

CareLine

The FREE magazine for unpaid carers in East Sussex



In this issue:

- Local Carers Centres
- Spring recipe
- Young Carers
- Triangle of Care
- Carer support in hospital



Care for the Carers

Telephone: 01323 738390 Email: info@cftc.org.uk
Text: 07860 077300 Visit: cftc.org.uk



Over 300 carers accessing the local centres

Care for the Carers' local centres in Hastings and Uckfield are making a real difference to the lives of carers, providing visible and localised services, helping to reach more hidden carers and raising awareness of the role of carers and unpaid caring in their communities.

We are in Uckfield at the Victoria Pavilion, where we are co-located with **Sussex Support Service** and at the **Isabel Blackman Centre**, a leisure and wellbeing centre for the over 50s, in Hastings Old Town. We offer a vibrant programme of activities and support to various groups of carers, so that no one is left to care alone.

A carer recently shared what the Uckfield centre means to her:

"The Victoria Pavilion has become like a second home to me! There is so much going on here for us, carers. I come to the Carers O' Clock arts group, carers group and Amaze group for parent carers. I feel so fortunate that there is so much going on in Uckfield to meet my needs as a carer".

A carer from Hastings told us of her time at the Isabel Blackman Centre:

"I have been able to do classes I used to do many years ago and loved. Before I started I was in a lot of pain in my knees. Now it is rare and I feel energized. I have made friends and had many snacks and some meals in the lovely café".

New services for 2024 in Uckfield include a group to support carers of people with dementia and free adult learning courses for carers, from the **Adult College for Rural East Sussex** (ACRES).

In Hastings, we currently have 30 **FREE** Carers Wellbeing and Activity Passes available for carers over 50 living in Hastings and surrounding areas, which give full access to the gym and all of the classes on offer, for six months (IBC Active memberships). Contact Mark Townsend for more information on marktownsend@cftc.org.uk or call our main line on [01323 738390](tel:01323738390).



Contents

Local carers centres	2
News in Brief	4
Recipe for spring	5
Resources for bereaved carers	6-7
Focus on Young Carers	8-9
Book giveaway	10
Triangle of Care	11
Postnatal depression and perinatal mental health	12
Carer support in hospital	13
AGM review	14
Events	15

Do you have a few hours to spare?

We are looking for volunteers! A variety of roles are available, from home and in the community, including volunteering with a new Young Carers group in Bexhill which we are launching in April. Training is provided, plus ongoing support and opportunities to meet with other volunteers.

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

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

Large front cover image provided by Diversity Resource International
Small image provided by Care for the Carers.

Welcome to this edition of CareLine

Welcome to the spring issue of Careline, the magazine for everyone who cares for a relative, friend or neighbour in East Sussex who couldn't manage without your help



Jennifer Twist

After another tough winter it is lovely to see signs of spring coming through. With this in mind you'll find another lovely recipe from Robin at Community Chef on page 5.

We are pleased to be able to tell you about our new offer of **support for bereaved carers** (page 6 and 7). The focus then turns to **Young Carers** and **Young Carers Action Day** coming up on 13 March (pages 8 and 9). This year's theme is '**Fair Futures for Young Carers**'. You can find out how you can support the campaign on our website, www.cftc.org.uk/ycad23.

On pages 10 to 12 we hear again from James, from our mental health project, with a great **book giveaway** (get in quick!), a guide to the **Triangle of Care**, and **help for new parents** who may be struggling. Also in this issue, we tell you about the **support available to you if the person you care for is in hospital** (page 13). We encourage all carers to make the most of this support if you are in this situation.

We hope you'll find the issue interesting and of some help. If you have any suggestions for future issues of Careline we'd love to hear from you, and as ever, do get in touch 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

Carers voices heard by local MPs

We have received a very warm response to the 'Caring Out Loud – East Sussex Carers Voices 2023 Report', which we published on Carers Rights Day in 2023. As a result, we were invited to meet with two local MPs – Sally-Ann Hart (Hastings and Rye) and Caroline Ansell (Eastbourne), both of whom are members of the All Party Parliamentary Group for Carers (APPG). We have highlighted the key challenges local carers are facing.



These include tremendous difficulties accessing health care appointments, challenges navigating complex social care and health systems (which don't seem to work together for carers), feeling more than ever at the point of burnout and continuing to experience a lack of recognition as carers - equally in the healthcare system and financially.

Both MPs are keen to champion carers' issues and responded positively to working with us and carers to raise awareness with their local communities, in Parliament and with the Government. If you'd like to be involved in our work with MPs, please get in touch at info@cftc.org.uk or call [01323 738390](tel:01323738390).

East Sussex College ESports student fundraiser

Students on the Esports course at East Sussex College created and ran a gaming fundraiser on Thursday 22nd February. They raised funds through an Overwatch 2 online tournament, where spectators could donate for them to play the game in an 'Over the Top' way. Each donation meant a player was chosen to take on a challenge including, playing with gloves, sitting on the floor, fingers taped together, and a bucket on their heads! It was great fun and we are very grateful to all the students and staff at East Sussex College, and all those who played or donated.



Working carers celebrated



In a superb keynote speech at the Winter Members Meeting of the Uckfield Chamber of Commerce, Juliet Andrew-Orji, from Carers UK, told a packed room of 65 local businesses about the Employers for Carers scheme. It is estimated that 5 million people juggle work and care in the UK – that is equivalent to 1 in 7 employees in every workplace. Juliet spoke passionately about how recruiting and retaining carers makes financial and business sense for everyone.

Small and medium sized businesses can receive a FREE Employers for Carers membership with access to toolkits, templates and resources by registering at www.efcdigital.org and using the code EFC3723.



GRIDDLED PURPLE SPROUTING BROCCOLI WITH TAHINI DRESSING

Robin Van Creveld, founder of Community Chef, shares one of his favourites with us. "Here's one of my favourite spring recipes. It's for me always an indication that winter is nearly done and the spring is knocking on the door."

Sprouting broccoli is in season at the end of the winter and the beginning of spring. It is packed with flavour and is a good source of vitamin C and folic acid which can help protect against heart disease and strokes. Walnuts are an excellent source of protein and essential fats. Tahini is a sesame paste. It's rich and flavoursome and a great source of calcium.

500g purple sprouted broccoli, trimmed
1 tbsp sunflower oil
4 cloves of garlic, chopped
1 lemon, juice and zest
100g walnuts
Parmesan cheese
Salt and pepper

Method

1. Trim the ends off the stalks of the broccoli. Mix the garlic, lemon juice and zest, the oil and a good amount of salt and pepper. Mix this with the broccoli and leave to marinade for 30 minutes.
2. Preheat a griddle pan or heavy frying pan over a medium-high heat. When it is up to temperature, start to cook the broccoli in batches for about 4 minutes per batch. You don't want to overcrowd the griddle. You are aiming for the broccoli to be firm to the bite and charring on the edges.
3. In a dry pan, toast the walnuts until they start to crisp up and darken.
4. Make up the tahini dressing and grate some parmesan.
5. Mix the broccoli with the walnuts. Top with the tahini dressing and slivers of parmesan.

For the tahini dressing: mix together 2 tbsp tahini, 2 tbsp water, the juice of 1 lemon, one or more cloves of garlic, pureed and salt to taste. If using thicker tahini, you may want to add more water.

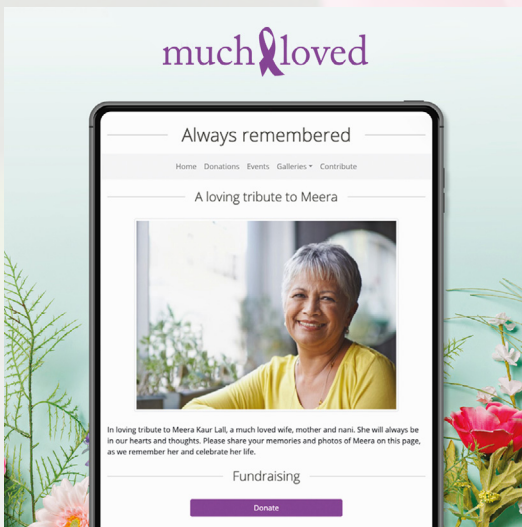
New resources for bereaved carers



Talking to someone about how you're feeling, or just talking about the person you have lost, can be helpful to some people.

We now partner with an organisation called GriefChat to offer free online bereavement counselling. GriefChat provides emotional support, access to trained bereavement counsellors and referrals into other specialist bereavement services. It is available Monday to Friday, 9am-9pm (except bank holidays). More information can be found on our website at www.cftc.org.uk/griefchat

Some people find that remembering the person they have lost and celebrating their life can help with the bereavement process. Setting up an online tribute page can be one way to do this. Through these special and personal tribute pages you can share stories, videos, photos, add virtual gifts and fundraise if you choose to. You can set up a tribute page free of charge, via our website at www.cftc.org.uk/inmemory or contact Amy by email amyh@cftc.org.uk, or by phone on [01323 738390](tel:01323738390) for more information or support.



Please remember that you can still ask for support from us for up to two years after the loss of someone you care for - this includes all our groups, activities and direct support. Care for the Carers is still here for you, if and when you need us.

If you'd like to share some thoughts or a photo of a loved one, you can do so on the Dedication page.

Remember Someone Special

This is your online space to remember someone special. Feel free to add your dedication with a message and optional photo

Add your Dedication

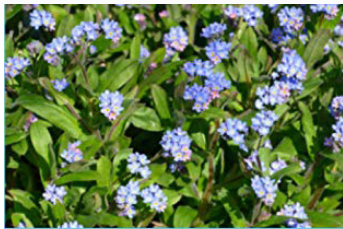


Book review of 'The Plain Guide to Grief'

by Dr John Wilson (Self-published, 2020)

Review by Richard Pettitt, Carer Support Worker, Mental Health Project

Before I read this book I assumed that it would be about how to get over the death of a loved one. Perhaps a step-by-step guide to help someone who is bereaved to process their feelings and move on. In fact, *The Plain Guide to Grief* is about grief in its many forms. Grief for a loved one who has died, yes, but also for pets who have died, careers that have been lost, partners who have left, and lives that have been irreversibly changed by illness and disability.



Dr John Wilson

The Plain Guide to Grief

It's not about moving on as such, and certainly not about letting go. It's about understanding the natural process of grief, riding its waves, progressing at your own pace, and gradually reaching a point at which you think and talk about the person or aspect of your life that you have lost with peace rather than pain. It can be the start of a new relationship with your loved one.

The book is written by Dr John Wilson, Director of Bereavement Services at York St. John University Counselling and Mental Health Centre, and formerly of Saint Catherine's Hospice in Scarborough. Drawing on conversations with thousands of bereaved clients, from over twenty years working as a bereavement counsellor, and on research by experts, Dr Wilson shares what he has learned in a surprisingly slim, easy-to-read book.

The book is easy to read because the language is plain English, the sentences are short, and the typeface is large. Plus the chapters are broken down into sections, and the sections are listed at the beginning of each chapter. This means you can quickly identify a topic you need help with, and go straight to it, rather than read the whole book from cover to cover.

The first few chapters cover the first year or more after a loss, when grief is usually at its most painful, before tackling grief that has been delayed or complicated. Chapter 5 addresses bereavement during the Covid-19 pandemic, which at the time of writing (2020) was at its height, and it makes for an enlightening and heart-breaking read. Subsequent chapters deal with the loss of health, pets, employment, relationships and a sense of purpose or meaning. Finally, the book wraps up with a chapter summarising theories that have been mentioned throughout.

As you might expect from a book written by a counsellor, there are several nods to the benefits of having counselling, and helpful advice on how to find a suitable counsellor for your needs.

One huge strain that a life limiting illness can put on a spousal relationship, is the way the relationship changes as the illness progresses. The couple may change from lovers to carer and patient. Couples grieve for this loss. (page 131)

Grief is best shared. Trust those you love, and they will find it easier to trust you. Counselling can help you to learn how to share your grief with those around you. (page 71)



The Young Carers Service

Care for the Carers' Young Carers Service has been running for almost three years and has gone from strength to strength, now with over 300 young carers registered.

Taking a Break

The service provides respite activities for all young carers across East Sussex from the age of five upwards.

Rosie Lowman, Service Manager tells us, "Our clubs and activities give young carers a chance to have a break, relax and just have fun. Young carers carry a lot of responsibility on their shoulders so it's essential they get a chance to let off steam and just be a kid for a while. Friendships blossom and it's great to see how they support each other. It is so important for them to know they are not alone in their situation."

This is backed up by the young carers – 92% said the service has helped them make friends and 88% said it's helped them manage their caring role. 91% gave the service 4 or 5 stars! Rosie continues, "It's a privilege to work with these children and young people. They do an incredible job and are a joy to be around. It makes my job very easy and a lot of fun."

Monthly youth clubs for ages 8 and up are held in Eastbourne and in Uckfield and a new club will be opening in Bexhill in April. Clubs include fun activities, cooking, games, arts and crafts, with transport provided for all the young carers.

Weekly activities run during the school holidays, with a range of outings decided with the young carers. The annual theme park trip is the most popular. One young carer told us, "My brother would struggle with the travel and the queues so we don't go," and was delighted to have the chance to go for the first time with the Young Carers Service.



With no school, and many services only running in term time these holiday activities are an important source of support. Last summer, with funding from Crane Garden Buildings, 49 young carers took part in activities including Chessington World of Adventures, Drusillas Park, water sports at Cuckmere Haven and gardening and cooking workshops. At Christmas, 40 young carers enjoyed Christmas lunch or breakfast with Santa, with a cuddly toy gift, thanks to Waitrose Lewes. One young carer said the best bit was "meeting other young carers in a similar situation as me. The adults who run it are lovely and helped me settle in as it was my first day out."

Want to support the Young Carers Service?

The Young Carers Service is always looking for volunteers to help out at the monthly youth clubs and for outings and activities. It is a great opportunity if you want to develop your skills working with young people or just to make a difference. We would love to hear from you. Applications would be particularly welcomed from anyone who can help diversify our volunteer team or bring some sports or physical activities skills. Contact our Volunteer Coordinator at nicolam@cftc.org.uk.

Young Carers Action Day

Young Carers Action Day takes place on 13 March, and Care for the Carers are working to raise awareness of young carers across the county. There are an estimated 15,000 young carers across East Sussex who help look after a family member or friend who is ill, disabled or misuses drugs or alcohol.

Young Carers Action Day is an annual, national event organised by Carers Trust to raise awareness of the pressures placed on so many young people. This year's theme is 'Fair Futures for Young Carers', highlighting how young and young adult carers are significantly less likely to undertake higher education or enter employment than their peers without a caring responsibility.

Here in East Sussex, the School Census 2023 found that schools had only identified 232 young carers and the Census only identified 1305 – both falling very short of the estimated 15,000 across the county. From these figures it is clear that all those in touch with children and young people need to work together to improve identification, recognition and support to young carers in East Sussex.

To begin the conversation, Care for the Carers are hosting two events:

Wednesday 13th March, 10am – 3pm: Meet the Young Carers Service at Gather, The Beacon, Eastbourne.

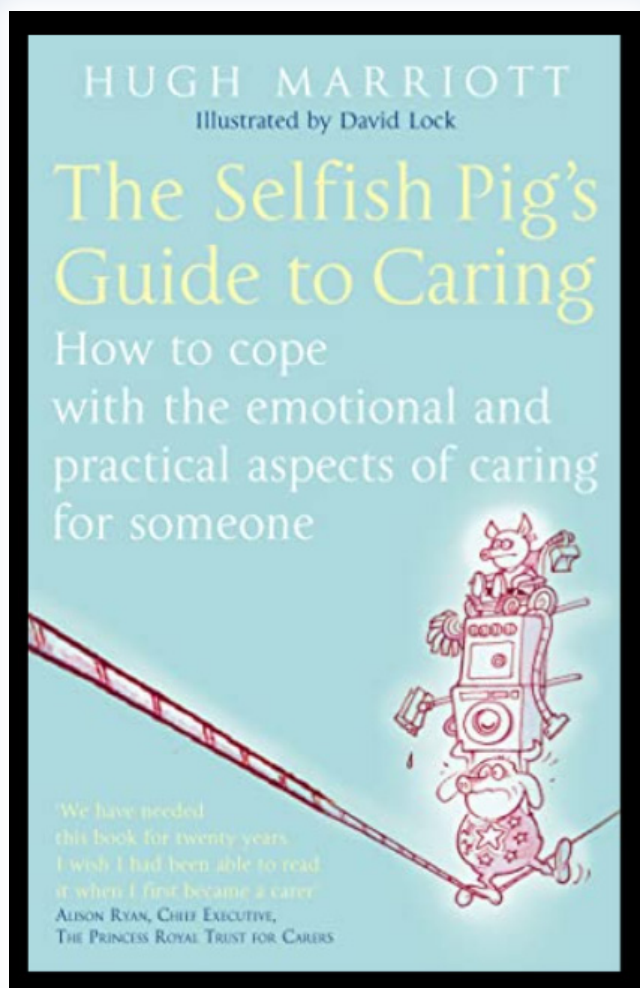
Come and learn more about what the Young Carers Service does and meet the team. We will be showing the short film 'Bursting the Bubble', made in partnership with Culture Shift, featuring local young carers. Pop in and say hello!



Thursday 14th March, 2pm – 5.30pm: Learn, Discuss, Do – a Workshop for Professionals, Practitioners and the Community, The View Hotel, Eastbourne.

We are delighted to have Andy McGowan, Policy and Practice Manager at Carers Trust, joining us to talk about the national picture and recent developments for young carers. Young carers and young adult carers will be hosting group sessions and we will be asking attendees to make a pledge on how they can support making East Sussex 'young carer friendly'.





Continuing with our mental health project at Care for the Carers we have a quarterly book giveaway as a resource to help in your caring role. This time we have the amazing book 'The Selfish Pig's Guide to Caring'.

Brilliantly written by Hugh Marriott and illustrated by David Lock, we hope it will help you in whatever way possible (and make you laugh along the way). We have 15 books to give away to readers of Careline, on a first come first served basis, so be quick!

Contact James Baker on [01323 738390](tel:01323738390) ext. 301 or [07874 885016](tel:07874885016), or by email at jamesb@cftc.org.uk

Synopsis:

Five million people in the UK, often unnoticed by the rest of us, provide unpaid care for disabled or elderly relatives, friends, or neighbours.

Their job can be long, lonely, and hard, yet there is limited support and no formal training. As a result, carers suffer frequent damage to physical and mental health. Oddly, though carers by definition are anything but 'selfish pigs', they are liable to feelings of guilt, probably brought on by fatigue and isolation.

So Hugh Marriott has written this book for them - and also for the rest of us who don't know what being a carer is all about. His aim is to bring into the open everything he wishes he'd been told when he first became a carer. And he does. The book airs such topics as sex, thoughts of murder, and dealing with the responses of friends and officials who fail to understand. This is a must-read for anyone involved with caring.

Reviews:

'A splendid new book for carers.'
--The Times

'The reaction from readers of the book has been amazing.'
--Take Care

'We have needed this book for 20 years. I wish I had been able to read it when I first became a carer'
--Anon

What is the Triangle of Care?

The Triangle of Care is a therapeutic alliance between carers, service users and health professionals. It aims to promote safety and recovery and to sustain mental wellbeing by including and supporting carers.

Care for the Carers attends local area meetings (Eastbourne, High Weald, Lewes and Havens) and countywide meetings as well as the national ones. These meetings are an opportunity to feedback all things carer and to keep up to date with what is happening within the Sussex Partnership.

There are over 5 million unpaid carers in the UK with many carers supporting someone with a mental health condition. Carers can provide vital insight into the treatment and conditions of those they care for. Carers Trust's Triangle of Care Partnership plans to harness that knowledge in an Alliance between unpaid carers, those receiving care, service providers and mental health professionals.

The Triangle of Care is based on six principles which health and care providers can use to include and support unpaid carers, staff and those receiving care.

- Carers and the essential role they play are identified at first contact, or as soon as possible thereafter.
- Staff are 'carer aware' and trained in carer engagement strategies.
- Policy and practice protocols re: confidentiality and sharing information are in place.
- Defined staff post(s) responsible for carers are in place.
- A carer introduction to the service is available, with a relevant range of information across the care pathway.
- A range of carer support services is available.

We have a number of Sussex Partnerships Triangle of Care 'padlets' available (this is a credit card size folded info sheet). If you are interested in receiving one, please let us know and we will send it to you by post. Please contact James Baker on [01323 738390](tel:01323738390) ext. 301 or Mob [078748 85016](tel:07874885016), or by email at jamesb@cftc.org.uk

The padlets have proven successful across mental health services and are an easy pick up and read item, with a wealth of information at your fingertips when you might need it.

If you want to get involved with the Triangle of Care as an expert by experience, please contact us and we can support you to make contact with your local area coordinator. This is a great opportunity to work with services to shape and make real lasting change.



Postnatal depression and perinatal mental health

Becoming a new parent can be one of the most stressful periods of our lives and so much can change.

There might come a time when you as family or a friend want to support someone experiencing a perinatal mental health problem.

It might feel upsetting and frustrating if someone close to you is experiencing difficulties, but it's important not to blame them for how they are feeling.

There are lots of resources available and if the person you are supporting is in a period of crisis, then please ask them to see their GP or contact Sussex Partnerships Perinatal Team based at Hellingly - phone [0300 304 0212](tel:03003040212).

Below is some simple and practical advice from MIND about things you might want to try.

Some people who experience perinatal mental health problems might not want to ask for help. This may be out of fear that they are judged or because they worry that their baby could be taken away. You may want to reassure them that very many people have these experiences.

Make time for them. You might want to offer to help your friend or family member, but worry that this is intruding on their private time. Or you may worry that they don't feel able to ask for your support.

But it's always worth offering to help. Offer to spend casual time with them. Just having some company while getting on with daily tasks and looking after their baby can help them feel less isolated.

Make time to keep in touch. If your friend or family member is struggling with their mental health, it can make a big difference if they feel that you're thinking of them and want to spend time together.

Suggest activities that you used to do together. Becoming a parent can make some people feel as if they're losing touch with their previous identities.

Offer to go to parent-child groups or activities together. Support them to get help. Your friend or family member might feel daunted about asking for help with their mental health or with parenting.

Or maybe offer to help them arrange a doctor's appointment. Help them research different options for support, this could include peer support groups or parenting groups. Every little helps.



Carers support in hospital



Hospitals can be a confusing and anxiety provoking environment and 7 out of 10 carers start their caring journey in an NHS hospital setting. It is crucial that carers who are willing and able to maintain or take on additional caring responsibilities, are recognised as “experts by experience”, and that the wealth of knowledge they possess about the patient in the hospital is often key to promoting a safe and successful journey to discharge and recovery.

We know from our Carers Voices work that all too often carers can feel invisible and ignored in the busy hospital environment.

UK wide the NHS is taking steps to address this. In East Sussex, we now have dedicated hospital support workers working within the Conquest hospital in Hastings, offering

direct support to carers from admission to discharge. We also provide training to hospital staff to raise awareness of the multi-faceted and often challenging role many carers have, and help staff understand how to identify and support carers in ways that play a positive role in patients’ recovery.

We know that carers want to be **identified, recognised, supported and involved**, and with this underpinning our work within the hospital, we aim to provide holistic support, including:

- Information, advice and liaison with hospital staff throughout the hospital stay to ensure carers feel safe and confident to provide care upon discharge from hospital, and that the home environment is adequately safe and equipped.
- Support with liaising with professionals from all settings, including Adult Social Care
- Support for carers who themselves are in-patients.
- Support to access appropriate benefits for both carer and the person you care for, and relevant grants for carers.
- Access to Carers Assessments, CRESS emergency respite planning and Carers Card.
- Support to access services in the community, beyond the hospital discharge.
- Access to our dedicated Time to Talk carers counselling service if appropriate.

Any carers who feel in need of support in the hospital setting can ask hospital staff to refer them into our service, or contact us directly on [01323 738390](tel:01323738390).

On 22 November 2023, we welcomed Care for the Carers members and guests to our Annual General Meeting.

On 22 November 2023, we welcomed Care for the Carers members and guests to our Annual General Meeting. Holding the event in our new office space in Lewes, allowed us the chance to display photos from the 'Seeing Carers: a carers' photography project' exhibition. Find these wonderful images in the accompanying book at www.cftc.org.uk/seeing-carers



The AGM is a welcome chance to review the year, highlight the ongoing need for support, the challenges ahead and what we hope to do in the coming year.

2022-23 saw the number of carers accessing our services grow to over 10,100. We recognised that caring can be tough, stressful and isolating, and all against the backdrop of the cost of living crisis and a hugely stretched health and social care system.

We are proud to be making a difference with and for local carers. A few highlights from the year:

- Summer 2022 saw the formal opening of our two new local carers centres in Uckfield and Hastings. Both provide direct support, carers groups, counselling and activities. We work with local partners to deliver a range of services for carers, and we look forward to seeing the centres grow.

- Our wonderful Carers in Touch volunteers supported 164 carers with more than 1,300 calls. Please contact us if you would like to join this amazing volunteer team.
- Support for young carers continues to grow. You can read more about this on page 8
- 2,555 carers signed up to receive the popular Carers Card. Please get in touch if you don't have one!

One of the highlights of the AGM is the chance to recognise volunteers, carers, our staff and partners in the form of special awards. This year's awards:

- Volunteer Awards went to Mandy Da Silva (our longest-serving volunteer), Charlotte Philips, Alessandra Murray and Pam (volunteer counsellors).
- Lifetime Achievement Award went to local carer, Linda Seddon, who has been involved with Care for the Carers for 10 years, taking an active part in Carers Voices work.
- An Exceptional Partnership Award was given to Margaret Dode-Angel and Sussex Support Services for all their work supporting carers and the local carers centre in Uckfield.



Thank you to everyone who supported our work in the past year by giving your time, a donation, or spreading the word.

If you are interested in becoming a member of Care for the Carers, please get in touch at info@cftc.org.uk or call [01323 732390](tel:01323732390).



Events

Walk and Talk this spring

Would you like to get out in the spring air for a few hours? Join one of our leisurely walks around scenic spots of East Sussex and enjoy a hot drink.

Walks are gentle, and you can take in the scenery and chat to other carers. A free hot drink is included. Joining the walks is free and all carers are welcome (you can join more than one if you wish), but do we do ask that you book a place in advance. Upcoming walks are...

15 March, Seaford Seafront

21 March, Rye Harbour

22 March, Crowborough Country Park

To book a place please contact Hannah at info@cftc.org.uk or on [01323 738390](tel:01323738390).

Memory Lane Eastbourne

A warm welcome awaits at Memory Lane for people with dementia and their carers. Memory Lane run various regular groups: cinema, singing and games (Wednesday afternoons), indoor bowling (Friday afternoons) and Saturday Club (morning), plus one-off events and outings. For more information, please contact Deb on [07393 834498](tel:07393834498) or by email at memorylane.eastbourne@gmail.com
Website: www.memorylaneeastbourne.co.uk

Virtual Village Hall

Have you heard about the Virtual Village Hall from The Royal Voluntary Service?

The Virtual Village Hall is an online activity hub and community, designed to help people stay physically and mentally active, connected and having fun.

Sessions are led by expert tutors (and some well-known faces), and require very little space or equipment. You'll find over 1400 sessions available to take part in, like creative arts and crafts, music and singing, cooking and baking, dance and exercise, and technology skills. Join in with live sessions or catch up on demand later at a time that suits you. Visit www.virtualvillagehall.royalvoluntaryservice.org.uk

Young Carers Action Day at Gather

We will be at Gather in the Beacon Centre in Eastbourne on Wednesday 13 March for Young Carers Action Day. Come along and say hello.

The East Sussex Carers Card

The card has three functions:

- Identifies you as a carer in an emergency
- Emergency respite plan
- A discount card

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

www.cftc.org.uk/carerscard 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.

Lewes Football Club **NEW!**

Email: info@lewesfc.com

Website: www.lewesfc.com

Head to The Dripping Pan for a Lewes Football Club match and the person you care for can **enter for free**, when you show your Carers Card. You can buy a single ticket online in advance, or if you are coming to a match on your own, you can book online at the concession rate.



Brewers Decorators Warehouse

Website: www.brewers.co.uk

See www.brewers.co.uk/stores to find details of local stores in Eastbourne, Bexhill, Hailsham, Hastings and Seaford

Discount on paint and wallpaper with your carers card, just mention CARE112. Show your carers card in over 180 Brewers stores to get your discount.

ACRES Adult Learning **NEW!**

Tel: **01825 761820**

Email: adultlearning@acres.org.uk

Website: www.acreslearning.co.uk

ACRES offers face to face, online and weekend high quality learning opportunities. Small, friendly classes are delivered by a team of experienced, talented and professional tutors – some of which are FREE.

What are you waiting for? Enrol now and LET TODAY BE THE START OF SOMETHING NEW! **10% discount on all mainstream courses** offered in the current course brochure.



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 £2 at the Conquest Hospital, Hastings, and Eastbourne District General Hospital by showing your Carers Card.



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 _____
- I don't wish to receive Careline anymore
- Send me the **After Caring** information