

# CareLine

The FREE magazine for unpaid carers in East Sussex



## In this issue:

- Young Carers Action Day
- Making Memories Project
- Sussex Support Service
- Mindfulness and Springtime
- Wellbeing Tips
- Plus more!



The State of Caring is an annual survey led by Carers UK looking into the lives and experiences of carers in the UK. Many people provide unpaid care for a family member and it's essential that the voices of these carers are heard.

### The state of caring in 2022

Carers UK's annual State of Caring survey is the most comprehensive survey of unpaid carers in the UK. A record number of carers and former carers shared their experiences last year, with over 13,400 carers taking part.

### What carers are saying

In 2022, carers highlighted an unprecedented rise in financial pressure due to the cost of living crisis. **A quarter (25%) of carers** said they were cutting back on essentials such as food or heating, and **over three quarters (77%)** said that the rising cost of living is one of the main challenges they will face over the coming year.

Many carers are struggling with poor mental and physical health, with **nearly a third (30%)** saying their mental health was bad or very bad. 77% said the impact of caring on their physical and/or mental health was another of the main challenges they would face over the coming year.

**Only a quarter (25%) of carers** in England said they had undertaken a Carer's Assessment. **39% of carers** who had not had an assessment said that one barrier was not knowing what a Carer's Assessment was.

Many carers do not recognise themselves as a carer, which can mean they are not getting the support they need. **Half of all carers (51%)** took over a year to recognise their caring role, and **71% of carers** stated that seeing themselves primarily as family members or friends stood in the way of them identifying themselves as a carer.

**Nearly two-thirds (63%) of carers** said they were extremely worried about managing their monthly costs.

**Two-thirds (67%) of carers** on an NHS waiting list said it was impacting negatively on their mental and physical health.

**Over a third (34%) of carers** who were waiting for specialist treatment or assessment had been waiting for over a year.

**Nearly two-thirds (61%)** said they were uncertain about what practical support they might be able to access in the next 12 months.

**Three-quarters (75%) of carers** worry about continuing to juggle work and care.

### What's next?

Carers UK intend to use these findings to campaign for the government to launch a National Carers Strategy for England, to provide medium and long-term changes to improve the lives of carers.

This latest research will be used to campaign for improvements to carers' benefits and to tell decision makers what matters to carers.

Read the full report on Carers UK's website at [bit.ly/stateofcaring22](https://bit.ly/stateofcaring22)

**If you are finding things difficult, and would like support, information or someone to talk to, please get in touch with us.**



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## Join our Carers Voices Network

Through our Carers Voices Network, Care for the Carers provides regular information on key issues affecting carers. By joining our Carers Voices Network, you will be well placed to make an impact on health and social care services affecting carers, and those offered through the voluntary sector.

If you would like to join, please email [info@cftc.org.uk](mailto:info@cftc.org.uk), with the subject line 'Carers Voices Network', phone us on [01323 738390](tel:01323738390) or return the freepost slip on the back page.



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Front cover images provided by Sussex Support Service (Main image) and Care for the Carers (smaller image).

Welcome to this edition of

# CareLine

Welcome to the Spring issue of Careline, the magazine for everyone who cares for a relative, friend or neighbour in East Sussex who couldn't manage without your help. After a tough Winter, it's lovely to see the signs of Spring coming through. It's a great time to make a change, so why not take a moment to look after you. We've included wellbeing tips from local carers on page 14 for inspiration.



Jennifer Twist

In this edition, we shine a spotlight on **Young Carers** on pages 6 and 7, with Young Carers Action Day fast approaching on 15th March. This year's theme is '**Make Time for Young Carers**'. You can find out how you can support the campaign on our website, [www.cftc.org.uk/ycad23](http://www.cftc.org.uk/ycad23).

Also in this issue, **Sussex Support Service** join us to discuss the respite care they can offer to you and those you care for (page 5). **Angela Hesterbanks** joins us to share a mindfulness exercise you can try at home (page 8). **James and Richard from our Mental Health project** return on pages 9, 10 and 11 to talk about looking after your mental wellbeing, the impact of caring on male carers, and share a review of 'Why Has Nobody Told Me This Before?' by Dr Julie Smith. Lastly, we reflect on the successes of our **Making Memories** project (pages 12 and 13).

As ever, we'd love to hear from you, especially if you would like any support with your caring role. Please call us on 01323 738390, or return the Freepost slip on the back page and we'll contact you.

With best wishes,

**Jennifer Twist, Chief Executive**

## Nusrat Ghani MP visit

On 9th December 2022, we welcomed Nusrat Ghani, MP for Wealden and Minister of State at the Department for Business, Energy and Industrial Strategy, to our Local Carers Centre in Uckfield. Nusrat's visit was timely as that same week we had celebrated over 100 local carers accessing support services through the centre.



Nusrat commented: "The wellbeing of carers is all too often forgotten, so I am delighted to see this fantastic new facility for carers in Uckfield, offering easily accessible, local services and spreading the word of the help available."

Nusrat had a tour of the centre, met staff and found out more about the services on offer, including drop-in sessions, advice and support groups, counselling sessions, workshops and activities. To find out more about our local centre, call our Carers Hub on [01323 738390](tel:01323738390) or visit [www.cftc.org.uk](http://www.cftc.org.uk).

## Gaming Fundraiser trial with East Sussex College



After months of development and discussion, on 6th December 2022 we ran our first ever test gaming fundraiser, playing Rocket League, alongside the Esports Department at East Sussex College, with support from Default Interactive. Gaming fundraisers are where gamers raise money for charity by livestreaming a game as they play. Anyone watching the stream online can make a donation while they watch.

Josh, one of the Young Adult Carers we support, took part in the event and said, "We have been wanting to do this for ages; it was great to be part of the tournament and exciting to see what a big gaming fundraiser would look like, and how it would work."

Due to the success of the test tournament, we are now looking to put on a full gaming fundraiser over the next year. You can donate to the fundraiser at [www.justgiving.com/yacgaming](http://www.justgiving.com/yacgaming). If you would like to get involved, please contact Amy on [amyh@cftc.org.uk](mailto:amyh@cftc.org.uk). Thank you to those who have supported the fundraiser so far.

## Adfam's expanded team!

Adfam East Sussex supports adult family members affected by a relative or friend's problematic drug or alcohol use through a combination of 1:1 support, group work and peer support, with some counselling available. They have two new Family Support Coordinators (Clare and Ilaria) and have doubled their capacity. To find out more about their work or to make a referral contact Katie Jackson-Barrett, Senior Family Support Coordinator at [k.jackson-barrett@adfam.org.uk](mailto:k.jackson-barrett@adfam.org.uk)



# Respite Care with Sussex Support Service

**Sussex Support Service CIC join us to celebrate their 10 year Anniversary and talk about the support they can provide to carers.** They provide respite in Uckfield for carers of older people with Dementia, Parkinson's, additional care needs, and those who are socially isolated.



**SUSSEX SUPPORT SERVICE**  
PROMOTING CHOICE, INDEPENDENCE & WELL BEING

## What is Respite Care?

Respite care is a service provided for the person you care for, to temporarily replace the care you give them. Accessing respite care before you become exhausted and run down from your caring role benefits you and the person you care for, as you have time out to look after yourself, while they access a variety of different activities.

There are many options available in East Sussex for respite care, including:

- Day Care
- Short Breaks Sessions
- Personal Assistants
- Volunteer & Paid Services in the home
- A short stay in a care home
- Respite holidays
- Attending supportive sessions with the person you care for

Accessing the right respite at the right time is particularly important to the success of the person you care for engaging in the above services.

## How We Can Support You:

Sussex Support Service offer a variety of supportive sessions in Uckfield that you can attend with the person you care for so they can become familiar with the team and the services in a relaxed way. We can then support you to find the right kind of respite that works for both you and the person you care for.



## Services We Provide:

Gone are the days of high back chairs positioned around the room where most people fall asleep. Monday, Wednesday and Friday's Respite Day Care at Victoria Pavilion is a hive of activity. Each day we aim to deliver cognitive and physically stimulating sessions as well as a two-course healthy meal and plenty of time for building friendships. With a variety of external facilitators as well as our trained care and volunteer team, we spend time with each individual to get to know their likes and dislikes and tailor the sessions to the group.



A variety of free respite sessions are available to carers while they attend other services run at Victoria Pavilion Support Centre. These include a Carers Group once a month, counselling sessions, training sessions and art and wellbeing sessions.

Carers can come along with the person they care for, and meet with other carers, at our free weekly Community Café, 2-4pm every Saturday. You can also currently enjoy a free meal together on the fourth Sunday of each month or alternate Monday evenings.

🌐 [www.sussexsupportservice.com](http://www.sussexsupportservice.com) 📞 01825 760176 ✉ [victoriapavillion@gmail.com](mailto:victoriapavillion@gmail.com)  
📱 @dementiasupportsussex 📷 @victoriapavillion

To find out about our Uckfield activities and/or local respite available to you elsewhere in East Sussex, contact Care for the Carers at [info@cftc.org.uk](mailto:info@cftc.org.uk) or call [01323 738390](tel:01323738390).

# Young Carers Action Day 2023

Wednesday 15th March 2023 brings around the national annual Young Carers Action Day. Young Carers Action Day is a call to action, run by Carers Trust, the national charity for carers.

A young or young adult carer is someone who provides care and/or support to a family member, including siblings, or a friend, who could not manage without their help. This year's Young Carers Action Day theme is 'Make Time for Young Carers'. We are asking everyone to pledge to an action to support the 21,000 young carers in East Sussex.

## Why do we need to support young carers?

Without support, a caring role can affect young carers in every area of their life. Research tells us that:

- 27% of young carers (aged 11–15) miss school or experience difficulties in education. This is 40% where children care for a relative with drug or alcohol problems. (Dearden & Becker 2004).
- Young carers are more likely than the national average not to be in education, employment or training (NEET) between the ages of 16 and 19. (The Children's Society, Hidden from View, 2013).
- 23% of young carers feel their caring role had stopped them making friends and 2 in 3 young carers experience bullying in school.
- 45% of young carers report having a mental health problem. (Carers Trust, 2016)



## What do young carers need?

Carers Trust spoke to hundreds of young carers across England, Wales and Scotland to find out what young carers want. The one thing that came up time and time again was how important their health and wellbeing is. They said they really wanted to see action in the following areas:

- improved support in schools
- more access to breaks
- better access to counselling support
- and more financial support.

## What can I do?

Spread the word for young carers and support the Young Carers Action Day campaign! Keep an eye on our social media channels and our website [www.cftc.org.uk/ycad23](http://www.cftc.org.uk/ycad23).

**If you are a professional**, there are two things that Young Carers have said they want adults to do to help them: Take time to listen to them, to their challenges, their ambitions and choices, and make the time to put the right support in place.

**YOUNG CARERS  
ACTION DAY**

# Young Carers Action Day – What young carers in East Sussex said

**We asked Eastbourne Young Carers what they wanted in the areas highlighted in the Carers Trust research.**

“Give us more stuff to do!”  
“I love the trips. I would like to go to more places”  
“Come into school and help us”

## **Improved support in school**

One young carer told us that in his old school they had a special young carers club run by staff. He said, “It helped when I couldn’t cope and I could talk about what was wrong.”



Another young carer said they didn’t know if there were any other young carers in school but would “really like to know so we can support each other.”

One said it would be helpful to get a time out pass for when they were really stressed. School “could be

a bit more understanding, I don’t want to always be in trouble.”

## **More access to breaks**

All the young carers want to visit theme parks. “My brother would struggle with the travel and all the queues so we don’t go.”

One young carer told us they don’t go out much because “My mum can’t go out in case she has a seizure.”

Another told us that they don’t get to go out because their parents can’t take them due to illness. They said they only come to our activities because we provide a taxi. Another said they wanted to learn first aid “so I can help mum, and anyone else in need.”

## **Better counselling**

One young carer, who also has a medical condition, told us how he can access a

psychologist through his medical team. He said young carers should get counselling support “like my medical team offers.”

Another young carer said he does get “very upset about his mum” and her health and “normally talk to my friends, I would never talk to mum”. He said it would be good to have another adult to talk to.

## **Why have a young carers service?**

“I like that every month, when I go, everyone makes me smile. Through Care for the Carers I’ve made lots of friends.” “Thank you for introducing me to others like me.”

## **From a parent**

“Young Carers has helped our family deal with my illness. You’ve been a fantastic support for a young carer who was struggling with his peers, but is now happy to explain why he can’t do everything his friends do.”

## **Our Young Carers Service**

Our Young Carers Service is for all young carers, aged 5 to 17 years, living, attending school or caring for someone in East Sussex. This includes a monthly Young Carers Club, free holiday activities, and helping young carers access services and activities. We also have a Young Adult Carer Service for carers aged between 17 and 25. To find out more, or to refer a young carer, please contact our team by emailing [info@cftc.org.uk](mailto:info@cftc.org.uk) or calling [01323 738390](tel:01323738390).

Imago also provide services to young carers in East Sussex. For further information please contact the Imago Young Carers Hub on [0300 111 1110](tel:0300111110) or by email: [youngcarers@imago.community](mailto:youngcarers@imago.community)



**Keep an eye on our social media and website for more details!**



# Mindfulness and Springtime

by Angela Hesterbanks

**Angela is an accredited Mindfulness & Meditation teacher. After her mindfulness workshops for carers in January and February, she joins us to talk about ways in which we can access mindfulness in the spring.**



Springtime, my favourite time of the year - new life flourishing, the natural world coming alive after winter, bringing hope and wonder. We patiently await new buds opening, bulbs flowering, leaves growing on trees and the re-emergence of all animal life. It's uplifting to notice days are gradually lengthening - gifting us more nourishing daylight. And the weather's growing warmer, enabling us to spend more time outside.

Nature supports our wellbeing with its stress relieving powers and healing effects. Being immersed in nature directs our focus away from our often-over-stimulated minds and into the body. Our brains are wired in a particular way whereby we can't be distracted by our thoughts and absorbed in a sensory experience at the same time. Mindfulness is all about awareness - noticing with curiosity what's happening for us in our present experience and accepting it just as it is. Being awake to the present moment through engaging our senses can provide grounding, peacefulness, and relaxation, which we could all benefit from each day.

We already have the ability to be mindfully aware, sometimes we just need to dust off how to access it. So, here's a mindfulness tool for connecting to our senses. It's an effective technique when in nature but can be applied to any setting: indoors or outdoors. Adapt the activity to explore with the senses that are most available to you. Remember to pause and breathe.

## **The 5 to 1 grounding technique of using your senses:**

Observe **5** things that you can **see** around you: focus your eyes on what you can see. Really take them in - the various shapes, textures, tones, details, colours and reflections of light. Remember to look up at the boundless, changing sky.

Notice **4** sounds you can **hear**: tune into each sound, let each sound come to you: birdsong, pets, wildlife, children's play and laughter. The wind whistling through trees, sea waves, rivers, the hum of bees. Music, traffic, people.

Focus on **3** things you can **feel**: fresh air on your skin, clothing, material, surfaces. Your hands, the temperature and texture of them. Air flowing in and out of the nose and mouth. Textures beneath the soles of the feet. Their connection with the ground. Or feel the contact of pressure between your body and the chair, floor, bed, or grass. Stroking pets, grass, stones, shells etc.

Notice **2** things you can **smell**: flowers, blossom, herbs, pine, earth, wood, food, drinks, fragrances etc. Breathe it in.

Tune into **1** thing you can **taste**: food, drink, toothpaste, sea salt in the air. Notice if the tastes are sweet, salty, bitter, or sour.

I wish you joy exploring nature through your senses.

If you would like to find out more about the work Angela does, you can visit [www.facebook.com/healingbreathsussex](https://www.facebook.com/healingbreathsussex) or email [healingbreath@outlook.com](mailto:healingbreath@outlook.com)

# Activities to help improve your health and wellbeing

**Connecting with other carers through groups and activities plays a big role for many carers, helping to build a lasting and effective peer support network. At Care for the Carers, we have worked hard to provide a varied and interesting mix of activities, locations and times for groups in order to maximise the potential opportunities to attend.**

Clinical Psychologist Dr Jaqueline Johnson (2022) informs that if you live with your own anxiety or stress from work, family or from caring commitments, watching films is an effective way to boost your mood and reduce symptoms of stress. We regularly run cinema trips, and have found this to be the case with the carers who have attended and fed back. Studies have assessed the role of leisure activities and found these to serve as distractions from everyday worries and provide carers time for themselves.

If you have a local cinema, we highly recommend taking some time out and making a visit. Or, if you are caring for someone with a severe mental illness, why not get in contact with the Mental Health Carers Project here at Care for the Carers and join us for one of our regular trips to a cinema within East Sussex.

Another great way to improve your own health and wellbeing is through getting out for a gentle walk in the (hopefully warming) East Sussex great outdoors.

Care for the Carers' walk and talk sessions have continued to prove popular, enabling carers to get together in an informal way and to gain some exercise to improve health and wellbeing. Gentle exercise has been clearly linked to improved mental and physical health and there is an ever emerging understanding of nature-based walk and talk therapy over other formal 'talking' interventions that traditionally take place indoors in an office-type setting.



**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](tel:01323738390) or email [info@cftc.org.uk](mailto:info@cftc.org.uk).**

# Exploring the experiences of unpaid male carers in East Sussex supporting those with a severe mental illness

Unpaid care is continuing to rise in the UK and conditions have worsened with the Covid 19 pandemic leading to a greater burden on health and social care systems.

Though in general unpaid caring is still seen as a female undertaking, male carers are a growing demographic within this area. It is of key importance to better understand their experiences and the effects that services and social norms might have.

To better understand this, James Baker, Senior Team Leader for mental health at Care for the Carers, has completed his dissertation for his master's degree in public health around the topic.

**6 interviews were completed with men aged between 41 to 73 years of age.**

## Areas investigated were:

- 1) Services and support
- 2) The caring role
- 3) Carers health and wellbeing

The research has drawn a number of conclusions already supported by the most widely recognised and understood notions of caring, masculinity and support and engagement with services.

Male carers have experienced generally positive relationships with services, with support leading to reductions in social isolation and increasing relationships with those in similar circumstances.

Carers have experienced generally good health and wellbeing, and no clear link can be attributed to their caring role and ill health beyond some noted increases in anxiety and stress levels.

To a large degree, men did not find that masculinity played a defining role in their capacity to care, access services or engage with peer support.

The research found that there was clearly a desire to work with services to improve the relevant skills of the carer to perform their role more effectively.

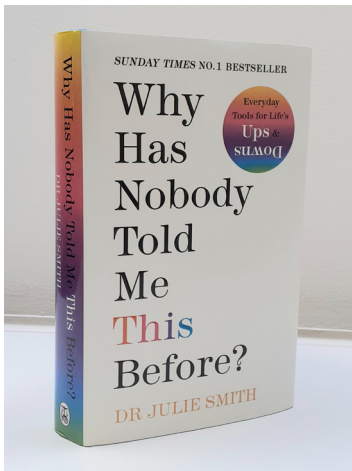
Another clear goal was to establish increased social networks to improve one's own health outcomes.

**It has been well established that social networks can significantly increase knowledge, improve health practices and ensure that carers are able to cope with the potentially challenging experiences that caring for those with severe mental ill health can bring.**



# Why Has Nobody Told Me This Before? by Dr Julie Smith

Book review by Richard Pettitt



**On the cover of this book, there is a little rainbow-coloured circle, and inside the circle is an accurate one-line description: 'Everyday Tools for Life's Ups & Downs'. As you may have experienced already, life's ups and downs are multifaceted, and so is this book. Written by a clinical psychologist and social media celebrity, Dr Julie Smith, the book covers eight areas of life: mood, motivation, emotions, grief, self-doubt, fear, stress, and meaning.**

Dr Smith starts with how to notice the warning signs of low mood, ideas for improving your mood, and advice to get the basics right: exercise, sleep, nutrition, routine, and human connection. Then she moves on to motivation; how it comes after action, not before it, and often in the opposite direction of our urges. This is followed by the topic of emotional pain; how to notice where you feel it in your body, ideas for self-soothing, and why naming your emotions is important.

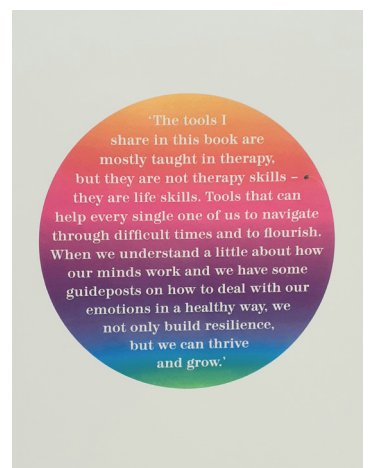
Next is the thorny topic of grief; why we shouldn't suppress it, how its waves are different for everyone, and how to build a new life around it. After that is self-doubt; how to handle criticism, build confidence through action, and practice self-acceptance and self-compassion.

Fear and anxiety is the next topic; how breathing exercises and facing fears head-on can dispel them. Following that is stress; how some stress is good, why replenishing your reserves can help, and the benefits of meditation and mindfulness. Finally, the book tackles finding meaning in your life through identifying your values, doing what matters to you, and working at relationships.

Dr Smith manages to cover such a wide range of topics by dividing them into short, punchy chapters. Each chapter is broken down into easy-to-read sections peppered with lists of advice, icons to label things you can try, and diagrams to help you visualize concepts. So it's not just a block of words, and you can complete a chapter quickly, which is satisfying.

The language Dr Smith uses is economical, not flowery; she appears to make her point then move on. This probably suits readers who want to dip into the book for advice, or return for a top-up of reassurance. I certainly intend to return to particular sections of it, but it may not suit readers who are looking for flowing text and a deeper connection with the author.

If you're an unpaid carer of someone with a mental health problem, you may find chapter thirteen (How to support someone) the most relevant. However, with so many carers experiencing their own mental health challenges, I think you'll find something of value in most chapters of this book.



# Celebrating the Making Memories project

**From summer 2018, Care for the Carers ran the Making Memories project, providing groups for people with Dementia and their carers to attend together. These were set up in Hailsham, Seaford and Bexhill.**

Prior to lockdown, the Making Memories groups were well attended and lively, with arts and crafts, singing, quizzes, games and often outside entertainment. For some of this time, they were run in partnership with Ivy House.

Many people fed back to us during this time how valuable the groups were, saying it had made a huge difference to their lives; they looked forward to it each month, laughed a lot and felt comfortable with the people they'd met there.



During this time, other Dementia provision was starting up in similar areas, including weekly groups provided by **Know Dementia**. During lockdown, we ran some groups just for carers and sessions such as bingo for people with Dementia and their carers.

As we came out of lockdown, many of the people who had attended the groups found themselves in very different situations, with many of the people with Dementia either having died or moved into a residential setting.

After running the groups for a few months, it became apparent that provision for people with Dementia and their carers both in these areas and across the county was now really extensive, with some Dementia specialist services such as Know Dementia expanding their weekly offer as well as a mixture of other pre-existing and new services.

Therefore, in 2022 we made the decision to close the Making Memories project and make sure that the carers we work with know about all the other options for Dementia groups in their local areas.

## Quotes from people with Dementia:

"It's nice everybody's smiling."

"I've enjoyed coming all together."

"This is the only time we go out together."

"I stop worrying about all my troubles."

"It does me good to talk to other people."

**If you care for someone with Dementia and are interested in meeting up in a group with the person you care for and others in a similar situation, we can talk you through the different services available in your area.**

**Get in touch with us at [info@cftc.org.uk](mailto:info@cftc.org.uk) or [01323 738390](tel:01323738390) or Know Dementia on [01273 494300](tel:01273494300) or [www.knowdementia.co.uk](http://www.knowdementia.co.uk)**

**For those with lower level dementia needs please also see The Good Company People's range of support, and contact details, on page 15.**



# Celebrating the Making Memories project continued...

## Sandra and Elsie

Elsie said that because of going to one of the Making Memories groups, she then felt able to go to a different group on Friday, initially with Sandra and then on her own. Sandra thinks she would never have been able to do this if she hadn't first gone to the Making Memories group.

The group was at a residential home and Sandra was hopeful that at some point her Mum would feel comfortable enough to be able to stay there for a few days, so that she could have a much needed holiday with her husband. This would be their first holiday for over three years. Sandra said she'd seen a big change in her Mum; before coming to the groups, she would never have been confident enough to talk to people she didn't know independently.

## Pat and Albert

Pat cared for her husband, Albert, with advanced Dementia. When she first contacted us in September 2019, they had no local support. She was finding it incredibly difficult and could only leave him for 20-30 minutes.

**“You have no idea how much of a landmark this is.”**

After attending the group in Bexhill, she emailed:

“Today, I took him for a drive and he suddenly asked me whether I remembered going to a place where we sat around with other people and talked. The group made

a mark on him, as he obviously enjoyed it, so we will definitely be there in December! You have no idea how much of a landmark this is.”

After the group in December, she wrote again: “Just a note to say thank you for yesterday. We both enjoyed it very much. I can't tell you how pleased I am to have found an activity/group that Albert is so comfortable with.



Not having known us before, you will have little idea of the difficulty I have experienced in getting him to join in with anything or anyone that gives us a break. Yesterday, he happily wore his new 'badge', tried to join in the singing, and even showed an interest in the quiz. I am delighted and rejuvenated!!”

In January, they attended the group which local guest singer, Jim Pyle, attended. Afterwards the carer emailed: “Once again, I want to thank you for the meeting on Wednesday. We had a lovely afternoon, and it seemed to really energise Albert.

On paper, I would not have expected him to enjoy the session, as this was never 'his type of thing'!! But his face told the whole story!! He seemed fascinated to see Jim entertaining us and smiled throughout.





# Wellbeing Tips for Carers

**On this page carers share how they personally wind down after a difficult day, or help themselves to stay healthy alongside their caring role. These tips are submitted by carers, for carers.**

"I know there is not a lot of time for relaxation so when I get a little time to myself I like to listen to my favourite music or lose myself in a good book. My idea of heaven." – Jennifer



"Whether it's been a day when things have gone well and I want time out to enjoy and celebrate that, or one of those days where everything has sunk to an all too familiar low, a calm walk along the beach or up on the downs, just me and the dogs, provides the opportunity to appreciate a good day and helps to recharge my inner strength on a bad one." – Gill H

"When stressed or sad I look at my bird feeder and watch my Robin! Anything that connects me to nature soothes me. I also love 'All Creatures Great and Small' the new series!" – Jacqui D



"When I'm stressed I sit down quietly and knit. The steady rhythm and concentration needed soothes me." – Croianna

"Getting outside usually in the country is my physical and mental therapy every time, meeting up with friends too. These are always a distraction from any problems, especially if you are a carer." – Linda D



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

"I like to have a bonfire in my garden. I would like to burn the many pallets I have but they are too wet to burn atm [at the moment]. It's something about getting rid of rubbish as well that is so satisfying. Like when it's gone it's gone. It's psychological." – Pirjo

**Thank you to the carers from our Severe Mental Illness Project for sending in their tips to us.**

# Events

## **Carers Voices Workshop and Conference**

We are planning an online Carers Voices Workshop for the end of March. We are inviting interesting speakers and decision makers for discussion on current issues affecting carers. Our face to face annual Carers Voices Conference will take place during Carers Week, 6th-12th June 2023. Please visit our website for updates at [www.cftc.org.uk/conference](http://www.cftc.org.uk/conference). Our face to face annual Carers Voices Conference will take place during Carers Week, 6th-12th June 2023. Exact dates to be announced.

## **Free Mindfulness Sessions in Uckfield**

We are holding further Mindfulness workshops, led by Angela Hesterbanks (see page 8). These will be held at the Victoria Pavilion from 18th May to 22nd June, 1-3pm. Includes time for tea, biscuits and a chat: contact Hannah at [hannaht@cftc.org.uk](mailto:hannaht@cftc.org.uk) or call **01323 738390** to book your place.

## **The Good Company People**

The Good Company People hosts a variety of activities for carers of people with Dementia. They have a Thursday Walking Club, which is a monthly walking group with walks of up to 45 minutes that always end at a cafe to enjoy a cup of tea and cake. They also offer Tuesday Lunch, Wednesday Dinner and a Saturday Club that you can attend with the person you care for. If you would like to find out more about their services, get in touch on: **07472 564519**, [hello@thegoodcompanypeople.org](mailto:hello@thegoodcompanypeople.org), or [www.thegoodcompanypeople.org](http://www.thegoodcompanypeople.org).

## **International Women's Day**

Diversity Resource International are partnering with Lewes Town Council who are funding an event for International Women's Day. On 17th March at All Saint's Centre in Lewes there will be a free evening of celebration for the young women and girls of the town. The event will be from 7-10pm and aims to recognise that navigating today's world is hard but there are organisations that care. It will be a comedy club format with inspirational speakers and a female DJ. Contact [cllr.makepeace@lewes-tc.gov.uk](mailto:cllr.makepeace@lewes-tc.gov.uk) or **07831 106777** for more information.

## **Monday and Sunday Community Meals with Sussex Support Service**

Monday Dinners have started at the Victoria Pavilion in Uckfield! These will run every other week at 5.30-7.30pm, including 13th, 20th and 27th March. They also hold a community Sunday Lunch in the same venue, every fourth Sunday of the month, 12-3pm. You can confirm dates and view their delicious menu on their website at [www.sussexsupportservice.com/communitymeals](http://www.sussexsupportservice.com/communitymeals). Book via the website or by calling **01825 7601786**. All community meals on offer are free, with donations welcome.

## **Carers O'Clock with Culture Shift – Uckfield and 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 cooked lunch! The Eastbourne session will be at Community Wise, Monday 20th March, 10am-3pm. The new Uckfield session will be at Victoria Pavilion, Thursday 16th March, 10am-3pm. All materials are free. To book ahead for lunch and avoid disappointment email [info@cultureshift.org.uk](mailto:info@cultureshift.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

View the full directory of hundreds of services, local businesses, retail and leisure attractions at:

[www.cftc.org.uk/carerscard](http://www.cftc.org.uk/carerscard) 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.

## Company of Critters **NEW!**

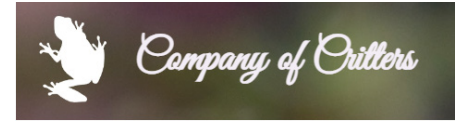
Unique reptile encounter experience

Covering Sussex, Surrey and Kent

Tel: [01892 852367](tel:01892852367) Mobile: [07787 906145](tel:07787906145)

Email: [contact@companyofcritters.co.uk](mailto:contact@companyofcritters.co.uk)

Website: [www.companyofcritters.co.uk](http://www.companyofcritters.co.uk)



We are a small company passionate about animal welfare and fun! We offer group or 1-2-1 Animal Encounters, Talks and Therapy Sessions in the comfort of your own home or at our site in Rotherfield. We are also happy to attend private parties, weddings and other events. Our animal range is reptiles, amphibians, invertebrates and mammals.

**20% discount on all 1-2-1 sessions on and off site (within 20 miles) upon production of the carers card.** For more information, please contact us.

## JD Hairstyling **NEW!**

Covering Eastbourne and local surrounding areas.

Polegate, Willingdon, Hampden Park.

Tel: [07506 709948](tel:07506709948) Email: [joannedze@gmail.com](mailto:joannedze@gmail.com)

Have your hair done in the comfort of your own home, by me, Jo. I have over 20 years' experience in hairdressing. Please contact me for prices.

**20% off all services.**

## DMS Window Cleaning **NEW!**

15 Burgess Road, Unit 6, Hastings, East Sussex, TN35 4NR

Covering: Hastings, St Leonards, Bexhill, Battle, Rye, Robertsbridge, Fairlight and all surrounding areas

Tel: [07400 183314](tel:07400183314) Email: [Contact@dmsclean.co.uk](mailto:Contact@dmsclean.co.uk)

Website: [www.dmswindowcleaning.com](http://www.dmswindowcleaning.com)



Domestic and Commercial Exterior Cleaning Company based in Hastings, East Sussex. Professional, Reliable and Fully Insured. We offer: Window Cleaning, Gutter Cleaning, Solar Panel Cleaning, Pressure Washing, Carpet Cleaning, Conservatory Cleaning & More! Get in touch now for your free quote from a top rated local window cleaner. **10% off across all of our services.** When requesting a quote via our online quote form, Select 'Care for the Carers' in the 'Where did you hear about us' section. When requesting a quote via call, text or email, please state that you're in possession of your Care for the Carers card. We may ask to see your card on your first visit for in-person confirmation.



## Contact us

Name

Address

Postcode

Telephone

Email

### 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

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

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/carerscard](http://www.cftc.org.uk/carerscard)**

**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 £1.80 at the Conquest Hospital, Hastings, and Eastbourne District General Hospital by showing your Carers Card.