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Your local carers centres celebrate their 3rd birthday!



Carers Week 2025 marks the 3rd birthday for local carers centres in Hastings and Uckfield, with over 350 carers making use of them since opening. Carers told us that they were looking for services 'closer to home' in these areas, and the centres have proved to be incredibly successful.

Hastings carers reflect...

"I attend 2 to 4 classes a week, and take my husband with dementia a couple of times a week. We enjoy the Carers Fun and Fitness. It's been especially beneficial to meet up with other carers. Of course, we also make a lot of use of the café."

"The centre is my lifeline, giving me time just for me to help my physical and mental health."



What's coming up in Hastings?

Our local centre is based at Isabel Blackman Centre (IBC) in Old Town (close to the seafront).

Join us for our weekly *Fun and Active Together* class (for carers and those they look after to enjoy gentle exercise together) on Wednesdays from 3pm - 3.45pm. Bookable through IBC on [01424 235535](tel:01424235535).

Fancy some pampering? Book a free Hand Massage, Coffee and Cake in partnership with A Touch of Gentleness CIC. Fourth Friday of the month between 10.30am and 12.30pm. To book email info@cftc.org.uk or call [01323 738390](tel:01323738390).

We have 20 fully funded year-long Carers Activity and Wellbeing Passes available for carers over 50 to use at the centre providing access to all that is on offer. Contact Mark Townsend to find out more: marktownsend@cftc.org.uk or call [01323 738390](tel:01323738390).

Uckfield carers reflect...

"Thank you for a lovely afternoon with some new carers who were delightful. I learnt so many useful bits of information. I will look forward to our next get together."

"Today was just wonderful, the magical music, the fabulous food and the camaraderie. I can't thank you, and all the team enough for your hard work, kindness, caring, understanding and for providing such an amazing day for us all."

What's coming up in Uckfield?

Music and Movement Together, with Movingsounds, for carers and those they look after, Thursdays 19th June, 17th July from 1pm - 3pm

Mosaic Making for Carers: Tuesdays 20th, 27th May, 10.30am - 12.30pm

Photography in Focus: Tuesdays 17th, 24th June, 1st, 15th July, 1pm - 3pm

Floristry for Carers: Thursday 31st July, 10.30am - 12.30pm

To book, please contact marktownsend@cftc.org.uk or call [01323 738390](tel:01323738390).

Live further afield? Uckfield Centre offers free parking; all carers are welcome.



Jennifer Twist

Welcome

to the new 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.

With more readers each year we have now moved to publishing the magazine twice a year, offering a Spring & Summer edition and an Autumn & Winter edition, packed with helpful content. The magazine will be available in an easy-to-read electronic format too, with printed copies available for any carers who are not on-line.

This issue celebrates Carers Week 2025 and everything you do as carers. I'm looking forward to speaking to carers across East Sussex during Carers Week events and activities.

Amidst celebrating the amazing contribution that carers make to our communities, we're also mindful that for many this is a tough time. We continue to stay abreast of funding challenges across health and social care and have made representations to organisations such as NHS England, NHS Sussex and East Sussex County Council, commenting on the impact on carers. In positive news we had a good meeting with NHS Sussex' Chief Nurse Allison Cannon, where we gained her strategic support for carers.

In March we saw the Disability Benefits Green Paper and Spring Statement being published, with key implications for carers around changes to Personal Independence Payments (PIP). We hope we can support some carers affected through our Carers Money Matters project; you can read more about it at www.cftc.org.uk/carers-money-matters.

I also wanted to share with you an Appeal we will be launching during Carers Week. There are 1 million young carers in the UK, up to 8,000 in East Sussex. That's young people aged 5 - 17 who have regular caring responsibilities in their homes. Sadly, for most, the summer break from school often doesn't feel like a holiday. At Care for the Carers, we run regular clubs and day trips through the summer to give young carers the opportunity to be children. If you can, please consider supporting these activities by making a donation [on our Just Giving page](#) or by calling us on [01323 738390](tel:01323738390). Anything you can spare will make a difference - perhaps to buy ice cream or pay for a day out at Drusillas or Knockhatch. Your donation could give a Young Carers in East Sussex the chance of a break this summer.

Thank you.

Jennifer Twist, Chief Executive

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Carer Money Matters: Off to a great start

With the cost-of-living crisis continuing to severely impact carers, we're delighted to announce that we are part of a national programme coordinated by Carers Trust and delivered locally by Care for the Carers in partnership with Sussex Community Development Association (SCDA). The project offers carers support around **income maximisation, energy efficiency and safety and support in the home**. Carer Money Matters is open to all East Sussex carers, including parent-carers and working carers. Over the first three months of this year, we supported 218 carers with an average estimated financial benefit of over £350 each (over £76,000 in total). Contact Care for the Carers on [01323 738390](tel:01323738390), email info@cftc.org.uk or visit our website www.cftc.org.uk to access this support.



From Carnival to Christmas – fundraising news

See if you can spot us on Saturday 24th May as we take part in Eastbourne Carnival to raise awareness and funds for local carers. This year we are partnering with Eastbourne Rotary, who have generously paid for materials, helped us build props and sourced a very special vehicle!

Fundraising is a very important area of Care for the Carers work. It enables us to provide free activities and support to carers, such as wellbeing and social events, the Young Carers service and Carers in Touch support for the most isolated carers. Find out about our [Young Carers Appeal](#) on page 3 and at www.cftc.org.uk/appeal.

Looking ahead... please SAVE THE DATE for our Christmas Fair on Saturday 13th December at All Saints Arts Centre, Lewes. There will be stalls from local artists and makers, 'Crafty Carers' (hand-made gifts, cards and decorations), Secret Santa, a Tombola and more!

...and finally: back by popular demand, this year's Christmas Raffle will be drawn at the Christmas Fair, with more fantastic prizes to be won! Tickets will be available from mid-October.

For more information about any of our events, if you have an idea for a fundraiser or fundraising in general, please email Sammy Revill: samanthar@cftc.org.uk or call us on [01323 738390](tel:01323738390).



**SAVE
THE
DATE**

**DEC
13**

BROAD BEANS

a favourite of Robin, Community Chef



**COMMUNITY
CHEF** *good food for all*



Fresh broad beans come into season in early summer. The farm close to my house grows them and I love the delicious heady scent of their flowers. They're a great source of protein and carbohydrates, as well as vitamins A, B1 and B2. Broad beans contain levodopa, a chemical the body uses to produce dopamine, which is a key hormone for a healthy nervous system. Eat broad beans and be happy!

Fresh broad beans need to be podded from their jackets before using. Slit each pod along its seam and run your thumb along the furry inside to push the beans out. Young pods are better as the beans are tender, and they don't develop a leathery skin. If you're using bigger beans you may want to peel off this skin before serving. Frozen baby broad beans are an excellent product and one of my freezer staples - simply defrost and use. Here are a few recipe ideas to try.

Broad Bean, Beetroot and Feta Bruschetta

Brush bread of choice with a little olive oil, grill until crisp then rub with raw garlic. Steam 300g baby broad beans until just tender and refresh in cold water. Cube 200g cooked or pickled beetroot and 200g feta cheese. For the dressing, mash a clove of garlic with a little salt and mix with 100g yoghurt and a little fresh or dried mint or basil. Mix well. Top the bread with healthy dollops of this mixture and serve.

Favamole

A playful twist on guacamole - steam 300g fresh or frozen broad beans until tender then refresh in cold water. Drain and blend with the juice of a lime, 2 tbsp olive oil, 1/2 tsp salt and 1/2 tsp chilli powder. Chop up 2 tomatoes and half a red onion and stir through the broad bean puree.

Broad Bean Frittata

Preheat the oven to 200°C. Slice a large onion or leek and fry in olive oil until soft and starting to caramelise. Steam 300g fresh or frozen broad beans until tender and add to the onions. Beat 6 eggs and season well with salt and pepper. If your frying pan is oven proof, add the eggs directly to the pan and mix well before placing in the oven. Alternatively, mix the eggs with the onions and beans and put into a small oiled ovenproof dish and bake for 15 minutes. You can top with a good amount of grated cheese.

Community Chef provide cookery workshops and courses for carers, focussing on health and well-being.

Over summer across the county these will include Mindful Baking, Cooking for a Healthy Heart and globally inspired workshops. They will be at various carers groups to deliver cookery demonstrations including 15-minute meals, energy efficient cooking and one pot wonders. More information visit: www.communitychef.org.uk/cooking-for-carers-new

Supporting Carers Week

9th - 15th June

Carers Week is on the way!

Monday 9th to Sunday 15th June, Carers Week is the annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities. It also helps people who don't see themselves as having caring responsibilities to identify as carers and access support that they may need.

Across the UK 5.7 million people are carers, up to 69,000 in East Sussex, that's at least 1 in 10 residents. Unpaid care has a profound and positive impact on people receiving care but also on society and the wider economy. The value of this care is estimated at £162bn every year – equivalent to the cost of the NHS (Carers Week Report 2024).

The theme is 'Caring About Equality' highlighting the inequalities faced by unpaid carers, including a greater risk of poverty, social isolation, poor mental and physical health. Across the county and locally we are seeking to increase visibility for carers with decision makers, services, employers, communities and businesses. Everyone has a role to play in raising awareness of caring and making sure carers can access the information and support they need.

We will be out and about in the community across the week, raising awareness and answering your questions. Please do come along and say hello if you are in the area.

- Saturday 7th June, Emma will be at Tesco Extra St. Leonards, 10am to 2pm.
- Monday 9th June, find Mark at Uckfield Leisure Centre, 10.30am - 12.30pm
- Wednesday 11th June, Dan will be at Waitrose Lewes, between 11am and 4pm, and Carole will be at Wealden District Council offices (Hailsham) in the morning.
- If you are a healthcare professional in the hospital, we will be at DGH Monday 9th and Conquest Friday 13th, 12pm – 2pm. Find out about new e-learning and support we offer to carers and professionals.

We're delighted to welcome carers to the Annual Carers Voices Carers Week event which will include creative and relaxation sessions. Read more on page 7. Thanks to generous support from the 3H Foundation more carers can enjoy a break with a spa day during Carers Week.

Check the What's On page on our website and our Facebook page for updates. www.facebook.com/careforthecarers. If you are not on-line, but would like to take part in any activities, please call our main phone line on [01323 738390](tel:01323738390).

You can download Carers Week posters and social media posts (and bunting!) from www.cftc.org.uk/carersweek2025. Please print or share them wherever you can, to show your support this Carers Week.



Read on for more ways to get involved in Carers Week...

Make a difference

Have your voice heard and celebrate caring this Carers Week

Each Carers Week we focus on giving carers opportunities to be heard and listened to. It forms an integral part of the work we do to capture the voices of carers, to understand what the current challenges are in your caring roles, what is going well and what you feel needs to change. What you say is shared with partners and decision-makers and helps to guide how support for carers is provided.



We will be launching our Annual Carers Voices Survey. This is an important survey that gives you a chance to update us about how we are doing as a service supporting carers, and how things have been for you in your caring role in the last year. The annual survey helps us to map changes over time and what needs to be prioritised to provide the support you need. Please take the time to complete this survey. Visit <https://bit.ly/carerssurvey25>. Please let us know if you would like a paper copy sent to you in the post.

On Tuesday 10th June we hold the 2025 Annual Carers Voices Carers Week event at the Kings Centre in Eastbourne. The event will provide an opportunity to meet other carers, discuss their views and experiences and put questions and feedback to local and national decision makers. You can talk to a range of organisations, and access information at the Marketplace. Enjoy conversations, workshops and a lovely lunch!



This year's speakers include Mark Stanton, Director of Adult Social Care East Sussex, John Child, Chief Operating Officer at Sussex Partnership NHS Trust, Carers Trust and a local carer. Chair of the event will be David Brindle, social policy journalist and former public services editor of The Guardian.

If you would like a place at the event and have not yet booked, please contact us at info@cftc.org.uk or call [01323 738390](tel:01323738390).

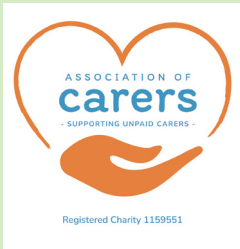
Are you signed up to our e-newsletter? Now bi-monthly, it includes opportunities to have your say, as well as hear about upcoming events and news. Sign up at www.cftc.org.uk/enews.

Want to support our work, spread the word or just help raise awareness about carers - sign up to our quarterly 'Think Carer' Supporters Newsletter. www.bit.ly/thinkcarernews.

By joining our Carers Voices Network, you can be informed by email as opportunities come up to be involved in focus groups, or complete surveys relevant to carers. You can take part in our campaigns or even feature in our films or media. Please contact us using the details above for more information.

Carers Services across East Sussex

Care for the Carers works with a broad range of partner organisations to improve local carers' lives. Here we list some of the local services who support carers. Please don't hesitate to get in touch with them directly, or call our Carers Hub, who can refer you to services as appropriate.



Association of Carers

Being a carer can be rewarding—but also exhausting and isolating. The Association of Carers offers free, volunteer-led services across East Sussex to support carers. They provide regular respite visits, giving carers a break while trained Volunteers offer companionship to the person being cared for. Other services include telephone befriending, tech support at home, and help to attend carers' own medical appointments. Their aim is to reduce isolation, promote independence, and support carers' wellbeing. Find out how we can support you at associationofcarers.org.uk or call [01424 722309](tel:01424722309).



Coastal Wellbeing

WRAP (Wellness Recovery Action Planning) can support you in exploring wellness tools and discovering what keeps you well. WRAP courses provide a safe, supportive space to focus on your wellbeing and connect with other carers.

www.coastalwellbeing.co.uk



Dementia Information & Support Courses CIC

A local independent Dementia Support Service for carers of someone living with dementia, offers facilitated support groups, Carer Information Courses, Professional Training, 1-1 support and much more. All services for carers are free of charge. www.discdementiasupport.org or call [07591 251005](tel:07591251005).



East Sussex MND Association

Motor Neurone Disease (MND) affects the person with the diagnosis and their carer, who is often their partner. The East Sussex Branch of the MND Association provides support for both the patient and carer. Visit the website www.mndaeastsussex.org.uk/about-us

Culture Shift – Carers O'Clock

Join Carers O'Clock each month at Community Wise in Eastbourne and at the Victoria Pavillion in Uckfield for FREE creative, artist-led sessions, conversation, and a freshly cooked lunch. Carers O'Clock is a space for unpaid carers to connect, recharge, and focus on their own wellbeing.

www.cultureshift.org.uk/carersoclock



Amaze

Supports parent carers of disabled children and young people in East Sussex: parent support groups; one to one befriending; free workshops on education and disability benefits; advice line on [01273 772289](tel:01273772289) or sendiass@amazesussex.org.uk, and a Parent carers card for wellbeing discounts. Visit www.amazesussex.org.uk

Bexhill Dementia Supper Club

Offers a warm, welcoming evening for carers and people living with dementia. With delicious meals, friendly conversation and meaningful moments, it's a place to relax, connect and enjoy companionship. Contact Phil Hicks at phil.hicks.pa@talktalk.net
Website: www.escis.org.uk/carers/bexhill-dementia-supper-club

Community Chef CIC

See [page 5](#)



DIVERSITY
RESOURCE
INTERNATIONAL

Diversity Resource International (DRI)

DRI uplifts unpaid, ethnically diverse carers through seven multilingual peer-support groups across five towns in East Sussex. DRI offer guest talks, activities, and cross-cultural training for other charities, while amplifying carers' voices through our film 'Caring in Quiet Voices' and providing useful resources.
www.dri.org.uk

Sussex Support Service CIC

Provides Respite Day Care at the Victoria Pavillion on Monday, Wednesday, Thursday & Friday from 10.30am - 4pm. Specialising in supporting those living with dementia, Parkinson's, and in social isolation. As well as drop-in sessions for carers with their cared for, and replica care so carers can attend support sessions. Contact [01825 760176](tel:01825760176) for more information.



The Good Company People

A charity who provides social Clubs and Concierge to support carers and people living with dementia to help them live independently for longer in their homes and community. Visit www.thegoodcompanypeople.org for more information or call [07472 564519](tel:07472564519).



St Michaels Hospice

Advice and support for unpaid carers of palliative patients registered with the Hospice. Palliative patients must be referred by a medical professional. Call [01424 445177](tel:01424445177).
Email info@stmichaelshospice.com. Visit www.stmichaelshospice.com



St Wilfrid's Hospice

Offers support to carers of patients under the care of the hospice. This includes social work support, counselling for carers individually or as a couple, bereavement support, spiritual support and a drop-in. A carer group is being set up. www.stwhospice.org

St Peter & St James Hospice

Offers a range of services to carers of those referred to the hospice. Services are available while the patient you are connected to is using the hospice services and after bereavement. Call [01444 471598](tel:01444471598). Visit <https://stpjhospice.org>

Do you know about *Carers Groups?*

Have you been to a carers group? Do you think you know what they'd be like? Here we tell you a bit about the different groups on offer, who they are for and what you can expect.

Carers Information and Advice Groups

Carers Information and Advice Groups (CIAGs) are facilitated by our Carer Support Workers and take place across East Sussex. They give you time to meet with other carers, and the chance to hear from an informative guest speaker. We hold an evening group for carers who can't make it to our daytime groups. They offer anyone new to caring or carers services an opportunity to meet others, build confidence and access advice and support. For example, every third Thursday the Eastbourne CIAG meets at Community Wise in Old Town, and the Uckfield CIAG meets at Victoria Pavilion. See our website for more CIAGs across the county.



For those who find it harder to travel, we hold two groups online, one in the daytime (10.30am – 11.30am on the fourth Thursday), and one in the evening (6pm – 7pm on the fourth Tuesday).

Wellbeing Groups

Wellbeing groups are for those who have attended a CIAG, or who may have been caring for a while. They are led by carers for carers, with volunteer hosts supported by a Carer Support Worker. The groups focus on improving carers' wellbeing, with activities like walking, arts and crafts or meeting for coffee.

"...members were so welcoming and kind. I was nervous...but I felt a sense of belonging...I'm so very appreciative that things like this are in place..."

For those who care for someone with a severe mental illness, we hold regular carers groups both face to face and online. There are also ad hoc walking groups. Contact our Mental Health project team for an invitation. [01323 738390](tel:01323738390).

Richard, a Carer Support Worker within the Mental Health team, summarised what it can be like to attend a group...

"Groups are so good for carers that attend regularly. Carers share their experiences with other carers over time, the ups and downs, get support from each other, and in some cases make lifelong friends. There's a lot of laughter as well as serious moments."



For more information about any of these groups, please see our What's On page www.cftc.org.uk/whats-on or call [01323 738390](tel:01323738390).

Free activities for carers



Keep an eye on our What's On page and follow us on Facebook to find out what activities are on offer through the year. If you are not online, please call our main line for information.

We are delighted to offer monthly dates for spa days taking place at Ashdown Park, generously funded by 3H Foundation. There is a waiting list, but please get in touch to add your name. Priority is given to carers who have not attended an activity before. 'Arts in Nature' events aim to connect carers with nature, to take a break in a relaxed environment. "It was so good to forget everything that was going on in our lives, absorb ourselves in a fabulous atmosphere, and feel renewed."

We are grateful to High Weald National Landscape and John Jackson Charitable Trust for funding this programme of activities.

Join a guided nature walk and craft activity on Thursdays 10th July or 11th September, 10am to 2pm at Seven Sisters Park, with a lovely lunch. In partnership with South Downs Park. To book, call [01323 738390](tel:01323738390). See page 2 to read about free activities in our local carers centres. We are planning theatre outings, festive wreath making and more.

Young Carers get a break

Young Carers Action Day on 12th March, raises awareness of the pressures placed on so many young people. This year it focused on the importance of regular respite for young carers.

We were grateful to receive funding from YHA, that allowed us to take eleven young carers away on a two-night residential break at YHA South Downs for some much-needed respite.

The days were filled with activities led by SoSussex, including long walks, science challenges, arts and crafts and team games. Our Young Carers Service is for all young carers aged 5 to 17 years, living, attending school or caring for someone in East Sussex. Please get in touch with us if you know a young carer who needs support or are a young carer yourself.

The Young Carers Service, for 5 to 17 year old carer, is funded solely through independent sources. We support over 300 young carers, but there are up to 15,000 young carers across East Sussex. Please read Jennifer's welcome on page 3, about the Young Carers Appeal launching during Carers Week. Please help us support these amazing young people. To find out more please call us on [01323 738390](tel:01323738390) or e-mail info@cftc.org.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

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.

SCDA – Denton Island Community Centre **NEW!**

Tel: [07966 144819](tel:07966144819)

Email: Jamie.lloyd@sussexcommunity.org.uk

Website: www.sussexcommunity.org.uk

We have an electric cycle rickshaw in which we can offer fun rides for carers and the people they look after. The rickshaw can take two passengers and is piloted by experienced riders who can take the rickshaw along the seafront at Seaford, the Ouse Valley Nature Reserve or any suitable, traffic free path. We are happy to stop at accessible cafes and can assist with getting on and off the rickshaw.

Suitable for Young Carers too.

J&K Maintenance 247 **NEW!**

Tel: [07939 936580](tel:07939936580)

Email: jkmaintenance247@gmail.com

Building & Maintenance based in Bexhill:

J&K Maintenance **offer 5% discount with Carers Card** on all maintenance work we provide.

Fresh Wipes **NEW!**

Unit B, Swallow Business Park, Diamond Drive, East Sussex BN27 4EL

Tel: [01323 337000](tel:01323337000)

Email: sales@freshwipes.co.uk

Website: www.freshwipes.co.uk

Sustainable Hygiene Solutions for Carers and Their Loved Ones. Our range of antibacterial, biodegradable body wipes and rinse-free shampoo caps provides a quick, effective, and sustainable way to maintain personal hygiene without the need for water or rinsing.

Use code: FEELFRESH20 for 20% off your first order at www.freshwipes.co.uk. This code can't be used with any other offer.

Building Carer Friendly Communities

As part of our Building a Carer Friendly Community initiative, we want to ensure that unpaid carers in East Sussex are recognised for the contribution they make to their families and communities and feel supported, so that their lives are a little easier.

You can support this by:

Becoming a Carer Champion – please request more information via info@cftc.org.uk

Signing up to our 'Think Carer' supporters newsletter at www.bit.ly/thinkcarernews

A Carer Friendly Community is a place where carers feel supported to look after their family or friends and are recognised as individuals with needs of their own. Help make East Sussex a Carer Friendly county.

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](tel:01323738390), 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.

