

# Carers News

Summer 2026

The Carers Centre

Brighton & Hove



## Carers Week 2026 & The Carers Festival

Updates from the Carers Centre  
Young Carers News

Upcoming Events & Groups

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

Your Free Copy

# A word from our CEO

## Tom Lambert



Dear carers and supporters,

Welcome to your summer 2026 edition of Carers News. As June's national Carers Week approaches once more, we are looking forward to welcoming you to our Carers Festival event on Wednesday 10th at The Open Market. Over the years, we have oscillated between different venues as we seek to raise awareness of carers' support needs and to increase carer identification. I hope you'll agree that The Open Market site offers a great opportunity for us to greet carers previously not known to our organisation and to catch up with supporters of our work like you!

Our amazing team and countless community partners will be on hand to provide information about the services that are available to the unpaid carers of Brighton & Hove. Please see the article on page 3 for more information about what will be available on the day.

I also wanted to take a moment in this issue to shine a light on the incredible work of our Changes Ahead project which supports carers of those living with mental health conditions. With just two staff members; Jacs and Dora, supported by some dedicated volunteers, Changes Ahead makes a huge difference to the carers they support. From reassurance about the importance of looking after oneself in order to sustain resilience, to helping carers to navigate the labyrinthine healthcare system, Changes Ahead are there for you. And as you can see from the article on page 8, Changes Ahead welcomes the chance to participate in more outreach work with our valued UOK partners.

I hope you have a chance to engage with our Carers Centre team over the course of the summer and that the sun shines for us all.

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 WEEK

8-14 June



## Carers Week 2026

Carers week runs from 8-14 June this year and the theme is **"Building Carer Friendly Communities."**

The Carers Centre for Brighton and Hove are delighted to again be hosting our annual Carers Festival on Wednesday 10 June 2026, from 10.00am to 5.00pm, at The Open Market on London Road. The event is free to attend and open to unpaid carers and the wider public.

Following the success of previous years, the festival will once again bring together carers, local organisations and services for an informative and welcoming day. The event will feature over 20 stalls, with VCSE organisations, statutory services and charities sharing information about the support available to unpaid carers.

On the day, carers will also be able to enjoy complimentary refreshments (while stocks last), activities, and opportunities to connect directly with organisations working across the city. The Carers Centre team will be on hand throughout to answer questions and help signpost to relevant support.

This event is part of National Carers Week, which aims to raise awareness of caring, highlight the challenges unpaid carers face, and recognise the vital role they play in our communities.



# CARERS WEEK

## 8-14 June

## Carer Stories Prize Draw

To celebrate Carers Week, we'd like to invite you to share your story as part of our 'Carers in Conversation' series. These are short pieces of writing about your lived experience as a carer, helping others better understand the realities of caring and supporting people to recognise themselves as unpaid carers too.

There is no right or wrong way to respond - you can write as much or as little as you would like. On our website, we've included some prompts to help you get started, but you don't need to answer all (or any) of them if you'd prefer to write in your own way. Please only share what feels comfortable for you.

With your permission, we may share stories (or short extracts) to help others better understand unpaid caring – for example on our website, in resources, or as part of the Carer Awareness Training we deliver to professionals.

All submissions received by 26 June will be entered into a prize draw, with two authors randomly selected to each receive a voucher for a tea blending workshop, kindly donated by Bird & Blend.

If you'd like to take part, please send your submission to [events@thecarerscentre.org](mailto:events@thecarerscentre.org), or find out more below.

Visit: [thecarerscentre.org/adult-carers/carers-in-conversation/](https://thecarerscentre.org/adult-carers/carers-in-conversation/) to find out more and share your story.



# CARERS WEEK

8-14 June



## Where to find us this Carers Week

Sunday 7th June

**Rotary Family Festival at Hove Park, 11:00am – 4:30pm**

This year we will be taking part in the Rotary Family Festival, supporting The Big Help Out, at Hove Park on Sunday 7 June 2026 (11am-4:30pm). You'll find us at stall number 55 in Zone 1, alongside lots of other charity, business and craft stalls. There will be much else on offer during the day too, including live entertainment, a dog show, children's fun day, international food stalls and a craft and small business area.

If you're heading along, do pop by and say hello!

Tuesday 9th June

**Carers Workshop at Brighton Station Practice Plus**

Brighton Station Practice Plus surgery will be hosting a Carers Workshop for their patients, to provide unpaid carers with more information about their rights and available support. Christiane from The Carers Centre Primary Care Link Worker Team will be joining on the day to share information on support The Carers Centre offers and to chat with unpaid carers.

Wednesday 10th June

**Carers Festival at the Open Market, 10:00am – 5:00pm**

Please see page 3 for details.

Thursday 11th June

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

Hosted by The Carers Centre Primary Care Link Worker in partnership with Warmdene Surgery, an information and advice 'pop-up' for patients, or unpaid carers of patients registered at Warmdene surgery.

Friday 12th June

**East Brighton Health Hub at Robert Lodge, BN2 5FG, 10:00am – 1:00pm**

Christiane, our Primary Care Link Worker will be heading along to the East Brighton Health Hub at Robert Lodge, to speak with unpaid carers.

More information can be found on the East Brighton PCN website

# Young Carers News

## Catching up with The Young Carers

Spring has been a busy and exciting time for Young Carers, with many enjoying a fantastic range of respite activities. Highlights included an exclusive cinema trip with popcorn, slime making, Easter crafts, circus skills, and a board game session at the brilliant PuzzleBored café.

To round off the Easter holidays, we were delighted to run our annual Family Fun Day, where 108 young carers and their families joined us for a fabulous day at Knockhatch Adventure Park. We were lucky to enjoy some lovely spring sunshine, and it was a pleasure for the team to see so many smiling faces throughout the day. We knew everyone had enjoyed themselves when a few tired passengers were spotted snoozing on the coach journey home! With grateful thanks to The Alex-Roberts Miller foundation and Pollards Promises for funding this memorable day.

Alongside these amazing activities, we have also been delivering sessions on online safety and harm reduction. A small group of our younger teens have been outstanding Digital Ambassadors, helping to write training for younger carers and staff. We are incredibly proud of them, especially as they confidently presented their training to members of the wider Carers Centre team.



# Young Carers News

Our monthly after-school club and youth club sessions have also been very popular, with lots of regulars attending, making the most of some time out, and enjoying the chance to connect with their peers.

We are also delighted that Storm has returned from maternity leave and is back supporting our older teens – it's wonderful to have you back, Storm! 😊

There are already many exciting plans coming together for the May half term and the summer holidays. The Young Carers team works incredibly hard to organise and deliver such a wide range of opportunities, and we are so lucky to have such a dedicated and resourceful team supporting our amazing young carers.

## Amazing news!

Brighton And Hove Young Carers Project has received £56.89 from Easy Fundraising this Donation Day!

A huge thank you to everyone supporting us. If you haven't joined yet, all your online shopping this year could raise free donations for us - at no extra cost to you.

Please sign up to support us on easyfundraising today, it'll take you two minutes and we could win a £5,000 donation when you join:

<https://join.easyfundraising.org.uk/brighton-and-hove-young-carers-project/jonm5z/dda1/U5SijpKB/Q126V/textcopy/56.89>



Young Carers

# News from The Carers Centre



## Out in the Community



Our Changes Ahead team attended the North Whitehawk Community Event, aimed at bringing the community of North Whitehawk together by offering food, activities for children and information for adults.

It arose out of an identified need for things to happen in communities that are a long way from the centre of town. Organised by UOK, as a partner organisation we were invited to come along to share information about the services we offer, in particular our Changes Ahead project that supports people supporting someone with a mental health challenge.

## Walking Group Volunteers Wanted

We are hoping to restart our wellbeing walking group in June, and as part of this, we're reaching out to see whether any previous walkers might be interested in helping out in a support role on future walks.

This role is about offering friendly, practical support on the day. Help might include:

Walking at the back of the group, helping keep a comfortable and welcoming pace, checking in with people during the walk, supporting with small practical things like drinks or getting to the start point.

The commitment would usually be around once a month, but this can be flexible, and support can be offered in whatever way feels manageable for you.

If this sounds like something you might like to be involved in, please get in touch by sending an email to our Volunteer Coordinator Lara at: [lara.andrews@thecarerscentre.org](mailto:lara.andrews@thecarerscentre.org).

We can then arrange a chat to talk things through and answer any questions.



# Carers Centre Updates

## Health Forums and Hubs

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 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.

**Age UK:** We continue to strengthen our connection with Age UK. As well as attending several events and sharing information on a regular basis.

Our Engagement Lead was onsite at the Age UK Hub in Queens Rd in April and will be there every 3 months for an afternoon to answer questions from Age UK members who book or drop in. Details are available from Age UK 0800 019 1310 or pop into Ground Floor, 95 Queens Rd, Brighton and Hove, Brighton BN1 3XE

**Partnership Boards:** We continue to attend partnership boards for both Learning Disability and Autism hosted by Brighton and Hove City Council. 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>

## Possibility People Disabled car user?

Join the Disabled Car Users Advisory Group!

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



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



[www.possibilitypeople.org.uk/DCUAG](http://www.possibilitypeople.org.uk/DCUAG)

[gig@possibilitypeople.org.uk](mailto:gig@possibilitypeople.org.uk)

01273 89 40 44



Registered Charity No. 1114435 Co No. 05706441  
Full registered company name: Possibility People Limited  
Registered address: Montague House, Montague Place, Brighton, BN2 1LJ

**Possibility 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.

Possibility 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](mailto:steve.castellari@thecarerscentre.org)

Summer Edition 2026

# Carers Centre Updates

## Climate for Communities

This project is looking at Climate Change and how this affects individual carers and communities. 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](mailto: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 early July, so please keep a watch for information in our e-updates.

We are 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.

We are also exploring book swaps as part of some of our peer support groups as well as other ideas to reuse and recycle rather than throw items away.



## Climate for Communities

Your voice matters. Your ideas can make a difference. We're inviting unpaid carers to help co-create climate-focused projects that benefit carers and build a more sustainable city.

What's Happening?

Are you interested in thinking of ways that you and others can make a difference to your area and also help the environment and climate?

We are looking at ways - big or small - that support carers and strengthen your community in Brighton and Hove which also have a benefit for the climate.

Together, we'll explore:

What's possible, How to make it happen, Who should be involved, The impact on carers and the wider community

This is a carer-led project, supported by The Carers Centre.

You might be interested in healthy food choices, growing food or plants, making your own eco products and keeping costs down, reducing waste, recycling or swapping unwanted items, wellbeing walks along the seafront while also helping to keep it clean, saving energy and learning about support available.

If this sounds interesting to you, you can get involved by emailing [steve.castellari@thecarerscentre.org](mailto:steve.castellari@thecarerscentre.org) for details and a discussion.

This is a carer led project, the above are just a few ideas already suggested by carers!

## The 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. The most recent work included an accessibility study of the Blackrock redevelopment and a trip on the Volks Railway as a thank you!

We 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

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) and they will be at the Carers Festival on June 10.

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)

## Carer Digital Resources

The Digital Resource for Carers from Carers UK, 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

**EFC** resource for carers **carers.uk** Brighton & Hove City Council

**I care about supporting my small team.**

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](https://efcdigital.org/) using membership code #EFC1498



# New Groups & Workshops

## **Carers Craft & Chat Group**

Bring your own crafts and join other carers for an afternoon of crafting and chatting. You may like to bring your knitting, crocheting, embroidery, diamond art, drawing or colouring, for example.

Going forward, we will develop the group together.

**1st Meeting: Thursday 11th June 3pm-5pm (then the second Thursday of the month). At St. Mary Magdalen's Church Community Centre , 55 Upper North Street, Brighton.**

If you would like to attend please call **01273 746222** or email **info@carershub.co.uk**

## **Journalling for Carer Wellbeing**

*"Journal writing is a voyage to the interior." Christina Baldwin*

Would you like to delve into some mindful journalling to connect with your feelings and your unique voice in order to improve your sense of wellbeing and to have some fun along with the way with a group of fellow carers?

Whether you are a seasoned journaller or a complete beginner you are very welcome to come along and join this supportive group of diverse, reflective and inspiring carers.

Starting Wednesday, 10th June 10.30am to 12 noon (via Zoom) and on the second Wednesday of the month from then on.

Contact Nicola Lytle at **nicola.lytle@thecarerscentre.org** with any questions or to book your place.

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

# 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, third 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.

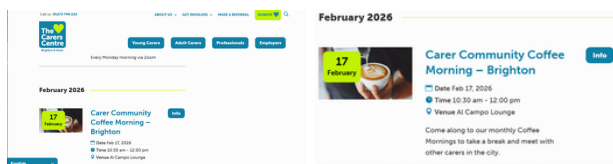
## Thursdays

### 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)





# Carers Festival 2026

**Wednesday 10 June, 2026**  
**10 AM - 5 PM**  
**The Open Market, London Road**

A free, friendly, community event  
for unpaid carers and the wider  
public

Connect with local organisations,  
celebrate unpaid carers, and  
discover useful information and  
support

Open to all



**See you there!**

Call us on 01273 746 222 or visit  
[www.thecarerscentre.org/events](http://www.thecarerscentre.org/events) for more details



Brighton & Hove