and activities from the past few months, including our Carers Rights Day celebration.

We will be learning about a new programme where we are collaborating with other Carers Support services in Sussex.

Catch up with all the goings on from the Young Carers Team, with in-person and virtual meet-ups.

And of course, our upcoming events for you to get 2022 started.

We wish you all the very warmest festive wishes and look forward to seeing you all again next year.

For all enquiries please email
info@thecarerscentre.org

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

Dear carers and supporters of our charity,

Welcome to your winter issue of Carers News. As we move into the colder months it's important that we continue to support the carers already known to services and identify those who are still 'hidden'.

That is why The Carers Centre for Brighton & Hove has teamed with Sussex Health and Care Partnership and the other carers' support organisations across Sussex in developing our winter awareness-raising campaign. The campaign runs until the end of February 2022 and comprises three simple messages:

* **Be Protected** - consider boosting your immunity with the flu and COVID-19 vaccines. All carers aged 12+ are now eligible for a COVID-19 vaccine and a booster 6 months after your second jab. See this website for details - www.sussexhealthandcare.uk/keepsussexsafe/sussex-covid-19-vaccination-programme/

* **Be Healthy** - contact us for support and ideas on how to make time for yourself and stay connected. Phone Carers Hub on 01273 977 000 or email info@carershub.co.uk

* **Be Prepared** - Plan for events which may affect your caring role. In Brighton & Hove, this is known as an Emergency Back-Up Plan. Contact Carers Hub via the details above to start your plan or to review an existing plan.

Everyone at The Carers Centre for Brighton & Hove wishes you a happy and restful holiday period and we thank you for your ongoing support as we move into 2022!

Best Wishes,

Tom - CEO



Help us to help all unpaid carers

STAY WELL THIS WINTER



Be protected

Consider boosting your immunity with the flu and Covid-19 vaccines.



Be Healthy

Contact your local Carers Organisation for support and ideas on how to make time for yourself and stay connected.



Be Prepared

Plan for events which may affect your caring role and find out if you can get financial support to keep you well and warm.

If you look after a relative, friend or neighbour, we would like to encourage you to focus on your wellbeing, improve your physical health and maintain social connections.

This winter there is more need than ever for you to look after yourself and the person you care for. Colds, flu and being able to stay warm at home can all affect your ability to stay well.

Contact your local carer organisation to register yourself or get information for someone you know.



for brighton & hove

The Carers Centre for Brighton & Hove
18 Bedford Place,
Brighton
BN1 2PT

01273 977 000
info@thecarerscentre.org
www.thecarerscentre.org

Registered Charity No.1015728



Amaze Supporting Parent Carers
Community Base
113 Queens Road
Brighton
BN1 3XG

01273 772289
registration@amazesussex.org.uk
www.amazesussex.org.uk

Registered Charity No.1078094

The Carers Centre for Brighton and Hove is partnering with Carers Trust in the 'Making Carers Count' programme, developing support for Ethnic Minority Carer Communities across Sussex.

As the Sussex Carers Partnership, we understand how crucial it is to work together and involve unpaid family and friend carers, in the design and delivery of local carers' support services.

We are therefore pleased to announce that as part of The Sussex Carers Partnership, (The Carers Centre for Brighton and Hove (CCBH), Carers Support West Sussex (CSWS); Care for the Carers (CFTC, East Sussex), we have secured funding from Carers Trust to help develop services that will address the barriers and challenges and needs experienced by under-represented carers from minority backgrounds across Sussex.

Over the next two and a half years (2021-2024), we will utilise carers' experiences to support ethnic minority carers to access essential services, expand and develop new specialist services and work with health and social care providers to remove barriers to support.

Through the 'Making Carers Count' programme we will deliver:

- Improved and better access to information, advice and services (including translated resources) that will help carers manage their caring role and situation.
- Increased carer identification through delivery of Carer Awareness training for local health and social care workers designed and delivered by carers.
- Delivery of specialist training for carers to help support and maintain their physical health and wellbeing and help to build up their resilience.
- Culturally specific and/or language matched counselling support (presently, this service is only available to carers registered with Carers Support West Sussex)

We welcome and look forward to meeting carers within the community who are interested in joining our Sussex Carers Reference Group, which has been specifically set up to support this programme.

To join, or to just find out more, please contact your local Carer Voice Network Contact.

Brighton and Hove email: steve.castellari@thecarerscentre.org tel: 01273 746222

Questions for us?

If you have any general questions about the 'Making Carers Count' project, please get in touch with the lead organisation: Carers Support West Sussex (0300 028 8888 or email info@carerssupport.org.uk with subject line 'Making Carers Count'. For all other questions please talk to your Local Carer Voice Network contact.

About Making Carers Count

Making Carers Count is led by Carers Trust and delivered in partnership with its network of partners (local carer organisations) and Carers UK. The project will run until March 2024. Making Carers Count is funded by the Covid-19 Support-Fund.

Back to in-person information events with our Carers Rights Day Afternoon

By Sarah Hirschfield, Primary Care Link Worker

On November 25th, we were lucky enough to be able to welcome carers to one of our first in-person events this year to help us mark Carers Rights Day. We were hosted by the wonderful team at the vibrant and colourful St Augustines Art and Events Centre



“Thank you for organizing this event. Always great to attend and always so well organized.”



Carers came together (in a Covid safe capacity) to help us to mark Carers Rights Day.

Carers were able to join a talk about social prescribing from Together Co, and Brighton and Hove City Council’s Welfare Rights Team were talking to carers around the issues of Benefits.

Also present was the NHS Public Engagement Team, seeking the views of carers about planned care appointments.

Carers could have tea and cake and meet with staff and chat with each other, making up for some of the missed informal in-person peer support we are

“Thank you very much, feels great to come to carers meeting place.”



“Lovely Cake, Great Advice”

“Very welcome and useful”



At the end of the sessions we gave all carers a free goody bag with useful information and two free tickets to Paradise Park, kindly donated to us by Tates Garden Centre, along with the New Encyclopedia of Brighton and Hove, another kind donation from the libraries team. We also enjoyed a delicious cake donated by Flour Pot Bakery.

“The event was very well organized. The Carers Centre Staff were friendly and very helpful!”

A big thank you to all those that attended, it was a wonderful afternoon with great conversation, useful information and yummy cake. We are looking forward to being able to welcome you to more events like this in the coming year.

“Its nice to meet people again to get ideas!”



To find out more about Carers Rights Day and the work of CarersUK, please take a look at their website:

www.carersuk.org/news-and-campaigns/carers-rights-day

Free Digital Resources for Carers

Carers UK provide the Digital Resource for Carers, which provides a wealth of information suitable for all carers. It is completely Free to sign up for and you only need an email address, create a password and the code shown below.

The DRC also has a complete section on working and caring including returning to work or thinking of leaving work.

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

Find out more at: <https://carersdigital.org>

Learning Disability and/or Autism Peer Support Group

Several peer groups have expressed a desire to return to face to face meet ups and we have been exploring several possible venues. Dependent on any new restrictions that may come into force, we are planning on holding the Learning Disability and /or Autism group at the end of January as a physical meet up in a central Brighton location. Watch for our weekly activity sheets in January for details.

Working Carers Group

The working carer group is dependent on finding a suitable venue that is open in the evening and we are examining options and will let you know as soon as we can if the group changes to a physical meetup.



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 are offering one **£20 prize token** with the winner being chosen at random from the entries received. The stories will be published in upcoming editions 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



For Young Adult Carers transitioning to university can be an incredibly difficult time. New challenges emerge both around managing their work load as a student, finding their way as a fresher, as well as juggling their caring role. We've been working closely with the wonderful sabbatical officers at Brighton University Student Union to make sure that student young carers are more easily able to access help and support.

Last term all Brighton SU staff undertook carers awareness training, and this term the team have been running a whole month around disability and carer awareness culminating in a coffee morning at the Lewes Rd campus and student information stall at the Falmer campus. SU President Sufia Begum has been taking the issue of Young Adult Carers rights to various teams at the university and the whole sabbatical team have been fantastic in promoting YAC rights on campus. Great work Brighton University!



Community recipe book Available Free online

A collection of simple to follow healthy recipes for those on a budget.

Chomp Moulscroomb run a lunch club for families feeling financial pressure in the school holidays.

'Chomp Moulscroomb—Recipes for our community' is a great book, packed full with tasty and nutritious recipes, great tips, and lovely photographs. Download your copy today and get cooking.....

During the Pandemic, Chomp were asked by families they support for a recipe book to help them cook healthy meals on a budget, so Chomp Moulscroomb partnered with the East Brighton Trust and other local organisations to create one.

To read the 'Chomp Moulscroomb recipe book visit www.eastbrightontrust.co.uk/chomp-recipe-book.html

To find out more about Chomp Moulscroomb, visit: www.goodnewsbrighton.com/project/chomp/



Teen & YAC Memories of Summer

By Paula, YC Support Worker

So, the Summer was a strange affair unfortunately dominated in parts by Covid, not only did I finally succumb, but also workshop facilitators and young people.

However, it wasn't a complete wash out (despite the rubbish weather!) We ran a series of 4 workshop together with Jess from the Centre for Ecotherapy for Young Adult Carers, giving them the space and freedom to enjoy being in a beautiful green space up at Stamner Park. We built fires, cooked pancakes and pizzas, whittled spoons and mostly threw axes! Such an excellent activity for your wellbeing!

The teen activity was also postponed to October but we did run a fantastic cake challenge and I think you will agree from the photos, there were some pretty fantastic cakes made. What a talented bunch, my only disappointment was that I didn't get to eat a single slice!



It has been great to be out and about with the young people we support again, doing 1:1's and group activities but we will continue to run some digital activities for those who are more comfortable with this.



Young Carers Speaking Out

It is one thing for adults supporting young carers to speak out for young carers rights, it's quite another to see empowered young carers speaking out for themselves to demand change direct from government.

Last week two of our young carers – Becca (10) and Ariella (11) – did just that!

Becca and Ariella joined a group of around 20 young carers from across the country to speak directly to The Children's Commissioner about young carers rights.

Dame Rachel de Souza, the current commissioner, is seeking to gather the views of young carers off the back of the Big Ask, a national survey of the experiences and wellbeing of young people. The Children's Commissioner can use both research and data, as well as oversight and pressure to ensure that the current government is prioritising the needs of young people. She feels that young carers are a group where there is still a long way to go!

Considering the age of the young people the questions and points they were made were phenomenal – ranging from the need for young carers to be adequately supported in school, the lack of young carers assessment through to the importance of early support for young carers mental health. Both Becca and Ariella spoke on the experiences of being sibling carers and the impact of the current pandemic.

We were incredibly proud of both of our young people and the Commissioner left the meeting with promises to do further research and ensure the voice of young carers is represented at the highest levels of Government. Thanks to our colleagues at Caring Together in East Anglia for organising this.



Creativity and Self-care Course for Carers

By Jackie – Senior Carers Support and Outreach Worker

A joint project by The Carers Centre and Brighton and Hove Recovery College, part of Southdown.

The **Recovery College** offers educational courses as a route to recovery from mental health challenges, provided in partnership with the Sussex Partnership NHS Foundation Trust and as part of the Community Roots network of mental health support. All courses are free, and are designed and delivered by people with lived experience of mental health challenges (Peer Trainers), together with clinical staff and other professionals. All courses are open to anyone who feels that they could do with some support with their mental wellbeing – most of us!

In partnership, we have been running a 6 week, 2- hours a week course for carers since mid-October. The idea was a simple one – give carers an opportunity to set time aside for themselves and engage in activities which can enhance their wellbeing. We all know as Carers, it is imperative that we look after and nurture of ourselves in order to be able to support those we take care of. The course incorporates elements of self-care

and creativity. Each week we explore a different element of self-care and set time aside to engage in an art activity such as still life drawing and clay modelling. We have been lucky enough to run the course face-to-face at the Learning and Community Hub in Fredrick Place, following strict Covid guidelines. The feedback from the carers has been very positive, with everyone finding that taking time for themselves is very beneficial on many levels.

The course will run again in the Spring term and we can support you with applying for it or any other course offered by the Recovery College.

You can find a copy of their most recent course brochure by following this link www.southdown.org/recovery-college-brighton-hove

For more information or to register your interest, please contact Carers Hub on 01273 977000 or email info@carershub.co.uk. We will get in touch with you in January when the new term starts.



Carers STORIES

Local unpaid Carer Robert and his daughter Emily performed a piece for a London Arts Festival at Tower Theatre, Islington, entitled 'Love and Survival' about coming out of the lockdown.

From the Festival Programme:

Emily & I

Created and performed by Robert and Emily Ashby.

A conversation remembering the first Covid lockdown together looking through photos taken at the time, evoking how a young autistic woman and her single parent carer survived the isolation together and helped her to learn better when she returned to college.

The presentation was within a series of events under the title 'The Parenting Project' curated by Angharad Ormond, one of the directors of the festival.

Here are some of the photos we used on stage.



We want to hear your *Carers* STORIES

Tell us your carers story, 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 a photo you have taken that means something to you.

Turn to the bottom of 8 for more details.

Monthly Community Coffee Morning



Welcoming you back safely to face to face carer groups

In September we launched our brand new face-to-face monthly Carers Coffee Morning at the Flying Saucer Café in the Open Market. It was wonderful to be able to spend time together in person again and catch up over a delicious hot drink.

Some carers had never met before while others had built up relationships over the past 18 months in some of our Zoom Groups and were so excited to be able to meet face to face and the conversation flowed.

The staff at the Flying Saucer were really welcoming and attentive and before we know it the hour and a half was up!

"The Coffee Mornings are very important opportunities to meet up with other carers. Life can be lonely caring for someone."

Our Community Coffee Morning is on the Third Tuesday of every Month, at the Flying Saucer Café in the Open Market, 10.30am—12 noon. With the next on Tuesday 18th January and again on Tuesday 15th February 2022.

If you would like to join us, please get in touch to book your place, email info@carershub.co.uk or call us on 01273 977000. Spaces are limited so please book early to avoid any disappointment.

To find out about all of our upcoming events in-person and online, simply visit our website www.thecarerscentre.org/events or contact **01273 977000** for a print copy of our Weekly Update.

Carers Baking Workshop

as part of the Ageing Well Festival

During the pandemic, when we were all working online and running groups via zoom, we hosted a very successful baking workshop with Simon from Stoneham Bakehouse. Simon designed an easy flat brad that he could teach us over Zoom, where we had time to make it and bake it—the results were amazingly tasty!

So as we eased out of lockdown and the Ageing Well Festival was being planned Simon and I thought it would be an excellent opportunity to bring carers into the bakery and have a hands on experience of making and baking bread.

These Baking Workshops were one of our first in person events post lockdown and we were really excited to meet with carers face to face. It was great to be in the Stoneham Bakehouse kitchen, it was well laid out for us all to enjoy the afternoon baking safely.



“It was a great afternoon. My family were astonished when I presented the bread I had made! “

The kitchen was soon filled with mixing, kneading, chatting and drinking tea. The smell of baking and getting to taste the bread and take some home was even better.



As you can see from our pictures, everyone got stuck in, showing how trying new skills and being around others is great for our wellbeing.

“A fantastic break for me to get away from my usual routine and immerse myself in the magical world of baking”

Thank you to all the Carers who came along and a special thanks to Simon at Stoneham Bakehouse for sharing his love of bread making and imparting his knowledge and top tips to all.



To find out more about Stoneham Bakehouse, visit their website, stonehambakehouse.org.uk

In-Person Events for Carers



Carer Community Coffee Morning

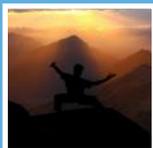
Usually every Third Tuesday of the Month, 10.30am-12 noon

Flying Saucer Café, Open Market, Brighton

Join us at our new Community Coffee Morning, as we step back into meeting face to face with carers from across the city.

This is a bookable event only (no drop-ins) with 10 places available.

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 months 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.

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



Carers Legal Clinics

We are very pleased to be able to offer a monthly legal clinic here at the Carers Centre thanks to the very generous Martin Searle Solicitors, Renaissance Legal and SMR Solicitors donating their time and expertise.

Between them they are able to provide assistance and advice on a range of issues pertaining to caring, for example, Power of Attorney, Court of Protection, Mental Capacity, Accommodation and Wills.



We are currently taking bookings for telephone and zoom appointments. If you would like to take advantage of this service, don't hesitate to call or email us to book an appointment on 01273 746222 or email info@thecarerscentre.org.



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



Do you want your voice heard about Carers Issues?

And to help shape services in the city and have a voice across the whole of Sussex

Why not join our Carers Voice Group?

The amount of time you give to the group and how you interact within the group is completely up to you. When we have questions to ask the group, we arrange a meeting (online or in-person) but for anyone unable to join this, we can arrange a phone call or ask your views via email or post.

We normally meet every three months to discuss issues and research that relate to carers in the city and we then pass any relevant solutions back to the organisation that has asked for the research.

Organisations asking us to research and give our input include:

- Brighton and Hove City Council,
- The Clinical Commissioning Group,
- The NHS,
- The Carers Centre's own internal research.

We never pass on any details that might lead to a group member being identifiable, rather, we reply to questions as a group

As an example, a recent meeting looked at:

- Welcoming new members
- Looking at upcoming projects where you can be involved and help shape the outcome - two examples are below:
 - A project increasing our connection across the whole of Sussex including with groups that are under represented and how we can co-produce solutions.
 - Thinking about a project from the council examining your views about homecare services that are provided by the council.
- Having a Q&A session and looking at how you want to be represented moving forward
- Thinking about anything else of interest as we move into 2022
- and.....Having a social chat if we have time.

For more information and to find out about taking part in upcoming sessions , please contact steve.castellari@thecarerscentre.org or call 01273 977000

We look forward to seeing you soon!



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


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

01273 977000