

DO YOU SUPPORT SOMEONE?

**Information for those caring for somebody
living in Brighton and Hove**



About us

The Carers Centre for Brighton and Hove has been assisting unpaid family/friend carers since 1988. We offer information, advice, emotional support and activities to provide a break from caring responsibilities. Our services cater to individuals aged 5 and above, caring for individuals with diverse needs, including illnesses, disability, neurological conditions, long-term or life-limiting conditions and those dealing with substance or alcohol addiction.

We have specialist support teams for individuals caring for someone with a mental health challenge or terminal condition and for carers under 25, we have a dedicated Young Carers and Young Adult Carers Team.

In 2017, The Carers Centre joined forces with other local charities and local authority assessment staff to create the Carers Hub. The Carers Hub acts as an initial point of contact for carers in the city. It is managed by The Carers Centre for Brighton and Hove, in partnership with Alzheimer's Society, Crossroads Care and Brighton and Hove Council.

Services provided by The Carers Centre and Carers Hub can be accessed by making a self-referral or by asking a professional, such as your GP, to make a referral on your behalf.



To make a self referral contact us at

Thecarerscentre.org 01273 746222



Am I a Carer?

An unpaid carer is a person of any age, who provides support, unpaid, to a relative, partner or friend who would struggle without your help. You may be a carer if you help someone with practical tasks, such as grocery shopping or personal care, or the support you provide may be more tailored towards meeting their emotional and social needs or helping them to remember things.

Although using the term 'carer' to describe your relationship to the person you help may feel strange, identifying yourself as an unpaid carer can help you to access the support you deserve and are legally entitled to.



The Care Act 2014 gives unpaid carers the right to a needs assessment, with local authorities required to offer support where the eligibility criteria appear to be met.

Even without ongoing support needs, identifying as a carer can help you to access additional services, such as: free flu vaccinations from your GP and advice and peer support from your local carers charity. In Brighton & Hove, the Carers Card provides access to a range of discounts for local people with caring responsibilities.

Young Carers and Young Adult Carers

Young Carers are children and young adults providing support to someone who may be chronically ill, disabled, have a mental health condition or addiction.

You could be caring for a sibling, parent, grandparent or someone else. Young carers often support a number of different family members in a variety of ways. This may be in the form of practical or physical care or by providing emotional support.



The Young Carers Project at The Carers Centre for Brighton and Hove supports children aged 5-16 and our Young Adult Carers team works with those aged 16-24. Our staff host fun activities to give you a break from your caring role and the chance to socialise with other people your age in similar situations.

If you would like to talk to someone in the Young Carers Project, send us an email at youngcarersproject@thecarerscentre.org.

In most cases, we will need to talk to a guardian if you are under 18, but please don't let that stop you from getting in touch.

Our services



Information and Advice

Our trained Carer Support Workers are available to offer information and advice on all aspects of caring. For specialist queries, we can refer you to the most appropriate service.

Carers Assessment

A Carers Assessment is the first step in helping you to understand your situation and how our services can help. Carers Assessments are carried out as a 1:1 chat with one of our support workers, usually over the phone at a pre-arranged time. Having a Carers Assessment can enable you to access the 'Carers Card' - A discount scheme for unpaid carers in Brighton and Hove - and can help to establish other support needs.

Peer Support

We run a number of peer support groups in a variety of locations throughout the city and online. Our groups include coffee mornings, a walking group, book club and other creative activities. Some groups are open to all and others are for carers in specific circumstances, such as those supporting people with a particular condition. A chance to meet with friendly faces, our groups are facilitated by a member of staff from The Carers Centre.

Young Carers Project

The Young Carers Project supports children and young adults who support someone they are close to. Our Young Carers Team offers opportunities to socialise with peers, run activities during school holidays and host creative workshops.



Carers of those with Mental Health Challenges

'Changes Ahead' is our specialist project supporting those caring for someone with a mental health condition. The service offers peer support and one-to-one sessions as well as courses to develop your confidence.

Carers of those with terminal conditions

We offer specialist support to those looking after someone with a terminal illness or life limiting condition. Our dedicated support workers can talk to you about the support available, listen to your worries and let you know about the specialist peer support groups we are running. Our team also hosts a monthly Bereaved Carers Coffee Morning for those that have recently lost their loved-one.

Hospital Project

We have Carer Link Workers based on site at Royal Sussex County Hospital to provide advice, support and advocacy to carers while their loved one is in hospital. Our team is also available to offer support to any patients who are carers themselves or NHS staff with unpaid caring responsibilities outside of work.

Resources for Employers

Employers seeking to better support employees with unpaid caring responsibilities can reach out to our dedicated Employers and Working Carers Lead for guidance. We offer support in establishing staff carers networks, increasing awareness of legislative changes affecting carers, and developing 'carer-friendly' workplace policies to foster a more inclusive work environment.

Carers Assessment



A Carers Contact Assessment is the first step in getting the support you need as a carer. It is a free, 1:1 discussion with one of our Carer Support Workers, usually carried out over the phone. It gives you the chance to talk about how your caring role affects you and areas in which you'd like more support.

Carers Assessments usually take around 20-30 minutes and cover the following topics:

- Your caring role
- Your feelings about caring
- Your health
- Your work
- Other family commitments
- Planning for emergencies
- What you enjoy doing to relax
- If you're willing and able to carry on your caring role

Once you are referred to our service, you will receive a welcome pack with a scheduled time for your carers assessment. Please feel free to rearrange if this time won't be suitable for you.

Following your Carers Assessment, you are entitled to receive the Carers Card.



Carers groups and Meet - ups

Mondays

Online Tai Chi and Qi Gong

Open to all unpaid Carers via Zoom every Monday morning from 11.00am - 12.00pm

Changes Ahead Coffee and 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

Carers Monthly Book Club (Monday Group) - Jubilee Library

Open to all unpaid carers. 10.30am - 11.30am, second Monday of every month at Jubilee Library, Jubilee Street

Hove Carers Community Coffee Morning

Open to all unpaid carers. 10.30am - 12.00pm, fourth Monday of the month at One Bread Café, All Saints Church, Hove

Learning Disabilities and Autism Carers Support Group

For unpaid carers who help people with learning disabilities and or Autism. 3.30pm - 4.30pm
Usually last Monday of every month at Alcampo Lounge, London Road

Working Carers and Employers Meet-up

For working carers, those seeking to return to work and employers. 6.00pm - 7.00pm
Usually last Monday of every month at Al Campo Lounge, London Road

Tuesdays

Carers Monthly Book Club (Tuesday Group) - Jubilee Library

Open to all unpaid carers. 10.30am - 11.30am, second Tuesday of every month at Jubilee Library, Jubilee Street

Online Meditation for Carers

Open to all unpaid carers. 10.30am-11:30am third Tuesday every 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

Wednesdays

Gentle Seated Yoga for Carers

Open to all unpaid carers via Zoom every Wednesday afternoon from 2:00pm - 2:45pm

Online Carers Monthly Coffee and 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, third Wednesday of every month at Al campo Lounge, London Road

Carers Wellbeing Walking Group

Open to all unpaid carers. 10.30am, 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 Café, St Georges Road

Fridays

Changes Ahead Coffee and 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



Our informal, friendly groups give you the chance to meet other unpaid carers. All our groups are completely free.

Occasionally dates and venues do change. Please visit our [website](#) or call 01273 746 222 for further details

Other help



My Health Matters

Provided by Crossroads Care, the My Health Matters scheme provides support to the person you care for while you attend your healthcare or wellbeing appointments. This service is funded by NHS Brighton & Hove so there is no charge to you or the person you care for.

www.esbhcrossroads.org.uk

01273 234021

Emergency Backup Scheme

An initiative set up by Brighton & Hove Council, the Emergency Backup scheme enables you to set up a contingency plan for provision of care to the person you support in the event of you suddenly becoming unable to carry out your caring role, due to injury or illness.

Register online via the Brighton & Hove Council website '[Planning for emergencies - backup scheme for carers](#)' or phone Access Point for help.

01273 295555

CareLink Plus and Telecare

CareLink Plus can provide you or the person you care for with an alarm that lets you call for help easily if you fall, feel unwell or need other assistance. They offer a one-month free trial.

www.brighton-hove.gov.uk/carelinkplus

0300 1233301

Jointly App

Jointly is an app that makes caring for someone a little less stressful and more organised by streamlining communication and coordination between those that share caring responsibilities.

Download for free using the code BHCC_JT75

Unpaid Carer Parking Permits

Brighton and Hove Council offer parking permits for unpaid carers, at a reduced cost, allowing you to park in the zone the person you care for lives in. The application process requires a signed declaration form from the GP confirming the resident needs care, note that some GPs may charge for this.

Apply online via the Brighton & Hove Council website - '[Unpaid carers parking permits](#)'

Digital Resources for Carers

The national charity [Carers UK](#) offers online resources for carers and employers of carers on their platform 'EFC Digital'. In many cases, these can be accessed for free as a result of Brighton & Hove Council's umbrella subscription for individuals and small to medium sized businesses. The Brighton & Hove access code is #EFC1498.

Visit '[efcdigital.org](#)' to sign up or log in



Notes

Contact us



01273 746 222



www.thecarerscentre.org



info@carershub.co.uk



Brighton Junction, 1a Isetta Square,
New England St, BN1 4GQ



Scan to make a self referral

Founded in 1988, The Carers Centre for Brighton & Hove is a dedicated local charity passionately committed to supporting unpaid carers

