

Coming up at



this



Making Caring Visible and Valued this Carers Week



Carers Week is an annual awareness campaign that celebrates and recognises the vital contribution of the UK's unpaid carers - supporting family members and friends who are older, have a disability, mental or physical illness or need extra help as they grow older.

Carers need to be recognized for the difficulties they are experiencing, respected for what they are doing, and provided with information, support and understanding. So during Carers Week, we are coming together to help Make Caring Visible and Valued.

To find out more about Carers Week please visit their website www.carersweek.org

Coming up from the Carers Centre this Carers Week

Join us here at the Carers Centre throughout Carers Week (7-13 June) as we celebrate the valuable contributions made by all of our Brighton & Hove Carers.

Throughout the week we will be bringing you useful carer related information, great workshops, fun activities and our weekly coffee and chat session. Please turn over to see more details

My Health Matters scheme run by Crossroads, can help you attend a carers week activity, so if you require extra support for your family/friend member so you can join a Zoom or attend the tea in the park sessions then please do get in touch with us. They will either be able to come along to your home or call on the telephone during the session. If you are already registered with them then no need to go through assessment, but if this is the first time you will be using the service they will need to have some notice to be able to go through the assessment process. .

For more information please contact Crossroads on 01273 234021

For more information please visit our webpage

www.thecarerscentre.org/carers-week-2021

To join any of our groups or activities or to find out more,
including support to help access Zoom, please contact
01273 977000 or email info@carershub.co.uk

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Starting in
Carers Week

Tai Chi & Qi Gong

Monday 7th June 2021, 11am via Zoom, and again on 14th, 21st and 28th June

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 you 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.



Carers Week Quiz

Monday 7th June, 3—5pm, via Zoom,

Join our hosts Steve and Dan for a carers week special general knowledge quiz. Form teams with other members of your household or play solo and pit your wits against other local carers and their households.

You will need to bring a note pad, a pencil or pen, and a name for your team.



Anniversary
Special

Carers' Book Club—1st Anniversary Special

Tuesday 8th June, 10.30—11.30am, via Zoom

Join us for the first anniversary session of our Carers Book Club. Each month we come together to read a short story and discuss it via zoom.

Please get in touch so we can send you the latest story and joining instructions for the session.



Employers for Carers

Tuesday 8th June, 5—6pm via Zoom

A new event this year is for employers in Brighton and Hove who may wish to know more about the Employers for Carers scheme available Free to any employer in the city with less than 250 staff and on a membership subscription to larger employers.

This one hour run through and Q&A session will be hosted by our dedicated Employers and Working Carers engagement lead, Steve Casterllari.

If you are a local employer and want to attend to find out what benefits the scheme can bring you please message us here at the Carers Centre, info@thecarerscentre.org

**To join any of our groups or activities or to find out more,
including support to help access Zoom, please contact
01273 977000 or email info@carershub.co.uk**

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Carers' Weekly Coffee & Chat

Wednesday 9th June, 10.30am, via Zoom, usually every Wednesday morning.

Join us for our Carers Week special Coffee & Chat session for Carers over Zoom. Open to all unpaid carers in the city.

Each week you will be able to meet and chat with other carers from around Brighton & Hove.

All sessions are supported by a Carers Centre staff member

We look forward to seeing you there.



Digital Resources for Carers

Wednesday 9th June, 2.30—3.30pm, via Zoom

If you are an unpaid carer in Brighton & Hove or caring for someone in the City, there is a resource available to you **FREE** called the Digital Resource for Carers. This resource is provided free by Carers UK and made available by Brighton and Hove City Council via a membership for all unpaid carers in the city.

Why not come along to our one hour session and find out what is in the DRC and whether signing up can help you with the care you provide.

Signing up is **FREE** and **EASY**, all you need are your name, an email address and to create a password. You will not be sent spam emails once you sign up and it is up to you how often if at all you access the resources.

Our Engagement Lead, Steve will be hosting a session showing the DRC, answering any questions and helping anyone that wants to sign up.

**Carer
Information
Event**



Monthly Meditation Group

Every Second Thursday of the Month,
starting Thursday 10th June, 10.30-11.30am via Zoom.

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

Join us 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.

**Brand New
Group**

**To join any of our groups or activities or to find out more,
including support to help access Zoom, please contact
01273 977000 or email info@carershub.co.uk**

Coming up at



this



Italy—mountains, beaches and towns—A virtual look

Thursday 10th June, 3-4 pm via Zoom

Let us bring a little corner of Italy to you for an hour.

Our Engagement Lead, Steve, lived and worked in Italy as a mountain guide for a number of years and here, he will share some of his favourite photos and stories from this time.

A look at some beautiful landscapes and a few humorous tales from the summits to the sea!

You may not learn anything new about caring but we hope you will leave with a little bit of sunshine in your heart and a smile on your face. We look forward to welcoming you.



Carers Surgery with Caroline Lucas MP

Friday 11th June, 5—6pm, via Zoom

We are delighted to finish off our Carers Week celebrations by welcoming back Carers Centre Patron, Caroline Lucas MP for another coffee and chat session.

Caroline is a huge supporter of our services and joined us last year for a very successful coffee morning when she answered carers questions.

Caroline is welcoming questions in advance, so please submit your questions before 7th June to carersweek@thecarerscentre.org

Popular Event

Booking is essential



My life as a Carer—an online Gallery

To celebrate Carers Week 2021 and all of the fantastic contributions made every day by our local unpaid carers we are 'Making Caring Visible and Valued' with our Carers Online Gallery.

So send us your stories, photographs, pictures, poems, tips, tricks and tales to feature in our online gallery on our website and to be entered into a prize draw to win a **£20 Waitrose Voucher**.

You can send as many pieces as you like, but only x1 entry per person will be added to the draw, further terms and conditions are available on our website or upon request.

Open to unpaid carers over the age of 18 in the Brighton and Hove area, your images will appear in our online gallery throughout Carers Week and may feature in the next issue of Carers News. Please state whether you are happy for us to display your name next to your submission.

The gallery is open now, so please send your submissions to carersweek@thecarerscentre.org, the closing date for entries is Friday 18th June 2021 at 12 noon and the winner will be drawn and notified the following week

We cant wait to see your entries.....

Prize Draw
to win a
£20 voucher
for
Waitrose

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including support to help access Zoom, please contact
01273 977000 or email info@carershub.co.uk

*New activities
just added*



this



Baking Easy Flat Breads

Tuesday 8th June 12pm – 1pm via Zoom

Join us for making easy flat breads, Simon from Stoneham Bakehouse has a simple and easy recipe which he will talk us through and we will end up with a tasty flat bread that you can eat for your lunch.

If you would like to join this workshop, please take a look at the list of ingredients and equipment.

Makes 6 FLATBREADS

200g strong white flour (more for dusting)

130g warm water (30°C)

1 tsp fast action dried yeast

1 tsp salt and a Drizzle of olive oil

Equipment Needed

- Kitchen scales
- Large mixing bowl
- Baking Tray
- Baking parchment/greaseproof paper
- Rolling Pin (wine bottle, or just your hands is fine)



Tea in the Park

Thursday 10th June 2021—St Anns Wells Gardens

There will be a total of 5 sessions and times to choose from,
9.30-10.30am, 10.45-11.45am, 12—1pm, 2—3pm, 3.15—4.15pm

Please choose a time you would like to attend and get in touch with us. (please have a back up time, in case your preferred slot is already fully booked.)

You will find us under our events shelter under the trees, next to Nizells Avenue and near to the tennis courts.

Tea, Coffee and Cake provided. Park facilities available.

This is a bookable event and places are limited



This event will take place whatever the weather

You will find us under the events shelter pictured here.

To join any of our groups or activities or to find out more,
including support to help access Zoom, please contact
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