

# Carers News

Winter 2026

The  
Carers  
Centre

Brighton & Hove



## Catch up with the Carers Centre

Updates from the Carers Centre  
Young Carers News

Working Carers + more

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

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# A word with our CEO

## Tom Lambert



Dear carers and supporters,

I hope you have enjoyed the recent holiday period and are feeling refreshed and well supported as we enter 2026. As I reflect on the last year, I feel proud to work with such an amazing team of staff and volunteers. We navigated a challenging financial climate while managing to provide an impressive range of services to the carers of Brighton & Hove.

Many of the team were present at our Carers Rights Day event in late November, just as many readers of this column were too. I thank you for making the event such a success. It was great to see such positive feedback from the event, the information from our guest solicitors was eye-opening for sure.

In this issue you will also be able to read about our Young Carers Festive Party which had an incredible turnout and featured a wide array of activities and performances. I am always wowed by the kindness of the local community and the enthusiasm of the staff which make events like this so impactful. As you'll see from the articles on pages 4 and 6, there are a lot of people we need to thank for their support!

As we progress towards spring, I would like to mark your calendars with a couple of dates relating to raising awareness of young carers' needs and achievements. National Young Carers Action Day is on 11th March this year and the theme is "fair futures for young carers". In advance of this date, local young carers will be presenting an art and photography exhibit on the 20th and 21st February at Brighton Art Space, Regent Street, Brighton, BN1 1UL. That's a Friday and a Saturday so I hope many readers will be able to stop by.

I look forward to catching up with you again for our Spring issue and hope that you enjoy reading this edition of Carers News.

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.



## Carers Rights Day 2025

Carers Rights Day was held in November at the BMECP centre and we welcomed over 40 carers plus our partners in the Carers Hub - Crossroads Care and Alzheimer's Society, to listen to information and advice from two law firms that provide us with pro bono legal workshops on a monthly basis. We would like to extend a heartfelt thank you to Renaissance Legal (Gina and Sarah) and Martin Searle Solicitors (Victoria). Information was provided about Lasting Power of Attorney, Trusts and Wills and Paying for Care.



We also had an update about Brighton and Hove City Council's Carer Friendly City strategy. Sadly the Carers Commissioner was unable to deliver this in person due to illness. A big thank you to our CEO Tom Lambert for stepping in on the day and running through the main points.

Carers UK - Employers for Carers also attended and provided an overview of the Digital Resource for Carers which is available to any individual carer and employers with less than 250 employees on the EFC website <https://efcdigital.org/>

This is a free resource which can be signed up to in a few minutes. An access code is required as the membership is paid for by Brighton and Hove City Council. The access code is #EFC1498



The event was also attended by several Brighton and Hove City Councillors - we would like to extend our thanks to them and hope to see them at future events!

Finally we would like to say thank you to Legal & General who supported our Carers Rights Day event and to all the carers who attended and made it into a valuable and lively occasion.

## Engagement

A very brief round up of some of our highlights from the last quarter:

We are delighted that we have strengthened our connection with Age UK, attending several events and sharing information on a regular basis. We look forward to continuing this in 2026.

Possability People have adapted their Get Involved Group and we are delighted that we have been able to attend several of the new format. We look forward to going to as many as possible in 2026 and developing even more links between our organisations and communities.

Friends Families and Travellers invited us to their Festival at Stoneywish Farm in August and we were delighted to attend to raise awareness among the community of support available for carers.

Carer Awareness and Champion training: we offer free carers awareness training on the Carers Hub site  
<https://carershub.co.uk/awareness-training/>  
We are able to offer the same training onsite/in-person if that is preferred. This can be to teams or individuals. Please take a look at the website for information on the available modules and contact us if you have any questions or to request an in-person session.

We have been working on several major projects during 2025 which will continue throughout 2026. The first is around climate change and how this affects individual carers and what can be done to make positive change. We will be looking at multiple mini projects that carers will drive forward, so keep any eye out for our e-updates where any news will be broadcast. If you are interested in knowing more about this project please contact [steve.castellari@thecarerscentre.org](mailto:steve.castellari@thecarerscentre.org)

The second is looking to add to the existing carers card by having a digital version as well as the existing physical card. For this project we are working closely with East Sussex County Council and we have already sought carers views on what they would want to see included in any such offer. We would like to thank everyone that responded to the survey, your input is invaluable in ensuring that the project focuses on what carers need from digital card.

# News from the Carers Centre



## Peer Support

The peer support for carers of someone with a learning disability and/or autistic people continues to run on a monthly basis. Usually the group meets on the last Monday of the month at 3.30pm to 4.30pm in either Al Campo Lounge (Brighton) or Modelo Lounge (Hove). Anyone wanting more information should contact [steve.castellari@thecarerscentre.org](mailto:steve.castellari@thecarerscentre.org)

We continue to attend partnership boards for both Learning Disability and Autism hosted by Brighton and Hove City Council and we also attend various workstreams aimed at addressing issues including providing information in a more accessible format <https://www.brighton-hove.gov.uk/easy-read-information>

## Health Forums and Hubs

2025 saw a number of changes in the way groups - that provide information, advice or a space for discussion - interact in the city. A neighbourhood model now has three main areas where forums and hubs are concentrated. These are East, West and Central. We currently attend as many of these forums and hubs as possible to ensure that carers views are represented.



## Carers Voice Group

The CVG continues to provide us with their time and expertise, helping us when we have research requests or an internal matter we would like carers advice on.

Members of the CVG - who are all carers registered with us - have helped us to interview for staff positions, examined NHS Sussex documents, attended site visits to examine accessibility of venues around the city and provided advice on the Digital Carers Card.

I would like to thank all the members of the CVG for their invaluable help.

If you would like more information about the CVG, please email [steve.castellari@thecarerscentre.org](mailto:steve.castellari@thecarerscentre.org)

# Working Carers & Employers

Our working carers peer support group is now nearing 220 members, with more and more carers being added every month. If you are caring for someone but also working (or seeking work or a volunteer role), contact [steve.castellari@thecarerscentre.org](mailto:steve.castellari@thecarerscentre.org) for details of group meet ups.

We have been running workshops alongside our regular peer support group. These have included, Brighton and Hove Energy Saving Cooperative coming along and outlining how they can help people save energy, money and even access no or low cost items to help them with heating and other energy costs. We'd like to thank Dan Curtis from BHESCo for taking time to come and speak with us and help individual carers. You can contact BHESCo via their page [www.bhesco.co.uk/contact](http://www.bhesco.co.uk/contact)



We also had a special reflexology (for hands) session run by one of our fabulous volunteers. This session focused on the benefits of reflexology and how it can be self applied as well as provided for others.

In December, we joined with our Changes Ahead group for a special session focusing on stress relief via a technique call EFT "Emotional Freedom Technique" or "Tapping". This was run by our own staff member Clare and further sessions will be available to all carers. Email [info@thecarerscentre.org](mailto:info@thecarerscentre.org) to request more information.



We continue to link with major employers in the city and with network groups to raise awareness of employees that also have a care role outside of work.



One aspect of our work that is sometimes not seen by individual carers, is us visiting employers to speak about carer networks and policies. If you think your employer would benefit from us contacting them (this can be done without mentioning your involvement) please contact [steve.castellari@thecarerscentre.org](mailto:steve.castellari@thecarerscentre.org)

We would also like to thank Brighton Chamber for all their work in 2025. We attend as many of their events as possible to continue to raise carer awareness with their members but in December we also attended the Hello Future event aimed at young people attending college who are starting to think about the world of work. This event was a huge success - we estimate that at least 250 young people attended and we spoke with more than 70 on the day about working in the voluntary sector and also what being a carer means when you also have a job.

# Young Carers News

## Happy New Year from the Young Carers Team!

We've started 2026 with wonderful memories of our festive party in December. Almost 90 young carers and their families joined us for an evening filled with joy—Christmas crafts, a great LED light show by Poi Passion, delicious pizza kindly donated by Donatello's Brighton, and a fantastic sing-along with the talented AI Start from Go Kid Music.

We were thrilled to premiere our very own Young Carers song, "The Power of Nature", created by a group of young carers during October half-term with the guidance of AI. Supported by Rampion Wind Farm and produced by AI Start and Tony from Sunny Studios, this inspiring track celebrates caring for the planet. You can watch the magical music video here:

👉 **Watch on YouTube**

<https://www.youtube.com/@youngcarers5072>

Please share the video far and wide—let's spread the message of young people protecting the environment for future generations!



A huge thank you to Gamely Games for their generous donation, making this celebration possible, and to Jim Pike (@JimPix) for capturing amazing photos. We're also grateful to all our supporters, funders, staff team, schools, and—most importantly—the young carers whose resilience and joy inspire us every day.



# Young Carers News

Some of the 14+ teens group also learned about the power of protesting at the Brighton Museum as part of their 'Power to the People' exhibition. They made their very own protest banners; we are so grateful to the Brighton Museum who kindly facilitate these opportunities for young carers. They also arranged for our younger carers to have a guided tour of the Royal Pavilion during December; it was a lovely opportunity for the carers to have a magical experience.

Other fantastic activities that the team organised were rock climbing (a young carers fave), art workshops with the talented Cath Bristow; as well as our regular after-school and youth clubs which run monthly. One of our key focuses is peer relationships and the empowerment this brings. Coming along to our groups and activities gives young carers the opportunity to make friends and relate to those who have similar experiences to them.

For regular updates on what the young carers are up to, check out our social media pages [brightonyoungcarers](#) on Instagram and [BrightonHove Young Carers](#) on Facebook.

## 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, Argos, Asos, Expedia, M&S, Just Eat, Uswitch and many more - donate to us for free through easyfundraising.

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>**



**The  
Carers  
Centre**

Young Carers



## New year, new you!

We have lots of wellbeing activities taking place at the Carers Centre all year round. One of our most popular activities is our weekly Tai Chi and Qi Gong workshop.

We would like to introduce you to our instructor Saskia:

"Start the week with a relaxing hour of exercising on Zoom! Qi Gong and Tai Chi are two age-old forms of stretching and breathing, using your body gently. There is no lying down or jumping about and you can do as much or as little as is right for you.

I have been gently guiding people over 50 years old in classes live and on Zoom for the last 15 years. My 'studio' is my home and because of the space and the screen shape, you can only ever see the top or the lower half of my body. This is why the class usually does the same exercises every week, so you get to know them well and don't have to worry about following my every move. I also talk to you, explaining and encouraging. We take two short breaks, during which you could have a drink and ask any questions.

Moving and stretching your body whilst also concentrating on your breathing has great health benefits. We try to reach far with our arms, bend down gently to our toes. There is a bit of balancing exercise too and many suggestions on how you can include gentle exercising into your daily habits. We also spend a short time learning the 8-step Yang Tai Chi form and the beginning of a magical exercise called The Wild Goose.

The session always ends with a gentle and calm meditation. We do not play music to make listening easier.

The participants can choose to have their camera on or off and will not be observed by me. I hope you will give it a try and look forward to seeing you on a Monday very soon."



**Tai Chi/Qi Gong workshops take place every Monday morning on Zoom from 11:00 to 12:00.**

**If you would like to join us then please send an email to [info@carershub.co.uk](mailto:info@carershub.co.uk) or phone 01273 746222**

# 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.

### 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 LGBTQ+ carers, 17:30 - 18:30, third Tuesday of every month at The Queery, George Street, Kemptown.

**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,

### Bereaved Carers Group

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

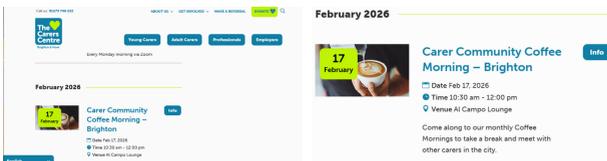
## Thursdays

### 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

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)

Visit our website to view our Carers Calendar for more information about all Carer Groups and Activities:



[www.thecarerscentre.org/carers-calendar](http://www.thecarerscentre.org/carers-calendar)





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

We are here for you



information & support in Brighton & Hove

01273 977000

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