



CARERS VOICE

Winter/Spring 2019

Our First Ever Marathon Runner!

Simon Horwood, one of our carers, is running in the London Marathon to raise money for Carers Support.



Simon met his wife Jan in 2008, they married in 2013 and they have four children. In 2014 Jan was diagnosed with Ehlers Danlos Syndrome, a rare genetic condition that it is an invisible illness. In his blog Simon writes

“When you live with someone with an invisible illness you can clearly see how badly affected they actually are. I am grateful for the help and support Carers Support have given me over the past few years since I became Jan’s main carer and **I would like to give something back to them**”.

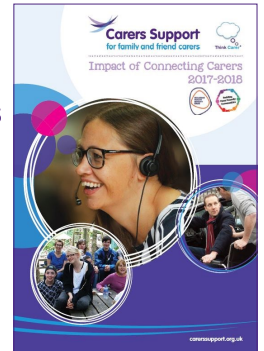
Support Team Simon



Read Simon’s blog and how you can donate at www.carerssupport.org.uk/teamsimon

Making an Impact on Carers’ Lives

Our 2017-2018 Impact Report is now available. It highlights another very busy year and we reached more carers than ever with over 6000 calls to the Carer Response Line, 5100 referrals to our Hospital Team and nearly 1300 referrals to our Carer Equipment Service.



www.carerssupport.org.uk/about-us/who-we-are/

Carers Campaign Workshop



We would love as many carers as possible to get involved in this free workshop for unpaid carers on **Wednesday 13 February 10am to 2pm in Crawley**. No experience is necessary as you will learn the skills to launch your own campaigns with information on

- What carers are entitled to under the Care Act
- How to plan a campaign
- How to influence local decision makers
- How to use traditional and social media

It is also a chance to meet other carers and find out what issues you could be campaigning on together locally. Lunch is provided and reasonable expenses for respite care will be covered.

For further details and to book your place contact Adeelah Khan, Carer Engagement Co-ordinator

Creativity and You

A new workshop in our **Learning and Wellbeing Programme** for carers is proving to be very popular. You can work with clay or paint, make jewellery, corn dollies or rugs - there is something for everyone in **Creativity and You**. Other workshops include Managing Guilt, Healthy Relationships and Building Resilience.



Book your place at www.carerssupport.org.uk/clwp

We are on Instagram!

You can now keep up to date with our news and events on Instagram

Follow us at carerssws



Instagram



Graham Clarke wins Helplines Award



We are delighted to announce Graham Clarke, one of our Carer Wellbeing Workers, came second in the **Helplines Partnership Awards 2018 - Employee of the Year category**. Graham has been instrumental in reshaping our Carer Response Line training for the whole organisation.

The awards celebrate the achievements and contributions of organisations and individuals to the helpline sector. Paula Ojok, CEO of Helplines Partnership said "The awards are an opportunity for helplines to step back and reflect on the huge contribution they make to the lives of the people who contact them."

Congratulations Graham for his dedication to improving our Response Line and the service we provide to thousands of family and friend carers.

Carer Response Line 0300 028 8888

Opening Hours

Monday, Tuesday, Thursday, Friday: 9am - 5pm

Wednesday: 9am - 7pm

Saturday: 10am - 12 noon

Health and Wellbeing Market Place

**Thursday 14th March
Drop In - 10.30am to 1pm**



Find out what support is available from voluntary organisations in West Sussex. Over 65 information stands, free wellbeing MOT, audiology checks, mobility scooter safety advice and a free café for visitors to relax.

**Park Suite and Main Conference Hall,
Parkside, Chart Way, Horsham RH12 1XH**

Droplet Hydration Cup

A device which helps carers to encourage their loved ones to drink and stay hydrated. It plays friendly pre-set or personalised voice messages as well as having reminder lights - both of which can be programmed at 20, 40 and 60 minute intervals. The cup can be illuminated at night so it is easy to find. Details of all the items available through our **Carer Equipment Service** can be found at www.carerssupport.org.uk/ces



Pass the Popcorn!

In January members of our Young Adult Carers Group **SHINE** joined some of the County Council's Young Carers Group for a great night out at Worthing's Dome Cinema to see science fiction action film 'Bumblebee'.



"It's great to get together and have time out from caring."

SHINE is for **Young Adult Carers aged 18-25** and offers the chance to meet other young adult carers, outings, activities and time away from caring. We can also provide support in accessing employment by working in partnership with Impact Workability.

For more details email shine@carerssupport.org.uk

Carers Support at the Weald and Downland Living Museum

Our festive information stand was a great success and included a free prize draw and a mini hand massage. We plan to be at their Christmas Market again this year.



Fundraising for Carer Wellbeing - www.carerssupport.org.uk/fundraising



Information Sessions for Carers of People Living with Dementia



Sessions are informative and interactive

- Understanding Dementia
- Communication
- Changing Behaviours

The sessions are at **Broadfield Library, 46 Broadfield Barton, Crawley RH11 9BA** and there are three dates to choose from **Wednesday 6th March, 1st May or 3rd July**. All from 10.30am to 12.30pm

**Booking for the free session is required
please call 0300 028 8888
or email dennis.hodgkins@carerssupport.org.uk**

New Venue for our Henfield Carers Group



We now meet in the beautiful new garden room at **Henfield Haven Hewitts, Henfield BN5 9DT**
Come along to our friendly group for support and information
1st Wednesday of the month 10.30am to 12 noon

“The monthly carers groups are a lifeline as we meet people in similar situations”

See all our groups at www.carerssupport.org.uk/our-services/support-groups/

Thinking Ahead About Care Costs



Carers UK have launched a free online resource to help people prepare for the potential costs involved in caring for a family member or loved one and to help them plan ahead
www.carersuk.org/thinkingahead

‘Be the Voice’ Training for Carers Thursday 28th March 2019 10.00am to 12 noon Crawley Library



The free workshop is offered as part of our **Carers Voice Network** and will cover helpful tips and exercises that will enable you to

- communicate your concerns as a carer more assertively and ensure your voice is heard
- manage emotions that can affect your ability to self-advocate
- increase your self confidence when speaking to professionals

**Booking is essential as spaces are limited
visit www.eventbrite.co.uk and search for
‘Be the Voice’
or call us on 0300 028 8888**

For more information
about the Carers Voice Network
please contact network@carerssupport.org.uk

Weekend Break Roffey Park 30th and 31st March



Crossroads Care South Central have arranged another weekend break for **Younger People with Dementia and their Family and Friend Carers**. Set in the lovely surroundings of Roffey Park, it includes one night’s stay in an en-suite room, meals and activities. The cost is subsidised but a contribution of £95 per person is requested and there is a small charge for some complementary therapies. We do have some funding available for carers who may experience financial difficulty in covering the costs. Crossroads will provide round the clock care and support over the weekend.

**To book contact Crossroads
01903 790270 or admin@crossroadscare-sc.org**

Fundraising for Carer Wellbeing – www.carerssupport.org.uk/fundraising



Carers Rights Day 2018

Over 110 carers came to our Drop-In Events on Carers Rights Day **“We weren’t sure what was available to us before – we’ve always coped until now”** and 45 carers attended the legal workshops hosted by Irwin Mitchell at their offices in Crawley and Chichester **“Very helpful, thank you for organising. Lots to think about.”**



You Said - We Did

Although our Carer Response Line offers extended opening hours on a Wednesday and Saturday (see p2) a number of carers have asked for information on who they can talk to when our service is closed - below are organisations who offer extended and out of hours telephone support.



Silverline - 0800 470 8090

A free confidential helpline providing information, friendship and advice to older people - open 24 hours a day, every day of the year.

Sussex Mental Healthline - 0300 5000 101

Run by Sussex Partnership NHS Trust to provide support and information to anyone experiencing mental health problems and their carers, available 24 hours a day in West Sussex.

Samaritans - 116 123

Whatever you're going through Samaritans can talk to you - call free 24 hours a day, 365 days a year.

SANeline - 0300 304 7000

A national mental health helpline offering specialist emotional support and information to anyone affected by mental illness and their carers - open daily from 4.30pm to 10.30pm.

Family Action - 0808 802 0222

Parents or carers can get in touch for free Monday to Friday 6pm to 10pm and weekends 10am to 1pm.

FRANK - 0300 123 6600

For information and advice about drugs call FRANK open 24 hours a day, 7 days a week.

WSSC Adults' CarePoint - 01243 642121

Providing **emergency cover** outside normal office hours which are 9am to 5pm Monday - Friday. Phone 01243 642121 or 033 022 27007 for urgent referrals for adults. To contact an Approved Mental Health Professional, who will consider an urgent Mental Health Act Assessment (for all age groups) phone 01903 843239.

Fundraising for Carer Wellbeing – www.carerssupport.org.uk/fundraising