



# CARERS

# News

Autumn 2019

Music - providing Lifelines  
for people living with dementia

Plus.....

Looking back at our first Carers Festival

Looking forward to Carers Rights Day

Catching up with the Young Carers

And much more...

Brought to you by:





# Welcome

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**

Facebook:  
**/brightoncarershub**

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

Hello and Welcome to our Autumn edition of Carers News.

Wow what a summer!

In June we celebrated Carers Week with our first ever Carers Festival at the Open Market (see page 10 & 11).

The Young Carers have been up to all sorts through the holidays, catch up with them on pages 12 & 13.

Over the Autumn, we will be celebrating Carers Rights Day on November 21st. Also The Reablement Project is celebrating their fifth anniversary—Happy Birthday Reablement (see page 6 & 7).

You will also find some new regular features: including 'You said, we recommended' feeding back on all of the Carer Expert consultations (page 14 & 15). 'Meet the Team' where each edition we will introduce you to members from the Carers Hub team, this time we are meeting Liz and Louisa who support those caring for someone with a life limiting illness or nearing end of life. We have also introduced a wonderful new feature called 'One Minute With' where we will chat to different Carer organisations in and around the city.

We hope you have a fantastic Autumn and we will see you again for the Winter Edition—Out early 2020.

# A successful AGM

A message from our CEO Tom Lambert



We had a great AGM on Thursday 18th July 2019. The Carers Centre was proud to welcome so many carers, stakeholders, volunteers and staff to the event at which we celebrated the support which the Centre provides across Brighton & Hove.

We were lucky to have Jacqueline Clarke-Mapp from the Sussex Partnership Foundation Trust as our keynote speaker. Jacqueline outlined the Trust's partnership work with the Centre and our progress on the Triangle of Care initiative. We also heard moving testimonies from carers who have engaged in our Reablement Project as well as from Annie, a Reablement Volunteer who helps make such a difference to carers she works with.

A huge thank you to all the staff, volunteers and trustees who made the event such a success. If you would like a copy of our annual report, please contact The Carers Centre on 01273 746222.





**carers  
centre**

for brighton &  
hove

**Calling All Runners!**

Would you like to take on the challenge of the Brighton Marathon 2020?

General Entries have now closed but you can still get a charity place and help raise money for The Carers Centre for Brighton & Hove.

For more information please contact Tom on  
**01273 746222**  
or email  
[info@thecarerscentre.org](mailto:info@thecarerscentre.org)



# QUIZ

Each year Carers Rights Day brings organisations from across the UK together to help carers in their local community know their rights and find out how to get the help and support they are entitled to. **This year Carers Rights Day is on Thursday 21st November.**

In honour of Carers Rights Day, we at Carers News thought we would test your knowledge about being an unpaid carer.

- Q:** True or False: There are 4 million carers in the UK  
**A:** False—There are an estimated 8.8 million carers in the UK
- Q:** True or False: The contribution Carers make to the UK economy in a year is equivalent to £119 Billion.  
**A:** True, the amount is considerably more than the annual total spend on the NHS.
- Q:** True or False: Carers Allowance is £90 per week?  
**A:** False, it is actually £66.15 for a minimum of 35 hours, equivalent to £1.89 per hour.
- Q:** True or False: 13,000 of the UKs Young Carers care for over 50 hours a week.  
**A:** True, most care for a parent or other close family member.
- Q:** 72% of carers in the UK said they have suffered mental ill health as a result of caring.  
**A:** True, Carers are twice as likely to suffer poor physical and mental health compared to people without a caring responsibility.
- Q:** True or False: 1 in 7 UK workers has a caring responsibility outside of their employment?  
**A:** True, and 1 in 5 give up work to care
- Q:** True or False: 500,000 people provide over 50 hours of care per week?  
**A:** False—over 1.3 million people provide over 50 hours care per week.
- Q:** True or False: Every day 1000 people take on a caring responsibility?  
**A:** False, Each day 6000 people take on a caring responsibility, which is equal to over 2 million people per year.

How did you do? Did you get more correct than you thought?  
Carers Rights don't need to be confusing!

To find out more about your rights as a carer, both at home and in the workplace please visit: [www.carersuk.org/news-and-campaigns/carers-rights-day](http://www.carersuk.org/news-and-campaigns/carers-rights-day).



# Carer's Assessments

**Getting you the support you need when you need it.**

## What is a Carer's Assessment?

The Carer's Assessment is a discussion between yourself and one of our Carer Support Workers where we look at how your caring role affects your life, including your physical, mental and emotional needs.

The assessment is usually carried out over the phone and takes about 20 minutes, but a face to face meeting can be arranged if you prefer.

## What is covered in a Carer's Assessment?

The following areas are covered in the carer's assessment:

- What you enjoy doing to relax
- Planning for emergencies
- If you are willing or able to carry on in your caring role
- Your caring role
- Your feelings about caring
- Your health
- Your work
- Other family commitments

## What should I tell you?

Please be honest when telling us about your caring role and how it affects your life, sometimes carers can feel tempted to put on a brave face or understate their responsibilities. It is best to be realistic about your situation including the amount of care you are willing and able to provide.

## Preparing for your Carer's Assessment

Here are some examples of the questions we will ask you during your assessment:

Do you have any physical or mental health problems, including stress or depression that make your caring role more difficult?

Do you want to continue your caring role? If so, is there anything that could make your life easier?

Does caring make it difficult to manage and maintain your home?

Does caring mean you sometimes skip meals or don't maintain a healthy diet?

Without support is there a risk that you might not be able to continue in your caring role?

Does being a carer affect your relationships with other people, including the person you are caring for as well as other family and friends?

Would you like more time to yourself so that you can sleep, take a break or enjoy a leisure activity?

Would you like to do some training, voluntary work or paid work?

**To receive your Carer's Assessment contact the CarersHub (details at top of the page), you can also speak to your social worker or GP.**

**Also speak to us if your caring role or situation has changed.**



## Carers Reablement Project turns 5!

The Carers Reablement Project operated by The Carers Centre for Brighton and Hove, gives carers the opportunity to learn a new skill or hobby by matching them with one of our volunteers, and ultimately for the carer to have some time to focus on themselves and improve their own wellbeing.

Initially funded by the council as a one year pilot to match volunteers with carers to support them to achieve positive changes within their lives. The pilot was such a success that we are celebrating our 5th birthday in October 2019.

In this time we have matched over 200 carers with volunteers to learn a new skill or hobby and they work towards achieving the goal they've set in up to 10 weeks. Carers and volunteers meet one to one in either the carers own home or in the local community, which allows the carer to learn at their own pace and focus on the things they want. We also have volunteers who can support carers to attend a new group, recently we've had a carer and

volunteer attend a dance class as the carer wanted to get fit and another carer and volunteer are attending a singing group together.

We always have a variety of skills requested. The most often requested has been how to use a computer, tablet or phone and we have had such a demand for this that we have set up a Digital Support Drop-In that started in May.

We have had a number of carers interested in learning a new art or craft as part of having some wellbeing time for themselves, while other carers have been interested in improving their CV writing skills, language skills or have had support from our one of our life coaches.

This year we lowered the referral age to 16+ allowing us to have our first young carer matched with a volunteer to receive support with her maths and science GCSE revision, we now have more young carers waiting to be matched now that the schools are back.

Here are a few words from Carers who have been involved in the project:

*"As a complete beginner to piano playing I have thoroughly enjoyed the experience and the kindness and patience of the volunteer, especially given her flexibility of coming to my house. It has been such a pleasant distraction for me."*

*"I have always dreamed of playing the piano but never thought it would be possible. My volunteer has given me patience and understanding and the skills to begin my learning journey. When I practice, worry and stress just disappear. It's a lightness in the dark. It's a joy even when I'm sad."*

*"I thoroughly enjoyed the sessions and as they were 1to1 I made fairly good progress. My volunteer was very responsive, cheerful and patient. So I am grateful to have met and worked with such a lovely lady and to the Project for bringing us together."*

Thank you to everyone who is or has been involved with the project, we couldn't do any of this without our team of wonderful volunteers and all of the carers involved in the project.

If you're interested in being involved in the project please call us on 01273 746222 or email [volunteer@thecarerscentre.org](mailto:volunteer@thecarerscentre.org)

Dan and Linden



**Reablement  
Project**

## **VOLUNTEERS WANTED**

**Can you spare an hour a week?  
Could you help an unpaid carer to learn a  
new skill?**

We are looking for volunteers for the Carers Reablement Project, a project designed to support unpaid carers to learn new skills and achieve positive changes in their life.

As a volunteer, you will be matched with an unpaid carer, who is looking after a family member or friend, for you to support and encourage to learn a new skill, for an hour a week over a 10 week period.

You will receive out of pocket travel expenses, ongoing training and monthly group supervision.

**Currently we are particularly looking for:**

Foreign Language Speakers  
Musicians  
Art and Crafters  
Digital Support

But we do offer a multitude of skills, so whatever your skill set, please do get in touch!

To find out more please contact:  
[volunteer@thecarerscentre.org](mailto:volunteer@thecarerscentre.org)  
01273 746222 ext 233  
[www.thecarerscentre.org](http://www.thecarerscentre.org)



# Getting that ‘Flashback’ feeling!

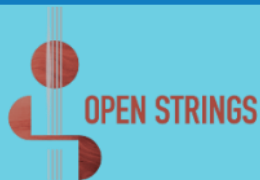
Playlist for Life is a UK music and dementia charity. We empower families to use personally meaningful music to bring joy to the lives of those living with dementia.

Music that gives you that ‘flashback feeling’ can be a lifeline if you develop dementia. When you listen to music, your brain lights up like a fireworks display. If parts of your brain are damaged, music can still reach other parts. Personally meaningful music can bring back feelings, memories and sometimes even abilities thought lost. It can also strengthen relationships, reconnect families and manage some of the symptoms of dementia.

Playlist for Life wants everyone with dementia to have access to the music that has soundtracked their life. We provide information, tools and training to help people with dementia and those caring for them to build a playlist and listen to it in the most effective way.

To find out more visit their website [www.playlistforlife.org.uk](http://www.playlistforlife.org.uk)





# Free Training

Music-making for Carers of  
People Living with Dementia



Open Strings Music is offering free training for family and professional carers. In these informal and supportive sessions we will explore the benefits of music-making, and ways to use music to engage and communicate with people living with dementia.

**No musical experience is necessary.**

*"I didn't want it to end! The training was enormously beneficial in numerous ways."*

Monday 7th October & 4th November  
10am—12pm

Maycroft Manor, Carden Avenue BN1 8NA

Friday 18th October & 15th November  
2—4pm

The Carers Centre, Bedford Place, BN1 2PT

Attendees are requested to attend both training sessions in their chosen location.

Advance booking required:

emma@openstrings.co.uk/ 07914 467816

[www.openstrings.co.uk](http://www.openstrings.co.uk)



**Things to do.  
Places to go.  
People to see.**

Ageing Well is a new service for Older People in Brighton and Hove. There is now one phone number and one email address to contact to find out about activities, befriending, transport, events and advice for people aged 50+.

This includes interest groups and activities, cafes and centres, befriending and minibus trips.

The number to call is

**01273 322947**

or you can email

[ageingwellbh@impact-initiatives.org.uk](mailto:ageingwellbh@impact-initiatives.org.uk)

There is more information available on their website at

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



BRIGHTON & HOVE  
**AGEING WELL  
FESTIVAL**

30th September—13th October 2019.

A two week festival of celebrations and events  
for people aged 50+

Programmes are out now!

To order your copy please call

01273 322940 or you can book places at

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

# Carers Festival

**Celebrating the role of unpaid carers in our city**

During Carers Week back in June we celebrated the role of unpaid carers in our city at our very first Carers Festival held at The Open Market in Brighton.

The organisers, Sarah, Jeff and Claire reflect on the success of their first Carers Festival.

I think it's fair to say that the success of the Carers festival exceeded our expectations and after months of planning we were truly delighted to see everyone enjoying themselves and all our community partners engaging in conversations with carers.

Back in April we began to meet once a week to plan the first ever carers festival, an event that we felt should be

fun, uplifting, informative, but also a celebration of Carers in Brighton and Hove.

We are lucky in the city that we live in that there are so many great community organisations and statutory organisations that are keen to support carers and jumped at the chance of being part of this day.

We wanted to reach out to those existing carers that we knew about, and to any new carers and at the same time highlight the role of unpaid carers in the city and the support available.

To create the festival theme, we wanted music and performances that would provide a lively atmosphere, holistic therapies where carers could have the opportunity to invest in themselves and goody bags for carers to be able to take

Brighton and Hove



Carers





something home that was part of the festival day. We hope you got your goody bag, if not they will be back in 2020!

The list of thank yous is massive, so to everyone who came along, found out information, provided information or a holistic treatment or were part of the amazing performances or served the tea and coffee we thank you for your help in making the day so successful.

We are back planning the next one but for the time being we are looking toward Carers Rights Day November 21<sup>st</sup>

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## Ramp(ion) up the summer for our Young Carers

This summer we are coming to the end of a piece of fantastic funding supplied by Rampion – the company who manage the offshore windfarm. They have a commitment to supporting local community projects and services with funding for innovative projects that benefit the local area.

We were fortunate to get a year of funding to run a programme of activities that had a link to the local environment and natural world. We've been privileged to run some amazing workshops and trips across the year allowing us to support just under 90 children to access respite activities and creative sessions.

The range of experiences that the grant has allowed us to offer has given normally isolated young people the chance to access their surrounding environment in new and creative ways. Across the year we been able to offer unique and memory making experiences. We have visited the Sealife centre and taken a group of young people to Cornwall to visit the Eden project. We have worked with some brilliant creative artists to create films, costumes, sculptures and animation and we have been able to use many of Brighton's wonderful creative spaces to complete our activities.

We have brought our amazing year of funding to a conclusion with a celebratory picnic in St Anne's Well Gardens there was music, displays of the children's work and jaw dropping demonstration of projection mapping – an amazing technique that the young carers learned in order to create fantastical, freaky living sculptures using light and images. We are delighted to be joined by families, trustees and one of our patrons – The Lord Lieutenant of Sussex. A memorable end to a very memorable project.



## YC Eco Garden



### How does our Garden Grow?

This summer our Young Carers have begun works on our very own eco garden! With thanks to Brighton and Hove Food Partnership, we have been given a plot of land to create a peaceful, relaxing space full of wildlife for young carers to come and spend time in.

Preparations went under way in the summer term, with young carers at our drop-in session planning what they would like to see in the garden and making a start on building bird houses and feeders.

Over the summer holidays, with help from our green fingered friend, Sheri and a small group of eager young carers, armed with shovels and forks, took to the garden and began digging and preparing the land for a wild flower area. Sheri taught us that these flowers are pollinators and will encourage lots of bees and insects to come and visit – which the children were very excited about!

We also got stuck into building a huge bug hotel to create a new habitat for thousands of bugs. Using wooden pallets to form the different floors of the hotel, we used bamboo sticks, twigs and leaves till fill each room, making it as comfy and inviting to all sorts of creepy crawlies!

We are planning another gardening session to continue the great work from last time. I can't wait to see how the garden will grow and develop to become a great place for our young carers to hang out in.



# You said—We recommended

By Steve Castellari— Carer Engagement Lead

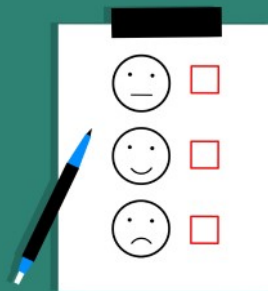
During the past year, we have hosted or been involved in a number of events such as The BAME fair, Carers Festival, Disability Pride and What's Out There days. I have seen many of you at these and I hope you are finding it useful to speak with us on our stands and look forward to seeing you again and welcoming new carers.

We have also reached out to you a number of times with surveys and focus groups to get your views on a range of subjects. Thank you to everyone that has contributed. Responses have been tremendous and have given us lots of information to share with the Clinical Commissioning Group (CCG).

I would like to update you on the recommendations that we passed onto the CCG from your answers to the surveys.

If you want more details about engagement and what the CCG do with the information, you can find the plans and progress CCG annual report here:

<https://www.brightonandhoveccg.nhs.uk/plans-priorities-and-progress>



## Survey: New GPs Online Service—Summer to Autumn 2018

This survey was looking at the needs that carers would have if using a new additional online service allowing access to GPS.

### You said: We recommended:

*The system must allow carers to respond on behalf of their dependants at any time of day. It must be simple and fast, There must not be a lengthy wait time if an appointment is needed. How the system works and what it can and can't do must be communicated very clearly. It must be stressed that this is not a replacement for seeing a GP. Remembering passwords can be difficult. You should be able to leave it and come back later as many carers face multiple distractions*

## Survey: Loneliness and Isolation—Autumn to Winter 2018

The CCG allowed us to choose our own consultation topic during this period. We decided to look at Loneliness and Isolation.

### You said: We recommended:

All group members should review activities

they provided so they don't make people feel like they are at a support group.

You don't want groups to become just forums for carers to only talk about caring. Have as wide a range of activities as possible. Type, content, location and timing are important.

We asked the CCG to examine how to provide in-home activities whenever possible. We suggested they look at something like The Carers Centre Reablement Project, which already carries out in-home activities using skilled volunteers.

We asked the CCG to think about a type of travel sharing scheme where confident, mobile carers could offer help to those in their area to attend events.

Immediately following the survey, a befriending link was sent out to all subscribers of the Carers Hub and Carers News Groups.

We also updated our website to make it easier to understand and use.

### **Survey: Mental Health—Winter to Spring 2019**

We were asked to look at mental health in this period.

You said: We recommended:

Future services must take account of the high need for in-home services and promote services that already exist. Where not provided, local alternatives must be available as carers are willing to travel and seek appropriate services but the will to travel is often greater than the ability to travel.

When promoting non-local services, benefits must be clearly stated along with all possible travel options for Carer and Dependent. Connection and communication between services is crucial both within and outside the NHS. Clearer pathways for care must be put into existence and be communicated to patients via every possible means.

### **Survey: Urgent Care Use—Spring to Summer 2019**

This survey asked us to explore whether carers knew the difference between urgent and emergency care and what services were currently being used and how they were doing.

**You said: We recommended:**

Differentiate services. If services are to be truly

differentiated between urgent care and emergency care, the existing definition must be widely shared, including easily understood examples of when to use, in multiple formats (including easy read, braille, audio msg.)

Easy read posters/flyers/cards to be issued at supermarkets, train stations as well as GP Practices, Pharmacies and Dentists.

Identification of services by locality, combined with the above points: So that the correct service for the location is promoted together with transport links and parking instructions for the service.

Locality focused A4 folded laminated flyer/ card which can be kept by the telephone or other convenient place Must include easy read symbols.

Staff at organisations including NHS 111 must be aware of the difference between urgent and emergency care and have clear guidelines for issuing advice.

Consider a radio and TV campaign combined with social media to identify the differences between services, when to use them, how to use them and the benefits of using the correct service rather than always going to emergency care.

## **Carer Expert Group:**

During the year, we have met twice and discussed future topics and involvement of the group. The group also took part in a mindfulness and relaxation training session provided by an outside expert. Feedback on this was positive and the tools and techniques shown were able to be used in almost any environment and also maybe passed on to the people you care for.

The group has seen a tremendous growth in numbers in the last quarter and we will be planning another get together soon.

If you would like to find out more about the group please contact Steve via email [steve.castellari@thecarerscentre.org](mailto:steve.castellari@thecarerscentre.org)

I would like to thank you all for engaging with us over the past year and I look forward to hearing from you as we move forward together.

Steve



## Meet the Team

Louisa and Liz are our specialist Carer Support Workers, supporting those who are looking after someone with a life limiting illness or nearing the end of life. We put the spotlight on Louisa and Liz to find out more about them and their project.

### **What does a typical day look like for you at The Carers Hub?**

Liz—My days are very varied at The Carers Centre, which I enjoy! I begin each day responding to emails, I then spend some time catching up with my case load of carers for the week. I support both bereaved carers and carers who look after someone with a life limiting illness so the work can be emotionally challenging sometimes., Once a month I run a carers coffee morning in Hangleton, which is fun!

### **What is the best thing about working at the Carers Hub/Carers Centre?**

Louisa: Lovely supportive colleagues and a job with lots of variety, I really enjoy working here.

### **Can you tell us more about the monthly support group you run?**

I run the Cornerstone Group every third Tuesday of the month which is a group for carers who are looking after somebody with a life limiting illness. There are different activities each month and in September we are having a fun quiz! It is a really enjoyable and positive group.



### **Louisa, What would you advise a carer who is looking after someone with a life limiting illness or nearing the end of life and they were looking for support and thinking of contacting the Carers Hub?**

Louisa—I would encourage them to get in touch. We are very friendly and approachable and will do our best to support you. We are able to support over the phone, via email or in person. We try our best to be accommodating and sensitive to the type of support you may require. We also work closely with partners at the Alzheimer's Society, Martlets Hospice and Macmillan so can signpost you for support/advice from them too.

### **Tell us about some of the carers you have met whilst working at the Carers Centre and Carers Hub?**

Liz—I have met some truly inspirational carers during my years of working at the Carers Centre. Many of the carers are so positive and friendly despite the difficulties they face on a daily basis. Several of the bereaved carers I have worked with have gone on to become volunteers with the Carers Reablement Project which is great. I heard recently that another bereaved carer had started



her own business which is something she had always wanted to do. How inspiring!

**What do you like to do when you are not working?**

Louisa - I love to cook and try out new dishes. I also sing in a lovely choir in Lewes and more recently have learnt to Kayak, which has been a lovely way to get outdoors and see the countryside.

**What might someone be surprised to know about you?**

Liz—I used to love taking part in karaoke singing contests!

**What was the last book you read?**

Louisa—The Kite Runner by Khaled Hosseini. I really enjoyed it but it was quite sad at times. I like the vivid, descriptive ways that he writes.

**What 3 words best describe you?**

Liz—resourceful, resilient and cheerful!

**Are you messy or organised?**

Louisa—I would say that I try to be very organised at work as I am often juggling a lot of different things and doing things which involve a lot of forward planning. At home I am a bit untidy. I often make a big mess in the kitchen when I am cooking!

**Thanks Louisa and Liz, was lovely chatting with you....**

To find out more about the support available to you if you are an end of life carer or have been recently bereaved please contact the Carers Hub.

 **carershub.co.uk**

**01273 977000**

# Cornerstone Carers Group

A monthly group for carers who are supporting someone with a life limiting illness in Brighton and Hove



3rd Tuesday of every month, 2.30—4.00 pm  
with free refreshments

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

To book or place or for more information  
call Liz at the Carers Hub



**carershub**

01273 977000  
www.carershub.co.uk

## First Aid Skills Workshop for Carers

Wednesday 16th October 2019  
10.30am - 1.00pm

Brighelm Centre, Stanmer Room  
(North Road, Brighton, BN1 1YD)

Are you a carer living in Brighton & Hove or  
caring for someone living in Brighton & Hove?  
Would you like to learn some basic First Aid?

Come along and learn:

- Basic Life Support
- CPR
- How to use a defibrillator
- How to support someone who is having a heart attack, stroke or seizure
- First Aid for burns and bleeding



Join us for:

- Delicious complementary snacks
- Chance to meet other carers
- Free transport for carers with mobility issues

Call Carers Hub on 01273 977000 To book your place

# One Minute With...

In this section we chat to local organisations who are linked to caring in Brighton and Hove.

In this issue we chat with Carers Champion Petrina—who works at The Brighton Station Health Centre Practice Plus.



## What is your role at Brighton Station Health Centre?

I have a few responsibilities at the practice I'm primarily on reception but I'm also Carers Champion and a Mental Health First Aider.

## What do you like most about your job?

That's easy, I love to help and meet people!

## Are you messy or organised?

Organised to the extreme!

## How would someone describe you?

Kind, firm but fair.

## What would you tell a carer who is considering coming along to the Carers Coffee Afternoon at Brighton Station Health Centre?

Come along and speak to us, chat about whatever you want, get advice and signposting to other agencies. Share your experiences if you want to. Enjoy a tea or a coffee!

## What has surprised you most about working in a GP practice?

How many people use the service, we are super busy all the time, we have an 8am to 8pm daily service and are open every day of the week.

## What are the best things about working in a GP practice?

Meeting the people that come in, the people who work here are great too.

## What does a typical work day look like for you?

Typically I open the computer systems and sort out the days paperwork. Open the clinic and work at reception which is usually busy with people coming in for various reasons.

## What celebrity do people think you look like?

Ummm, no one has ever said so I will let you decide when you come for our coffee morning.

## Thanks very much for chatting with us Petrina.....

**Coffee Catch Up** is held every first Tuesday in each month 2-3pm at Brighton Station Health Centre (Queens Road).

Get in touch via email  
[Petrina.Verrall@careuk.com](mailto:Petrina.Verrall@careuk.com)

## Practice Plus Coffee Catch-Up for Carers



Join us for coffee and a chat, we would love to see you!  
For free signposting, advice or just a friendly chat with a Practice Nurse, Carers Agencies, Health Care Assistant, Carers Champion or just each other...

Join us here at Practice Plus, fill out the form at reception or just turn up on the day.

## Dates for your Diary...



### **Carers Rights Day**

Thursday 21st November

### **Ageing Well Festival**

30th Sep—13th October

### **Carers Health Walk**

Every third Wednesday of the month

18th Sep, 16th Oct, 20th Nov

10.30am Start

Meet at the Rotunda Café in Preston Park

No need to book, just turn up and walk....

### **Carers Digital Drop-In**

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

Every fourth Wednesday of the month

25th Sep, 23rd Oct, 27th Nov

10.30—1pm at The Carers Centre

Please contact 01273 746222 (ext 233) to book your space.

### **Legal Matters**

Carers Workshop

Planning for when someone can no longer make their own decisions.

Thursday 5th December 2019

1.30pm —4.30pm

Friends Meeting House, Ship Street, BN1 1AF

Call Carers Hub to book your place.

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



# 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

