



# Carers Newsletter

Warmdene Surgery

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## Newly launched app for Carers

Jointly has been developed by Carers UK, it is an innovative mobile and online app that is designed by carers for carers.

Jointly combines group messaging and to-do lists with other useful features, including medication lists, calendar and more. Jointly makes communication between those who share the care as easy as a text message.

## How does Jointly Work?

Jointly lets you create a circle of care for the person you are looking after. Once you have set up your Jointly circle you can start using the app to organise care.

You can use it for you on your own or you can invite people to join you and share the care.

This app works on iPhone, iPad, Android devices and on most modern and up to date web browsers.

**We are pleased to announce that we can share this app our Carers for free until November 2022**

***If you feel you would like to get the app please contact the surgery and speak with the Carers Champion Holly.***

## Carers Week 7<sup>th</sup> – 13<sup>th</sup> June 2022

Carer's week is approaching Warmdene Surgery supports our carers and we pledge the following:

We Pledge to continue supporting adults, children and young people who care for someone living in Brighton & Hove. We will provide confidential and non-judgemental services that help carers to find ways to make their caring responsibilities easier.

We have put in place systems to identify carers so we can offer flexible appointments and services that fit around your caring responsibilities, we proactively connect them to support with their own health and wellbeing, and ensure carers have the information they need to care safely and well.



# What's on for Carer's

## **Carers Coffee Morning**

### **Monthly In-Person Events**

**Every Third Tuesday of each Month, 10.30am-12 noon**

**Flying Saucer Café, Open Market, Brighton**

Join the Carers Hub for their new Community Coffee Morning as they step back into meeting face to face with carers from across Brighton and Hove. Come along to take a break and find out about local support services in your area.

Please note this is a bookable event only (usual contact details required) with 10 places available each month, Not a drop-in.

Open to anyone who is an unpaid carer in or supports someone in Brighton & Hove

**To book your place Please contact 01273 977000 or email [info@carershub.co.uk](mailto:info@carershub.co.uk).**



## **Tai Chi & Qi Gong**

**Every Monday Morning, via Zoom at 11:00am**

Join this zoom class for 45 minutes of light exercise known as Qi Gong and Tai Chi. These movements are all about gently moving your body to breathe better and to stretch and loosen your joints. You can sit or stand, there is no lying on the floor and your work to your own level. The tutor (who has been working with the Portslade Over 50s Activities Group for 12 years) will guide you through exercises you can remember and practice on a daily basis for enhanced wellbeing

## **Monthly Meditation Meet Up for Carers**

**Every Second Thursday of the Month, via Zoom 10:30am – 11:30am**

**Creating a space for meditation and turning it into a positive habit.**

Join the Carers Hub each month to learn about the different types of meditation practices, their benefits to you and how you can include them in your daily life. Each month we will look at different ways to meditate, with each session ending in a guided meditation.

This group is open to all carers

To find out more about this group or to get your joining instructions

Please contact the Carers Hub on 01273 977000

or email [info@carershub.co.uk](mailto:info@carershub.co.uk)



## Music Appreciation Group

**Every Third Thursday of the Month, via Zoom at 10:30am – 11:30am**

Each month the Carers Hub come together to share the music they like, look at the origins of Classical Music and look at what music is.

This group is for anyone with an interest in music, especially classical, who would like to learn more, share their musical likes and dislikes, and is up for a monthly music based discussion.

This event is open to all our carers and new ones too, for more information and to show your interest in this group

please call 01273 977000 or email [info@carershub.co.uk](mailto:info@carershub.co.uk)



## Carers Monthly Book Club

**First Tuesday of the Month, via Zoom 10:30am – 11:30am**

Join the Carers Hub for their monthly carer's book club via zoom hosted by the Carers Reablement Project.

Each Month they will select a new short story to read and discuss.

Over the past year they have read stories by some of the world's greatest authors including Charles Dickens, Neil Gaiman. The stories cover all genres and although not all our members like each story we read, they certainly do provide some wonderful, interesting and insightful conversations.

If you would like to join the monthly book club, every second Tuesday of the month at 10:30am, please do get in touch so they can send you the text and joining instructions each month.

This event is open to all our carers and new ones too,  
for more information and to show your interest in this group  
please call 01273 977000 or email [info@carershub.co.uk](mailto:info@carershub.co.uk)



## Learning Disabilities and / or Autism Carers Peer Support Group Meet Up

**Contact: [steve.castellari@thecarerscentre.org](mailto:steve.castellari@thecarerscentre.org) for details, via Zoom**

Come and have a cuppa and a chat with us and other carers who help people with Learning Disabilities and/or Autism.

## LGBTQ+ Carers Peer Support Meet Up

**First Friday of every month, via Zoom at 11:00am – 12:00 noon**

Join the Carers Hub inclusion worker Louisa for a virtual get together to chat and meet others in similar situations.

For more information and to show your interest in this group

please call 01273 977000 or email [info@carershub.co.uk](mailto:info@carershub.co.uk)



## **Carers Walking Group**

**Usually last Wednesday of the month, different location each month, 10:30am**

Walking is simple, free and one of the easiest ways to be more active, lose weight and become healthier.

Join the Reablement Team each month as they enjoy a short walk in beautiful surroundings followed by a wonderful chat and a coffee or hot chocolate afterwards.

Each month they will be deciding where to walk the following month to allow for them to enjoy some of the wonderful sights and scenery in and around Brighton and Hove and our surrounding area. They walk every third Wednesday of the month (whatever the weather).

They walk for approximately 1.5 miles on a circular route lasting between 30 minutes and 1 hour, returning to the meeting point for a well-deserved cup of tea.

The Carers Walking Group is a free activity (unless you fancy a slice of cake at the end)

Suitable for all ages and abilities, Please wear comfortable shoes and clothing appropriate to the weather, Bring a drink and sunscreen

Please get in touch to express your interest in joining the Carers Walking Group, they will then get in touch to let you know where to meet for our next walk

## **Carers Weekly Coffee and Chat**

**Every Wednesday, via Zoom at 10:30am**

Join them every Wednesday at 10:30am for the weekly coffee and chat sessions over Zoom, they host these for all the unpaid carers in the city.

Each week you will be able to meet and chat with other carers, and all sessions are supported by a Carers Centre staff member.

If you would have normally attended our monthly carer coffee mornings, then please do come and join in with these sessions while we continue to socially distance and offer support

This is a bookable event and is open to all unpaid family/friend carers in Brighton & Hove

For more information and to show your interest

in this group please call 01273 977000

or email [info@carershub.co.uk](mailto:info@carershub.co.uk)



***If you would like to take part in the activities via zoom and are unsure on how to use it, please see the guide to zoom below***

<https://www.thecarerscentre.org/wp-content/uploads/2020/04/Guide-to-Zoom-V1May2020.pdf>

**If you would like to be referred to the Carers Hub for more support please contact the surgery so we can refer you directly.**