

Carers News

Autumn 2025

The
Carers
Centre

Brighton & Hove



Young Carers Summer Fun

Updates from the Carers Centre
Working Carers

www.thecarerscentre.org

Your Free Copy

A word with our CEO

Tom Lambert



Dear carers and supporters,

We have had another packed summer of activity here at The Carers Centre. Our Young Carers Team show us the delightful ways they celebrated the warm weather with their updates on page 6. The water sports at Hove Lagoon is always a highlight and I am wowed by how much fun respite our small team manages to offer to the young carers of Brighton & Hove. It is worth remembering that while many children are enjoying complete relaxation over the summer, the role of a young carer is year-round and sometimes they need our team to remind them to take a break!

During this autumn, we have a number of important events taking place that I'd like to draw your attention to. Details of our annual Carers Rights Day event can be found on page 4 and this will be a great opportunity to have your say on how the city supports its carers as well as find out about carers' legal rights. We also have our AGM coming up soon on the 2nd October. If you are interested in attending, please see page 3 for information on becoming a Carers Centre member.

I hope that as you read this you too have had an enjoyable summer period. However, if you are a carer and are experiencing challenging times, please consider joining one of the many groups featured from page 10. Even if group activities aren't your thing, please keep in mind the Carers Hub team who are on hand during the week if you just need to talk to someone about the impact of your caring role (detail on back cover).

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

Attend our AGM and become a Carers Centre Member



Changes Ahead - New Partnership



We are delighted to announce that from 1st October, our Changes Ahead service will be one of several new partners helping to deliver the UOK mental health provision.

Changes Ahead is our dedicated support service for carers of those living with a mental health condition. This partnership will fund our 1:1 work with up to 20 carers each year as well as one of our peer support activities. The commissioners and the lead provider Southdown recognise and value the support that unpaid carers need themselves and we are excited to begin working with our new partners.

You may well have seen our frequent articles encouraging you to join our Carers Voice Group (page 9). This is an excellent vehicle to have your voice as a carer heard and to influence local service development, particularly council and NHS services. A bit closer to home for us is our Carers Members Group. Becoming a member here will enable you to vote at our Annual General Meeting (AGM) and have your say in how The Carers Centre develops.

If you would like to become a Carers Centre Member and attend our AGM on Thursday 2nd October 2025, 5pm at a city-central location, please email events@thecarerscentre.org or call 01273 746 222 for details.

News from the Carers Centre



Engagement



During the last few months we have been present at a number of community events held in Whitehawk and Bevendean, hosted by the Trust for Developing Communities.

On Wednesday 13 August, we were delighted to host a stand at Stonywish Campsite and Nature Reserve near Ditchling, as part of the Gypsy, Roma and Traveller Festival organised by Friends, Families and Travellers.

Reaching all potential carers in our city is central to our mission. Events like these help us share information about the support available to carers - especially with those who may not hear about our services through email or social media. If you are hosting a community event, or know someone who is, please feel free to share our contact details with them.

Carers Rights Day - Hold the date



HOLD THE DATE - Carers Rights Day this year is on Thursday 20 November.

We are delighted to announce that we will

be holding an event from 1pm to 4pm at the Black & Minority Ethnic Community Partnership Centre (BMECP Centre) 10A Fleet Street, Brighton.

Staying in touch



We love to stay in touch with you and keep you informed of all the things we have going on. Don't forget to let us

know if you change your details so we can keep on supporting you - this can include addresses, phone numbers and names. Just give us a quick call or email to let us know.

Journalling for Self-Compassion and Wellbeing



Do you sometimes feel 'squeezed' by the pressures of your caring role and yearn for a space where you can connect with the place of serenity and strength within yourself beyond these demands?

Have you ever found that writing down your thoughts and feelings helps you to gain clarity and perspective, or have you ever been drawn to having a go at this but not found the time?

Did you know the powerful benefits of a journalling practice on your wellbeing can include reducing stress and negative thoughts and increasing a sense of wellbeing and connection with your own voice, agency, inner peace and joy?

"Thank you so much for all you have put into this ...I have found it very helpful. I'm so glad it's being continued!"

If the answer to some of all of these questions is 'yes', then our journalling group could be the place for you.

Over the past four months I have been running a Journalling for Self-Care and Resilience course for carers where we have dipped our 'pens' into and explored themes around looking after ourselves and reconnecting with our strengths.

"It was interesting to hear how the other carers responded to your prompts. We did have things in common that helped us understand each other."

For more information or to sign up for the group, please contact Nicola at: nicola.lytle@thecarerscentre.org

Building on the success of this we are pleased to say that we are able to now roll this out on a monthly basis to expand on it and relaunch it as the Journalling for Self-Compassion and Wellbeing group.

"I have enjoyed your support to put pen to paper and reflect on life and things that affect or interest me. It has encouraged to write things down more. I do like recording things to look back on in the future."

There is space in this very welcoming and supportive group to share what you feel comfortable with in terms of your insights. At the start of every session there is the offer to take part in a short grounding and heart-centred meditation to invite you to 'turn off' the busy mind and start tuning into how you are feeling and what you need.

Each session you will be invited to respond to journalling prompts on self-compassion, connecting with your own inner wisdom/intuition and your own voice, overcoming challenges, sense of flow/feeling alive and the things that bring you a sense of joy and peace, amongst many other nourishing themes.

The next workshop will be on the second Wednesday 12th November 10.30-12noon.

Young Carers News

Young Carers Summer Fun

We had a truly wonderful summer! The weather was fantastic, and thanks to a generous donation from the amazing team at Gamely Games, we were able to offer a packed programme of activities for young carers of all ages.

Our youngest carers had an absolute blast – swimming at the Prince Regent, taking part in a brilliant art session with the talented Cath Bristow, and even writing an inspiring song about the environment with the incredible Al Start from @GoKidMusic. We also went paddle boarding, screamed our way through LaserZone, munched popcorn at Cineworld and enjoyed the rides on the Brighton Pier!

These respite activities give young carers a much-needed break from their responsibilities, a chance to make new friends, and – most importantly – to just have some fun. A huge shout-out to our Young Carers Team, who worked so hard to create such a wide range of exciting activities to suit all interests. We've received some lovely feedback from families, who've shared how much these sessions have meant to them over the summer holidays.



Young Carers News



Alongside our summer fun, we've also been hard at work meeting and assessing new young carers, reviewing the caring roles of those already in our project, and providing tailored support across the city.

As we move into autumn, we'll be out and about at Freshers' Fairs in local colleges and supporting smooth transitions for young carers moving into secondary school or college. If you'd like any extra support with this, please do get in touch – we're here to help.

We're also excited to welcome Issy back from maternity leave soon, though we'll be sad to say goodbye to Ellie, who has done an incredible job supporting our 14+ teens throughout the summer. Thank you, Ellie!



Support us for Free While You Shop!

Did you know you can support Brighton & Hove Young Carers Project just by shopping online?

Over 8,000 retailers, including ebay, John Lewis & Partners, Argos, Asos, Expedia, M&S, Just Eat, Uswitch and many more - donate to us for free through easyfundraising.

If you haven't already, please consider signing up. It's quick, easy, and completely free – and every donation makes a big difference to what we can offer.

Start supporting us here:

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



Young Carers

Working Carers & Employers



In June, following Carers Week, we were pleased to host a stand at Legal & General's Droveaway site. Legal & General has been a strong supporter of charities and voluntary sector organisations, and we look forward to continuing our partnership to raise awareness of carers within their workforce.

We also run a dedicated Working Carers Peer Support Group, led by Steve, our Engagement Lead. The group meets monthly, usually on the last Monday of the month, in the evenings. Meetings alternate between Brighton and Hove, so please check locations before attending. This group is open to carers who are in full-time or part-time work, considering returning to work, or taking on a volunteer role. Some sessions also include themed discussions or learning opportunities for example, energy saving tips for winter, planning tools, and stress relief. Recently, we enjoyed a reflexology-based stress relief session run by one of our brilliant volunteers.

Employers for Carers digital resources - Training and Online Resources for Carers, Employers and Community Groups

We are delighted to be able to offer the Employers for Carers online resource for free, to all carers and to small and medium size businesses with less than 250 employees.

This is due to the ongoing participation in the scheme by Brighton and Hove City Council. This resource, provides a wealth of information for anyone who may have a care role whether in employment or not.

I'm a carer. I also have a career.

Brighton & Hove City Council supports working carers, and is an active member of Carers UK's business forum, Employers for Carers.

Through our membership small employers locally can offer access to EFC's expert support and dedicated resources on its exclusive online platform EFC Digital to:

- staff with line management, or employee wellbeing responsibilities
- working carers

To create your own account please visit efcdigital.org using membership code #EFC1498

For anyone with a care role, there is a host of information around carers rights, health and wellbeing and other support.

Small and medium employers benefit from resources which help line managers understand the impact that a care role outside of work can have on their staff and aid in recruitment and retention.

For senior managers and human resource professionals, there are templates, example policies and case studies demonstrating the enormous value in creating a carer friendly workplace.

Sign up using the www.efcdigital.org link. This is free using access code #EFC1498 and takes only a couple of minutes.

Working Carers

We also provide our own free Carer Awareness/Carer Champion training package which can be found here: <https://carershub.co.uk/awareness-training/>



The training is available to anyone and takes approximately 45 mins to complete. It includes a downloadable certificate of completion.

If completed as a Carer Champion in Brighton and Hove, we also provide a lanyard and badge and further support. There are 6 modules to choose from depending on your circumstance and only 1 needs to be completed.

Further support for all employers in the city can be provided by our dedicated employers and working carers lead.

Please contact

steve.castellari@thecarerscentre.org if you wish to arrange a consultation or have any questions.



The Carers Voice Group is our research and reference group, giving carers the opportunity to shape local services. We are regularly asked by organisations such as the Council and the NHS to provide feedback from carers, and the group allows us to gather, collate and share these insights quickly and effectively.

Recently, members have been exploring the accessibility of the Brighton Centre and the newly opened Hove Beach Park.

The group is open to anyone who is a carer - or has previously been a carer - and is registered with us. Your knowledge and experience are invaluable, and your input can help bring about meaningful change.

Joining is simple and free. You can contribute as much or as little time as you're able, and we collect insights in person, online, by phone, or by email.

To join or find out more:

- Email: info@thecarerscentre.org or steve.castellari@thecarerscentre.org
- Call: 01273 746222 (ask for our Engagement Lead)
- Write to: Engagement Lead, c/o The Carers Centre for Brighton & Hove, 1a Isetta Square, 35 New England Street, Brighton, BN1 4GQ

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

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

Wednesdays

Online Monthly Coffee & Chat

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

Portslade Library Carers Book Group

Open to all unpaid carers. 10.30am - 11.30am, third Wednesday of the month at Portslade Library, (BN41 1XR)

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.

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





1 in 12 Residents in Brighton & Hove Identify as Unpaid Carers

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 Brighton & Hove City Council Adult Social Care & Wellbeing Report 2023-24