

CAREERS News

Winter 17/18



One Number

One Website

One Place for Carers

introducing Carers Hub

Welcome

Hello and welcome to this special edition of Carers News.

In this issue we are celebrating the launch of a fantastic new service for unpaid carers in Brighton & Hove.
The Carers Hub

In this Issue:

We find out all about our brand new service for carers.

We learn about how Art Therapy has helped a Carer.

We catch up with all the goings on from the Young Carers Project.

We join Peter Gill at the East Brighton Carers Coffee Morning.

As well as all the important dates for your diaries.

We hope you all have a fantastic festive period and enjoy your celebrations.

Dan Wilkinson
Editor



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

facebook

/brightoncarershub

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

Exciting News on the Horizon

Catch-up with The Carers Centre Director Chris Lau

It is my pleasure to announce that the Carers Centre has secured a contract to run a brand new initiative called Carers Hub in the coming years. We have been working hard to set up the Hub before the official launch on 24th November, which is also the national Carers Rights Day.

We are grateful that two local MPs - Caroline Lucas MP and Peter Kyle MP have agreed to support us on the day. Our gratitude also extends to Brighton & Hove Buses which sponsors us with an open top bus to tour around the city during the launch.

Carers Hub is a new partnership led by the Carers Centre to create a focal point for unpaid carers to get information and support they need. The Hub aims to make life a little bit easier for carers in finding the right information/advice at the right time. Instead of calling the Carers Centre phone number, you can now call the Hub on 01273 977 000 Monday to Friday between 9am and 5pm for advice and support. A brand new Carers Hub website www.carershub.co.uk has been created with lots of up to date information and resources for carers to look at and use.

We are very much looking forward to working closely with our partners, Alzheimer's Society, Crossroads and Local Authority assessment staff to offer One Website, One Number and One Place for carers to get support.

As we draw towards the end of another year, I am proud to have played a part in a charity which continues to go from strength to strength. Throughout this busy year our work has continued, aiming to empower and support unpaid carers in the city. The Carers Hub partnership with Alzheimer's Society and Crossroads Care means we can continue our work with carers by offering them one phone line, one website and one place to get information and support.

I cannot end this message without saying my final thanks to all the trustees, staff and volunteers for their commitment and support to the Carers Centre. Wishing you all a peaceful Christmas and a prosperous New Year



Do you find it difficult to get the right support for the person you care for?

Would you like to have more time for yourself whilst looking after someone?

Would you like to meet other unpaid carers and share experiences?

Do you look after, help or support someone?

Do you worry while looking after someone?

Do you feel lonely and isolated whilst looking after someone you care about?

If any of the above applies to you, Carers Hub is here to help!

Carers Hub is a brand new dedicated website and phone line for Unpaid Carers in Brighton & Hove.

A partnership between three prominent local charities and Local Authority assessment staff, who have joined together to build a focal point for carers, ensuring you receive the right support, at the right time, in the right place.

“ This has made me feel like I am not alone and help was available.”

The Carers Hub will combine current local carers services to provide a comprehensive resource of relevant information, advice and access to local organisations who can help you to manage your caring role.



One Number, One Website, One Place for Carers

“Carers are arguably the City of Brighton & Hove’s biggest social care and health asset and supporting them is essential.”

Brighton & Hove City Council

Carers Hub - A perfect partnership

Brighton and Hove City Council, and the Brighton and Hove Clinical Commissioning Group are very pleased to have successfully commissioned this new partnership for supporting all carers across our City.

Bringing together three key carers organisations, and integrating their vital roles with those of the Local Authority dedicated Carers Assessment Workers, will make a significant difference for carers. We often hear that carers don't know where to turn for support, but with one contact point - The Carers Hub - we will be able to ensure that carers receive a comprehensive range of services, through a consistent approach.

We want Carers Hub to be a place for carers to tell us what services we need to invest in; what is working well; what needs improvement, to ensure that carers are at the heart of the Hub. So please join the Carers Hub and help us make it a success.

Gemma Scambler - Joint Carers Commissioning Manager, Brighton & Hove City Council/Brighton and Hove Clinical Commissioning Group.

**If you are an unpaid carer living in Brighton & Hove
Carers Hub can help you!**

www.carershub.co.uk
01273 977000



carershub Services & Support

If you are an unpaid carer living in Brighton & Hove
Carers Hub can help you!

Carers Information, Advice & Signposting

On the phone, online and face to face.
Get access to a range of carer specific
local services, support and advice.

Carers Assessments

Have an assessment of your
needs and get support locally,
such as the Carers Card,
Emergency Back-Up Service,
Carers Personal Budgets,
Equipment and Respite.

Home based respite

My Health Matters is a free
home-based respite service,
providing alternative support
to give you the chance to
leave the person you care
for to attend health related
appointments.

Carers Awareness

We are working hard to raise the
awareness of the role of unpaid
carers in the city, through events
and training, encouraging Brighton
& Hove to be a Carer Friendly City.

Young Carers Project

Specialist support for Young Carers
providing information, advice, help
at school or college, peer support
and fun activities.

Peer Support for Carers

A range of carers peer support groups
across the city enabling carers to
get together and share their
experiences and
access support.

Improving Carers Wellbeing

Access to Information,
Workshops and
Services which help
carers achieve goals
they would like.

Supporting Carers of People with Dementia

Get specialist support,
information, advice and peer support.

Support for those caring for someone at the end of their life, and those who have recently been bereaved.

Get access to specialist local services,
advice, support and peer support groups.



To access any of our services or to find out what support is available
for you locally, please contact the Carers Hub.

www.carershub.co.uk **01273 977000**

**If you are looking after
someone,
we are here to help you!**

One Number

One Website

One Place for Carers

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

01273 977000

Carers Hub Brighton is managed by The Carers Centre for Brighton & Hove in partnership with
Alzheimer's Society, Crossroads Care Brighton, Hove & East Sussex and local authority assessment staff.



Brighton and Hove
Clinical Commissioning Group

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Who is a carer?

**Three in five people will be carers
at some point in their lives in the UK**

A carer is a person of any age, adult or child who provides unpaid support to a partner, child, relative, or friend who could not manage to live independently or whose health or wellbeing would deteriorate without this help.

This could be due to frailty, disability or a serious health condition

**By 2030, the number of carers will
increase by 3.4 million people.
Up by around 60%**

If you think you may be an unpaid carer and would like to find out more about the support and services available to you in the local area, get in touch with the Carers Hub.



carershub partner services

“Getting the right guidance and support could make your caring role easier and doesn’t mean you are not coping.”



The Carers Centre for Brighton & Hove is an independent charity working since 1988 to support unpaid carers of all ages and backgrounds, who care for people with a multitude of health conditions.

The Carers Centre for Brighton & Hove is taking the lead in running the Carers Hub with our partners. Offering a dedicated website www.carershub.co.uk and a phone line 01273 977000 for carers to get information and support.

The Carers Centre will also run the following services:

Monthly carers support groups for carers to receive peer support and information. The Carers Reablement Project will continue matching carers with volunteers to gain new skills and knowledge.

Young Carers Project to support young carers aged between 6 and 17 years old with key work, peer support and activities.

End of Life Project will support carers who are looking after people with life limiting illness or near the end of life with key work and peer support.

To access the support services shown here, or to find out what may be available to you as a carer in the local area visit our website or give us a call.

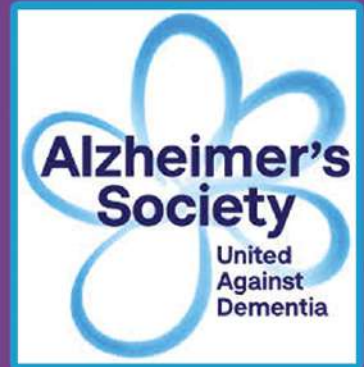
www.carershub.co.uk

Putting Carer satisfaction at the heart of everything we do!

Dementia Carers Support

Alzheimer's Society Brighton and Hove will provide Dementia Support workers. They will provide support to carers of people diagnosed with dementia. This can be face to face, over the telephone or in writing. They will offer support and guidance to understand the condition, cope with day to day challenges and prepare for the future. They will also link carers and people with dementia into other services run by the Society and other organisations.

We will also offer carers attendance at the Carers Information and Support Programme (CrISP). The course aims to improve the knowledge, skills and understanding of people caring for a person with dementia.



My Health Matters

Crossroads Care provides high quality respite care to Carers enabling them to have a much needed break. We hear all too often when meeting Carers that they do not have time to take care of their own health and wellbeing which can have a detrimental effect on their ability to care for their loved one.

Carers - My Health Matters is a free respite service enabling the carer to attend their own health & wellbeing appointments giving peace of mind that the person they care for is left with a fully trained Carer Support Worker.

Appointments can include GP, hospital, dentist, counselling, optician appointments. Carers may also use this service to attend training courses to support them in their caring role.

Before the service commences a Care Manager will book a convenient time to come out and meet with you and the person you care for to put together a personalised support plan and to discuss your individual needs. If you need more regular support to leave the person you care for so that you can have a break from your caring role. Crossroads can discuss this option with you but there may be a charge.

If you look after someone...Remember, You Matter Too!

01273 977000

Art Therapy Changed my Life.

We catch up with a carer, for whom Art Therapy led them on a new journey.

About 10 years ago as a service user, I was sent a letter by a Carers Engagement Worker informing me of a project exploring the use of art therapy to help carers to talk about their experiences, it was a short workshop at the Phoenix Art Gallery in Brighton. For me it was something different to try with the possibility of learning a new way to manage my stressful life.

I remember the afternoon well. We looked at many postcards and arranged them whilst talking about the images. The facilitator layed out the postcards to tell a story, past, present and future, encouraging us to engage in the process and share our interpretation, experiences or anything we felt comfortable with.

From then on I have experienced many thought-provoking moments and it has changed my life by giving me a positive outlook. Later that year I searched for and found an art related course to study. I was determined and joined an Abstract Art course, I had never thought this would be possible. I greatly enjoyed the course, even though many challenges were presented along the way.

Eventually I completed a two year course and then found myself on a Foundation Art course in the City, which I passed with a distinction. I enrolled and completed a degree in Design and Craft at Brighton University and am currently studying for my MA in Craft.

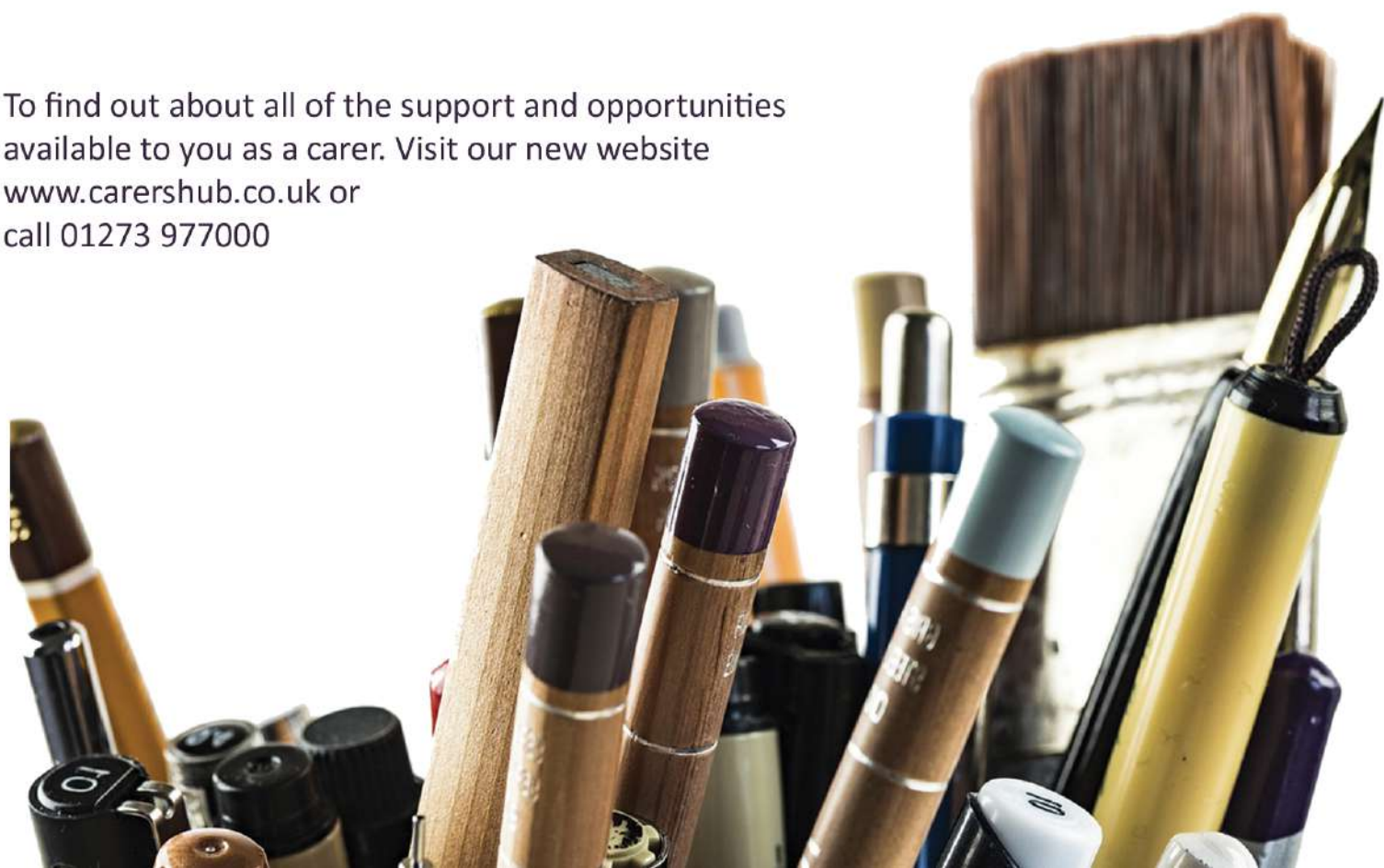
Last week I volunteered at a craft workshop with Fabrica Art Gallery in the same room where my journey in art began.

So mega thanks to you all and lets do more Arts events for carers.

To find out about all of the support and opportunities available to you as a carer. Visit our new website

www.carershub.co.uk or

call 01273 977000





Raising Carer Awareness at your nearest GP surgeries

Carers Hub is working with GP Practices to support the identification of carers. We are aiming to create carer friendly GP surgeries across the city.

We are working to support GP practices to “Think carer and support them to access information and support from the Carers Hub.”

Carers not only want to be identified, they also want information and support. Not all carers need support right now but need to know what to do if things change or get worse.

Currently 1 in 10 patients is an unpaid carer..

We are able to provide GP practices with resources for notice boards and carer information packs, as well as supporting GPs to best identify carers.

You can help by letting your GP know you are a carer! Once you are registered as a carer you will be eligible for benefits such as the annual flu jab and flexible appointments, your GP will understand that getting treatment for yourself can often be a challenge and you may be able to book double appointments.



Summertime Fun with our Young Carers!

This summer we were very lucky to receive funding to organise a couple of exciting teen activities. The first was a visit to the ever popular Thorpe Park, we received funding from Merlin's Magic Wand to cover the cost of 40 tickets plus travel allowance. This meant we could take a big group of thrill seekers to cram in as many rides as they could! I must say; that as I have aged I am less keen on going on the likes of Stealth and Swarm but was pleased it could bring much amusement to everyone by getting soaked on Tidal Wave. It was a great day and lots of new friendships were formed at 70 miles per hour high up in the sky!

Our other main teen activity during the summer was a camping trip at the end of August. Imagine how excited we all were when the weather on the previous bank holiday weekend had hit 28degrees, alas as the weekend drew closer we were all packing extra blankets and hats for the evenings! The forecast was not good!



That said, we all arrived in good spirits and set up 'base camp' for the weekend in the beautiful Ouse Meadow Valley Campsite, next to Sheffield Park Gardens. Our group of 20 quickly bonded over some sock and sleeping bag wrestling (thanks to Colm - one of our enthusiastic sessional workers). We then had the challenge of getting said 20 on a country walk (up a hill... with cows in a field!) no easy feat when working with teenagers. However everyone was pleasantly surprised and we all had lots of laughs at the Woodland Trail on the rope swing and had some fierce competition during the Capture the Flag Game.

Luckily we managed to find our way back and our weary campers enjoyed a BBQ (not easy cooking 60 sausages and 30 burgers on a couple of camping stoves!) As the light drew in we toasted marshmallows over the campfire, playing games of Truth or Dare and Never Have I Ever (both games that every youth worker fears I am sure!)

After a freezing cold night under canvas our gang were a little subdued but after a full cooked breakfast and some last minute bonding everyone left feeling content, proud and just a little more resilient. Activities like this show just how important it is for young people to build relationships with their support networks and peers, and how stepping outside of their comfort zone can increase their confidence and self esteem (we really didn't get that many moans about the lack of electricity, flushing toilets, phone chargers or hot showers....honest!).

Thanks to the Carers Trust for funding this trip as part of their Time for Me campaign, and also Karen and Colm who worked so hard to make the weekend enjoyable.

To access any of our services for Young Carers, please contact the Carers Hub.





Young Carers let loose in local Park!

Over the two week October half term the Young Carers Project ran two bushcraft sessions in Stanmer Park: one for the 6-12 age group and one for the 13-17s. The Young Carers made their own fires using collected sticks and flints and cooked chocolate apples and marshmallows. We played games in the woods, used ropes in the trees and made some clay sculptures. It was great to be out in the woods, despite the mud! And the young carers seemed to really enjoy the activities.

A big thank you to Tesco Bags of Help who funded this Young Carers activity.

To access our Young Carers Services or to find out more about our work with Young Carers in Brighton and Hove, take a look at the new carershub.co.uk website or call 01273 977000.



Hello from Tom

Hi everyone, my name is Tom Lambert and I'm the new Young Carers Team Manager here at The Carers Centre.

I previously worked for over 7 years with Young Carers in London so I hope you will find that I am aware of how rewarding it can be to take on a caring role as well as the challenges that come with it.



I had a great first week in October where I was able to meet lots of Young Carers and their families at some of the half term events that were running. I was really impressed with how positive you all were about the great support that the Young Carers Team provides and I look forward to meeting more of you in the coming months.

Raising Awareness about the Role of Young Carers in Schools

Hi, I'm Lizzie Hovard, the new Schools Worker for the Young Carers Project. My role is to work in partnership with primary, secondary and special schools in Brighton & Hove to support school staff to identify young carers, as well as to raise awareness amongst young people about the role of young carers.



So far this term I've already been into lots of schools around the city discussing with staff the importance of being more 'Young Carer Aware' providing better understanding of our services at the YCP, as well as how schools can provide their own in-house support to young carers. This term I've also enjoyed talking to lots of young people, delivering assemblies and class based sessions to explore what it means to be a young carer. Finally I'm looking forward to meeting more of you in the coming months and finding out how I can help facilitate better partnerships between schools and young carers.



“It’s great meeting people in simi

It’s 10.30 on the first Thursday of the month and we’re meeting at our usual venue, Alcampo Lounge on London Road. Trish, one of the Alcampo staff checks the order for the East Brighton Carers Coffee Morning.

We’re a very mixed gathering. Some people come every month and some come as and when they can or prefer to. There is no rule about how often anyone attends.

Tara is (probably) the youngest and cares for her daughter in her twenties who has learning and respiratory difficulties. Tara has mobility and sensory disabilities so we provide a cab to get her here and back. Phil looks after his wife who has mental health problems. Marion and Graham are married and come along together. They both look after Graham’s dad who has a neurological condition. Another couple, Audrey and Tim, attend together as one has a respiratory condition and depression and the other has cancer so they look after each other. Jessica is widowed and shares her home with her grown up son who has mental health problems.

This month we have no guest speaker and so it’s a bit of a ‘free association’ session, although a theme or subject often emerges and we’re able to pool our knowledge of a matter arising. I know I can always draw on the resources of the Carers Centre to share further information and support. The group has agreed to have a speaker on alternate months and previously we’ve welcomed informative and lively talks from Brighton & Hove Buses and Albion in the Community on such subjects as discounted bus fares and cancer awareness. At our next meeting, in December 2017, we have a session on recognising and managing stress.

Who can come to a carers coffee morning? Anyone who might look after a parent, partner or friend with physical or mental health needs. Alternatively, it may be the person they care for has a substance misuse problem and needs to be supported on an occasional basis. Whatever the illness or condition the person cared for experiences to whatever degree, as long as you live in Brighton and Hove or look after someone in the city you are welcome.

“So that’s
three lattes,
five cappuccinos,
three white coffees,
one black
and a tea”.

We join The Carers Centre and Carers Hub new support worker Peter Gill as he hosts his first Carers Coffee Morning.

lar situations”

The East Brighton Carers Coffee Morning is one of several carers coffee mornings held monthly across Brighton and Hove. There’s no need to book a place, just turn up but if you would like more information please contact the Carers Hub.

Carers Hub

Carers’ Coffee Mornings
are free and open to carers of all
ages.

Please see the list to the right to
find out your local meeting.

For more information about Carers
Coffee Mornings, other Carer
activities and groups in your area,
please check out carershub.co.uk



Carers 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

Queens Park Carers

First Tuesday, 10.30 - 12.00
Cup of Joe Cafe, 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 of Adults with Eating Disorders

Last Wednesday, 7 - 8.30pm
Brighthelm Centre.

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.

Time 4 Me

Carers from across the city came to the vibrant and welcoming Hangleton \ community centre to have a well-earned rbreak from their caring roles and to mingle with other carers and take part in different activities.



Cath Bristow led a wonderful screenprinting workshop where carers were able to immerse themselves in a riot of colours and shapes and to tap into their creative juices to design their very own tote bags to take away with them.

Representatives from The 50+ Group SocialPing group and Clare Hopkins from the Hangleton and Knoll Project encouraged a few carers to have a whirl at table tennis and uncovered some enthusiastic and talented players!



Felt Making Activity at Hove Museum

A group of carers came together at Hove Museum to enjoy a felt making art activity, an opportunity for carers to take a short break from their caring role and to try something new.

We started off by looking around the museum at the excellent puppet exhibition to get our creative juices flowing before sitting down to create our own masterpieces. Some were abstract and some were picturesque scenes, all brightly coloured and full of life, we even had a Christmas tree!!

Felt making is a very hands on creative task which required pulling, soaping, soaking, rolling and soaking in hot water, all of which was embraced by the carers.

“Everyone was so friendly and we had a lot of laughs.”

Craft activities prove to be particularly popular amongst our Carers with everyone taking home a piece of art they had made themselves, some with plans of framing them.

Thanks to Hove Museum who let us take over one of their rooms for the session.

Dates for your Diary

Carers Rights Day 2017

Fri 24th November 2017 has been marked by the Carers UK charity as National Carers Rights Day! When you're caring, getting the right information at the right time can make all the difference. It has been set up to help raise awareness of the lives of people who care for their relatives, friends or neighbours every day, and whose rights and entitlements often get forgotten. On the day we are launching a new initiative - Carers Hub - one phone line, one website and one place for carers to get information and support.

Carers Comedy Caravan Wednesday 13th December

Join us for laughs and giggles as we set to raise money for our Carers Caravan to offer short respite breaks to unpaid carers. Featuring top local stand up acts.

7.30 - 10.30pm Komedia - Gardner St, Brighton **TICKETS AVAILABLE NOW!**

Carers Winter Warmth Workshop Monday 15th January 2018

Advice on energy saving and reducing fuel bills, switching supplier, fuel debt advice, help understanding your fuel bills, information on staying well and warm and information on how your supplier could help you.

2pm - 4pm, Friends Meeting House, Ship St

Carers Pharmacy Workshop 21st February 2018, 1.30pm - 4.30pm

Are you a carer with burning questions about medication, either for the person you care for or yourself? Would you like the opportunity to access specialist information from Brighton University's Active Care Pharmacy Project? If so, please contact the Carers Hub to book your place

Time4Me 19th March 2018, 1.30 - 4.30pm

Relax, have a cuppa and a chat, play some games, take part in a craft activity and find out about useful local services. Come and have some Time For You!

Young Carers Awareness Day

It's official! - The next Young Carers Awareness Day will be held on Thursday January 25th 2018.

Keep an eye on our website over the coming weeks we will be posting the latest information and letting you know how you can get involved.





carershub.co.uk

information & support in Brighton & Hove

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Lines open weekdays 9am - 5pm

