

Carers News

Brighton & Hove

Winter 2024



Cover Picture: Carers enjoying our new Crafternoon activity

Brought to you by:



www.thecarerscentre.org

Dear carers and supporters

A warm welcome to you all and a warm welcome to your latest edition of Carers News.

We are excited to report back to you about two key events which took place before the holiday period. Our Carers Rights Day event was the crucial kick-off to a season of consultation regarding the Carer-Friendly City Strategy. Your input will directly influence the progress of this crucial document as you will see on page 3.

I was also delighted to attend the Young Carers Project Christmas Party. To see so many young carers and their families enjoying the activities, entertainment and refreshments was a joy that reminded me just how impactful our work is. A huge thank you to the team that planned and delivered the event and to our amazing supporters at Gamely Games for making it possible.

As 2024 progresses, we look forward to many more opportunities to bring together carers across the city. In uncertain financial times, the role of carers must be valued higher than ever before. We will strive to support you and provide a platform for your views to bring about meaningful change.

Best wishes,

Tom



The Carers Centre works with unpaid family/friend carers who are residents within 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).



Carer friendly City Strategy & Carers Rights Day



We would like to thank everyone who took part – either in person or online – in this year’s Carers’ Rights Day event. More than 30 adult carers and eight young carers came along to provide their insight to the review of the city’s Carer-Friendly Strategy.

With Gemma Scambler, Commissioning Manager at Brighton & Hove City Council Health & Adult Social Care, attending, the aim of the day was to hear carers’ voices.

The discussion was focused on how four key ‘pillars’ – education, employment, healthcare and social care – and integration - could be improved for carers, which in turn would drive the city’s strategy.

Both adult and young carers held clear views about what needs to change in Brighton & Hove to support them better. All their insight has been brought together and passed to Gemma at the council.

“I was able to express my opinions and the challenges that I face as a carer and I think it will be great for the council to see all the improvements they they can make and should make for young carers. “

“It was really good having my voice heard. I was able to voice so many opinions . . . about the NHS, about housing. A lot of the really powerful points I’ve wanted to make for such a long time and it’s now been heard. “

Comments from some of our Young Carers

We are hoping that more events will be planned in early 2024. It is anticipated that the final Carer-Friendly City Strategy will be approved in June 2024. We will of course keep you up to date.

The Carers Centre aim to provide carers from the age of 6 upwards 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 factsheets we talk about later in this issue of Carers News (page 7).

Adult Carers

We are delighted to announce that we have two new free activities which have recently been launched: reflexology taster sessions and Crafternoon (great name isn't it!).

Reablement

Our Reablement team are here to match our amazing volunteers with carers. The volunteers share their skills and carers get to learn a new hobby or experience a new activity.

Crafternoon

The Reablement Team's new monthly Crafternoon launched in mid-December with a festive special. A small group of carers came together to create sugar-craft decorations to take home and put on their own Christmas cakes.

“Enjoyable, relaxing, calming and improved my mood.”

Dan showed the group how to mould, shape and work with fondant icing to create some festive themed sculptures. The whole group made some wonderful creations during an afternoon full of festive spirit and laughter.

“Fantastic teacher, interesting fun activity, nice people, nice to get out of the house for a few hours.”

Our Crafternoon sessions aren't just for the festive period. We are running them each month until at least March while we gauge carers' interest. Each

session will showcase a different art or craft and Reablement volunteers will help everyone to try them out. Our January session saw carers trying Pebble Art .

“Good being a small group. Made me feel about 11 again (I’m 78).”

Refreshments and all materials will be



Reflexology taster sessions

A wonderful Brighton-based carer got in touch with us and wanted to offer something back to the local caring community. So in December we held our first round of Reflexology Taster Sessions.

Seven carers joined us for an introductory treatment with great results. Here’s what some of our carers said afterwards:

“A really wonderful experience”

“I feel amazing after. Was such a lovely treat.”

To book your place at either Reflexology or Crafternoon please call **01273 746222** or email **events@thecarerscentre.org**

Carers Café at Royal Sussex County Hospital

If someone you care for is admitted to the Royal Sussex County Hospital, or if you are caring for someone at RSCH, we have a dedicated team who can support you.

We also have a new, weekly, free to attend **Carers Café** at the Royal Sussex County Hospital (RSCH) on **Wednesdays from 4-5pm**.

Join us and other key colleagues from RSCH and other charities to get advice and support . **No need to book, just pop along.**



Young Carers

Most of us think of caring as an adult responsibility, be that looking after children or elderly parents. Yet, children as young as six are carers taking on big responsibilities.

Our dedicated Young Carers project supports young people with a caring role from the age of 6—25.

Our support is tailored to the needs of individual young carers. We listen to what they are worried about and help them find solutions. Through our regular youth clubs and activities, we can support them to stop being a carer for a few hours and give them space and the time to unpick the complications of their caring role.

If you know a young carer who is not currently getting support, please call our Young Carers project on **01273 746222** or email **young.carers@thecarerscentre.org**

Communities of carers

We recognise that everyone is different and their caring roles are therefore also different, so we provide appropriate advice, emotional and social support through a variety of communities;

As well as our regular coffee mornings and meet-ups (see pages 10&11) we also run dedicated communities for Working carers, LGBTQ+ carers and a Learning Disability and/or Autism (Autism Spectrum Disorder) (LD/ASD) carers community.

“So good to meet up with everyone again. So much laughter and just a few tears which is fine. The group just radiates such supporting strength, and are happy to share knowledge and information. It's like being amongst family and friends.”

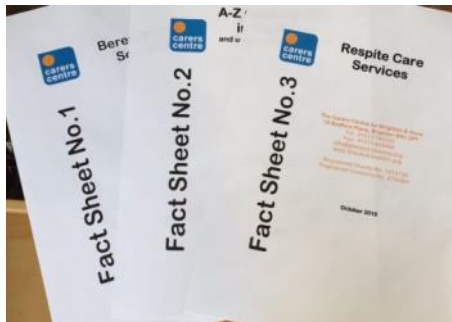
Quote from LD/ASD attendee

To find out more about our Carer Communities, turn to pages 10 & 11 to see what groups, coffee mornings and activities are available or visit our website **www.thecarerscentre.org/events/**

How about Free Factsheets?

Sometimes the amount of information out there about caring can be bewildering. It's also hard to know what to trust.

Here at The Carers Centre we understand – and that's why we produce our factsheets. We've aimed to make them easy to access, to digest and to share. They cover the following topics:



No 1 – Bereavement Services

No 2 – A-Z Guide to Help in the Home

No 3 – Respite Care Services

No 4 – Benefits for Carers (and those they care for)

No 5 – Transport Services

No 6 – Community Care

No 7 – Holidays and Breaks

No 8 – Employment and Training

No 9 – Stroke Support and Services

No 10 – Caring for Someone While Working

No 11 – Dementia Support and Services

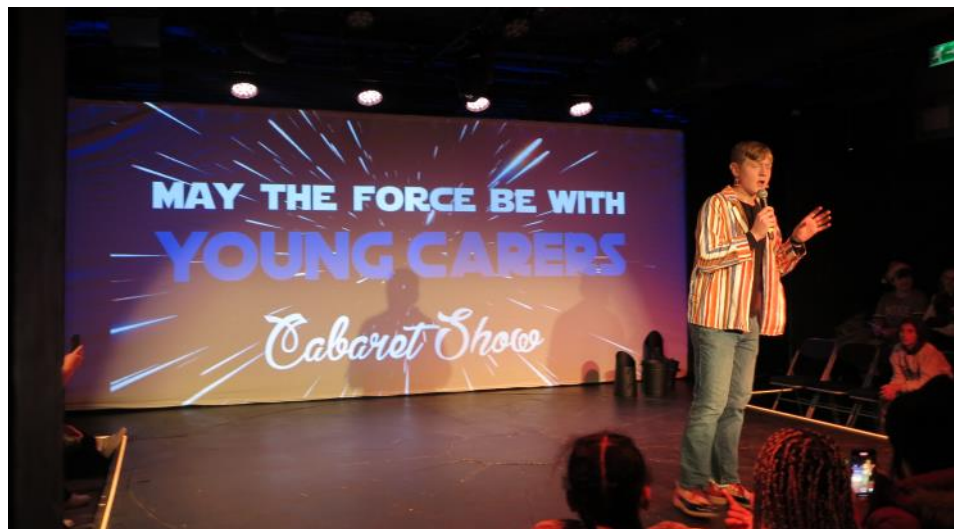
Our factsheets are free to everybody.

Download the factsheets on our website

www.thecarerscentre.org/resource/factsheets/

or give us a call if you would like them in printed form **(01273 977000)**

Young Carers Christmas party



Thanks to a very generous donation from the amazing **Gamely Games** (www.gamelygames.com) we were able to host an incredible Christmas party for our young carers and their families at the Ironworks Studios.



The evening was a tremendous success with over 170 young carers and their families enjoying food, face painting, badge making, Christmas crafts and being treated to a cabaret show – ‘May the force be with young carers’. Young carers themselves also performed.

Hazel the founder of Gamely Games said afterwards:

“We have huge admiration for the young carers of Brighton - they are an amazing group of young people! So we are really pleased to be able to support the Carers Centre - a lovely team who are doing great work to support young carers. Everyone seemed to be enjoying themselves at the Christmas party - the show was spectacular!”

“We would like to say a huge thank you for such an amazing evening.”

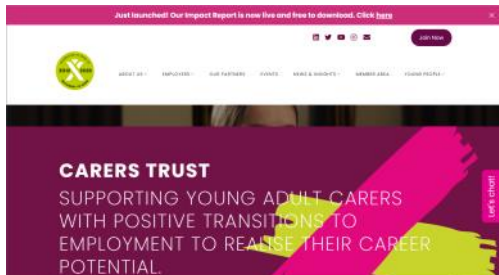
“We came along not knowing what to expect but were absolutely bowled over by the immense effort, high production values and brilliant performances in the cabaret and generally. Such a great atmosphere!”



Movement to work for young adult carers

Three young adult carers joined the Movement to work event organised by the Carers Trust which invited employers to listen to the views and opinions of young adult carers who are trying to find work.

Employers listened to the barriers for young adult carers in their job search. Discussion also covered what they could do within their organisations to overcome these barriers and become more carer-friendly.



www.movementtowork.com/carers-trust/

RGA supporting young carers project

We were thrilled to place second in RGA's (www.rgare.com) Charity of the Year nominations and receive an amazing donation to support our young carers' project.

If you know a young carer who is not currently getting support, please call our **Young Carers project** on **01273 746222** or email young.carers@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

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

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.



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.



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 events@carershub.co.uk

NEW



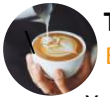
Reablement Crafternoon

2nd Monday afternoon of the month alternating, 1.30—3.30pm
Brighthelm Centre, North Road, Brighton

Join the Reablement team as we try out a new art or craft each month. Materials and refreshments provided so you can take your creations home.

Regular Activity Groups

Mondays



Tai Chi & Qi Gong

Every Monday, 11.00—midday

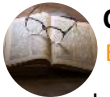
You will be guided through light exercise to help your body breathe, stretch and loosen joints, with exercises you can practice on a daily basis for enhanced wellbeing.

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.

Online

Via

ZOOM

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 977000



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

