

Carers News

Brighton & Hove

Spring 2023



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www.thecarerscentre.org

Cover Picture: Our Carers Centre Carers Week information event in June 2022

Dear carers and supporters,

Spring is here - I can tell by the bluebells in Coldean Woods where I walk my dog Charlie!

We reach out to you once again as we head into a busy annual period for our organisation.

Carers Week is almost upon us (week commencing 5th June) and we would really value any volunteers willing to join us at one of our pop-ups across the city during the week. It's so important that we celebrate the incredible contributions you all make to our city and that we also raise awareness amongst those who might not know about support available. Please see page 3 for details.

It also won't be long until we host our next Annual General Meeting (AGM). We are hoping to confirm a mid-July date and venue with you all soon. In the meantime, it would be brilliant if more Carers News readers signed up to become members of the charity. Aside from having voting rights at the AGM, you will also be a part of our development in the months and years ahead. We are also looking at other benefits that we might offer our members so please do register your interest by emailing jude.rudolf@thecarerscentre.org or by calling 01273 746 222.

I hope you enjoy this Spring 2023 edition of Carers News and look forward to seeing many of you during Carers Week.

Best wishes,

Tom





Carers Week 2023

5th—11th June 2023



Recognising and supporting carers in the community

Building on the success of previous years' Carers Week events, the focus this year will be on celebrating carers; raising awareness of caring; and promoting the idea of Think Carer, for services and organisations to be more 'carer friendly'.

So much needs to be done. Local data from the 2021 Census shows that one in twelve Brighton and Hove residents provide unpaid care (8% of our city's population, approximately 20,804 people), while 36% of unpaid carers provide more than 35hrs of unpaid care per week, and 25% provide 50 hrs per week.

Carers Week will involve ourselves, our Carers Hub partners; Crossroads Care and Alzheimer's Society as well as many other amazing local organisations; Mental Health Trust, NHS Sussex Integrated Care Trust and more to be announced.

Keep updated about Carers' Week via our regular e-newsletter and the [Carers Week 2023 page on our website](#) where you will find out about all of the activities and things to do for Carers during the week including how you can get involved.

Young Carers Nominated for National Awards

We are delighted to announce that we have nominated one of our Young Carers for the BBC Make a Difference Awards. Winners will be announced at the Make a Difference awards ceremony in September.



And we are thrilled that we have 2 finalists in the Acumen People Awards taking place on 9th June. These awards set out to recognise and showcase those within the city who have gone above and beyond and had a positive impact on the lives around them.

Congratulations to our finalists and fingers crossed for our nominees.

“Moving and handling people can be strenuous and repetitive work.”

We've recently identified one very practical issue faced by carers: having to move the person they are caring for. For instance, that person may have trouble getting up from their armchair, getting into a car or turning over in bed.

Moving and handling people can be strenuous and repetitive work. People may find themselves suffering from aches, pains, or damage to their muscles or spine over time.

So we set up a project to trial the use of a **safer handling** assessment and in home training: the aim was to support carers in looking after themselves and who they are caring for, and to provide a more holistic approach to this area.

This trial has been a great success and we have received encouraging and positive feedback from participants. We are now hoping to secure funding to roll this out more widely.

We want as many people as possible to be aware of the services we offer to unpaid carers from the age of 6 years onwards.

Our Young Carers Team supports anyone who is aged 26 and under, while our Adult Carers Team is for anyone over the age of 26.

For unpaid carers over the age of 26, our practical support can start with an initial carer's assessment (it's your choice if you wish to have an assessment) through to helping people find additional support with other local organisations in Brighton and Hove.

We offer emotional support through the many support groups and activities we run on a monthly basis. They provide unpaid carers with the chance to unwind and be in a safe and understanding space with other carers to share experiences.

For young carers we provide a range of services including access to support workers who can discuss the specific needs and challenges a young person is facing, as well a range of groups and activities to allow young carers to meet each other and to have a break from their caring role.



Details of our regular monthly support groups and other activities can be found on pages 10&11 and on our website www.thecarerscentre.org/events

If you are an unpaid carer or know of an unpaid carer who could benefit from support from the Carers Centre then please encourage them to contact us on 01273 977000 or find out more on our website www.thecarerscentre.org

If you would like to make a donation to support our work, www.justgiving.com/thecarerscentre-brighton

DONATE

A focus on Respite Care:



“If you look after someone it is important to look after your own health too.”

Our partner **Crossroads Care Brighton and Hove** provide free respite care for unpaid carers. We asked Sharlene from Crossroads to fill us in on how the service works.



You may want to spend some time with family and friends, go shopping, pursue a hobby, do housework or just have some ‘me time’. However you wish to spend your time, you can be comforted in the knowledge that your loved one is being well looked after by one of our fully-trained Carer Support Workers.

There are many amazing organisations in Brighton and Hove which also provide support specifically for carers

Personal care respite

We listen to your needs and the needs of the person you care for, and work with you to decide what outcomes you would like to achieve from the service. Our aim is to promote independence for your loved one and meet their individual needs.

If you need help attending to the personal needs of your loved one, we can provide a Carer Support Worker for a minimum of one hour.

We can help with so many aspects of personal care while always encouraging your loved ones to maximise their own abilities and skills, helping them to remain as independent as possible for as long as possible.

You don't have to live in the same house as the person you care for to be their carer.

To find out more about our service, visit www.esbhcrossroads.org.uk or call 01273 234021

Carers' own appointments: My Health Matters

This service is funded by the NHS and Brighton and Hove City Council so there is no charge to you, or the person you care for.

If you look after someone it is important to look after your own health too! We can provide support to the person you look after if you feel you cannot leave them alone so that you can attend your own health care appointments.

You don't have to go through any complicated referral process for our services. Just contact the Crossroads Care office on **01273 234021**.

**To find out more about Respite services in your area.
Take a look at our Carers Centre downloadable fact sheet.
www.thecarerscentre.org/resource/factsheets/**



The Carers Centre runs regular groups for young carers as well as providing fun activities during school holidays.
Just a note: young carers need to be registered with us to attend a group.

In recognition of World Earth Day, nine young carers spent an awesome day at Brighton Museum to learn more about fashion and sustainability.

The day started with games and learning about Fast Fashion, the environmental and social impacts of it, and what WE can do to actively make positive change. Then there was a private tour of the Fashion Archives, which contains over 10,000 items from throughout history, and where we learnt about sustainable approaches to clothing from 1700s, seeing regency dresses, and the dawn of fast fashion.

The wonderful Sew Fabulous then ran an amazing upcycling workshop, which was such a resourceful and creative way to help us to be sustainable in our everyday lives.

The young carers were brilliant – we were so impressed by their fabulous garments and attitude towards sustainability. Each young carer selected materials from the pieces of fabric and donated clothing, to tear/cut apart and create into new garments! They used draping, pinning, hand-sewing and sewing machines – many for the first time, to construct their projects. At the end we had a quick show and tell of everyone's amazing creations, and many left actually wearing what they made!

Some made new friends, some learned new skills, everyone got creative and left with an original piece of clothing they upcycled. We all learned new ways of approaching sustainability and what we can do to make positive change, in our everyday lives, to make World Earth Day every day.

“This was so easy! I can’t wait to get the sewing machine out with my mum at home”



When theory meets experience With Olu—Student Placement

I’m a social work student on placement as part of my course. These statutory placements have to be in a third sector organisation to balance experience with academic theory.

I am really keen to learn. There’s a huge difference between reading in books and carrying stuff out! Putting into practice theories, models and methods of intervention all are part of my looking to get into field work. To take an example: I was able to assess a young person who has been impacted by their caring role, in terms of getting behind in their education. They hadn’t had much help with their homework.

After I’d assessed this impact, I was able to offer interventions that suited their needs. My recommended intervention was to get a volunteer private tutor for them. The work with that private tutor is ongoing and helping to get them back on track with their education, setting them up with the skills they’ll need at college.

My placement has turned out to be a very short time! It’s been an awesome experience for me. I have learned how to communicate more effectively with children and young people: communication is one of the most important skills to have in social work practice.

I’ve really appreciated my time here at The Carers Centre: it’s been great getting involved with young carer activities, and I’ve felt totally accepted and included.

If you’re a young carer or know of a young carer who could benefit from the Carers Centre then contact us on 01273 977000 or find out more on our website www.thecarerscentre.org

Monthly Support Groups & Activities

The Carers Centre for Brighton and Hove run regular groups, activities and workshops for carers across the City.



Carers Community Coffee Mornings

Come along to take a break, meet other carers and find out about local support services.

Virtual Weekly Coffee and Chat via Zoom

Every Wednesday Morning, 10.30am—11.30am

Brighton Carers Al Campo Lounge, London Road, Brighton

Every 3rd Tuesday of the month, 10.30am—Midday

Hove Carers One Bread Café, All Saints Church, The Drive, Hove

Every 4th Monday of the month, 10.30am—Midday

Kempton/East Brighton Carers Cup of Joe Café, 28 St Georges Road, Kempton,

Every 4th Thursday the month, 10.30am—Midday



Changes Ahead Meet up

2nd Monday or 2nd Friday of the month alternating, 10.00—midday

Al Campo Lounge, London Road, Brighton

Come and have a cuppa and a chat with us and other carers who are supporters of people with mental health challenges. (Next on: Mon 15th May, Fri 9th June, Mon 10th July)



LGBTQ+ Carers Meet up

First Friday of each month, 10.30—midday

Al Campo Lounge, London Road, Brighton

Come along to meet carers in similar situations and find out about local support services



Bereaved Carers Group

3rd Tuesday of every month, 10.30am—12.30pm

Al Campo Lounge, London Road, Brighton

Come along to take a break, meet other carers and find out about local support services



Learnig Difficulties and/or Autism Carers Group

Usually last Monday of the month, 3.30pm-4.30pm

Al Campo Lounge, London Road, Brighton

Come along to take a break, meet other carers and find out about local support services

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

Working Carers Peer Support

usually last Wednesday each month, 6pm—7.30pm

Al Campo Lounge, London Road, Brighton

Join our friendly group for an early evening cuppa and chat with other working carers, those seeking to return to work and employers.

Regular Activity Groups

Mondays



Tai Chi & Qi Gong

Every Monday, 11.00—midday

You will be guided through light exercise to help your body breathe, stretch and loosen joints, with exercises you can practice on a daily basis for enhanced wellbeing.

Online

Via

ZOOM

Tuesdays



Carers Book Club

Every 2nd Tuesday of the month, 10.30—11.30am

Join us in-person each month as we now meet face to face at Jubilee Library.

In-Person

Jubilee Library

Wednesdays



Carers Wellbeing Walking Group

Last Wednesday of the month, 10.30am—midday,

Visiting different places in the city, we enjoy a short walk in beautiful surroundings, followed by a coffee or hot chocolate and a chat.

In-Person

at

Various Locations across the City

Thursdays



Monthly Meditation Group

Every 3rd Tuesday of the month, 10.30—11.30am

Each month we learn about different types of meditation, the benefits of meditating and how you can include them in your daily life.

In-Person

at

One Bread Café
Al Saints Church
The Drive. Hove

On occasion times and dates for groups and activities might need to change.

For the latest event and activity information please visit our website

www.thecarerscentre.org/events or call us on 01273 746222



8.8% of the local population care for a family member or friend in Brighton & Hove

The Carers Centre is the lead partner in the Carers Hub, a base from which all carer support work is carried out across the City



01273 977000

The Carers Hub is a partnership with the Carers Centre, Alzheimer's Society, Cross Roads Care, B&H City Council and the NHS and is the first point of contact for Carers in the City

