

What direct services does Care for the Carers offer to carers?

Gateway – telephone and drop-in (at Highlight House) support and advice from Carer Support Workers, to provide advice, information and support to carers and facilitate access to other CftC services. Our Gateway opening hours are Monday to Friday, 9am to 5pm.

Carers Information and Advice Groups – regular meetings for all carers, facilitated by Carer Support Workers. The first half of the meeting gives time to have a cuppa and a chat with other carers, and the second half has a guest speaker who brings useful information and advice.

Carers Wellbeing Groups – regular informal drop-in groups for all carers, with input at some groups from Carer Support Workers. These are usually the ‘next step’ groups for carers after they have been attending Information and Advice Groups for 12 months.

Mental Health Carers Support Groups – regular meetings for carers of people with mental health issues, facilitated by Carer Support Workers.

Young Adult Carers (YACs) Groups – regular evening meetings for carers aged 17-25yrs, facilitated by Carer Support Workers. The first hour is a structured workshop related to education, training, employment and ‘having your voice heard’, based on what YACs tell us they want to discuss. The second hour is for YACs to ‘chill’, catch up with each other and access any support from the workers present if required. YACs should contact Gateway to obtain details of the next group, and to request an invite to CftC’s private YAC Facebook group.

Carer’s Clinics – one-to-one pre-booked hour-long face-to-face or telephone appointments with a Carer Support Worker, to listen to a carer’s worries or concerns, and give advice, information and support to carers. Carers should contact Gateway to book an appointment.

Supported Self-Assessment – face-to-face or telephone support to carers to complete the Carers Self-Assessment and ensure that their needs are fully reflected in the assessment. Carers should contact Gateway to book an appointment.

Time to Talk Counselling – 12 sessions of free counselling to support carers to cope with the emotional impact of their caring role. Carers should contact Gateway to refer themselves to the counselling service.

Healthcare Appointment Respite Grant – available for respite services for carers who have no care provision in place or pay for care themselves. Funding can be applied for to meet the costs of respite for healthcare appointments such as counselling, physiotherapy or GP appointments and training or courses that help in their caring role such as dementia training or moving and handling. Carers should contact Care for the Carers for information or to request the funding.

Carers Toolkit – a training programme designed by carers, for carers, on topics which support carers in their caring role, such as Mindfulness, Creative Writing, Wellbeing, and Carers Rights. The current toolkit programme details can be found on www.cftc.org.uk or by calling Gateway.

Carers Activities– social activities, days out, courses and treats, to give carers an opportunity to have fun, relax, or socialise with other carers. Forthcoming activities information can be found on www.cftc.org.uk or by calling Gateway.

East Sussex Carers Card– offers carers savings and discounts at a variety of retail and leisure venues in East Sussex. A directory listing all the offers is available online at www.cftc.org.uk The card can also enable a CRESS (Carers Respite Emergency Support Service) plan to be put in place. Carers can sign up online at www.cftc.org.uk/carerscard or by calling Care for the Carers.

Carers Voices Network – facilitated by Care for the Carers it enables unpaid carers in East Sussex to play an active part in planning, developing, monitoring and evaluating services. Carers Voices Representatives sit on relevant local service planning and development groups and partnerships and there are a range of opportunities for all carers to contribute to consultations and evaluations. Carers Forums are larger public events held twice a year and are free to unpaid carers. They explore issues that carers have identified are important to them and enable dialogue with key decision makers.

Small Grants for Carers Groups – a budget held by Care for the Carers on Behalf of East Sussex County Council. Grants can be applied for once a year to a maximum of £500 and the Budget is allocated with the aim of enabling a group or organisation to start, improve or develop services directly for carers. More information including criteria and application form can be found <http://cftc.org.uk/smallgrants>.

CareLine Magazine– produced quarterly by Care for the Carers on behalf of all commissioned carer support services and provides local and national information relevant to carers. Available by email, oncftc.org.uk, or by post for those without internet access.

Care for the Carers E-newsletter– produced monthly and targeted at carers that are interested in regular updates and professionals. Carers and professionals can sign up on www.cftc.org.uk/enewsletter

Social media updates– Facebook and Twitter regular updates that carers can engage with.

Carer Ambassadors– many opportunities are available for carers, former carers, community members or professionals to share their skills, experience and time to support unpaid carers across the county. Through Care for the Carers ‘Carer Friendly Communities initiative’ Ambassadors from local service provision or businesses take small steps to make their local community more accessible and friendly to carers. Training and support is available.

Ways to contact Care for the Carers

Telephone: 01323 738390

Text: 07860 077300 (a text will trigger a call back from CftC)

Email: info@cftc.org.uk **Website:** www.cftc.org.uk

Drop in:

Highlight House, 8 St Leonards Road, Eastbourne, BN21 3UH
Opening hours: Monday – Friday 9am – 5pm