

# Carers

# News

Brighton & Hove

Autumn 2023



Cover Picture: Carers Centre Staff and Supporters at a Carers Week information event

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[www.thecarerscentre.org](http://www.thecarerscentre.org)

Dear carers and supporters

As we move into autumn once more, I'd like to welcome you to another packed edition of *Carers News*. My focus this month will be on our Annual General Meeting (AGM). We had held it during July in previous years but found that this had an impact on attendance with so many supporters enjoying well-deserved holidays.



So we are now hosting the AGM on Wednesday 27th September, 5pm at the Friends' Meeting House on Ship Street. I do hope that many of you will be able to make it. Do tell us if you're coming via [info@thecarerscentre.org](mailto:info@thecarerscentre.org) or by calling 01273 977 000.

This AGM will be an excellent chance for you to hear about how we'd like to engage more with carers and other supporters of our work in the year ahead.

You'll also have the opportunity to meet trustees and staff including our Fundraising and Communications Manager Jude, who will update us all on some exciting developments here at The Carers Centre.

In the meantime, I hope you enjoy reading your *Carers News* – and thanks as always for your support.

Best wishes,

Tom

The Carers Centre works with unpaid family/friend carers who are residents within the unitary authority of Brighton and Hove, or caring for someone who lives in Brighton & Hove.

Established in 1988, The Carers Centre for Brighton & Hove is a registered charity (No.1015728) and company limited by guarantee (No.2758481).



This is always an exciting time of the year for us at The Carers Centre for Brighton and Hove. As well as our Annual General Meeting in September, we are already beginning to plan for Carers Rights Day 2023. This year Carers Rights Day takes place on Thursday 23rd November.

As we did in 2020, we sent a Carer Friendly City survey to many of you and have analysed the results. These results will feed into the Brighton and Hove Carers Strategy which outlines the importance of working towards a Carer Friendly City.

Key findings from the survey included:

- Unpaid carers need to feel valued as much as others who may have a more visible presence such as doctors, nurses and professional, paid carers.
- When services are not integrated and a carer feels guilt about 'taking up resources', they may not push for something that is needed
- Advice and support needs to be relevant to the stage the carer is at in their journey

At our upcoming Carers Rights Day event, we will be talking to the Local Authority/NHS Commissioner for carers services about these findings to ensure that carers voices are at the heart of the Brighton and Hove Carers Strategy.

If you want to keep up to date with everything Carers Rights Day, you can sign up for our e-newsletter here: [www.carershub.co.uk/subscribe/](http://www.carershub.co.uk/subscribe/)

## Support available from The Carers Centre

We aim to provide carers with all the support they need – and if we can't help directly we will know people who can.

Sometimes that support can be emotional.

Sometimes carers need practical support.

Our regular meetups and groups (see pages 10 and 11) can at times be the answer, and we also help through advice and information, like the legal issues we talk about later in this issue of Carers News.

## Adult Carers

We have extended our support for unpaid carers into local primary and secondary healthcare settings.

### Primary Healthcare: GPs

An estimated nine in ten people with a caring role will access local primary care services (for example GPs in Brighton and Hove), either for themselves or for the person they care for.

However, many of these people will not identify with the term 'carer' and so will not be receiving the support they are entitled to.

Here at the Carers Centre, we are working to address this issue and raise awareness of unpaid carers. We're doing this by focusing on GPs surgeries and their staff. Staff working in such primary care services are perfectly placed to help those looking after someone to recognise that they are in fact a carer. We're helping GPs staff to identify carers, have the right conversations and enable carers to begin to access the support they deserve.

If you would like to speak with us about how you support someone, then do get in touch on 01273 977000.

Working in a GP's surgery? We can empower you to identify and refer a carer for the help they need. Just contact us on [info@carershub.co.uk](mailto:info@carershub.co.uk)

## Secondary healthcare: The Royal Sussex County Hospital

If someone you care for is admitted to hospital, it is very helpful to know how to make sure you are recognised as a carer and get the support available to you. You also have a right to be involved in discharge planning.

- Because of the increasing recognition of the importance of unpaid family and friend carers and as part of a push to reduce health inequalities faced by carers in Brighton & Hove, a dedicated Carer Link Worker is now in place at The Royal Sussex County Hospital to;
- Identify and refer more carers for support from The Carers Centre and Brighton and Hove City Council.
- Deliver bespoke training in primary and secondary care settings, resulting in increased awareness of and support for carers (including our colleagues in the NHS workforce).
- Help create a carer's backup plan for if they find themselves unable to provide care, reducing hospital readmission for the loved ones they care for.

If you or someone you know is an unpaid family/friend carer and the person you care for is at The Royal Sussex County Hospital, please ask a member of staff to refer you for carers' support or phone the Carers Hub on 01273 977000.

## Communities of carers

We recognise that everyone is different and their caring roles are therefore also different, and try to provide appropriate advice and emotional and social support through a variety of communities; LGBTQ+, Learning Disabilities & Autism and Working Carers.

**If you would like to make a donation to support our work,**  
[www.justgiving.com/thecarerscentre-brighton](http://www.justgiving.com/thecarerscentre-brighton)

DONATE

## Planning Ahead

Looking after someone's affairs and particularly planning ahead can be difficult, but the Carers Centre is here to help. We can support you with all sorts of legal issues. Here are just a few:

### Lasting power of attorney

A lasting power of attorney ([www.gov.uk/power-of-attorney](http://www.gov.uk/power-of-attorney)) (LPA) document is a legal document that lets the person you care for appoint someone or people to help them make decisions or to make decisions on their behalf.

This gives them more control over what happens to them if something happens so they cannot make their own decisions. For this to be done, the person you care for must be 18 or over and have mental capacity (the ability to make their own decisions) when they make their lasting power of attorney.

There are two types of lasting power of attorney which may help you and the person you care for:

- health and welfare
- property and financial affairs.

You can choose to make one type or both.

Health and welfare lasting power of attorney is used to give an attorney the power to make decisions about things like:

- daily routine, for example washing, dressing, eating
- medical care
- moving into a care home
- life-sustaining treatment

This type can only be used when the person is unable to make their own decisions.

Property and financial affairs lasting power of attorney gives the power to make decisions about money and property for you, for example:

- managing a bank or building society account
- paying bills
- collecting benefits or a pension
- selling your home.

This type can be used as soon as it's registered, with the person's permission.

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

## Will Writing

If you or the person you care for do not have a Will or circumstances have changed since the Will was made, this is something you may wish to consider.

Your Will lets you decide what happens to your money, property and possessions after your death. If you make a Will you can also make sure you do not pay more Inheritance Tax than you need to.

To find out more about making a Will and some of the factors you may want to think about you can visit this Government website. ([www.gov.uk/make-will](http://www.gov.uk/make-will))

You can write your Will yourself, but you should get advice if it is not straightforward. You need to get your Will formally witnessed and signed to make it legally valid.

If you or the person you care for dies without a Will, the law decides who gets what.

You can get advice from a professional if your Will is not straightforward, for example:

- you share a property with someone who is not your husband, wife or civil partner
- you want to leave money or property to a dependant who cannot care for themselves
- you have several family members who may make a claim on your Will, such as a second spouse or children from another marriage.

There is help and support available for you to plan for the future in your caring role. We offer;

**Planning ahead workshops** run by local Brighton & Hove solicitors which cover things like Power of Attorney, Wills and Trusts

**Legal surgeries** where you can speak one to one with a solicitor in a half hour appointment on specific topics for example, Power of Attorney or Community Care.

If you would like to take advantage of these services, don't hesitate to call to book an appointment on 01273 746222 or email [info@thecarerscentre.org](mailto:info@thecarerscentre.org).



*Some of our Young Carers enjoying summer activities*

## **\*New project for sibling carers \***

A sibling carer is a young person who has a sibling who has a physical illness or disability, a health condition, or a mental health challenge. Sibling carers may be helping to look after their sibling.

However, sibling carers can sometimes find they are impacted in other ways, for example it might be that all the time and attention of their parents is focused on their sibling, for obvious reasons.

These sibling carers face a unique set of needs, circumstances, and challenges that warrant targeted support and attention.

To date our support has been one-to-one, but through close consultation with our existing sibling carers, their parents/carers and from our own experience we have developed a new project which would see sibling carers take part in a six-week programme of activities and group support. The same group would meet each week, establishing an important peer network. Activities will be based around providing them with hard and soft skills and some fun activities which will help them cope with the pressures of being a sibling carer.

*"In our first term time session with sibling carers we looked at the positives of being a sibling carer as well as the harder parts of having a sibling and found we had lots of things in common with each other!"*

This project aims to empower sibling carers to manage their emotional well-being, continue their education, and plan for their own futures.

If you or someone you know needs support for a sibling carer, please contact [young.carers@thecarerscentre.org](mailto:young.carers@thecarerscentre.org) or call 01273 977000



## Summer Swimming Skills with Young Carers



This summer the Brighton & Hove's Active for Life team contacted us with an amazing offer. Each week we've had use of the fantastic St Luke's swimming pool to run fun-filled swimming sessions with support from our great instructor, Lauren from Little Dippers pool in Brighton.

*'I liked swimming in the deep end'* Young carer age 9

*'I liked the diving'* Young carer age 8

*'I liked making new friends'* Young carer age 6

Each age group played games, learned new swimming skills and enjoyed taking part in a healthy activity to support their physical and mental wellbeing. All young people under 18 can take advantage of the offer of free swimming at any of the city's Freedom Leisure pools and swim for fun and fitness.

# 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

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

Every 4th Thursday of 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



## Learning 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](mailto: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](http://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

