

ASSOCIATION OF
carers

- SUPPORTING UNPAID CARERS -

Registered Charity 1159551

NEW!

NEW!

May Newsletter

MAY, 2024 | 13TH EDITION

Dates for your diary!

Carers Lunch Clubs

St Leonards On Sea- Thursday 2nd May at 12:30pm

Bull Inn, 530 Bexhill Rd, St Leonards-on-Sea, TN38 8AY

Rye- Thursday 16th May at 12:30pm

The Robin Hood Inn, Main Road, Icklesham, Winchelsea, TN36 4BD

Pre-booking is essential. Please call 01424 722309 to let us know you are coming!



Carers Café

Newhaven- Tuesday 7th May at 11am-1pm

Denton Island Community Centre, Denton Island, Newhaven, BN9 9BN

Bexhill- Monday 13th May at 1pm-3pm

The Pelham, Hollier's Hill, Bexhill-on-Sea, TN40 2DD

Need help with your phone, tablet or laptop? Bring them along to these sessions for free technology support!



Zoom

Zoom Activity sessions- Thursday 2nd, 16th, & 30th May at 1:30pm-3pm

Online activity- please email info@associationofcarers.org.uk for the link to join.

(Don't know how to use zoom? This can be covered in our FREE Computer Help At Home sessions!)

Events

Please see event posters for more information.

50 Miles for Carers in May- Sign up to Walk 50 Miles for Carers! If you are interested in taking part in this event, please see the event poster for more details.

Broad Oak Pub- join us at the Broad Oak Pub in Brede, TN31 6EU on Wednesday 8th May for a Charity Quiz Night! 7:30pm start, £2 per person, raffle on the night, bring along your family and friends for a night of fundraising!

Charity News!

We have some exciting news to share!

One of our amazing Carers Community Workers, Louise, has given birth to a beautiful baby boy.



Congratulations Louise, and welcome to the world Louie!

Volunteers

During Volunteers Week each year, we like to celebrate the fantastic support you give to unpaid Carers. Please keep an eye on your emails as you will shortly receive your invite to our Volunteer 'Thank you' Meals.

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50 Miles for Carers
May 2024

Walk, run, jog or cycle 50 Miles in May to raise money for unpaid Carers!

- Starter pack, incl. information on how to find sponsors
- Guided walks across East Sussex
- Full support from the Association Of Carers team
- Medal on completion

£5 Entry Fee

Sign up to make a difference this May!

Call 01424 722309 or email info@associationofcarers.org.uk

Fashion Show Success!

On Monday 22nd April, we held a Fashion Show at the Hastings Centre. What a fabulous night we had!

Over 180 people purchased tickets to our Fashion Show. It was so popular when we first started advertising the event, we had to change the venue and increase ticket capacity 3 times! This event was held in conjunction with Travelling Trends, who stock buy end of line clothes from top retailers to sell at Fashion Shows, supporting charities.

The evening consisted of a detailed live Fashion Show and an opportunity to look, try on and buy heavily discounted clothes. We also ran a small 'bar', a yummy cake stall and raffle table that helped us raise extra money on the night.

This was a huge fundraising event for the charity, and the grand total we raised was...**£1900!!!** We would like to say a MASSIVE thank you to all who bought tickets and attended our event, as well as our lovely team of Volunteers that supported us on the night. We are also very grateful that Lidl, Tesco and Bookers donated to our event and helped us to raise extra funds.



Kate Garraway

- Her experience as an unpaid Carer

Kate Garraway, a TV presenter for ITV, has recently been sharing her experience and challenges as an unpaid Carer through a documentary and a series of interviews. She cared for her husband, Derek draper, until his death in January this year caused by the effects of long covid.

The aim of the documentary is to raise awareness of the issues faced by unpaid Carers. It in particular focuses on the last year of his life, as Kate highlights the problems in the care system and the cost of care. She says even now she is left with debt from her husbands care and she knows she is not alone.



To watch Kate Garraway: Derek's Story, follow the below link:

<https://www.itv.com/watch/kate-garraway-dereks-story/10a1610/10a4482a0001>

To read the articles about Kate Garraway's experience, follow the below links:

<https://www.bbc.co.uk/news/entertainment-arts-68656222>

<https://www.theguardian.com/commentisfree/2024/mar/27/the-guardian-view-on-unpaid-care-time-to-heed-kate-and-dereks-story>

SCONE SOCIAL- BACK FOR ONE DAY ONLY!

Hastings Ageing Network in partnership with the Oak Bakery are bringing back our hugely popular Scone Social for one day only as part of Loneliness Awareness Week.



If you aged 60 years and over and would like to join us for a free scone with tea or coffee at Central Hall in Hastings town centre on Thurs 13th June from 10.30-12 or know someone who might enjoy coming along then book your places now by emailing debby@hastingsvoluntaryaction.org.uk or by calling 07513 234 307.

Test your brain: Riddles!

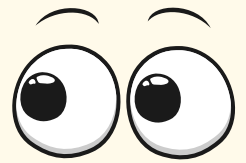
1. What can you hold in your right hand, but never in your left hand?



2. What can you catch, but not throw?

3. What gets wet while drying?

4. What has lots of eyes, but can't see?



5. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?



6. What can travel all around the world without leaving its corner?

7. I have keys but no locks. I have space but no room. You can enter, but you can't go inside. What am I?



8. The more you take, the more you leave behind. What am I?

Answers

1: Your left hand.

2: A cold.

3: A towel.

4: A potato.

5: A map.

6: A stamp.

7: A keyboard

8: Footprints

External Services for Carers

Our Songs Our Stories



Free music sessions for people with Dementia and those who care for them

Meet new people, enjoy music activity and refreshments with professional musicians Sam and Tom

Join us for Our Songs Our Stories running from 10:30 till 12:00 on:

**Friday 12th April
Friday 26th April
Friday 10th May**

**Friday 31st May
Friday 7th June
Friday 21st June**

Where

**The Valley room
Denton Island
Community Centre,
Denton Island,
Newhaven BN9 9BA**

To book your free place scan the QR code or visit:

[OSOSinNewhaven.eventbrite.co.uk](https://www.ososinnewhaven.eventbrite.co.uk)

For more information contact:

**Cat via Catheryn.Hall@sussexcommunity.org.uk or
Luke via info@cultureshift.org.uk**



Cooking for Carers -Mindful Baking

Take some time for yourself and learn to bake in a fun, social and mindful environment. This course will give you comprehensive baking skills and has a well-being focus. We'll share some basic mindfulness techniques and practice them in an active way.

We will prepare a large selection of baked dishes including banana and walnut loaves, no knead focaccia, curry puffs, apple turnovers, cinnamon buns, bagels and chocolate babka.

The course is free for unpaid carers from across East Sussex, class sizes are small and our venue is C-19 secure. Lessons include lunch and lots of delicious baked items to take home.

Date/ Time

Thu, 25 Apr 2024 10:30 - Thu, 23
May 2024 13:30

Location

Lewes Community Kitchen, Unit
2a Phoenix Works, 2 Phoenix
Works, North Street, Lewes BN7
2PE

Cost

£5 fee to cover materials

Buy Tickets Below

<https://www.eventbrite.co.uk/e/cooking-for-carers-mindful-baking-tickets-825214517837?aff=oddtcreator>



Carers Activity and Wellbeing Passes

- Are you over 50 and an unpaid carer living in Hastings or the surrounding area registered with Care for the Carers?
- Do you struggle to find the time and place to be active or connect with others?

We have FREE 6 month passes that will offer access to the gym and any classes you choose at the Isabel Blackman Centre (IBC Active memberships)

All that we ask in return is that you complete a short questionnaire at the beginning and end of your membership and that you take part in an induction with the Fitness Instructor at the centre before using the gym or attending physical activity classes.