Supporting unpaid Carers in East Sussex
01424 722309
www.associationofcarers.org.uk

The A.M. ‘Most Laps’ winner
Raw Fit’s owners looking deservedly proud!
The P.M. ‘Most Laps’ winner

Registered Charity Number: 1159551
Message from The Trustees

Dear Reader,

On behalf of the Trustees I would like to welcome you to the autumn edition of the Carers’ Voice.

We are grateful to Raw Fit who helped us to put on a very successful Fun Run in July, Seaside Paws in St Leonards for putting on a raffle to raise funds for the charity and Santander for allowing us to have an awareness stall and to raise funds throughout Carers Week in their Bank in Hastings

We also had recent stands at The Garden Full of Cultural Delights in St Leonards and also at Hastings Pride. My thanks goes to everyone who has helped to raise funds and awareness.

We are again happy to be able to offer FREE Christmas celebratory meals this year for Carers, the person they care for and our volunteers. We are holding three meals at the Langham Hotel in Eastbourne, The Highlands in Uckfield and East Sussex College in Hastings. We enclose details of these lunches with this edition. We are also enclosing Raffle Tickets, the proceeds of the raffle help us to be able to continue to put on the Christmas meals for free and we would be grateful if you could help us sell as many tickets as you feel able to.

I hope you enjoy the autumn and the run up to the Christmas period.

Jean Holmwood

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SUDOKU CHALLENGE!

Complete the 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits from 1 to 9.

Fill in the puzzle correctly and return to us by post, or send a photo by email before 1st December to be in with a chance to win*!

*Winner will be drawn at random. The £10 voucher has been donated by one of our volunteers - thank you so much CB!
Christmas Events

Christmas Lunches: Our celebrations will take place in the first two weeks of December. There are menus showing the dates and locations enclosed with this magazine. Please get in touch to book your space ASAP. Ensure you let us know about any dietary requirements.

We will be drawing our annual raffle during the Hastings lunch, and have enclosed 4 books of raffle tickets for you to sell if you are able. We have some lovely prizes on offer!

Harmony One Concert, 24th November, 5.30pm: Join us for a concert of choral music inspired by nature at St Clement’s Church, Hastings Old Town. Tickets are £10 (under 16s free), available from Hastings Tourist Information or from our charity shop on Queens Road.

Wreath Making Workshop: 14 December, 12 - 3pm: Join us for a fun and festive afternoon in St Leonards, where Laura from Bly Rose Flowers will teach you to make a beautiful wreath to hang on your door, or use as a table centrepiece. Tea and cakes will be available. Booking essential: £25 per person (£20 for Carers Card holders).

Visit AocWreathMaking.eventbrite.co.uk, email info@associationofcarers.org.uk or call us on 01424 722309.

Christmas Choir Fundraiser: Would you like to join us for a Christmas sing-song to raise funds for Association of Carers? If so, then watch this space for details of a fundraiser at Asda in Silverhill in December (exact date TBC)! We will be singing a selection of well-known carols and hymns. Singing skills or experience absolutely NOT required! Please call or email to let us know that you would potentially like to take part. The more the merrier!

Calendars & Cards

Hastings photographer, Dan Hicks, has offered us some of his stunning landscape photographs with which to create some calendars to raise funds for the charity. We also have some Christmas cards designed by the children at the primary school next to our office. The calendar and cards will be for sale at our Christmas lunches, and in our charity shop, or you can fill in and return the order form enclosed with this magazine.

Quizzes & Collections!

Could your local pub hold a quiz, bingo or race night in our aid - or another type of event that you think might be popular? Maybe you’d even like to be Quizhost? Or perhaps you know a local choir who fundraise for charity? Or maybe your pub, shop or church hall could take a collection pot, or display a poster for us? Let us know your suggestions and we will get in touch. We want to ensure our activities are spread throughout East Sussex, and suggestions for places outside of Hastings are especially welcomed.
Events Round Up

It’s been a busy few months with various events, fundraising activity and networking. Thanks to everyone that came along, took part, donated, shared details or supported in any other way.

- Our stand in Santander Hastings during Carers Week raised nearly £1500, which Santander doubled. Thanks to the lovely students from Bexhill College who helped out.
- The Raw Fit obstacle run in June (pictured on cover) raised about £1000. Thanks so much to Rick and family for letting us use their amazing outdoor training site. What a fab event!
- Wetherspoons in Bexhill held a quiz for us and raised £75.
- Seaside Paws in St Leonards held a raffle in our aid and raised £285.

We are always looking for ideas for events and venues to host activities in, so if you have any suggestions then please get in touch. See below for more details about how you can help!

Fundraising/Social Committee

We are seeking people who are interested in joining/forming a fundraising and social committee. The committee will be supported by an Association of Carers staff member, but will mostly be volunteer led. It will serve as a platform for volunteers to put forward ideas for, or help organise, future fundraising events as well as regular get-togethers with fellow volunteers. We held an event in Eastbourne recently, and it was great to bring volunteers together to share experiences and get to know one another. If you are interested in being involved, even if it's just sporadically, then please get in touch!
Volunteers Week Lunches

Our Volunteer Week celebration lunches in June were a great success, and it was great to get to and say THANK YOU to our volunteers for all their efforts to support unpaid carers.

During Volunteers Week, we gave 72 volunteers a certificate acknowledging long service. We also awarded the ‘Mick Young Extra Mile Award’, which recognises a volunteer who went the extra mile in their role. This year it went to Jim C, who has been volunteering with us for an incredible 19 years!

Thank you to the teams at Coast Restaurant, The Langham and The Highlands for the delicious food, and to the Chalk Cliff Trust for funding the lunches. Here’s to next year!

Carers Week Pier Lunch

Hastings Pier owner, Sheikh Abid Gulzar, very generously invited a group of carers to enjoy a complimentary meal on Hastings Pier during Carers Week in June. During the afternoon Mr Gulzar thanked carers for “what you do to improve the quality of other people’s lives”.

Amber Rudd MP also joined the group and congratulated Association of Carers on our recent 30th anniversary. She also praised the charity and carers for their valued contribution to the community.

We are very grateful to Mr Gulzar and the team on the pier for their support of our charity’s endeavours.

Posh Club is back!

Posh Club are bringing their brilliant afternoon tea and entertainment show back to St Leonards on Friday afternoons from 18 October - 20 December. They have offered Association of Carers some slots for the carers we support, and they people they look after. If you are interested in joining them for one of the parties then give us a call on 01424 722309. It’s a great event, and spaces are limited so get in touch quickly!
Welcome to our latest recruits!

Roxy C  Karen F  Jamila K  Rose L  Margaret P
Debbie B  Tina C  Neville D  Jean FS  Ann S
Jag B  Angela G  Stephen B  Maureen G  Jessie R
Louise T  Linda C  Nesrreen A  Dan B  Maria D
Janice F  Jan F  Celia H  Davot I  Sharon J
Jamilah K  Kaia L  Jamie N  Margaret S

We always need more volunteers. Call 01424 722309 or email info@associationofcarers.org.uk to find out what roles are available. Or why not refer a friend!?!

Upcoming Volunteer Training Sessions

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<th>Date</th>
<th>Topic</th>
<th>Location</th>
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<tr>
<td>Friday 31st October</td>
<td>Info and Sharing</td>
<td>Battle</td>
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<tr>
<td>Monday 11th November</td>
<td>Safeguarding and Basic First Aid</td>
<td>Hastings</td>
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<tr>
<td>Tuesday 26th November</td>
<td>Induction</td>
<td>Lewes</td>
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2020 training session details will be available very soon.

To book your place call: 01424 722309 or email: louise@associationofcarers.org.uk

Volunteer Driver desperately needed for Bexhill

We are really in need of a volunteer driver in the Bexhill area. We have a number of volunteers who require transport in order to carry out their roles and, at the moment, we are having to pay for taxis to get them there and back, which can end up being expensive. If you can help, or know anyone who might be available, then please get in touch. Petrol costs will be reimbursed.

Our on-call phone is no longer in use

Just a reminder that we no longer have our out-of-hours mobile phone. Like many other charities, we received a funding cut recently, and needed to identify ways to make savings to offset some of this shortfall. For guidance about what to do if you need help outside of office hours please visit www.associationofcarers.org.uk/VolunteerHub or call us on 01424 722309 during office hours.

Follow us on Facebook, Instagram and Twitter to keep up to date with what's happening!
Sussex Recovery College offers free educational courses that focus on mental health and recovery. The courses are designed specially to increase your knowledge and skills and help promote self-management. The courses are open to Family and Friend Carers who support loved ones with mental health challenges. Carers are welcome to come along and participate as support for a loved one, but equally we encourage carers to attend to support their own wellbeing. Here is a testimonial from someone who attended one of the courses last year:

“I attended a Recovery College course on understanding anxiety because I wanted a better understanding of how my partner has been affected by this. It was such an enlightening experience. Not only did I gain a better understanding of how anxiety can affect people's mental health, I gained a better understanding of ways in which I could support my own wellbeing. I now have strategies for coping with stressful moments in life and for supporting a calmer state of mind. This programme helped me personally to cope better with life's events.”

We understand it can be difficult for carers to find time to look after their own wellbeing with the many responsibilities that they hold, but taking control by becoming an expert in your own wellbeing can help you to get on with your life despite mental health challenges – whether your own or those of someone close to you. Sussex Recovery College is working together with Association of Carers who are offering their Befriending Service to support current AOC members to attend any of the following courses:

- Be Your Own Hero: Safer Independent Living
- Five Ways to Wellbeing
- Understanding and Coping with Anxiety
- Understanding Medications
- Wellbeing in the Wild
- Walk for Wellbeing
- Sailing Through the Festive Season

You can find out more by visiting their website www.sussexrecoverycollege.org.uk or calling 0300 303 8086. Or you can call the Association of Carers on 01424 722309.
Thinking about care? We’ve won awards for it.

If you are looking for a care home for your loved one, great care is literally on your doorstep: Grosvenor House is located on the seafront in St Leonards-on-Sea, while Whitegates benefits from a peaceful rural location of a charming village of Westfield and is surrounded by beautiful landscaped gardens.

Both care homes are managed by Greensleeves Care, the award-winning care charity whose mission is to deliver outstanding care for older people. While Grosvenor House specialises in high quality residential and dementia care, Whitegates is solely focused on providing exceptional residential care for older people in a high-quality setting that is homely throughout.

Our first priority is always the care and wellbeing of our residents. Contact us to arrange a visit.

Grosvenor House
14 Grosvenor Gardens,
St Leonards-on-Sea,
Hastings TN38 0AE
Tel. 01424 423831

Whitegates
Westfield Lane, Westfield,
Hastings TN35 4SB
Tel. 01424 754865

www.greensleeves.org.uk

Greensleeves Homes Trust is a registered charity in England & Wales No. 1060478. Company No. 3260168.