



In this issue:

- Directory of local services and activities for carers
- Carers Week 2026
- Meet other carers
- Support us
- Plus more!





Happy 4th birthday to local carers centres

Carers Week marks the 4th birthday of your local centres in Hastings and Uckfield. Care for the Carers and our partner organisations welcome carers at the Isabel Blackman Centre, a vibrant community hub for over 50s in Hastings, and at the Victoria Pavilion in Uckfield where we are co-located with Sussex Support Service.

Since the centres opened, we have supported over 600 carers through groups, wellbeing activities, one to one work and events in the local centres. You may want to try new 'Carers Mindful Tuesdays' in Uckfield on the 4th Tuesday of the month from 1-2.30pm or our weekly 'Fun and Active Together' class at the Isabel Blackman Centre from 3-3.45pm on a Wednesday. To book this class where you can enjoy gentle exercise with the person that you are looking after, please contact the centre directly on [01424 235535](tel:01424235535).

To find out more about all activities at the local centres, please visit: cftc.org.uk, call [01323 738390](tel:01323738390) or email info@cftc.org.uk

Spring COVID-19 vaccinations



NHS

Surrey and Sussex

Who is eligible?

- ✓ All adults aged 75 years and over
- ✓ Residents in care homes for older adults
- ✓ Individuals aged 6 months and over who are immunosuppressed

How do I get the vaccine?

- 📄 Book online, or via the NHS app
- 📞 Call 119 for free | Textphone 18001
British Sign Language Service: signvideo.co.uk/nhs119
- 📍 Visit a local walk-in session or speak to your GP about home visits

Online booking will close on 29 June 2026.

Book online: nhs.uk/get-vaccine or scan the QR code.

Welcome

to the new 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.



Jennifer Twist

This issue celebrates Carers Week 2026 and everything you as carers do, day in and day out. I look forward to meeting many of you and hearing your stories and experiences during the Carers Week Conference in East Dean on 11th June.

We celebrate caring at what can feel like a very difficult time. Please know that you can reach out to us at any point; we are here to help you navigate and manage your caring role.

We are non-judgemental and an independent charity – we can help you deal with current challenges and importantly plan for the future so you can avoid a crisis.

It's very important to us to continue hearing and learning from you, so that we can plan the best possible services for carers - especially given the challenges facing health and social care today. Please do join us at carers voices events and have your say in the Carers Survey, launching in Carers Week.

We are also working with Carers Trust and Carers UK to represent local carers voices nationally to influence the government and make sure that carers are recognised by government and the NHS nationally and locally.

Last but not least, I am sharing with you an appeal our charity will be launching during Carers Week. Did you know that in our county there are 8000 young carers? 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 fundraise to be able to run summer activities and day trips to give young carers the opportunity to be children. We hope to offer at least a weekly session in the school holidays. If you can, please consider helping to make it possible by [donating 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 a healthy lunch when school is out or to pay for a day out in London. Your donation could give a Young Carer in East Sussex the chance of a break this summer.

Thank you for your support.

Jennifer Twist, Chief Executive

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East Sussex Care Awards

The annual East Sussex Care Awards saw local carer Manal Ahmed win the first ever award for 'Outstanding Unpaid Contribution to Care'. Congratulations to Manal and to Yvonne Wiggan, Chi Ling Chan and Kelly Dawnhall who received 'Highly Commended' awards. We were delighted to see unpaid carers celebrated at the event and are hugely grateful to Uckfield and District Chamber of Commerce for sponsoring the award.



Fundraising update

We had a very lively and successful fundraising year, taking part in Eastbourne Carnival, Esports Tournament with East Sussex College, Caring for our Future event with Heringtons, Christmas raffle and our first ever Christmas Fair.

Thank you to everyone who supported us. Money raised allows us to offer wellbeing and social activities and peer support breaks for adult and young carers. There are lots of ways you can support the work of Care for the Carers in the coming months.

Please help us put on summer activities to give young carers the opportunity to have a break and be children. Your generosity can make a difference in allowing us to offer at least a weekly session in the school holidays. If you can, [please consider making a donation on our Just Giving page](#) or by calling us on [01323 738390](tel:01323738390).

Keep an eye on our website for fundraising events and other ways to get involved www.cftc.org.uk/fundraise or contact us on the phone to chat about your idea.



SAVE THE DATE

Christmas Fair - 12th December 2026

Arts in Nature

Throughout 2025 and Winter 2026, the Arts in Nature project supported carers to try new creative experiences in nature. Thanks to our funders including the Lund Trust, High Weald National Landscapes Partnership and the John Jackson Charitable Trust, we were able to provide a range of exciting, creative carers breaks in beautiful settings to over 100 carers.

"I have been able to see and feel the transformation taking place in the carers who took part, when spending a day outdoors making something with their hands. At best this can amount to a system re-set, allowing a person to forget all about their responsibilities for a while, then return to them replenished." Alison Cotton, Artist in Residence





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

PASTA PRIMAVERA WITH WATERCRESS PESTO

One of the real joys of spring are the first pickings of tender fresh vegetables. This is a quick to make dish, which is low in fat and high in taste. This dish is a fantastic tonic for your taste buds and immune system. It is equally delicious served hot or cold.

Ingredients:

- 500g of your favourite pasta (I like whole wheat penne or bows for this dish)
- 2 tbsp olive oil
- 2 cloves garlic, finely sliced
- 6 spring onions, finely sliced
- 250g shelled small broad beans
- 250g shelled peas or mange tout
- 1 bunch of fresh asparagus (cut off the bottom 2cm if woody, and cut into pieces)
- 125g soft cheese or low fat (4%) cream cheese
- Salt and pepper to taste

To garnish:

- 4 tbsp watercress pesto
- 2 tbsp toasted almond flakes
- 100g cherry tomatoes, halved

Method:

1. Bring a large pot of lightly salted water to the boil and add the pasta.
2. Heat a large frying pan, add the oil and sauté the spring onions and garlic for 2 minutes.
3. Add the asparagus, peas, broad beans and ½ cup of water, turn up the heat and braise for 2 minutes before adding the peas or mange tout.
4. Cook for another 2 minutes or until the vegetables are tender.
5. Mix the vegetables with the cheese and add a few tablespoons of the pasta water.
6. Season with salt and pepper to taste.
7. When the pasta is cooked, strain and mix with the vegetables and cheese.
8. Stir well and serve in individual bowls with a tablespoon of pesto in the centre and a garnish of toasted almonds and cherry tomatoes.

For the pesto, blend together the following:

- 1 small bunch of watercress, wash and remove any woody stems
- 2 cloves of garlic, more or less depending on your taste for pungent flavours
- 2 tablespoons of olive oil
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste

Serves 4



Carers Week is all about you!

8th to 14th June 2026



Building Carer Friendly Communities



Carers Week is the annual campaign aimed at raising awareness of caring, highlighting the challenges unpaid carers face and recognising the contribution carers make to families and communities throughout the UK. Importantly, it also helps people who don't see themselves as having caring responsibilities to identify as carers and access support they might need.

At least 1 in 10 residents in East Sussex are carers. Across the UK 5.8 million people are carers (Census 2021), up to 69,000 in East Sussex. Unpaid carers save the UK economy an estimated £184 billion each year – the equivalent of a second NHS – but not everyone gets the support they need. Carers UK research shows that more than half (57%) of carers feel overwhelmed 'often' or 'always'.

'Building Carer Friendly Communities' is this year's Carers Week theme. Focusing on the benefits that carer-friendly spaces, organisations and businesses can have by helping to identify and support carers. If you work, do you feel supported by your employer in relation to your caring role? If not, then point them to us for advice and actions they can take to positively support you and others. At Care for the Carers, we work with local employers and service providers to help ensure that East Sussex becomes 'carer-friendly'. We provide free training available to professionals across the year as well as tailored sessions. Everyone can play a crucial role in raising awareness of caring and making sure carers can access the information and support they need.



We were delighted to welcome two new organisations to the Carer Friendly Scheme in recent months. Congratulations to the Joint Community Rehabilitation (JCR) service provided jointly by East Sussex Healthcare NHS Trust – providing rehabilitation and East Sussex Adult Social Care – providing reablement care packages; and the Groombridge and Hartfield Medical Group in Wealden. They both completed a

rigorous process to be recognised as 'Carer Friendly', showing commitment made to patients, clients and staff who are carers.

Carers Week is about celebrating carers and giving you space to discuss and have your voices heard. For this reason, we hold our Annual Carers Voices Event in Carers Week. Read more on the next page...

We would love to meet you this Carers Week



There will be social and wellbeing activities and a chance to meet our staff at different events and information stands during and in the build up to Carers Week.

We want to extend our thanks to 3H Foundation; thanks to their support carers will be able to attend a Spa Day break 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).

We are delighted to welcome carers and professionals to the 2026 Carers Voices Conference - Celebrating Carers Week, on Thursday 11th June in East Dean (near Eastbourne).

The conference celebrates Carers Week and provides a platform for carers to discuss their experiences, challenges and needs together with the key decision makers. We invite carers to speak and to share their stories to help shape a better future for support.

We will be joined by carer writers Matthew McKenzie and Miles Bingham and other carer speakers, as well as Mark Stainton, Director of Adult Social Care and Ashley Scarff, Deputy Executive Managing Director at NHS Sussex. You can expect plenty of time for discussions, meeting other carers, the hugely popular Marketplace showcasing services and support available to carers across East Sussex, as well as delicious food. To book your FREE place visit bit.ly/voicesconf26 or phone us.

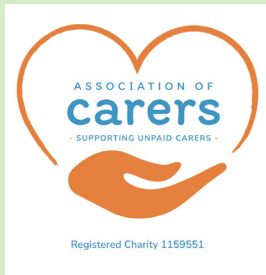
If you want to help raise awareness and celebrate Carers Week, you can download posters and social media posts from our website. Please print or share them wherever you can, to show your support and raise awareness this Carers Week.



Learn more by visiting
www.cftc.org.uk/carers-week-2026

Carers Support Services

It is important for carers to know that there are lots of services across the county who are there to support you. Care for the Carers work closely with other organisations to help make sure that carers are supported in the best way possible. Here we list some of the local services who you can reach out to for support. Please don't hesitate to get in touch with them directly, or call our Carers Hub on [01323 738390](tel:01323738390), who can refer you to these and other 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. We 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, cafes and lunch clubs, wellbeing sessions, online groups and help to attend carers' own medical appointments. Our 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

Coastal Wellbeing offers free WRAP (Wellness Recovery Action Planning) courses to help you explore tools that support your wellbeing and discover what keeps you well. Our courses provide a safe, supportive space to reflect together, connect with other carers, and share experiences. Learn more at: www.coastalwellbeing.co.uk/wrap-for-carers



Dementia Information & Support Courses CIC

A local independent Dementia Support Service for the carers of someone living with dementia. Facilitated support groups, Carer Information Courses, Professional Training, 1-1 support and much more. All services for carers are completely free of charge and a formal dementia diagnosis is not needed. www.discdementiasupport.org or call [07591 251005](tel:07591251005).



The Good Company People

Supporting older adults and those living with dementia and the people who care for them. Centred around belonging, purpose and early support. We offer a variety of clubs, concierge support and a friendly drop-in space (Crowborough). Offering a warm, human approach shaped by lived experience.

www.thegoodcompanypeople.org or call [07472 564519](tel:07472564519).



Amaze

Support for parent carers of children and young people with special educational needs and disabilities (SEND) in East Sussex and Brighton & Hove. Amaze offers: advice line on [01273 772289](tel:01273772289) or sendiass@amazesussex.org.uk; parent support groups; one to one befriending; free workshops on education and disability benefits; ND Family Support for parent carers of children and young people who are neurodivergent; Carers Card for wellbeing discounts; Groups for young people with SEND up to 25. Visit <https://amazesussex.org.uk>

Carers Support Services

Community Chef CIC

Community Chef provides cookery workshops and courses for carers, focussing on health and well-being. To find out more about upcoming courses visit:

<https://communitychef.org.uk/cooking-for-carers>



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.driorg.com

Sussex Support Service CIC

Respite Day Care at the Victoria Pavillion on Monday, Wednesday & Friday from 10.30am - 4pm. Supporting those living with dementia, Parkinson's, and in social isolation. Drop-in sessions for carers with the person they care for, and replica care so carers can attend support sessions for themselves. Call [01825 760176](tel:01825760176) for more information. www.sussexsupportservice.com



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 www.mndaeastsussex.org.uk/about-us



St Michael's Hospice

Advice and support for people caring for someone with a palliative or life limiting condition in Hastings and Rother. Carers can self-refer, but patients need their own referral through a health professional. You can view carer resources at <https://stmichaelshospice.com/carers/> Telephone: [01424 445177](tel:01424445177) Email: info@stmichaelshospice.com

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>



St Wilfrid's Hospice

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. www.stwhospice.org

Culture Shift – Carers O'Clock

Join Carers O'Clock each month at Community Wise in Eastbourne and 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/carers-o-clock

Time with other carers can help



*"That friendship, recognition and mutual support that you get from other carers is so vital."
Jo, carer from Bexhill*

You may be new to caring, looking after a family member or friend, or you may have been a carer for a long time. Spending time around other carers can be really beneficial. Other carers 'get it'. There is no judgement and it gives you space to be honest and open about how things are. As Jo says, "If you're just having a bad day, you've got your carers group you meet up with and you just share whatever insane thing has happened to you that day."

Consider coming along to one of our regular carers groups. Do you think you know what they'd be like? Here we tell you a bit about the different groups that we run, who they are for and what you can expect.

Carers Information and Advice Groups



Carers Information and Advice Groups (CIAGs) are facilitated by Care for the Carers Support Workers and take place in local venues. The groups offer anyone new to caring or carers services an opportunity to meet others, build confidence and resilience, and access support. Often there is a guest speaker who can offer useful advice on specific topics relevant to carers. We hold one evening group online for carers who can't make it to our day groups.

3rd Thursday, 10am - 12pm	Community Wise, Eastbourne
2nd Friday, 2.30pm - 4pm	St. George's Hall, Polegate
3rd Thursday, 10am - 12pm	Y Centre, Hastings
1st Tuesday, 10.30am - 12.30pm	Hub on Rye Hill, Rye
1st Friday, 10am - 12pm	Pelham Community Hub, Sidley
2nd Thursday, 10.30am - 12pm	Hillcrest Centre, Newhaven
1st Wednesday 10am - 12pm	Heatherview Care Home, Crowborough
4th Tuesday, 6pm - 7pm	Online

Wellbeing Groups



If you have attended a CIAG before, or have been caring for a while, you may want to join a Wellbeing group. The groups focus on improving carers' wellbeing, and can involve activities such as walking, arts and crafts or meeting for coffee. Led by carers for carers, run by volunteer hosts.



1st Tuesday 10.30am – 12.30pm	Abbots Wood Manor Care Home, Hailsham
3rd Tuesday, 10.30am – 12pm	The House Project Centre, Peacehaven

Specialist Carers Groups



Caring for someone with severe mental illness?

Join a regular carers group in Eastbourne, Uckfield or online. There are also walking groups on an adhoc basis. Contact our Mental Health project team to find out more on [01323 738390](tel:01323738390)

Diversity Resource International (DRI) hold monthly groups in several locations across East Sussex for carers from ethnically diverse communities, including a female only group. These groups allow you to connect with other carers who understand your role as a carer, have the confidence to discuss topics in your native language and enjoy a safe space to speak out and feel listened to by others. Visit www.driorg.com



Eastbourne	for Chinese speaking carers
Uckfield	for female carers of all ethnicities
St. Leonards	for Chinese speaking carers, Russian speaking carers and Arabic speaking female carers
Seaford	for carers of all ethnic backgrounds and genders
Peacehaven	for Arabic speaking female carers
If you're interested in joining a DRI support group, they welcome you to fill out their referral form	

Local groups from other services

Other services mentioned in the directory on pages 8 and 9 host carers groups. Please check their websites to find out where and when they hold carers groups.

For booking and information about Care for Carers groups, visit www.cftc.org.uk/whats-on or call **01323 738390**.

The East Sussex Carers Card

The free carers card...

- Identifies you as a carer in an emergency
- Gives you the option to connect to a back-up respite plan
- Acts as 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.

Parking at Eastbourne DGH and Hastings Conquest

You will pay no more than £2.20 per visit with your Carers Card. Show your card at the parking office (kiosk) prior to departing to get the discount, as closing times are 8pm (weekdays) and 6pm (weekend).

Lovebrook (Kingston) **NEW!**

Email: info@lovebrook.org

Website: www.lovebrook.org

Address: The Street, Kingston near Lewes BN7 3NT

Lovebrook is a for-benefit organisation based across thirty-three acres in the beautiful South Downs village of Kingston. This ambitious project includes agro-ecological farm, food forest, therapeutic work, wellbeing activities, trainee farmers course, camping and a programme of rewilding, ponds and tree planting, as well as being open to the public from 10-3 on Saturdays where you can enjoy our farm shop and cafe, morning sauna sessions, yoga classes and free weekly talks and events.

Free tea or coffee at the Saturday farm shop & Cafe 10am -3pm
10% off Saturday 1hr Sauna Sessions using the code: CFTC10 (Over 16's only)



Discounts for carers

You can have a carers card with or without an emergency respite plan.

To find out more call **01323 738390**, or visit www.cftc.org.uk/carerscard

This card is also available to parent carers.

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