

Carers News

Summer 2025

The
Carers
Centre

Brighton & Hove



**Carers Week and the
Carers Festival**

Our new look website
Young Carers News

www.thecarerscentre.org

Your Free Copy

A word with our CEO

Tom Lambert



Dear carers and supporters,

Here at The Carers Centre, we are all looking forward to welcoming you to our Carers Week events during the week commencing 9th June. We have oscillated between one large event and multiple small events over the years and this time around, we are offering both! Our flagship Festival is back (page 3) and we will also be celebrating the incredible impact that carers make as well as seeking new referrals at Hove Museum (Monday 9th), the Royal Sussex County Hospital (Monday 9th) and Warmdene Surgery (Thursday 12th). Our dedicated team hope to see many of you during the course of the week.

In other news, I am pleased to announce that as members of the NHS Sussex Carers Health Forum, we have been asked to contribute to a draft NHS Sussex Commitment to Carers for the consideration of the Integrated Care Board in the autumn. This is a warmly welcomed opportunity which will enable us to clarify carers rights and seek buy-in from NHS colleagues to demonstrate their commitment to supporting carers. This should also enable us to keep carers on the NHS agenda despite the restructuring that recent government announces have initiated.

We will be engaging our Carers Voice Group on the Commitment to Carers as well as other important matters in the months ahead so please do contact our Engagement Lead steve.castellari@thecarerscentre.org if you are interested in joining the group.

I wish all our readers a pleasant spring and early summer and we appreciate all of your support as always.

With kind regards,
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.

Carers Week & Carers Festival

Carers Week

9 - 15 June 2025

Carers Week is an annual campaign to raise awareness of caring and recognise unpaid carers contributions to families and communities across the UK.

The Carers Festival 2025

Wednesday 11th June, 10am to 4pm,
The Open Market, London Road, Brighton

We are delighted that on Wednesday 11 June we will once again be hosting our free annual Carers Week Carers Festival in celebration of unpaid carers in Brighton & Hove. This year's event will be our biggest since 2019 as we return to The Open Market on London Road for the day.

Carers Week this year has the theme of "Caring about Equality" and we will be joined by organisations from across the city to tell carers all about the support they can offer.

As well as information and advice, the event will recognise the incredible efforts of unpaid carers by providing wellbeing activities to try out. There will also be free refreshments for carers (while stocks last), and of course our friendly team will be on hand to answer any questions or signpost to relevant support.



Where you can find us in Carers Week

Monday 9th June

Carer Information Stand in the Louisa Martindale Lobby at RSCH, 10am - 3pm

Monday 9th June,

Hove Museum of Creativity, 10.30am to 2.30pm

Free to wander and look at exhibits plus info/advice stand by us!

Wednesday 11th June

Carers Festival at the Open Market, 10am - 4pm

Thursday 12th June

Carer Information Stand at Warmdene Surgery, 10:30am - 12:30pm

No need to book, just pop by and say "hi!"

<https://thecarerscentre.org/event/carers-festival-2025/>

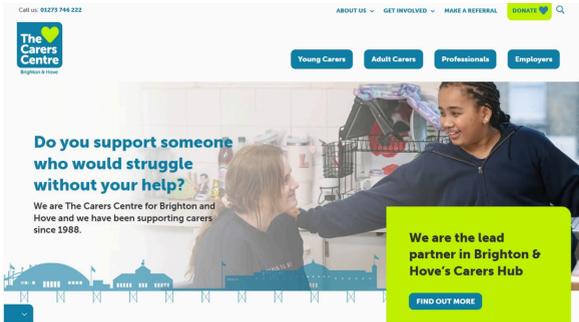
News from the Carers Centre



The Carers Centre's Website has been updated

We are very pleased to announce the launch of our new look website, you can find us at our usual web address:

www.thecarerscentre.org



Our brand new website is now live for you to view on your computer, tablet, smart phone or other internet devices..

You can find information about all of our services for unpaid carers in Brighton and Hove, as well as how to look after yourself as a carer, great practical information including our popular fact sheets on carers topics.. And our new 'Carers Calendar', showing you all of our upcoming support groups and activities in a calendar format.

We also have information for professionals and those employing carers.

Carers in Conversation

One new fantastic feature of our website is our 'Carers in Conversation' section. Telling local carer's stories.

We want to hear and show your stories of being an unpaid carer in Brighton and Hove.

If you would like to share your story, please email info@thecarerscentre.org

What you will find on our new look website:

- info about the Carers Centre
- info on caring in Brighton & Hove
- upcoming events, support groups and activities.
- Self referral options
- A link to donate
- Info for professionals and Employers

find us at
www.thecarerscentre.org

News from the Carers Centre

Engagement

What we have done

Earlier this year we worked with carers to examine their priorities from a Hospital Discharge Toolkit. This was designed to ensure that carers are identified and included in conversations about discharge of the people they care for.

Although the Royal Sussex County Hospital is not a part of the pilot scheme, we were able to discuss these priorities with a number of wards, and they outlined areas where the toolkit's elements are already in place.

We have now reported this back to the Integrated Care Board (Sussex NHS) for them to take forward.

We would like to thank all the carers and staff at RSCH and other organisations, who gave their time and effort to ensure this valuable piece of work could be completed.

Identifying people who may have a care role but maybe do not see themselves as carers is an important skill in many settings and none more so than in hospitals and GPs surgeries.

Organisations, community groups and individuals being able to engage with potential carers in a meaningful way and then guide them towards support available is vital in helping carers get the help and services they often need.

In our engagement work, we spend a lot of time raising awareness of carers and we know that there is always more to be done. This led to the creation of our free online Carer Awareness and Champion training two years ago.

We are now creating a new module of Carer Awareness training for "Secondary Care" organisations and staff. We are working with University Hospitals Sussex to make this training available for all staff within the trust.



Brighton and Hove Carers Card now available as an App for your smart device

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

You will now be able to keep up to date with all the great offers available in the local area with your carers card.

You can download the app by searching 'Carers Card Brighton & Hove' in either the Apple App Store or the Google Play store. The image shown above is the app icon to look out for.

You can also view the Carers Card Offers online at the link here:

<https://amazesussex.org.uk/carers-card-offers-development/>

News from the Carers Centre

Carers Voice Group

Our Carers Voice group have been active again in the first part of the year, helping us with the discharge work outlined above and also with examining the accessibility of the Brighton Centre via a tour.

An interesting point from the tour is that if you or a person you are accompanying to the Centre have mobility/access issues, you can use the VIP entrance at the back of the Centre on Russell Road.

What's coming up

We will be engaging with the Carers Voice group again in the near future as we look at issues around access to green spaces and also technology that carers may find beneficial.

Our Engagement Lead will be contacting the Carers Voice group when co-production and research opportunities are upcoming.

Carers Legal Clinics

We are very pleased to be able to offer a monthly telephone legal clinic here at the Carers Centre thanks to the very generous Martin Searle Solicitors and Renaissance Legal Solicitors donating their time and expertise.

Between them they are able to provide assistance and advice on a range of issues pertaining to caring, for example: Power of Attorney, Court of Protection, Mental Capacity, Accommodation and Wills.

If you would like to take advantage of this telephone service free of charge, don't hesitate to call or email us to book an appointment on 01273 746222 or info@thecarerscentre.org.

We're here to help and we look forward to hearing from you.



Working Carers & Employers

Training and Working Carers/Employers

We offer free online training modules on Carer Awareness for employers, community groups, schools, primary care, pharmacies and anyone interested in developing this awareness. We are now developing a new module based on the needs within secondary care such as hospitals.

<https://carershub.co.uk/awareness-training/>

We are also able to provide free face to face training for groups at your Brighton/Hove location.

An online resource packed with useful information, that is free to anyone who feels that they may be a carer is provided by "Employers for Carers" (you don't have to be an employee or employer). An umbrella membership covering the city is provided by Brighton and Hove City Council using this access code #EFC1498. Simply go to <https://efcdigital.org/> click on the Login/Register button and follow the instructions.

This resource is available to all individuals in the city and also to employers with 250 or less staff.

Larger organisations can sign up for a paid subscription to the resource by contacting Employers for Carers directly or speak to our working carers lead steve.castellari@thecarerscentre.org

Employers, do your staff have a carers network?

If you would like to find out more about how to set up a network for your employees contact our working carers lead

steve.castellari@thecarerscentre.org

It's now a year since the Carers Leave act (2023) came into force. If you haven't heard of this, it gives carers who are employees, the right to one working weeks (Pro Rata if part time) unpaid time off to care for someone. There are conditions around it's use and you can find information here

<https://www.carersuk.org/help-and-advice/work-and-career/the-carer-s-leave-act-2023/>

Other options that may be available when time away from work is required can be found here

<https://www.acas.org.uk/time-off-for-dependants>.

If you are member of the Brighton Chamber (of Commerce), you will shortly be seeing a blog from us about the importance of recognising carers in the workplace

Brighton Chamber can be found here

<https://www.brightonchamber.co.uk/> and we will publish the exact link to the piece in our bi-monthly newsletter.

Young Carers News

We've had such a busy and wonderful past month at the Young Carers Project; we've had exciting group activities for half term as well as an incredible day out to Knockhatch for young carers and their families!

The main event of our past half term activities was the fabulous day out we organised for our young carers and their families to Knockhatch adventure park. Once arriving in the morning everyone was let loose into the park to have as much fun as they possibly could! The activities ranged from being able to pet farm animals and explore the areas that they live; see some adorable meerkats in their enclosures; zooooooom around in Go-Karts; get dizzy in teacups; become the ruler of the castle in the wooden adventure park; bounce the day away on the jumping pillows; see the massive fish whilst rowing in boats, and much more! It was amazing seeing so many of our young people and their families enjoying themselves – everyone was able to find something that they were excited by and the sun even made an appearance too!

The Knockhatch event wouldn't have been possible without the Alex Roberts-Miller foundation, so a big THANK YOU is needed for once again giving us a huge donation which allowed us to run our awesome day out! PropellerNet also made a generous addition to this, which in turn allowed us to buy tickets for all families wanting to attend.



Young Carers News

We also cannot forget the INCREDIBLE Young Carers Action Day 2025 event that we held at the Komedia back in March. We were able to come together with young carers and their families to host a private screening of WONKA, brimming with popcorn and juice. The event began with an insightful film involving young carers, followed by a speech about the importance of Young Carers Action Day, before we watched the movie. It was a great mix of young carers, their families, and professionals from the local community – everyone came together to support and empower young carers under the theme of 'Give Me A Break'

Outside of our bigger events, our young carers have been busy doing LaserZone, climbing, bowling, and our Young Adult Carers even saw Mamma Mia at the West End which was funded and co-delivered with Flourish Mentors! We've also had lots of fun getting physical with the Active for Life team, playing games including team games like the floor is lava, football, and much more.

Support us

If you would like to support the work that we do to give respite to young carers, please consider signing up to Easy Fundraising. It is so simple to do, and allows us to receive a donation every time you shop online!

To do this you'll need to use the below link and sign up to support Brighton and Hove Young Carers Project. Every donation comes at no extra cost to you, and there are over 8,000 retailers ready and waiting to donate on your behalf:

<https://join.easyfundraising.org.uk/brighton-and-hove-young-carers-project>



Young Carers

Carers Groups & Meet-ups



A look at all of our upcoming groups, coffee mornings and activities.

Mondays

Online Tai Chi and Qi Gong

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

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.

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

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 alternating between Alcampo Lounge, Brighton and Modelo Lounge, Hove.

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 alternating between Alcampo Lounge, Brighton and Modelo Lounge, Hove.

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 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.

LGBTQ+ Carers Group

Open to all LGBT+ carers, 17:30 - 18:30, third Tuesday of every month at The Queery, George Street, Hove

Wednesdays

Online Monthly Coffee & Chat

Open to all unpaid carers. 10.30am - 11.30am, first Wednesday of the month via Zoom.

Bereaved Carers Group

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

Carers Wellbeing Walking Group

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

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

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

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.

visit our website to view our Carers Calendar for more info:
www.thecarerscentre.org/carers-calendar

To book your space on any of our activities, workshops or groups please call 01273 746222 or email info@thecarerscentre.org



Carers Festival

Wednesday 11th June 2025,
10.00am - 4.00pm

The Open Market,
Brighton



Brighton & Hove

**Do you support someone
who could not manage
without your help?**

Find out what support is available to unpaid carers
in the city and enjoy free activities and refreshments.

No need to book, just join us on the day

www.thecarerscentre.org/event/carers-festival-2025

