



CARERS

News

Winter 2020

Looking forward to what 2020
has to bring to Carers in
Brighton and Hove

Plus.....

Changes Ahead joins The Carers Centre

Catching up with the Young Carers

And much more...

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www.carershub.co.uk/news



CARERS News

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

Welcome to our

Winter Edition.....

A warm Happy New Year to all of our
readers and welcome to the roaring 20s....

In this issue we catch up with all the goings
on from the end of 2019 including Carers
Rights Day. We are looking forward to what
is on the horizon for 2020, we meet Jackie
from Changes Ahead in our 'Meet the Team'
section, and we catch up with the Young
Carers, as well as all of our usual features.

Thanks for reading and see you in the
Spring!

Thank you for your interest in our magazine.
Carers News is produced by The Carers
Centre for Brighton and Hove.

If you are a local carer, support service or
anything else carer related and would like to
feature in Carers News please get in touch so
we can keep the local carer community
updated on everything carer related in
Brighton and Hove.

For all enquiries please email
info@thecarerscentre.org

For up to date news stories for carers visit
www.carershub.co.uk/news



A word from our CEO...

With Tom Lambert

Dear Carers & Valued Stakeholders,

We have enjoyed an exciting autumn period here in Brighton & Hove. Alongside our many services providing ongoing support to carers across the city, we were delighted with the turnout at our Carers Rights Day event at the Brighthelm Centre on November 21st.



Around 50 carers enjoyed tea, cakes and the chance to find out information on a wide variety of services available to them. We thank Dr Phillip Rankin who hosted an informative workshop on the NHS long-term plan and how it will respond to carers' needs. Also a huge thank you to our very own Sarah for planning yet another successful event!

In other recent news, we are delighted to welcome Changes Ahead to The Carers Centre family. Changes Ahead has been providing invaluable advice and support for carers of people living with mental health conditions for several years. By joining with The Carers Centre, we hope to provide seamless interventions for this group of carers, incorporating support elements from other Carers Hub projects such as Carer Reablement and more holistic support for families that feature Young Carers. Enquiries about accessing Changes Ahead can be made via info@carershub.co.uk or by calling 01273 977 000.

The entire Carers Centre Team wishes you all a Happy New Year and we look forward to continued developments in 2020!

Hi I'm Carol, the new administrator at The Carers Centre. I joined the team at the end of September and after working and volunteering at a variety of charities across the city, I'm very pleased to be able to be a part of the wonderful and vital work that is done here. My hours of working are 9-1 Monday – Friday and I look forward to speaking to and seeing you in the future.



Is your home Energy Efficient?

**Free in-home energy efficiency and
money advice for eligible residents**



The Carers Centre recently attended an event and found out all about this great scheme, here we have all of the information:

Brighton & Hove City Council is collaborating with national energy and money saving service, LEAP (Local Energy Advice Partnership). LEAP is working in close partnership with Local Authorities and Housing Associations across the country to offer eligible residents a completely FREE energy and money saving service.

LEAP will provide in-home energy efficiency and money advice for eligible residents in Brighton & Hove.

During the home visit, a friendly, qualified Home Energy Advisor can:

- Check energy tariffs and help with switching to save money on fuel bills
- Install free, simple energy saving measures, such as lightbulbs and draught-proofing
- Give practical advice on heating systems and saving energy
- Arrange a free money advice consultation to help with benefits, debt and other money problems
- Help find funding for further energy-saving home improvements.

LEAP is designed to support households that are already in, or are at risk of falling into fuel poverty. It is open to all types of householders – homeowners, private renters and social housing tenants. Local organisations across all sectors will be able to refer vulnerable people they work with to LEAP. The service is also open for self-referrals.

To see if you are eligible or for more information, please visit their website

www.applyforleap.com

Or call their Freephone line 0800 060 7567



Thank you for your support

We would like to thank everyone who joined us to celebrate Carers Rights day on 21st November last year.

Carers came along to meet local organisations providing support in the city to find out what they have to offer, take part in Christmassy craft activities, and join the workshop hosted by Dr Philip Rankin, where carers were sharing their experiences of health, social care and life as a carer in Brighton and Hove. All topped off with tea and cake!!



Carers had the opportunity to fill in our Carer Friendly City Questionnaire with the chance to win a prize.

Our CEO Tom picked the names of two winning entrants from the hat. Congratulations to our two winners, you will be notified.

Thank you also to our trustee Jim who kindly came along to take the pictures for the afternoon. <https://jimpix.com/>

The next **Carers Rights Day** is in
November 2020

Look out for more information about this years celebration closer to the time.





Meet the Team

Jackie runs Changes Ahead, a local carer led service for those supporting someone with mental health challenges. Offering one to one and group support.

Changes Ahead has recently joined The Carers Centre to help bring Carers of Brighton and Hove more support under one roof. We caught up with Jackie to find out more.

Hi Jackie

What does a typical day look like for you?

Depending on the day, I could be meeting with carers to offer support and advice, attending meetings about carers needs at both the Brighton & Hove Council and the NHS Sussex Partnership Trust, or organising one of the many events or workshops we are involved in.

Can you tell us a bit about your service?

Changes Ahead is a group for supporters (family, friends and carers) of people with mental health challenges. It grew from the work of one carer, Shirley, who recognised the specific challenges of caring for someone with mental health challenges. It began in 2015 with meetings taking place in coffee shops and only a handful of carers being supported. In 2016, funding was secured and Changes Ahead moved into the Vallance Centre in Hove. As the numbers grew other support workers were recruited.



Cooking lunch (collected from the allotment we were visiting) on one of the Wellbeing in Nature (WIN) days for carers—along with Suzanne Beardsley.

Do you run any monthly support groups?

We run a coffee morning/Support Group, it is a drop-in that takes place on the second Monday of every month between 10am and 12pm, we currently meet at The Friends Meeting House in Ship Street, Brighton. We often have speakers from the different mental health services available, as well as banner making, pampering treats and always tea, freshly brewed coffee, cakes, biscuits and fruit. Spending time with others in a similar position can be really supportive.

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

When I am not working I like to go for walks, read, watch TV, particularly Agatha Christie detective stories. I have recently completed the 'Couch to 5K' app and am now taking part in Saturday morning Park Runs.

What might someone be surprised to know about you?

Since the age of 2 I have been camping

every year (except for when I was heavily pregnant and when my son was under 1) 46 years in all!

What was the last book you read / movie you watched?

I am currently reading the 'Handmaids Tale' by Margaret Attwood, as I managed to miss it on the TV. I got given Testaments (which is the follow on) for Christmas, so am looking forward to reading that next. The last film I watched was Paddington 2, I enjoyed the TV show as a child and now love both of the modern Paddington films.

Lastly, what is the best way for carers to get in touch or to find out more about what you do?

To find out more about Changes Ahead or about the support available to you, if you care for someone with mental health challenges :

please contact the Carers Hub team on
01273 977000
or email info@carershub.co.uk

Thanks Jackie,

it was lovely getting to know you and find out a bit more about your service.

We wish you and Changes Ahead the warmest of welcomes to the Carers Centre and Carers Hub and look forward to hearing from you in the future.


carershub.co.uk
01273 977000

Changes Ahead

for
Mental Health Supporters
(Family, Friends and Carers)



Changes Ahead is a carer led service established in 2015. We aim to help family, friends and carers to regain control of their lives and, in turn, promote independence, recovery and a future for the person they care for. Additionally we provide opportunities for social interaction and self care with others who are in a similar situation.

Changes Ahead offer:

1:1 Support Sessions
Activities

Monthly Coffee Mornings
Advocacy and Action
Events

Mental Health book lending scheme
Training and Talks

“Changes Ahead is an invaluable source of support that has offered me real help, allowed me to be myself, put me in touch with a wonderful community and given me coping skills; a beacon of light in darkness—thank you.”

To find out more about Changes Ahead or to make an appointment please contact Carers Hub on 01273 977000



Make things happen this year with the Carers Reablement Pro-

Make a great start to the roaring 20s and learn something just for you....

If you are an unpaid carer in Brighton and Hove, the Carers Reablement Project will match you with a volunteer for up to 10 weeks to learn a new skill or to receive support to attend a group or class.



What better way to start the year, than to learn something just for you!

The aim of the Carers Reablement Project is to support unpaid carers, assisted by volunteers, to achieve positive changes in their lives, by setting goals and reaching clearly defined outcomes. These outcomes will aim to improve the health or wellbeing of the carer.

'My health and wellbeing has improved, because of the support around me, now I feel much better now than I did'

The Carers Reablement project will come out to meet you either in your home or in the community to find out your

requirements, we will then match the skills, expertise and knowledge of our volunteers with your specific needs.

Established in 2014, The Carers Reablement Project has supported over 250 Carers in the local area to learn a wide variety of skills.

In the last 12 months these have included:

Meditation, Swimming, Photography, Learning to play an instrument, Computer Support, , Drawing, Creative Writing, Sewing , Cooking, learning a foreign language and so much more.....

So whatever you would like to learn, please do get in touch and see how we can support you!



www.thecarerscentre.org/carers-reablement-project

**Don't take our word for it, here is what
our carers have to say:**

'I knew that every week I had someone to help me and looked forward to seeing him each week. At a time I had a lot going on and it gave me a chance to do something different, just for me.'

'It's been difficult to get out of the house, due to my anxiety and depression, but going somewhere made me feel worth something and have a sense of purpose.'

'Learning how to use my tablet, meant I can communicate with friends in different parts of the world, which makes me feel more connected and less isolated'

'The volunteer was amazing, always on time and so friendly and helpful. If there was anything he didn't know he would research it at home for the following week to empower me.'

If you would like to be matched with a volunteer to learn something new.

Speak to your Carers Assessment Worker,
Call the **Carers Hub (01273 977000)**

or

self refer by calling **01273 746222 ext 233**

or email

volunteer@thecarerscentre.org



Reablement
Project

Tel: 01273 746222 ext 233



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.

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

To find out more please contact:

volunteer@thecarerscentre.org

01273 746222 ext 233

www.thecarerscentre.org



Reablement
Project

What's happening in Brighton & Hove for unpaid Carers this year ?

2020

With so much going each month in Brighton and Hove, here we have collaborated some of this years events specifically for those Caring in our communities.

Keep posted to Carers News for more upcoming events throughout the year including Carers based celebrations, workshops, support groups and activities.



Young Carers Awareness Day—30th January 2020

Raising awareness of the challenges faced by young carers and campaigns for greater support for them.



Carers Week - 8th to 14th June 2020

An annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.



Disability Pride, Brighton - 12th July 2020

A celebration of and for disabled people plus their friends, families and carers. Hosted on Hove Lawns.



International Young Carers Conference – 16-17th November

Held in Brussels this year, we are hoping to have representation there from our trustees and possibly some Young Carers too.



Carers Rights Day - 21st November 2020

Bringing organisations across the UK together to help carers in their local communities to know their rights and to find out how to get the help and support they are entitled to.

To keep up to date with all the events and activities The Carers Centre and other local organisations have to offer carers in Brighton and Hove.

www.carershub.co.uk/events

www.thecarerscentre.org/events

Or find them each quarter in your copy of Carers News.



Monthly Events for Carers

Coffee Mornings

The Carers Centre host a selection of coffee mornings across the city each month. See the back page of this issue to find out about coffee mornings in your neighbourhood..

Health Walks

Join us for our monthly Health Walk
3rd Wednesday of each month
(15th Jan, 19th Feb, 18th March)

We walk for about an hour whatever the weather, followed by a cup of tea.

Digital Drop In

Receive one to one help and advice
with anything digital!

4th Wednesday of each month
(22nd Jan, 26th Feb, 25th Mar)

At the Carers Centre

Please call Carers Hub to book your space.

Legal Surgery

Our expert team of solicitors are here to answer your legal queries.

*30th January, 27th February, 26th March
To book your place please contact Carers Hub.
(to find out more turn to page 18 & 19)*

All of our activities for carers are free
unless otherwise stated.
Contact Carers Hub on 01273 977000 for
more information

Other Annual Awareness Days

World Cancer Day 4th February

Dementia Action Week 11th—17th May

Brighton Pride 31st July—2nd August

World Aids Day 1st December

World Alzheimers Day 21st September

Falls Prevention Day 22nd September

World Mental Health Day 10th October

Remembrance Day 11th November

How you can get involved with The Carers Centre in 2020

Fundraising

If you are planning a cake sale, running a marathon or a simply jumping out of a plane please think of raising funds for Carers.

Please contact 01273 746222

Volunteer

We are always on the lookout for volunteers to help in the office, on our Reablement Project and as a driver for our Young Carers.

Please get in touch for more information.
01273 746222

Carer Expert

Share your views on a wide variety of carer related topics to help towards research for the NHS and other organisations.
(See page 14 for more details)

During the October half term, we took the 6—11 year olds swimming at the Brighton Swimming School. The session was led by the Swimming School with games for swimmers and non swimmers alike, followed by lunch and snacks. A fun time was had by all!

A big thank you to Brighton Swimming Centre for a fantastic day, and for their donation of a weeks worth of intensive swimming lessons to be used during a half term by a young carer. This will become a raffle prize for Young Carers Awareness Day on 30th January 2020.



Over the last few months we have been working with staff at BHASVIC and the University of Sussex widening participation team to enhance provision for young carers and young adult carers at the college. Young carers at college are often balancing their studies, part time employment, friends, family and a caring role, never mind time for themselves!

BHASVIC have a cohort of nearly 3,000 students, now have a student young carers champion working with staff and are preparing to launch their own innovative resource pack for students. Including academic, financial, social and emotional support.

We hope BHASVIC will lead the way for other schools and colleges to work with us and show their support for young carers. If your school or college would like to raise awareness of young carers you can contact Lizzie at schools@thecarerscentre.org to find out more.

Valuable Volunteers

Sometimes there are just not enough hours in the day or enough pairs of hands! Some charities have the luxury of a large bank of volunteers to call on, not to mention dedicated teams for fundraising, marketing and social media. Even though the Young Carers team are incredible 'Jack of all trades', we realised that we needed a little help to both deliver our service to an ever growing number of young people And make sure we have a strong presence online. Being active on social media helps us to spread the word about support for young people, helps us to fundraise as well as raise awareness and reach out to the wider community.

MET College stepped forward with the perfect solution. Many young people at the college are looking for experience in the world of marketing or the voluntary sector to build up their skills before heading off to university or the workplace. Some opt to carry out voluntary work experience in local organisations. We have been really lucky to have Enrico join our team for one day a week, manning our social media, especially Twitter.

We are also really pleased to welcome Hannah as an activities volunteer. Even once young people get to university they are often looking for experience working with children or voluntary sector organisations. Many universities run modules on community work and volunteering and we are more than happy to welcome placements here at the Young Carers Project.



Young Adult Carers News

Back in October we took a group of young adult carers away for a Wellbeing Residential. Off we went in the minibus to Lewes YHA, nestled in the beautiful South Downs for a 3 day stay. Although the group was a little anxious anticipating what they would be doing; they were all excited to get involved and try some new ways of looking after their wellbeing.

Our sessions included a 10K wilderness walk with Julia from IPSE, which took us on a fascinating meander whilst partner chatting, a very relaxing yoga session with Madeline from A Small Seed Yoga, some acupuncture with Pathways to Health, some fab careers and further education information sharing with Sarah from Northbrook College, a delicious home cooked curry and side dishes with the support of Anna from The Cardamom Pod and finally an amazing day of Ecotherapy; at Stanmer Park.



This was such a wonderful experience for the young adults who took part and they all expressed how much they felt they learned, and how important it is to take care of themselves. I felt very privileged to support such a fantastic group of young people, work with such caring facilitators and be lucky to be able to plan such a fantastic trip with the financial support of The Carers Trust and Brighton and Hove City Council.

Our work on supporting the wellbeing of this group of young adult carers will continue over the next couple of months with some stress busting activities.

Our Teens got creative once again under the talented eyes of the wonderful team at Create. They designed and painted some boards to be fixed up at our little Eco Garden at the back of Saunders Park. B&H food partnership have very kindly let us have an area in the community allotment to cultivate; so it encourages wildlife and insects into the area. We wanted to place some information there so visitors would recognise that the Young Carers were looking after the space. Check it out, our bit is next to the pond!



We had a very productive meeting in October where we discussed the latest engagement survey that has been requested from the Brighton and Hove City Council and The Clinical Commissioning Group.

The group gave some great feedback which was passed to the commissioner and where possible the changes suggested were implemented.

Because we are working in partnership with other organisations, it is not always possible to implement changes but in this case almost all the suggestions were taken on-board and made it to the final version. I would like to thank the expert group for their work and commitment over the last year!

The next Carer Expert meeting will be in late January or early February and will include a training session for the experts as well as the usual refreshments.

LGBTQ+:

The Carers Centre attended a discussion group for the LGBTQ+ community as part of The Older People's Festival. We were able to discuss and answer some very interesting questions relating to how carers in this community overcome challenges and also provide general information about The Carers Centre and The Carers Hub.

The Traveller Community:

We attended a meeting at the Traveller's Horsdean site and over a cup of tea and a slice of cake, we were able to explain about The Carers Centre and The Carers Hub to the group. The group was very interested in our services and we were able to leave some tailored information for them.

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 piece of 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 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 Carers Hub on 01273 977000



Introducing Community Roots

Community Roots is an integrated network of local services committed to supporting good mental health and wellbeing in Brighton and Hove.

Funded by NHS Brighton & Hove CCG and Brighton & Hove City Council, the network brings together 16 local providers to strengthen, develop and integrate mental health support for different levels of need.

Community Roots is provided by Sussex-based housing, care and support organisation Southdown, in partnership with Allsorts Youth Project, Assert, Brighton Women's Centre, Cruse Bereavement Care, Fabrica, Friends Families & Travellers, Grassroots, The Hangleton & Knoll Project, Mind in Brighton and Hove, MindOut, Money Advice Plus, Rethink, Switchboard, Trust for Developing Communities and The Clare Project.



Zorenah, a volunteer at the Preston Park Recovery Centre, who has accessed mental health services for over 26 years, says:

"I think it's an excellent idea. It's a good thing for people especially when they're not sure where they want to get help. To have this one number where they can be signposted - and even if it's not covered under Community Roots, somebody will be able to signpost them somewhere where they will get help and not wait until they're absolutely in crisis and they don't know what to do or what to say or where to go."

For more information about Community Roots or for support around your mental health or someone else's please call **0808 196 1768** (it's a Freephone number and lines are open Monday to Friday, 9am to 5pm). Information and resources are also available online at **www.communityroots.org.uk** and we have an online enquiry form if you prefer to email instead of calling.

For more information about Community Roots call FREEPHONE 0808 196 1768 or visit www.communityroots.org.uk.

You can also keep up to date with news and events happening across the network by following @bhcommunityroots on Facebook and @bh_roots on Twitter.

Scoots You!

A mobility scooter should be an easy choice for a disabled person or anyone with a health issue to get around the city centre, but with machines costing anywhere from £500 to £5000 it is no great surprise that we don't see more on the streets of Brighton and Hove.

Thankfully there is a solution, operated locally (as part of a national scheme) by Brighton and Hove charity Possability People, the Shopmobility service rents out a range of electric three and four wheeled mobility scooters (and wheelchairs too) for just £5 a day, between 10am and 4pm.



"It's been an absolute godsend.... [the scooter] has certainly coped with the hills, the long days and the shopping bags!!"

All of the scooters come with a handy basket and have the capacity to carry additional bags. Some models can even be accommodated on the city's buses, so users can shop wherever they want in the wider Brighton & Hove area.

"As a recent wheelchair user with a young family, I found the service invaluable. Shopping is now so much easier and enjoyable again."

Customers do not need a licence to use a mobility scooter— Just a short demonstration on how to control it will suffice, given by one of the friendly team based in the Shopmobility Office in Churchill Square car park. For anyone wanting more of a training session, this can also be arranged.

And remember—you can still use a mobility scooter even though your health issue may be relatively minor. So if you are recuperating after an operation, a little help getting around could make all the difference on your road to recovery.

Many of Shopmobility's customers are mobile but struggle with Brighton's hills and a scooter can often turn their time from a quick dash around Churchill Square to a more leisurely day gliding around the city centre.

"We would still come to Brighton but without the scooter it would be for an hour, with it I can stay here and have a whole day out."

If you would like to use the Shopmobility Service, call 01273 32 32 39
or email shopmo@possabilitypeople.org.uk

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)

Call Carers Hub on 01273 977000

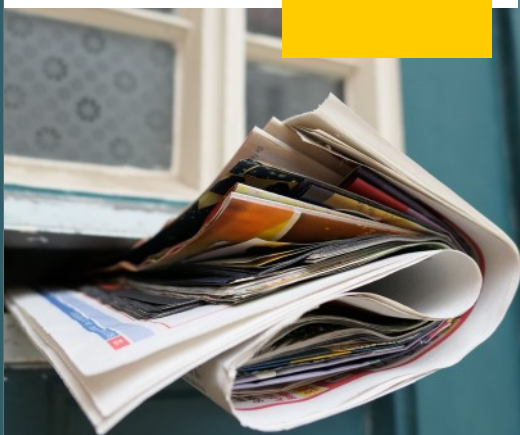
To book your space

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



**Reablement
Project**

CARERS News



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Out Every Quarter**

**Keep up with all that is
happening in Brighton and
Hove for Carers**

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straight to your inbox.**

visit www.carershub.co.uk/subscribe
and register your email address.

Or get a hard copy through your door.

Call Carers Hub on 01273 977000
and register your interest.

(Large Print Copies available on request)

**Alternatively, you can keep up to date
with Carers related News
on our website.**

www.carershub.co.uk/news

One Minute With...

In this section we introduce local organisations who are linked to caring in Brighton & Hove. For this issue we chat with **Claire Finn**, a solicitor with Renaissance Legal, who sees carers at our regular Free Legal Clinic here at The Carers Centre.



Hello I am Clare Finn and I am a Solicitor working with Renaissance Legal, a law firm based in Brighton established 10 years ago by Philip Warford. The firm does only what us lawyers call “Private Client” work. This is advising about and creating Wills, Trusts, Powers of Attorney and dealing with Estates when someone dies. We work closely with families who have a disabled or vulnerable family member.

Renaissance Legal has been supporting the Carers’ Centre for several years by assisting at the monthly legal clinics held in the Centre in Bedford Place, and. I recently spent an afternoon with the very welcoming Cornerstone Carers Group.

I have been coming to the Legal Clinics arranged by the Carers Centre three or four times a year for over 3 years and usually see three different people at each session, which means I can spend half an hour with each carer, discussing the matter they need advice about. I always get a warm welcome from the Carers Centre staff and Carers.

At the sessions I am asked to advise on a

wide range of questions, such as whether someone with a poor memory can make a Will, how Trusts work and why making a Trust could protect an inheritance for a vulnerable person, how do you make a Lasting Power of Attorney and what has to be done when someone dies without a Will. The variety and complexity of matters that carers have to deal with never ceases to surprise me.

Some matters can’t be resolved in a short meeting but I hope the people I see all find there is a benefit in talking through a thorny legal issue with someone with knowledge of the legal aspects of their query.

Legal business can be mysterious and daunting. I aim to remove the mystery and simplify the scary bits, and I hope sometimes I succeed!

Claire Finn
Associate Solicitor



Renaissance Legal



Carer's Legal Surgery

The Carers Centre are very proud to be able to offer a monthly legal surgery here at the Carers Centre.

Designed to help carers with a range of legal issues including; accessing to health and social care services, funding, mental capacity issues and paying for care.

Our expert team of solicitors have experience providing community care legal advice and representation to service users, carers and family members.

*We are now taking bookings for 2020.
Upcoming Surgeries are:*

Thursday 30th January 2020

Thursday 27th February 2020

Thursday 26th March 2020

If you would like to take advantage of this service, do not hesitate to call or email us to book an appointment.

01273 746222 or info@thecarerscentre.org

A great big thanks you to the very generous Renaissance Legal, Martin Searle Solicitors and SMR solicitors for donating their time and expertise.

"We are here to help and look forward to hearing from you."

Dates for your Diary...



Sharing Memories Reminiscence based workshop

February 11th 2020

1pm — 3pm

Cornerstone Centre (Church Road)

Call Carers Hub to book your space.

Health & Wellbeing Workshop

For those caring for an adult with a learning disability (both for carer and cared for)

Wednesday March 25th 2020

1pm—4pm

At the Cornerstone, Church Road, Hove

Call Carers Hub to book your space

Managing Anxiety Workshop

March 26th 2020

10.30—12.30

Venue to be confirmed

Call Carers Hub to book your space

Carers Health Walk

Every third Wednesday of the month

15th Jan, 19th Feb, 18th March

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

22nd Jan, 26th Feb, 25th March

10.30—1pm at The Carers Centre

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

 **carershub 01273 977000**

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

Contact Carers Hub On 01273 977000 for more info.



Come and cosy up at a Carers Coffee Meeting this Winter

But maybe leave the slippers at home.....

A Carers Hub coffee meet is a great place to come and meet with unpaid carers from your neighbourhood. Take a break and find out about support services available to you in and around Brighton & Hove.

Carers' Coffee Meets Near You.....

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, North Street,



For more information about these events or any of the other support available to Unpaid Carers in Brighton & Hove, please call Carers Hub on 01273 977000 or visit www.carershub.co.uk