

Carers News

Winter 2024



Looking back at Carers Rights Day 2024

Looking After Yourself
Young Carers News

Your Free Copy

www.thecarerscentre.org

A word with our CEO

Tom Lambert



Dear carers and supporters,

I want to begin this season's edition of Carers News with the happy news that we at The Carers Centre for Brighton & Hove have retained our role as lead provider of the city's Carers Hub provision (subject to contract confirmation). This award ensures that we are able to sustain many core services for unpaid carers for several years to come and is a solid foundation from which we will continue to develop.

Huge thanks go to the team that helped to put our bid together including our fantastic partners at East Sussex Brighton & Hove Crossroads and the Alzheimer's Society. We will be bringing you further details on the future of the Carers Hub in our first edition for 2025.

I was also thrilled to see so much engagement from carers and professionals at or recent Carers Rights Day event last month. The commitment to supporting carers from the many guest organisations was clear to see, as was the need for us to continue to champion the impact of caring roles on individual carers and the impact carers collectively make to our community. Please see more information about the event on page 4.

All of us in the Carers Centre team wish you a restful festive period and we look forward to continuing to provide you with support in 2025.

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.

News from the Carers Centre



Updated Carer Fact Sheets

We have revised several of our carer fact sheets, all available to download and print from our website.

Fact Sheet No.8 - Employment and Training (October2024)

Whether you are a carer looking for work or looking to upskill for the workplace, this Fact Sheet contains information about places where carers may be able to get help and advice regarding career development, job searches, job applications and IT training.

Fact Sheet No 10 –Caring for Someone While Working (October2024)

Employees now have certain statutory rights which could help them to combine their caring role and work more easily. This Fact Sheet includes information on important changes in the law brought about by The Employment Relations (Flexible Working) Act 2023 and The Carer's Leave Act 2023.

It gives detailed advice on the processes applying to requests for flexible working and carers' unpaid leave.

To view, download and print any of our fact sheets please visit:
www.thecarerscentre.org/resource/factsheets/ or call 01273 746222 to request a paper copy.

Keep up to date with NHS news

Keep up to date with all the news from local NHS services with their regular bulletins available to read online. There is also an option to subscribe so you will receive these direct to your email inbox.

You can view all NHS news bulletins at the link below

www.sussex.ics.nhs.uk/category/sussex-health-care/nhs-sussex-in-focus-newsletter/

Age UK - New Drop-in Centre

Age UK have opened a new drop-in centre on Queens Rd in Brighton and everything they offer is free. Located at 95 Queens Road, Brighton, BN1 3XE. The Age UK hub is open to the public Monday to Friday 9.30am - 4pm for people over 50, their family and carers to get information and advice around a range of topics including welfare benefits, housing, paying for care and blue badges.

B&H Carers Card offers now on an App

The Carers Card for Brighton and Hove has been upgraded and is now available as an app for your smart phone or device

You can download the app by searching 'Carers Card Brighton & Hove' either in the Apple App Store or the Google Play store.

Carers Rights Day 2024



We held our main event for Carers Rights Day this year at The Friends Meeting House on Thursday 21 November.

This years theme was "Recognising your rights".

More than 30 carers attended and we had a highly informative and engaging event.

We were also at the Royal Sussex County Hospital's Carers Rights Day event on 22 November which again had over 30 delegates.

At our main event, we had a number of speakers with the aim of covering as many rights and benefits as we could in 3 hours:

- The Carer's Commissioner from Brighton and Hove City Council gave an update to the Carer Friendly City strategy and how this is progressing into 2025 including the renewal of the Carers Hub contract with The Carers Centre as the lead partner.
- Carers UK spoke about general carers rights, working carers rights and a campaign to have caring designated as a protected characteristic.
- Brighton and Hove Energy Services Co-op gave a talk about free ways they can help people to save money on energy usage, tariffs and some practical tips around your home as well as offering free support to individuals.
- The Department for Work and Pensions spoke about Universal Credit, Pension Credit and carer elements of these.
- Possability People talked about Personal Independence Payments and Attendance Allowance and the support they offer.





Finally, we wrapped up with a wonderful and easily repeated meditation session by one of our fantastic volunteers.

You can find information about benefits and other subjects in our factsheets on our website. (www.thecarerscentre.org/resource/factsheets/)

We would like to offer our thanks to all the speakers for the hard work they put in especially those for whom public speaking is not their usual activity.

We would also like to thank the Friends Meeting House for having everything ready for us at the venue including all the refreshments.

Lastly, we would like to thank everyone that attended and all carers for the incredible effort you make. As the Carer's Commissioner said - the value of care provided by unpaid carers in the UK is equivalent to the entire yearly NHS budget!



Looking After Your Health



Which NHS Service Do I Need?

When you're feeling unwell, a range of NHS services are available that can help you with getting better. Sometimes it can be hard to know which service to choose from.

Below, we've outlined some NHS resources that can help you find the right service for minor illnesses.

Please remember, this information is for guidance only and is no substitute for consulting a healthcare professional. Always seek urgent medical help in emergencies.

The NHS website - [Sussex Health & Care](#) and [NHS Sussex \(ics.nhs.uk\)](#) provides the following info:

Symptoms / Conditions	Service
Sore throat, cuts and grazes, hangovers, headaches	Treat minor issues at home
Coughs, colds, tummy trouble, rashes, aches and pains	See a pharmacist
Persistent symptoms and long-term conditions	Speak to your GP practice
Not sure where to go or what to do?	Visit 111.nhs.uk or call 111
Sprains, burns and minor fractures	Visit your local MIUs (Minor Injury Units)
Serious or life-threatening emergencies like chest pain	A&E or 999

More detailed information can be found here -

- NHS Sussex / Sussex Health and Care - 'Get the right care'
- NHS 111 – Find out more about the NHS 111 number and website here
- University Hospitals Sussex Minor Injuries units www.uhsussex.nhs.uk/hospitals/minor-injuries/
- Pharmacy First – Most pharmacies participate in the 'Pharmacy First' scheme. Within this scheme, you can see a pharmacist for conditions covered by the scheme (rather than seeing your GP). You can find the conditions that are covered here
- NHS.UK - General information on health and medicines.

Visit to Local Employer

One of our dedicated services is for Working Carers and Employers. This service provides advice and support via a specific Working Carer peer group.

There have been a number of changes to employment law in the last few years which have increased the protections and rights of employees who also have a care role outside of work.

A major change has been the introduction of a statutory right to one working weeks (pro rata) unpaid "Carers Leave". Some employers already offered this and some went further and offered paid leave even for two weeks in some cases. Many employers though, had no provision for carers to be able to take time for planned appointments other than taking holiday.

Getting this message out to employers and employees is part of our mission and we were delighted to be invited to have a stand at the Legal & General building in Hove back in October.

Our Working Carers Lead and a colleague spent the day onsite, talking to employees, providing information and ensuring that anyone with a possible care role outside of work, would at least know that there is support for them in the City.

We were delighted to be invited back to Legal and General on 3 December, to participate in a network meeting of

charities and voluntary groups. This event hosted by Legal and General, celebrated the work we have done throughout 2024 and looked forward at ways they may be able to support us in 2025.

We would like to thank Legal and General and look forward to supporting unpaid carers among their staff.



Any employer in the city can request to speak or meet with our Working Carer Lead to discuss how to provide the support that their staff may be looking for.

One way of supporting staff, including line managers, is to ensure they are "Carer Aware". Anyone wanting to raise their level of carer awareness or become a "Carer Champion" at their workplace or community group, can take our free training either online (www.carershub.co.uk/awareness-training) or by requesting an onsite training event from us.

All are free and take no more than 45-60 minutes, with a certificate of completion. Carer Champions act as a first point of contact and can refer interested people to us for more information. Champions receive a Champions Certificate, a Lanyard and a Champions Badge (only available in Brighton and Hove).

For more information please contact steve.casterllari@thecarerscentre.org or call 01273 746222.

Young Carers News



A look back at Autumn with our Young Carers

The young carers team delivered some fantastic activities over the half term holidays including lazer zone, Ecotherapy with pumpkin carving, as well as a group learning some fantastic circus skills. Alongside that we have just finished a series of hula hooping sessions which were funded via Active Sussex. Both Andy from Active Sussex and I were hugely impressed with the final routine the group performed.



We have been working on producing some resource packs for both schools and college and I have been lucky to work alongside one of our Young Adult Carers Leace in delivering the content to local colleges. Having a young person with lived experience of caring really brings the carers voices to life.



We are now busy planning our programme of Christmas activities which has been funded by the amazing Brighton Soup, we were lucky to win £1000 to bring a bit of Festive sparkle to the season!



Young Carers News

Support Us

If you would like to support the work we do please consider signing up to Easy Fundraising where we receive a donation every time you do some online shopping!

Please sign up to support Brighton And Hove Young Carers Project on #easyfundraising today and raise FREE donations every time you online shop.

With Christmas around the corner, it's the perfect time to join and turn your festive shopping into free donations for us! Over 8,000 retailers are ready to donate at no extra cost to you! It's quick, easy and will give our fundraising a boost. Plus, if you join today we could win a £500 donation:

<https://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.

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.

Bereaved Carers Group

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

Thursdays

Kempton/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

To book your space on any of our activities, workshops or groups please call 01273 746222 or email 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*