

# Do you look after someone?

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Information for those looking after someone living in Brighton and Hove



01273 977000

# Contents



<b>About us</b>	<b>1</b>
<b>Am I Carer?</b>	<b>2</b>
<b>Young Carers</b>	<b>3</b>
<b>Our Services</b>	<b>4</b>
<b>Carer's Assessments</b>	<b>5</b>
<b>Our Events</b>	<b>6</b>
<b>Other Help</b>	<b>7</b>

*This booklet offers information about The Carers Centre for Brighton and Hove. If you are viewing this content in print form then please scan the QR codes to be directed to the relevant webpages. If viewing as an electronic format, linked web pages can be accessed by clicking on the hyperlinks.*

# About us



The Carers Centre offers support and advice to people with an unpaid caring role in Brighton and Hove. We have joined forces with local charities and local authority assessment staff to create the Carers Hub, a single point of contact for carers in the city.



The Carers Hub is the first point of call for all unpaid carers aged 6 and upwards. We offer a variety of support to carers including: provision of a Carers Card, help accessing respite services, peer support groups, support for young carers and operate a reablement project. You can access our services through a referral. A self referral can be made by following the link on the next page or by asking your GP to refer you to The Carers Hub.

<https://carershub.co.uk/>

# Am I a Carer?

**A carer is a person of any age, who provides unpaid support to a partner, relative or friend who could not manage without your help.**

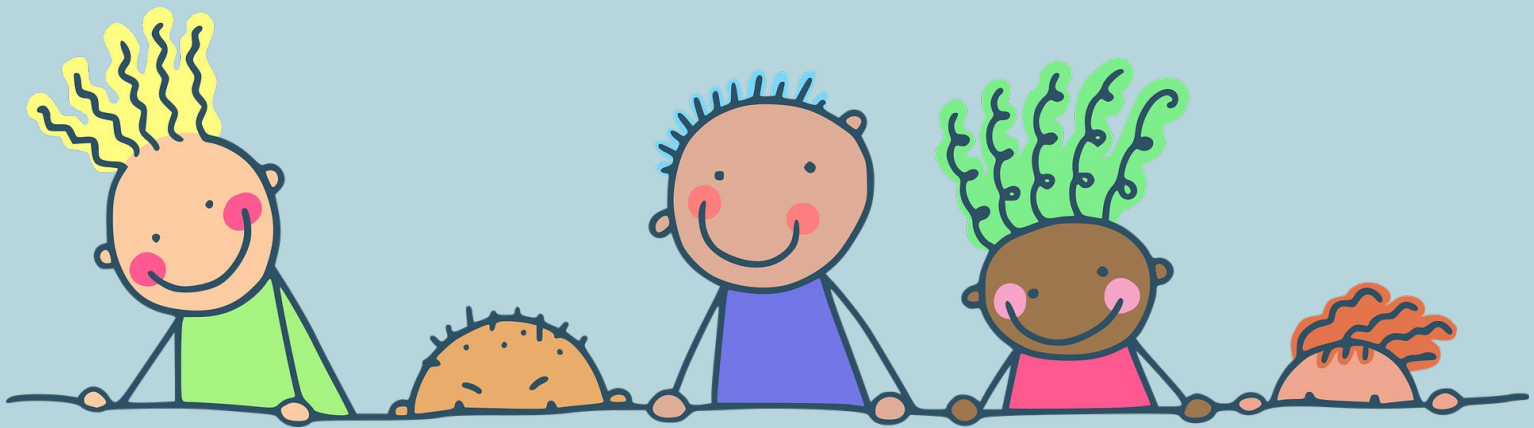


You may be a carer if you help someone with activities such as managing medicines, personal care, housework, shopping, paperwork or offering emotional support, even if you would not use the word 'carer' to describe your relationship. The person you look after could be someone who is disabled, has dementia, suffers from illness, mental health issues or substance misuse. You do not have to live in the same house as the person you are looking after to be their carer.

**If you think you may be a carer, then get in touch with us using the [self-referral form](#) on our website or ask your [GP to refer you](#) to us.**

# Young Carers

**Young carers are children and young people who are affected by the health of a family member because that person has a long term illness, disability, mental health condition or substance misuse issue.**



**Practical tasks**

**Emotional support**

**Looking after siblings**

**And much more**

The Young Carers Project at the Carers Centre supports children aged 6-17 and our Young Adult Carers team offers support to carers aged 16-25. You can access group support during term times and school holidays as well as one-to-one support around managing your caring role.

**If you would like to talk to someone in the project send us an [email](mailto:youngcarersproject@thecarerscentre.org)**

**[youngcarersproject@thecarerscentre.org](mailto:youngcarersproject@thecarerscentre.org)**

***In most cases we will need to talk to the person you care for at some point 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 Assessments

A Carers Assessment is the first step in helping you to understand your situation and how our service can help. Carers Assessments are carried out over the phone at a time which suits you and grant access to the Carers Card as well as helping to establish other support; Emergency Back Up Scheme, Carers Personal Budget and home based respite.

## Peer Support

We offer peer support groups via Zoom and at various locations throughout the city. Some groups are open to all and others are for carers in specific circumstances, such as young carers or carers for people with mental health conditions. A chance to meet with friendly faces, groups are facilitated by a member of staff from the Carers Centre

## Dementia Carers Support

The Alzheimer's Society provides specialist information, advice and support to those caring for people with Dementia. It's free and easy to access. Their specialist Dementia advisers will listen and advise all Dementia related questions.

## Young Carers Project

The Young Carers Project supports children and young people aged 6-17 who help care for someone in their family. Our young carers team offers opportunities to socialise with peers through school holiday activities, creative workshops, term-time drop - in sessions and offers a safe space for young carers to share their worries and concerns.

## End of Life Carers Support

We offer specialist support for those looking after someone with a life limiting illness. Our dedicated End of Life Carer Support Workers can talk with you about support available and let you know about the specialist peer-support groups we're running.

## Reablement Project

We can help support your health and wellbeing by referring you to our Carers Reablement Project. If you would like to learn a new skill, the service can match you with a volunteer with the appropriate skills, experience and knowledge to help you achieve it.

## Carers of those with Mental Health conditions

Changes Ahead provide targeted, specialist support to carers of people living with mental health conditions. The service offers Peer Support and one-to-one sessions as well as courses to develop your confidence.

# Carers Assessments



**A Carer's 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 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 or able to carry on in your caring role

**Once you are referred to our service, you will receive a telephone call to book your Carer's Assessment at a time that suits you.**



**After your Carer's Assessment, you are entitled to receive a Carers Card. The Carers Card offers a range of discounts across the city.**

# Our events



The Carers Centre for Brighton and Hove runs regular events across the city  
For dates, timings and locations please visit our website

- Tai Chi and Qi Gong Zoom
- Carer Community Coffee Mornings
- Changes Ahead Coffee and Chat
- Learning Disabilities and Autism Carers Peer Support Group
- Working Carers and Employers Peer Support Meet-up
- Carers Monthly Book Club
- Monthly Zoom Meditation Meet up for Carers
- Bereaved Carers Peer Support Group
- Carers Weekly Zoom, Coffee and Chat
- Carers Wellbeing Walking Group
- LGBTQ+ Carers Coffee Morning

Go to website



*Our events have limited spaces, please register your interest in advance by contacting The Carers Centre on 01273 977000 or emailing us at [info@carershub.co.uk](mailto:info@carershub.co.uk)*



# Other help



## **My Health Matters**

Provided by Crossroads Care, the My Health Matters scheme provides support for the person you care for while you attend your appointments

[www.esbhcrossroads.org.uk](http://www.esbhcrossroads.org.uk) 01273234021

## **Emergency Backup Scheme**

An initiative set up by Brighton & Hove Council, the Emergency Backup scheme enables you to set up a plan that can be activated in the event of you suddenly becoming unable to carry out your caring role due to injury or illness.

Register online via the [Council website](#) 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](http://www.brighton-hove.gov.uk/carelinkplus) 0300 1233301

## **Jointly App**

Jointly is an app that makes caring for someone a little easier, less stressful and a lot more organised by making communication and coordination between those who share the care as easy as a text message.

Download for free using the code BHCC\_JT75

## **Unpaid Carer Parking Permits**

Brighton and Hove Council offer parking permits for unpaid carers allowing you to park in the zone the person you care for lives in. These cost £10. The application process requires a signed declaration from the GP confirming the resident needs care, note that some GPs may charge for this.

Apply online via the [Council website](#)

# Notes



# Notes



# Contact us

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To make a self-referral scan here



**01273 977000**



**info@carershub.co.uk**



**www.carershub.co.uk**



The Carers Hub is managed by The Carers Centre for Brighton & Hove  
In partnership with Alzheimer's Society, Crossroads Care and Local  
Authority Assessment Staff