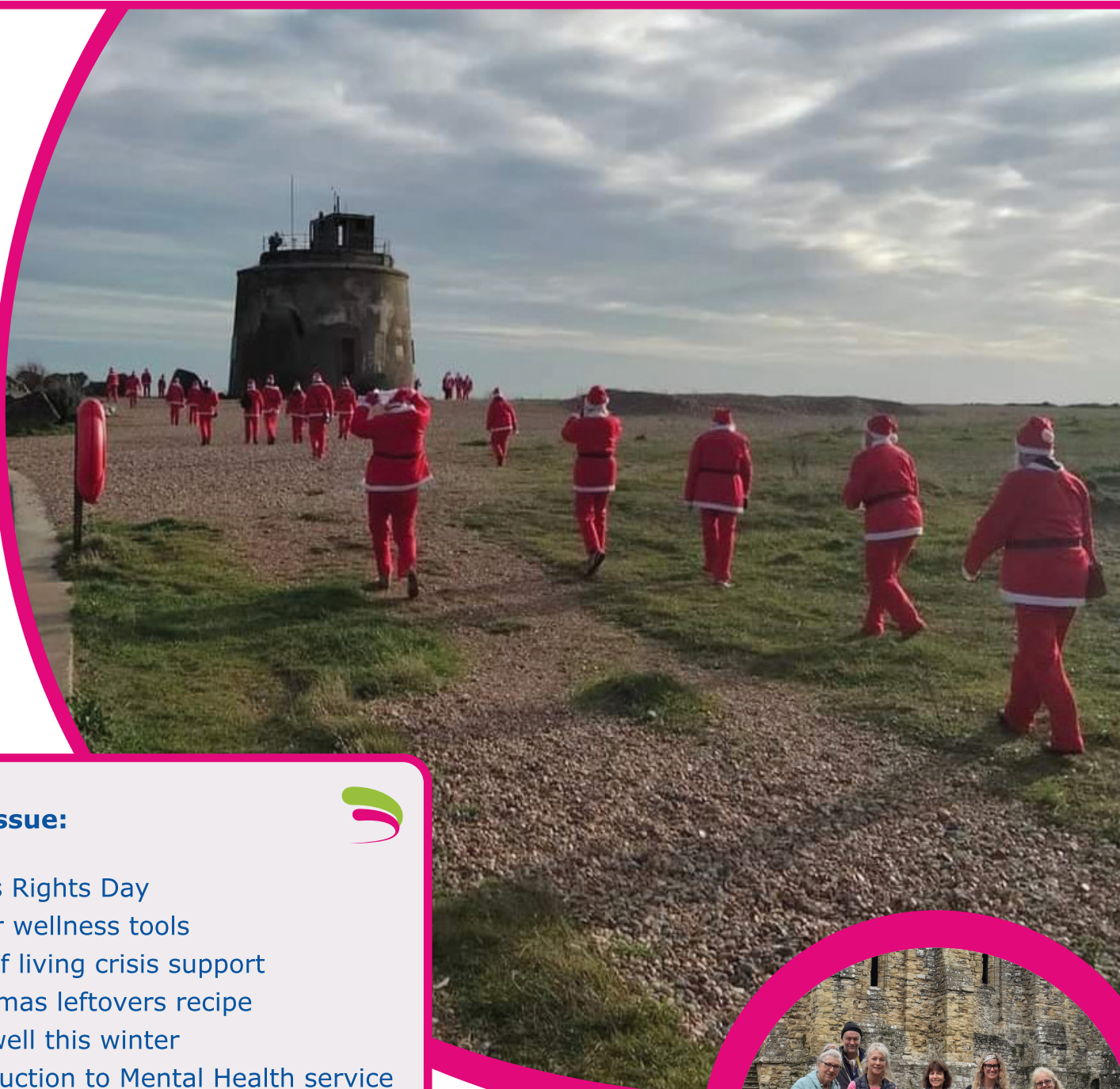


Winter 2022
Charity no. 1074906



CareLine

The FREE magazine for unpaid carers in East Sussex



In this issue:

- Carers Rights Day
- Winter wellness tools
- Cost of living crisis support
- Christmas leftovers recipe
- Stay well this winter
- Introduction to Mental Health service



Care for the Carers

Telephone: 01323 738390 Email: info@cftc.org.uk

Text: 07860 077300 Visit: cftc.org.uk



Carers Rights Day 2022: Caring Costs

On 24th November 2022, we celebrated Carers Rights Day. Carers Rights Day is a national campaign that brings organisations together to help unpaid carers know their rights and find out how to get the support they are entitled to.

This year's theme was 'Caring Costs'. Caring does cost, in so many ways. This could be the cost to unpaid carers' wellbeing and ability to access health services. Sometimes it's the financial costs associated with looking after someone – or the effects on carers' employment options. In addition, carers throughout the UK are feeling the current cost of living crisis even more acutely.

We'd like to thank all those who participated in Carers Rights Day by spreading the word or showing support by taking photos with our Carers Rights Day signs.

Whether someone has recently become a carer, realised they have been caring for a while without support or has been caring for someone for many years, it's important they understand their rights and are able to access the support that is available to them as soon as they need it.

If you would like to find out more about your rights as a carer, you can view our Carers Rights Day webpage here: www.cftc.org.uk/caring-costs.



Key numbers for urgent support

Our office will be closed from 26th December-1st January. Please contact one of the below organisations if you need urgent support during this time.

Adult Social Care: 0345 6080191, 8am to 8pm, 7 days a week including Bank Holidays. Same number for Emergency Duty Service

National Domestic Abuse 24-hour helpline: 0808 2000 247

Samaritans 24-hour helpline: Call free from any phone: 116 123

The Sussex Mental Healthline 24-hour helpline: 0800 0309 500

NHS 111: For less serious health issues, call free from any phone

Our Carer Support Workers can help you plan for a care emergency. Call us ahead of Christmas on 01323 738390.

Contents

Carers Rights Day	2
News in Brief	4
Winter Wellness Tools	5
Cost of Living findings and tips	6-7
Teriyaki Turkey Recipe with Community Chef	8
Stay Well this Winter	9
Mental Health Carers Service	10-11
'Are You OK in There?' Book Review	12
Wellbeing Tips for Carers	13
Events	14-15

Do you have a few hours to spare?

We are looking for volunteers to support our work with carers. There are a variety of roles available, including supporting our young carers activities, hosting monthly wellbeing groups, providing a listening ear to carers over the phone and helping with stalls at community events.

If you are interested, visit our website www.cftc.org.uk/volunteer or contact our Volunteer Coordinator at info@cftc.org.uk.



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

Front cover large image by Amanda Holmes from 'Seeing Carers: a carers photography project'

Welcome to this edition of

CareLine

Welcome to the Winter 2022 edition of CareLine, the magazine for everyone looking after a relative, friend or neighbour in East Sussex who couldn't manage without your help. In this edition we reflect on this year's Carers Rights Day theme: 'Caring Costs'. For too many carers, the rapidly rising cost of living is proving to be incredibly challenging. You can find out more about getting support, as well as your rights as a carer, and also how you can back the campaign on our website at www.cftc.org.uk.



Jennifer Twist

This edition also focuses on wellbeing and self-care – something that can be tough to prioritise when you're caring, especially this time of year. You'll find information from our team on how to stay well and warm in winter, as well as a focus on looking after your mental health. Particular features include a review of Care for the Carers Trustee Jane Lawrence's book 'Are You OK in There?' on page 12, our new wellbeing tips page (page 13) focusing on staying calm when things are tough, Coastal Wellbeing's invaluable 'Wellness Tools' are on page 5, and we congratulate this great service on its 10th anniversary. And finally, Robin from Community Chef's superb Christmas leftovers recipe is on page 8 to keep the magic alive that little bit longer this festive season.

We'd like to thank the carers who participated in our Carers Voices Cost of Living focus groups, whether online or in person. See page 9 for an overview.

You can reach Care for the Carers on **01323 738390**, or return the Freepost slip on the back page and we'll contact you. We wish you and yours a happy and peaceful Christmas.

With best wishes,

Jennifer Twist, Chief Executive

Celebrating our wonderful volunteers at our Volunteer Celebration

On 12th October, we held our Volunteer Celebration, as special thanks to those who kindly give their time to help us support carers across East Sussex. Jennifer Twist, our Chief Executive, and Dr Neil Churchill OBE, our Chair, each said a few words about the amazing work of our volunteers, and shared updates about our organisation's work and plans.

This was an opportunity for volunteers to meet other volunteers and staff across the organisation, and enjoy an afternoon and lunch in the lovely Lansdowne Hotel. If you're interested in joining our team of volunteers, contact info@cftc.org.uk from 1-3pm.



Sussex Support Service CIC turns 10!

Sussex Support Service CIC turned 10 in November 2022! The service has grown from a little pop up day club in a room in Heathfield once a week to a regular 3 days a week service, plus a menu of other activities and groups held at Victoria Pavilion Support Centre, Uckfield. As they developed, they have listened to carers and cared for to build a service around their needs. Call them on **01825 760176** or visit their website www.sussexsupportservice.com for more information, and to let them know any ideas of groups or activities you would like to see.

Trustees Week 2022



The 7th-13th November was Trustees Week, where we joined other organisations in taking time to appreciate the fantastic trustees who volunteer their time to make a difference to the lives of carers in East Sussex.

Many of Care for the Carers' Trustees are or have been carers themselves and are committed to doing all that they can to ensure no one is left to care alone. You can find out more about our Trustees on our website at www.cftc.org.uk/our-team.

Winter Wellness Tools

Molly and Lucy from Coastal Wellbeing share how they are using Wellness Tools to stay well this winter.



The winter months can be tough at the best of times. This year we are faced with the additional challenge of how to manage the impact of the cost-of-living crisis. One Wellness Tool we are using to support ourselves is focusing on the things we can do – being intentional about the different ways we can take care of our needs this season.

We are both trying to make winter a cosy experience – embracing the colder days by making our homes inviting and being creative about how we look after ourselves. The change of season brings with it an opportunity to slow down and turn the winter months into a big hug.

Here are a few of the things we are being intentional about:

Molly: I have unpacked my jumpers, dug out my fluffy slippers and found my bed socks. I snuggle up under a blanket to keep warm when reading or watching TV. I enjoy making soups and casseroles and planning meals using the slow cooker. I make sure to get outside around midday for some much-needed daylight.

Lucy: I am going to find my camping kettle to use on the gas hob to see if that saves me a few pennies – the whistle when it's boiling reminds me of camping and connects me to the summer months. I wear my favourite big hoodie in the evenings. I have stocked up on candles, they give off a lot of heat and feel cosy. I like getting out in daylight hours for a walk. I also try to see the people I care for when it's light, where possible.

Wellness Tools are about finding the simple, effective things we can do to look after ourselves. They don't have to be expensive or time consuming. They can be the little markers of hope in our days, moments of respite from current challenges.

A comforting drink – a hot chocolate or chai latte being our favourites – can go a long way to soothe the soul at this time of year. As can going to bed earlier with a hot water bottle and a good book, or listening to something on the radio.

We are all different. A Wellness Tool could be a walk, attending a carers group, talking with friends, watching your favourite TV programme – it's about connecting with the things that matter to you and support your wellbeing, and remembering that there are always things that we can do, even on the toughest day.

We celebrate 10 years of being Coastal Wellbeing in January 2023, so this mid-winter will be special for us. We've been working with carers since the beginning. Thank you to all of you who have been on the WRAP journey with us – we have learned so much from you along the way. To contact us about our WRAP courses, please see page 14.



How the cost of living crisis is affecting carers in East Sussex

In September 2022 we held our Cost of Living focus groups to see where carers are struggling. Below is some of the feedback they gave us.

Affording monthly expenses

- Almost all of the carers we spoke to said they are experiencing uncertainty about finances and living costs.
- For many there was a 'sense of panic' and 'extra stress' due to rising costs on top of being in an already demanding unpaid caring situation.
- A few carers we spoke to felt that they had no other option but to take out loans or overdrafts to help them support the person they care for, which in some cases has led to them getting into debt.

"The truth is carers save the government many, many thousands of pounds just through caring. My caring role, the hours I do, has trebled since Covid."
(Carer, Peacehaven)

Transport costs

- Carers explained the financial impact of the costs of driving to medical appointments for the person they care for, some long distance, as well as when helping to meet the day-to-day needs of those they care for, for example shopping trips or collecting prescriptions.

"I take my disabled daughter to college 3 times a week and pick her up from Eastbourne. I can't believe how much the petrol has gone up." (Carer, Seaford)

Energy and heating costs

- Even where carers have already taken steps to increase the energy efficiency of their homes they told us that they are still experiencing huge rises in their energy bills.

- Several carers told us about the extra costs they face as a result of needing to constantly run specialist equipment. For example, medical equipment that the person they care for cannot be without.
- Many carers related that the persons they care for 'feel the cold' due to health and other conditions, and reducing their heating was simply not an option for them.

"They've put the standing orders up already. My bill has gone up from £60 per month to over £200 per month."
(Carer, Uckfield)

Food costs

- Where special foods are required due to allergies and medical needs, carers explained that they already find these expensive, but with prices soaring this is adding extra financial pressure for them.
- Many carers we spoke to were very aware of the detailed price increases, and shared tips on how to save on food bills.

"I found that things in the shop had gone up 10-15p since the last time I'd been shopping the week before. I simply couldn't believe or afford it."
(Parent carer, Hastings)

We will continue to amplify carers' voices to bring about change and increased support for carers. If you would like to share your experiences, you can consider joining our Carers Voices Network. Email info@cftc.org.uk, with the subject line 'Carers Voices Network' or phone us on **01323 738390**. If you are struggling financially at the moment, please contact us on **01323 738390** to find out about available support, and see the next page for local organisations who can help.

care for the carers

Take care of yourself this Christmas!

As we talked with carers at our cost of living focus groups, they shared some of their top tips with us to help other carers:

- 1. Connect with other carers through online or face-to-face groups.** You can do this through our website, www.cftc.org.uk. This is where you'll hear about what's available out there, from swap shops, discount cards and community fridges to bargain theatre and cinema tickets and days out.
- 2. Join your utility provider's Priority Services Register with Ofgem:** bit.ly/priority-services-register. This means your supplier has a duty to give extra help when needed, for example if there is a power outage or if the water supply is cut off, to name just a few examples.
- 3. A warm home check can help you to save £££s.** Look at Warm Home East Sussex's warm home check: bit.ly/warmhomecheck. Carers told us how the tips provided had saved them money, but also that for some it had led to other grants and support from charitable trusts.
- 4. Community fridges are for everyone.** People from all walks of life visit their local community fridge to pick up surplus local food at bargain prices. Find your nearest Community Fridge at www.communityfridgemap.org.uk
- 5. Make time for you.** This came up repeatedly. It can be priceless. Try to keep doing some of those things you love, even if it is for a few minutes.

Are you missing out on benefits?

Did you know that it is estimated that an astonishing £13 billion in benefits remains unclaimed? As the benefits system is undergoing a great deal of change, expert advice can make all the difference in helping you to get what's rightfully yours.



How about a benefits check?

Our partners at the East Sussex Citizens Advice Bureaus and the Hastings Advice and Representation Centre (HARC) can provide benefits checks for you. Checks are free and confidential.

To contact HARC, visit The Advice and Community Hub, Renaissance House, London Road, St Leonards on Sea, TN37 6AN, telephone Benefits Helpline: **0333 344 0681** or the Advice Line: **01424 428375**. Information is also available online: www.harcuk.com

For Citizens Advice call their General Advice Freephone: **0800 144 8848**, or CAB Consumer Helpline: **0808 223 1133**, or visit their website www.citizensadvice.org.uk



Teriyaki Turkey

With citrus fried sprouts

Community Chef, Robin Van Creveld, has run many baking and cooking workshops for carers during the year. Here he gives us an exciting take on what to do with your Christmas leftovers.



"This is a great recipe for using up leftover turkey or chicken. Teriyaki refers to a Japanese cooking technique where meat, tofu or glutinous rice balls are cooked with an alcohol enriched, sweetened soya sauce. Serve with the sprouts and some rice or noodles."

Makes 4 – 6 servings

500g leftover turkey or chicken, cut into thick slices or chunks
3 tbsp soya sauce
2 tbsp sherry
1 tbsp brown sugar
1 tbsp grated fresh ginger or 1 tsp powdered dried ginger
1 lime or ½ lemon, juiced
2 tbsp water
1 tablespoon sunflower oil

1. Mix together the soya sauce, sherry, lime juice, sugar, water and ginger and marinate the meat for a couple of hours, covered and refrigerated.
2. When you are ready to cook the turkey, drain it from the marinade and reserve the liquid. Heat a wok or large frying pan over a medium/high flame or ring and add the oil. When the oil just starts to smoke a little, add the turkey.
3. Stir-fry for a couple of minutes then turn the heat up a little and add the reserved teriyaki sauce. The sauce will bubble and spit, but don't be put off.
4. The liquid will quickly reduce and start to caramelize. Cook until the sauce makes big glossy bubbles and the meat is dark and has a shiny glaze.
5. Rest it for a moment and serve with the sprouts below.

For the sprouts:

400g leftover sprouts, if using raw sprouts, increase the cooking time by a couple of minutes
1 tbsp sunflower oil
1 clove garlic crushed
½ tbsp grated ginger
2 tbsp orange juice
1 tbsp lemon or lime juice
1 tbsp soy sauce
2 tbsp toasted sesame seeds, not essential but very tasty...



1. Slice the Brussels sprouts lengthwise into 4 or 5 pieces.
2. Heat the sunflower oil in a frying pan or wok. Add sprouts and stir-fry over a high heat for 2 minutes.
3. Add the ginger and garlic and cook for another minute.
4. Lastly, add the lime juice, orange juice and soy sauce and cook for a minute.
5. Garnish with the sesame seeds and serve.




Stay Well This Winter


Help us
help you


stay well
this winter


With the colder winter months now upon us, there is a need to take special care of yourself and the person you care for. Cold temperatures, damp conditions and winter weather can all aggravate existing health problems, making people more vulnerable to respiratory winter illnesses.

 Having a well-stocked medicine cabinet at home can be the difference between quick self-care and having to leave home to find a pharmacy, or arrange a GP appointment. Medication and supplies such as paracetamol, plasters, antiseptic, bandages and sterile dressings as well as a digital thermometer are good examples.

 Getting the free flu and COVID-19 vaccines if you're eligible. The NHS is currently offering a further seasonal (autumn) booster for COVID-19.

 Heating your home to a temperature that's comfortable for you – if you can, this should be at least 18°C. This is particularly important if you have a pre-existing medical condition.

 Claiming all the benefits you're entitled to as soon as winter begins. There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills. You may want to access free benefit checks provided by local charities – see more on page 7 or visit the Government website for on-line information on help with heating, housing and other living costs - www.gov.uk/browse/benefits/low-income

 Keeping active - regular exercise can help improve your mental health, reduce the risk of falling and can be beneficial for recovery if you do get ill.

You can read more on the Sussex Health & Care website: bit.ly/stay-wellthiswinter

East Sussex Fire and Rescue Services have put together a few ideas to help people keep warm this winter, whilst reducing the chances of a fire.

Heat the person not the room. You can consider using an extra layer of clothing to keep warm or an electric blanket, but avoid improvised heating methods such as candles, ovens, outdoor designed BBQ/camping stoves, etc.

Close doors. It's amazing how much heat can disappear out the door, so by keeping doors shut, you also reduce the chance of fires spreading from room to room.

Switch off at night. If you're asleep, you are much less likely to spot a small problem, such as smoke coming from a socket, before it becomes a fire.

Book a Home Safety Visit by calling East Sussex Fire and Rescue Service on 0800 177 7069. It's a free service carried out by specially trained Safe and Well advisors.

Welcome to the Mental Health service at Care for the Carers



Since July 2021, Care for the Carers has been providing additional support for carers who are looking after someone with a mental health condition(s).

Our enhanced service offers further support to carers who are looking after people with severe mental illness and carers who may have complex caring responsibilities and circumstances.

There is a particular focus on mental illnesses that cause significant impairment or disability, and the initiative looks to help reach more carers in the community and improve recovery and outcomes for carers and the person they care for.



Through this additional support, carers will hopefully be more empowered and equipped with an understanding of mental health conditions and health and social care systems that they are likely to encounter and liaise with. This enables carers to give greater support and advocacy to those they care for.

Support for carers includes Carers Clinics, Carers Groups and Peer Support, activities for wellbeing and enhancing carer's skills and understanding of mental health and mental health services.

Our experienced mental health team made up by James and Richard work closely with carers as well as working with organisational partners in East Sussex to support you in your journey.

Care for the carers' Mental Health Carers Day

We would like to say a huge thank you to all the wonderful carers and speakers who were able to attend the Mental Health Carers Day on the 12th of October at the View Hotel in Eastbourne.

The speakers were all brilliant, and discussed some important topics around a variety of areas:



Carole Gregory, who is fellow colleague of ours at Care for the Carers and is our Carers Awareness trainer.

Alisha Hiremutt, Service Manager at East Sussex Wellbeing Centres at Southdown. They offer fantastic services and group activities and I would highly recommend contacting them on **01323 442706** to see if they can support you.

Sara Candler gave a wonderful account of her own roles, both within the commissioning team for East Sussex County Council and as a parent of a child suffering his own mental health challenges. We believe it is so important to recognise there are senior members of health and social care services who are championing mental health services and can truly empathise with what so many of us are going through.

The Mental Health service at Care for the Carers, continued...



Jane Lawrence, whom some of you might know through the ICE project and who is now a Trustee for Care for the Carers. Page 12 features a review of her book "Are You OK In There", as well as information on how to get your own copy.

Frances O'Gorman, occupational therapist, gave a great talk around what occupational therapy is and what it isn't, with some vital information around consent and consent to share information.

Josh Broadway, East Sussex Fuel Poverty Coordinator, gave a pertinent talk around the winter fuel crisis, some info on how to register for a winter fuel check and the steps to register for the priority services register. This and other helpful information can be sought directly from his team on **0800 4647307**.

Lastly, **Molly Booth**, who we work closely with to deliver their Wellness Recovery Action Planning (WRAP) courses. These are designed to support you to maintain your own health and wellbeing. Course dates can be found at www.coastalwellbeing.co.uk.

It was fantastic to see so many carers coming out for the day and the feedback we received was important for us to understand if we are moving in the right direction in our support of unpaid carers.

93% of carers felt that the day met their expectations and perceived the day to be of real relevance to their caring role.

80% of carers thought the quality of the event was Excellent or Good. Finally, 100% of carers felt that the day was pitched at the right level for the audience, meaning that the content was understandable for all.



We received so many positive comments about the day and the speakers. Below are just a few of the quotes from the attendees.

"All the speakers were so interesting, knowledgeable and brilliant"

"Wonderful to talk to others in the same situation as myself and finding out about all the help that's out there"

"Meeting a supportive community that were so friendly and informed"

If you care for someone with a severe Mental Illness and would like to learn more about what we offer, contact James or Richard on **01323 738390 or email info@cftc.org.uk.**

A GUIDE FOR FAMILY
MENTAL HEALTH CARERS

ARE YOU OK IN THERE?



JANE LAWRENCE

Book review

by Richard Pettitt

We have a number of copies available free of charge, so please get in touch if you would like one.

Contact Richard on
01323 738390 or email
info@cftc.org.uk.

Are You OK In There? By Jane Lawrence

If you care for someone who has a mental health problem, then the book *Are You OK In There?* by Jane Lawrence is an essential addition to your reading list. Packed with useful information, advice, tips and down-to-earth humour, it's easy to read from cover-to-cover, or dip into as and when needed.

The author, Jane Lawrence, trained as a social worker before spending most of her working life in the voluntary sector, many of those years supporting unpaid carers. You might recognise her name from her work with Improving Carers' Experience (ICE), and the excellent *Information Booklet for Mental Health Carers* that she and Alan Stenning wrote. The booklet has been archived on the Sussex Partnership NHS Foundation Trust (SPFT) website here: bit.ly/mentalhealth-carers.

The ICE booklet sowed the seeds for *Are You OK In There?*, but the book is a much richer and rewarding reading experience because it has room to delve into the practicalities of being a mental health carer.

Early chapters focus on the first signs of mental ill health, how to get help, professionals you may encounter, treatments available, and diagnoses, plus useful terminology. Later on she writes about mental health law and useful rules and regulations. Jane arms you with the knowledge you need to understand the mental health system and navigate it, whilst accepting that it's far from perfect, and that much depends on how much help the person you care for is willing to accept.

She then tackles the nitty gritty of crises and relapses, everyday challenges, encouraging change, and an array of frequently asked questions. Jane is not afraid to answer these head on, suggesting tactics you can use and providing example conversations to illustrate her point.

As the book comes to an end, Jane switches to advice on how to handle other people's attitudes towards mental illness, how to look after yourself, and how to stay positive and optimistic in the face of such challenges.

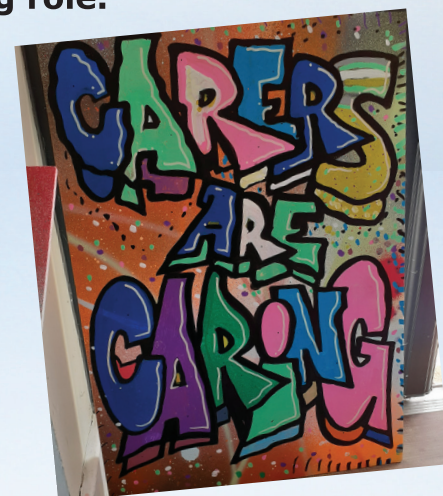
What Jane does so well in this book is combine useful information and advice from experience with regular reality checks and a generous sprinkling of humor. Well worth a read.

Wellbeing Tips for Carers

On this page carers and staff at Care for the Carers share how they personally wind down after a difficult day, or help themselves to stay healthy alongside their caring role.

"My favourite ways of relaxing are playing basketball in High Hurstwood or going for a walk in the woods around Uckfield or up on Ashdown Forest. Having a good stomp surrounded by greenery always makes me feel calmer. At home I like to relax by getting into bed with a good book or TV series, especially those set in the past before computers and mobile phones existed!"

– Richard P



"I find running has really helped my wellbeing; I run with a couple of local clubs so it's a great opportunity to meet people, it keeps me fit and I get a great sense of achievement afterwards. I have even got my dog, Maggie, involved, and run with her as part of a local canicross group." – Amy H



"- As well as caring for the person you care for, make sure you also set aside quality time together too, even if it's just a movie together. It strengthens your relationship, making working together easier.

- Fresh air and a fresh perspective really help, so go for a short walk if it's been a tough day
- Getting a good night's sleep helps you be a better carer, I use headspace or listen to rain sounds on Alexa
 - Don't focus on what you can't do, focus on what you can do
- I also feel much better after a shower or bath, helps you feel refreshed and relaxed" – Oliver, 12, Young Carer

"When you do your best to care for someone make sure you also take time to care for yourself"

– Charley, 16, Young Carer

Do you have a wellbeing tip for us? Get in touch at info@cftc.org.uk, with your top tips, for us to share

"Find something that you enjoy that will let you switch off from caring – for me, it is swimming – away from my phone, conversation with others, it's just me and the water" – Rosie, Parent Carer



Events

Carers WRAP (Wellness Recovery Action Planning) course – Coastal Wellbeing
Starting 10th January 2023 for 6 weeks. Tuesday, 10am to 1pm, Victoria Pavilion, Uckfield. If required there is an opportunity for the person you care for to be looked after in the same building whilst you attend this course. To find out more and book, contact Coastal Wellbeing on:

07507 734 370 (Molly), molly@coastalwellbeing.co.uk or
07598 323 254 (Lucy), lucy@coastalwellbeing.co.uk

Monthly Lunch Club – Association of Carers, Hastings & Rye

Would you like to get out more and meet other Carers to share experiences and increase your support network? Association of Carers run 'Let's Do Lunch' monthly lunch clubs in Hastings and Rye. The Hastings lunch club is held every 2nd Monday of the month at The Bull Inn. Contact Association of Carers for details of times and locations for the Rye lunch club. Call Association of Carers on **01424 722309** or email info@associationofcarers.org.uk for more information and specific details.

Cooking for Carers Workshops, Community Chef

Jan-Feb 2023, Eastbourne

Chef is delivering a series of cookery workshop, all of which are free, hands-on and include lunch. They will take place at Leaf Hall on Seaside Road from 10.20-13.30. The courses include Indian Street Food (10th January), Taco Fiesta (17th January), Fish and Seafood/Shellfish (24th January), Toasted! (31st January) and Simple Spanish (7th February). Pre-booking is essential. Book via the website at www.communitychef.org.uk/cooking-for-carers-new, email office@communitychef.org.uk, or call **07766526217**.

Monthly Carers O'Clock Drop-in Days, Culture Shift, Eastbourne

Carers O'Clock are FREE sessions that give carers a chance to focus on their own wellbeing with artist-led creative activity, conversation AND a great freshly cooked lunch! Community Wise, BN21 1PY on Monday 19th December 2022 10am-3pm. Drop ins are welcome, but to book ahead for lunch and avoid disappointment email info@cultureshift.org.uk or call **030 300 39120**. Please also reach out to Culture Shift for their 2023 dates, as these are yet to be confirmed.

Monthly Cuppa, Cake and Chat for Parent Carers, Amaze, Eastbourne and Hastings

A chance for Parent Carers to come together for a relaxed chat over a cuppa (and/or some cake!). Contact Kathy for more information at kathy@amazesussex.org.uk, or you can leave a message on **01273 772289**. You can also find out more on their website at www.amazesussex.org.uk/events.



Events Continued

Saturday Social, Uckfield Community Café, every Saturday, 2-4pm

A free service and community café with entertainment and activities and refreshments included. Everyone is welcome. Saturday Socials are held every Saturday from 2-4pm excluding bank holidays, and after 17th December's session it will be taking a break until January, when it will run weekly again. Contact Sussex Support Service at **01825 760176**, or go to their website at www.sussexsupportservice.com.

Community Sunday Lunch, Sussex Support Service, 18th December, 12-2.30pm, Uckfield

This monthly is a completely free lunch and an opportunity to meet and spend time with other people in the local community. From January, the lunch will be held on the fourth Sunday of each month. Booking ahead is required, and the lunch menus can be found on the website. Contact Sussex Support Service at **01825 760176**, or go to their website at www.sussexsupportservice.com.

Activities for Severe Mental Health Project carers:

Lewes Walking Group with café stop, Sunday 18th December, 10.30am-2.30pm.

Meet at 10:30am outside the main entrance to Lewes Railway Station, Station Road, Lewes BN7 2UP. A leisurely walk through Lewes to enjoy the festive decorations, followed by a free soft drink and snack at Depot café from about 11:30am. Let us know if you would like to join the walk or café stop or both.

Online Mental Health Carers Group (evening) Tuesday 20th December, 6-8pm.

Meet other unpaid carers in East Sussex who are supporting someone with a severe mental illness and enjoy some festive fun.

Serious Mental Illness (SMI) Carers Group (face-to-face), Uckfield

Thursday 22nd December, 10:30am-12:30pm. Join us for a festive gathering from 10:30am at Uckfield Carers Centre, Victoria Pavilion, Victoria Pleasure Ground, Uckfield.

Online Mental Health Carers Group (evening)

Tuesday 17th January 2023, 6-8pm. Meet other unpaid carers in East Sussex who are supporting someone with a severe mental illness.

SMI Carers Group (face-to-face), Uckfield

Thursday 26th January 2023, 10:30am-12:30pm. Meet at 10:30am at Uckfield Carers Centre, Victoria Pavilion, Victoria Pleasure Ground, Uckfield.

Contact Richard on **01323 738390** or info@cftc.org.uk if you would like to go to attend any of the Mental Health Carers events.

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 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.

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.

Cliff Railways - East Hill & West Hill Lifts **NEW!**

East Hill Lift, Rock-a-Nore Road, Hastings TN34 3EG

West Hill Lift, George Street, Hastings TN34 3EA

Email: visit1066country@hastings.gov.uk

Website: bit.ly/lifts-easthill (East) bit.ly/lifts-westhill (West)



Steeped in history, both these funicular railways provide access to remarkable views.

Carers can access a concessionary fare £2.60 instead of £4.20 or an annual season ticket for £37 instead of £55.

The Isabel Blackman Centre **NEW!**

Winding Street, Hastings. TN34 3AT

Tel: 01424 235535 Email: ibc@ageukeastsussex.org.uk

Website: www.isabelblackmancentre.co.uk



ISABEL
BLACKMAN
CENTRE

The Isabel Blackman Centre is a wellbeing and leisure centre for over 50's. Featuring a lovely café with homemade, affordable meals, activity classes, cinema club, events and dances, it's a place for everyone to enjoy. Upstairs we have a new state of the art exercise studio and gym. We are open Monday to Friday 8am – 4pm so pop in at any time and become a member for unlimited access too. Bring your Carers Card to the Isabel Blackman Centre and we will give you **a years' Social Membership FOR FREE.**

This entitles you to 10% off all food and drinks in the café, £1 off any class or activity every time you visit.

Donna's Witchy Shop **NEW!**

70 New Town, Uckfield, TN22 5DE

Tel: 01825 761922 Mobile: 07368664892

Email address: donnaswitchyshop@gmail.com

Website: www.donnaswitchyshopltd.co.uk



We are a local pagan, spiritual & witchcraft store with a vast range of incense, candles, crystals, herbs, jewellery & handmade goods e.g. body butters & scrubs, dreamcatchers & teas etc. We also provide Tarot Readings. Carers are very welcome to drop in and browse our vast range of products or just have a chat to see how we can help you.

Carers can receive 10% off. Some exclusions may apply. If you wish to purchase online, please email us and we will provide a code for online checkout.



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