



CARERS

News

Spring 2022

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

And...

Self Care Month 2022

Young Carers Project

Upcoming Events and Activities

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

Spring Edition.....

Hello and the warmest of welcomes to our
Spring Edition of Carers News.

As the weather turns for the better, in this
issue we look back at fun times had by our
Young Carers, and Young Adult Carers over
the winter months.

We can keep ourselves safer at Home with
the help of East Sussex Fire and Rescue
Service.

Take a moment to look at Self Care for Carers
for the upcoming 'Stress Awareness Month',
with our top tips for looking after yourself as
a carer.

As well as all kinds of ways you can get
involved and help to form future services
and as always, all of our upcoming events
and activities.

Hope you all have a lovely Spring and we will
see you again in the Summer.

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 we move into what's shaping up to be a sunny start to spring, I write to thank you for all of your support of our Stay Well This Winter campaign. Its impact has been seen across the board with referral numbers going up and an increased level of engagement from carers that hadn't been accessing services in a while. It's well worth pointing out too that an incredible 290 carers attended online or in-person events during the campaign which ran from 1st October to 28th February.



The campaign to raise carer-awareness never stops though of course. We are keen to embed carers' views and the promotion of their needs at every level of the new NHS Integrated Care System that officially forms on 1st July. We will keep you posted about developments in that regard and I would urge carers to consider joining our Carers Voice group (see page 15) to ensure that you have your say.

Lastly, I look forward to seeing a full report on our recent Young Carers Action Day event in the next issue of Carers News. It was a fantastic evening of celebration so a big thank you to the families that joined us and great credit to Asher, Ruth, Katies and the Young Carers Team for making it such a success.

Best wishes,
Tom

SELF CARE

Self-Care for The Carer: Stress Awareness Month 2022

Did you know that approximately 6.5 million people in the UK provide unpaid care for a loved one or friend?

As fulfilling and rewarding as it can be, it can take its toll on your own health. Whilst you focus on providing the best standard of care you can, you may often neglect your own needs whilst being faced with a range of potential frustrations and challenges.

As we say on our website, “Many carers can find themselves understandably overwhelmed by the pressures a caring role can bring. Perhaps they struggle to enjoy a life outside of caring or are impacted physically and emotionally by the role.”

This is when the old adage stands true. You need to put your own oxygen mask on first if you want to continue to be a carer without reaching burnout or suffering from carer depression.

This Stress Awareness Month 2022 (April), we want to show carers of all ages how they can balance the demands being placed on them and thrive in their caring role.

Here are some of our suggestions:

1. Share how you are feeling

Caring for someone you love may not always be easy and can trigger a variety of feelings that you might not know how to cope with.

Talking to someone you trust such as a family member, friend, carer’s support group or someone at The Carers Centre may make things more manageable. The friendly team here are skilled at listening and empowering carers to take back their independence and grow their resilience to the demands being placed on them.

If you’d prefer not to involve family or friends, consider joining one of the many online support groups that can provide the support you need at the touch of a button.

Excellent options include:

UK Carer’s Forum, Health Unlocked Care Community, The Samaritans

2. Find out what help is available

Many carers believe that they have to shoulder all the care burden or that asking for help is a sign of weakness or an inability to cope. Yet seeking help could be key to ensuring your loved one receives an outstanding level of care whilst reducing your stress levels and making it easier to cope.



If you haven't already, contact Carers Hub for a free carer's assessment. Their team will chat with you over the phone or face to face to discover how caring might be affecting your physical and mental health, work, free time and relationships. They can also offer solutions such as respite care, information, help with caring or suggest essential equipment that could make your life easier.

Contact the adult social services department or children with disabilities department at your local council and ask about the assessment today.

3. Adopt a healthier lifestyle

If you're not taking care of yourself, you won't be able to take care of someone else. However, when you're a carer, this can be a big struggle. You're short on time, juggling multiple responsibilities and so often choose convenience over health.

As a result, your energy levels, mental health and overall wellness could often be affected and you could find yourself struggling to keep up with the demands of your unpaid caring role.

But it doesn't have to be like this- here are some easy ways you can adopt a healthier lifestyle, even if time is an issue.

Eat a balanced diet rich in fresh fruits and veg, wholegrains, proteins and fats. Avoid junk foods or highly processed foods.

Get moving. Exercise gives you a mental escape and can be a great stress reliever. Find something you love to do then make it part of your daily routine, whether that's simply taking a walk in the local park, heading to the gym or taking part in a team sport.

Get more sleep. Many of us don't sleep enough and end up making our mental health and stress levels even worse. Aim for 7-9 hours per night.

Practice stress management techniques. You can manage the pressures you're under by practising meditation, tai chi, yoga, breathing exercises and journaling.

SELF CARE

4. Reclaim time for yourself

Caring for someone can be so intense that it's easy to forget that you're a separate person away from this role. Maintaining this part of your life is key to managing your stress levels and independence and ensuring you live a happy and fulfilled life too. By doing so, you'll breathe new life into your day, break from your routine and help you feel better able to cope with the demands being placed on you.

Consider asking yourself, "What did I use to enjoy before I became a carer?" or "Are there any new interests or hobbies that I'd like to pursue?" then find the time to enjoy it. Our Reablement Project can support you to do this by matching you with a skilled volunteer.

You might need to rely on home care, respite care, help from a family or friend or other assistance to do it, but it's well worth reaching out.

5. Speak to your school or employer

Whilst you don't have to speak to your school, university or employer about your home life, doing so can help them understand what is happening in your private life and provide the support and flexibility you need. This could include adjusting your hours, changing your workload or allowing you to work or study from home, depending on their needs.

As Action for Carers says, "Some companies have carers policies for example, or workplace carers support groups. The help you need could be very simple and easy to arrange – e.g. access to a private room to make calls."

6. Find extra help if you need it

Feeling hopeless? Anxious? Tearful? Overwhelmed? Frustrated? If so, you should consider getting extra help and support to ensure your mental, physical and psychological health don't suffer as a result of your caring role.

Remember- there's no shame in asking and it's not a sign of weakness or that you can't cope. Besides, there are many resources out there that have helped people just like you get through the same thing. This could include general support and advice, lifestyle advice, counselling and perhaps even medication if required.

Speak to your GP or support team or get in touch with us here at The Carers Centre today on 01273 746 222 for help.

MAKING CARERS COUNT

Working in partnership with Carers Trust

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 for Brighton & Hove

Steve Castellari

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.

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.



Winter Fun at Young Carers (11-13 years)

It has been great that we have been able to continue offer activities and groups and 1;1 sessions in person during the Autumn Winter months despite the challenges constantly presented by Covid.

During October Half term the 11-13 year old carers enjoyed some epic climbing at High Sports in Withdean. This was a chance to challenge themselves with the encouragement and support of friends tackling tackling bouldering, clip and climb challenge and ropes course. A great way to build confidence and great exercise!

Some fantastic creative skills were on display in our half term silk clay workshop. The young carers created tiny sculptures to make keyrings, bottle necklaces and matchbox artworks.





It was great to see so many young people attending our Christmas events for 11-13's after last years lockdown Christmas. This year we ran two bowling parties at the Hollywood Bowl, Brighton Marina. The young carers enjoyed bowling with their friends followed by a meal in the diner. Christmas goody bags and Santa hats included of course!

With new carers being referred all of the time we are regularly running new members events. In September and January, we met at Jojos Gelato for delicious ice cream and waffles. A fantastic way to get to know each other. The giant waffles with strawberries, chocolate and ice cream are highly recommended!

January saw the long-awaited return of the young carers after school youth club (formerly drop in) at The Young Peoples Centre. It was great to see everyone again enjoying hanging out with table football, darts, art activities, cooking, pizza eating and a very welcome edition of a PlayStation! Thank you to the kind person who donated this. There's always lots of YC workers on hand to listen and support too!

Coming up we have more fab activities including Laserzone, climbing, comic art and film workshops.

We look forward to seeing you all soon!

Cheryl

www.thecarerscentre.org/cause/activities-young-carers/

PAULA'S POWERPUFFS



YC Teens 'Loot the Lanes'

In teen news it has been yet another busy quarter, we had a brilliant couple of sessions with Remix the Museum which included a Ghost Tour of Preston Manor and then making a short animation using the photo's they had taken. Strangely 'Ghoula' became the main character and this ethereal character was typically a photo shopped photo of me looking very scary! The film is currently being shown at the Brighton Museum on the gallery if you would like to check it out!

At Christmas we did the traditional ice skating at the Pavilion and a amazing Escape room called Loot the Lanes which was a realistic reproduction of the Brighton lanes where we had to steal a giant diamond in a heist! It was great fun, although I feel I was not really much help.

I continue to offer 1:1 support and help to reduce any negative impact of the caring role whilst allowing them to simply be young people!

www.thecarerscentre.org/cause/activities-young-carers/



Young Adult Carers enjoy a range of local activities

Last September I was lucky to be contacted by the lovely Harriet, Community Engagement Officer for Scope in Brighton and Hove. She had been chatting to the Young Carers manager Ruth, never a good idea if you mention excess funds! Following their conversation Harriet felt it important that the Young Adult Carers we support were offered the opportunity to get some peer support and get involved in a range of activities.

Well they took that opportunity with both hands and our initial meeting involved both pizza and planning what activities to run over the following 6 – 9 months. They did come up with some pretty out there and expensive ideas but we managed to get a list together and every month since I have been able to organise a group to attend an activity of their choice.

So far we have been to the cinema to watch Eternals, taken on an Escape Room challenge (just escaping in the nick of time!!) been Ice Skating and for hot chocolate at the Pavilion. This week we will be eating at a local restaurant. Then February see's us travelling to Crawley to paint-ball. I am scared; no doubt all the YACS will find it hilarious to shoot me in the butt!! Our final planned activity will be a kickboxing session with local providers Kicks.



After that who knows... I am hoping that the vote will be to send Paula to a spa for the day but seriously doubting that wish will come true !!

Huge amount of thanks go out to Scope and in particular Harriet Cavanagh for the funding and support throughout.

www.thecarerscentre.org/cause/activities-young-carers/



Home Fire Safety Checks

A big thank you to East Sussex Fire and Rescue Service for hosting our upcoming Fire Safety in the Home workshop over Zoom.

They would like to extend their offer to all Carers for a Free Home Safety Check.

East Sussex Fire and Rescue Service are committed to helping people stay safe in their homes. Specially trained advisors can offer a range of advice around home safety, bed time routines, escape routes, electrical safety and specialist equipment as appropriate. They can also fit smoke alarms when needed.

You can request a Home Safety Visit by completing the request form, available on the www.esfrs.org or by calling 0800 177 7069 (freephone).

Alternatively you can visit their website which is packed full of useful information , with advice in other languages and formats also available. You can even conduct your own home safety check online. www.esfrs.org/your-safety/safer-homes



**East Sussex Fire
& Rescue Service**



Make Your Home Safer with East Sussex Fire & Rescue Service

Fire Safety in the Home

Carer's Workshop

Tuesday 10th May, 2—3pm via zoom

Operational fire crew from Green Watch Preston Circus Community Fire Station join us to explain how small things can make a real difference in your home, keeping you and your loved ones safer.

To find out more or to book you space please contact Carers Hub on 01273 977000, www.carershub.co.uk or info@carershub.co.uk



Time for Dementia

Local families affected by dementia are being invited to take part in an award-winning programme, to help train the healthcare professionals of tomorrow and improve dementia care.

Time for Dementia, supported by Alzheimer's Society, pairs families affected by dementia with undergraduate students, helping to better educate them about life with dementia and the challenges that come with it.

From January 2022, Brighton and Sussex Medical School medical students will be taking part and Alzheimer's Society are now seeking families in the area who want to make a difference to training health professionals.

Time for Dementia is a fantastic way for the next generation of healthcare professionals to gain first-hand knowledge of what it's like living with dementia.

If you would like to know more about the project, or you know someone with dementia and a family carer who would like to take part, please get in touch

by emailing: timefordementia@alzheimers.org.uk

or call **Natasha** on **07525 597 503**.

More information can also be found at alzheimers.org.uk/timefordementia





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!

jointly

by  carersUK

Are you looking after someone?

FREE
Care
Coordination
App



Jointly makes caring for someone a little easier, less stressful and a lot more organized by making communication and coordination simpler between those who are sharing the care.

Brighton and Hove City Council has teamed up with Carers UK to offer carers in Brighton & Hove free access to a wide range of online resources to help make caring easier.

Creating a free Jointly account

To use Jointly for Free, you must first create an account on the Jointly website and redeem the access code.

1. Visit www.jointlyapp.com and click 'sign up'
2. A new page will appear, complete the form, and press 'sign up' again at the bottom.
3. Click 'Create a new circle' and select 'Use Free Access Code'
4. Enter the code BHCC_JT75 and click 'redeem'

Then you can download the app and log in with the details you used to register. Or just simply continue using jointly via the website.

BHCC_JT75

www.jointlyapp.com

jointly
by  carersUK


Brighton & Hove
City Council



2020 RATING  74%
Android Version 2.7.0



2020 RATING  74%
iOS Version 3.0.7

Multi-Lingual Support for Unpaid Carers in Brighton and Hove

There are many challenges to being a full-time unpaid Carer for a family member friend and the Carers Centre in Brighton and Hove aims to provide people with emotional support, advice and a well-deserved break from their caring role. We have been working alongside the Centre to support Carers who have language support needs to access Carers Assessments.

Our Bilingual Advocates help the carer to prepare for the assessment—to understand the information leaflets and how the assessment may be able to help them. They then attend the assessment with the Carer and follow up afterwards to liaise between the Carers Centre and the Carer to ensure that the correct grant applications have been made and the Carer is able to receive all the support which they are entitled to.

We have supported 15 people to access assessments during 2021 and in the summer, several members from the Carers Centre team delivered a really interesting and informative Carers Awareness briefing for some of our advocates and volunteers.

“Its been a really positive and useful experience joint working with your advocates. They are all extremely skilled and knowledgeable.”

Inclusion Coordinator at the Carers Centre

“Thank you for the support I have been receiving from my advocate. With her help, I have been referred to services and have started getting help. Without her help, I would struggle to apply for some grants which helped me financially at this difficult time.”

Brighton Carer helped in the last year

We look forward to continued partnership working with the Carers Centre to bring much needed support to many more unpaid carers.

For more information please visit the Sussex Interpreting services website:
www.sussexinterpreting.org or call 01273 702005



Translation Function available now on the Carers Centre website
Simply visit the link below and click on *'Select Language'* at the top of the page, select your chosen language from the list and the page will translate for you.

www.thecarerscentre.org

Wellbeing Activities for Carers

A circular image showing a silhouette of a person in a Tai Chi or Qi Gong pose against a bright, hazy background.

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.

A circular image showing several smooth, stacked stones in shades of grey and brown, with a pink flower in the foreground.

Monthly Meditation Group with the Reablement Team

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.

A circular image showing several green footprints on a light green background.

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

A circular image showing an open book with a pair of glasses resting on it.

Carers' Book Club

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

Join the Reablement team 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.

A circular image showing a close-up of a violin and its bow.

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.

This group is for anyone with an interest in music, especially classical, who would like to learn more, and is up for a monthly music based discussion.

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



Carers' Community Coffee Morning
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 limited spaces available



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. With the Changes Ahead Team.



LGBTQ+ Carers Peer Support

Every first 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. In-Person meetings coming soon.



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 the 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



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


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

01273 977000