



In this issue:

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- Plus more!





Thursday 20th November is Carers Rights Day – the national campaign that brings organisations together to help carers know their rights and find out how to get the support they are entitled to. This year’s theme is ‘Know your rights, use your rights’.

As a carer, you have rights which may help you access services, look after your health and wellbeing or could provide vital information and support in looking after your partner, family member or friend.

Empower yourself by finding out what you’re entitled to. This helps you feel confident asking for what you need, as well as challenging things when your rights are not being met – whether in accessing health or social care, in the workplace or education, or when interacting with other professionals or at home.

Care for the Carers alongside our national partners Carers UK and Carers Trust, continuously campaign for better rights for carers. We’d like to encourage everyone to engage with Carers Rights Day by spreading the word or showing support. Whether someone has recently become a carer, realised they have been caring for a while without support or has been caring for someone for many years, it’s important they understand their rights and are able to access the support that is available to them as soon as they need it.

Find out more at www.cftc.org.uk/crd25

Who is eligible

for the COVID-19 and free flu vaccines this autumn and winter?



COVID-19 vaccine:

- ✓ residents in a **care home** for older adults
- ✓ all adults aged **75 years and over**
- ✓ persons aged 6 months and over who are **immunosuppressed**

Flu vaccine:

- ✓ all adults aged **65 or over**
- ✓ individuals (18-65) with certain **long-term health conditions**
- ✓ anyone who is **pregnant**
- ✓ those **living with someone** who has a **weakened immune system**
- ✓ **carers** in receipt of carer’s allowance, or those who are the main carer of an elderly or disabled person
- ✓ **frontline health and social care worker**
- ✓ **children** aged 2-3 years, school-age children (reception to year 11) and those at clinical risk

→ Visit: nhs.uk/vaccinations



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.



Jennifer Twist

This issue marks the national Carers Rights Day on 20th November, with this year’s campaign urging us to “Know your rights, use your rights”. We work with lots of communities, organisations and businesses across East Sussex to ensure more carers are aware of their rights and feel empowered to use them. You can read more about your rights and about our Carer Friendly work in this issue.

We are also feeding back to you on activity this summer including Carers Week and our young carers appeal. I want to thank everyone – carers, partners, our supporters, friends and families for giving your time and extending your generosity to support the amazing young carers we work with. We couldn’t run our young carers clubs, and a number of other projects, without your support and our fabulous volunteers.

As we look towards the Winter months, we are sharing some seasonal tips and information which we hope will be useful. Do reach out to tell us if there are topics you’d like to see in the Magazine next year! I’m looking forward to trying the recipe shared by the Community Chef, and would love to hear how you found it. You are warmly invited to join some of his courses coming up this winter and early next year, and I hope to see you at one of the Care for the Carers Christmas lunches or winter events in our local carers centres.

Please remember we are here if you would like any support with your caring role. You can call us on **01323 738390** or text at **07860 077300**. Alternatively, you can message us at www.cftc.org.uk/contact, or return the Freepost slip on the back page and we’ll contact you.

With warm wishes for the Winter season.

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Care for the Carers supports Pride

We were delighted to take part once again in the Eastbourne Pride parade and run a stand and fun activities at Hastings and Eastbourne Pride events. We also participated in inclusion dialogue sessions organised by Translucent CIC, to listen to the concerns and challenges facing people from the trans community. We are working closely with carers and our colleagues in the LGBTQ+ community to help us understand and address any specific barriers they may have to accessing support from us or other services for carers. We want to ensure that Care for the Carers is genuinely accessible to all carers and welcome any feedback about the barriers people may be facing.



Celebrating our volunteers!

On 23rd September, we held our Volunteer Celebration at our Uckfield Carers Centre at the Victoria Pavilion, to recognise those who kindly give their time to help us support carers across East Sussex.

This important event brings together volunteers from various roles, so they have the chance to meet, learn more about our charity's work, access training and be recognised and thanked for their support and commitment to carers. Jennifer Twist, our Chief Executive, and Dr Neil Churchill, our Chair, thanked the volunteer teams for the incredible contribution every one of them makes to carers. Our Head of Services delivered interactive Safeguarding training, exploring scenarios relevant to volunteers' roles with Care for the Carers. If you are interested in joining our team of volunteers or would like to find out more about the roles we have, please contact nicolam@cftc.org.uk.

Young Carers Appeal

This summer we asked you to give a young carer like Jamie 90 minutes to be a child, by funding young carers clubs in Eastbourne, Bexhill and Uckfield. These clubs offer young carers a space to relax, play and build friendships with others who understand them.

Your response was amazing, donating an incredible £5,000 to the appeal, the equivalent of 10,000 minutes of childhood, for young carers like Jamie. Precious minutes in which children and young people get a vital break from their caring role. Thank you.



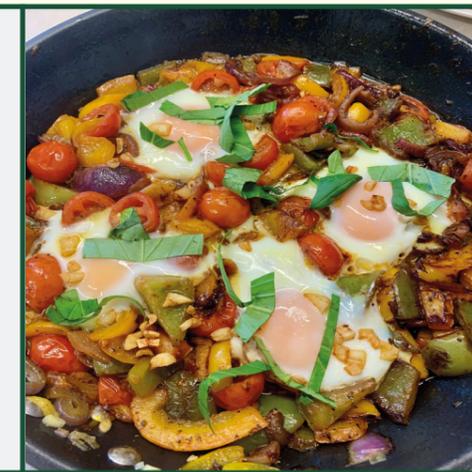
"I like that every month, when I go, everyone makes me smile and through the clubs I've made lots of friends."

- Stacey, young carer aged 12

Tasty autumn recipe Shakshuka



COMMUNITY
CHEF *good food for all*



Our aim is to help carers to cook and eat healthy and delicious food. All of our "Cooking for Carers" sessions have a feel-good focus. Our students cook, learn and eat together. We teach simple, nourishing and inexpensive dishes such as this traditional Levantine dish of eggs with peppers. It's full of protein and healthy vegetables. We serve it with the sweet potato wedges which are a good complex carbohydrate, and are full of vitamin A which is great for your eyesight, skin and general health.

SERVES
TWO

Ingredients for the shakshuka:

- 2 tbsp olive oil
- 1 onion, sliced
- 2 green or red peppers, halved deseeded and sliced
- 250g cherry tomatoes
- 1 tbsp tomato puree
- 1 clove garlic, chopped
- 1 tsp each of smoked paprika and dried or fresh oregano
- 4 eggs
- salt and pepper

Ingredients for the wedges:

- 2 medium size sweet potatoes, scrubbed, dried and cut into wedges
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp dried or fresh oregano
- Salt and freshly ground black pepper

Method for the wedges:

Preheat the oven to 200°C. Prepare the sweet potatoes and dress with oil, paprika and other spices. Roast in the oven for 15 minutes, toss them and roast for 10 more minutes.

Method for the shakshuka:

Prepare the onions, peppers and garlic. Heat the oil in a heavy frying pan over a medium heat and fry the onions, pepper and garlic for a few minutes until they begin to soften. Add the tomatoes, paprika, oregano and tomato puree then cook until the tomatoes soften a little bit. Taste and season with salt and pepper. Create 4 pockets in the tomato pepper sauce and crack an egg into each of them. Cover the pan and cook the eggs over a low heat until just set.

Alternatively, if you have an oven proof frying pan, crack the eggs into the sauce and place the whole pan into a pre-heated (200°C) oven and bake until the eggs are set, about 5 minutes. Serve hot.

Carers Survey - What you've told us

In June, many of you completed our annual survey and shared your opinions and experiences. Thank you for giving your time! Here are some of the results.

95% of carers reported that **information, advice and guidance we provide is helpful** and **90% said that advice is available when you need it.**

85% of carers shared **we have helped you remain in your caring role** as a result of advice and practical and emotional support you received.

78% of carers said our wellbeing activities **have helped you remain in your caring role** and **84% said these made a difference to carers' wellbeing.**

"When I feel really low and in a dark place, when I think I can't go on, they are there and help me keep balanced."

"I think Care for the Carers gives an excellent service. It has been an enormous support & potentially saved my life at times. It is a hugely difficult job. And all the links, phone calls, activities, fun times & outings have been hugely beneficial."

Carers lives – what you have told us

Over a third of carers who shared views on how their caring role affects them mentioned the inability to take time out to have a break from caring, or to take time to take care of themselves; many carers spoke about losing independence and feeling their life is put on hold. 20% highlighted how tired they are as a result of the severe emotional and physical impact of caring. Impact of caring on people's relationships with family and friends was mentioned more often than before, linked to feelings of isolation and lack of support. But we also heard about how amazingly carers are 'coping'.

"Although I sometimes feel isolated or stressed, my caring role also gives me a sense of purpose and fulfilment. It's helped me grow in patience and resilience, and it's strengthened my relationship with the person I support. It can be emotionally demanding at times, but knowing I'm making a difference in someone's life makes it all worthwhile."

If this is how you may be feeling, we are here to provide impartial emotional and practical support. Please reach out to us, we are here to ensure no one is left to care alone.

Thank you!

Thank you to everyone who has provided feedback over the year. Your voices are important to us and essential in the shaping of carers' services across East Sussex.



New carers award at East Sussex Care Awards 2025



The Outstanding Unpaid Contribution in Care Award recognises an individual who is inspirational, goes above and beyond, and empowers others. This new award category celebrates the dedication this person has demonstrated, the positive impact they have made in the life of another or the contribution they have made to an existing social care service or advocated for carers generally.



We are hugely grateful to Uckfield and District Chamber of Commerce for sponsoring the award. The Chamber has been a great supporter since we opened our local carers centre in Uckfield.

Jennifer Twist, Care for the Carers Chief Executive, spoke about her role on the Judging Panel: "I was humbled by the number of nominations we received and the most amazing life stories we heard of the local carers and volunteers. The judges had an almost impossible task choosing the winner. You all deserve recognition for the amazing things you do, day in day out."

Three shortlisted candidates join others from the 12 award categories at a special celebration night at East Sussex National on 13th November, when the winner will be announced.

Mike Derrick, Chair of East Sussex Partners in Care, says: "Let's make it a night to remember as we celebrate the incredible commitment of our care community."

Our Winter Warmer appeal

One in three carers live in poverty; over 20,000 carers in East Sussex. The financial strain on carers can be particularly challenging over the winter months, when rising energy bills make it difficult for carers to keep their homes safe and warm. Carers like Sarah, who has had to cut down her working hours to care for her mum who has dementia. *"I'm having to cut down on everything. It is desperate and it is taking its toll."*



Winter Warmer workshops are practical, life-changing sessions for carers offering financial support, free energy-saving resources, and access to vital grants, and the opportunity to connect with others in the same situation and reducing carers feeling of loneliness and isolation.

"I wanted to thank you for your wonderful support; you really helped me through each step of the budget plan and benefits checks. The vouchers on offer were a Godsend."

£30 covers the cost of a carer to attend a session and receive a free home insulation bundle so they can stay safe and warm through the toughest months this winter.

This year we want to reach 250 carers through Winter Warmer workshops. Thanks to Aviva Community Fund, **any donation up to £250 will be doubled**, meaning your support will go twice as far.

Donate to Winter Warmer Appeal and claim a free gift, as a token of our thanks.



Building a Carer Friendly East Sussex

Many carers don't recognise themselves as such, they are family, friends or neighbours, doing what they do to support others. Many young carers know no different, it is how life is. All too often carers are unaware there is support available to them.

Our Carer Friendly work with organisations, service providers and businesses is about raising awareness to ensure that carers in East Sussex feel supported to look after their family or friends and are recognised as individuals with needs of their own. Staff in those organisations are trained, resources for carers are made available and carers are being signposted or referred into Care for the Carers.

We are proud to share that this autumn Victoria Medical Centre in Eastbourne, one of the largest GP surgeries supporting 30,000 patients, was recognised as carer friendly. They are joined by Wealden District Council, the first local council to become Carer Friendly.



Other organisations to have been recognised as carer friendly include Sussex MSK and Horder Healthcare, Isabel Blackman Centre in Hastings, Hastings Voluntary Action, Sussex Support Service, Friends of Bishopstone and the Ian Gow and Seaside Medical Centres.

There is still much more to do to build a carer friendly East Sussex, and we are currently working with several other organisations. If you would like to know more about our carer friendly work, or how your organisation can become carer friendly you can find more information on our website:

www.cftc.org.uk/build-a-carer-friendly-community

Here, We Live for Every Moment



Pop in & See What's Possible



HALLMARK

LUXURY CARE HOMES

Residential, nursing and dementia care.

Learn about life with us at hallmarkcarehomes.co.uk

Hallmark Maycroft Manor, Brighton, BN1 8NA | 01273 257 691

Hallmark Willingdon Park Manor, Eastbourne, BN22 0AB | 01323 306 286

Winter Wellness – shared by Coastal Wellbeing



Winter often asks more of us – dark mornings, chilly evenings, and less time in the light. This season can feel even heavier when paired with life's extra challenges, so one way we can support ourselves is by choosing to be intentional about the small things that keep us grounded and cared for.

For us, winter isn't just about enduring – it's about finding ways to make it gentler. A cosy home, a favourite blanket, or a hot drink can turn an ordinary moment into a small act of comfort. We can treat the colder months as an invitation to slow down, notice what feels good, and create rituals that give us warmth inside and out.

Here are some of our favourite Wellness Tools:

"For my birthday, I got an Oodie (basically a giant wearable blanket) – soft, oversized, and covered in avocados and toast (the print, not my breakfast!) [Pictured above]. It makes cold evenings feel so much brighter." - Lucy

"I love making a pot of tea and enjoying it in my favourite mug while reading or watching TV. I also try to catch a bit of midday daylight – it makes such a difference." - Molly

Wellness Tools don't need to be big or expensive. They're simply the things – large or small – that bring us ease. A warm drink, a kind conversation, a short walk: reminders that even in winter, there are sparks of joy to be found.



What are your Winter Wellness Tools?
Notice the small comforts that help you through this season.



Carers Week 2025

During Carers Week we welcomed a record 141 attendees to "Carers Voices, Celebrating Carers Week Conference", the largest carers event in East Sussex, bringing together carers and professionals, aimed at giving local carers a voice and a chance to talk directly to decision makers. We supported carers with information and advice with 4 workshops and a Marketplace with 21 organisations taking part. Volunteers from Touch of Gentleness offered a relaxing hand massage to carers.



The focus remained this year on how health and social care can work better for carers. We are grateful to speakers who joined the discussion: local carer Agi Angiolini; young carer Oliver Davis; Sussex Partnership Foundation Trust Chief Operating Officer, John Child; NHS Sussex, Deputy Executive Managing Director for East Sussex and Brighton & Hove, Ashley Scarff; Head of Strategic Commissioning at Adult Social Care, Sam Tearle, and national journalist and commentator, David Brindle.

We captured a lot of views from carers, experiences of caring and of the services carers interact with. The lack of coordination between social care and health is a key challenge with a disparity between 'strategy' and what's being delivered or experienced on the ground. While carers understand that councils and local NHS can't resolve all the system struggles, they want to know what has been or is being done to improve their experience.

This and more will feed into the delivery of East Sussex Carers Partnership Plan and will inform what Care for the Carers and other charities providing services and support for carers do.



Thank you to all carers who could be with us, for giving your time and sharing your caring stories!



If you would like to join the Carers Voices Network or share your experience, please contact Call on info@cftc.org.uk or call 01323 738390.

Tips for staying Warm and Well

You may worry about the cost of heating your home, but keeping your home warm is important for your health. You can contact the Warm Home Check Service for advice and support.

Visit www.warmeastsussex.org.uk, text WARM to 80011, or call 0800 464 7307.

Top tips:

- It's recommended you heat your home to at least 18°C over winter.
- Be prepared for cold weather - have food in and make sure you have enough medicine.
- Keep active and move about the house if you can.
- Wearing several layers of thinner clothing can keep you warmer than one thicker layer.
- Check you have shoes that grip well to prevent falls if you go outside in cold weather.
- Use hot water bottles or electric blankets (not together).
- Get financial help to improve heating if you need it. Contact Warm East Sussex using the details above.
- Take up the offer of COVID and flu vaccinations.
- Get help if you need it. Speak to your GP, pharmacist, carer or key worker for advice, or call us at Care for the Carers.

Remember you can get in touch with us for support and advice on 01323 738390 or visit www.cftc.org.uk

This Winter we are delivering FREE workshops to help you and those you look after to stay warm and well over the colder months. Our Winter Warmer appeal is asking for support to enable us to fund these. At the events you'll be able to:

- Collect a free electric blanket and further energy efficiency and home safety goodies.
- Chat with other carers over tasty refreshments.
- Talk to our hands-on Carer Money Matters team.
- Meet partners like Energise Sussex Coast and East Sussex Fire and Rescue Service, and much more.



For dates and locations in November, December and January please contact Mark Townsend, Communities Team Leader, marktownsend@cftc.org.uk or call 01323 738390

Events

Care for the Carers Winter Fair!

Come and celebrate Christmas with Care for the Carers, buy some gifts and decorations, enter our fabulous raffle and visit the Secret Santa elves!

There will be a whole host of local artists and small businesses, including stalls by crafty carers and creative and fundraising stalls from Care for the Carers.



Entry: **FREE**
Saturday 13th December, 12pm – 4pm
All Saints Arts Centre, Friars Walk, Lewes BN7 2LE

www.cftc.org.uk/christmas25



New 'Arts in Nature' activities

Join Alison to create some nature-based art this Autumn and Winter.

- Stitching the Weald with Lucy Goffin, The Bale House, Hastings Country Park Visitor Centre, Thursday 13th November, 10.30am - 3pm
- Monoprinting with Natural Materials with Louise Gorst, Thursday 27th November, Hastings Country Park
- Christmas Wreath Making with Rachel Grimes, Monday 1st December, 2.30pm - 4.30pm and Monday 1st December, 5.30pm - 7.30pm, Five Ashes Village Hall
- Join Artist in Residence to collaborate on a piece of artwork for our exhibition. We will enjoy tea and cake together while curating and planning this event. Thursday 11th December and 15th January
- Final celebration and exhibition of the Arts in Nature Project, Thursday 22nd January, 2.30pm - 8pm, Victoria Pavilion, Uckfield

Booking will be available via Eventbrite at www.eventbrite.co.uk/o/alison-cotton-6347061587 or call 01323 738390 for more information.

Pop in for a warm drink

Pop in for a free hot drink and snack in the café at the Isabel Blackman Centre. 4th Friday of the month, 10am – 12pm, Winding Street, Old Town, Hastings TN34 3AT

Find more events on our Facebook page or on our website
@careforthecarers www.cftc.org.uk/whats-on

The East Sussex Carers Card

The card has three functions:

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



With an East Sussex Carers Card you can set up a CRESS (Carers Respite Emergency Support Service) plan as part of your carer's assessment. Care for the Carers can help you to set up a CRESS plan if you do not want a carer's assessment.

Discounts for carers

If you do not wish to put an emergency plan in place but would still like to benefit from discounts for carers, apply for a Carers Card directly from Care for the Carers: **Call 01323 738390, or visit www.cftc.org.uk/carerscard**

Show or mention the Carers Card with all offers and discounts. See terms.

This card is also available to parent carers. Please note: older versions of the emergency alert card are still valid to be used for Carers Card discounts.

You can get hospital parking for £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 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.

Healing Breath

Tel: **07359 459347**

Email: **healingbreath@outlook.com**

Facebook: **www.facebook.com/healingbreathsussex**

Mindfulness Meditation courses, group drop-in or 1-2-1 sessions. Fully qualified Mindfulness Meditation teacher having trained with Breathworks Mindfulness.

Discount £5 per session for an online weekly group. Discount £30 for a 1 hour 1-2-1 mindfulness meditation session



Knockhatch - Knockhatch Ski School, Hailsham Bypass, Hailsham, BN27 3GD

Tel: **07746 880889**

Email: **info@knockhatchskischool.com**

Website: **www.knockhatch.com**

Outdoor dry Ski and Snowboard Centre in Hailsham with a 110m artificial dry ski slope creating perfect conditions for skiing and snowboarding. There is also a Ringo Run. Skiing and Tubing - separate slopes.

Carers qualify for child rates when valid carers card is shown on arrival, further discounts also available online. Carers Card holders are also eligible for £2.50 discount on tubing activity.



Please note: We want to offer you as many benefits as we can, but this does not mean we are recommending or endorsing any of the services, groups or organisations featured. We assume that you will make your own decisions about whether Carers Card offers are appropriate for you.

Contact us

Name _____

Address _____

Postcode _____

Telephone _____

Email _____

Please complete. Post to:

Care for the Carers,
FREEPOST RUHH-UCBK-KBAE
Faraday House, 1 Faraday Close,
Eastbourne, BN22 9BH

I am a carer:

- Send me future editions of **Careline** via email instead of post
- Update my address
- Contact me about the support available
- I would like to be part of the **Carers Voices network**

I am no longer a carer:

- Reason _____
- Unsubscribe me from **Careline**
- Send me the **"After Caring"** booklet
- Please remove me from your database