



In this issue:

- Drawing Life for carers
- Carers Rights Day
- Technology Enabled Care
- Unravelling the NHS
- Matthew McKenzie – A Caring Mind
- Gardening for Mental Health
- Plus more!



Celebrating Carers Week, June 2023

This year saw the return of a busy and fun Carers Week in East Sussex. Care for the Carers went 'on tour' with stalls, information points and events each day. We met carers, patients and staff at Eastbourne DGH, Conquest Hospital and GP surgeries. We met carers at a local hospice, community centre and even a supermarket. Social media was very active too, for us and for our partners. Thank you to all for sharing the love!

We loved celebrating with local carers at the theatre trip in Eastbourne and the afternoon teas. We enjoyed an Open Day at our partner charity Association of Carers, seeing their great new premises in St. Leonards.

Some of the Carers Week highlights included two events Care for the Carers ran this year.

Celebrating Unpaid Carers: Celebrating Diversity on 10th June, was held at our local space in Hastings, the Isabel Blackman Centre in Old Town. This was a relaxing, welcoming event to celebrate carers and acknowledge that anyone of any culture or ethnicity could be a carer. The entrance was decked with international flags, the music was flowing and delicious food from around the world was shared. An informal Advice Lounge was set up for carers to find out how local organisations can offer support. The Mindful Arts Lounge, Drawing Life and Aoi Bara were offering creative ways to find relaxation through drawing and origami. Carers enjoyed Chi Kung providing gentle movement, exercise that is good for the body and mind and can easily be undertaken at home. The day ended with a calm meditational breathing class.

We were joined by the local MP, Hastings Mayor and our Chief Executive and were delighted to award two '**Carer Friendly**' certificates to Hastings Voluntary Action and The Isabel Blackman Centre, a recognition of the achievements of local venues that are mindful of the needs of carers.

Carers Week also saw us welcome over 75 carers and professionals from many organisations to our **Annual Carers Voices Event** on 8th June, hosted at the beautiful Lansdowne Hotel in Eastbourne. The Advice Fair saw 15 organisations from across sectors share information about support and services for carers. It was great to see people exchanging experiences and taking the opportunity to ask challenging questions of decision makers on the panel.

Carers reported that they had a good opportunity to engage well with decision makers, which was a priority, including Adult Social Care, NHS and MPs. A particular highlight was Sally-Ann Hart, MP and the Prime Minister, recognising and thanking carers during Prime Minister's Questions on the Wednesday after Carers Week.



Contents

| | |
|---|----|
| Celebrating Carers Week | 2 |
| News in Brief | 4 |
| Drawing Life for carers | 5 |
| Annual Survey | 7 |
| Carers Rights Day | 8 |
| Unravelling the NHS | 9 |
| Technology Enabled Care | 10 |
| Gardening for Mental Health | 12 |
| Matthew McKenzie – A champion of mental health carers | 13 |
| Men's 'Walk and Talk' | 14 |
| News from Dementia Action Alliance | 15 |
| Events | 16 |

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.



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

Front cover images provided by Care for the Carers.

Welcome to this edition of CareLine

Welcome to the Autumn 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.



Jennifer Twist

I hope that you had a good summer and were able to find a moment to enjoy the warmer weather. It was great to meet some of you in June, during a very busy and positive **Carers Week**, packed with events and opportunities to celebrate with local carers and our partners. We appreciated hearing about your experiences of caring at the Annual Carers Voices Event and through our annual carers survey, and are using this to shape Care for the Carers services, as well as sharing it with the NHS, Social Care and partners in the voluntary sector.

This edition includes some topics requested by readers. We attempt to start **Unravelling the NHS** with the help of Josh Broadway from the Bexhill Primary Care Network (page 9). We also shine a light on **Technology Enabled Care** in an article from Tom Skilton from ESCC, who tells us about how technology can benefit carers (pages 10-11).

Carers often tell us how important it is to take a break and find some time for yourself. **Drawing Life's Judy Parkinson** encourages our artistic side, with some activities for you to try at home (page 5). We are also looking at **Gardening for Mental Health** (page 12) and the benefits of **'Walk and Talk'** (page 14).

Finally, we look ahead to **Carers Rights Day**, coming up on 23rd November. Carers Rights Day remains an important date to raise awareness of carers' rights and entitlements, to help you get the support you need.

Thank you to all the contributors for making it a great edition! I hope you find it enjoyable to read and useful too.

Please remember we are here 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

Annual Carers Voices Event

We were delighted with the response to our Carers Voices event which took place on 8th June, during Carers Week. The event was attended by 75 carers and professionals. We are very grateful to Helen Peters, Carers Voices Network member, for opening the day and sharing her caring story. We were also lucky to be joined by Carers Trust Chief Executive Officer – Kirsty McHugh. Carers Trust is the leading carers' charity in the UK. It partners with its network of local carer organisations, like Care for the Carers, to provide funding and support, deliver innovative programmes and influence policy at the national level. Carers had an opportunity to share their stories and question Kirsty, Jennifer Twist, Care for the Carers Chief Executive, Tamsin Peart, Adult Social Care Strategic Commissioning Manager at ESCC and Allison Cannon, Chief Nursing Officer for NHS Sussex. The day was expertly hosted by our Chair – Dr. Neil Churchill, OBE.



Care for the Carers AGM

On behalf of the Board of Trustees, we are delighted to announce that the 2023 Annual General Meeting of Care for the Carers will be held at Care for the Carers, 2 Bell Lane, Lewes, BN7 1JU on Wednesday 22nd November 2023 from 1.30pm-4pm. More information will be on our website soon at www.cftc.org.uk

A successful summer of events

At Eastbourne Pride on 23rd July, we were welcomed by a joyful family atmosphere. We spoke to several people who were new to caring, as well as some who already knew us. Three young carers spent their afternoon with us doing clay modelling and colouring mandalas. There was a steady flow of enthusiasts for a "Play your Cards Right" game and the chance of winning a Care for the Carers lucky rainbow pencil!



We were at Newhaven's annual Fish Festival on 24th June. We had a great view of the port in the sunshine and enjoyed the procession, an unusually large fish stall, children's entertainments, and stalls for local community projects and charities. It was a great chance to let people know about our Havens Primary Care project and raise awareness about the support offered by Care for the Carers in the area.

On 1st August the annual 'Celebrating Diversity' event, organised by East Sussex based charity, Diversity Resource International, took place in Eastbourne town centre. Celebrating the growing ethnic and cultural diversity in the town, stalls included traditional crafts and global cuisine whilst two performance stages promoted world music, dance and spoken poetry from local performers and writers. The event welcomed people from all nationalities providing a good opportunity for Care for the Carers to reach ethnically and culturally diverse carers and their families. Our stall, part of the Making Carers Count project, provided a welcoming space allowing us to raise awareness about caring and speak with more than twenty new carers.

Drawing Life for carers

A guest article by Judy Parkinson

Judy is the Project Director at 'Drawing Life', a national charity based in Hastings, which supports people living with dementia, stroke and other age-related conditions using art. Judy kindly joined us at the Celebrating Carers: Celebrating Diversity event in Carers Week. Her session was greatly enjoyed by all the participants, so we invited her to tell us a bit more about 'Drawing Life'...

I set up Drawing Life eight years ago to bring life drawing to people living with dementia, in care homes and community centres. While the project developed, we soon realised that carers benefit from art activities just as much as those they care for.

Our immediate aim is to share our experience with carers, both in care homes and at home, to show why and how art can light up their daily lives and simultaneously improve life all round.

The key benefits of sitting down to do some art include:

- **Bringing a sense of calm** - the act of drawing is almost meditational and without fail every drawing session will feature moments of complete silence and concentration. The calm that follows can last for a good while.
- **New subjects to talk about**, especially for those who have lost the art of conversation. Try making a simple drawing of a happy memory and then have a chat about it. Save a drawing and have a look at it together another day.
- **Storytelling and communicating important life events** – by making a drawing and talking about it, you will find out more about the achievements and proud moments of someone's life.
- **Building confidence and improving wellbeing**. Everyone feels better when someone says, "Well done!"
- **Observing details in familiar works of art** like The Mona Lisa, The Hay Wain or even photos in the newspaper will be fun and improve conversational skills.
- **Burnishing a sense of self** – imagine the feeling of pride when a grandmother shows her granddaughter a framed drawing on the wall, especially if it's in a gallery.

Judy Parkinson



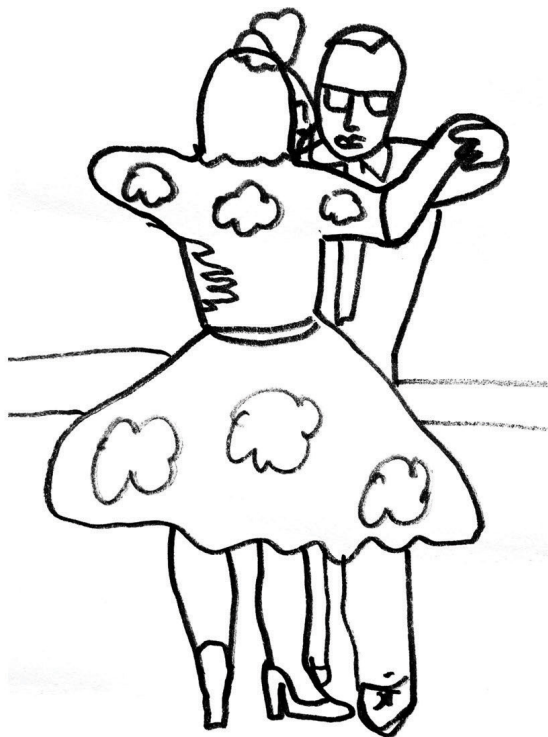
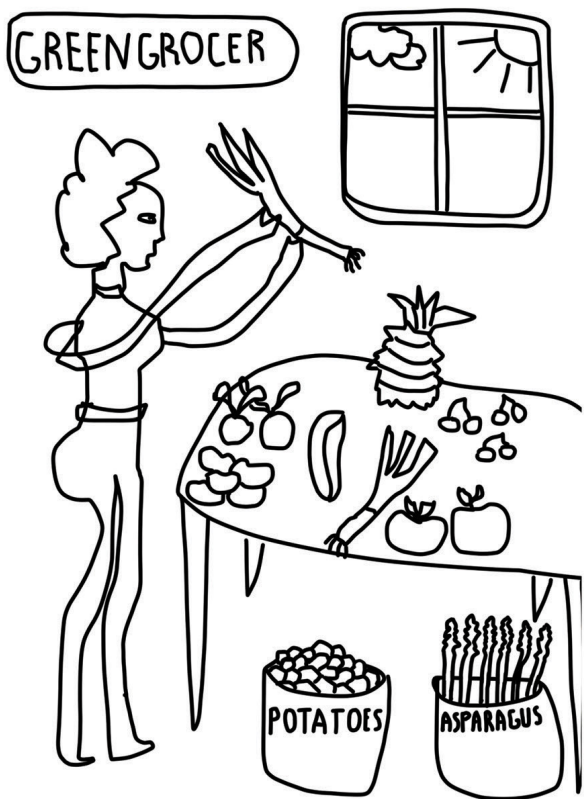
drawinglife

We have created a host of free resources on our website that can be downloaded and printed, including images to draw or trace in any shape or form, plus videos of working artists making a sketch to provide some inspiration to get you going.

On the following page (for you to print), are a couple of images of our models for you to draw or trace. There are also two line drawings by our team of artist tutors, for colouring in.

It might sound rather grand, but our ultimate aim is to share our skills with every carer far and wide, so they can open their imaginations and delve into the infinite ways art, in all its forms, can enhance everyone's lives. Free resources can be downloaded here:

www.drawinglife.org/training-resources



Annual Carers Survey 2023

In May and June this year, we asked you to complete our annual survey and share your opinions and experiences.

92% of carers, who used it, reported that information, advice and guidance we provide is helpful (an increase of 4%)

87% said that our support is available when you need it

85% said we listen to you or your suggestions (12% increase)

82% said you are satisfied with Care for the Carers overall

83% enjoy our newsletter

85% read and like CareLine magazine.

"Your comms are a very valuable resource to have, after diagnosis, as you don't really know where to start helping that person and finding people in the same situation."

The survey showed the challenges that carers continue to experience, with 99% saying that they feel stressed. 96% of carers shared they feel their wellbeing has been affected because of their caring role, which is a 4% increase, and 94% are feeling alone or isolated (2% increase). This is now higher than at the time of the pandemic and lockdowns.

83% of carers said they are affected financially due to their caring role. This represents a slight drop of 2%, but still a dramatic increase since 2021.

Support needed by carers

What carers need most is access to support, information and advice, including navigating the system and hands on help with accessing services. This has risen in importance since previous surveys.

Access to respite is a key priority, particularly short term and affordable or free respite, to allow you to take a break. Over 40% shared they didn't access respite but would have liked to. Being able to step away from your caring role, to have some time to yourself has been a strong theme in answers in this year's survey.

Activities organised for carers are highly valued, particularly where there is support with reciprocal care.

Peer support from other carers has risen in importance.

"The feeling I most often experience is that I don't know what to do. I would value access to expert/peer support helping me understand how to deal with the challenges of supporting my wife."

Other feedback

Suggestions were made for support that would help but is not currently available. Respite continued to be mentioned, as well as wellbeing support, specifically for carers and practical help at home (free or low cost).

"I need someone to reorganise me and get my home back to being a home."

"Chance to discuss difficulties of caring role with other carers. Enjoyable activities to give some pleasure in difficult times."

Financial help is also needed. This includes more funding for carers, more free or low-cost services or help to access financial support.

Carers would like to see us continue to advocate and campaign on carers' issues, and lobby and support social care and health systems to develop better help for carers.

Thank you for taking part. Feedback from the survey is guiding Care for the Carers' plans for the next couple of years. We will also share your views with decision makers and partner organisations that support carers.

Carers Voices

Give feedback about services and debate the issues that affect you at our Annual Carers Voices Event, through the annual survey and Carers Voices Focus Groups. Find out more:

www.cftc.org.uk/carersvoices or call us: 01323 738390.



Carers Rights Day takes place this year on 23rd November. It is an annual national campaign, to raise awareness of carers' rights and entitlements and help you get the support you need.

Carers have a range of rights and entitlements. These vary depending on a person's circumstances. If you would like to discuss what you may be entitled to, you can arrange an appointment with one of our Carer Support Workers by emailing info@cftc.org.uk or phoning [01323 738390](tel:01323 738390).

Below are details of some areas where carers have rights:

- 1) Carers Assessment: If you look after someone who could not manage without your help you are entitled to a Carer's Assessment to look at your caring role and how it affects your life and wellbeing. This can be completed online at www.eastsussex.gov.uk/social-care/carers/support/carers-assessment or get help to complete one from Adult Social Care by calling [0345 608 0191](tel:0345 608 0191).
- 2) Carers Allowance and financial support: To be considered for income support as a carer, you must be providing more than 35 hours a week of full-time support or care. If you get State Pension or certain benefits paid at a rate that is the same or more than Carers Allowance, you may not receive Carers Allowance.

To find out what financial support you may be entitled to:

- ✓ you can call Hastings Advice and Representation Centre (for support across East Sussex) on [01424 428375](tel:01424 428375)

- ✓ call the Carers UK Helpline on [0808 808 7777](tel:0808 808 7777).

#CarersRightsDay

#EastSussex

The Turn2Us benefits calculator works out your benefits entitlement at www.benefits-calculator.turn2us.org.uk. More information can be found in our factsheet at: www.cftc.org.uk/benefits. Available to post, on request.

- 3) Flexible working: Carers juggling caring with paid work have the right to request flexible working, time off in emergencies and parental leave. Take a look at our factsheet for working carers at: www.cftc.org.uk/workingcarers. Available to post, on request.

Our quick guide for carers, giving an overview of rights and support available, can be downloaded from www.cftc.org.uk/quickguide or posted upon request.

How can I show my support for Carers Rights Day?

We want all carers to know what rights they have, and we need your support to do this.

- ✓ Share our Carers Rights Day webpage (www.cftc.org.uk/crd23) and this article
- ✓ Share your story! If you do this on social media, you can add the hashtags **#carersrightsday** **#EastSussex** to reach lots of people locally
- ✓ Display our Carers Rights Day poster- these will be available to download on our webpage www.cftc.org.uk/crd23, or we can post them to you.



Unravelling the NHS - Primary Care Networks

We all use our National Health Service, for ourselves and the people we care for. The different areas of the NHS, the names, the jargon, can be confusing. In this article, and future issues of Careline, we hope to clear the way to understanding the different areas of the NHS locally.

So, what are Primary Care Networks (PCNs)?

A PCN is a group of GP practices that work together with community, mental health, social care, pharmacy, hospital and voluntary services in their local area. The aim is to enable more proactive, personalised, coordinated and more integrated health and social care for people close to home.

There are 12 PCNs in East Sussex, and everybody's care comes under one of them. They all work slightly differently, but there are some commonalities.

PCNs can employ extra staff with different areas of expertise (creating multi-disciplinary teams), such as clinical pharmacists, social prescribing link workers, nursing associates and physiotherapists. In this way PCNs can develop new services. For example, Bexhill PCN has established a hub to Support Adolescent and Young Persons Health (SAYPH). This is a safe space for young people aged 11-16 years to come together, socialise, relax, and link in with healthcare professionals. All PCNs in the county now offer Enhanced Access Hours which means your GP can offer appointments in the evenings and at weekends.

Josh Broadway, Digital and Transformation Lead at Bexhill Primary Care Network, says

"In Bexhill we're working collaboratively to build a healthier community. Our brilliant team includes care coordinators, social prescribers and pharmacists as well as podiatrists, physiotherapists and dietitians. All of us are committed to improving access and supporting people to see the right person first. Many of our services accept self-referrals ensuring that GP appointments are available for those who need them. Visit our website www.bexhillpcn.nhs.uk or follow us on Facebook @BexhillPCN to find out more about who we are and what we do."

We plan to unravel the NHS in Careline, sharing information in bitesize pieces, like this article. What would you like to know more about? What questions do you have about the workings of the NHS in East Sussex?

Let us know by email at info@cftc.org.uk, on our website at www.cftc.org.uk/contact or by calling [01323 738390](tel:01323738390).



Supporting Carers with Technology Enabled Care

A guest article by Tom Skilton
Commissioning Manager at East Sussex County Council

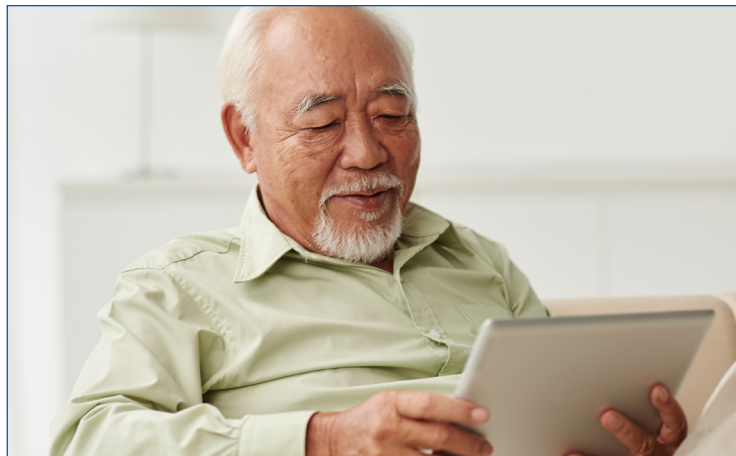
Technology has revolutionised most aspects of our daily lives, and care provision is no exception. Technology Enabled Care (TEC) refers to the use of technology to support and enhance health and social care services and has become more widely used in recent years. But what is TEC? What does it look like?

One example, perhaps the most used form of TEC, is the Lifeline service, which is a pendant that someone keeps with them, and that can be pressed to raise an alert. A dedicated monitoring centre responds to the alerts, providing 24/7 assistance, and enabling users to enjoy their independence in the knowledge that they can seek help, should they need to.

A broad range of TEC equipment is available, including fall detectors that can be worn or carried, and portable medication management equipment. TEC includes health monitors that can automatically report findings to a doctor/hospital for assessment, and environmental monitors that can detect changes in the home, such as flood, heat, mould, and smoke.

Concerns about technology being intrusive, or scary, have gradually become outweighed by the benefits it offers.

When used well, TEC can significantly improve someone's life by enabling them to live more independently, whilst providing assurance that help will be readily available when the carer is not physically present.



"I have two monitors for my daughter. One is a baby monitor so I can see and hear her 24/7 if she has a seizure or gets up to be sick.

I have another camera which records sound and movement and it allows me to send videos of seizures, showing visual, sound, length of time of seizure and date, to the consultant who is treating her. That camera is viewed via an app on my smart phone. I also have an under-mattress epilepsy sensor." - Cindy, carer in East Sussex.

Supporting Carers with Technology Enabled Care

Continued...

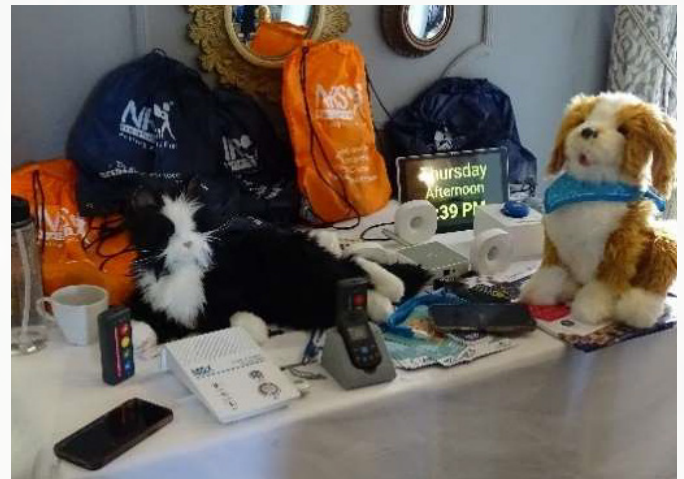
A GPS device, for example, allows people to access the community and continue to take part in activities they love and remain physically active, whether that is meeting friends for coffee locally or going further afield, whilst providing loved ones with peace of mind that they can be located if they become lost.

It should come as no surprise that the main beneficiary is the person using the equipment; however, TEC can also play an important part in supporting carers. Rather than replacing human interaction or care provision, TEC can enhance human care, support the carer in their role, and assist in situations when physical human interaction is not possible. Some carers choose not to have a service that is monitored by a dedicated monitoring centre, and instead use the same equipment to monitor and respond to the cared-for person directly, tailoring it to their specific needs. All of this adds up to valuable support for carers, and greater reassurance to friends and family that their loved one can request assistance, should they need it, around the clock.

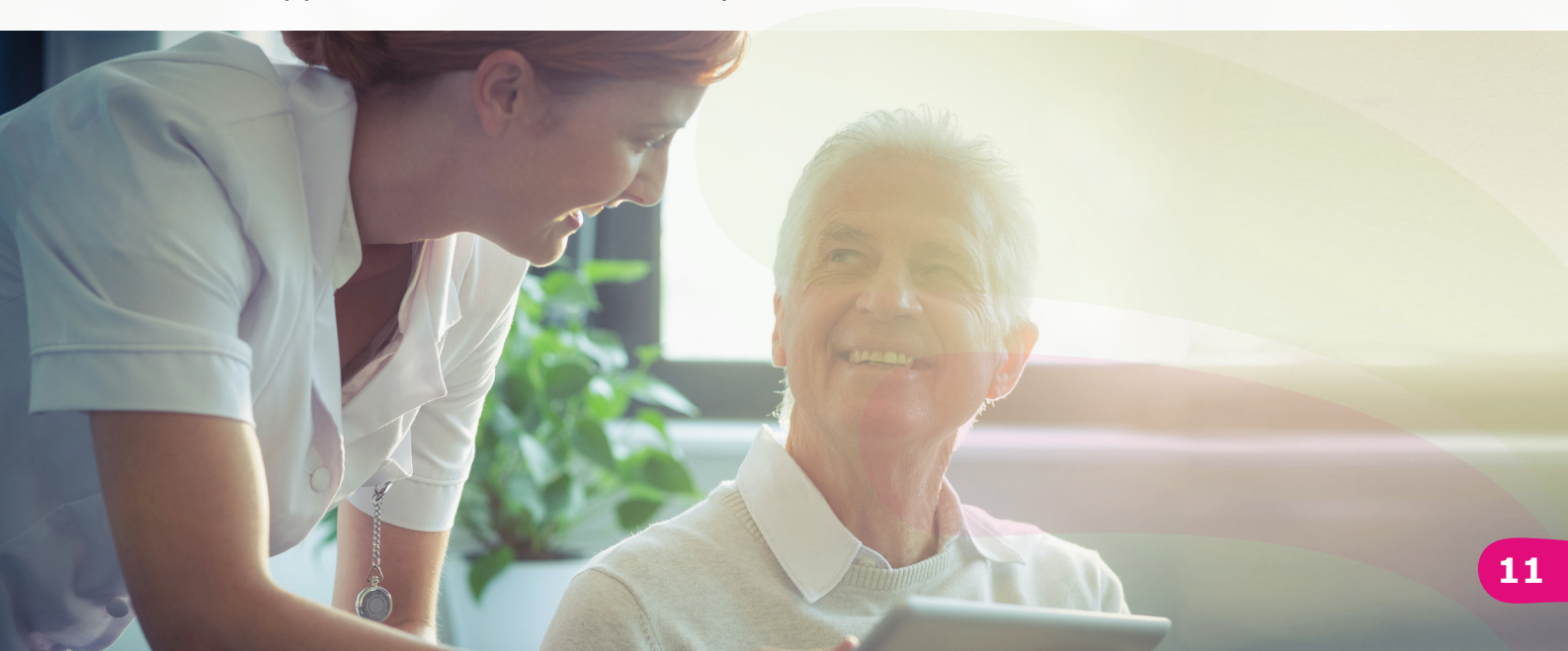
There are many companies across the UK that provide TEC. In East Sussex, the County Council is about to start working with NRS Healthcare to provide this service. Building on the existing service that has supported our clients for many

years, we are now looking at new and innovative ways of working directly with carers, and those advocating for carers, to ensure they are supported too.

Anyone who attended the Care for the Carers annual Carers Voices Event in June 2023 will have seen several different Robopets that were demonstrated. East Sussex County Council is currently trialling the use of Robopets as a way of providing emotional support to adults with early-stage Dementia. Early feedback from carers indicates that they reduce anxiety, enabling the carer to better balance their caring role with their personal needs.



The trial is going well, and whilst Robopets are not currently available through the Council, we hope to be able to provide these in the future.



Gardening for Mental Health

The British Psychological Society discusses the clear evidence that gardening is both an enjoyable and effective activity for improving physical activity as well as wellbeing and mental health throughout life.

Whilst we are adapting to the many changes to work and home-life, the opportunities to incorporate gardening presents itself as an activity that individuals can do on their own or with those they care for.

Gardening can include a range of activities, which suit all needs and skill levels in enjoyable and meaningful ways. For example, growing tropical houseplants from kitchen scraps such as avocado seeds and pineapple tops, or create a sensory herb garden on the windowsill using empty tin cans, with herbs such as basil, parsley, mint and chives. Sprouting seeds is also an ideal way to produce some salad sprouts especially in tiny spaces.

Given the compelling evidence for gardening and improved mental health, Horticultural Therapy was developed as a cost-effective alternative treatment for those with psychological and psychiatric issues.



Horticultural Therapy, which involves sowing and planting with therapeutic goals and objectives for improving or recovering health, is effective in treating patients with a number of mental health conditions, including clinical depression, schizophrenia, and substance abuse. If the person you are caring for is known to services, please have a conversation with your Occupational Therapist or Nursing Staff.

As you might know, at Care for the Carers we work closely with the fantastic Sycamore Grove, part of the Barchester Group in Eastbourne. They run a weekly Gardening Club every Wednesday from 2pm to 4pm in their fantastic gardens.



If you would like to be involved with this group, please contact Sycamore Grove on **01323 306709**

A closer look at Matthew McKenzie

A champion of mental health carers

Matthew is a carer and activist from London who cared for his mother in her time of need. He is very active in carer peer support circles, and runs many carer groups. He is also active in support of mental health causes across the UK.

We are taking a closer look at one of Matthew's books, "A Caring Mind".



This book is about Matthew's experiences of caring for his mother, the stigma mental illness carries, carers' struggles and painful memories. The book opens up the caring journey and aims to promote the importance of carers, but

crucially it seeks to inspire carers to change things for the better.

As some of the book reviews online said:

"Matthew avoids self-pity, concentrating instead on providing good advice and lists of resources."
"It is a book of hope".

A word from Matthew

Not many carers are in a rush to say they are caring for someone suffering with mental illness. This is why awareness campaigns are so important to help combat stigma and remind others that carers should be recognised and supported.

I wanted to share with you a poem taken from my book "The Poetry of mental health caring", as I tend to use poetry to help raise awareness of caring.

Poem number 94. A Rallying call;

I stand high up
And I stand tall
Looking out to carers
A rallying call

I shout far out
And shout so high
Hoping to be heard
High up in the sky

Not only the sky
But down below
I shout right down
To those that should know

A rallying call
Both far and wide
Hear my call
Don't be shoved aside

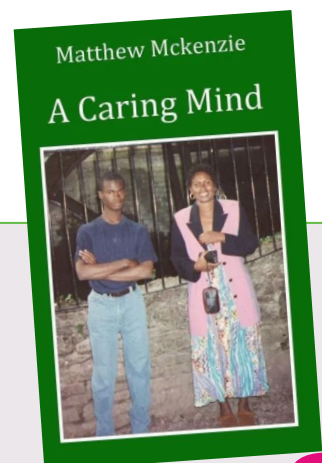
Look up, let's go
Make yourself known
Don't hide away
Don't complain or moan

Just hear my call
Not long to go
A carer's call
To those that know.

You can find Matthew's website at - caringmindblog.com

If you would like to read A Caring Mind, we will have a number of copies available free of charge

**Please contact James Baker on [01323 738390](tel:01323738390) ext. 301
Mob [07874 885016](tel:07874885016) or jamesb@cftc.org.uk to request your copy**



Men's Walk and Talk groups



Previous generations would have struggled to imagine it: whether on TV, social media or in the pub or the park, mental health is increasingly being discussed across society. Though much remains to be done, the once prevalent stigma around the topic is disintegrating.

It's a positive and remarkable shift, and one that is much needed. Mental health charities report that in any given week, one in six of us will experience a common mental health problem, while one in four will experience a mental health problem of some kind each year.

An area that has been difficult to address is that of male engagement. One key way we can look to improve both physical and mental health is through male walk and talk groups.

Why?

Dean Corney, a firefighter with the London Fire Brigade, who set up a men's walking group;

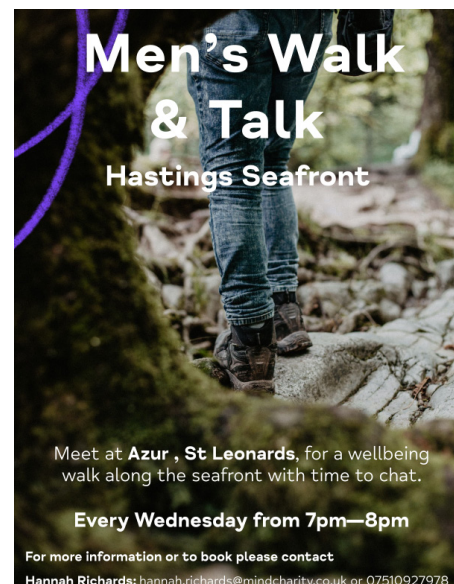
"Men often don't want to show weakness in front of women or their families, and equally don't want to come to confined spaces, such as a meeting in a village hall," he says. "But walking in nature, in the fresh air is good for you in so many ways, and just being with other like-minded men, whether you want to talk or not, is helpful in itself."

Local event

Across the UK, groups are springing up aimed specifically at men and actively trying to get them walking and talking in the outdoors.

We are re-starting Care for the Carers' men's walk and talk group. Please join us or spread the word.

Walking has a huge potential to enhance our wellbeing. Even a short burst of 10 minutes brisk walking improves our mental alertness, energy and mood.



Add in a friendly chat with other men about anything on your mind and let's see the difference it makes to your week. It's okay to speak out when we don't feel okay.

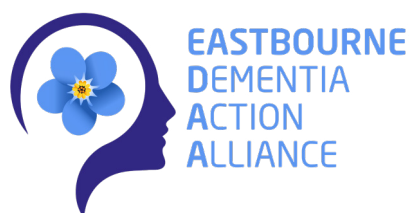
So, let's get walking and talking! Come and join us for a leisurely evening walk along the seafront in Hastings. For more information contact James at info@cftc.org.uk or call [01323 738390](tel:01323738390).

News from the Local Dementia Action Alliance

The **Local Dementia Action Alliance (DAA)** exists to connect, take action on dementia and work together to build Dementia Friendly Communities. There are 339 Local Alliances nationally, five of which are in East Sussex. Care for the Carers have joined the Eastbourne DAA and the Wealden DAA to help towards transforming the quality of life of people with dementia and their carers. We hear first from David Edwards (Eastbourne DAA) and then Zoe Sorrell (Wealden DAA), who tell us a bit more about what they do.

The Eastbourne Dementia Action Alliance (EDAA) works with communities within Eastbourne and the surrounding areas to improve the quality of lives of people living with dementia and/or their families, friends and carers. We are a signposting charity providing guidance and information to members of the dementia community and work on delivering projects that will further our objectives.

To help to achieve this aim the EDAA has launched the Eastbourne Dementia Inclusive Community Charter which seeks to draw together local organisations and businesses to work towards making the Eastbourne area dementia friendly.



We are also pleased to work with Sea DEEP, a group of people living with dementia, who meet monthly in Eastbourne, providing each other with peer support, friendship, guidance, education and understanding, and to discuss local issues affecting their daily lives. This helps to shape our plans so the voices of people living with dementia can be heard more clearly. In particular, the Charter was developed by taking on board their recommendations for creating a more dementia inclusive society.

If you would like to know more about what the EDAA does, please visit our website www.eastbournedaa.co.uk or our Facebook page www.facebook.com/EastbourneDementiaActionAlliance

Wealden Dementia Action Alliance (WDAA) was set up in 2016 to raise the awareness of dementia in Wealden and to support our families. Over the past 7 years the Alliance has worked in partnership with lots of amazing community groups, volunteers, businesses, and local residents. The Alliance supports many families, and we signpost everyone to a variety of services that would help them throughout their Dementia journey.

WDAA works in partnership with a lot of different groups, and this has enabled us to put on several regular activities. These include Community Cafés, Film afternoons, Sports reminiscence, and training.



If you would like to get involved with the WDAA and come along to our local forums in Crowborough, Uckfield or South Wealden please let us know. Everyone is welcome.

We have our weekly newsletter, sent out every Friday to keep you up to date with what is happening locally, including our meetings and any recent news we would like to share with you. Finally, if you are on Facebook, please join our page www.facebook.com/groups/friendsofwdaa

Please get in touch if you would like to find out more at wellbeing@wealden.gov.uk or [01323 443322](tel:01323443322).

www.wealden.gov.uk/dementia



Events

Seven Sisters Walk + Craft

Join us for a guided nature walk in the beautiful Seven Sisters Park, followed by the opportunity to try a nature-based craft. Lunch is included. To request your place, please contact Hannah Taylor by email at info@cftc.org.uk or phone [01323 738390](tel:01323738390). Thursday 28th September, 10am-2pm.

Coastal Wellbeing

Coastal Wellbeing provide WRAP (Wellness Recovery Action Planning) courses and wellbeing workshops for carers. WRAP can help you discover what wellness tools work best for you and what helps when life gets challenging.

The next 6-week WRAP for Carers course starts on Tuesday 26th September, 10am - 1pm, at Community Wise in Eastbourne. This course is free of charge. Booking is essential. Book at Eventbrite: <https://bit.ly/44ngYwy>.

To book or find out more, 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/wrap-for-carers/.

Carers' O'Clock

Culture Shift are hosting free Carer's O'Clock sessions over the coming months, for carers to focus on their own wellbeing with artist-led creative activity, conversations and a freshly cooked lunch. 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

Mindfulness for carers in Lewes

We're inviting carers who live in Lewes town, to take time out with some relaxing meditations and gentle mindful movements, facilitated by Angela. Free refreshments. Funded by Lewes Town Council. To request your place, please contact Hannah Taylor by email at info@cftc.org.uk or phone [01323 738390](tel:01323738390). Thursday 5th October to Thursday 2nd November, 10.30am to 12pm.

Cooking for Carers

Community Chef, Robin van Creveld, is holding another series of cooking workshops for carers in November. There is a great variety to choose from: Autumn Chutney (30th Oct), Sauerkraut and Pickles (6th Nov), Baking Bread (13th Nov), Spices and Aromatics (20th Nov), Stollen and Mince pies (27th Nov). Book at www.communitychef.org.uk/cookery-events-booking

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.

EasyStorage **NEW!**

Tel: [07916 394976](tel:07916394976) Email: james.norris@easystorage.com

Website: www.easystorage.com

Offering economical and customisable storage across East Sussex. We provide a unique door-to-door service bringing the storage unit to you, making the process of packing and loading easy. To make your life even easier, our expert team can even do it all for you and we can offer a range of high-quality boxes and packaging materials to make sure your belongings are kept safe and secure.

£50 off any booking. To book online use the code: Sussex50 or give us a call, simply mention the offer and it will be applied. Please visit us online or give us a call for a quote or to book.

The Isabel Blackman Centre **NEW!**

Winding Street, Hastings, TN34 3AT

Tel: [01424 235535](tel:01424235535) Email: ibc@ageukeastsussex.org.uk

Website: www.isabelblackmancentre.co.uk

The Isabel Blackman Centre is a wellbeing and leisure centre for the 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 which is for the over 50's only. 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.**



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