

A photograph of a person's legs from the knees down, standing on a white and black mechanical scale. The scale's dial is visible in the foreground, showing weight markings from 160 to 280. The person's feet are positioned on the scale's platform.

CARERS

News

Summer 2019

Carers Health Issue
because looking after you is important too.

Plus.....

Improving your diet to help lose weight

Walking for Health with our Carers Health Walk

Easter Treats with the Young Carers

And much more...

Brought to you by:



Welcome

Hello and the Warmest of Welcomes to the Summer Edition of Carers News.

In this Issue we are focusing on healthy living while being a Carer.

We'll be looking at:

- Improving your diet to help lose weight.
- Our new Carers Health Walk
- The Herbert Protocol
- The Triangle of Care

As well as catching up with all the Easter Holiday fun with the Young Carers.

Have a wonderful summer



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



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](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

Become a Carers Centre Member and Have Your Say!

A message from our CEO Tom Lambert



Dear carers and stakeholders,

I hope you enjoy the summer edition of Carers News, we have lots of exciting developments to tell you about. I want to ask you to consider becoming an official Carers Centre Member.

Members are very important to the Carers Centre. Our mission is to improve the quality of life for carers in Brighton & Hove. Getting your support and involvement will make sure that the Carers Centre will continue its focus on unpaid carers by providing appropriate and relevant services.

Being a member, you will:

- support our vision and values
- be able to vote at the Annual General Meeting (due to be held Thursday 18th July at a venue to be confirmed) and stand for election to the Board
- be able to support us with fundraising efforts
- meet up with trustees to share your stories and issues that matter to unpaid carers
- receive our regular newsletters and updates of events/activities

According to our constitution, membership has to be renewed annually. Members who have not renewed their membership will be automatically taken off from the list.

If you would like to join us, please contact the Centre on 01273 746 222 or info@thecarerscentre.org. Please also get in touch if are an existing member and have not received a renewal form.

New membership applications will be considered by the Board of Trustees who will inform the applicant within 60 days of the application having been received.



Improving your diet to help you lose weight

By Emily Rose, Lead Dietitian Primary Care, Brighton and Hove Clinical Commissioning Group

Being a healthy weight for your height is important for good long-term health. Body mass index (BMI) is the measure of your weight in relation to your height.

Being overweight (BMI $>25\text{kg/m}^2$) or obese (BMI $>30\text{kg/m}^2$) causes an increased risk of diabetes, heart disease, stroke and some cancers.

You can calculate your BMI here:
www.nhs.uk/live-well/healthy-weight/bmi-calculator/

How much you eat and what you eat will impact upon your weight. If you would like to lose weight, as well as increasing your physical activity, you should also make changes to your diet. Making realistic changes to your diet that you will be able to keep going long-term will mean that the weight you lose will stay off. If you go back to your original diet after losing weight you are likely to put the weight back on.

More information about local support for weight management can be found here:
www.brighton-hove.gov.uk/content/health/your-healthy-lifestyle/healthy-weight

What changes could you make?

Increase the amount of **fruit and vegetables** that you eat. Fresh, frozen and tinned (in water, not syrup) fruit and vegetables are all good. Vegetables are low in energy (calories) but provide lots of vitamins, minerals and fibre which are needed for a healthy diet. Aim for at least 5 portions of vegetables and fruit every day (1 or 2 portions with every meal, including breakfast) and aim to have a variety of different fruit and vegetables over the week to get the most benefit.

Reduce the amount of **high fat and high sugar** snacks that you eat. Crisps, biscuits, chocolates, sweets, cakes, ice-cream and fizzy drinks are all treats that can be eaten occasionally (about once a week) but they should not be part of your daily diet.

Reduce your portion sizes. Many people eat more than they need without realising because the portion size that they have is too large. Portion sizes can be judged from the size of your hands. For example, a portion of dried rice or pasta should be about half the size of your hand and a baked potato should be about the size of your fist. More information about measuring portion sizes can be found here: www.nutrition.org.uk/findyourbalance

Eat Breakfast (but avoid cereals with high levels of sugar). Breakfast is a great opportunity to start the day with one of your 5-a-day fruit and vegetable portions. Starting the day with breakfast will also help prevent you snacking between meals.

Switch your drinks Milky drinks (cappuccino, latte, hot chocolate) and drinks made with syrups (flavoured coffees, eg: hazelnut latte) are much higher in calories than drinks made with water. Choose filter coffee (often called Americano) or tea to reduce your energy intake without missing out flavour. Try not to have more than one glass of fruit juice each day and make sure that you choose reduced sugar squash and cordials. Choose sugar-free fizzy drinks.

Have **3 meals each day** and don't snack between meals. Plan your meals and your shopping. Sandwiches bought from shops are usually higher in calories than sandwiches you would make at home, so try and think about your meals in advance.

Further information about eating, 5-a-day and weight loss can be found here: www.bda.uk.com/foodfacts/home



Walking for Health

Walking is simple, free and one of the easiest ways to be more active, lose weight and become healthier. With this in mind the Carers Centre Reablement Project has teamed up with the award winning Brighton and Hove Health Walks team to bring you a monthly, accessible health walk, especially for Carers.

Walking is one of the most accessible forms of physical activity and health professionals now recommend that everyone should aim to do 30 minutes of moderate exercise (such as walking) at least five times a week. If you can't manage 30 minutes a day, remember even a little is good, but more is better.

Did you know that regular brisk walking can halve your risk of heart attack or

stroke, burn the same amount of calories as jogging, improve your blood pressure, lower cholesterol, improve confidence, help you feel less stressed, help you lose weight and keep it off and improve the cognitive functioning of the brain, among many other advantages.

Health Walks for Brighton & Hove have over 18 regular walks across the city with lengths ranging from under a mile to three miles. They are all free and led by trained volunteer Walk Leaders. Health walks are friendly and supportive and ideal for those who want to start exercising in a gentle and safe way.

(to find out more about health walks please search 'Brighton Health Walks' in your search engine.)

Carers Health Walk

The Carers Centre have chosen Preston Park for the Carers Health Walk, an ideal place to start with its expanse of green space, suitable pathways, cafes and facilities.

There is plenty of on street paid parking and the park is accessible by bus (5, 5a, 5b)

We will walk on every third Wednesday of the month (whatever the weather). Meeting at the Rotunda Café by the rose garden at the parks south end, we will set off promptly at 10.30 and will walk for approximately 1.5 miles on a circular route lasting between 30 minutes and one hour, returning to the café for a well deserved cup of tea.



Carers Health Walk

Every third Wednesday of the month
(19th June, 17th July, 21st August)

10.30am start

Meet at the Rotunda Café in Preston Park

No need to book, just turn up and walk.



**Reablement
Project**

Health Walk Questions and Answers

How far is the Carers Health Walk and how long should it take?

The walk is around 1.5 miles long and should take between 30 minutes and 1 hour, depending on the pace of the group and the weather.

I have a health condition—can I still come on the walk?

The Carers Health walk is suitable for all abilities and ages—however if you do have an existing health condition please consult your doctor before undertaking any exercise.

How much will the Carers Health Walk cost?

This is a free to attend activity so wont cost you anything at all, (unless you fancy a cup of tea at the end.)

What should I wear for a Health Walk?

Dress suitably for the weather, with a pair of sturdy shoes or boots.

Should I bring anything for the walk?

A bottle of water, sunscreen and a sunhat or a waterproof jacket.

Will the walk be cancelled in bad weather?

We will walk whatever the weather, except in extreme circumstances. Adjusting the route and length of the walk accordingly.

Are there other Carer Health Walks?

This is the first of our Carer Health Walks and depending on the success we hope to have more in other locations around the city, if you are interested in walking more regularly, contact the health walks team.



Are you prepared if your cared for goes missing?

A national scheme to help find vulnerable missing people with dementia and related conditions has been adopted across Sussex.

The 'Herbert Protocol' is a national initiative introduced by the police in partnership with other agencies which encourages carers to compile useful information which could be used in the event of a vulnerable person going missing.

The 'Herbert Protocol' gives carers, relatives or friends the ability to prepare, in advance, information that police will need quickly if their loved one goes missing.

With more than 850,000 people affected by dementia in the UK and with numbers set to rise, Sussex Police have worked in partnership with the Alzheimer's Society and Sussex Search and Rescue (SusSAR) to plan this scheme.

The protocol, already adopted by several forces across the UK, is named after George Herbert from Norfolk, a veteran of

the Normandy landings, who lived with dementia and repeatedly went missing from his care home.

It consists of a form that can be completed by relatives, friends or carers of those affected by dementia, recording vital information about the person including their regular medication, previous addresses and daily routines. Should the person they care for go missing, the form can be handed straight to the attending police officers, with a photograph.

This will help provide officers with the most up to date information about the vulnerable missing person, helping to accurately guide their search, and also avoid further unnecessary questions for families at what can be an extremely distressing time.

Chief Superintendent Lisa Bell said “When a vulnerable person is reported missing it can be deeply distressing for their family and friends. Finding them quickly before they come to harm is critical. We know that people may find it difficult to recall information when they are worried and distressed, and having vital information to hand about regular routines and previous addresses, will help officers to act fast to locate the missing person, returning them home safely.

“This will be an extra resource for our priority task of safeguarding and protecting those most vulnerable in our communities.”

The form once completed should be regularly updated and kept in a safe place, with a photo, where it can be easily located and handed to the attending officers should the person you care for go missing.

To get the form and find out more, just visit here
www.sussex.police.uk/notices/af/herbert-protocol/



If you are concerned for the whereabouts of a friend/relative please dial 101. If you feel the person may be in immediate danger, please call 999 as soon as possible.

Carers Q&A

What is the Herbert Protocol?

It is a national scheme which encourages carers to compile and keep useful information which could be used in the event of a vulnerable person going missing.

When should I complete the form?

The form should be completed as soon as possible with as much detail as you can provide.

What will happen to the information once completed?

The completed form should be kept up to date and in a safe place, either electronically or in hard copy and only handed to the police at the time the person is reported missing.

What should a carer do if a person goes missing?

After you have conducted a search of the address, grounds and outbuildings and you believe the person is missing and may be in immediate danger, please dial 999 as soon as possible. Tell the police operator that you have the Herbert protocol form.

What if a vulnerable person goes missing and I haven't completed the form?

Don't worry, the form is an additional safeguarding measure and does not change Sussex Police's usual response to a missing person. The completion of the form will allow important information to be readily available which will assist the police response and allow the police to focus resources more efficiently to locate the missing person.

What is the Triangle of Care (TOC)?

And how does it affect family & friend carers within Sussex Partnership NHS Foundation Trust?

By Jacqueline Clarke– Mapp (Carer Leader)

The Triangle of Care (TOC) was launched in 2010 by the Carers Trust, developed by carers and families of those who had received support from mental health and dementia services.

Members of the Triangle of Care network include Network Partners of Carers Trust across the UK.

The Triangle of Care is a working collaboration that includes family and friend carers working with health professionals to improve the care provided. Sussex Partnership NHS Foundation Trust (SPFT) attained membership of the Triangle of Care network in 2017.

The TOC is a UK-wide network of quality assured independent partners, such as the Carers Centre Brighton & Hove, who help carers get the extra support they need to live their own lives.

The locally based Network Partners can support carers in their homes through the provision of replacement care via the 'My Health Matters' scheme, in the community with information, advice, emotional support, hands on practical help and access to much needed breaks.

For family & friend carers within SPFT this means being listened to, recognised and valued, supported in their work as a carer, getting support more quickly and being able to offer and share expertise and knowledge.



For service users within SPFT this means improvements to the care provided, and a more joined-up approach to care, achieved through the valuable information provided by family & friend carers.

For staff within SPFT this means access to credible information to better inform care plans, improved team working with carers, increased knowledge to improve practice and improved job enrichment.

Changes within SPFT to support carers Carenotes updates—this ensures that carers' details and circumstances are recorded at the time of the service user's referral, and can be routinely updated as part of the care planning process.

Carer Awareness Training with carers has and continues to be delivered to staff across the Trust.

Setting benchmarks & measures to properly gauge how we are doing as a Trust.

Carer Leader to ensure family and friend carers are at the heart of the Trust's work.

Confidentiality leaflets have been produced for family and friend carers and staff.

Useful contact information for carers of people with mental health issues in Brighton & Hove

Carers Hub – Tel: 01273 977000

SPFT: Twitter @FamiliesSPFT

Email: families@sussexpartnership.nhs.uk



Volunteering with the Carers Reablement Project

Katia, a local French tutor and one of our Reablement Volunteers tells us why volunteering is important to her.

When I moved to Brighton 3 years ago, I was determined to continue my teaching journey with some voluntary work. I also needed to feel a part of the Brighton community. I decided to join the Carers centre a few months ago. In accepting my contribution, they allowed me to combine again my two favourite activities teaching and helping others.

I met my first carer in a lovely little coffee shop on St James Street for our first lesson. I became proud of the thought of being her teacher. Helping her, making her happy and improving her knowledge became my pride from the first moment I met her. I was excited to start.

Every time we met, she surprised me in bringing not only the homework I gave her but she also provided extra work she prepared at home. At each lesson, she was excited, more confident, focused and interested in every subject we covered. When I started to work with the Carers Centre I was aware of some difficulties I could come across with our students. Not crossing boundaries with my students,

this was an important aspect of the work. I have never felt that Anne crossed these boundaries. She made my teaching and my contact with her very easy.

In the past, I thought when I was teaching French that I just enjoyed the teaching part, delivering knowledge. I had the privilege to be just a teacher. Teaching as a volunteer has provided me with another sense of purpose. I feel a part of the Brighton community in making a difference to the people life. Teaching has given me a sense of fulfilment and satisfaction.

My first experience as a teacher with the Carers centre has convinced me that it was a good decision to work with them. I am really looking forward to meet my next student.

The Carers Centre has been very kind, helpful and supportive. I would recommend them to anyone who is willing to do voluntary work.

For more information about volunteering with the Reablement Project please contact the Carers Hub 01273 977000.

Young Carers News

Easter Treats

By Lizzie (YC Schools Worker
& Support Worker

Over the Easter holidays young carers of all ages had fun not on one, not two, but three trips to play laser tag (a much requested activity by the young carers themselves), ensuring as many young people as possible could take part and have some well-earned time away from their caring roles. For some this was a chance to see old friends, whilst for others this was their first activity since joining the project so an opportunity to meet other young people in a similar position. For our support workers it's



particularly rewarding to see friendships develop between the young carers, who may sometimes struggle to fit in and make friends at school. Over two games of laser tag the young carers battled it out in teams and emerged sweaty but triumphant. Next stop was JB's American Diner along the seafront to re-fuel with milkshakes and ice-cream sundaes. This went down a treat, particularly as some young carers have never visited the diner before and tried the legendary retro milkshakes. Lastly we just had time for a quick visit to the beach to play games and make the most of the sunshine with some down time, which made for an all-round very enjoyable afternoon.



Young Carers

My Sad Farewell

By Grace (Student Social Worker)

I can't believe how fast the time has gone! I am sad to say May 23rd will be the last day of my social work placement with the Young Carers Project!

I feel so fortunate to have been able to work with such a fantastic team of people and get involved in so many things the Young Carers Project has on offer for young people. I have had the pleasure of meeting and supporting some truly awesome young people and I will miss them hugely.

Some of the highlights of the last four months have been: working with some of the teens to learn and create animation films about the environment, getting very competitive but losing very badly in our Laser Tag Easter Activity and; getting crafty making sock bunny rabbits at Primary Drop-in.

A particular favourite of mine has to be the cooking sessions we have been doing with Master Chef quarter-finalist, Ingrid Wakeling. As part of her company, SoulFood, she has been running cooking sessions with some of our young carers, focusing on food from across the globe. It has been fantastic to see the children learn how to make dishes and experiencing new flavours from India, Mexico and Japan! Yummy!

I have loved working here so much that I couldn't say good bye forever.... Although I am leaving my role as student social worker, I will continue to work as a sessional support worker on activities over the summer months—I can't wait!





Keep on Running

This April we had two wonderful volunteers enter the Brighton Marathon in aid of The Carers Centre.

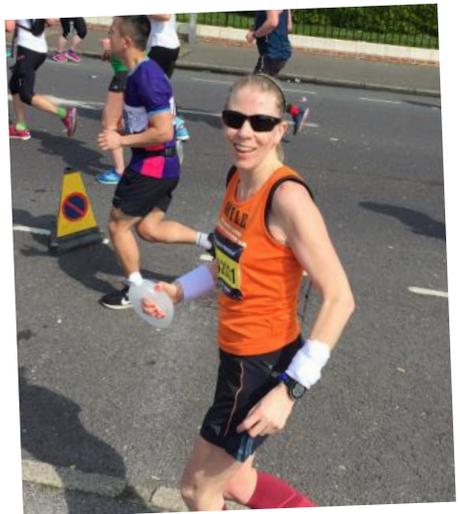
Gayle and Steve's efforts were amazing and between them they were able to raise over £2000!

We were lucky enough to grab an action shot of Gayle near the half way point and she managed to complete the course in under 4 hours.

“Congratulations”

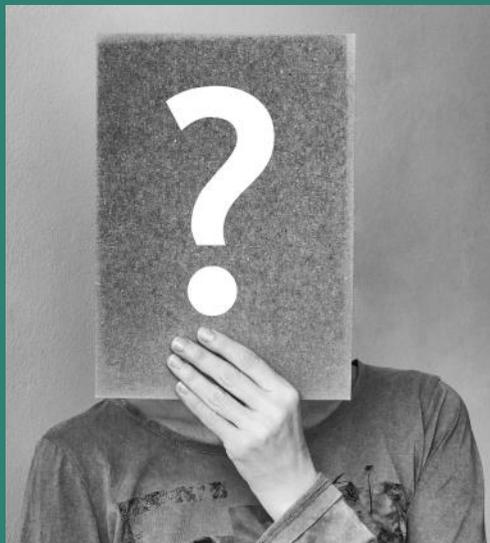
A big congratulations and a huge thank you to both Gayle and Steve for their incredible efforts.

If you are interested in running the 2020 Brighton Marathon, we are able to offer free places if you can raise some sponsorship for The Carers Centre. Please contact info@thecarerscentre.org for more information.



Thank you for Engaging with us

During the last six months, The Carers Centre has carried out a number of engagement events with you about isolation and loneliness and also Mental Health Services. Findings and recommendations have been passed to the Clinical Commissioning Group for consideration and actions arising from these reports will be outlined in future editions of Carers News. The answers you provide us are invaluable in helping to shape the services provided by the CCG. If you wish to be involved in future discussions, please watch out for our surveys or even contact us about joining our Carer Expert Project.



Following the survey on loneliness and isolation, The Carers Centre advertised a befriending service. Details of this service can be found below as well as details of support for Mental Health issues:

Befriending Contact information

www.bhbbefriending.org 01273 229005 contact@bhbbefriending.org

Mental Health Helpline

Web: www.sussexpartnership.nhs.uk/sussex-mental-healthline

Tel: 0300 5000 101 (Mon-Fri 5pm–9am, sat, sun & bank hols 24hr) (available with Text Relay)

The Sussex Mental Health line is a telephone service offering support and information to anyone experiencing mental health problems, including stress, anxiety and depression.

They are available to anyone concerned about their own mental health or that of a relative or friend. The service is also available to Carers.

Urgent Help in a crisis

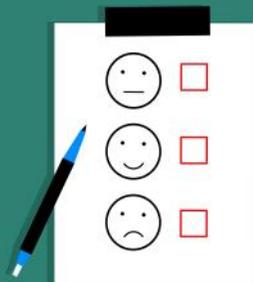
If you are having thoughts and urges about hurting yourself or ending your life or if you are worried about someone else who may be having these thoughts and feelings, go to any hospital A&E department and ask for help, if you need an ambulance, call **999**.

Would you like to be a Carer Expert?

Our Carer Expert Group currently runs every 3 months with discussions, presentations from outside agencies, training for group members and of course an opportunity to meet and learn from other carers while enjoying a cuppa and a cake (or fruit).

The Carer Expert Group is open to any carer regardless of how long you have been caring or whether you think you are an “expert” or not.

It provides an opportunity to get involved (with no defined commitment) in more detailed discussions on the whole range of subjects applying to caring for someone in Brighton and Hove.



There is no cost involved in being a member of the group and if attending a meeting is difficult, we can arrange to get your views by email, phone or even letter!

If you are interested in finding out more about the group, please contact Steve.castellari@thecarerscentre.org Or contact the **Carers Hub** on **01273 977000**

A free festival for all - celebrating healthy, active lifestyles

TAKEPART 2019
Saturday 22 June
12noon - 5pm
The Level



Carers

Digital Support Drop In

A free monthly drop-in session for Carers to learn more about their technology



Do you sometimes struggle online or with your computer, laptop, tablet or mobile?

Come and receive one-to-one help and advice with anything digital.

Receive informal help and advice with: Web browsing, using a keyboard and mouse, setting up a new email address, digital form filling, word processing, social media, accessibility and assistive technologies, online shopping, online banking, keeping yourself safe online, user issues, tech not working, improving your skills and increasing your confidence.

Every third Wednesday of the month

(26th Jun, 24th Jul, 28th Aug, 25th Sep)

10.30am—1pm

at The Carers Centre (18 Bedford Place, BN1 2PT)

Bring your devices with you to get hands on support to get the most from your technology.



Reablement
Project

‘What’s Out There?’

Free event

Event for people with learning disabilities and/or autism and those that support them

Come along for information and advice on services and support in the city.
Try out fun activities too!

Thursday 18 July 2019

10am-3pm

BHASVIC
205 Dyke Rd,
Hove,
BN3 6EG

For more information contact:
WhatsOutThere@brighton-hove.gov.uk
01273 295550



Carers Workshop Managing Anxiety



Learn how to recognise anxiety
Find ways to manage anxiety
Hear about organisations that can support you

Friends Meeting House
(Ship Street, Brighton, BN1 1AF)

Thursday 8th August 2019
10.30 to 12.45

Lunch Provided

For more information and to book a place
please call Carers Hub on 01273 977000.

 carershub.co.uk
Information & support in Brighton & Hove
01273 977000

Dates for your Diary....



Carers Festival

Wednesday 12th June 2019

2pm—6pm

The Open Market
(London Road, Brighton)

National Carers Week

10—16th June 2019

Coffee Morning for Carers of someone with a life limiting illness

Every third Tuesday of the Month
2.30—4pm

Cornerstone Community Centre,
(Church Road, Hove, BN3 2FL)

Carers Health Walks

Every third Wednesday of the Month
(19th Jun, 17th Jul, 21st Aug)

Meet at Rotunda Café, Preston Park
For a 10.30am start.

Carers Digital Support Drop In

A free monthly drop in session for Carers to
learn more about their technology.

Every 4th Wednesday of the Month
(26th Jun, 24th Jul, 28th Aug, 25th Sep)
10.30am—1pm

At The Carers Centre
(18 Bedford Place, BN1 2PT)

All of our activities for carers are free
unless otherwise stated.

Contact Carers Hub for more info.



Carers Coffee Mornings

Carers Coffee Mornings are a place to meet
with unpaid carers from your
neighbourhood to take a break and find
out about support services in
Brighton and Hove.



Hangleton Carers

First Thursday of the month, 11—12.30
Hangleton Manor, Hove

East Brighton Carers

First Thursday of the month, 10.30-12
Al Campo Lounge,
London Rd, Brighton

Queen's Park Carers

First Tuesday of the month, 10.30-12
Cup of Joe Cafe,
St Georges Rd, Kemptown

Portslade & Hove Carers

First Monday of the month, 2-3.30pm
The Railway Inn, Portslade

Saltdean Carers

Second Tuesday of the month 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

For more information about these events or
any of the other support
available to Unpaid Carers in Brighton & Hove,
please call Carers Hub

Brighton and Hove



Carers Festival

Celebrating the role of unpaid carers in our city

Carers

Wednesday 12th June 2019

2pm—6pm

The Open Market

London Road, Brighton

A free afternoon of information, activities and entertainment showcasing all that is on offer to Carers in Brighton & Hove

with stalls from:

Carers Hub, Carers Centre, Alzheimers Society, Crossroads, Changes Ahead, Sibling Link, Age UK, Blue Badge and Concessionary Travel, Hop 50+, Mind, Better Care Pharmacist, Library Services, Carers Reablement Project, East Sussex Fire Service, Care Link, AllSorts Youth Project, Posh Club, Youth Employability Service, Well being zone, Health Walks, Table Tennis, Back Care Advice, Healthy Lifestyles Team,
Brighton & Hove Buses staff will be on hand to advise on discounted travel

Entertainment from:

Silver Strings, Singing for Better Health, Silver Sounds, Marta Scott Dance Company,
+ much much more

Free Tea, Coffee and Cake with your Carers Card (or sign up for one on the day)
Complimentary Carers Goodie Bag for first 150 Adult Carers and first 50 Young Carers

For more information please call Carers Hub on 01273 977000

