

# Carers News

Autumn 2024

The Carers Centre

Brighton & Hove



## Young Carers play Volleyball with MP Ed Davey

Pharmacy first scheme  
and keeping prescription charges low

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[www.thecarerscentre.org](http://www.thecarerscentre.org)

# A word with our CEO

## Tom Lambert



Dear carers and supporters,

We were delighted to see such a wonderful turnout for our Carers Festival event this summer. To see so many familiar faces and to introduce dozens of new carers to the support services that are available in our city was wonderful. Please see page 4 for more information about the event and a wider review of our tireless team's activities during the week. We hope you will join us for our Carers Rights Day event in November (page 5), as we seek to continue the momentum of highlighting the needs of carers and the incredible impact you have on our community.

I would also like to shine a light this quarter on the incredible work of our Hospital Link Workers. Established last year, the project has identified and supported over 120 Brighton & Hove carers attending the Royal Sussex County Hospital in the 6 months since April 2024. They have also supported and signposted many more carers from neighbouring counties. Incredible when you consider that before the project began, we were averaging just 50 referrals per year from hospital sources. I know you will join me in congratulating Colette, Lucy and Cam along with our friends and supporters at NHS Sussex on their hard work.

As always, please enjoy this edition of Carers News and be wowed by the incredible summer programme that the Young Carers Team enjoyed this year (page 8) as we reminisce about the warmer months.

Best wishes,  
Tom

The Carers Centre works with unpaid family/friend carers who are residents of Brighton & Hove, or caring for someone who lives in Brighton & Hove.

## **Carer support at RSCH**

Our Hospital Link Worker Team are based at Royal Sussex County Hospital throughout the week and are available to meet with carers at short notice.

Should any carers wish to talk to the team, please email [carers.hub@nhs.net](mailto:carers.hub@nhs.net) or call the Carers Centre office on 01273 746 222 and ask for a message to be passed to the Hospital Project.

## **East Brighton Carers Book Club**

Our East Brighton Book Club hosted at Saltdean Library on the 3rd Thursday of the month is looking for new members. Join us for a coffee as we discuss our latest book choice.

For more info please get in touch with us at [info@thecarerscentre.org](mailto:info@thecarerscentre.org) or call 01273 746222

## **Carers Card**

You can now see all of the latest offers available for the Brighton and Hove Carers Card on the Amaze website.

[www.amazesussex.org.uk/wp-content/uploads/lana-downloads/2024/08/Carers-Card-guide-2024.pdf](http://www.amazesussex.org.uk/wp-content/uploads/lana-downloads/2024/08/Carers-Card-guide-2024.pdf)

## **Thank You....**

Our Moving People at Home information session in August was run by NRS healthcare and had ten attendees on the day with feedback indicating the session was highly beneficial. The session highlighted the importance of back care when helping people to move and also the most up-to-date techniques and equipment for assisting people to move.

We want to thank NRS Healthcare for providing this with no charge and for making the session, lively, informative and fun for the carers attending.

## **Employers helping us to "Put Carers on the Map"**

We would like to say a big thank you to Tim and Victoria at Attree & Kent in Hove for having us as their charity of the month window display for July.

Local businesses supporting us is vital to ensuring that we are continuing the great work from Carers Week by "Putting Carers on the Map".

If you are a local business owner or know of one that could support us to help recognise and celebrate the hidden army of unpaid carers in our city, please get in touch with our Employers Lead worker, [steve.castellari@thecarerscentre.org](mailto:steve.castellari@thecarerscentre.org)

# Looking back: Carers Week

## Putting Carers on the map!

Carers week ran from the 10th to 16th of June this year and the theme was "Putting Carers on the Map".

With the aim of recognising and celebrating the incredible work carried out by carers in Brighton and Hove, we ran three events, starting on Tuesday 11th with an information stall at the Royal Sussex County Hospital in partnership with the Staff Carer Network and the Disabled Staff Network.

On Weds 12th, we held our Carers Festival at The Open Market with 24 stalls of service and support providers, offering everything from advice to respite activities such as painting and board games. We want to thank all the stall holders for helping to make such a vibrant and supportive event.

We also had free tea or coffee and a range of delicious cakes for carers, and, thanks to our own volunteers and



Brighton Natural Health Foundation, we were able to run taster sessions of Meditation, Seated Yoga and Qigong. We would like to thank everyone who came along and spoke with us and the other stall holders. We also thank everyone that took part in the activities on what proved to be a very popular and busy day.



Thursday 13th we were at Warmdene Surgery with another information and advice session and we would like to take the opportunity to thank all the organisations involved in making the events so vibrant and welcoming.



# Carers Rights Day 2024



## Thursday 21st November 2024

We are currently planning our annual Carers Rights Day event which will be during the afternoon of 21st November. This year we are focussing on the rights and benefits for carers.

Thursday 21st November 2024, Friends Meeting House from 1.30pm - 4.30pm

We will be hosting a number of speakers on the topics of:

- The Carers Friendly City Strategy
- Carers Rights and Benefits
- Working Carers Rights at Work

There will be complimentary refreshments available during the afternoon and we will be finishing with a short meditation session facilitated by one of our Reablement volunteers.

Please keep an eye out on our future updates where we will bring you all the news about Carers Rights Day.

If you would like to join us on the day, we have limited spaces available so please get in touch to book your space.

[info@thecarerscentre.org](mailto:info@thecarerscentre.org) or call 01273 746222



Brighton & Hove

# Accessing Health Services

## Have you heard of the pharmacy First scheme?

The government and NHS England launched the Pharmacy First scheme in January 2024 to give patients quick and accessible care and ease pressure on GP services.

In participating pharmacies, patients can now get treatment for seven common conditions. This means you won't need to get a GP appointment or prescription first.

If you have symptoms that suggest you may have one of the following conditions, you can now walk into a pharmacy and be offered a consultation with the pharmacist.

- Sinusitis – for children and adults aged 12 years and over;
- Sore throat – for children and adults aged 5 years and over;
- Earache (Acute otitis media) – for children aged 1 to 17 years;
- Infected insect bite – for children and adults aged 1 year and over;
- Impetigo – for children and adults aged 1 year and over;
- Shingles – for adults aged 18 years and over; and
- Uncomplicated urinary tract infections in women aged 16 to 64 years.

The pharmacist will be able to speak to you privately in a separate room. They may perform an examination or ask to access your medical records. Under this new service, the pharmacist can offer advice and recommend the best course of action on an individual patient basis. If clinically necessary, they will offer NHS prescription medication for treatment.

This can include prescriptions for antibiotics or antivirals. The NHS prescription charges apply if you normally pay for medicines supplied on prescription.

The pharmacy team will direct you to your GP surgery or A&E as appropriate, if they are unable to help.

Patients can still choose to visit a GP if they wish to. Pharmacy First offers alternative access for these seven conditions and the government encourages people to make the most of this service.

If you are interested in finding out more about this, you can find additional information here:

[www.healthmedia.blog.gov.uk/2024/02/01/pharmacy-first-what-you-need-to-know/](https://www.healthmedia.blog.gov.uk/2024/02/01/pharmacy-first-what-you-need-to-know/)



# Young Carers News

## Young Carers Play Volleyball with MP Ed Davey

The Young Carers team are swiftly moving into Autumn and starting to plan some spooky activities for the October half term, summer seems a long time ago, but we enjoyed lots of activities from rides on the pier to axe throwing and everything in between!

We were recently joined by Ed Davey leader of the Liberal Democrat party for a game of volleyball in the September sunshine. Ed wanted to chat to local young carers about their experiences of getting support and joined us along with members of the Carers Trust team. It was a really great opportunity for our young carers to get their voices heard...and to show Ed how to properly play volleyball!

We have also been keeping pretty active and are in the midst of a series of hula hooping workshops and continue both our monthly after school and youth clubs. Along with making sure some of our older young carers are supported by providing information at the local college's freshers fairs this past month.





# Young Carers News

## YC updates

Our very lovely Isabelle (8 - 10's keyworker) is just about to go off on maternity leave, we all wish her and her family the very best, and we are already booking in the baby cuddles. We have been joined by Sofia (sessional worker) who will be covering the maternity leave and will now be the point of contact for 8 - 10-year-old carers.

We continue to be extremely busy assessing and supporting young carers from across the city and are still adding to a waiting list for sibling carers seeking support.



### Support Us

You can now support us while buying your everyday shopping with [easyfundraising.org.uk](http://easyfundraising.org.uk)

simply link to top retailers and brands through the [easyfundraising](http://easyfundraising.org.uk) website and they will donate a commission to your chosen charity.

Sign up to donate to the Young Carers Project at the link below:

**[join.easyfundraising.org.uk/brighton-and-hove-young-carers-project](http://join.easyfundraising.org.uk/brighton-and-hove-young-carers-project)**



Young Carers

# Carers Groups & Meet-ups



## Mondays

### **Online Tai Chi and Qi Gong**

open to all unpaid carers via zoom every Monday Morning from 11am - 12 noon

### **Hove Carers Community Coffee Morning**

Open to all unpaid carers, 10.30am - 12.00pm, fourth Monday of the month at One Bread Cafe, All Saints Church, Hove

### **Changes Ahead Coffee & Chat**

for unpaid carers of people with mental health challenges. 10.00am - 12.00pm, second Monday or second Friday (alternating) of every month at Al Campo Lounge, London Road.

### **Learning Disabilities and Autism Carers Support Group**

For unpaid carers who help people with a learning disabilities and or Autism. 3.30pm - 4.30pm, last Monday of the month at Alcampo Lounge, London Road

### **Working Carers and Employers Meet-up**

For working carers, those seeking to return to work and employers. 6.00pm - 7.00pm, last Monday of every month at Al Campo Lounge, London Road.

## Tuesdays

### **Carers Jubilee Book Group**

Open to all unpaid carers. 10.30am - 11.30am, second Tuesday of the month at Jubilee Library, Jubilee Street.

### **Online Meditation for unpaid carers**

Open to all unpaid carers. 10.30am - 11.30am, third Tuesday of each month via Zoom.

### **Brighton Carers Community Coffee Morning**

Open to all unpaid carers. 10.30am - 12.00pm, third Tuesday of every month at Alcampo Lounge, London Road

### **Bereaved Carers Group**

For Carers who have experienced bereavement, 10.30am - 12.30pm, fourth Tuesday of every month at Alcampo Lounge, London Road

## Wednesdays

### **Online Weekly Coffee & Chat**

Open to all unpaid carers. 10.30am - 11.30am, every Wednesday via Zoom

### **Carers Wellbeing Walking Group**

Open to all unpaid Carers. 10.30am, last Wednesday of every month and a different location every month.

## Thursdays

### **Kemptown/East Brighton Carers Community Coffee Morning**

Open to all unpaid Carers, 10.30am - 12.00pm, fourth Thursday of every month at Cup of Joe's Cafe, St Georges Road

### **Carers Saltdean Book Group**

Open to all unpaid carers. 10.30am - 11.30am, third Thursday of the month at Saltdean Library.

## Fridays

### **Changes Ahead Coffee & Chat**

For unpaid Carers of people with mental health challenges. 10.00am - 12.00pm, second Monday or second Friday (alternating) of every month at Alcampo Lounge, London Road

**All Carers Centre activities and events are free to unpaid carers in Brighton and Hove.**

visit our events pages for more info:  
[www.thecarerscentre.org/events](http://www.thecarerscentre.org/events)

**To book your space on any of our activities, workshops or groups please call 01273 746222 or email [info@thecarerscentre.org](mailto:info@thecarerscentre.org)**





**From 2010-2020 4.3 million people became unpaid carers every year, that's 12,000 people a day.**

**We are here for you**



**Connecting services for unpaid carers in Brighton & Hove**



The Carers Hub is a partnership with the Carers Centre, Alzheimers Society, Cross Roads Care, B&H City Council and the NHS and is the first point of contact for Carers in the city.

\*taken from CUK Cycles of caring: transitions in and out of unpaid care