



August Newsletter 2013

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## Welcome to the August Newsletter

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[Carers Voices Groups](#) Do you want to make things better for carers?

[Jaki's Benefits Update](#) Jaki tells us about the changes to Council Tax and Housing Benefit

[Update from the Carer Support Team](#) Kim says farewell to Care for the Carers

[Support for Carers](#) Information from organisations from around the county

[News from the GP's](#) Explaining how GP's are now in charge of buying health services

[How to Complain](#) A quick guide from the Parliamentary and Health Service Ombudsman

[Carers In Touch](#) The latest news from the groups and new training opportunities for carers

[Carers Week 2013](#) Find out what happened at the new local carers' forums

[Staying Healthy](#) Helping you to make time for your own health

[Carers Holidays](#) Are you going on a summer holiday?

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## Job Vacancy at Care for the Carers

### Young Carers Intensive Support Worker

We are looking to add to our Young Carers Team to ensure young carers in East Sussex are identified and supported and to promote the wellbeing of all young carers known to Care for the Carers.

Some knowledge of young carers' issues and experience of working in the community would be an advantage. Excellent organisational, IT and communication skills will be required.

As you will be required to travel across the county, being a car driver is essential to this post. This post is subject to a DBS check.

25 hours pw | Starting salary £ 20,198 pro rata (APT&C Scale – Point 23)

[Read more >](#)



**Head down to The Loft on Thursday 5th September from 8pm for our charity Casino Night.**

Whether you want to pit your wits against the dealer at the Black Jack table, beat the odds at the Roulette wheel or simply enjoy a relaxed evening at one of Eastbourne's premier bars and support Care for the Carers in the process, it promises to be a great evening with all proceeds going towards Care for the Carers.

#### Prizes to be won!

Entry will be £5 and this will include an initial stash of casino chips to start you off. If you run out of these, you will be able to purchase more throughout the evening. Prizes will

be awarded at the end of the night for the most successful players at the casino tables and there will also be chance to win a range of prizes in our Roulette Raffle.

### **Book now!**

To buy your tickets please fill in our [online booking form](#) or contact Pete McMahon at [petem@cftc.org.uk](mailto:petem@cftc.org.uk) for more information.

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## **News**

### **Family Inclusive Practice Training for professionals and carers**

You are invited to help improve how Carers and Professionals work together on a day to day basis. This free course is aimed at staff and relatives, friends and carers of people with mental health challenges and/or dementia who want to work together better.

Monday 30th September, 9am to 4:30pm,  
HVA, Jackson Hall, Portland Place, Hastings  
TN34 1QN. [Read more >](#)

For more information email Deborah Becker at [Deborah.Becker@sussexpartnership.nhs.uk](mailto:Deborah.Becker@sussexpartnership.nhs.uk), or to book a place email [rc@activ8forlife.org](mailto:rc@activ8forlife.org)

### **Has your electric blanket been safety checked?**

Wealden District Council, in partnership with the East Sussex Fire & Resue Service and The Safer Wealden Partnership are offering free annual electric blanket safety checks this October in the Wealden area. [Read more >](#)

### **Carers' Action Group**

Sussex Partnership is looking for carers of someone with Mental Health Illnesses to join the carers' action group in Hellingly. The next meeting is on 5th September 2013 at 10 am.

### **How are you celebrating Older People's Day this year?**

UK Older People's Day is all about celebrating later life, by acknowledging Older People's contribution to society and the economy. It is an opportunity to celebrate the achievements and aspirations that later life can bring.

September will be the start of a jam-packed programme of fun and informative events taking place throughout the county. [Take a look at the events programme to find out more >](#)

### **Carers UK | Charging impacts in the new Care Bill**

The current rules for charging carers and disabled people for their services will be changing under the new Care Bill. Carers UK believe that the new drafting of the Care Bill around charging is not as clear as it could be.

Tell Carers UK your views by completing their simple questionnaire. [Take the survey >](#)

### **Extra Care Housing Scheme gets Government cash boost**

Extra Care Housing Scheme development in Bexhill has received a £2.36 million cash boost from the Government. The Bexhill project is being driven forward by East Sussex County

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[Read more >](#)

Contact [christine.lockwood](mailto:christine.lockwood) if you would like to attend.

## Older People's Police Consultation Day

The Sussex Police, in partnership with Age UK East Sussex, invite you to attend a consultation day at Police Headquarters Lewes.

Aimed at over 50's, they would like to hear your concerns about policing in your area and hear about issues that affect your feelings of safety. [Read more >](#)

## Supporting isolated people with technology

WaveLength is a national Charity whose mission is to bring companionship, comfort and contact to people who are lonely and isolated, and in need of financial and practical support, through the use and provision of technology. [www.wavelength.org.uk](http://www.wavelength.org.uk)

## Sussex Partnership to participate in Major National Audit

Sussex Partnership NHS Foundation Trust is participating in the second round of the National Audit of Schizophrenia. During September they will be sending 200 surveys to a group of randomly selected service users.

If you are a carer of someone with Schizophrenia and they receive a survey, **please note** it also contains a section for you to complete.

If you have any questions contact Wendy Harlow (Sussex Partnership NHS Foundation

Council, Rother District Council and AmicusHorizon, the registered provider, and will be developed on the former Sidley School site – land contributed by the county council. [Read more >](#)

## Training for mental health service users and carers

SUCCES, Service Users and Carers Collaborating in East Sussex, is a project to involve service users and carers in saying how mental health services are run. It is run by Recovery Partners and the East Sussex Joint Commissioning Team.

In August and October they are running training days, which are a chance for service users and carers to swap ideas and develop new ideas for services. [Read more >](#)

## Council launches new online dementia resource

A NEW online 'one-stop shop' for people with dementia and their carers has been launched by East Sussex County Council. The authority has launched a Dementia Information Hub on its website, providing easily-accessible information and resources in one place. [Read more >](#)

## New WRAP dates announced by Coastal Wellbeing

Two 6 week Wellness Recovery Action Planning courses will be starting in Lewes and Peacehaven early September. Places are limited so book now. [Read more >](#)

Trust – Project Co-ordinator) on  
07917592984. [Read more >](#)

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## The Co-operative hits £2.5M milestone raising funds for young adult carers

This year the Co-operative chose Carers Trust as their Charity of the Year partner and is raising funds to support a generation of unpaid young adult carers.

Their aim is to raise £5 million for Carers Trust during 2013 and has seen colleagues cycle from Lands End to John O'Groats; tackle the three peaks challenge; abseil down Manchester's near 400ft CIS Tower; hold charity balls; organise coffee mornings and host a giant picnic - all raising much needed money to provide desperately needed breaks, information, advice, support and services for unpaid young adult carers facing the challenges of caring.

The money raised will fund five "time" themed programmes designed to: raise awareness and understanding; support legislative change and develop new services to provide coping mechanisms; emotional support and a voice to help break down barriers and reduce feelings of isolation. [Read more >](#)

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## Consultation

### Have your say on the options for older people's day centre services

East Sussex County Council would like to your hear your views about the options they are considering for some of the older people's day centre services they run.

The day centre service review covers the following centres:

- Charter Centre, Bexhill
  - Hookstead Centre, Crowborough
  - Isabel Blackman Centre, Hastings
  - Orion Centre, Hailsham
  - Phoenix Centre, Lewes
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- Pinehill, Hastings

They are consulting on this because Adult Social Care needs to reduce its budget by £27.8 million over the next three years. This includes making savings in services they run themselves, such as day centre services. The review of the day centre services will help them to understand the savings the services could contribute towards the total savings Adult Social Care needs to make. [Read more >](#)

[Take part in the consultation online >](#)

## Have your say about the changes to dementia services in Hastings

East Sussex County Council is proposing to close the Mount Denys centre in Hastings, services will instead be provided by other care home rather than by the Council. They would like to know what you think. [Read more >](#)

[Take part in the consultation online >](#)

## Does the person you care for access any of the services currently under consultation?

Care for the Carers would like to hear your views on these consultations, please message us via our website [www.cftc.org.uk](http://www.cftc.org.uk) or contact Debbie Harris, call her on **01323 738390** or email [debbieh@cftc.org.uk](mailto:debbieh@cftc.org.uk).

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## Training

### Carer Aware | an online course about the role of carers

Carer Aware is an online course designed to let people know about the role of the [unpaid carer](#) and the support available to them.

It is broken down into several sections, which can be completed in short sessions, and is for both carers or practitioners such as council staff and GPs. Topics covered include:

- **Who are carers?** – problems and challenges, real carers' stories.
  - **Carers' legal rights** – key facts on the carer's assessment, carer's employment rights.
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- **Meeting the needs of carers** – how services are provided to carers and information on services to support carers in East Sussex

[Take the course](#) or find out more at [www.eastsussex.gov.uk/carers](http://www.eastsussex.gov.uk/carers)

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call us [01323 738390](tel:01323738390) email us [info@cftc.org.uk](mailto:info@cftc.org.uk) online at [www.cftc.org.uk](http://www.cftc.org.uk)

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