

# CareLine

*The FREE magazine for unpaid carers in East Sussex*



## In this issue:

- Carers Rights Day
- Take care this winter
- Recipe from Community Chef
- Your Local Library
- Plus more!



# *Celebrating* **carers RIGHTS DAY**

**On 23rd November 2023, we celebrated Carers Rights Day – the national campaign that brings organisations together to help carers know their rights and find out how to get the support they are entitled to.**

This year's Carers Rights Day theme was 'Your rights: today, tomorrow and in the future'. As a carer, you're entitled to certain rights which may help you access services, look after your health and wellbeing or could provide vital information and support in looking after your partner, family member or friend.



Carers UK and Carers Trust, along with local partner charities (incl. Care for the Carers), continuously campaign for better rights for carers. This year's success includes securing landmark new rights

for those juggling work with their caring responsibilities.

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

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

If you would like to find out more about your rights as a carer, you can view our Carers Rights Day webpage here:

[www.cftc.org.uk/CRD23](http://www.cftc.org.uk/CRD23)



## **Key numbers for urgent support**

Our office will be closed from 23rd December-1st January. Please contact one of the below organisations if you need urgent support during this time.

**Adult Social Care:** [0345 6080191](tel:03456080191), 8am to 8pm, 7 days a week including Bank Holidays. Same number for Emergency Duty Service

**National Domestic Abuse** 24-hour helpline: [0808 2000 247](tel:08082000247)

**Samaritans** 24-hour helpline: Call free from any phone: [116 123](tel:116123)

**The Sussex Mental Healthline** 24-hour helpline: [0800 0309 500](tel:08000309500)

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

Our Carer Support Workers can help you plan for a care emergency. Call us ahead of Christmas on [01323 738390](tel:01323738390)



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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](http://www.cftc.org.uk/volunteer) or contact our Volunteer Coordinator at [nicolam@cftc.org.uk](mailto:nicolam@cftc.org.uk) or 07356 115366.



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## Welcome to this edition of CareLine

Welcome to the Winter 2023 edition of Careline, the magazine for everyone looking after a relative, friend or neighbour in East Sussex who couldn't manage without your help.

In this edition we reflect on this year's **Carers Rights Day**.

Too many carers miss out on what

they are entitled to so it was an important day to raise awareness to make sure that people know what support there is, and how to access it. You can find out more about support, as well as your rights as a carer at [www.cftc.org.uk/crd23](http://www.cftc.org.uk/crd23)

This can be a tough time of year, so in this edition we share some tips to help you through the winter months. You'll find advice on **staying well and warm this winter** including looking after your mental health (page 5), along with more of your **wellbeing tips** (page 14) and getting your home ready for winter (page 10). **Association of Carers** join us to tell us about their services (page 6), and we hear from the **local MSK Partnership**, who are there to help you live pain-free (page 7). Read more about all that **your local library** has to offer (page 9), and once again, Robin the Community Chef kindly shares a **delicious recipe** for you to try at home (page 8). You have been asking for more recipes, so we hope to share more in 2024!

We'd like to thank all the carers who have participated in our Carers Voices events over the year. The 2023 Carers Voices Report is now available, so do take a look online, or contact us if you would like a copy sent to you by post. We also welcome your feedback and ideas about Careline. You can reach Care for the Carers on [01323 738390](tel:01323738390), or return the Freepost slip on the back page and we'll contact you. Wishing you a happy and peaceful Christmas.

With best wishes,

**Jennifer Twist, Chief Executive**



## Celebrating our wonderful volunteers

On 19th October, we held our Volunteer Celebration, as special thanks to those who kindly give their time to help us support carers across East Sussex. We were lucky to have four volunteers in different roles who spoke at the event to share their experiences of volunteering with us. Jennifer Twist, our Chief Executive, thanked the volunteer teams and **recognised the incredible contribution every one of the volunteers makes to carers we support**. Nicola Manning, our Volunteer Coordinator shared updates about our organisation's work and future volunteering plans.

The event gave an opportunity for volunteers to meet across roles and teams, get to know staff and enjoy an afternoon tea in the lovely Lansdowne Hotel. If you're interested in joining our team of volunteers, contact [nicolam@cftc.org.uk](mailto:nicolam@cftc.org.uk).

## Carers share their views

We are very grateful to carers who joined our recent Carers' Voices focus groups. As an organisation it is crucial for us to speak to local carers when we develop new areas of work. Four carers joined us for the in-depth discussion in August to share their experience of carers' support in the local hospitals. **The views shared have directly impacted the content of the training**, which we are delivering this autumn to the hospital staff at the Conquest in Hastings.

Eight carers joined us online in October and November to speak about their experience of respite and taking a break, to help us shape a local Respite Awareness campaign for other carers in East Sussex. The group will continue to communicate on e-mail to review the campaign materials.

## 'Cooking for Carers' Community Chef receives Outstanding Contribution Award



At 3VA's Celebrating Communities event in Uckfield on 20th September, Community Chef Robin Van Creveld received a well-deserved award for his invaluable work supporting communities through community cookery programmes. Since 2001, **Community Chef has helped thousands of people** to improve their cookery and nutrition skills and he told of how his work has supported and benefitted many carers across East Sussex over this time. Congratulations from us all at Care for the Carers, Robin.

Find out more about Robin's work at [www.communitychef.org.uk](http://www.communitychef.org.uk)



# Take care of yourself this winter



**Winter can be wonderful, but it can bring challenges with colder weather and shorter days often affecting our physical and mental health and wellbeing.**

## Keep warm at home

You may worry about the cost of heating your home, but keeping your home warm is important for your health, and it's recommended you heat it to at least 18°C over winter. Wearing several layers of thinner clothing can keep you warmer than one thicker layer, and you should check you have shoes that grip well to prevent falls if you go outside in cold weather.

If you struggle to afford to stay warm at home, you can contact the **Warm Home Check Service** for advice and support. Visit [www.warmeastsussex.org.uk](http://www.warmeastsussex.org.uk), text WARM to 80011, or call [0800 464 7307](tel:08004647307).

## Top tips

- Be prepared for cold weather - have food in and make sure you have enough medicine.
- Keep active indoors if you can.
- Get financial help to improve heating or help pay bills if you need it.
- Ask your GP or pharmacist for a free flu jab, and take up the offer of vaccinations.
- Get help if you need it. Speak to your GP, pharmacist, carer or key worker for advice, or call us at Care for the Carers.

## Warm welcome spaces

There are several 'warm spaces' around East Sussex, that open their doors during the colder months, to offer a warm welcome, a hot drink and snack, and a friendly chat. Find out more at: [www.warmwelcome.uk](http://www.warmwelcome.uk)



## Help with anxiety, low mood and your mental health

From self-care to urgent help in a crisis, there's a range of mental health support available. NHS Every Mind Matters offers simple steps to help you look after your mental health and wellbeing, to help you deal with stress and anxiety, improve your sleep and boost your mood: [www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)

Sussex Mental Healthline offers care and advice if you have concerns about your own or someone else's mental health. Freephone: [0800 0309 500](tel:08000309500). Available 24/7 for all ages.

SHOUT Sussex offers a free confidential service. Text SUSSEX to 85258, to have a text conversation with a trained volunteer. Available 24/7 for all ages.

Remember you can get in touch with us for support and advice on [01323 738390](tel:01323738390) or visit [www.cftc.org.uk](http://www.cftc.org.uk)

# Association of Carers: Volunteer led support for carers

Guest article by Association of Carers

The Association of Carers is a charity which offers free, volunteer-led services to carers across East Sussex. The Befriending with Respite service is designed to provide you with a break from your caring responsibilities, allowing you to have some time for yourselves. With this service, carers can enjoy up to three hours of respite care each week, on a set day and at a regular time. By having a set break in your schedule, you can plan free time and look forward to it. Meanwhile, the person you care for is left in safe hands.



Volunteers are thoroughly vetted, trained, and matched with the person being cared for to establish a long-term befriending relationship. Once a volunteer is matched, they can continue visiting the same person each week for as long as you need the service, and the volunteer is available. This provides a sense of continuity and stability for you and the person you care for.

Please note that volunteers are not trained to offer personal care and the person being cared for must be independent when using the restroom or have their continence managed.

Association of Carers also offer a Talk & Support telephone service. This allows you to discuss your caring role in confidence with one of the volunteers, get things off your chest, and reduce social isolation with a friendly chat.

The charity runs two Carers Cafés each month – one in Peacehaven and one in Bexhill. Here you can come for tea and cake with the person you care for, chat to others, and take part in a variety of activities.

Just call the Association of Carers office for more information on the number below.

## Free Computer Help at Home service for carers

In today's technology-driven world, it can be challenging to keep up with the latest advancements. That's why Association of Carers offers a free service to carers, Computer Help at Home.

Skilled volunteers provide one-to-one training in the comfort of your own home, allowing you to learn how to use your computer, tablet, or smartphone to make your caring role easier. With up to six sessions, trained and vetted volunteers will teach you the basics, allowing you to keep in touch with family and friends, bank or shop online, order repeat prescriptions, and much more.



By equipping you with these fundamental computing skills, it can give you more time for yourself and reduce your isolation. One-off sessions are also available if you need some help with a new phone/smart tv/telephone – anything technical that is causing a headache!

To be eligible for our services, you need to be over 18 and providing substantial levels of care to the person you support.

You can contact Association of Carers directly or ask an organisation such as Care for the Carers, to make a referral for you. Phone [01424 722309](tel:01424722309) or visit [www.associationofcarers.org.uk](http://www.associationofcarers.org.uk).



# Unravelling the NHS: A look at MSK

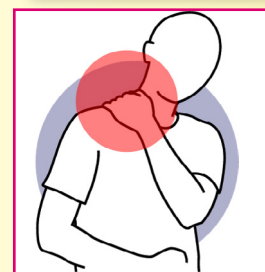
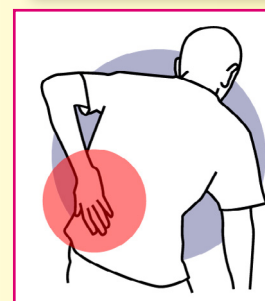
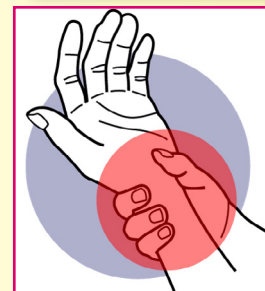
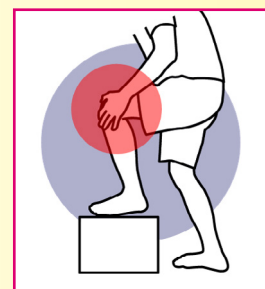
## We hear from the Sussex MSK Partnership

Musculoskeletal (MSK) services aim to help you keep your bones, joints and muscles healthy and pain-free. In East Sussex, referral services SMSKPE (Sussex MSK Partnership East) and MSKtriage, enable the diagnosis, treatment and management of conditions that might be causing you or those you care for pain or limiting mobility.

1 in 3 people in the UK suffer from an MSK condition and these conditions account for around 30% of GP consultations. Symptoms include pain, stiffness, limited movement and fatigue, all of which can affect quality of life and independence.

Good MSK health is about gaining the knowledge and skills to manage your health and wellbeing, along with getting the treatment plan that is right for individual preferences and lifestyles. MSK websites are designed to be accessible and provide resources, links and materials to help you to manage your condition or to get the right care and treatment for your problem. Visit [sussexmskpartnershipeast.co.uk/resources-help-while-you-wait](https://sussexmskpartnershipeast.co.uk/resources-help-while-you-wait) or [esht.nhs.uk/service/msk-therapy-services](https://esht.nhs.uk/service/msk-therapy-services) to find out what is available for you.

If you require a further assessment and treatment, Sussex MSK Partnership aim to get you to the right person at the right time and in a place convenient for you. For many people the first step might involve an appointment with a physiotherapist or an advanced practitioner. They will work with you to get the right diagnosis, discuss treatment options and help you to choose the option best suited to your needs. For some this might involve an onward referral for specialist treatment, surgery, or pain management.



You can self-refer to physiotherapy, you do not need to see your GP first. Simply visit [sussexmskpartnershipeast.co.uk/gethelp](https://sussexmskpartnershipeast.co.uk/gethelp) if you live in the Eastbourne, Wealden, Lewes & Havens areas, or visit [esht.nhs.uk/service/msk-therapy-services/self-referral](https://esht.nhs.uk/service/msk-therapy-services/self-referral) if you live in the Bexhill, Hastings and Rother areas.

UK Health Security Agency

# GET WINTER STRONG

NHS

Get your flu and COVID-19 vaccines this winter. Your symptoms will be milder and you will recover faster.

Check your eligibility and book online at [nhs.uk/wintervaccinations](https://nhs.uk/wintervaccinations)

Get vaccinated





**Robin, the Community Chef shares with us a tasty recipe to warm you up on a winters day... Menemen, a traditional Turkish breakfast dish of eggs with peppers and tomatoes that's simple to make and utterly delicious.**

### **INGREDIENTS**

- 2 tbsp. olive oil
- 2 onions, sliced
- 2 peppers, halved deseeded and sliced
- 1 red chilli, deseeded and sliced or 1 tsp chilli flakes
- 400g can chopped tomatoes
- 2 tsp caster sugar, optional
- 1 tsp each of salt, paprika, dried or fresh oregano
- 4 eggs
- Small bunch parsley, roughly chopped

You can scramble the eggs into the rich sauce or cook them whole.

### **METHOD**

Heat the oil in a heavy frying pan. Stir in the onions, pepper and fresh chilli. Cook on a medium heat until they begin to soften. Add the tomatoes, paprika, oregano, salt and sugar then cook until the liquid has reduced by at least half.

For whole eggs, create 4 pockets in the tomato pepper sauce and crack the eggs into them. Cover the pan and cook the eggs over a low heat until just set. Serve with the chopped parsley.

If scrambling the eggs, whisk and season the eggs. Remove most of the sauce from the pan and gently cook the eggs until set, but not dry. Add the sauce back to the pan and mix well. The eggs will continue to cook in the pan. Lastly add the chopped parsley and serve hot.





## Taking a closer look at our local libraries

As well as being great community spaces, and full of wonderful books, your local library has lots more resources to offer. We take a closer look at a few of them...

**IT for You:** free support to learn computer skills, including email, the internet, Microsoft Office and staying safe online. You can take your own laptop or tablet, or use the desktop computer there. One to one sessions are available, or you can learn with a friend or as a group. To book call [01323 463759](tel:01323463759) or go to the website <https://bit.ly/ESCCITforYou>.



**Home Library Service:** If you can't get to the library due to ill-health, disability or caring responsibilities, the library can go to you. Library books and audio books can be delivered to your home. You can apply online, using a simple form at: [www.eastsussex.gov.uk/libraries/local/home-library-service](http://www.eastsussex.gov.uk/libraries/local/home-library-service)

**Online library services:** you can access books, audiobooks and comics online using the following apps.

- Libby the ebook app to borrow and download books straight to your device
- BorrowBox and ULibrary audiobook apps to borrow and listen to library audio books
- Comics Plus gives you access to thousands of online comics



To find out how to access and download these apps visit your local library, or go to [www.eastsussex.gov.uk/libraries/online/ebooks-and-eaudiobooks](http://www.eastsussex.gov.uk/libraries/online/ebooks-and-eaudiobooks)

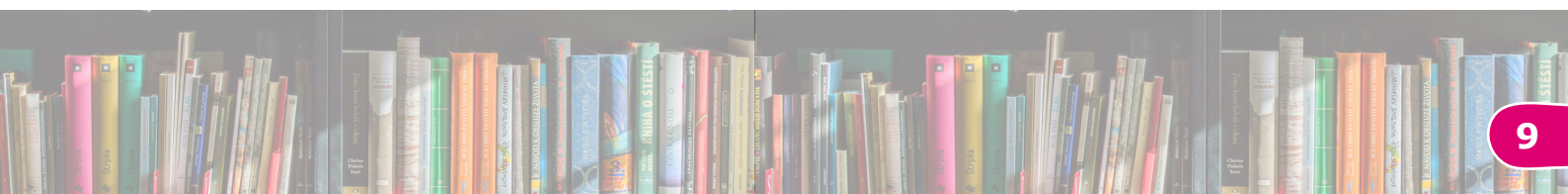
### Groups, Activities and Events

There are a huge range of groups, activities and events running at local libraries, these include:

- Reading groups and Reading Friends
- Rhymetime and Storytimes for babies and toddlers
- Homework and Activity clubs
- Board games groups
- Networking events
- English conversation groups

Recent one off events at local libraries have included 'Creepy Crafts' for Halloween, 'Let's Talk Men's Health' for Men's Health Awareness Week and 'Making Menopause your Business', afternoon tea networking.

For details on regular groups and one off events, visit your local library, sign up to their newsletter or go to [www.eastsussex.gov.uk/libraries/whats-on](http://www.eastsussex.gov.uk/libraries/whats-on)





# Get your home ready for winter

Heating and hot water account for over half of the average household's energy bills, so it's important to know what you can do to prepare your heating system for the colder winter months and try to save some money on your energy bills. Take as many of these steps as you can to prepare your heating system and get ready for winter:

## 1. Reduce your boiler flow temperature

If you have a combi boiler, its efficiency can be improved by adjusting the 'flow temperature' dial or setting to 60 degrees. If you are over 65, or have pre-existing health conditions, you may want to set a slightly higher flow temperature of 65°C to ensure your home warms more quickly. Further advice can be found on the Energy Saving Trust website <https://bit.ly/3QZOI59>

## 2. Bleed your radiators

Bleeding radiators makes your home warmer and can help reduce the cost of your energy bills. By removing air pockets which reduce the pressure in your radiator, you don't need to turn the heating up as much. You can find advice about how to do this at [www.heatable.co.uk/boiler-advice/how-to-bleed-a-radiator](http://www.heatable.co.uk/boiler-advice/how-to-bleed-a-radiator).

## 3. Get your boiler serviced

An annual service helps keep your boiler running safely. Faulty boilers can be very dangerous. During your boiler service, a Gas Safe registered engineer checks for leaks and issues and they will ensure that your boiler is running properly, which can save you money on future repairs. You can find out more about boiler services at [www.which.co.uk/reviews/boilers/article/guides](http://www.which.co.uk/reviews/boilers/article/guides)

## FREE PRESCRIPTION DELIVERY

Get your medication delivered to  
your door for free.





# Mental health promotion and mental health literacy



There is a growing consensus about the importance of mental health promotion. Around one billion people worldwide have a mental disorder. The COVID-19 pandemic has exposed many of these problems and, if a silver lining could be drawn from the pandemic, has put them on the agenda.

The persistent low funding for mental health services hinders access to mental health promotion, prevention, and treatment. In low and middle-income countries, more than 75% of people with mental health problems do not

receive any treatment at all. Mental health promotion must be based on the identification of existing personal, social, environmental and cultural determinants to enable us to improve mental health outcomes. These interventions can be developed in different contexts, in groups or individually.

Mental health promotion and prevention programs should go beyond the health and social care sector and involve sectors such as education, work, the environment and housing. Currently, the main priorities focused on by the World Health Organisation in mental health promotion are children and young people, suicide prevention, and mental health promotion in the workplace.

When referring to mental health promotion, one intrinsic factor is mental health literacy. Mental health literacy is the knowledge and beliefs about mental disorders which aid their recognition, management, or prevention. It encompasses a number of components:



Mental health literacy is just the first step toward effective mental health promotion and an essential component for the overall improvement in the mental health of populations. If you are supporting someone with mental ill health please speak to us here at Care for the Carers and look to join our community. By involving yourself with our Mental Health Project you can increase your own Health Literacy and support those you care for. Tel [01323 738390](tel:01323738390).

A quote from one of the regular attendees:

"I always feel you and the team do a brilliant job supporting, advising and providing a wide range of activities, educational events and practical sessions. So... THANK YOU v much!"

# Swoove your way to better mental and physical health

As you may or may not know, 10th October marked **World Mental Health Day 2023**. It was an opportunity for people and communities to unite behind the theme 'Mental health is a universal human right'. The aim being to improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health as a universal human right. Everyone, whoever and wherever they are, has a right to the highest attainable standard of mental health.

Good mental health is vital to our overall health and wellbeing. Yet one in eight people globally are living with mental health conditions, which can impact their physical health, their wellbeing and how they connect with others. Here at Care for the Carers we are always on the search for new ways to improve mental health and wellbeing.

## How does physical activity improve my health?

There are lots of benefits to taking part in physical exercise. Not only will it help your mental health, but your physical health will improve too. Taking part in physical activity can...

- Make us fitter
- Help us to manage weight
- Build and strengthen muscle
- Keep our joints healthy
- Make us feel good about ourselves
- Help us to prevent physical health problems such as heart disease, type 2 diabetes, strokes, and some cancers

## How does physical activity affect my mental health?

Exercise is key for good mental health. When we exercise, we release natural hormones called 'endorphins'. These make us feel good and improve our mood. But there are lots of other ways exercise helps with our mental health such as better concentration, better sleep and feeling more motivated.

Any activity is better than none. You don't have to start lifting weights in the gym. NHS guidelines suggest doing 150 minutes of moderate exercise per week. You can break this up into 5 x 30-minute sessions, or 10 x 15-minute sessions. Moderate activity will raise your heart rate and break you into a sweat. But you should not be so breathless that you can't talk.

If you are looking for a fitness class with a difference then maybe Swoove is for you. We were delighted that carers were able to benefit from some Swoove sessions during Carers Week earlier this year.

## A word from Cat the organiser:

*"What to expect in class? The first ten minutes concentrates on warming up our voices and bodies. The main bulk of the class is back to back out of this world music that you just can't help but Swoove to! If you don't have the breath to sing, then you whoop as this takes less effort, but you still burn more calories than being silent! The moves are easy to follow...and if you go wrong just remember that laughing for 3 minutes burns more calories than running for a mile! There are no breaks in-between songs as this means your heart rate doesn't lower too much, however you can grab water whenever you like. The class concludes with a 10 minute cool down".*

If you are interested, please contact Cat at [cgb2903@hotmail.co.uk](mailto:cgb2903@hotmail.co.uk) or on [07843 947383](tel:07843947383).

But if this isn't for you, keep an eye out for our groups and activities as we have lots going on through the year. Call [01323 738390](tel:01323738390) or check out [www.cftc.org.uk](http://www.cftc.org.uk) for up to date info.







# STRESS!

## What is stress?

Stress is the body's reaction to feeling threatened or under pressure. When we are stressed, our body releases adrenaline, the "fight or flight" hormone which usually gives us a boost or motivates us. But too much stress can affect our mood, our body and our relationships. Experiencing long-term stress or severe stress can lead to feeling physical, mental and emotional exhaustion, or "burnout".

## Signs and symptoms of stress

Stress can affect our emotions and we may feel irritability, anger or tearfulness. You might feel worried, anxious or scared which can lead you to struggle to make decisions or feel overwhelmed. The physical symptoms of stress could include stomach problems, stress headaches and other pains including muscle pain, skin reactions like stress rashes and hives or lead you to feeling dizzy, sick or faint. It can also affect how much we might eat or exercise, our habits around drinking, smoking or taking other substances. Sometimes, stress causes high blood pressure and chest pains, however these symptoms should stop when your stress goes. If you have any symptoms that you are worried about, or feel you have more severe stress please see a GP.

## What causes stress?

The things that cause stress vary from person to person. The level of stress you are comfortable with may be higher or lower than that of others around you. Stressful feelings typically happen when we feel we do not have the resources to manage the challenges we face. Pressure at work, school or home, illness, or difficult or sudden life events can all lead to stress. Some possible causes of stress include:

- Our genes, upbringing and experiences as children or adults
- Personal problems like relationship issues
- Life changes, like moving house, having a baby or bereavement

- Money worries, housing issues or job problems
- Health issues, either for you or someone close to you
- Pregnancy and parenting
- Loneliness or feeling unsupported

## Some ways to try and tackle your own stress

**Try some positive thinking** - Positive thinking can help with stress relief, so take time to think about the good things in your life. Each day, list 3 things you're thankful for, however small.

**Talk to someone** - Trusted friends, family and colleagues, please do not hesitate to contact us here at Care for the Carers.

**Split up big tasks** - You might feel less stressed if you can take practical steps, such as breaking a task down into easier, more manageable chunks. And please try to give yourself credit when you finish a task. Be more active - Being active regularly can help you to burn off nervous energy, so it could be a way for you to deal with stress. Exercise might also help you manage or reduce stress.

**Plan ahead** - Planning ahead for upcoming stressful days or events – creating a to-do list, planning your journey and listing things you need to take – can really help to relieve stress.

Please speak to your GP or other health care professionals, or us here at Care for the Carers if you need to.



"If I start to feel stressed, but don't have much time, I find just stepping outside now and again, focussing on something natural, and breathing in some fresh air for just a few moments, can really help prevent things getting on top of me." Caroline Y, Carer.

## Wellbeing Tips

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

"With the colder weather coming in, it is useful to find ways to keep the person you care for warm if they are immobile, without having the heating on high all the time. There are heated blankets and gilets which cost the same as a light bulb to run.

Often it is the carer who is active and warmer, and the person they care for who struggles to stay warm enough. This is one of the more affordable ways of overcoming that problem." Louise R, Carer

"When I get time to relax I lay on my bed in a darkened room and listen to some Mind, Body, Soul relaxation music through my headphones, shut my eyes and just let the music wash over me. After a while I feel refreshed and ready to deal with anything." Amanda T, Carer.

"I take a nap for an hour every day in the late afternoon, when my husband doesn't need as much of my help. This keeps my sanity, gives me a tiny break and a reset. So that I am ready to face the evening". Carer attending a Carers Voices Network event.



# Events

## **New parent-carer support group at our Uckfield Local Centre**

PDA Sense are holding a monthly support group for parent carers. Facilitated by a trainer for the Pathological Demand Avoidance Society. Launched in November, the sessions take place every third Thursday, 1.30pm to 3pm. Just drop-in when you can. No need to book. [www.pdasociety.org.uk](http://www.pdasociety.org.uk)

## **Carer's O'Clock continues in 2024!**

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 lovely freshly cooked lunch! Community Wise, Eastbourne BN21 1PY on 15th January, 19th February and 18th March, and Victoria Pavilion, Uckfield TN22 5DJ on Tuesday 9th January Tuesday 13th February, Tuesday 12th March, all 10am to 3pm. To book visit [www.cultureshift.org.uk/carersoclock](http://www.cultureshift.org.uk/carersoclock), email [info@cultureshift.org.uk](mailto:info@cultureshift.org.uk) or call 030 300 39120.

## **New Carers Café at St Peter & St James Hospice**

A drop-in session for any carer over 18 who looks after an adult with a life-limiting illness. You do not need to be connected to the hospice to attend.

The café offers a chance to talk and share experiences, or get away from it all in the beautiful surroundings of the hospice. For carers in Haywards Heath, Burgess Hill, Uckfield, Lewes, Ringmer and surrounding villages. Drop in or contact Michelle Binks by email [contact@stpjhospice.org](mailto:contact@stpjhospice.org) or call 01444 471598. Every Thursday, 9.30am-1.30pm, North Common Road, North Chailey, Haywards Heath BN8 4ED

## **New WRAP course coming in January**

Are you a LGBTQ+ carer supporting someone in your life who relies on your help? Join Coastal Wellbeing for a course to support your wellbeing as you navigate your caring role. A new 6-week WRAP course will start on Monday 8th January, each Monday through to 12th February, 1pm to 4pm, Age Concern, The Venton Centre, Eastbourne. For more details and to book, please contact Molly on 07507 734 370 or [molly@coastalwellbeing.co.uk](mailto:molly@coastalwellbeing.co.uk) or visit [www.coastalwellbeing.co.uk](http://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](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.

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.

## Legacy Partnership **NEW!**

Tel: [07805 279360](tel:07805279360) Email: [mylegacysolution@gmail.com](mailto:mylegacysolution@gmail.com)

With over 20 years' experience, we provide friendly, efficient, and personal advice in all areas of estate planning in the comfort of your own home. We are pleased to advise those acting under a Power of Attorney and are trained in helping vulnerable clients and those with Dementia.

For those dealing with a bereavement we can provide a compassionate respectful probate assistance service. We are fully professionally indemnified. **Initial complimentary meeting and assessment. Minimum 20% off standard fees, OR, if arranging both types of Lasting Power of Attorney, you will get one of them free.**

## Hailsham Pavillion Theatre **NEW!**

Tel: [01323 841414](tel:01323841414) Email: [info@hailshampavilion.co.uk](mailto:info@hailshampavilion.co.uk)

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

The Hailsham Pavillion Theatre is a fully independent Cinema, Live Music Venue and Theatre, that combines a fully restored interior, with a programme and facilities which are right up to date. **Carers go free with cared for person or 10% off a ticket if carer attends alone.**

## Compendium Wealth **NEW!**

Tel: [07532 172572](tel:07532172572) Email: [compendiumservices@gmail.com](mailto:compendiumservices@gmail.com)

With over 40 years' experience, we provide friendly and efficient advice on all financial matters regarding personal protection, planning for retirement, investments and care fee asset protection as well as funding for care. We are specialists in helping vulnerable clients and their families or representatives. Our advisers are fully qualified and the firm is directly authorised with the Financial Conduct Authority (No. 946945). **Initial complimentary meeting and assessment. Minimum 33% off standard fees.**



## 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