

CARERS News

Summer 2018

Hip Hip Hooray.....

It's our Birthday!

Celebrating 30 years of the Carers Centre

Plus.....

Carers Week

All the goings on this
Carers Week

Young Carers Video

And more.....

Brought to you by:





Welcome

Hello and welcome to this very special birthday edition of Carers News.

As the evenings get longer and the days warmer (and hopefully not to damp) we bring you the Summer 2018 edition of Carers News.

In this issue:

We'll be looking back on 30 years of the Carers Centre supporting unpaid carers in Brighton & Hove.

Catch up with all the goings on this Carers Week from 11—17th June.

We'll hear about all the activities and goings on with The Young Carers Project, who are releasing a short film they have been working on.

Plus

Dates for your Diary

Digital inclusion in the City.

Don't forget to make your pledge...
(see page 11 for more details)

Hope you all have a fantastic summer and we will see you again in the Autumn.



The Carers Hub is a new 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](https://twitter.com/carershub)

Facebook:

[/brightoncarershub](https://www.facebook.com/brightoncarershub)

The Carers Hub is operated and managed by The Carers Centre for Brighton & Hove
Please contact 01273 746222



“I cant believe the Carers Centre has come so far as to reach its 30th birthday.”

At the very first beginning, a group of unpaid carers started running a group to support each other in Hove. Thirty Years later, the Carers Centre for Brighton and Hove has grown into a medium sized charity and makes a difference to carers ‘ lives across the city.

Without the dedicated work and passion of all our past and present trustees, staff members and volunteers, I can’t believe the Carers Centre would have come so far as to reach its 30th Birthday.

I feel privileged to have served the Carers Centre for nearly 10 years since 2008. Caring for my Granny when I was young gave me a good understanding of what challenges young carers are

facing in their daily life. Surely we cannot take things for granted.

In the past thirty years since 1988, there have been a few events and milestones that the Carers Centre is extremely proud of. However, the greatest achievement of all is being able to keep the Carers Centre afloat despite tough economic times. We would like to see the Centre going for another 30 years to provide vital support and services to unpaid carers. Once again, please accept my heartfelt thank you for all of your continuous support for The Carers Centre.

Chris Lau, Carers Centre CEO

The Carers Centre has teamed up with Just Text Giving from Vodafone, to help us to continue to support unpaid carers in Brighton and Hove for another 30 years please donate by texting

Text BCAR16 £5 to 70070


Hip Hip Hooray..... It's our Birthday!



Celebrating 30 years of supporting unpaid carers in Brighton and Hove : 1988—2018

It is amazing to hear that we celebrate 30 years this year as a charity supporting unpaid Carers in Brighton & Hove since 1988, which is an amazing achievement as a local charity.

A lot has happened during that time as an organization, but despite that we continue to be successful and drive forwards in this very competitive and challenging environment. We also continue to grow partnerships in the local community to raise the charity's profile, but importantly support the Carers.



Last year's success in securing the Carers Hub deal is proof that we are the charity of choice to lead the hub for the community. A massive thanks must go to the great team involved in this process to allow this to happen. I'd like to thank my fellow Trustees for their commitment and support; my appreciation to Chris who works tirelessly to ensure we continue to thrive as a charity; the young and adult carers team who I see continuously do fantastic work as always, and last but not least, the volunteers who give their time to support the unsung heroes, the unpaid Carers, in our local community.

Vas (Chairman)



1988 –2018 Celebrating 30 Years of The Carers Centre Our Achievements

- 1987 Mandy Edwards starts work on plans for a Carers Centre for Hove.
- 1988 Carers Centre officially opened in Hove, in the early days they would put on Christmas parties and other events for carers.
- 1994 Carers Centre takes part in National Carers Week. The Centre answers it's 10,000 enquiry
- 1997 Carers Centre moves to Community Base in central Brighton.
- 2000 First Carers Rights Day is celebrated
- A project to support teen carers starts
- Carers Centre launch their first website offering information about what is going on locally.
- 2001 Carers question included in census for the first time. Figures for B&H show 23,000 carers in the city.
- 2004 'A Better Future for Carers' event was attended by 300 people and was the launch of the Carers Forum.
- 2007 Young Carers produce a short animated film called 'A day in the life of Eddie.'
- 2007 A pilot project to look at the needs of young carers in transition (aged 16-25) is launched. One of few projects in the country supporting this age group.
- 2008 Young Carers Needs Assessment is piloted. The 'Carers Voice' project is started to recruit and train carer spokespeople.
- 2009 Produced a carers' film "A Caring Life" which was launched at the Carers Question Time.
- 2010 The Centre moves to its current offices in Bedford Place.
- Set up first ever Male Carers Support Group.
- 'Carers' Stories' project is launched to document experiences of caring.
- 2011 Census figures show an increase of carers in the city up to 23,967
- 'Reaching Out Project" launched with lottery funding, aiming to identify and work with carers from BME, LGBT communities and those living in deprived areas.

Birthday

2011 Schools Work Project set up with schools to identify young carers.

A new 'End of Life' role is created to cater for carers looking after those with life limiting illnesses.

2012 Established an 8-12 young carers project with funding from BBC Children in Need

Caroline Lucas is named as our Patron

2013 Started carrying out Carers Needs Assessments for Memory Assessment Service in collaboration with Brighton and Hove integrated Care Service.

2013 Carers Centre becomes a living wage employer.

'Carers Expert' is established to replace Carers Voice.

2014 HRH Princess Anne comes to visit.

2015 The Carers Centre starts working with the Armed Forces community in Brighton, Hove and surrounding areas.

2016 The Young Carers project is selected by 'Global's Make Some Noise' as one of their charities to run a young carer resilience programme for two years.

2016 Pilot scheme launched with The Royal British Legion to support the Armed Forces Community.

2017 The Carers Centre launches a new service "Carers Hub" an integrated model of support providing carers with a comprehensive local resource.





Help us celebrate!

We are turning 30 this year and would like to celebrate with you!
 We will be hosting a BBQ on Thursday 19th July 2018 in Norfolk Square
 Gardens, with celebrations starting at 2pm and

continuing until 6pm

We would love for you to join us and we will be providing food
 and drinks for everyone.

Please contact us if you would like to attend making sure to
 pass on any allergies or dietary requirements. (01273 746222)

Fingers crossed for a sunny day! (We will have a marquee just in case)





Helping carers to get Healthy and Connected

“Every day another 6,000 people take on a caring responsibility - that is equal to over 2 million people each year.”



The Carers Centre and the Carers Hub alongside local people, services and businesses will come together to support Carers in Brighton & Hove for Carers Week 2018, which runs from 11-17 June.

Carers Week is an annual awareness campaign to celebrate and recognise the vital contribution made by the UK's 6.5 million carers.

This Carers Week we are calling on

individuals, services and organisations across the city to help carers stay Healthy and Connected—accessing the practical, financial and emotional support they need to maintain their own wellbeing.

Thousands of events are taking place across the country during Carers Week, and thousands of people have already pledged their support for carers online. To find out more about events in the Brighton and Hove area or nationwide please visit www.carersweek.org

The Carers Centre and The Carers Hub: proudly supporting Carers across Brighton & Hove this Carers Week.



carersweek.org

11-17 June 2018

Carers Week

11th June - 17th June 2018

What's On during Carers Week

Monday 11th June

Information stall with free Carers Digital Resources.

@ Broadway Surgery
9:30—12:30

@ Brighton Station Walk-in
Centre
12:00—14:00
And 17:00—18:00

“Take a Break” for employees

@ Brighton University
(Falmer Campus)
11:00—12:00

“Make Your Mark”

Pop up Art Studio
(for mental health carers)
@Vallance Centre
Sackville Road, Hove
13:00—16:00

Tuesday 12th June

Information stall with free Carers Digital Resources

@ Pavilion Surgery
10:00—12:00

Digital Information Stall

@ Whitehawk Library
10:00—13:00

Wednesday 13th June

Information Stall with free Carers Digital Resources

@ Warmdene Surgery
10:00 - 12:30

Thursday 14th June

Information Stall

@ the Royal Sussex County Hospital (Audrey Emerton building)
All day

Two Carer awareness sessions
(morning and afternoon)
With a focus on Carer support and resources.

Friday 15th June

Information stall with free Carers Digital Resources

@ Double Decker Bus
Parked outside Churchill Square Shopping Centre.
10:30—14:30

Double Decker Bus kindly sponsored by Brighton and Hove Bus Company.

Disability Living Allowance Workshop

Thursday 14th June
9:30am—12:30pm
Community Base
(113 Queens Road, BN1 3XG)
Leave a message on
01273 772289
Or email
info@amazesussex.org.uk

Sunflower Coffee Morning for Parent Carers

Tuesday 12th June
9:30—11:30am
Moulsecoomb Primary School (community room)
To find out more call
01273 234862
Or email
paolo@paccbrighton.org.uk

Free Carers Health Check

Book in for a Free health check
On the 29th June or 11th July
@ the Carers Centre

Call us on 01273 746222 to book your place.

Please contact the Carers Centre on **01273 746222** or email info@thecarerscentre.org for more information about the events during this years' Carers Week.





Carers face barriers to maintaining their health,

51%

Let a health problem go untreated.

Caring can be a hugely rewarding experience, enriching relationships and bringing satisfaction and well-being. However, caring for others often comes at a cost to carers' own health and well-being as they put their own health needs to the back of the queue.

This year for Carers Week, The Carers Hub is supporting local carers in Brighton and Hove to stay healthy and connected by offering carers the chance to have a free NHS health check and spend some time focusing on their own health needs

Even if you feel fine, there may be things happening beneath the surface you can't see. It's a simple appointment that could save your life.

Taking action now can help prevent the onset of conditions including heart disease, type 2 diabetes, kidney disease and stroke

To meet the criteria you must be

- Between 40-74 years of age
- Not being treated by your G.P. for Diabetes, Heart Disease, high Blood pressure or high Cholesterol.
- Have not had an NHS Health Check within the last 5 years

Appointments are available to book on Fri 29th June and Wed 11th July .



**Please contact the Carers Hub
on 01273 977000
to book your health check now
(limited availability)**

Pledge to Think Carer in your Workplace

Support your staff who balance their jobs with caring for a loved one at home.

Did you know that 1 in 9 employees in Brighton and Hove is an unpaid carer?

Working carers combine looking after a loved one at home with paid work. Many struggle to balance being productive at work with their caring responsibilities, often not feeling they can approach their employer, sometimes having to give up their jobs due to lack of understanding and flexibility.

A carer provides unpaid support to a partner, child, relative or friend who couldn't manage to live independently or whose health or wellbeing would deteriorate without this help. This could be due to frailty, disability or serious health condition, mental ill health, or substance misuse.

A supportive company that recognises it's working carers is more likely to keep hold of valued staff, have lower absence rates, and have improved staff productivity. Businesses have a vested interest in supporting their working carers; loss of staff and skills have a huge financial impact, costing the economy over £1.3 billion per year (CarersUK)

For Carers Week we are asking you to pledge to support your staff. Here are

some simple ways to "Think Carer" in the workplace:

- Recognise the importance of caring as an issue at work
- Encourage a dialogue with staff
- Offer Carer Awareness Training to teams/departments
- Display a Carers Hub poster in your workplace: the one place for information and support for local carers
- Nominate a Carers Champion to be a point of contact for identifying and promoting carers
- Sign up to free Employers for Carers (EFC) online resources, aimed at both working carers and employers
- Encourage staff to sign up to free Carers UK digital tools, to help balance caring and work
- Develop an internal Carers Policy to influence staff contracts

To pledge your support and for more information, contact Charly Snell at the CarersHub or visit our website and click on 'Pledge'

If you are an individual or a local organisation and would like to pledge your support for unpaid carers, please visit CarersHub.co.uk and click on 'pledge'



**Making Brighton and Hove
a Carer Friendly City**





Free digital resources to make caring easier

This Carers Week, Brighton and Hove Council has teamed up with CarersUK to offer carers in our area a comprehensive resource, bringing together CarersUK's digital products and online resources with our own information and support for carers onto a single webpage.

What's included:

About Me: Building resilience for Carers

An e-learning resource developed by Carers UK that aims to help you identify and find support in order to prevent your caring responsibilities from becoming overwhelming.

Jointly

CarersUK's care co-ordination app for people managing or sharing care.

Upfront Guide to Caring

A simple assessment tool to guide those new to caring or seeking support for the first time to navigate the Carers UK website.

Looking after someone: Carers Rights Guide

Aims to help you understand your rights as a

carer and where to go for financial or practical help.

Being Heard: a self advocacy guide for carers

Helps carers develop the skills to self advocate.

You will need your 'Free Code' in order to register for these resources.

If you would like to claim your free code or would like some support to access the Free Digital Resources Offer, please contact the Carers Hub **01273 977000** or email **info@carershub.co.uk**

If you would like help to access the Carers Digital Resources and the Jointly App, The Carers Centre will be running training sessions in your area,

Wednesday 4th July—Woodingdean Library

Wednesday 11th July—Coldean Library

please call **01273 746222** for more info

Do you want to share digital skills with confidence? Become a Digital Champion!



Do you want to become more confident with all things digital? And feel better equipped to use all the great online tools available for carers such as Jointly App, Carers Hub, etc.? Then, look no further!

Digital Brighton & Hove have a FREE digital skills support offer including group training and one-to-one support sessions. Digital Champions can help change lives whether it be helping someone tackle social isolation by connecting with family and friends, filling out online forms, accessing health and wellbeing services or learning a new hobby.

Access the [Digital Champions Network](#) which has a wealth of information and learning resources and a community forum to support you every step of the way. Learn about digital essentials for engaging with older people, visual impairment and technology or how digital can help people

with learning difficulties...or just pick up an online guide on how to get started with a smart phone and start using apps more confidently! There's something for everyone.

If you are interested in finding out more about becoming a Digital Champion and/or joining the Digital Champions Network, please contact David Scurr, Project Manager, at david.scurr@citizenonline.org.uk or call 07471351969.

*Find out more:
[www.citizenonline.org.uk/
digitalbrightonhove/](http://www.citizenonline.org.uk/digitalbrightonhove/)*



Young Carers News



Young Carers to Celebrate 30 years of The Carers Centre!

As you'll have seen from this issue of Carers News, we are excited to be celebrating this special anniversary throughout the summer. The Young Carers Project will be getting fully involved with this in a number of ways.

Firstly, we'll be welcoming Young Carers and their families to the celebratory BBQ on Thursday 17th July (see Page For more details).

As well as that, we'll be putting on a premiere of our new Young Carers Project short film during Carers Week on Wednesday 13th June at a Special location to be announced. This will be a great way to remind ourselves of the amazing support that Young Carers provide to their families. It will also demonstrate how much Young Carers get out of accessing our services.

Finally, in what has become an annual tradition, we are delighted to announce

that we will be returning to Knockhatch Adventure Park this summer! This trip is available to Young Carers and their families and will be running on Saturday September 1st. The trip is funded once again by the kind people at the Alex Roberts-Miller Foundation. I encourage you all to check out their website to read more about the awesome work that they do in the community as well as visiting the Knockhatch site for a preview of what you can look forward to on the day!

www.alexrm.org.uk

www.knockhatch.com

If you'd like your family to attend any or all of these 3 special events, please email tom.lambert@thecarerscentre.org or call us on 01273 746 222 letting us know how many family members would like to come and if you will require any special assistance.

By Tom, Young Carers Team Manager

Summer Update from Schools Worker

It's been a sunny start to the new term as we continue to raise awareness of Young Carers in schools all over Brighton and Hove. We have been getting some new schools on board to join us in identifying and supporting Young Carers which is great, as well as revisiting those who we haven't seen for a while. Asides from raising awareness, our other focus this summer term is meeting with pupils at Secondary Schools across the City to talk about their experiences of being a Young Carer in school, in particular focussing on bullying. As we continue to talk to Young Carers we are beginning to build a better picture of why as a group they are twice as likely to be bullied (Safe and Well at School Survey, 2016). So far we have visited three local schools but hope to visit more before the end of term and share with them what we have learnt.

If you would like the Young Carers Project to come and visit your school give us a ring on 01273 746222 and we'll see what we can do!

By Lizzie, YC Schools Worker

Retro Gaming



We know that lots our young people are in to gaming. Playing with friends online can sometimes be a bit of 'me time', a break from caring responsibilities, as well as a social outlet for young carers when they play over a group chat.

We decided to show them how to game 'old school' thanks to the fabulous Gaming Retro-bution. They brought in an array of old consoles, including an original Nintendo, SEGA and hundreds of games.

This was a great event and we had lots of attendees from both the 6-12 and teens group. Playing as a group in person allowed for a great fun and unusual



social event where young carers got the chance to talk and the young carers were great at encouraging each other and playing games with new people. I may or may not have been beaten once or twice by young carers at fighting games, but it turns out I still know how to play through Super Mario World at high speed!

By Ruth, Young Carers Team

Young Carers News



Shadow Addiction

Our Young Carers get involved in theatre.

By Paula—YC Teen Worker

Over the last couple of months the Teen Young Carers have been busy. Around 13 Young Carers attend the teens drop-in every fortnight and have had sessions with the school nurse and a visit from the Oral Health team to discuss SUGAR!!! Trying to put them off those super sugary drinks they all seem to love.

We have also been very lucky to work with a fabulous charity called Create Arts who worked with us for three days over the Easter holidays; to create and perform a short drama piece. The group did a fantastic job of re-writing a few scenes from Peter Pan to give it a modern twist they could identify with, naming it 'Shadow Addiction'. We invited the families to see the performance at the Brunswick Theatre and everyone was amazed at what a fantastic moving piece of drama was achieved in such a short space of time. Huge





thanks to Carrie and James from Create Arts and the Young Peoples Centre, Brighton Dome and The Brunswick for all allowing us to use their spaces free of charge.

A small group also had the opportunity to see 'Wicked' being performed at the Apollo Theatre in London. We had a fab day visiting the Science Museum and then the matinee of Wicked. A great experience for all.

With the summer just around the corner I am in the process of planning some lovely outdoor activities and work continues to provide teens with 1:1 support and advocacy.



Want to Learn a New Skill or Hobby?



Are you an unpaid Carer?
Would you like to learn something new?

We will match you with a volunteer for up to 10 weeks to support you to achieve positive changes in your life.



Reablement
Project

Get in touch to find out more.
01273 746222

thecarerscentre.org/carers-Reablement-service



Carers' First Aid Course

Do you feel rusty about your first aid skills?

Come along and learn all the basic skills in a relaxed and engaging session.

The Square Lemon Training Company and The Carers Centre are running a workshop on Wednesday 12th September 2018 10.30—12.30 at Brighthelm Community Centre.

The session will teach you:

- Basic Life Support
- CPR
- How to use a defibrillator
- How to support someone having a heart attack, stroke or seizure
- First aid for burns and bruises.

To book your place, call the Carers Hub on 01273 977000.

If you have a mobility issue please let us know so we can book a taxi for you.

For your Diary

Friday 22nd June

The Royal British Legion's Tea and Toast
9-11.30am.

At All Bar One (Pavilion Buildings)
Come and join us for a chat advice and information for Armed Forces Veterans.

Sunday 1st July

Armed Forces Day for Blind Veterans
10.00—16:00
St Dunstons' (Ovingdean)

Wednesday 4th July

Carers Digital Resources Training
Woodingdean Library
10.30—12.30

Join us for a short session about Carers Digital resources, as well as support to register to use them.

Thursday 5th July

Carers Garden 10th Birthday Celebration
Allotment 25, Craven Vale Allotments
Beresford Road.

Tuesday 10th July

'What's out there?' event
10.30am—4pm
King Alfred Leisure Centre

Wednesday 11th July

Carers Digital Resources Training
Coldean Library
10.30—12.30

Join us for a short session about Carers Digital resources, as well as support to register to use them.

To find out about any of the events shown here, please get in touch with the CarersHub.co.uk or call 01273 977000



carershub

Carer Coffee Mornings



Hangleton Carers

First Thursday 10.30—12.00
Hangleton Manor, Hove

East Brighton Carers

First Thursday, 10.30—12.00
Al Campo Lounge, London Road, Brighton

Queen's Park Carers

First Tuesday, 10.30—12.00
Cup of Joe Café, St Georges Rd, Kemptown

Portslade & Hove Carers

First Monday, 2—3.30pm
The Railway Inn, Portslade

Saltdean Carers

Second Tuesday, 10.30—12
The Saltdean Tavern (BN2 8SP)

*Carers from Rottingdean, Ovingdean and Woodingdean are also welcome.

Current & Former Carers

Every Thursday, 10.30—12
Chapel Royal, Brighton

Carers Coffee Mornings provide a place to meet with carers from your neighbourhood and to take a break. Each group is run by a Carers Centre Support Worker, who is available for advice and information.



carershub.co.uk

information & support in Brighton & Hove

One Number

One Website

One Place for Carers

A dedicated phone line and website
for unpaid carers in Brighton & Hove

01273 977000
Lines open weekdays 9am - 5pm

