

Coming Up at



for brighton & hove

Brighton and Hove



Carers

Carers Festival

Celebrating the role of unpaid carers in our city

Thursday 9th June 2022

12.30pm—5pm

St Augustine's Arts & Events Centre

Stanford Avenue, Brighton, BN1 6EA

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

With stalls from:

Carers Hub, the Carers Centre, Crossroads Care, Changes Ahead, NHS, Amaze, Brighton & Hove Council Carer Assessment Workers, Grace Eyre, Age UK, Specialist Community Disability Service, Ageing Well Partnership, Impact Initiatives, Hop 50+, Food Partnership, Healthy Lifestyles Team.

Bookable Activity Sessions will be available on the day , more details soon.

Free Tea, Coffee and Cake for carers (while stocks last)

Plus much much more....

You can also join us at The Open Market on London Road in Brighton at our info stall on Monday 6th and Tuesday 7th June.

www.thecarerscentre.org/carers-festival-2022

No need to book, just turn up on the day.

For more information please call Carers Hub on 01273 977000



Coming Up at



for brighton & hove



**Make caring visible,
valued and supported**

6—12 June 2022

Carers Week is 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. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much needed support.

To find out more, please visit their webpage: www.carersweek.org



Carers Week Carers' Information Stall

Monday 6th, Tuesday 7th June 2022, 10am—4pm

The Open Market, London Road, Brighton

Come down and chat to us in person to get information about the support available to you in Brighton and Hove.

We will be welcoming New and Existing Carers.



Over the coming weeks we will be announcing more things for you to take part in during Carers Week—check back here for more details, you can also find further details on our website:

www.thecarerscentre.org/carers-festival-2022

**To join any of our groups or activities or to find out more, including support to help access Zoom
please contact 01273 977000 or email info@carershub.co.uk**



Carer Community Coffee Morning

Usually every Third Tuesday of the Month,
Next on: Tuesday 17th May, 10.30am - 12noon
Flying Saucer Café, Open Market, Brighton

Join us at our brand new Community Coffee Morning as we step back into meeting face to face with carers from across Brighton & Hove.

Come along to take a break, meet other carers and find out about local support services in your area.

Please note this is a bookable event only (no drop-ins) with 8 places available each month.



One Bread Carers' Coffee Morning

Usually 4th Monday of the month
next on Monday 30th May, 10.30am to 12 noon
One Bread Café, All Saints Church on The Drive, Hove, BN3 3QE

Join us in-person as we meet at our new venue for our Hove based Coffee Morning.

A lovely and spacious venue with step-free access through the entrance on The Drive.

Come along to take a break, meet other carers and find out about local support services in your area.

Open to Carers from across Brighton and Hove

Places are limited and only available on a bookable basis, (no drop-ins)

Tai Chi & Qi Gong

Every Monday, 11am via Zoom,

Join this zoom class for 45 minutes of light exercise known as Qi Gong and Tai Chi. These movements are all about gently moving your body to breathe better and to stretch and loosen your joints. You can sit or stand, there is no lying on the floor and you work to your own level. The tutor (who has been working with the Portslade Over 50s Activities Group for 12 years) will guide you through exercises you can remember and practice on a daily basis for enhanced wellbeing.



Monthly Meditation Group

Every 2nd Thursday of the Month, next on Thursday 16th June 2022

10.30—11.30am via Zoom

Creating a space for meditation and turning it into a positive habit.

Join us each month to learn about the different types of meditation practices, their benefits to you and how you can include them in your daily life.

Each month we will look at different ways to meditate with each session ending in a guided meditation.



Carers' Wellbeing Walking Group

Usually Last Wednesday of the month, next on Wednesday 25th May 2022

Join the Reablement Team each month as we enjoy a short walk in beautiful surroundings followed by a wonderful chat and a coffee or hot chocolate afterwards.

Each month we will be deciding where to walk the following month to allow us to enjoy some of the wonderful sights and scenery in and around Brighton and Hove and our surrounding area.

This event is restarting following a long pause during the lockdowns and we will be asking all walkers to adhere to our Social Distancing rules and guidelines.

Please get in touch to express your interest in joining the Carers Walking Group, we will then get in touch to let you know where to meet for our next walk.



Creativity and Self Care for Carers

Course Length: Six Sessions

11am—1pm Thursday 9th, 16th, 30th June & 7th, 14th, 21st July

Designed in collaboration with the Carers Centre by Carers with lived experience, this course is an opportunity for Carers to set time aside for themselves and engage in activities which can enhance their wellbeing.

We all know as Carers, it is imperative that we look after and nurture ourselves in order to be able to support others we take care of. This course incorporates elements of self-care and creativity. Each week we will explore a different element of self-care and set time aside to engage in an art activity such as still life drawing and clay modelling.

To find out more about this course and for course registration information, please visit

www.southdown.org/recovery-College-brighton-hove



Carers' Book Club

Every second Tuesday of the Month,

next on Tuesday 14th June 2022, 10.30—11.30, via Zoom

Join the Reablement Team each month for our Short Story discussion group.

Each month we will be reading a short story and chatting about via Zoom.

Please get in touch so we can send you a link for this month's text and instructions for joining the session.



Music Appreciation Group

Every Third Thursday of the Month

next on Thursday 19th May 2022, 10.30-11.30am via Zoom

Each month we come together to share the music we like, look at the origins of Music and look at what music is.

This group is for anyone with an interest in music, especially classical, who would like to learn more, share their musical likes and dislikes, and is up for a monthly music based discussion.



Carers' Weekly Coffee & Chat

Every Wednesday 10.30 am, via Zoom

Join us for our weekly coffee and chat sessions over Zoom.

Each week you will be able to meet and chat with other carers from around Brighton and Hove, and all sessions are supported by a Carers Centre staff member.

LGBTQ+ Carers Peer Support

Usually first Friday of the Month, 11—12 noon via Zoom,

Join our inclusion worker Louisa for a virtual get together to chat and meet others in similar situations. In-Person meetings coming soon.

Carers who are supporters of people with mental health challenges Changes Ahead Coffee Meet Up

Every 2nd Monday of the Month, 10 am - 12 noon via Zoom

Come and have a cuppa and a chat with us and other carers who are supporters of people with mental health challenges.

Learning Disabilities and/Autism Carers Peer Support Group Coffee Meet Up

Monthly, via Zoom, next on Monday 30th May 2022, at 11am

Come and have a cuppa and a chat with us and other carers who help people with Learning Disabilities and/or Autism.

Working Carers (& Employers) Peer Support Coffee Meet Up

Usually last Wednesday of the month, via Zoom

Next on Wednesday 25th May at 6pm

It is estimated that 1 in 8 employees are also family and friend carers.

Join our friendly group for an early evening cuppa and chat with other working carers, those seeking to return to work and employers.

To join any of our groups or activities or to find out more, including support to help access Zoom please contact 01273 977000 or email info@carershub.co.uk



Do you want your voice to be heard about carers issues?

Why not join our Carers Voice Group?

You commit as much time as you want and can be involved via phone, email or post.

We normally meet every three months to discuss issues and research that relate to carers in the city and we then pass any relevant solutions back to the organisation that has asked for the research.

Organisations asking us to research and give our input include; Brighton & Hove City Council, The Clinical Commissioning Group, The NHS, The Carers Centre's own internal research.

We never pass on any details that might lead to a group member being identifiable, rather we reply to questions as a group.

As an example, a recent meeting looked at:

Welcoming new members, looking at upcoming projects where you can be involved and help shape the outcome, having a Q&A session and looking at how you want to be represented moving forward, and having a social chat if we have time.

For more information and to find out about taking part in upcoming sessions, please email steve.castellari@thecarerscentre.org or call 01273 977000.



Carers Legal Clinic

Now taking bookings

We are very pleased to be able to offer a monthly legal clinic here at The Carers Centre thanks to the very generous **Martin Searle Solicitors, Renaissance Legal and SMR Solicitors** donating their time and expertise.

Between them they are able to provide assistance and advice on a range of issues pertaining to caring, for example, Power of Attorney, Court of Protection, Mental Capacity, Accommodation and Wills.

We are currently taking bookings for telephone and zoom appointments.

If you would like to take advantage of this service, don't hesitate to call or email us to book an appointment on **01273 746222** or email info@thecarerscentre.org

MAKING CARERS COUNT

Working in partnership with Carers Trust

The Carers Centre for Brighton and Hove is partnering with Carers Trust in the 'Making Carers Count' programme, developing support for Ethnic Minority Carer Communities across Sussex.

As the Sussex Carers Partnership, we understand how crucial it is to work together and involve unpaid family and friend carers, in the design and delivery of local carers' support services.

We are therefore pleased to announce that as part of The Sussex Carers Partnership, (The Carers Centre for Brighton and Hove (CCBH), Carers Support West Sussex (CSWS); Care for the Carers (CFTC, East Sussex), we have secured funding from Carers Trust to help develop services that will address the barriers and challenges and needs experienced by under-represented carers from minority backgrounds across Sussex.

Over the next two and a half years (2021-2024), we will utilise carers' experiences to support ethnic minority carers to access essential services, expand and develop new specialist services and work with health and social care providers to remove barriers to support.

Through the 'Making Carers Count' programme we will deliver:

- Improved and better access to information, advice and services (including translated resources) that will help carers manage their caring role and situation.
- Increased carer identification through delivery of Carer Awareness training for local health and social care workers designed and delivered by carers.
- Delivery of specialist training for carers to help support and maintain their physical health and wellbeing and help to build up their resilience.
- Culturally specific and/or language matched counselling support (presently, this service is only available to carers registered with Carers Support West Sussex)

We welcome and look forward to meeting carers within the community who are interested in joining our Sussex Carers Reference Group, which has been specifically set up to support this programme.

To join, or to just find out more, please contact your local Carer Voice Network Contact for Brighton & Hove

Steve Castellari

email: steve.castellari@thecarerscentre.org tel: 01273 746222

Questions for us?

If you have any general questions about the 'Making Carers Count' project, please get in touch with the lead organisation: Carers Support West Sussex (0300 028 8888 or email info@carerssupport.org.uk with subject line 'Making Carers Count'). For all other questions please talk to your Local Carer Voice Network contact.

About Making Carers Count

Making Carers Count is led by Carers Trust and delivered in partnership with its network of partners (local carer organisations) and Carers UK. The project will run until March 2024. Making Carers Count is funded by the Covid-19 Support-Fund.