

after caring

information for carers at the end of their caring role

this booklet contains information and guidance for carers who are recently bereaved, where the person they looked after has moved into a residential care home and they no longer provide care, or their caring role is ending for other reasons

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practical issues

When the person you look after dies or moves into a nursing or residential care home and you don't continue to provide care, or your caring role ends for other reasons, there are practical issues that you may need to address. This can be difficult and you may feel like you don't know where to begin or who to contact.

You don't need to rush, so when you're ready, this booklet contains useful advice and information about where to start and who may be able to help.

That said, it's important to remember that there are things that need to be addressed within specific time periods, such as registering a death and updating agencies about your change in circumstance.

care homes

after a death

your home

finances

your wellbeing

It's important to look after your health, especially when coming to terms with big changes in your life. You may find yourself facing a mixture of emotions and often someone to talk to may be helpful.

your health

your emotions

moving on

moving on

nursing and residential care

It can often be difficult when the person you look after moves into nursing or residential care; you might feel that you have let them down, or may find the decision hard to come to terms with.

Although your caring role may have come to an end, it doesn't mean that you no longer care about the person you looked after and you may still continue to provide some support. Whatever the situation, it can take time to adjust to the changes.

What can I expect from the nursing or residential care home?

Whether the person you cared for is living in a residential care home or a nursing home, staff are likely to recognise how important it is for you to visit. Visiting hours should be flexible and enable you to spend some quality time with them.

Many care homes will want to include you in activities and outings, especially in the beginning when the person is settling in.

Care plans need to be regularly reviewed and updated. This usually happens at a minimum of every 6 months, but can be more frequent if the cared for person's needs change more rapidly. If you would like to be involved in the discussions about the care plan, you should let the staff know.

I'm concerned about their care, what can I do?

If you're feeling anxious or concerned about the standard of care, there are organisations that can help.

Adult Social Care

Adult Social Care are responsible for protecting vulnerable adults, also known as 'adults at risk', from abuse.

Care Quality Commission (CQC)

The Care Quality Commission (CQC) is the independent regulator of all health and social care services in England. Their job is to make sure that care provided by hospitals, dentists, ambulance services, care homes and services in people's own homes and elsewhere meets national standards for care, quality and safety.

Sharing your experience. If you have experienced poor care or know that poor care is being provided somewhere, you can report it to the CQC via their website.

www.cqc.org.uk

Elderly Accommodation Council - Housing Care

Elderly Accommodation Council is a national charity set up to help older people make informed choices. Their website provides free advice on elderly care, including specialist directories and information on nursing homes and residential care homes, as well as sheltered housing, extra care housing and retirement villages across the UK.

03000 616161 | www.housingcare.org

FirstStop

FirstStop Advice is an independent, free service provided by the national charity Elderly Accommodation Council (EAC) in partnership with other local and national organisations. The service is for older people, their families and carers. It aims to help you get the help or care you need to live as independently and comfortably as possible.

0800 377 70 70 | www.firststopcareadvice.org.uk

Relatives and Residents Association

The Relatives and Residents Association is a national charity supporting older people by giving them the information they need to make confident and informed choices – whether about selecting a care home, paying for care, adjusting to being in care, or complaining about the quality of care they, or a relative or friend, are receiving.

020 7359 8136 | www.relres.org

Age UK

Age UK offer free information on help at home, arranging care, products for the home and adapting your home. They have a care home checklist, information about housing options and they can support you to understand your rights if you're concerned about the care your loved one is receiving.

01424 426162 | www.ageuk.org.uk/eastsussex

Hospice Care

Hospice care places a high value on dignity, respect, and the wishes of the person who is ill, and aims to look after all their needs. Hospice care provides for medical, emotional, social, practical, psychological, and spiritual needs, plus the needs of the person's family and carers. Some of the local hospices provide support to family and carers following bereavement, regardless of whether they have had previous contact with the hospice. Details for hospices in the local area are below.

St Wilfrid's Hospice, Eastbourne

01323 434200 | www.stwhospice.org

St Michael's Hospice, St Leonards-on-Sea

01424 445177 | www.stmichaelshospice.org

St Peter & St James Hospice, Haywards Heath

01444 471598 | www.stpeter-stjames.org.uk

Demelza Hospice for Children, Sittingbourne

01795 845200 | www.demelza.org.uk

Chestnut Tree House Children's Hospice, Arundel

01795 845200 | www.chestnut-tree-house.org.uk

What help is available with care costs?

Adult Social Care

You can ask Adult Social Care to carry out a social care assessment and a financial assessment. The purpose of this is to make sure that the person you care for is receiving all of the benefits they are entitled to. The Financial Assessment team will also work out how much, if anything, the cared for person needs to contribute towards the costs of their care.

0345 60 80 191 | www.eastsussex.gov.uk/socialcare

Saga

Paying the costs of long term care could deplete your assets and significantly reduce any inheritance. Saga's team of independent financial advisers specialise in providing care funding advice for people who need to pay for their own residential care needs.

0800 096 8703 | www.saga.co.uk/money/care-funding-advice

SSAFA

Soldier, Sailors, Airmen and Families Association (SSAFA) is a national charity for those who serve in the Armed Forces, veterans, and their families. They offer practical support, help with financial difficulties and provide emotional support with social and family issues.

www.ssafa.org.uk

Royal British Legion

Royal British Legion provide practical care, advice and support to serving members of the Armed Forces, veterans of all ages and their families. From coping with the loss of a loved one, help at home to adapt to independent living, recovery centres for injured personnel, money and careers advice or residential care; the Royal British Legion are there to help.

0808 802 8080 | www.britishlegion.org.uk

after a death

When someone dies, there are many practical and legal matters that will need your attention. It can feel overwhelming and can be difficult to manage without support. Writing a list of the things that need to be done can help you to feel more organised and able.

Registering a death

Getting a Medical Certificate

Following a bereavement, the GP, or the Hospital Bereavement Office if the person you cared for died in hospital, will complete the paperwork to enable you to register the person's death. They will provide the medical certificate which you will need to take to the register office. The Bereavement Office staff have lots of experience and are a good source of information in the first few days after a death.

Registering a death

You should register the death within 5 calendar days. You can go to any register office but it's best to use the one in the area where the person died. You should call your local council's register office to book an appointment.

At your appointment, the registrar will ask you a series of questions and complete some paperwork. They will then issue a death certificate. There is a small cost for the death certificate (the registrar can advise you of the current price).

Most organisations will request a certified original copy, so it may be worth buying several copies when you're at the registry office, as the cost of copies is cheaper if you request them at the same time as registering the death.

You can find where your local register office is by visiting East Sussex County Council's website or calling their switchboard on 0345 60 80 190.

0345 60 80 190

www.eastsussex.gov.uk/community/registration/deaths/register

your home

After a bereavement or the person you look after moving into a nursing or residential care home, your living and financial circumstances can be affected. This section provides information about the help and support available to deal with the practical matters relating to your home.

How to transfer a tenancy into your name

If you and the person you cared for have made a decision about who is going to stay in the property in the long-term, you may need to get the name on the tenancy agreement changed.

If a sole tenant moves out, your landlord may evict you unless you get the tenancy changed into your name.

Tenants can transfer a tenancy in one of two ways, by assignment or through surrender.

Assignment

Assignment is the process of passing a tenancy from one tenant to another.

You may be able to do this if:

- you are not joint tenants
- your tenancy agreement says that the tenancy can be transferred, and
- your landlord agrees to the assignment.

Not all tenancies can be assigned, and some tenancies can only be assigned to certain people - check to see what your tenancy agreement says. A landlord is not normally obliged to give you a new tenancy.

It is best not to end a tenancy before getting written agreement from a landlord that they are prepared to give a new tenancy.

Surrender

You can also ask the landlord to give a new tenancy to the person who continues to reside at the property, and then surrender the original tenancy.

If you are granted a new sole tenancy, you will have to cover all the rent and maintenance costs yourself. It is worth drawing up a budget to make sure the costs are affordable. You may be able to get maintenance payments or housing benefit to help with housing costs.

You may want some help and support to manage this. You can contact your local Citizens Advice Bureau or Shelter who will be able to assist.

Applying for social housing

You should contact your local council to apply for social housing. Each council operates slightly differently and you'll need to find out exactly what process you need to follow.

Information is available on all of the council websites.

What to do if you can no longer afford to pay the rent or mortgage or you think that you could become homeless

Reduced household income due to death or illness affects many people. If you are struggling to pay your rent or mortgage, act now to stop your situation becoming worse.

Don't let your debt problems get on top of you.

Get the advice and help you need to prevent you from being at risk of losing your home.

Here are some organisations where you can get housing advice, money advice, and help if you are falling behind with mortgage payments.

Brighton Housing Trust (BHT)

Provides a range of specialist legal advice in housing, immigration, welfare benefits and debt.

01323 642615 | eastbourne@bht.org.uk | www.bht.org.uk

Shelter

Shelter is a charity that works to alleviate the distress caused by homelessness and bad housing. Shelter provides free, confidential advice to people with all kinds of housing problems.

0808 800 444 | www.shelter.org.uk

Home Works

Home Works offers support to anyone aged 16 to 64 who is homeless or could be at risk of losing their home and needs support to live independently.

Home Works East - Hastings and Rother

01424 858341 | referrals@homeworkseast.org.uk

Home Works West - Eastbourne, Lewes or Wealden

01273 898700 | referrals@homeworkswest.org.uk

STEPS

'STEPS to stay independent' is a free and confidential housing support service for people aged 65 or over.

STEPS East - Hastings and Rother

0300 123 2422 | referrals@stepseast.org.uk

STEPS West - Eastbourne, Lewes or Wealden

01323 436414 | referrals@stepswest.org.uk

Help with paying your mortgage

Contact your mortgage lender

If you are struggling to pay your mortgage, get in touch with your mortgage lender straight away. Lenders must deal fairly with customers who are in arrears and have a range of “hardship tools” to help people in difficulty with their mortgage. These may include a payment holiday, reducing monthly payments for a time, or extending the term of the loan.

Support for Mortgage Interest (SMI)

If you are receiving income-based benefits you may be able to get short term support through Support for Mortgage Interest (SMI). This can support mortgages up to a certain amount; the amount is lower if you’re getting Pension Credit.

Contact your local Jobcentre Plus for more information and the current limits.

0845 6060 234 | www.gov.uk/support-for-mortgage-interest

There are also a number of organisations which can provide support regarding finances in relation to accommodation, as detailed in the finances section below.

Other practicalities

Returning mobility equipment

If you received mobility equipment on loan from the council and NHS for the person you cared for, you will need to make arrangements for the equipment to be returned. Details of how to do this are given on the ESCC website.

www.eastsussex.gov.uk/socialcare/support-to-stay-at-home/equipment-to-help-me-at-home/

Housing advice from your local council

Eastbourne Borough Council

www.eastbourne.gov.uk/housing

0845 300 6715

Housing Needs Team, Eastbourne Borough Council,
1 Grove Road, Eastbourne BN21 4TW

Hastings Borough Council

www.hastings.gov.uk/housing_advice

housingadvice@hastings.gov.uk

01424 451100

Housing Advice, Hastings Borough Council,
Aquila House, Breeds Place, Hastings, East Sussex TN34 3UY

Lewes District Council

www.lewes.gov.uk/housing

housingneeds@lewes.gov.uk

01273 471600

Southover House, Southover Road, Lewes,
East Sussex BN7 1AB

Rother District Council

www.rother.gov.uk/housing

housing@rother.gov.uk

01424 787000

Housing Needs & Options Team, Rother District Council,
Town Hall, Bexhill-on-Sea, East Sussex TN31 3JX

Wealden District Council

www.wealden.gov.uk/housing

housing@wealden.gov.uk

01323 443380 | 01323 443322

Wealden District Council, Housing Services,
Council Offices, Vicarage Lane, Hailsham BN27 2AX

finances

When someone goes into nursing or residential care or dies, their entitlement to benefits will change and you should inform the Department of Work and Pensions or Jobcentre Plus as soon as possible, otherwise you may find that you need to arrange to pay back any overpayments.

You may also find that these changes have an impact on your finances.

In this section there are some organisations you may need to contact to notify about any changes, as well as information about the financial support you may be entitled to.

GOV.UK

GOV.UK, the Government website, has up-to-date information about benefits, eligibility and how to apply. It also has a useful online **Benefits Advisor** which will help you estimate the benefits you are entitled to, and also helps you to find out how your benefits may be affected if your circumstances change.

www.gov.uk/benefits-calculators

East Sussex Benefits Helpline

East Sussex Benefits Helpline offers free, confidential and independent information and advice on benefits. They have expert Benefit Advisors on hand both on the telephone and available face-to-face for people living in Hastings & Rother, Eastbourne, Hailsham and Seaford areas.

0333 3440681 | www.eastsussex.gov.uk/benefits

Citizens Advice Bureau (CAB)

Contact CAB If you are living within the High Weald, Lewes and Havens for benefits advice and assistance.

03444 111 444 | www.citizensadvice.org.uk

Your Local Council Benefits Contacts

For more information about **housing benefit** or **council tax reduction** you can contact your local council's benefits team.

Eastbourne Borough Council

www.eastbourne.gov.uk
housingbenefits@eastbourne.gov.uk
01323 410000

Eastbourne Borough Council, 1 Grove Road,
Eastbourne, East Sussex BN21 4TW

Hastings Borough Council

www.hastings.gov.uk
benefits@hastings.gov.uk
01424 451080

Hastings Borough Council, Hastings Town Hall, Queen's Road,
Hastings, East Sussex TN34 1QR

Lewes District Council

www.lewes.gov.uk
benefit@lewes.gov.uk
01273 471600

Southover House, Southover Road,
Lewes, East Sussex BN7 1AB

Rother District Council

www.rother.gov.uk
benefits@rother.gov.uk
01424 787740

Rother District Council, PO Box 60,
Bexhill-on-Sea, East Sussex TN39 3ZF

Wealden District Council

www.wealden.gov.uk
benefits@wealden.gov.uk
01323 443500

Wealden District Council, Council Offices, Vicarage Lane,
Hailsham, East Sussex BN27 2AX

Housing Benefit

You could get Housing Benefit to help you pay your rent if you're on a low income. Housing Benefit can pay for part or all of your rent. How much you get depends on your income and circumstances.

You can apply for Housing Benefit whether you're unemployed or working. You may also be able to get help with your rent if your benefits stop.

How much you can get depends on:

- if you rent privately or from a council or housing association
- whether you have unoccupied rooms and live in council or social housing
- your household income and circumstances (including your partner's)

Income includes money from savings (a small amount is disregarded), benefits and pensions.

You may also be able to get extra help from your local council called a 'discretionary housing payment' if your Housing Benefit doesn't cover your rent.

Under-occupied rooms

If you live in council accommodation or other social housing and are assessed as having at least one extra bedroom in your house, your Housing Benefit could be reduced by:

- 14% of the 'eligible rent' if you have 1 extra bedroom
- 25% of the 'eligible rent' if you have 2 or more extra bedrooms

The reduction is worked out based on your eligible rent (including any eligible services), not on your Housing Benefit.

www.gov.uk/housing-benefit

Council Tax Reduction

If you are now living alone in your home, you should contact your local council, using the contact details on page 17, because you may be entitled to a council tax reduction of 25%.

Disability Living Allowance, Personal Independence Payment and Attendance Allowance

If the person you cared for was receiving Disability Living Allowance (DLA), Personal Independence Allowance (PIP) or Attendance Allowance and they have gone into permanent nursing or residential care or they have died, you will need to inform the Department of Work and Pensions as soon as possible. You may be able to continue to claim Attendance Allowance whilst the person you care for is in a care home.

If the cared for person has died, you will need to send a copy of the death certificate to the Department of Work and Pensions who will then stop any disability benefits and state pension.

Carers Allowance

When your caring role comes to an end, you need to inform the Carers Allowance Unit to ensure that they don't overpay the benefit and then have to ask you to repay it.

0845 608 4321 | www.gov.uk/carers-allowance-unit

Finances after a death

If the person you care for dies you may be entitled to some financial support.

Bereavement Services Helpline

For advice on bereavement benefits mentioned in this section contact the National Bereavement Service Helpline or visit their website.

0845 608 8601 | www.gov.uk/browse/benefits/bereavement

Benefits Cap

Please note that the bereavement benefits listed are subject to the benefits cap (unless otherwise stated).

www.gov.uk/benefit-cap

Help with Funeral Costs

If you're on a low income and need help to pay for a funeral you're arranging, you could get a Funeral Payment. How much you get depends on your circumstances and if you qualify.

The Funeral Payment can help pay for:

- burial fees
- cremation fees, including the cost of the doctor's certificate
- an amount towards funeral expenses (contact Jobcentre Plus for current rates), e.g. director's fees, flowers, coffin, travel to arrange or go to the funeral
- the costs for moving the body within the UK - but only for a part of the journey that's over 50 miles

If the person who died had a pre-paid funeral plan, you'll only get help for items not covered by the plan.

www.gov.uk/funeral-payments

Bereavement Allowance

You might be able to claim Bereavement Allowance if you are a widow, widower or surviving civil partner aged 45 (or over) until you reach State Pension age. The amount you will receive depends on:

- The overall level of your spouse or civil partner's National Insurance contributions
- Your age at the time of his or her death

www.gov.uk/bereavement-allowance

Bereavement Payment

If your husband, wife or civil partner has died you may be able to get Bereavement Payment: a one-off, tax-free, lump-sum payment (contact Jobcentre Plus for current rates). You may be eligible if your spouse or civil partner paid National Insurance Contributions (NICs), and if one of the following is also true:

- You were under State Pension age when they died
- Your spouse or civil partner was not entitled to Category A State Retirement Pension when they died

Bereavement Payment is not subject to the benefits cap.

www.gov.uk/bereavement-payment

Widowed Parent's Allowance

If you're widowed below State Pension age and have at least one dependent child you could claim Widowed Parent's Allowance.

You may also claim if you're pregnant and your husband or civil partner has died.

You can get Widowed Parent's Allowance until you stop getting Child Benefit. The amount you get is based on how much your late husband, wife or civil partner paid in National Insurance Contributions.

In some cases, you may be entitled to an additional pension.

www.gov.uk/widowed-parents-allowance

your health

It's important to look after both your physical and mental health, especially when you have experienced long or intense periods of distress or you are emotionally drained. Trying to stay active has a huge number of positive benefits.

To maintain a healthy lifestyle, health authorities suggest participating in 30 minutes of gentle exercise and eating five portions of fruit and vegetables a day. To keep your mind stimulated try reading, playing cards or tackling a crossword. Singing is believed to be helpful to improve breathing and always try to get some fresh air where possible.

Change 4 Life

Change 4 Life, from the NHS, has healthy living tips and information about activities in your local area - such as exercise classes.

www.change4life.co.uk

NHS 111

NHS 111 is a service which helps you to access local NHS healthcare services in England.

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is a fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days a year.

Calls are free from landlines and mobile phones.

111 | www.nhs.uk/111

NHS Choices

The NHS have a useful section on their website about healthy living.

www.nhs.uk/livewell

NHS Choices Winter Health

The NHS also has information about maintaining good health during winter and the financial help & benefits available.

www.nhs.uk/winterhealth

Health in Mind

Health in Mind supports adults experiencing mild to moderate emotional or psychological difficulties.

0300 00 30 130 | www.healthinmind.org.uk

Clubs & Community Centres

Community Centres

Many local community centres hold interesting classes or courses - get involved! The Yellow Pages or Thomson Local directories should have listings for a centre in your area.

East Sussex Community Information Services (ESCIS)

Brought to you by East Sussex County Council Library and Information Services, this website is a directory of local information across East Sussex and Brighton & Hove.

www.escis.org.uk

Health Trainers

Health trainers are local people who are trained to help you make positive changes that can make a real difference to your health.

They understand how difficult it can be to make healthy choices and provide motivation, practical and personal support to help you to achieve your goals.

www.mytimeactive.co.uk/health

your emotions

Once your caring role has come to an end you may find that you are left with a mixture of emotions. Everyone deals with emotions differently. You may find it helpful to speak to someone about the feelings you are experiencing or be a part of a group which addresses these issues.

Ask your GP

You can speak to your GP if you feel that this would be of benefit to you and possibly be referred for counselling.

East Sussex Mental Health Directory

The directory lists services across East Sussex which support people with their emotional and mental wellbeing.

www.eastsussex.gov.uk/socialcare/healthadvice/mentalhealth/directory/

Sussex Counselling

This website holds a directory of qualified counsellors in East Sussex, and information about the different approaches to counselling.

01273 732 900 | www.sussex-counselling.co.uk

Care for the Carers Former Carers Groups

Care for the Carers provides counsellor-led support groups which help former carers to deal with the emotional impacts of ending their caring role and to enable them to make the transition on to other services for practical and emotional support.

01323 738 390 | www.cftc.org.uk

Samaritans

Samaritans provides confidential, non-judgmental, emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

116 123 | www.samaritans.org.uk

British Association for Counselling & Psychotherapy (BACP)

BACP helps people to find a suitable counsellor in their area with whom they feel comfortable. They will respond to any queries or concerns you may have relating to starting counselling or during counselling.

01455 883300 | www.itsgoodtotalk.org.uk

Support after a death

The death of someone close to you can often be a time of intense stress and big change. In this section are some organisations you might want to consider contacting when you feel ready to talk to someone.

St Michael's Hospice

St Michael's Hospice Bereavement Service offers 1 - to -1 and group support for over 18's living in Hastings and Rother. No previous link to the hospice is required.

01424 456361 | bereavement@michaelsospice.com

Cruse Bereavement Care East Sussex

Cruse exists to promote the wellbeing of bereaved people and to enable anyone coping with a death to understand their grief and cope with their loss. Services are free to bereaved people.

01323 642942 | www.cruseeastsussex.org.uk

Child Bereavement UK

Child Bereavement UK supports families when a child dies and supports children and young people who are bereaved.

0800 02 888 40 | www.childbereavementuk.org

Winston's Wish

Winston's Wish is a childhood bereavement charity that provides professional therapeutic help in individual, group, and residential settings.

08088 020 021 | www.winstonswish.org.uk

moving on

For some carers **moving on** means continuing with their regular routine, doing what they have always done, but without the person they loved and/or cared for; for others it's a chance to do the things they used to do before they became a carer, or it might be starting a "new chapter" and doing something different.

It may be that you already have a good social network and are involved in activities, it may be that family or friends are there to encourage and introduce you to new things or it may be that in order to do something you have to research and explore. You may want to think about activities you used to enjoy or about doing something you have always fancied having a go at but never got around to.

Meeting people - clubs, groups, societies, faith groups and activities

A great way to meet new people is by joining a local club, group or society. It would be impossible to list the different opportunities available here, as they're always changing, so instead we've listed a few places that you can get up-to-date information.

Your local library

In addition to local information being available, you can also access the internet for free where you can search for opportunities near you.

If you are new to computers and the internet most libraries should have more information on training available.

www.eastsussex.gov.uk/libraries

Local notice boards, newspapers and magazines

Your local paper or community magazine is a great place to find out what's happening locally, pick up a copy at your local shop or take a look online. Also check your village / parish / town notice board, your local tourist information office, and keep an eye for posters in your local shop.

The Argus	www.theargus.co.uk
Sussex Express	www.sussexexpress.co.uk
Eastbourne Herald	www.eastbourneherald.co.uk
Hastings Observer	www.hastingsobserver.co.uk
Rye & Battle Observer	www.ryeandbattleobserver.co.uk
Bexhill Observer	www.bexhillobserver.net
Friday Ad	www.friday-ad.co.uk
What's On Magazine	www.whats-on-magazine.com

East Sussex Community Information Services (ESCIS)

Brought to you by East Sussex County Council Library and Information Services, this website is a directory of Local Information across East Sussex and Brighton & Hove.

www.escis.org.uk

Learning

This can be a good way of meeting new people, gaining a professional qualification, learning something new or improving on what you already know.

www.eastsussex.gov.uk/educationandlearning

ACRES

ACRES provides adult learning courses in Crowborough, Hailsham, Heathfield, Uckfield and Wadhurst.

Classes include Arts & Crafts, Computing, Exams, Skills for Life, Languages and Health & Fitness. Classes are available in the morning, afternoon, evening and some weekends.

01825 761820 | www.acreslearning.org.uk

Bexhill College

Bexhill College offers professional qualifications such as certificates and diplomas in Health and Social Care or Children and Young People's Workforce, and GCSEs, as well as a wide range of recreational courses which range from Reiki to painting, astronomy to cooking, IT to alternative therapies.

01424 214545 | www.bexhillcollege.ac.uk

Claverham Community College

Based in Battle, Claverham provide a wide range of adult education courses from alternative therapies, cookery, languages to photography.

01424 775375 | www.claverham.e-sussex.sch.uk

Plumpton College

Plumpton College offers a wide range of courses on land-based subjects such as blacksmithing, wine management, horticulture and floristry.

01273 890 454 | www.plumpton.ac.uk

Robertsbridge Community College

Robertsbridge Community College offers a variety of daytime and evening non-accredited classes, including languages and IT.

01580 880360 | www.robertsbridge.org.uk

Sussex Coast College Hastings

Sussex Coast College offers a range of adult education courses, including poetry, carpentry, ceramics, photography and jewellery making.

01424 442222 | www.sussexcoast.ac.uk

Sussex Downs College

Based in Eastbourne, Lewes and Newhaven Sussex Downs College offers a broad variety of part-time daytime, evening and Saturday workshops and courses, including counselling, upholstery, photography and brickwork.

030 300 39551 | www.sussexdowns.ac.uk

Volunteering

There are many organisations that welcome and need volunteers, so whatever area of interest or skills you have there will be something out there for you to do.

Volunteering is a great way of:

- Meeting people
- Using your skills to benefit others
- Learning new skills
- Helping others
- Making a difference
- Giving something back
- Getting a feel good factor
- Having fun
- Improving your confidence and self-esteem
- Improving your CV

If you're not sure what you want to do, would like to learn a little more or want to know what volunteering opportunities are available, contact your local volunteer centre. They will be happy to have a chat with you to help you establish which role or roles might interest and suit you, then provide you with information about charities and organisations who are looking to recruit volunteers.

If you know an organisation that you would like to volunteer for, give them a call and they will be able to discuss with you what current opportunities they have, their recruitment process and how long the process might take. A chat will also inform you of what role you might be best suited to and if you are ready to take on that role. Sometimes causes can be close to home and it may be that you need some time before you are really ready to get involved. Remember it's different for everyone.

Many people expect to walk straight into volunteering but the process can take time. It often involves:

- An application form
- An informal interview
- References
- Disclosing & Barring check (formerly CRB) – this is not required for all roles
- Induction training

Whilst you might want to get started with your volunteering straight away, this wait gives you time to ensure it is something you really want to commit to and that you are ready. Volunteering should be a positive experience for all involved and that is why these processes are important.

Volunteer bureaux

Volunteer Centre East Sussex

Volunteer Centre East Sussex is an accredited centre that offers a free service to anyone interested in volunteering. Contact the team if you are looking for volunteering near you.

01323 301757 | www.vces.org.uk

Uckfield Volunteer and Information Centre (UVIC)

UVIC helps match volunteers with volunteering opportunities in the Uckfield area and offer CV writing as well as careers advice.

01825 760019 | www.uckfieldvolunteer.org.uk

You may prefer to search online

Websites can be a good source of information on volunteering opportunities.

Do It is a national database of volunteering opportunities, with lots of information. Search by postcode to find something that interests you in your area.

www.do-it.org

Care for the Carers

Care for the Carers' Volunteer Co-ordinator will be happy to have a chat with you to:

- Discuss volunteering opportunities with Care for the Carers and other carers' organisations
- Help you consider if you are ready to volunteer

[01323 738390](tel:01323738390) | info@cftc.org.uk | www.cftc.org.uk

Work and Training

It may have been some time since you last had paid employment and you might need to increase or renew your skills to help with this.

National Careers Service (NCS)

NCS provides information, advice and guidance to help you make decisions on learning, training and work opportunities.

www.nationalcareersservice.direct.gov.uk

Ambitions

Ambitions provides support for carers of adults to help them access or stay in work and access training and education.

www.southdownhousing.org/ambitions

social care services

from East Sussex County Council

Adult Social Care provide, or arrange for other organisations to provide, support for people aged 60 or over; adults (over 18) who have disabilities or mental health problems; and carers aged 16 or over.

0345 60 80 191 | www.eastsussex.gov.uk/socialcare

Children's Services provide support to children and families; young carers (those under 16); and carers of disabled children (under 18).

0345 60 80 192 | www.eastsussex.gov.uk/childrenandfamilies

Both departments offer information; access to other support services; services to support the person being cared for; and services for carers.

Out of Hours Emergencies

Adult Social Care | 01323 636399

Children's Services | 01273 335905 or 01273 335906

care for the carers

we are your local carers centre

If you provide unpaid support to a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems, you are a carer and we are here to help.

Our team of staff and volunteers can provide practical and emotional advice. We can put you in touch with other carers and offer a range of groups, training and events.

01323 738390 | www.cftc.org.uk | info@cftc.org.uk