



CareLine

The FREE magazine for unpaid carers in East Sussex



In this issue:

- Young Adult Carers release song
- Help for carers during coronavirus
- Carers Week
- Look after your finances
- Learn about the Mobility Scheme



Freedom to drive with the Mobility Scheme



Young Adult Carers Write and Release their own Song

For Young Carers Awareness Day on 30th January 2020, young adult carers in Hastings wrote and produced their own song for other young carers.

The young adult carers (who call themselves "YACs") created and developed their own lyrics and song and produced a professional music video working with experienced musicians, singers, recording engineers and film makers in a project led and inspired by all those participating.

The song highlights the day-to-day experiences, difficulties and hurdles that children and young adults who care face, combined with a positive message to encourage other younger carers to speak up and reach out for help. The YACs also express why being with other young adult carers at their regular meet-up group is so important to them.

The music project, working in collaboration with Care for the Carers, took six months to complete. It aimed to spread the word

and raise awareness, as well as nurture new creative and singing skills.

One of the YACs involved, Alannah Megan Jones, says; "Creating the song and video has given me lot more confidence and belief in myself. I hope the song will help other carers to realise they are not alone and that there are lots of other people in a similar situation. The song is a realistic example of carers' daily lives, and I hope this will be a powerful tool to help educate and inform people about the lives of carers."

The project was conceived and delivered by the co-founders of The Time to Shine Project charity, Alison Cooper and Michael Grant. The finished song and video was premiered in Hastings, East Sussex, with an intimate performance by the YACs singing for their friends and family. The song received air time on BBC Sussex and Uckfield FM.

You can view the song on YouTube here: www.bit.ly/YoungCarersSong



Contents

Young Adults Carers Release Song	2
News In Brief	4
Carers Week	5
Carers Groups Directory	6
Events for carers	7
Look after your finances	8-9
Mobility Scheme	10-11

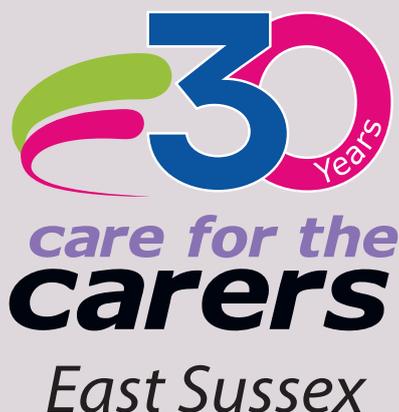
Give your views

As lockdown measures start to ease, we're planning when best to resume our face-to-face services for carers. We're seeking your views. Complete the survey by **31st July 2020**, with a chance to win a £20 voucher.

VISIT

www.smartsurvey.co.uk/s/T5F2NR

All photos in this magazine are prior to coronavirus social distancing measures.



Welcome to this edition of CareLine

Welcome to the Summer edition of CareLine. The last few months have been incredibly tough, for carers in particular. As I write, the Government has announced that elements of the lockdown will soon ease. But if you are caring for a vulnerable relative, friend, or neighbour your focus is likely to remain on staying safe and making sure that they can get the support they need.



Jennifer Twist

Please do also give some thought to how you are. Carers are skilled problem solvers, experienced multitaskers, and many of us manage hugely complex caring roles alongside work and family. This is what carers have continued to do during lockdown and it is taking its toll. Do remember that we, and our partners, are here for you. We'd love to hear from you, whether it's for professional advice and guidance, or just for a chat.

This year's Carers Week was far from 'normal', but it was great to catch up with lots of you through some lively online groups and activities. The theme this year was Making Caring Visible – which felt more important than ever. In recent months we have learned that Coronavirus affects carers disproportionately. We've all felt the pressure of lockdown, but for carers this is on top of the day to day challenges and responsibilities of caring.

We missed campaigning in the community this year, but we achieved lots of local media and social media coverage which was a real success – we're especially grateful to the carers who shared their experiences of caring during the pandemic to help raise awareness. Nationally, it was fabulous to see the Queen and Princess Royal meet a group of carers online, but we will keep on campaigning until the Government also gives carers the recognition they deserve. We are very much looking forward to discussing the big issues for carers at our Carers Voices Conference taking place online throughout July – I do hope you can join us.

Jennifer Twist, Chief Executive

Join our 'Healthy Caring, Healthy You' Conference this July

Our Annual Carers Voices Conference is taking place online throughout July. Giving carers the opportunity to have their say at a time when many carers feel overlooked, the conference features keynote speakers, a live Q&A panel and a series of carer workshops to participate in. Speakers include Jennifer Twist and Jo Egan from Care for the Carers, Gareth Howells, Carers Trust, and Emily Holzhausen OBE, Carers UK. The workshops focus on parent carers, young carers' health and wellbeing, caring during Coronavirus and loneliness and isolation, plus more. And the online market place is a great place to find out more about organisations' services that can help you as a carer.

The free conference is open to all unpaid carers in East Sussex, including parent carers and young carers. Watch the speakers' videos online and register on our website for the live Q&A and carer workshops here: www.cftc.org.uk/carers-voices-conference-2020.

Help for carers during coronavirus

We are still here for carers and offering our services and carers groups by phone or online. If you need support, help or information, please do get in touch with us.

East Sussex County Council and local councils, working with partner organisations, voluntary and community groups, have set up community hubs and contact centres to ensure that the most vulnerable local residents can access contact, food, essentials and medication if they cannot get this help from their carers, friends or neighbours. There is also a new leaflet with contacts if you need extra support and other useful information.

You can find up to date information about Coronavirus on the government website at: www.gov.uk/coronavirus and further information and contact details for each Community on our website, along with FAQs help and advice at: www.cftc.org.uk/coronavirus.

Carers share how they feel during lockdown

Local carers and Care for the Carers featured on BBC South East News in April. Carers shared their experiences of the lockdown – good and bad – on video. This included caring for a parent, a child and a partner. You can watch their videos online at: www.cftc.org.uk.



Making caring visible during Carers Week

Carers' Week took place from 8th to 14th June 2020, focusing on 'Making Caring Visible'.

Carers often feel unrecognised and overlooked. We estimate there are over 68,000 carers in East Sussex, many of whom are not in contact with services and are not aware that there is support.

Carers Week released new research which found that an estimated 4.5 million people have started caring unpaid since the Coronavirus outbreak began.

When combined with carers who were already providing care before the crisis, this means there could be as many as 34,000 additional carers in East Sussex and 13.6 million unpaid carers across the UK – 26% of the UK population.

The research also showed that the public are overwhelmingly in favour of increasing support for unpaid carers, with 75% agreeing 'the Government should do more'.

It's more important than ever that we reach out to carers - we are still here to help. So please do get in touch if you are finding things difficult, would like to connect with other carers through our groups, or would like someone to talk to.

Our CEO, Jennifer Twist, has taken a look back at Carers Week and caring during the pandemic. Read it on our website: www.cftc.org.uk.



Challenge fundraisers help carers

As part of the response to Coronavirus, Care for the Carers took part in the 2.6 Challenge national event organised by the London Marathon.

The challenge replaced the cancelled marathon and asked people across the UK to get involved in an activity of their choice based around the numbers 2.6 or 26, and fundraising for their chosen charity.

Many Care for the Carers supporters got involved, including Scarlett, Amy, Elaine, Mat, Ali, Chris, Jenny, Laura, Leila, Jennifer and Steph.

They raised over £800 in total. Challenges included, skipping for 2.6 minutes, a virtual marathon relay on the day of the London Marathon, walking, star jumps and Scarlett achieved 26 routines in 26 minutes. All in aid of unpaid carers!

We want to say a huge thank you to all of our fantastic fundraisers. The money raised will go towards our work supporting carers, especially during this difficult time.



Carers group directory

See www.cftc.org.uk/carers-groups for further details of all of our groups and times. Or call 01323 738390, email info@cftc.org.

Please note that due to coronavirus our Carers Groups are currently taking place by phone or online.

We are planning a phased return to running face-to-face carers groups when it is safe to do so.

Carers Information and Advice Groups

Regular meetings for all carers, facilitated by Carer Support Workers.

When: Monthly

Where: Phone or online for the following areas: Crowborough, Eastbourne, Hastings, Herstmonceux, Mayfield, Rye, Sidley, Wadhurst and Willingdon.

Evening group for carers including working carers

When: 4th Tuesday of every month, 6pm-8pm.

Where: Phone or online

Carers Wellbeing Groups

Regular, informal drop-in groups for all carers.

When: Monthly

Where: Phone or online for the following areas: Bexhill, Broad Oak, Crowborough, Hailsham, Langney, Peacehaven, Lewes Area, Seaford, and Uckfield.

Mental Health Carers Support Group for carers of people with mental health issues.

When: Third Saturday of every month, 10am-12pm

Where: Phone or online.

Young Adult Carers (YACs) Groups are monthly evening groups for carers aged 17-25 yrs. Get in touch for dates. 01323 738390, info@cftc.org.uk, or text 07860 077300. Phone or online.

Care for the Carers Making Memories groups - for carers of people with dementia

Support and activity groups for carers who care for people with dementia alongside the person they care for. Carers of people with dementia are also welcome to attend on their own. Phone or online.

Seaford: 2nd Thursday of every month, 2pm-4pm

Bexhill: 3rd Wednesday of every month, 2pm-4pm

Hailsham: 4th Wednesday of every month, 2pm-4pm

Carers please note: We ask that the cared for person be settled and able to engage. If the person is at a more advanced stage of dementia and likely to become agitated or restless, the group will

not be suitable for them.

Alzheimer's Society Sussex Helpline

provides support and information. Contact: 01273 726266, Brighton@alzheimers.org.uk

Amaze provides information, advice and support. For 0-25s with SEND and their parent carers in East Sussex. sendiass@amazesussex.org.uk 01273 772289 (leave a message).

DISC Dementia Support provides a support service for the carers of people with Dementia throughout East Sussex. Contact Emma 07591250988 or Louise 07591251005, admin@discdementiasupport.org.uk

There are a wide range of carer services running in East Sussex that the Care for the Carers' team can support you to access, including courses for carers of people living with dementia run by Alzheimer's Society and DISC, creative sessions run by Culture Shift, wellbeing courses run by Coastal Wellbeing, and more.

Get in touch with our team to find out more, or find organisations on our website at:

www.cftc.org.uk/local-partners

Events for carers

Free events during July

There are many free virtual events to enjoy in July. Glyndebourne are offering opera to view at: www.glyndebourne.com/openhouse. Royal Albert Hall are live streaming many artists and genres of music, and you can view past performances at: www.royalalberthall.com/tickets/series/royal-albert-home. Over 200 mini garden tours are available until the end of September to escape to and inspire your own gardens at: www.ngs.org.uk/virtual-garden-visits. In Wealden and the surrounding areas, there are so many beautiful places to see during the summer. Find locations to visit and enjoy the outdoors at www.wealden.gov.uk/staying-safe-outdoors, and please remember that social distancing measures are still in force.

Carers O'Clock

Carers O'Clock is a creative carer wellbeing project in partnership with Culture Shift. Designed for carers to give you time and space for yourselves, you can receive a fortnightly creative bulletin with suggested activities that can take two minutes or two hours to do, depending on what time you have available.

There's also a fortnightly virtual cafe on Mondays at 11am, where carers can chat and have a virtual cuppa together in a safe and supported space. **Contact Culture Shift to sign up for the bulletin and to join the virtual cafe by emailing julia@cultureshift.org.uk.**



Discover the power and courage of your own voice through poetry



Carers are invited to participate in an online creative writing and reflection course for carers with poet Evlynn Sharp. The course runs for three sessions over three weeks, and includes a two-hour practical session when you can explore the power of your writing and reflection through exercises and sharing.

This course is designed for everyone, so even if you have never written before you can take part, put pen to paper, write about your feelings and beliefs, and find understanding when we share our reflections.

The course runs on Thursday 20th August, Thursday 27th August and Thursday 3rd September from 10.15am-12.15pm. **Places are limited. To book your place, email info@cftc.org.uk or call 01323 738390. More information at: www.cftc.org.uk/free-online-creative-writing-and-reflection-course-for-carers**

Looking after your finances

With 6 out of 10 carers having faced debt because of their caring role* families' finances are increasingly stretched, even more so because of the pandemic. Carers are often forced to reduce hours, give up work and spend more on typical household costs including utilities, food and transport and with additional financial pressures. We give some tips to help with managing the household budget.

Benefit entitlement

The welfare benefits system is complicated, so it's a good idea to get a benefits check to make sure you and the person you are looking after are claiming all the benefits you are entitled to. You may be entitled to Carer's Allowance, Carer's Personal budget, help with council tax and disability benefits for the person you care for.

Help with household finances

There may be financial help available for fuel costs, Council Tax and the TV licence. Grants and schemes are available subject to award criteria and on a case-by-case basis and can help with replacing essential white goods, home repairs and moving home, help with the cost of a holiday and costs relating to respite and childcare. More information on financial help, grants and schemes is on Carers UK's website here: www.carersuk.org/help-and-advice/financial-support/help-with-household-finances, or call our Carers Hub.

Save on credit cards, overdrafts, loans and mortgage payments

If you are paying a lot in credit card, overdraft, loan or mortgage interest, the priority is to reduce the interest you pay. This means more of your repayments clear the actual debt rather than just cover the interest, allowing you to be debt-free faster.

You can cut interest by switching credit cards to a 0% balance transfer - where you get a new card to repay debt on old credit and store cards and owe the outstanding debt at 0% interest. Some banks will offer a 0% overdraft up to a certain amount or for a certain period, so check at: www.moneysavingexpert.com/tips.

You may be able to get a new loan to clear an existing loan and pay less interest. Assess your loan by confirming the settlement figure to pay your loan in full now with your lender - this will include any early repayment charges incurred. Work out how much it will cost you to stay with your current loan, and then find a lower interest loan that is available and calculate repayments, taking into account any outstanding balance and settlement payments on a loan.

Mortgage rates are currently cheap so check if you can switch mortgage lenders and save with cheaper mortgage rates and deals. You can use online interest, loan and mortgage calculators to give you an estimate of payments.

Switch provider

It's always worth shopping around to get the best deal on the market. This includes for broadband, TV and phone, mobile phones, energy, insurance and personal finances. There are many online comparison sites such as Compare the Market, uSwitch and Go Compare that make it easy to compare companies and current prices. If you do find a better deal elsewhere, ask your current provider if they can offer a discount as they will want to keep you as a customer. <https://clubs.moneysavingexpert.com/cheapenergyclub> can give you comparison deals based on your energy usage and region.



If you don't have time to compare deals, Paul's Utilities offers a more personal service to find the best deal for you and your household. Paul Burley says, "When caring for someone, you don't have the time to spend hours finding what the best deal is, especially where there is an introductory offer followed quickly by a steep increase. We can look at your bills to check if you are paying for services you don't need, for example an Economy 7 tariff that may not be right for you. We also advise on improved billing options and smart meters, and may be able to arrange for you to be on the 'Priority Services Register' and, if eligible, to get the Warm Home Allowance."

Manage your budget

Sometimes budgeting can be a challenge. It's always beneficial to give your household finances a health check to see your spend and assess whether you really need to spend money on items. Once you know where you're spending, you can start

to alter and prioritise what you do with your money to enable you to spend more effectively and manage debts. You can also set yourself budgets to keep within spending limits.

Budget planners are a really good way to see and monitor all income and outgoings, manage your money and highlight any unnecessary subscriptions and spending that is no longer needed. The organisations at the end of this article all have online planners and calculators that you can use.

*Carers UK



Advertisement

The Super Six S's for Utilities

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Service – award winning

Society, Gourmet – discounts on dining

Switching – easy as we do it for you

Smart meters – installed free



Call Paul Burley on

01323 769505 or 07973 717217

Email: paulb.utilities@outlook.com

For further information

East Sussex Welfare Benefits project

(for people living in Hastings and Rother or Eastbourne, Hailsham and Seaford) 0333 344 0681, email benefitseastsussex@harcuk.com

Lewes Citizens Advice Bureau (for people living in High Weald, Lewes and Havens) 03444 111 444, email info@harcuk.com

Carers UK Helpline 0808 808 7777, email advice@carersuk.org. www.carersuk.org/benefits

Money Advice Service

www.moneyadvice.org.uk

National Debtline

www.nationaldebtline.org

Community Money Advice

www.communitymoneyadvice.com

Step Change www.stepchange.org

Turn to us https://www.turn2us.org.uk

Freedom to drive with the Mobility Scheme

Since it was first set up in 1978, the Motability Scheme has helped over 600,000 disabled people and their families across the UK who are benefiting from the freedom and independence provided through the Scheme. New and used car dealers in Sussex, The Birchwood Group, share their knowledge about the Scheme and if it's right for you.

1. What is the Motability Scheme?

The Motability Scheme enables people with a disability to get mobile by exchanging their mobility allowance to lease a new car, Wheelchair Accessible Vehicle (WAV), scooter or powered wheelchair.

2. Who can apply for it?

The Scheme is available to anyone who receives one of the following allowances with at least 12 months remaining:

- Higher Rate Mobility Component of Disability Living Allowance (DLA)
- Enhanced Rate of the Mobility Component of Personal Independence Payment (PIP)
- War Pensioners' Mobility Supplement (WPMS)
- Armed Forces Independence Payment (AFIP).

Carers and parents can drive on behalf of the disabled person, so parents of children from the age of three and non-drivers can apply to join. The vehicle must be used by, or for the benefit of, the disabled person. If you have not yet been awarded one of these allowances you will need to do this before you can apply to join the Motability Scheme. Find out more about applying for allowances on the Motability website: www.motability.org.uk/about/applying-for-allowances.

3. How does it work?

The Motability Scheme enables those in receipt of qualifying allowances to use it to lease a car, scooter, powered wheelchair or Wheelchair Accessible Vehicle. The Scheme provides flexible access to a brand new, reliable vehicle of your choice that will give you greater freedom.

4. Is the Scheme easy?

Yes it is. From choosing the right model to having it delivered, the Motability process is simple and straightforward. Once you have ordered your car and the agreement is set up, the lease is paid directly with your weekly mobility allowance.

5. How will it benefit me?

The key benefits of the Scheme are:

- A brand new car every three years, or five years for a wheelchair accessible vehicle

- Insurance, servicing and maintenance included
- Full breakdown assistance and annual road tax included
- Replacement tyres, windscreen repair or replacement
- 60,000 mileage allowance over three years for cars and two named drivers for your car.



6. Is it affordable?

Depending on the vehicle that you choose, your mobility allowance may be fully used to cover the cost, or there may be some money left over each week. If this is the case, the remainder will be paid directly to you. You can check whether Motability vehicles are available with zero advance payment, meaning you can get behind the wheel without paying a deposit in advance.

7. Can I adapt my car?

Yes, the Motability Scheme offers financial help for people who need to make adaptations that they need. If you need to have your car modified, a dealer will be able to arrange this for you when you order it. Birchwood can arrange for driving, stowage and access adaptations, and many of these are free of charge. If your needs change during your Motability agreement, adaptations can be carried out.

8. Can I learn to drive in my Motability Scheme car?

Yes you can. Disabled people can learn to drive from the age of 16. You may also be able to get a Charitable Grant towards the cost of your driving lessons from the Motability charity organisation.

9. Are there any conditions that I need to be aware of?

Yes, there are terms and conditions that apply to the Mobility Scheme. The main condition is that the car needs to be used by, or for the benefit of, the disabled person. This doesn't mean that the disabled person needs to be in the car for every journey. Other named drivers in the household can use the car for shopping and other routine activities, as long as the disabled customer will benefit. Other Scheme conditions include:

- Only named drivers listed on your Certificate of Motor Insurance can drive the car
- Only drivers with a legally valid driving licence will be accepted. Drivers with a non-UK driving licence will be subject to additional checks.

The Birchwood Group provide a comprehensive service to Motability customers in Sussex. Their Motability specialists guide customers through the process - from determining eligibility to taking delivery of a brand new car. You can support Care for the Carers by ordering your Motability vehicle through Birchwood. They will make a donation for every new Motability customer - please mention this article. Birchwood offer a 'Click and Collect' service so you can order a vehicle from the comfort of your home. They also have a delivery service that fully complies with the government's social distancing guidelines.

Find out more at: www.birchwoodgroup.co.uk/motability or call 01323 407105. Find out more about the Motability Scheme and vehicles available at: www.motability.org.uk.

Welcome to the latest businesses to sign-up to

The East Sussex Carers Card

The card has three functions:

- Identifies you as a carer in an emergency
- Emergency respite plan
- A discount card



With an East Sussex Carers Card you can set up a CRESS (Carers Respite Emergency Support Service) plan as part of your carer's assessment. Care for the Carers can help you to set up a CRESS plan if you do not want a carer's assessment.

Discounts for carers

If you do not wish to put an emergency plan in place but would still like to benefit from discounts for carers, apply for a Carers Card directly from Care for the Carers: Call **01323 738390**, or visit cftc.org.uk/get-a-carers-card

This card is also available to parent carers of children.

Please note that older versions of the emergency alert card are still valid to be used to access Carers Card discounts.

Please mention the Carers Card when booking.

Don't forget you can get hospital parking for £1.70 at both the Conquest Hospital Hastings and Eastbourne DGH by showing your Carers Card.

To see the full directory of hundreds of services, local businesses, retail and leisure attractions, visit: cftc.org.uk/get-a-carers-card or call 01323 738390.



Lewes Football Club

www.lewesfc.com

Free admission for carer and person you care for on production of Carers Card.



Haven Leisure

www.haven.com/careforcarers

Save up to 10% on top of Havens published prices.



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www.barracloughs.net

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www.verrallandparks.co.uk

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Eastbourne & surrounding areas

Tel: 07954 327614

Email: clare@osteopathyforwellbeing.co.uk

10% off first appointment



Taylor's Restaurant & Sports Bars

Unit 103, The Beacon, Town Centre, Eastbourne, BN21 3NW

www.taylorrestaurantandsportsbar.co.uk

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BN21 3RR

Tel: 01323 730788

10% off groceries

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Eastbourne & local home visits

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Email: suewilson14@outlook.com

25% off first treatments



Contact us

Name _____

Address _____

Postcode _____

Telephone _____

Email _____

Please complete. Post to Care for the Carers, **FREEPOST RTAC-GURC-XUJC** Highlight House, 8 St Leonards Road, Eastbourne BN21 3UH

I am a carer:

- Send me future editions of **CareLine** via email instead of post
- Please send me **CareLine** by post
- Please update my address
- Please contact me about the help available
- I would like to be part of the **Carers Voices network**

I am no longer a carer:

- Reason _____
- Please unsubscribe me from **CareLine**
- Please send me the **"After Caring"** booklet