



## In this issue:

- Tech Tools for carers
- Making Carers Count
- Taking a break
- Recognising self-neglect
- Plus more!



## Celebrating Carers Week, June 2024

**This year we once again celebrated carers, carers voices and their lives, as part of the national Carers Week campaign.**

The Carers Week highlights included hosting East Sussex Carers Voices Conference on 11th June. We welcomed 136 delegates, making it one of the largest voluntary sector conferences in East Sussex, with a significant proportion of people attending being in caring roles. Delegates listened to carers stories and questioned a panel of NHS and Adult Social Care managers, took part in discussions and topical workshops, as well as attending an Advice Fair. We received lots of positive comments, with carers buzzing when leaving the day.



"This was my first event and the group of people I met were all supportive and helpful. I have learnt a lot. Brilliant event."  
[Carer]

"Being with other carers, having conversations and sharing experiences has been the best thing for me." [Carer]

"The event had a well organised space for networking and learning resources for carers. Great discussion on how to make a change was the best thing about the event."  
[Professional]



Carers views and experiences captured on the day will be included in the 2024 East Sussex Carers Voices Report which will be launched on Carers Rights Day in November.



Carers Week also saw us meet over 60 people at our local carers centre in Uckfield at the wellbeing and celebration event on Saturday 16th June. Over 30 carers, ten from local diverse communities, as well as local organisations and supporters joined us throughout the day. Deputy Mayor of Uckfield opened the event presenting Sussex Support Service with the Carer Friendly Award and met with many carers and partners. All joined in with fun and relaxing workshops and shared fantastic food.



*"Lovely event - thank you all."* 

*"A truly well organised day for us.  
Thank you so much"*

The **Annual Carers Voices Survey** was launched during Carers Week which gathered over 100 replies in the first two weeks, exceeding any previous years.

We hosted three **social and wellbeing activities** attended by 28 carers, and five **information stands** in the local shopping centre in Eastbourne, Information Hub in Hastings, Eastbourne and Uckfield Hospitals and Leisure Centre in Lewes District, where we met over 600 people and provided information to 50 carers.

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## We need to hear from you - shape the future of Careline

Would you like to help us to improve Careline? We will be hosting a focus group in the coming months and would like to find out what you think of the magazine.

If you are a regular Careline reader and would be interested in being involved in the focus group, please email our Communications Officer at [callie@cftc.org.uk](mailto:callie@cftc.org.uk) or call [01323 738390](tel:01323738390).



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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 in East Sussex who cares for a relative, friend or neighbour who couldn't manage without your help.

I hope that you have been able to enjoy some of the warm weather over the summer, and maybe caught up with some of the action in the Olympics! It was great to once again meet so many carers during Carers Week in June. It was a busy week, packed with events and chances to celebrate with local carers and our partners.



Jennifer Twist

I was humbled by hearing your experiences of caring, which you shared with us and many decision makers at the Annual Carers Voices Conference and through the Annual Carers Survey. We will be using what we have heard from you to shape Care for the Carers' services, as well as sharing it with the NHS, Social Care, newly elected MPs and partners in the voluntary sector. You can read more about this on pages 2 and 9.

This autumn, we are joined by Association of Carers on page 5, where they tell us about Tech Tools (apps and devices) that could be helpful in your caring role. We look back at the last two years of the Making Carers Count project on page 6. On page 7 you will find the Carers Guide to Self-Care. Please do read this and get in touch with us if you need help to take a break.

An important topic is covered on page 10 - recognising self-neglect, and the role that carers can play in helping to identify anyone who may be at risk. Once again, I urge you to read this, and please do get in touch with us if you think this is affecting you or someone you know.

We'd love to know what you think of Careline, so please do let us know. We are here if you need any support in your caring role. Please don't be afraid to pick up the phone - [01323 738390](tel:01323738390). We are here so that no one is left to care alone. I hope you find the Autumn Careline helpful and enjoyable to read.

Best wishes,

**Jennifer Twist, Chief Executive**

### Eastbourne Pride

Along with hundreds of people there to have a great time, Care for the Carers joined other local charities at Eastbourne Pride at Princes Park in Eastbourne on Saturday 20th July, to raise awareness of the support available for local carers. Mark Townsend from the Communities Team was involved in the Eastbourne Pride parade and the information stand. "A huge thank you everyone - carers, our supporters, staff members, family and friends, who joined us for the parade and came to chat to us or play a family game at our stand. We got to meet lots of people, including the new local MP, Josh Babarinde OBE, who visited us to hear more about our work in supporting carers. It was a delight to share in this celebration of our LGBTQ+ community and to meet so many new people at Pride."



### AGM Save the Date

On behalf of the Board of Trustees, we are delighted to announce that the 2024 Annual General Meeting of Care for the Carers will be held at Ashburnham Place, Battle on Tuesday 26th November 2024 from 1.30pm-4pm.

More information will be on our website soon at [www.cftc.org.uk](http://www.cftc.org.uk)



### Working with local MPs

This year's General Election provided a great opportunity to raise the profile of carers nationally and locally. We wrote to every candidate in the seven constituencies in East Sussex and engaged in conversation with many of them. We spoke about how carers are filling in the massive gaps in health and care and how without carers, our health and care system would collapse. We also highlighted how many people are in a caring role in our local communities.

We worked with our national partner, Carers Trust, and called on all the candidates to pledge to become Carer Champions in the next Parliament. Seeking commitment to work with local carer organisations to ensure carers get the support they need. The pledge called on the future MPs to ensure carers have a voice in Westminster; carers' health, wellbeing and life chances are protected; and that carers have a life alongside caring.

Over the summer and autumn, we are meeting with the newly elected MPs to help them act on this pledge.

If you are interested in being involved in our work with the local MPs, please call or e-mail us, so that we can contact you directly.

# TECH TOOLS FOR CARERS: APPS AND DEVICES FOR HOME-BASED SUPPORT

A guest article from Association of Carers

Being a carer is a demanding but rewarding role. Technology can offer a helping hand! The apps and devices below could be invaluable in assisting you in your caring role.



## Apps



**Ringo** - This app allows users to pay for parking in car parks. You can quickly pay from your phone, eliminating the need to search for meters, feed coins, or risk parking tickets. You can extend your parking session remotely if needed, which is helpful when appointments run over.



**NHS Online** - This app allows users to manage appointments, read doctors notes, and request prescriptions. You can check symptoms with the online 111 feature. The app also provides access to a variety of NHS resources, e.g. information on health conditions and healthy living advice.

## Devices

**Lifeline** - Lifeline devices typically feature a wearable button that when pressed, connects the user to a 24/7 monitoring centre staffed by trained professionals who can dispatch emergency services if needed. Knowing the person you care for has access to immediate help in case of an emergency can help reduce stress and anxiety.

**Amazon Alexa** - This is a virtual assistant controlled by voice commands on a variety of Amazon devices. Alexa can be used to set reminders for medication and appointments. Video calls can be made through Alexa devices with screens, like the Echo Show, which can help you stay connected with those you care for remotely. Alexa can be used to control smart home devices like lights, thermostats, and blinds, allowing those requiring care to maintain independence by controlling their environment with simple voice commands.



**Ring Devices** - This company makes camera doorbells and indoor security devices. You can see who is at the door from your smartphone or tablet using the Ring doorbell's live video feed. You can check on the person you care for remotely if there are cameras in the house and have a two-way conversation with some devices. Some Ring doorbell models offer motion-activated recording, which can be helpful for keeping track of the activities of the person you care for, helping to ensure they are safe.

**GPS Trackers** - For individuals prone to wandering, a GPS tracker worn discreetly can provide real-time location information, offering reassurance and helping locate them if lost.

At Association of Carers, we offer FREE technology support and can assist you with any of the apps or devices mentioned. We have experience in setting these apps and devices up for carers in their home and can refer you to organisations that have more information on technological assistance. To find out more, contact us on [01424 722309](tel:01424722309), [info@associationofcarers.org.uk](mailto:info@associationofcarers.org.uk) or [www.associationofcarers.org.uk](http://www.associationofcarers.org.uk)

# Supporting carers from diverse communities

There is now much needed support in place for carers from ethnically and culturally diverse communities across East Sussex, thanks to the Making Carers Count project.

Care for the Carers worked to undertake research, produce effective materials and to deliver different activities to carers who, because of their ethnic or cultural background, find it more difficult to engage with carer organisations.

## What has been achieved in East Sussex?

- One-to-one support for carers, delivered with cultural sensitivity so carers can understand what support options are available for their caring roles.
- A Sussex Directory which can signpost carers and professionals working with them towards support organisations, faith groups, services and gatherings where people from the same or different cultures can peer-to-peer share their experiences or access additional culturally relevant support.
- Local carer awareness events and activities in collaboration with local community partners, helped to make more people aware of the support available. Work with these partners is ongoing, providing support to more carers from diverse backgrounds.
- Carer events and activities were held, allowing carers some respite from their caring responsibilities to connect with others facing similar situations. We engaged carers in co-producing the events, making them more inclusive and culturally appropriate.
- A Sussex Carers Reference Group of carers from diverse backgrounds gave their crucial expert-by-experience input into an online Carer Awareness Training package aimed at health professionals and Adult Social Care workers. This training gives

professionals a much better understanding of the challenges that carers from diverse communities face in addition to those of white British carers.

Making Carers Count, as a project, completed in March 2024, but the progress made is lasting, and Care for the Carers is committed to ensuring that its work is inclusive and supportive of people who are unpaid carers from all ethnic and culturally diverse backgrounds.

Please feel free to call us to find out more, on [01323 738390](tel:01323738390) or email [info@cftc.org.uk](mailto:info@cftc.org.uk)



# The Carers Guide to Self-Care:

## Why Taking a Break is Essential

Caring for someone is a selfless role, filled with dedication and countless sacrifices. The responsibilities of caring for a family member or a friend can often lead to neglecting your own wellbeing.



It can be hard to take the first step into taking a break, feeling like you don't deserve it, the person you are supporting won't like it and many other reasons. Remember that looking after yourself is the first step to looking after them!

Caring for someone can be physically and emotionally demanding, often leading to stress, exhaustion, and burnout. Research conducted by Carers UK (2019) revealed that a staggering 72% of carers in the UK feel overwhelmed by their caring responsibilities. This shows you're not alone and all carers need to prioritise self-care and take regular breaks.

Taking a break isn't just a luxury – it's a necessity!

### Benefits of Taking a Break:

- 1. Reduce Stress:** Even a short break can help alleviate stress and prevent burnout.
- 2. Prioritise your Health:** Taking a break allows you to focus on your own health needs, ensuring you're fit and able to continue providing care.
- 3. Improve your Wellbeing:** Breaks provide the opportunity to pursue hobbies, spend time with other people, and engage in self-care activities.

**4. Improve Relationships:** Spending quality time with friends and family during breaks can strengthen relationships and reduce feelings of isolation.

**5. Regain Energy:** Stepping away from caring duties allows for a fresh perspective, leading to increased creativity and problem-solving abilities.

### Practical Steps to Taking a Break:

- 1. Recognise Your Needs:** Acknowledge that caring for yourself is essential for effective caring for someone else.
- 2. Reach Out for Support:** Connect with local carers centres or support groups for guidance and assistance. Take advantage of resources offered by organisations such as Care for the Carers, including information and practical support.
- 3. Explore your Options:** Research care support available in your area, there are small and big options available or speak to Care for the Carers for advice.
- 4. Plan Regular Breaks:** Schedule breaks into your caring routine to allow you to have regular small self-care.
- 5. Don't Wait:** Prioritise self-care before reaching breakdown. Seeking help is a sign of strength, not weakness.

As carers, it's easy to prioritise the needs of others above your own. However, taking a break is not only essential for maintaining wellbeing but also, for providing the best possible care to family and friends you are supporting. **Remember, be kind to yourself too - taking a break is not selfish!**

Get in touch with Care for the Carers, your local carers centre, for information about all support available and take the first step! Call us on [01323 738390](tel:01323738390), text us on [07860 077300](tel:07860077300), email us on [info@cftc.org.uk](mailto:info@cftc.org.uk)

# How to stay clean

## WHEN YOU can't shower!

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**Freshwipes**  
BODY WIPES

**Q** Do you care for someone who struggles to bathe or shower due to their limited mobility? **Dr Hilary Jones** says FreshWipes are a practical solution to keep them clean and feeling fresh when traditional bathing isn't possible...

**A** WHEN someone is unable to shower, it can significantly impact their well-being. They might feel dirty, unclean, and lacking in confidence. The simple act of maintaining hygiene becomes exhausting, and they may struggle to stand at the sink or balance in the shower, worrying about slipping or falling. This not only affects their physical health but also drains their energy and motivation, making it hard to enjoy daily activities.

### Fresh, clean FreshWipes

Fortunately, there is a solution. FreshWipes provide an easy and effective way to maintain cleanliness and dignity. These extra-large, pre-moistened wipes are designed for full-body use, offering a convenient alternative to traditional bathing. With FreshWipes, you can clean your loved one from the comfort of their bed or chair, **without the need for rinsing**.

### Secret body odour agent

FreshWipes – scented and unscented – are infused with Chlorhexidine, an antibacterial agent that gently kills the bacteria causing body odour, ensuring you stay fresh, clean and confident.

FreshWipes are also biodegradable, portable, and easy to use, making them perfect for on-the-go hygiene. They

**Freshwipes**  
Introducing the heavy duty wipe for head to toe hygiene anytime, anywhere...

Packs of 12  
A4-sized wipes  
from only  
**£3.36**

### No water? No problem!

If you struggle to shower or bathe due to mobility issues – or you simply don't have access to hot water, FreshWipes are a lifesaver! These A4-sized full body wipes use Chlorhexidine to gently kill the bacteria that cause body odour, keeping you fresh, clean and feeling good in any situation. Plus, they're...

- Rinse free
- Biodegradable
- Easy to use
- Pre Moistened
- Antibacterial
- Portable
- Inexpensive
- Discreet

FreshWipes are hugely popular with:

- Elderly
- Disabled
- Carers
- Lorry Drivers
- Festival Goers
- Travellers and Holidaymakers
- Campers, Caravanners and more



AWARD WINNING PRODUCTS

are inexpensive and discreet, ideal for anyone who needs a quick, thorough cleanse without the fear, worry or hassle of having a shower.

### On-the-go hygiene for all

Whether it's for the elderly, disabled, carers, HGV drivers, campers, festival-goers, or regular travellers, FreshWipes ensure that cleanliness and confidence are always within reach. Body odour is banished, freshness is restored, and dignity is maintained with every use.

**20% OFF FIRST ORDER**

**Packs of 12 Wipes From Only £3.36**

**12 x NO WATER-NO RINSE FULL BODY WASH WIPES FROM 28p EACH!**

— SEE COUPON FOR FULL PRICING DETAILS —



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UNSCENTED



GRAPEFRUIT



COCONUT

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For **20% OFF** visit **freshwipes.co.uk**  
call **01323 337000** or use coupon below.

### Thousands of delighted customers

**"WORTH THE HYPE...amazing! Really thick and sturdy. I cleaned my whole body and the wipe still had loads of moisture left. So many wipes don't feel like they get you fully clean but these are great...I've just had hip surgery and can't shower; this beats having to sponge bath and worry about getting my dressings wet!"** ★★★★★ Online review, June 2024

### "FRESHEN UP WITHOUT A BATHROOM..."

These wipes are large enough to give you a top to toe freshen up...very moist with a pleasant scent. And they are big enough to do all over. Will buy again when this pack run out."

★★★★★ Online review, August 2023

☒ Tick below to select your preferences

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Swallow Business Park, Lower Dicker BN27 4EL.

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Address

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Email

Tel

Pay by bank transfer:

01323 337000 | freshwipes.co.uk

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**Freshwipes**

# Annual Carers Survey... the results are in

Thank you for sharing your views and experiences with us in our recent Annual Survey. Here are some of the things we were told...

## How caring affects carers' lives - the impacts of caring are still staggering...

**96%**

of carers feel stressed (63% feel stressed 'a lot')

**79%**

are affected financially

**87%**

feel their physical health has been impacted

**88%**

said their wellbeing has been affected

**89%**

are feeling isolated or alone

### Support needed

Access to respite is mentioned most. Carers feel there is a lack of suitable support or funding for respite and more generally, home care.

*"I go to Carers O'Clock. It feels like having a holiday and I now wonder how I coped without these wonderful days."*

Many are seeking financial help to manage the cost of care. Accessing information and someone to help are also high on the agenda. As one carer said: **"Someone to listen, someone to advise, someone who cares"**. Carers said that the public and service providers need to have a better understanding of the impact of caring and the lives of unpaid carers.

*"I need compassion, I need institutions that work, I need respect/dignity."*

### Care for the Carers support

- 85% are satisfied with Care for the Carers overall
- 70% said that Care for the Carers have helped improve your own health and wellbeing
- 85% of carers, said that **information and advice** from us has been useful and that we are available to you when you need us.

*"Being able to get help and advice when needed has been really supportive for me. Also knowing that I am not the only one."*

## Social and wellbeing activities and carers groups are well received...

*"I love our meetings and informal chats with other carers, I've found the information helpful and made friends who understand, which has helped."*

*"It's so nice to know I'm not alone and if I need to get away for a few hours I have somewhere to go to clear my mind and refresh my inner self."*

## ...but needed at more varied times and in more locations.

97% of readers like **Careline** and the **monthly e-newsletter** and our **social media is enjoyed** by 88% of those who use it. "The magazine keeps me aware of what is happening and what is available." [See page 11](#) for ways to follow us online.

Feedback helps to shape our services and will be shared with decision makers in the 2024 Annual Carers Voices Report. [www.cftc.org.uk/carersvoices](http://www.cftc.org.uk/carersvoices) or [01323 738390](tel:01323738390).

**Self-neglect is an extreme lack of self-care. It is sometimes associated with hoarding and may be a result of other issues such as addiction.**

## Types of self-neglect:

- Lack of self-care to an extent that it threatens personal health and safety.
- Neglecting to care for one's personal hygiene, health or surroundings.
- Inability to avoid harm as a result of self-neglect.
- Failure to seek help or access services to meet health and social care needs.
- Inability or unwillingness to manage one's personal affairs.

## A prevalent issue

A national analysis of the findings of over 650 safeguarding adult reviews (SARs) conducted between 2019 and 2023, found self-neglect featured in 60% - the type of abuse most reviewed.

In January 2024 the East Sussex Safeguarding Adults Board (ESSAB) published 'SAR Gwen & Ian' that explored the sad circumstances surrounding the death of a 95-year-old woman and 67-year-old-man. Both were living at home in circumstances of self-neglect and were living with family who were experiencing challenges in their caring roles. Visit [www.eastsussexsab.org.uk](http://www.eastsussexsab.org.uk) to read the review and what was learnt from it.

## The role of carers in Preventing Self-Neglect

As a carer you play a unique role in the life of the person you care for, likely providing practical help and emotional support. Both are crucial in maintaining the health and wellbeing of people at risk of self-neglect.

## SIGNS TO LOOK OUT FOR



### Personal hygiene & appearance

- Poor personal hygiene
- Inappropriate clothing (dirty or inappropriate)
- Untreated medical conditions



### Health & nutrition

- Noticeable weight loss
- Dehydration: dry skin or chapped lips
- Poor dental health



### Home environment

- Unsanitary living environment
  - Hoarding - excessive clutter
  - Inadequate heating or cooling



### Financial issues

- Unpaid bills - piles of unopened letters, overdue bills
- Inability to manage finances leading to lack of essentials

Carers play a very important role in preventing self-neglect. With vigilance, compassion and practical strategies, carers can make a significant difference in the lives of those they care for, ensuring they live safely and with dignity. The East Sussex Safeguarding Adults Board (ESSAB) recognise the role of carers is essential for a compassionate and effective approach to self-neglect prevention.

This autumn ESSAB and Care for the Carers will be releasing podcasts to help raise awareness of the importance of early recognition of self-neglect and top tips if you suspect someone is experiencing self-neglect.

If you are worried someone you are caring for is experiencing self-neglect you can speak to one of Care for the Carers' Carer Support Workers for advice by phoning [01323 738390](tel:01323738390), leave a message and someone will be in touch with you within five working days.

# Events

## Mindful Walk and Craft

Join us for a mindfulness walk in nature followed by the opportunity to try a craft, using natural materials. The walk takes place at Seven Sisters Park. Lunch is included. Thursday 10th October, 10am to 2pm. To book please contact Hannah on [01323 738390](tel:01323738390) or [info@cftc.org.uk](mailto:info@cftc.org.uk)

## Free Hand Massage

On the 1st and 4th Wednesday each month between 1pm and 3pm, you can have a relaxing free hand massage at our local centre at Isabel Blackman Centre in Hastings. Afterwards you can enjoy a free hot drink and a lovely cake! To book please contact Hannah on [01323 738390](tel:01323738390) or [info@cftc.org.uk](mailto:info@cftc.org.uk)

## Care for the Carers AGM

The 2024 AGM will be held at Asburnham Place in Battle on Tuesday 26th November, 1.30pm to 4pm. Please see page 4.

## Free Cookery Courses

Join one of Community Chefs courses in Uckfield this autumn. Free for carers in Uckfield and the High Weald. Enjoy cooking together in a supportive space. Book via [www.communitychef.org.uk](http://www.communitychef.org.uk), [office@communitychef.org.uk](mailto:office@communitychef.org.uk) or [07766 526217](tel:07766526217)

1st October	A Taste of the Mediterranean
22nd October	A Taste of South East Asia
29th October	A Taste of Mexico
5th November	A Taste of India
26th November	A Taste of Heaven

Book via [www.communitychef.org.uk](http://www.communitychef.org.uk),  
Email: [office@communitychef.org.uk](mailto:office@communitychef.org.uk) Call: [07766 526217](tel:07766526217)



## Drop-in for a coffee at the Local Carers Centres

Once a month at your local carers centre in Hastings you can drop in for a coffee, a warm welcome and a chat. We look forward to seeing you there!  
1st Thursday of every month, 10am-12pm, drop-in at The Isabel Blackman Centre  
Winding Street, Hastings, TN34 3AT

## Festive Wreath Making and other winter events – dates TBC

Keep an eye on our social media and e-newsletter for events coming up over the autumn and winter.

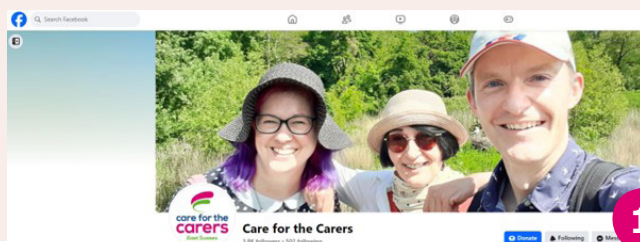
## Do you follow Care for the Carers on social media?

For up-to-date information and events please follow us on social media.

Facebook: [www.facebook.com/careforthecarers](https://www.facebook.com/careforthecarers)

Instagram: [www.instagram.com/careforthecarers](https://www.instagram.com/careforthecarers)

X/Twitter: [x.com/Care4theCarers](https://x.com/Care4theCarers)



# 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 £2 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.

## Tranquility Hastings - Beauty Salon **NEW!**

Tel: [07565 160598](tel:07565160598) / [07947 608068](tel:07947608068)

Email: [Tranquilityhastings@gmail.com](mailto:Tranquilityhastings@gmail.com)

Website: [www.fresha.com/a/tranquility-hastings-tranquility-hastings-east-sussex-queens-road-b4hym1vo](http://www.fresha.com/a/tranquility-hastings-tranquility-hastings-east-sussex-queens-road-b4hym1vo)

"My name is Lynn, and I would love to welcome you to a carers only offer. As a carer myself I understand that the emotions and physical day to day challenges can be exhausting. Being a carer can bring many positives and rewards. Relaxation, physically and mentally, plays a very important part in looking after ourselves so we can look after others. **I am pleased to offer unlimited 50% OFF ALL services.**"

## The Laughing Fish Pub Restaurant

Station Road, Isfield, Uckfield TN22 5XB

Tel: [01825 750349](tel:01825750349)

**20% off food for up to four people dining together.** Not to be used in conjunction with any other offer (e.g. Laughing Fish Loyalty Card). Not valid on Mothering Sunday, Father's Day, Bank Holidays, Monthly special food evenings, or special Christmas menu.



## 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**
- ☐ Please send me the **Think Carer** supporter e-newsletter

## I am no longer a carer:

- ☐ Reason \_\_\_\_\_
- ☐ I don't wish to receive Careline anymore
- ☐ Send me the **After Caring** information



**Haulaway Skips**  
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