

"Seeing Carers" Photography Exhibition

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Care for the Carers

Telephone: 01323 738390 Email: info@cftc.org.uk
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Making Carers Count

Care for the Carers, together with Carers Centres in West Sussex and Brighton & Hove, secured funding from Carers Trust to identify and support carers who are under-represented amongst the community groups we currently reach. This will help us develop support that will address the barriers, challenges and needs experienced by carers particularly from ethnically diverse backgrounds.

Over the next two years, through the 'Making Carers Count' project we will deliver:

- Better access to information, advice and services, including translated resources
- Increased carer identification through the delivery of Carer Awareness training for local health and social care workers
- Delivery of specialist training and activities for carers to help support and maintain physical health and wellbeing
- Culturally and language matched counselling support

We have set up a Sussex Carers Reference Group to ensure the programme is co-led by carers.



Diverse Carers Support Groups

We are working with Diversity Resource International, DRI, who set up 5 new carers groups for carers from ethnically and culturally diverse backgrounds. DRI bi-lingual advocates skilfully facilitate the groups and build on the strong community relationship DRI has across East Sussex.

Wesley Cheug, local carer from the Seaford group said: "My limited English makes it difficult for me to understand information about other services. This carers group is very good for this. It helps me to make new friends. I also want to learn from other carers how to look after my husband. In this group, we can share ideas and knowledge and this is very useful to me."



Katsumi Smith, another group member adds: "I met someone else who has a diverse background and is a carer and it encouraged me in many ways."

In Carers Week, we will be launching a new video "Caring in Quiet Voices", filmed with some of the carers, who share their experience of caring and being part of the groups.

To find out more about any of the above activities, please contact us on info@cftc.org.uk or phone 01323 738390.

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Image by Community Chef from
Fresh Pasta Workshop.



Disclaimer. Advertisements for products/ services in this issue are not checked, endorsed nor recommended by Care for the Carers.

Front cover images by Cara Sandys and Helen Cherry featured in the upcoming "Seeing Carers" Photography Exhibition (details on Page 4).

Welcome to this edition of

CareLine

Welcome to the Spring edition of CareLine, the magazine for everyone in East Sussex looking after a relative, friend or neighbour who couldn't manage without their support.

As the nation prepares to celebrate Her Majesty the **Queen's Platinum Jubilee**, we pay tribute her tremendous 70 years of service. Here at Care for the Carers we're also preparing for Carers Week, in June, when we'll be celebrating carers and all that you do.

This year we're planning lots of events for carers across the county. Whether you'd like to learn a new skill, join a get together or find a moment of relaxation, there'll be something for you – see page 9 for more information. **We're also supporting the national campaign to make caring visible**, valued and supported – find out how to get involved on page 5.

In East Sussex carers can access support from some fantastic community, so we are delighted to feature their work in our Directory of Support (pages 6-8).

We are incredibly excited to be planning **opening of two local carers centres in Hastings and Uckfield** this Summer, funded by The National Lottery Community Fund. We can't wait to welcome all carers in the area to the two new venues. Please look out for more information on our website and social media or phone us on **01323 738390**.

Finally, a big thank you to everyone who contributed to our **"For Caring Out Loud!"** conference and our survey. We're working through your responses which will feature in a bumper summer **"Carers' Voices"** CareLine.

With best wishes,

Jennifer Twist, Chief Executive



Jennifer Twist

Seeing Carers: A carers' photography project

We are very proud to be exhibiting our carers photography exhibition 'Seeing Carers: A carers' photography project', launching at the Conquest Hospital in Hastings.

With the support of local events organisation, 18 Hours, the Hastings-based portrait photographer John Cole was commissioned to carry out a series of workshops. He was using photography to help carers explore their caring role and share their experiences of caring with the wider public. The workshops provided a safe and inspirational place for more than 100 carers to come together and develop their skills.

Ready to launch in time for the Carers Week, 6-12 June 2022, the exhibition will feature 40 images taken by carers and a few more by the Photographer in Residence John Cole, commissioned specifically for the exhibition. The images will be exhibited at the Conquest Hospital for six weeks followed by a smaller display at Eastbourne's District General Hospital.

As a fantastic legacy from the Carer's Photography Project, the exhibition collection will then be kept by Care for the Carers for display at future events and in our local carers centres. Thank you to all the wonderful carers who participated and excelled with their photography.

Volunteers Week 1st-7th June

Volunteers Week is a chance to celebrate volunteers across the country, the amazing contribution they make and the support that they provide.

We would like to say a massive thank you to all volunteers who work with us and our partners to support carers across East Sussex. Without volunteers we could not reach the number of carers that we do, or provide the range of support and services. Care for the Carers is currently supported by over 80 volunteers. Volunteers help run our services as counsellors, Carers in Touch callers, Ambassadors, as well as facilitating local groups and supporting us with admin and social media.

To find out more about volunteering with us visit www.cftc.org.uk/volunteer or contact Suzanne on suzannec@cftc.org.uk.

More information on Volunteering Week, and local events, is available on www.volunteersweek.org





Make Caring Visible, Valued and Supported

Carers Week is an annual awareness campaign to bring caring out into the open – highlighting the challenges carers face and recognising 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.

There are over 8 million carers in the UK, including more than 69,000 carers in East Sussex. The pandemic resulted in the number of carers increasing by 50%, with over 103,000 carers locally.



During the week we want to:

1. Raise awareness: it is an opportunity for us to raise the profile of caring in the local community so we can increase the identification of carers, and make sure everyone is getting the support that they need. You can add your voice and pledge your support to the campaign, with resources available on our website.

2. Recognise the impact of caring: while often rewarding, caring can also have a huge impact, leading to a decrease in mental and physical wellbeing, and increased isolation. When people recognise the impact of caring, they will also be able to help connect carers to support. Please help us share what organisations are out there for carers, and what support is available. The following pages contain information on local support for carers.

3. Do something for carers: the last two years have left carers feeling overwhelmed and isolated. During the week there will be lots of activities to support carers; giving you a break from your caring role, a chance to meet new people, spend time together and have some fun. Please see our events listing page for more information. If you would like to put on an activity, have an event you want included in our listings, or fund support for carers please get in touch!

More information on the campaign, resources, and activities over the week is available on our dedicated webpage:

www.cftc.org.uk/carersweek2022

More information on the national campaign, and resources is available at

www.carersweek.org

Directory of support



Adfam provides support to family members and friends who are effected by someone else's alcohol or drug misuse. We work with adult family members in 1:1 sessions, through our peer support group and with an Information & Skills programme. Some people will go on to take up our counselling services.

If you live in East Sussex and are affected by a loved one's substance misuse, please contact Katie at k.jackson@adfam.org.uk, who can talk to you about the support we provide.

Alzheimers Society is the UK's leading dementia charity, campaigning for change, funding research to find a cure and supporting people living with dementia today. We deliver our Carer Information and Support Programme (CrISP), aiming to improve the knowledge, skills and understanding for those caring for someone with dementia.



This includes access to emotional and practical support that enables them to look after their own health and wellbeing and sustain their caring role.

For further information on the programme and courses in your local area visit www.alzheimers.org.uk/find-support-near-you or contact Samantha Smith, Dementia Connect Local Services Manager, on Samantha.smith@alzheimers.org.uk

Amaze works with parents, carers, children and young people with any special educational need and/or disability (SEND) across East Sussex. We offer information, advice and support services for carers of 0-25 year olds,



including a SENDIASS advice line, parent to parent befriending, help with DLA and PIP claims, workshops and groups, plus peer support and careers advice for young people.

Find out more about what we do from www.amazesussex.org.uk and how you can help yourself to information from our website, newsletter and social media. For individual information and advice, email sendiass@amazesussex.org.uk or leave a message on 01273 772289.

The Association of Carers provides free, volunteer-led support services to carers in East Sussex to support carers to continue in their caring role, encourage independence and reduce isolation.



Our services include; Befriending with Respite, Computer Help at Home, Carers Wellbeing, Carers Lunch Club and Telephone counselling.

For further information visit our website www.associationofcarers.org.uk, email info@associationofcarers.org.uk or telephone 01424 722309.

The Bexhill Lunch & Supper Club is an opportunity to get out and meet other people with dementia and their carers, share experiences and increase your support network. Held on Tuesdays and Wednesdays at 6.30pm, come and join us for our informal social events in a local pub or restaurant and enjoy a meal and a drink. All it costs is the price of the meal and a drink.

The events are held in different venues so please call for details. Tel 07730 872 293 or email phil.hicks.pa@talktalk.net

Directory of support

Coastal Wellbeing's services support and encourage people to create positive change in their lives through WRAP (Wellness Recovery Action Planning) and counselling.



We provide WRAP courses and wellbeing workshops for carers. These offer a safe, supportive space to focus on your own wellbeing, connect with other carers and share experience. WRAP can help you discover what wellness tools work best for you and what helps when life gets challenging.

To find out more please contact Molly on 07507 734 370 or molly@coastalwellbeing.co.uk or Lucy on 07598 323 254 or lucy@coastalwellbeing.co.uk or visit www.coastalwellbeing.co.uk/wrap-for-carers.



Culture Shift is an arts organisation, making creative spaces where people can meaningfully connect and thrive. We run Carers O'Clock, a free, monthly, drop in session open to all unpaid carers. The sessions runs between 10am-3pm at Community Wise in Eastbourne, and includes creativity, conversations and a great lunch!

More information on session dates can be found on our website www.cultureshift.org.uk/carersoclock, or email info@cultureshift.org.uk, tel. 030 300 39120

Diversity Resource International (DRI) holds regular monthly support groups for ethnically diverse informal carers in East Sussex. Facilitated by a Bilingual Advocate, our support

groups offer minoritised ethnic carers an opportunity for respite, to share, learn from your peers, self-care, self-development, and to connect with support services available to all carers. Currently, these support group meetings are located in Eastbourne, Hastings/St. Leonards, Seaford, and Uckfield.



To be connected with a peer support group, or to know more, you can call 07586 340592, email community@driorg.com or visit www.driorg.com. Become part of a peer support group for ethnically diverse individuals who look after others.

The East Sussex Parent Carer Forum (ESPCF) is the forum for parent carers of children and young people with special educational needs and disabilities (SEND) in East Sussex. We work together to ensure every parent carer in East Sussex feels that their voice, their views and their experiences matter and contribute towards developing and improving services. We do this by reaching out to parent carers to hear their views; representing parents' experience and expertise to decision-makers and making recommendations for service improvement.



Please join us and get involved in raising awareness of our children's needs, recognition of our role as parent carers and bringing about change. To find out more please call 0300 770 1367 or email info@espcf.org.uk.

Directory of support

The Good Company People supports self-employed Hosts to provide 5-hour Good Company sessions to up to three Guests in Hosts' own homes, to give carers a regular affordable break from caring. The Good Company People carefully match those you care for with a Good Company Host who enjoys similar hobbies and interests, to ensure that Good Company is enjoyed by all.



For more information visit our website www.thegoodcompanypeople.org, email hello@thegoodcompanypeople.org or tel. 07472 564519

St Peter and St James Hospice is a community where people live and die well according to what matters most to them. We want everyone affected by life-limiting illness to have access to our expertise.



We understand that caring for a relative or friend can be challenging and our Carer Support service is designed to assist you in many ways including weekly

drop in sessions, a monthly walk and talk support group, befriending and counselling.

To find out what is available visit our website www.stpjhospice.org, call 01444 471598 or email enquiries@stpjhospice.org.

Vandu Languages are a Sussex based interpreting and translation agency. Our team of professional interpreters and trained translators can make you easily understood with clear, word-perfect accuracy in over 100 different languages - often at short notice.



We can help you communicate with those who speak other languages across face-to-face and digital communications.

Please get in touch to discuss your needs on 01273 473986 or email info@vandu.co.uk

St Wilfrids Hospice mission is to transform end of life care for the people of Eastbourne, Seaford, Hailsham, Uckfield, Heathfield and all the points in between. We provide a variety of support to carers, including a dedicated counselling service.

More information is available on our website www.stwhospice.org, tel. 01323 434200 or email hospice@stwhospice.org



Carers Week special

During Carers Week there will be a wide range of events held by Care for the Carers and our partners. Events are constantly being added so please check our dedicated Carers Week page www.cftc.org.uk/carersweek2022 for the latest information.

Monday 6th June



Sensational Salads, Community Chef, Lewes, 10:30am - 1:30pm

Learn to prepare fresh, vital and delicious summer dishes. Join professional cook and enthusiastic allotmenteer Chloe Edwards for this inspiring exploration of seasonal ingredients. To book visit www.communitychef.org.uk/cookery-events-booking, email robin@communitychef.org.uk or tel 07766526217.

Tuesday 7th June

Think Carer training, Care for the Carers, Online, 10am - 12:30pm

This free training for professionals and volunteers covers a range of topics including; Unpaid carers and the impact of caring, The importance of identifying and supporting carers, Carers rights, Support available, signposting, making a referral, A 'Carer Friendly Community' approach, why this is important and the role we can all play. For further information, or to book a place, call Carole on 01323 738390 or email caroleg@cftc.org.uk

EHC Needs Assessment Process – SENDIASS, AMAZE, Online 10:30am - 12:30pm

Find out about the Education, Health and Care (EHC) Needs Assessment process. If, when and how to request an EHC needs assessment and how to get the best EHC Plan you can for your child. Booking via Eventbrite. Info here bit.ly/AmazeEHC



Wednesday 8th June

Wellbeing Cruise Workshop, Coastal Wellbeing, Online, 1-3pm

This is time out just for you, where you can unwind, explore what helps you to look after you, and connect with other carers. All you need is an internet connection and a comfortable place to sit. To book please contact Molly on 07507 734 370 or molly@coastalwellbeing.co.uk or Lucy on 07598 323 254 or lucy@coastalwellbeing.co.uk (Image by Jane Reas)

Wednesday 8th June (continued)



Cuppa, Cake & Chat, AMAZE, Eastbourne 10am – 12pm

A chance to meet fellow parent carers in a relaxed setting. At JPK's Café, Eastbourne (The Old Town Cafe). Meets monthly in Eastbourne and Hastings. Next Hastings meet up 15th June. Contact Kathy for more info: Kathy@amazesussex.org.uk

Walking group for Mental Health Carers and meal out, Care for the Carers, Peacehaven, walk starts at 10:30am, meal out at 1:30pm

Do you care for someone with a severe mental illness? Join us for a walk and a chat, followed by a free meal out at The Smuggler's Rest, South Coast Road, Peacehaven BN10 7BE. To reserve your place tel. 01323 738390 or email richardp@cftc.org.uk

Meet carer and author Matthew Mckenzie FRSA, Carers UK, Online, 5:30-6:30pm

Join Carers UK for a conversation with carer and author Matthew Mckenzie FRSA, who will be sharing his insights about minority ethnic carers, mental health, and reading poems from his upcoming poetry book about his caring experiences. Everyone is welcome and we particularly encourage carers from minority ethnic groups to join the session. Book at www.carersuk.org/shareandlearn

Celebrating Volunteers Week, 3VA, Eastbourne, 9am-5pm

Care for the Carers will be one of several organisations with a stand in The Hub in The Beacon Shopping Centre, to celebrate Volunteers Week. Come in and see us, and learn more about volunteering at Care for the Carers and the services volunteers provide.



Information stand, St Wilfrids Hospice and Care for the Carers, Eastbourne, 9am-5pm

Care for the Carers will have an information stand all day, in the Hospice. Pop into the café, grab a cuppa, come and chat to Lorna and learn about carers week and our services.

Thursday 9th June

Finger Foods & Light Bites (Cooking for Carers) and Uckfield Carers Centre Open Day (Care for the Carers), Victoria Pavilion, Uckfield, 10am-7pm

Opportunity for carers and partners to drop in for a drink and a cake, meet Care for the Carers staff and view our space at the Victoria Pavilion (in partnership with Sussex Support Services). Carers can join an active games session from 10.30am to 12.30pm and in the afternoon, 2pm – 4.30pm, the Community Chef will be leading a cooking workshop, creating party food. To book onto the cooking session visit bit.ly/carerspartyfood, email robin@communitychef.org.uk or tel 07766526217.

Thursday 9th June (continued)



Seeing Carers, a Carers Photography Project Private View, Care for the Carers and 18 Hours, Hastings

Care for the Carers will be launching our brand new photography exhibition at the Conquest Hospital, with a special private view for funders, and supporters of the project. The exhibition will also be open to the general public throughout June, so please pop in! (Image by Cara Sandys)

How to claim DLA, AMAZE, Online 10:30am – 12pm

If your child needs a lot more help than other children the same age, they may be entitled to DLA. This workshop will help you identify whether your child is likely to get DLA and help you make a strong claim. Whether it is a first claim or a review, this session is for you. Booking via Eventbrite. Info here bit.ly/AmazeDLA

Beginners Latin Dance session, Carers UK, online, 4-5:00pm

Join Carer UK's Salsa and Bachata session, delivered by Mauricio Reyes from Latin Motion, who will be introducing Latin American dance footwork and body movement. The session will give beginners a solid base of the most used steps and turns and help uplift both your mental and physical wellbeing, along with providing some much-needed social interaction with live teaching, questions and feedback. Book at www.carersuk.org/shareandlearn

Nutritional Session for South Asian Carers (Urdu/Hindi), Sussex Carers Partnership, Online, 1-2pm

This session is all about how a South Asian diet can still be healthy. All food groups will be discussed in the light of The South Asian Eatwell Guide, developed by Fareeha Jay. We will talk about the type of foods and how much and often we should be having them. Book online at bit.ly/nutritioncarers



Saturday 12th June



Walking group for Mental Health Carers and meal out, Care for the Carers, Crowborough, walk starts at 10:30am, meal at 1:30pm

Do you care for someone with a severe mental illness? Join us for a walk and a chat, followed by a free meal out at The Blue Anchor. To reserve your place tel. 01323 738390 or email richardp@cftc.org.uk

All events are on our website at www.cftc.org.uk/whats-on/ or get in touch.

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

View the full directory of hundreds of services, local businesses, retail and leisure attractions at:
www.cftc.org.uk/get-a-carers-card or call 01323 738390.
See the latest offers below. Check full details, terms and conditions on the website directory, or get in touch with us.



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 www.cftc.org.uk/get-a-carers-card**

Show or mention the Carers Card with all offers and discounts. See terms.

This card is also available to parent carers. Please note: older versions of the emergency alert card are still valid to be used for Carers Card discounts.

You can get hospital parking for £1.70 at the Conquest Hospital, Hastings, and Eastbourne District General Hospital by showing your Carers Card.

93 Pevensey Bay Road, Eastbourne,
East Sussex, BN23 6JF **Tel:** 01323 465150
Email: MortainPlace@barchester.com
Website: www.barchester.com/home/mortain-place-care-home

Mortain Place care home is run by Barchester Healthcare, one of the UK's largest care providers, which is committed to delivering personalised care across its care homes and hospitals. Mortain Place provides residential and dementia care for 85 residents from respite care to long term stays. Please inform the home that you are entitled to the 10% Carers card discount on respite stays.



10% discount on respite stays at Mortain Place



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Eastbourne's leading florist since 1981, supplying beautiful flowers for all occasions across Eastbourne and surrounding area.

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This Carers Week, we are asking employers to raise awareness of caring and to recognise any unpaid carers in their workforce. Please pledge your support at

www.carersweek.org/pledge
and share on social media **#CarersWeek**



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
- ☐ Send me **CareLine** by post
- ☐ Update my address
- ☐ Contact me about the help available
- ☐ I would like to be part of the **Carers Voices network**

I am no longer a carer:

- ☐ Reason _____
- ☐ Unsubscribe me from **CareLine**
- ☐ Send me the **"After Caring"** booklet