

Carers News

Spring 2026



Catch up with the Carers Centre

Updates from the Carers Centre
Young Carers News

Working Carers + more

www.thecarerscentre.org

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A word with our CEO

Tom Lambert



Dear carers and supporters,

As I write this, the spring sun is shining and I am feeling optimistic about an exciting few months for us here at The Carers Centre. We have recently completed the first year of service delivery under the recommissioned Carers Hub banner and I am so proud of our team of staff and volunteers who have met and exceeded so many of the expectations of this work.

We also enthusiastically await the imminent launch of Brighton and Hove City Council's revised and refreshed Carers Strategy. I offer huge thanks to our Carers Voice Group and wider network of supporters who contributed to the development of this strategy via our Carers Rights Day and Carers Week events in recent years. The strategy needs to be a live, evolving document, so please contribute your views to the current Carer-Friendly City Survey, details on page 3.

As we look forward to another busy, impactful Carers Week in June, I take heart from the reception to our recent Young Carers Action Day activity. Our Young Carers Team led by Paula, along with one of our wonderful trustees, Jim, co-produced a powerful photography exhibition with young carers in the city centre. I know many of you attended over the course of the weekend that it was on display and will agree that it highlighted the need for a fairer future for young carers. Do check out the Team's article on this on page 7.

I look forward to seeing many of you in the weeks leading up to, and during Carers Week which is in the second week of June. Thank you as ever for your support of the work that we do.

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



Carers Week 2026

Carers Week runs from 8–14 June 2026, and this year's theme is 'Building Carer Friendly Communities'. We are busy planning events and will publish full details nearer the time.

We're also pleased to share that we'll be attending The Rotary Family Festival in Hove Park on Sunday 7 June 2026. The festival includes live music, children's activities and a wide range of community stalls. You can find out more about the festival here:

www.soireerotatevents.com/about-our-events/rotary-family-festival-2026/

We hope to see you there.

Carer Awareness and Champion training

We offer free carers awareness training on the Carers Hub site

<https://carershubs.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.

Carer Friendly City Survey 2026

The Brighton and Hove Carers Strategy outlines the importance of working towards a Carer Friendly City.

We are asking important stakeholders like you for views on how the city is doing in this regard. Your honesty when answering will help all services in Brighton and Hove to "Think Carer".

This should take no longer than 15mins.

Thank you for taking the time to complete this survey.

<https://us1.list-manage.com/survey?u=8453e742d604a0813a15aacb8&id=4a08889692&attribution=false>

If possible, please complete the survey online. If you require a paper copy, please contact us on 01273 746222 and ask for one to be sent to you with a return address envelope.

This survey is open until the end of March 2026.

Partnership Working

We are delighted that as mentioned in the last Carers News, we continue to strengthen our connection with Age UK. As well as attending several events and sharing information on a regular basis.

We will also have our Engagement Lead onsite at the Age UK Hub in Queens Rd every 3 months for an afternoon to answer questions from Age UK members who drop in.

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.

Possability People also have a Disabled Car Users Advisory Group. If you are interested in speaking with Brighton and Hove City Council on parking and other related issues, you can do so as part of this group or contact our Carers Voice Group via steve.castellari@thecarerscentre.org

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.

Over the last year, members of the CVG - who are all carers or ex 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. Our latest work was reviewing the accessibility of the newly renovated Blackrock area and also Volks Railway. 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

Possability People **Disabled car user?**

Join the Disabled Car Users Advisory Group!

Speak directly with Brighton & Hove City Council to find real solutions.

Disabled badge holders only
Max. stay 3 hrs

Parking app hard to use?
Not enough Blue Badge spaces?
Want to talk about electric vehicles?

www.possabilitypeople.org.uk/DCUAG
gig@possabilitypeople.org.uk
01273 89 40 44

Registered Charity No. 1114455 Co. No. 05701641
Full registered company name: Possability People Limited
Registered address: Manogue House, Manogue Place, Brighton, BN2 1JE

Carers Catch Up



We continue to work on several major projects which will continue throughout 2026 and beyond.

Climate for Communities

This project is looking at Climate Change and how it affects individual carers. We are also working on what can be done to make positive change even if only in a small way.

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

What we have done so far:

We started our involvement in this project with a series of focus groups in 2025. Based on carers feedback, we then arranged an accessible Wellbeing Walk, Litter Pick and Talk about wildlife in Preston Park on 16 March. We even found litter in trees! This work was carried out in conjunction with SpeakOut, Possability People and Brighton and Hove City Council.

Our next activity as part of this project will be a beach clean later in the year, so please keep a watch for information in our e-updates.

We are also exploring the possibilities of carer involvement in growing their own food and wellbeing based around outdoor activities including involvement in the Royal Pavilion Gardens project.

The second major project 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.

Health Forums

As detailed in the last edition of Carers News, 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 are concentrated. These are East, West and Central.

We currently attend as many of these forums as possible to ensure that carers views are represented.

Working Carers & Employers



Peer Support groups

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 3.30 to 4.30 in either Al Campo Lounge (Brighton) or Modelo Lounge (Hove). Anyone wanting more information should contact 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>

Working Carers and workshops

Our working carers peer support group is now over 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 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 <https://bhescoco.uk/contact>

Carers UK - "Employers for Carers" provide 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 with a huge amount of information for carers and/or employers. It 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

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

Young Carers News

Celebrating Young Carers Action Day 2026

Young Carers Action Day took place on Wednesday 11 March 2026, with this year's theme focusing on 'Fair Futures for Young Carers'. We marked the occasion a little early, celebrating on 21st and 22nd of February to coincide with February half term, with a special gallery exhibition honouring the incredible young carers in our community.

The exhibition showcased beautiful portraits of some of the wonderful young carers we work with, offering a glimpse into their hopes, dreams and everyday realities. Alongside their portraits, the young carers shared a collection of heartfelt quotes about what matters most to them and what a fairer future looks like in their eyes. Whether it was wanting more young carer clubs, better government support for young carers and their families, more time for breaks, or even the chance to meet a sloth, their words painted a vivid picture of a future where young carers are recognised, supported and truly valued.



Young Carers News

On the Friday evening, we welcomed the young people and their families for a special private view at the gallery. This was such a lovely celebration of their achievements and the stories behind each portrait. On the Saturday, the doors were opened to the general public, and we had some fantastic conversations about the importance of recognising young carers and championing their rights.

A huge thank you goes to our trustee and photographer, Jim Pike (@JimPix), for the stunning portraits; to our Young Carers Team for creating such a thoughtful and uplifting event; to everyone who visited across the weekend; and of course, to our exhibition stars - the young carers themselves - who truly were the stars of the show.

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>



Young Carers



Farewell from Ruth

As we say a fond goodbye to Ruth Sullivan, our Service Manager who has been with us for many years in a number of roles, has left the Carers Centre to begin a new chapter in her life. Here is Ruth's Farewell:

One of the inevitable things in life is change and for me the time has come for a big change and to move on to a new job and a new city.

I leave the carers centre having worked here over 14 years. My long service is absolutely a testament to the incredible staff team and the work that the organisation does for the city's unpaid carers – both advocating better support and providing individual advice, guidance and place to be both recognised and spend time with people who really and truly get it.

I began at the carers centre a couple of years after I first moved to Brighton, working as part of the outstanding Young Carers team as a caseworker. As I have moved into management and then to the role of Service manager, I remained awed by the dedication of the staff and volunteers at the Carers Centre. They work exceptionally hard and I have learned so much from my colleagues along the way.

Equally, to have met so many carers from the very youngest at 5 years old through to the oldest has been deeply formative and to be honest, at times great fun. As I reflect on my time at the centre I'm thinking back to incredible projects with the young people, such as forming a punk band from scratch and putting on a gig in one week. I've enjoyed coming along to coffee morning and chatting and seeing the warmth with which you support each other, as well as seeing the impact of events such as the Carers Festival and Carers Rights day is good for the soul.

For myself I am moving to East Anglia to be closer to my family and to care for my Mum who was diagnosed with Alzheimer's earlier this year. I will be working as Service Manager for a local disability rights organisation and every single thing I've learned from The Carers Centre will be valuable for both my new job and my new role within my family. The centre has made an indelible impact on my life and I wish staff and carers the very greatest of luck for the future.

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.

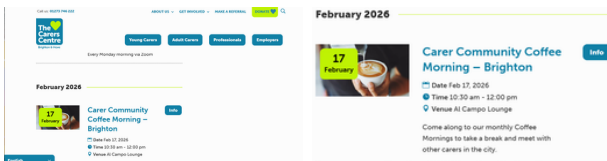
Thursdays

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

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



www.thecarerscentre.org/carers-calendar





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