

CareLine

The FREE magazine for unpaid carers in East Sussex



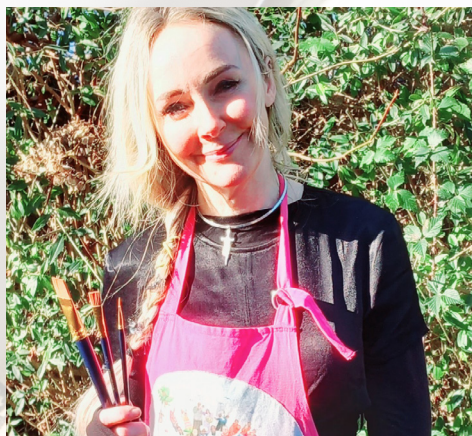
In this issue:

- Carers Week 2023
- Poetry for Mental Health
- Association of Carers' Befriending Service
- Community Fridges
- Your local pharmacy
- Plus more!



How my caring role led me to become a Children's Author

Guest article by Heather Stuart



Heather is a primary school teacher living in Hastings. She has illustrated a large number of children's books and was awarded Illustrator of the Year by Aspire Magazine in 2014. She joins us to talk about how her own books, *Oddsocks* and *Lost Girl*, are based on her own experiences as a parent carer and teacher.

My daughter has always been a hardworking, bright child at school. Then shortly before secondary school, her behaviour began to wobble at home, changing significantly after she began secondary school.

She became a child I didn't recognise: shouting, throwing and breaking things and behaving in a way that was completely out of character.

I spoke to her school, but as far as they were concerned she was still the well-behaved child she had always been. At the time I was a single mum, teaching full-time, and the combined pressure became too much.

Much later, after being signed up to the child mental health service, she was diagnosed with acute anxiety and high functioning Autistic Spectrum Disorder.

Things began making sense, but I wanted to understand more. I did a course in child and teenage mental health and researched high functioning autism in girls. I discovered that many girls mask or hide their true feelings, to fit in with their peers.

I have always drawn and painted, as a form of escapism, but had been too busy to use art as an outlet. As I began to feel stronger, I started drawing again. The drawings were of a child experiencing anxiety at school and were my way of working through everything, and so *Oddsocks* was born.

My daughter is doing well and studying medicine, but she has times when keeping her anxiety at bay is exhausting, so she needs to take time to recharge. I think the main issue is how anxiety can physically take over, even though logically you tell yourself everything is ok.

As a teacher, I come across many children showing symptoms of anxiety, particularly since Covid. I believe in teaching children to recognise signs of anxiety from a young age and to talk about it. It is essential to teach children a healthy attitude to their mental health that will help them grow into resilient adults, and improve the quality of their lives.

Heather can be contacted through her website www.heatherstuart.co.uk or by email on heatherstuartillustration@gmail.com.



Oddsocks is the illustrated story of a child who doesn't fit in and tries to change to be the 'same' as other children. When everything goes wrong, *Oddsocks* learns that it is our differences that make each of us unique.

If you care for a child or young person with special educational needs and disabilities (SEND), then AMAZE East Sussex can support you. Contact them on [01273 772289](tel:01273772289) or info@amazesussex.org.uk

AMAZE run face to face groups for parent carers, including Cuppa, Cake & Chat. Get dates and book a place by emailing kathy@amazesussex.org.uk

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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, providing a listening ear to carers over the phone and helping with stalls at community events. Training is provided and ongoing support offered.

If you are interested, visit our website www.cftc.org.uk/volunteer or contact our Volunteer Coordinator at nicolam@cftc.org.uk or [07356 115366](tel:07356115366).



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Front cover image taken from 'Oddsocks' by Heather Stuart. Smaller image provided by Care for the Carers.

Welcome to this edition of

CareLine

Welcome to the Summer 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.

Summer is nearly here! If you can make the most of the warmer and (hopefully) drier weather, there are opportunities to join events or just take some time out in the sunshine over the summer months. Once again local carers share their wellbeing tips on page 14.

With **Carers Week** happening as this issue hits your inbox or doorstep, on pages 6 and 7 we highlight the importance of recognising and supporting carers, and using Carers Week to shine a light on the amazing role that carers play in their communities. You can find out more at www.cftc.org.uk/carersweek2023.

Also in this issue, **Association of Carers** join us to talk about their Befriending with Respite service and their other free volunteer-led services (page 5). **Marjorie Holmes, a local carer**, kindly shares some of her poetry and may inspire you to try it yourself (page 8). We are joined by **Kamsons Pharmacy** on page 9 and hear all about local **Community Fridges** on pages 10 and 11. **James and Richard from our Mental Health project** reflect on the success of the online mental health carers group (page 12). Last but not least, we hear from **Teresa Blunt, a local Occupational Therapist** about her role and the benefits of Occupational Therapy (page 13).

We are always happy to hear from you, especially if you would like any support with your caring role. Please call us on [01323 738390](tel:01323738390), or return the Freepost slip on the back page and we'll contact you.

With best wishes,

Jennifer Twist, Chief Executive



Jennifer Twist

Working with GP surgeries in Havens and Hastings

Care for the Carers began working with the NHS Primary Care Network in Hastings in 2020, working with GP surgeries in Hastings and St. Leonards to provide enhanced support to carers with multiple and complex needs. We are now happy to be able to offer this support in new areas.

Carers registered at Quayside Medical Practice, Chapel Street Surgery or HavensHealth (formally Meridian and Rowe Avenue surgeries) will be able to access additional support including specialist counselling and a programme of local activities. To help GP practices better understand the challenges that being a carer can bring, we will also be providing Carer Awareness support to staff in these practices, and helping them to identify local carers.

New support for carers at Conquest Hospital

Carers have been telling us that there is a lack of carer identification and support in the hospitals, which can mean that opportunities for carers to be involved are missed, from admission through to discharge.

We will be working with hospital staff to help them better identify and support family carers. This includes the importance of recognising the legal duty set out in the Health and Care Act 2002, to involve carers in care planning, shared decision making and service review. We are funded to focus on the area of patient discharge and will be working with the Hospital Trust to develop much stronger practice in involving carers. We will be delivering a Carer Awareness Programme to staff, while carer support workers will provide one-to-one support and guidance to carers within the hospital.

Later on in the year, this project will also support the development and introduction of a Carers Hospital Passport.

Celebrating 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 volunteers help run our services as counsellors, Carers in Touch callers, Ambassadors, as well as helping run activities for young carers and facilitating local groups. If you're interested in volunteering with us, visit www.cftc.org.uk/volunteer.

The Association of Carers have moved offices!

Their new address is 104 Sedlescombe Road North, St. Leonards on Sea, TN37 7EN. If you would like to find out more about their free services, please contact [01424 722309](tel:01424722309), or visit www.associationofcarers.org.uk. Their new office will be open for visitors 10am-2pm on Friday 9th June 2023.



Befriending with Respite with Association of Carers

To celebrate Carers Week, Association of Carers join us to talk about their Befriending with Respite service, one of many services they can provide to carers living in East Sussex.

The Association of Carers is a Hastings-based charity, and we provide free, volunteer-led services to unpaid carers across the whole of East Sussex.

Our Befriending with Respite service gives carers the opportunity to have some time to themselves - usually up to three hours each week, on the same day, at the same time each week.



By having a regular set time, carers can look forward to a break and plan what to do with their time, knowing that the person they care for is safe.

The service also benefits the person being supported, providing them with the opportunity to spend time with a volunteer who has similar interests and experiences to themselves.

Our volunteers are thoroughly vetted, trained, and carefully matched to help them establish a long-term befriending relationship with the families they are placed with. This is not a time-limited service, so volunteers can continue regular visits for as long as the carer needs the service, and the volunteer is able to provide it.

To be eligible for the service, the carer needs to be over 18 and providing substantial levels of care to the person they care for. Our volunteers are not able to provide personal care, so the person with support needs must be independent when using the toilet or have their continence managed.

We take referrals directly from carers or family members as well as a range of professional organisations, such as Care for the Carers. Referrals can be done over the phone via our telephone number [01424 722309](tel:01424722309), or through our website www.associationofcarers.org.uk. We also provide a number of other free services such as Talk & Support and Computer Help at Home (CHAH). More details can be found on our website.

If you would like to speak to one of the Carer Support Workers at Care for the Carers about respite or other support you may need, contact our Carers Hub on [01323 738390](tel:01323738390), email us at info@cftc.org.uk or text us on [07860 077300](tel:07860077300).





5th - 11th June 2023

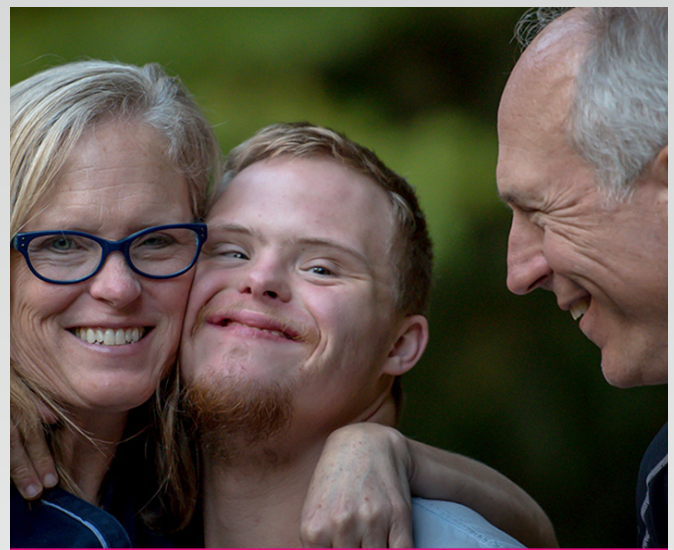
carersweek.org

Carers Week is a national annual awareness campaign led by Carers Trust, to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

It also helps people who don't think of themselves as being a carer, recognise their caring role and access support that they may need.

There are over 5.5 million carers in the UK, including thousands of carers in East Sussex.

Politicians, employers, health and social services, businesses, education providers and members of the public all have a role to play in raising awareness of caring and making sure carers are able to access the information and support they need.



In East Sussex, Care for the Carers and other local organisations are excited to celebrate carers and everything they do, with more events and activities than ever before. **During Carers Week there will be lots to take part in for carers;** giving you a break from your caring role, a chance to meet new people, spend time together and have some fun!



Recognising and supporting carers in the community

This year's Carers Week theme is 'Recognising and supporting carers in the community'. Communities across the UK will be coming together to recognise the huge contribution that carers make to society.

More information on the campaign, resources, and activities over the week is available on our dedicated webpage: www.cftc.org.uk/carersweek2023

More information on the national campaign is available at www.carersweek.org





Carers Week: Supporting ethnically diverse carers



5th - 11th June
2023

carersweek.org



If you are supporting someone who couldn't manage without your help, whichever community you are from, whatever walk of life, we are here to listen and offer support.

If you need language support, we will work with interpreters to speak to you or provide translated information.

Contact our Carers Hub on
01323 738390,
email us at
info@cftc.org.uk
or text us on
07860 077300.

Carers Week is an opportunity for us to raise the profile of caring in the local community, so we can reach carers sooner, and everyone can access support as early as possible.

Making Carers Count, a Sussex-wide project delivered by Carers Support West Sussex, The Carers Centre for Brighton and Hove and Care for the Carers, supports carers from ethnically diverse backgrounds. The project recently interviewed carers about their role, which highlighted how long it can take for people supporting someone in their family or among friends, to recognise themselves as carers.

Do you feel that you had a choice in becoming a carer?

"No. I don't see this as a negative. I did think of it as my duty. I think this comes from a South Asian cultural norm, which, as far as I'm aware, is that children look after their parents, even more so sons look after them, especially the eldest and/or only son.

I have two older sisters... My eldest sister realised I was a carer, where I didn't. So, for example, when we were out and had to buy tickets to visit a place, she said that I should buy a carers ticket. I hadn't thought about my role in that way. I hadn't thought about it whereas she did. She recognises it."

- *Male carer of 15 years*

"No. It was years before I realised I was a carer. It just happened, because my son was born with Autistic Spectrum Disorder. He was physically very strong. His condition wasn't obvious at first. It came bit by bit, with different symptoms. Because he was my son I was caring for, I just felt that it was normal. I didn't know it was caring. Family and good friends helped. He was just considered a bit quirky.

It wasn't until he went to school that he was diagnosed. Because my son is mixed race, people assumed that he was badly behaved rather than having ASD."

- *JD, Female carer*

Poetry for mental health and wellbeing

Marjorie is a long-term member of Care for the Carers' mental health group and is our resident poet laureate, having shared many of her poems.

Marjorie has been writing and practising poetry since she was 10 years old when she realised that, "Putting lines in front of rhymes gives you poetry".

She has been a key member of the Downland Poets Society in Eastbourne since 1993 and she is a real advocate for the health-promoting nature of writing and reading poetry. She said that;

"Writing poetry puts you on top of the world... it gives you real confidence and can take you out of some dark times."

Below is an example of her latest poetry, and in Marjorie's words, her current favourite poem.

Anything But...

When your son says "You shouldn't be in bed"
and your body says "You Should" –
That day is the day you finally said
I'll be anything but GOOD.

When 'vulnerable' feels stronger –
When rain is not a FLOOD.
When each day's getting longer
Be anything but GOOD.

When traffic isn't stopping –
Go find some distant wood.
Then live off all your shopping –
Be anything but GOOD.

'Til stars light up each eve'ning.
'Til moons begin to rise.
For pilgrims with no feeling
Are devils in disguise.

Create the world you wanted
Though scarcely understood.
Don't resist
Walk through the Mist
Be anything but GOOD.

Marjorie Holmes, April 2023



If you feel that writing and poetry could benefit you, there are many great local organisations that can help you along.

The Downland Poets can be contacted on downlandpoets@gmail.com, or you can visit downlandpoets.blogspot.com for more information on how you can release your inner poet.

Care for the Carers also produced a Creative Writing workbook, in partnership with carers, which can be downloaded for free from our website here: www.cftc.org.uk/creativewriting or a hardcopy can be posted to you on request.



Did you know Kamsons Pharmacy is one of the offers on our East Sussex Carers Card?

Carers can receive a 10% discount on retail items (not prescription charges).

Kamsons have 14 branches across East Sussex, all signed up to the Carers Card in Eastbourne, Hailsham, Hastings, Peacehaven, Polegate, Stone Cross, Telescombe Cliffs, Uckfield, Willingdon. For full addresses visit their website:

www.kamsons.co.uk/branches

To sign up for your free Carers Card, or to view the other offers available, visit www.cftc.org.uk/carerscard



Your local pharmacy can help you

Guest article by Mark Donaghy at Kamsons Pharmacy

Local pharmacies are a great source of help, support and advice for carers. If you need advice on prescribed medicines or on what over-the-counter medicines you can take, then your pharmacy team can help you.

Medicines Counter Assistants in pharmacies are all trained to advise, and they will ask the pharmacist to speak with you if necessary. Carers will be entitled to a free NHS flu vaccine from their local pharmacy from September 2023 and anyone over 40 not already being treated for blood pressure can have a **free NHS blood pressure test** at their local pharmacy.

If you run out of your medicines and cannot get a repeat prescription in time, then you can phone 111 or visit 111.nhs.uk to ask them to refer you to a pharmacy for an NHS funded emergency supply of your medication, at the discretion of the pharmacist.

At Kamsons Pharmacy we can help by offering free local delivery of medicines from our pharmacies. Just pop in or phone your local Kamsons Pharmacy to ask. The easiest way to reorder your prescribed medicines is by using the NHS App.

If you have a smartphone or a computer, you can see your GP record and reorder prescriptions at nhsapp.service.nhs.uk. You can choose which pharmacy will receive your prescription.

Local pharmacies are currently under a lot of pressure due to cuts in funding. **Over 700 have closed nationally.** Local pharmacies need your support. Please visit saveourpharmacies.co.uk to add your support to the campaign.

Getting to know Community Fridges

Helen is a local parent carer who co-founded the Old Town Community Fridge in Eastbourne with her colleague Sandra. We asked Helen to tell us more about how carers can access Fridges like this one.

How does the Fridge work?

Our Old Town Community Fridge takes surplus food and offers it to our community. We are based in Victoria Baptist Church, who help us staff the fridge. We collect food from local shops, such as the bakery and mini-supermarkets.

We're open once a week, every Wednesday morning (8.30-10am), and it's a £2 donation for 10 items.

What sort of items can people find at your Fridge?

On a typical fridge day, we'll have plenty of fresh seasonal fruit and vegetables. Often it's things like onions that are too small, wonky potatoes, or, like this week, lots of leeks as there's a surplus of seasonal supply.

We also have tinned and packaged products. We've recently had boxes of Rice Krispies, after the packaging printed incorrectly! The contents are fine, but the substandard packaging means they can't offer it to stores, so we get it.

Our fridge is funded by grants, which we use to ensure we have staples such as long life milk or hygiene products. In the holidays we offer recipe bags to help take the pressure off feeding families.

Many local fridges also offer a friendly community space to visit, often having tea and coffee available to visitors and some people stay for a chat and to meet others in their local area.

Who can access a Community Fridge?

We're open to all, as we have two goals: reducing food waste and food poverty. Some may use it because they would otherwise go hungry, and others use it to reduce food waste locally.

When we started, one of our founding principles was to ensure that there was no stigma in using the Fridge. This continues to be important to us - everyone has a right to good food, and we'll do what we can to make that happen locally.

What made you decide to open the Old Town Fridge?

We started up a Community Fridge as we could see a need locally, with food poverty being a challenge for many. We fill the gap between the foodbank and the shops. There were two other Community Fridges open in Eastbourne when we launched, but none in our part of town. We were supported by local Councillors and the Eastbourne Food Partnership to get started.

As a carer, having access to affordable food has been important. My daughter has Down's Syndrome, and I had to take a career break, so the fridge is important to my family as well! Having a child with complex needs has shown me the importance of local community. A lot of our members are carers, so there are people who understand the challenges and struggles we face.



Visiting Uckfield Community Fridge

By Carmen Dupré, Communications and Engagement Assistant

After speaking to Helen, I decided to visit the Uckfield Community Fridge, who had posted on Facebook about a large delivery of carrots!

Arriving at the Fridge

1. The Uckfield Fridge can be found in Luxford Field, behind Tesco. There are car parks nearby, and from these you can follow the path until you spot the sign.



Collect your number

2. Take one of the numbered woodchips! These will be in order, so you take whichever number is at the front.

Wait for your turn

3. You then wait for your number to be called. You can sit, chat to other people waiting, and even donate or take a plant! This Fridge is free to access, but they ask you to put down your postcode and whether you're donating or receiving food.



The Fridge!

4. You stand at the counter while the wonderful volunteers tell you what they have in stock. You tell them what you'd like, and how much of it, and they weigh it up (to measure how much food waste they've avoided), and put it in your bag!

As well as the carrots and mushrooms I had gone for, I managed to pick up some potatoes and green beans for dinners that week, a couple of bananas, and a baguette for lunches. As a treat, I was able to pick up two Choco Dips, something I haven't had for ages.



What stood out to me about the Fridge is how friendly it was. I never felt like I was being 'sized up' on whether or not I needed the food by anyone there, and because the Fridge aims to reduce food waste, they were glad for the food to be taken.

As we navigate the current cost of living crisis, I recommend anyone to head down to their local Community Fridge – they'll be happy to see you.



Fridges mentioned in this issue:

Eastbourne Old Town Community Fridge, open Wednesday mornings 8.30-10am. £2 donation for 10 items. Victoria Baptist Community Church, Eldon Road. You can find them on Facebook as 'Old Town Community Fridge'.

Uckfield Community Fridge, open Tuesday, Friday and Saturday 10am-12pm and Wednesday at 4.00-5.30pm. Luxford Field. You can find them on Facebook as 'Uckfield Community Fridge'. You can find your local Community Fridge by visiting www.communityfridgemap.org.uk and typing in your postcode.

Celebrating Online Mental Health Carers Groups

By Richard Pettitt

When Care for the Carers' Mental Health Project started in 2021, carers groups were being held online because of the Covid-19 pandemic. James and I inherited an online Carers Information & Advice Group from a colleague, and continued it for carers of someone with a severe mental illness.



We immediately saw the benefits for carers attending the group: receiving information and advice from a carer support worker, meeting others supporting someone with a severe mental illness, talking about their experiences in a supportive group, and hearing from guest speakers occasionally. All from the comfort of their own homes. Some carers couldn't attend the online daytime group, so in Spring 2022 we launched an evening group, and it is still going strong.

Despite face-to-face groups and activities gradually returning after the pandemic our online groups are still in demand. This can be because carers can't leave the person they care for on their own for very long, the nearest face-to-face group is too far away, they can't drive or use public transport, or they have their own health problems. For some, Covid-19 is still a concern. Whatever the reason, our online groups enable carers of someone with a severe mental illness to access information and support that is relevant to them.

Don't take my word for it though. Here are some comments from carers who have attended our online groups:

"I've found the group discussions very helpful. Just the opportunity to hear about other carers' experiences and the issues that they face makes the caring role significantly less isolating. I've also been appreciative of the signposting to various resources. There is a sense of fellowship in shared experiences." - Anonymous

"They are a fabulous source of not only support but information and inspiration too. East Sussex is huge and in the rural fringes it's often too far to drive to an in-person meeting, whereas I can do the online one from home. I think they are a great resource and hosted by a really gentle caring person who then writes up all the information that was covered in the meeting which is so useful. Couldn't better it I don't think." - Sara



"It is nice to know, if that's the right word, that there are others out there with similar problems and can share various and similar experiences." - Anonymous

"The online groups have been a great support. So much useful information has come from both Care for the Carers and other carers. Sharing experiences and gaining tips from each other on how to deal with different scenarios and challenges we meet every day in dealing with someone with mental health issues." - Wendy

If you are a carer for someone with a severe mental illness and would like to try one of our online groups, or a professional who would like to speak at one, please contact Richard on [01323 738390](tel:01323738390) or email richardp@cftc.org.uk.

Occupational Therapy with Teresa Blunt

Teresa Blunt joins us to give an insight into the wonderful work done by her and Occupational Therapy colleagues over at Sussex Partnership NHS Foundation Trust.



My name is Teresa Blunt and I am a Professional Lead Occupational Therapist for East Sussex. I qualified in 1995 after completing a degree in Occupational Therapy and later went on to complete a Masters in Inter-professional Health and Social Care.

So what is Occupational Therapy?

Well, it's not a career that finds a job for people, it's not an individual who works in occupational health and it's a lot more than making baskets!

Occupational Therapy is a profession that supports individuals with activity to enable them to achieve what they want and need in everyday life, building on their strengths and working alongside them to offer interventions to help them reach their potential.

Where do Occupational Therapists work?

Occupational Therapists can work in many settings, in acute care, in the community, in GP surgeries or within social care and even prisons. We also work with individuals with all kinds of needs, physical, mental health and learning difficulties to promote health and wellbeing.

How do they work with people?

I have worked in the area of mental health for much of my career. The majority of my experience has been with adults in hospital with serious conditions. Usually I would meet with an individual when first admitted to the ward and find out from them (and often their families and carers) about their lifestyle, their strengths and their current needs. Typically, I will look at self-care, shopping, cooking, budgeting, domestic tasks, and use of public transport. Together we would plan an intervention that could start on the ward, but this may well continue after going home to re-establish skills, learn new ones or signpost to more appropriate support.

Occupational Therapists are experts in the analysis and application of activity - this is about breaking down an activity into its different parts and understanding how to use those parts to produce positive effects and changes in a person's health and wellbeing, fulfilling their needs. Interventions may involve working with the individual on a 1:1 basis or in a group.

I may look at a person's employment or study and help them to retain this or perhaps find a new direction. I may also focus on their interests, re-igniting the spark for an old activity or helping them to explore a new one- whatever is meaningful to that individual. All interventions need to be considered in the context of an individual's environment, both the physical one (their actual home) and the social one (their relationships and culture within and around it).

The breadth and depth of Occupational Therapy is huge, because everyone is unique and has different lifestyles, strengths and challenges. It's what makes me love my job. It's very varied and never boring, as I get to meet amazing people, their families and carers, and be part of their recovery journey.

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.

"One relatively easy, but incredibly effective way to relax is to soak in a bath. Even if it is 30min at the end of a madly busy week, it makes a massive difference to me and it's like I charged up my batteries. I use a bit of aromatic bubbles, bring a book with me and shut the door and my mind, away from all the business." – Miriam W



"I try and break away from feeling like my husband's carer by going to the cinema together. It's the perfect break from everything. I get to switch off my phone and lose myself for an hour and a half. I even enjoy going alone!" – T.D.

"The carers group of Chinese men and women in Hastings were talking about exercises. One woman told the group that she joined a local gym and she went once a week. It was over 50s and they paid £4 per session. The group thought it was good to do exercise together. Because of the language barrier, one woman helped all of the group to register to join the gym. They went together and had a cup of tea and chat afterwards. Being in a group helped them to overcome isolation." – Community DRI



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

"Listening to the radio on the way to the shops or when I get a spare moment. Helps me to stay connected to the world." – Paul G



"When I'm feeling stressed after a hard day I like to sit back with a cup of tea and watch something calming. My favourite at the moment is The Good Place – I find it much easier to get away with a 20 minute long episode of something, as anything longer and I might lose focus, worrying about what I need to be doing." – Louise J

Events

Annual Carers Voices event

Our Annual Carers Voices Event will take place on **Thursday 8th June, 9.30am-3pm**. Join us for the day at the beautiful Landsdowne Hotel on Eastbourne Seafront. Hear from national and local speakers, visit the Market Place, and discuss issues that matter with the decision makers who can make a difference. Speakers include Kirsty McHugh – Carers Trust Chief Executive, Adult Social Care and NHS senior staff. The day includes an exciting workshop on Technology Enabled Care. Meet Robo Pets and learn about mobile apps and smart speaker options which can support those living independently and their carers. Book at www.cftc.org.uk/carersvoices23.

Mindfulness Sessions in Uckfield – a few weeks left

Mindfulness workshops, led by Angela Hesterbanks at the Victoria Pavilion **8th, 15th and 22nd June, 1-2.30pm**. Includes time for tea, biscuits and a chat: contact Hannah at hannaht@cftc.org.uk or call [01323 738390](tel:01323738390) to book your place.

Mayfield Gardens walk and lunch

Do you care for someone with a severe mental illness? Spend a day exploring beautiful gardens in the picturesque village of Mayfield, on **Saturday 10th June, 10.30am-4pm** plus lunch at the Rose and Crown. Dogs welcome. Meet 10.30 -11am. Email richardp@cftc.org.uk for further information and to book a place.

Celebrating Unpaid Carers – Celebrating Diversity

We are inviting carers from across all communities to an open event at the Isabel Blackman Centre, 3 Winding Street, Hastings Old Town on **10th June from 11am-2pm**. Enjoy tasty food, relaxing treats, meet other carers and find out more about us, our partners and the Isabel Blackman Centre. Jointly hosted with Association of Carers.

Carers O’Clock with Culture Shift

Culture Shift are hosting free Carers O’Clock sessions over the summer, for carers to focus on their own wellbeing with artist-led creative activity, conversations and a freshly cooked lunch. Sessions are held in Uckfield and Eastbourne from 10am-3pm.

3rd Monday of each month at Community Wise, Eastbourne BN21 1PY and
2nd Tuesday of each month at Victoria Pavilion, Uckfield TN22 5DJ

Book at www.cultureshift.org.uk/carersoclock or info@cultureshift.org.uk

Coastal Wellbeing’s Summer WRAP courses

WRAP (Wellness Recovery Action Planning) courses and wellbeing workshops offer a safe, supportive space to focus on your own wellbeing, connect with other carers and share experiences. Coastal Wellbeing will be offering short workshops throughout the summer months (dates, times and locations to be confirmed).

If you would like a WRAP course or workshop to be held in your area, please contact Molly on [07507 734370](tel:07507734370) or molly@coastalwellbeing.co.uk or Lucy on [07598 323254](tel:07598323254) or lucy@coastalwellbeing.co.uk, or visit www.coastalwellbeing.co.uk.

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/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.

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

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.

Humanist Celebrant **NEW!**

Based in Wadhurst and working throughout and around East Sussex. Dewlands, Station Road, Wadhurst. TN5 6RT.

Tel: [07708 933607](tel:07708933607) Email: Felicity.harvest@humanistceremonies.org.uk

Website: www.felicityharvestcelebrant.co.uk

As a Humanists UK accredited celebrant, I use my understanding and creativity to work with you to create memorable, distinctive non-religious ceremonies. In celebrating the diversity of your life and those you love, there will be humour, great storytelling and sometimes tears. I am available for weddings, renewing vows, namings, blending families, adoptions, funerals and almost any other moment in life you might want to mark or celebrate. **10% off the cost of my usual fees for all ceremonies. When contacting me please mention you have a Carers Card.**

The Sovereign Centre

Royal Parade, Eastbourne. BN22 7LQ.

Tel: [01323 738822](tel:01323738822) Email: eastbourneleisure@lewes-eastbourne.gov.uk

Website: www.eastbourneleisure.co.uk

The Sovereign Centre offers a wide range of facilities including a gym, fun pool with wave machine and flume, Aqua Challenge inflatable assault course, 25 meter gala swimming pool, swimming lessons, gymnastics lessons, sauna and steam room, workout studio, junior gym, sports hall available to hire, cafe and much more! **10% off casual entry fees for the gym or swimming pool.** The Sovereign Centre currently operates a booking system for the Full Pool for swimming at weekends and school holidays. To swim at this time and receive the discounted rate, you must book in advance in person at reception.

Freedom Leisure in Hailsham

Hailsham Leisure Centre, Vicarage Lane, BN27 2AX.

Tel: [01323 846755](tel:01323846755)

Website: www.freedom-leisure.co.uk/centres/hailsham-leisure-centre

Carers pay £2.70 for a swim, £3.10 for bowling

Carers Card does not allow discount on our Active Plus (50+) weekdays & school holidays 8.30am - 10.30am bowling session. Carers can either purchase a concessionary membership - £85 for 3 months, this includes a free induction and gives free use of the gym and swimming pool or for a concessionary pay as you go membership pay £20.00 for a gym induction (normally £30) and £6.60 (normally £8). Both can be used between the hours of 10am and 5pm Mon - Fri and anytime weekends.



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