

The background of the entire page is a photograph of autumn leaves in shades of yellow, orange, and red, with some leaves in sharp focus in the foreground and others blurred in the background.

CARERS

News

Autumn 2018

**“Over 1 million people provide over 50 hours
of care per week”**

Looking at the State of Caring Survey 2018

Plus.....

Carers Week

Birthday Celebrations

**Beating Summer Loneliness
with the Young Carers.**

And much more...

Brought to you by:



Welcome

Wow, what an amazing summer!

With unbroken sunshine and positively tropical temperatures, we got out and about for Carers Week (p6-7), celebrated our 30th Anniversary and much more.

In this issue:

We welcome Professor Saul Becker to the organisation as our Patron.

We look at some of the highlights from this years 'State of Caring Survey'

We catch up with all the goings on from Carers Week, including handing out our first Carer Champion award.

Birthday

Young Carers have been tackling loneliness with a summer packed full of activities, days out and residential.

So here is looking forward to the shorter days and a drop in temperature as we approach the Autumn.

Next issue will be out early December....



The Carers Hub is a dedicated website and phone line for unpaid carers

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



**Friday 30th
November 2018**

Welcome, Professor Becker



It is with open arms that we welcome Professor Saul Becker, Deputy Vice Chancellor of the University of Sussex to The Carers Centre as our Patron.

"This is a landmark moment to celebrate our 30th Birthday this year, we look forward to working with Professor Becker in the coming months and years."

Vas Selvaratnam, Chairperson of the Carers Centre



Professor Becker is a world leading researcher on young carers and has also undertaken research on the health and wellbeing of adult carers, inspired by his own experiences of being a young carer.

"It is a real privilege and an honour to be the new patron for the Carers Centre and I look forward to working with Carers across the region in the pursuit of allowing them to have lives which are full of opportunity and dignity."

Professor Saul Becker

We are honoured and absolutely over the moon that Professor Becker has agreed to be our Patron, with his help we are looking forward to building on our existing support systems to develop and provide more appropriate services for young and adult carers.

State of Caring Survey 2018



Over 1.3 million people provide over 50 hours of care per week

Each year Carers UK conducts an annual survey of carers to understand the state of caring in the UK. Over 7000 people nationally caring for loved ones completed the annual survey, making it the largest so far. Here is a summary of the findings:

Over 1.3 million people provide over 50 hours of care per week, amounting to an estimated £132 billion of care per year (more than the NHS budget for England). The NHS and social care system relies on family and friends, but CarersUK reports regularly hearing carers say they feel little attention is paid to them in terms of being identified, valued and supported.

UK unpaid carers provide an estimated £132 billion of care per year.

The cost of caring on individuals is often high and can take a toll on carers emotional and physical health. 72% of carers said they had suffered mental ill health, and 61% said they had suffered

physical ill health as a result of caring.

48% of carers said that the most common support they receive or buy was equipment in the home of the person they care for, such as hoists or easy grip taps, while 1 in 5 carers said they receive or buy no support.

Support from Technology

Half of respondents said that they or the person they care for uses technology to support their caring or care. Using the internet as a source of information was the most common form of technology used (81%), some said they also use the internet as a form of communication or online support. (39%)

51% of respondents said that they or the person they care for uses technology to support their caring and/or care.

Other popular forms of technology that carers use included remote health care

such as online GP appointments, repeat prescriptions, online video consultations, online mental health services and remote monitoring and alerts such as motion sensors, fall detectors, personal alarms and GPS. Palliative carers were more likely to report using remote health care with 45% saying it helped support them, and remote monitoring and alerts which 40% said they used.

Working Carers

Many carers juggle work with providing over 50 hours or more of care per week, negatively affecting their financial situations and their ability to participate in paid work.

2.3 million adults report giving up work to care at some point in their lives, with almost 3 million reducing working hours in order to support the person they care for. Some take less qualified roles, turn down promotions or opt for early retirement in order to provide care. Those who are still in work report that their jobs have been affected as a result of tiredness, lateness and the impact of stress.

Costs of Caring

Carers face high levels of poverty. Recent

research shows that 2.1 million carers are in poverty in the UK.

Despite the huge contribution carers make to our society, Carers Allowance remains the lowest benefit of its kind.

Worryingly, half of carers said they struggle to make ends meet, cutting back on essentials like food and heating

Over a third of carers described their financial situation as 'struggling to make ends meet', while under a half said they could afford their bills without struggling. Cutting back on luxuries is the most common way of coping, as well as cutting back on hobbies, leisure activities and seeing family and friends, which can have a real knock on effect on a person's overall wellbeing.

More needs to be done to ensure carers have an adequate income to support themselves and to ensure that providing care does not jeopardise people's health and wellbeing.

To find out more about the state of caring survey or to read the results in full please visit www.carersuk.org/stateofcaring



Carers Rights Day Friday 30th November 2018

Each year Carers UK holds Carers Rights Day to bring organisations 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.

Visit www.carersuk.org for more information.



Carers Week 2018

Well, what a fantastic week, our diaries were jam packed with activities, awareness raising and celebrations for carers across the city and beyond.

There were information stands in doctors surgeries, promoting our services, carers health checks and the CarerUKs digital offer. We reached out to medical professionals and students at two sessions at the Royal Sussex County Hospital and hosted carer awareness sessions with employees at local organisations. We visited Brighton University to identify working carers and offer our support. We appeared on an edition of “At Home This Morning” on local radio station Radio Reverb and we even went to a Carers Cream Tea with the Royal British Legion. The newly opened community kitchen invited us to host a Carers Cookery session (see page 18).

The Young Carers invited their friends and families and honoured guests to a film

premiere for a short video they have been working on, explaining their own personal experiences of what it is like to have a caring role. The video was well received and will now be used to help increase awareness about this amazing group of young people in school assemblies, to professionals and families locally.

The week culminated with an information event from a double decker bus (kindly donated by Brighton and Hove buses) parked outside Churchill Square. Over the week we met and identified over 50 previously unknown carers, our social media and website were busy with a jump in visits and interactions. Over the following weeks we received a significant increase in enquiries and referrals.

A big thank you to all those involved, for your hard work and support , it was a fantastic Carers Week and we look forward to doing it again next year.

Our first Carer Champion Award

This Carers Week we awarded our very first Carer Champion Award to Victoria Garcia, Accessibility and Communities Manager for Brighton & Hove Buses.

Congratulations to Victoria, who was delighted and totally surprised at being presented with our first award for her hard work and continued support of carers and their cared for in the City and for her ongoing support and enthusiasm for The Carers Centre.

Victoria has been the driving force behind cheaper and more accessible travel for local carers and their cared for on Brighton's public transport.



" To say I feel thrilled and honoured to receive the very first Carer Champion award is an understatement. To receive such an accolade from the Carers Centre is just incredible especially as the real champions are the carers

themselves who are all everyday heroes. Happy 30th anniversary and thank you so much for all you do to help and support so many people in the city'

Thank you to Victoria and Brighton and Hove Buses for their continued support.

This will be the first of our awards to be given for support, advocacy and promotion of Carers in Brighton & Hove.



How Carers Hub can help you!

Looking after someone can be tough. Here is a quick guide to ten of the key challenges carers face daily and how Carers Hub can help you.

Getting the right advice and information... quickly!

Caring can be extremely complicated, whether we're grappling with the benefits system or considering how to pay for care. Calling Carers Hub on 01273 977000 can give you information and signposting to help you.

Coping with Feelings

Caring can bring up lots of difficult feelings, it is important to accept that it is normal and that we only feel because we care. Being able to talk to people who understand what we're going through and how we feel can help us handle our feelings better. Carers Hub hosts five local monthly carers coffee morning groups across the city, why not join one to meet other carers in similar situations?

Being Assertive with Professionals

Looking after someone will often involve dealing with many different professionals. When we feel a professional has not explained things clearly, does not see the

whole picture or perhaps is not doing what they should do, it can be hard to speak up. Carers Hub can help you to find the right support.

Handling difficult conversations

We may have to ask a sibling to be more supportive, remind a friend that we still exist or talk gently to a parent who doesn't accept that they can't live independently any longer. Talking it through with people outside the situation can make the world of difference.

Looking after our own health and wellbeing

As carers, we may have immediate needs such as taking breaks, getting sleep, eating properly or exercising. We may have longer-term needs such as building fulfilling relationships, pursuing hobbies or developing careers. Carers Hub's home based respite service is a free service to provide alternative support to give you the chance to leave the person you care for to attend health related appointments. The Carers Reablement Project support carers to learn new skills or a hobby. Call Carers Hub for more information.



Noticing when we are too stressed

Stress can alert us to potential dangers and spur us on to achieve a goal. As soon as we notice it getting too much, it's helpful to talk about how we feel rather than hoping the stress will go away. Our coffee morning support groups will offer you opportunities to talk to your peers.

Making Difficult decisions

There will be points when we are faced with a particular emotional or difficult decision. Where we can, thinking about decisions in advance can help us keep a cool head when it comes to the crunch. Carers Hub can't make decisions for you, but with the right information and advice you are able to make an informed choice.

Keeping Relationships Fulfilling

Caring for our loved ones can express the best of who we are, and can take a relationship to a profound new level. What matters most is that there's a way for us to talk honestly and find help when we need it. Carers Hub's phone line opens Monday to Friday between 9am and 5pm. We are here to offer you advice and information which may help your situation.

Adapting to changing circumstances

Whether we're looking after someone who is recovering or whose condition is deteriorating over time, caring inevitably involves adapting to

circumstances. Carers Hub can help you to re-assess your circumstances if there are changes.

Keeping a sense of Humor

Nothing relieves stress and tension better than a good laugh. Sharing experiences with other carers is often great not just for feeling listened to and understood but for finding the humour that can keep us going. Visit the Carer's Hub website www.carershub.co.uk to find your nearest carers coffee morning group, or call us on 01273 977000



01273 977000

Celebrating our 30th Birthday

This year sees the Carers Centre celebrate their 30th Anniversary of supporting unpaid carers in Brighton & Hove.

To help us celebrate we hosted a BBQ in Norfolk Square, the weather was lovely and we enjoyed some wonderful food prepared by local caterers 'Gastro'.

Young Carers played games and painted each others faces, while the grown ups chatted with other carers, current and former staff as well as guests from other local organisations. We even had a cake.

Thanks to those who came along and made it a special day, and thank you to all those who have supported us over the last three decades.





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

Text BCAR16 £5 to 70070

Happy 30th Birthday to the Carers Centre

Three decades past in Brighton on the sea
A few wise people recognised a dearth.
Across the city thousands of good people
Some rich, some poor, of mean and noble birth,
Had set their courses and given many hours
To care for neighbours, family and friends,
To aid the ill, the injured and the older
And all those who did on their help depend.
Those people often toiled without support
Unseen and unacknowledged, without aid,
Without recourse or an ally to turn to
Bereft of friendship, lonely and afraid.
Some of those brave heroes banded together
And between them they established a plan
That those who served no longer should be lonely
And left without someone to understand.
Instead a few of them would band together
To share what they had learned and give counsel
To any who gave assistance to others
And in the fair seaside city did dwell.
So it began with only a few people
An action that could have been termed as small
But, step by step, it grew in size and stature
Into the place that now supports us all.
Now the Carers Centre has reached 30 years
And we, the grateful, joy in its birthday
And in the loyal and wonderful people
Who have done more good than we can repay.
We rejoice in friendship, in hope and laughter,
In harsh hurts healed and in hopes raised up high,
In gentle people providing a shoulder
To cling to when the carers need to cry.
We hail those who gave, not only through finance,
But time and thought and, most important, care
To make the Carers Centre of old Brighton
A community without compare.
So to the Carers Centre – Happy Birthday!
And thanks from all of us who wish to say
Cheers and hooray to those who help the carers
May you be part of Brighton town always!

By Kristina Helene Bay 2018



Summer Programme breaks up Loneliness and provides amazing opportunities

By Ruth, Young Carer Support Worker

This summer saw the publication of results of a survey from The Carers Trust looking at the impact of the long summer holidays on young carers caring roles as well as the wider effects of being away from school for so long. For many young carers school provides not only routine, but time away from home and opportunities to socialise, learn and pursue interests and skills.

The results of the survey painted a difficult picture. 47% of young carers spend more than four hours a day of the summer holidays caring for their cared for person. 57% worried about returning to school with no tales of summer adventures and activities to share with their friends who had been away on holiday, or on day trips. 72% experienced loneliness over the holidays while one in five young carers surveyed had never had a summer holiday.

A huge part of our role over the summer has been to try to help young carers by providing fun activities that disrupt some of these issues.

The bursting at the seams activity programme aims to not only provide young carers with a break, it also aims to give them exciting experiences that they can take tales of back to school, as well as time with a group of peers who totally understand how tough the summer can be for young carers.



Our summer activities try to provide a little something for everyone. We've had an incredible art and poetry workshop with local art collective Fabula who have made our young carers work part of a wonderful multi-media exhibition based around the tale of the Snow Queen. You will be able to visit this at The Regency Town House in December.

We also took on some hair raising challenges with a three day trip to Kingswood activity centre in Ashford where young carers found what they were made of through archery, abseiling, zip wires and problem solving challenges. It was a wonderful trip! Thrill seekers also headed to a High Ropes challenge with our sports worker Mary.

Our scientific young carers took a journey through life the universe and everything, starting with the Big Bang thanks to Richard Roberts from Brighton Science Festival and our summer programme winds up with a crazy golf challenge. Ruth strongly believes that she is going to win this one, but the



young carers have other ideas!

We can't always make the caring role go away for these brilliant young people, but we can make the summer a little easier and create some wonderful memories for them to take with them as they head back to school.



#HELPMYNHS

TO GIVE ME THE BEST CARE

With many common ailments you can care for yourself using medicines bought over the counter at a pharmacy – and you won't need a prescription.

Easier, quicker, cheaper.



The NHS belongs to you so please use it responsibly – #HelpMyNHS

For more information on self-care and local NHS services, visit www.sussexhelpmy.nhs.uk / www.eastsurreyhelpmy.nhs.uk





“Sparta Here I come!”

Steve Hinton, the Carer Centre’s Armed Forces support and outreach worker will be fundraising for a mental health charity this September, by taking part in a sponsored walk

through Greece dressed as Spartan Warriors. Travelling from Delphi to Thermopylae to recreate a 480bc march to a battle between the Spartans and the Persian Empire.

Steve, an ex forces member himself, will be joining a group of male and female ex-military members lead by a couple of former SAS guys.

Best of luck Steve, we hope you make it!

Keep an eye out in the next issue of Carers News to find out how Steve did.

Cornerstone Carers Group

A brand new monthly group for people who are supporting someone with a life limiting illness in Brighton & Hove



3rd Tuesday of every Month
2.30 - 4.00pm

Beginning on Tuesday 18th September 2018

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

For more information please call Sara at Carers Hub



carershub

01273 977000
www.carershub.co.uk

Want to Learn a New Skill or Hobby?



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

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

Get in touch to find out more.



Reablement
Project

thecarerscentre.org/volunteer 01273 746222



What's out there?



On 10 July this year, the Carers Hub, was pleased to provide a stand at the "What's Out There" event at the King Alfred Leisure Centre.

This annual event brings together groups and organisations to provide the latest information, ideas and technology for people with Learning Disabilities and/or Autism and their carers.

As well as information, there were performances by dancers, sports activities to try out or to simply watch and enjoy, games and workshops, all contributing to an informative and fun day.

The event was very well attended and we look forward to seeing you there next year when it should be bigger and better than ever.

Do you know someone who could be at risk of fire in their home?

East Sussex Fire and Rescue Service is committed to helping people stay safe in their home.



One of the ways we do this is by carrying out our free Home Safety Visits by our specially trained advisors. These are offered to people who are most at risk from fires in their homes.

Factors such as smoking, age, hearing or sight loss, restricted mobility, mental health, hoarding, alcohol and substance misuse, and being on medication, can all impact on risk related to fire.

We can offer a wide range of advice around home safety, check smoke alarms, and discuss specialist equipment as appropriate. We cover East Sussex and the City of Brighton and Hove.



East Sussex
Fire & Rescue Service

Find out more by calling 0800 177 7069
or by going online at: www.esfrs.org/your-safety/home-safety-visits/

Carers Week Cookery Fun

During Carers week, a group of Carers came together at the recently opened Community Kitchen for a Carers Cookery Taster Session.

As we arrived, Anna (the host) and her team were busy prepping elements for the day's lesson. The Carers were engaged from the off, with Anna cooking like a TV Chef, getting volunteers to help out, a couple of carers even offered up some tips which none of us knew about before, creating a lovely learning/sharing atmosphere. The topic of conversation shifted from caring duties, to chatting about food and how we each approach cooking, forgetting our usual roles for a couple of hours. Once the food had been prepared and the oven was sizzling away, we were asked for our feedback and suggestions for similar courses in the future.

As the session started to come to an end, we all sat down at the long table and got to taste what we had made; A delicious Spanish Omelette with Tomato Sauce and a very moorish Rhubarb Crumble with Granola, taken from the Community Kitchen's 'Waste Less Save More' recipes. The conversation stuck with the cooking and food theme and everyone had a smile on their face.

A massive thank you to Anna and her team at the Community Kitchen, and we wish you all the luck in the world with your new venture.

To find out more about the activities we offer for Carers in Brighton and Hove please visit www.carershub.co.uk or call 01273 977000.



"Thank you for the invite. It was such an enjoyable morning."

Carers Workshop

Food Glorious Food

Thursday 18th October 2018
2.00pm - 4.30pm
Friends Meeting House, Brighton

Take some time out from your caring role

- Advice from a nutrition expert
- Sample healthy home-made snacks
- Share recipes and food tips

Join us for delicious complimentary snacks and meet other carers.

- Please ring to book a place on 01273 977000.



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

For your Diary

Tuesday 18th September 2018

Cornerstone Carers Group

2.30—4.00 pm.

At Cornerstone Community Centre

A brand new monthly group for people supporting someone with a life limiting illness

Continuing on 3rd Tuesday of every month

Thursday 18th October 2018

Food Glorious Food—Workshop

2.00—4.30 pm.

Friends Meeting House, Brighton

Coffee/tea and some healthy snacks too.

Friday 30th November 2018

Carers Rights Day

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



"The Young Carers Project gives me a chance to have a voice and say what I think is needed in Brighton and Hove."

Look out for our Young Carers photo exhibition in Brighton Railway Station. From 4th November to 2nd December 2018.



Carer Coffee Mornings



Hangleton Carers

First Thursday 10.30—12.00

Hangleton Manor, Hove

East Brighton Carers

First Thursday, 10.30—12.00

Al Campo Lounge, London Road, Brighton

Queen's Park Carers

First Tuesday, 10.30—12.00

Cup of Joe Café, St Georges Rd, Kemptown

Portslade & Hove Carers

First Monday, 2—3.30pm

The Railway Inn, Portslade

Saltdean Carers

Second Tuesday, 10.30—12

The Saltdean Tavern (BN2 8SP)

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

Current & Former Carers

Every Thursday, 10.30—12

Chapel Royal, Brighton

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



carershub.co.uk

information & support in Brighton & Hove

One Number

One Website

One Place for Carers

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

01273 977000

Lines open weekdays 9am - 5pm

