

CareLine

The FREE magazine for unpaid carers in East Sussex



In this issue:



- Carers Week 2024
- Summer recipe
- Volunteering
- Activities
- Lasting Power of Attorney
- Plus more!



Let's Get Planning!

An update from Tamsin Peart, Strategic Commissioning Manager, ESCC and Jennifer Twist, Chief Executive, Care for the Carers

East Sussex County Council have launched the development of an East Sussex Partnership Plan for Carers.

This plan has come about following the Council's Adult Social Care (ASC) Strategy "What Matters to You", that led to an internal 'Action Plan for Carers'.

The Action Plan identified how the key priorities in the ASC Strategy related to carers, as well as drawing on a range of other information from carers about their needs and challenges.

There are clear themes in what carers have said is needed, from recent surveys and other Carers' Voices feedback. Some of these are already in the Adult Social Care Strategy, such as improving client support and services and support with finances and building connections. Others will be fed into the development of the Carers' Partnership Plan.

The Carers' Partnership Plan will be coproduced with carers and carers' organisations, as well as key stakeholders including NHS Sussex, Children's Services, ASC & Public Health, and Care for the Carers as Strategic Partner. A multi-agency working group has been meeting regularly to take this forward, and we have recently held an initial workshop.

We will be involving carers in a range of ways to ensure a wide range of carers' voices are heard and included in the plan, including parent carers and young carers

Key Themes:

- Early Identification, Recognition, and Intervention
- Access to Respite, Breaks and Carer Support
- Health and Wellbeing
- Financial Support
- Peer Support
- Employment, Education and Training
- Technology, Digitisation and Streamlined Data
- Partnership Working

The Objectives and Benefits of the Partnership Plan include:

- Providing an overview of carers' needs in East Sussex, how these needs are currently being met and how resources may need to be targeted in the future
- Addressing, where possible, identified gaps in carer support
- Increasing identification of carers
- Setting out how organisations will work together to continue to identify and support carers
- Informing the commissioning of carers' services
- Aligning aims across key partners

What we want to deliver:

- A co-produced Partnership Plan for Carers
- A set of Principles for Carers
- Co-designed carers' support services
- Integrated approach to supporting carers across social care and health
- Clear delivery plans to take forward work in progress and future work



Would you like to be involved in the development of the East Sussex Carers Partnership Plan? Please get in touch with us on [01323 738390](tel:01323738390) or by email info@cftc.org.uk and we'll get back to you.

Contents

Carers' Partnership Plan	2
News in Brief	4
Summer recipe	5
Carers Week	6-7
Volunteering	8
Activities for carers	9
Mankind group	10
Help in a mental health crisis	11
Reading for mental health	12
Events	13
Lasting Powers of Attorney	14-15

Do you have a few hours to spare?

We are looking for volunteers to support our work with carers. There are a variety of roles available, both from home and out in the community, including volunteering with a new Young Carers group in Bexhill which launched in April. Training is provided, as well as ongoing support and opportunities to meet up with fellow volunteers.

If you are interested, visit our website

www.cftc.org.uk/volunteer
or contact our Volunteer Coordinator at nicolam@cftc.org.uk or 07356 115366.

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Welcome to this edition of CareLine

Welcome to the summer issue of Careline, the magazine for everyone in East Sussex who cares for a relative, friend or neighbour who couldn't manage without your help.

If like me you're looking forward to some summer sunshine, make sure you take a look at Community Chef's seasonal recipe on page 5.

As I write, Carers Week plans are well underway for the week of 10th to 16th June. Carers Week is the biggest carers' campaign of the year, and a real chance to raise awareness of caring, and celebrate everything you do. Find out more about this year's campaign, what we have on offer and where you can meet us on pages 6 and 7. I hope you can join one of our events and look forward to seeing you during the week!

Have you ever considered volunteering? Care for the Carers couldn't offer the range of support we do without our fantastic volunteer team. This edition includes a focus on volunteering (page 8), followed by our exciting free programme of activities for carers (page 9). Your mental health is the focus on pages 10 to 12, with a look at men's mental health with the support group ManKind, support in a mental health crisis, and a reminder of the great benefits of reading (even for just 6 minutes a day). If you're struggling to make space for some "me time", spending a few minutes with a good book could be just the thing. We're delighted to publish a guest article from longstanding supporters Heringtons Solicitors, who tell us about the importance of thinking about legal power of attorney.

I hope you enjoy this issue, whether you are a new subscriber or a long-time reader of Careline. If you have any suggestions for us, we'd love to hear from you.

We are here if you would like any support with your caring role. Please do get in touch on [01323 738390](tel:01323738390), or return the Freepost slip on the back page and we'll contact you.

Happy Carers Week and best wishes,



Jennifer Twist, Chief Executive



Jennifer Twist

Young Carers voices loud and clear



Young Carers Action Day, 13th March, brought local young carers to the forefront. We hosted 'Learn, Discuss, Do - a workshop for professionals, practitioners and the community', at the View Hotel in Eastbourne. Delegates heard about the national and local picture for young carers, including a talk from Andy McGowan from Carers Trust, and took part in sessions led by young carers and young adult carers about working together to improve

recognition and support. To round the event off, everyone made a simple pledge on how they could support making East Sussex 'young carer friendly'.

Celebrating Volunteers Week! 3rd to 9th June

40 years old this year, Volunteers Week celebrates the work of volunteers across the country. We would like to say **a big thank you** to all the wonderful volunteers who work with us and our partners to support carers across East Sussex. Without you we would not be able reach the number of carers or provide the range of support and services that we do. Turn to page 8 to find out more about volunteering with us.



International Women's Day celebrated

To celebrate International Women's Day, on 9th March, an event organised by the East Sussex Women's Interfaith Network, was held in Hampden Park. The day was filled with singing, dancing, henna, chatting with local support services (including Care for the Carers), and inspiring stories. All were happy to be able to share the delicious food brought

along by some of the 70 carers and members of the public from diverse communities across the county. Thank you to everyone who came along.

Recognition for Sussex Support Service

Margaret, Tom, and the team at Sussex Support Services work hard to offer activities for local residents in Uckfield. The Victoria Pavilion is a very busy place, providing Respite Day Care, Saturday Socials, a Repair Café, and more. They are an exceptional partner for our charity. We work closely together delivering carers services in the local carers centre hosted at Victoria Pavilion. We are proud to say that Sussex Support Service's hard work has not gone unnoticed. They received an Exceptional Partnership to Support Carers Award from Care for the Carers last year and have been recognised by others.

Ashdown Radio Community Awards 2023

Winner: Carer of the Year, Tom Chapman

Finalist: Charity of the Year, Sussex Support Service

Finalist: Green Award, Uckfield Repair Café

Uckfield Business Awards 2022

Corporate Social Responsibility Award, Sussex Support Service
Business Personality of the Year, Margaret Dodé-Angel

Cooking for a Healthy Heart

From Community Chef

We started running Healthy Heart cookery courses with carers during the first lockdown to share recipes and ingredients that are good for cardiovascular health. We also wanted to create a space where participants could feel relaxed, nourished, and supported. Participants loved the experience and I'm happy to say we will be launching a new series of courses in the Autumn. In anticipation, here is one of the easy and delicious seasonal recipes we'll be teaching.

Montaditos

A Spanish inspired open sandwich of crusty bread topped with seared courgettes, broad bean paste and toasted almonds. Courgettes are a versatile and beautifully tender vegetable with a fresh, delicate flavour. They are also a good vehicle for carrying strong punchy flavours. They are easy to grow and therefore very cheap in season, which is usually June to September. Fresh broad beans come into season in the early summer. They're a great source of protein and carbohydrates, as well as vitamins A, B1 and B2. Broad beans contain levodopa, a chemical the body uses to produce dopamine, which is a key hormone for a healthy nervous system. Frozen broad beans are perfect for this recipe.



1 large wholegrain baguette
or crusty bread of choice
Olive oil

3 medium size courgettes
2 tbsp olive or sunflower oil
2 cloves of garlic, finely chopped
Juice of ½ lemon
Salt and pepper

300g fresh or frozen broad beans
1 clove garlic, crushed
100g cream cheese
1 tbsp olive oil
Juice of ½ lemon

1 tbsp chopped parsley
½ tsp chilli flakes
30g flaked almonds,
lightly toasted in a dry pan

Method (serves 4)

1. Start with the broad bean paste - cook the beans until tender and refresh in cold water. Blend with the garlic, cream cheese, lemon juice and season to taste with salt and pepper.
2. Slice the courgettes lengthways or on the diagonal into long strips. About 5mm thick is ideal as you want them to hold their shape. Place into a shallow dish and dress with the oil and a good amount of salt and pepper.
3. Heat a large non-stick frying pan or griddle pan over a medium-high heat. Fry the courgette strips until they brown at the edges, then turn and cook them on the other side.
4. When the other side starts to char, add the garlic, and cook for about 30 seconds, then turn the heat right up and pour over the lemon juice. Cook this briefly allowing the lemon juice to sear the outside of the courgettes.
5. To assemble - Slice the bread into long slices on the diagonal. Use the bread like this or brush with a little olive oil and lightly toast under a grill. Spread a dollop of the broad beans onto the bread, topped with a slice or two of the seared courgette.
6. Dress with the toasted almonds, chopped parsley and chilli flakes.

Carers Week™ is here!

Running from Monday 10th to Sunday 16th June, Carers Week is the annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't see themselves as having caring responsibilities to identify as carers and access support that they may need.

There are over 5.7 million carers across the UK, and at least 51,400 in East Sussex alone.



Putting carers on the map

This year's theme for the national Carers Week is 'Putting Carers on the Map.' It is estimated that carers save the economy £162 million a year – the equivalent of a second NHS. Yet, many carers feel their role is forgotten and that they are invisible.

Across the county and locally we are seeking to increase visibility for carers with decision makers, services, employers, communities, and businesses. Everyone has a role to play in raising awareness of caring and making sure carers can access the information and support they need.



Carers Week is also an important time to celebrate! In East Sussex, Care for the Carers and other local organisations are excited to celebrate carers and everything you do, with extra events and activities. We hope the Carers Week events will give you a break from your caring role, a chance to meet new people, spend time together and have some fun!



Together with other local organisations we are hosting 'Caring Beyond Belief' a celebration event for carers from across local communities. Please join us on Saturday 15th June at Victoria Pavilion, your local carers centre in Uckfield. The event has been planned with local carers and you can expect delicious food, wellbeing activities to enjoy, the opening of Seeing Carers Art Exhibition and a joyous atmosphere to celebrate carers and caring together.

Check the events listing on page 13 and keep an eye on our website and Facebook page for updates on what's going on: www.facebook.com/careforthecarers.
If you are not online, but would like to take part in any activities, please call us on **01323 738390**.

Carers Week:

An opportunity to share your views and have your voice heard

This Carers Week we are focussing on giving carers an opportunity to be heard.

This week forms an important part of our work to capture the voices of carers, to understand what the current challenges are for you in your caring roles, what is going well, and what you feel needs to change.

What you tell us helps to guide how we support carers, and importantly is shared with partners and decision-makers (read page 2 for an example of how your voices can help to change things).

We will be launching our **Annual Carers Voices Survey** on Monday 10th June, a chance for you to tell us if what we do works for you. We need to hear from you! The surveys help us to map how things are changing for carers over time and what needs to be prioritised to provide the support you need. Complete the survey online at bit.ly/carerssurvey24. Or phone us on [01323 738390](tel:01323738390) for a paper version with a Freepost envelope.



On Tuesday 11th June we hold the 2024 Annual Carers Voices - Carers Week Conference at the Kings Centre in Eastbourne.

Annual Carers Voices Carers Week Conference

Tuesday 11 June 2024, 10am to 4pm



This event provides an opportunity for carers to meet each other, discuss their views and experiences and put questions and feedback forward to local and national decision makers. The event offers networking, access to information through the Marketplace, workshops, and a lovely lunch. If you would like a place at the conference, please contact us at info@cftc.org.uk or call [01323 738390](tel:01323738390). This year's speakers include the Chief Executives of Carers Trust and Care for the Carers, Deputy Director of Adult Social Care, Senior management from NHS Sussex, a local MP and crucially, local carers.

We want to thank members of the East Sussex Carers Voices Network, for taking part in our campaigns and focus groups over the last year, and for featuring in our films and national media - big thank you to Jo, Peter, Roma and Helen. You will be able to watch them in our upcoming campaigns, social media posts and on our website.

Please contact us if you want to get involved too!

How you can support local carers

Volunteering is at the heart of many of Care for the Carers services, supporting local carers in a variety of ways. A group of wonderful volunteers provide our Carers in Touch service, giving carers the opportunity for a regular social chat over the phone. Others help out at young carers monthly and school holiday activities and outings. Monthly Wellbeing groups for carers are hosted by volunteers. All these services offer carers the opportunity for social time away from their caring role.

Would you like to try something new? Support local carers? Meet new people? Learn new skills? Try a volunteer role with us! Roles could suit the time you have available and interests you have.

Some can be done from the comfort of your own home, or if you like to get out and about, you could be out in the community.



We are looking for volunteers to help support local carers, particularly for our Carers in Touch and Young Carers services, and to help at exciting events over the summer. Get in touch and start your volunteering journey!

You'll receive thorough training and on-going support when training comes to an end.

We meet up quarterly (for coffee and cake) and have an annual Volunteer Celebration event (with more cake!) to say a big thank you.

Three new volunteers have joined our volunteering family this spring and we would like to extend a warm welcome and thanks to them! Feeling inspired? Contact Nicola, our friendly Volunteer Coordinator, for a chat and more information – nicolam@cftc.org.uk

Or if it's not for you, it may be something your family, friends or neighbours would enjoy. (You don't have to like cake!)



Story from Miriam Wilkinson, Care for the Carers' Head of Communities and a local carer

I am not a natural runner, I only started last spring, and by running, I mean more of a casual jog. But later that summer, when I was going through a particularly tough and demanding time in my caring role (both physically and mentally), it saved my life, or at least my sanity. I quickly realised, regular, short runs provide me with a simple and very accessible time out and an outlet to let steam off.



I had signed up for a 5k race to keep me motivated. Before I knew it, I was taking part in a 10k race at the beautiful Rathfinny Vineyard near Alfriston. I wasn't planning on fundraising. I have a lovely circle of friends who are very supportive, but many do much more significant physical challenges, so I wasn't sure about asking for money for what may seem like a small thing. But a few friends said they'd like to support me, if there was a cause close to my heart. I decided to raise funds for our Young Carers Service. Fast forward a few weeks and I managed to raise over £400. This taught me never to underestimate people's generosity - I was even given £5 by a stranger who saw me running in the local park.

What I like least about running? Getting up early to fit it around work, and I hate running against the wind (and there was plenty of it this spring!). *What I love about running?* I walk through my front door and start running. I feel clear headed and much calmer on days I go for a run.

Do you know about our Activities for Carers?

Having some time out from your caring role is much needed.

The activities we offer are free of charge, thanks to funding and donations, and are open to all carers.*

What activities are on offer?

There's something for everyone. This year we have the following things planned so far, with more to come!



- Breathwork course in Uckfield
- Arts in Nature workshops in Uckfield
- Walk and Craft Workshops at Seven Sisters
- Trip to Eastbourne International Tennis
- Mini massage treatments in Hastings
- Theatre trips in Eastbourne
- Christmas Wreath Making in Uckfield

[Follow us on Facebook](#) and [sign up to our e-newsletter](#) to make sure you stay up to date with what's going on. If you are not online call our main telephone line for information or to sign up.

We want to say a massive thank you to the 3H Foundation for supporting many of our activities over the years. As an organisation, they are always keen to celebrate and thank carers for the amazing work you do.

To date 3H Foundation have funded 44 spa days, 3 afternoon tea events and Afternoon Tea Vouchers during the pandemic along with gift boxes. During Carers Week, they fund the afternoon tea at the beautiful Ashdown Hotel. These have made a huge difference to carers across East Sussex, and we all want to say thank you.



Are you on the waiting list for a Spa Day?

If you've not attended one of our spa days before, you can add your name to the waiting list. Dates are being added for this year and although the waiting list is long, places do become available, so please do contact Hannah to add your name to the waiting list. The spa days are generously funded by the 3H Foundation and are held at Ashdown Hotel.

*For some activities, priority is given to carers who have not attended an activity before. On occasions geographical or age restrictions may also apply.

Hannah is our wonderful Activities Coordinator and is your contact for any queries about carers activities. She can be contacted on [01323 738390](tel:01323738390) or info@cftc.org.uk.

Hannah works part-time but will respond to your queries on her working days (usually Thursday and Friday).

Mankind supporting men's mental health



Carers who are part of our mental health project benefited from fantastic sessions with speakers from ManKind, who support men across East Sussex with their mental health and wellbeing. We were joined by Paul Roskilly, one of the co-founders, who attended the Eastbourne carers group, and Geoff, who runs the Heathfield ManKind group at our Uckfield carers group.

Mankind was set up in January 2020 by local, Eastbourne-based friends Ian Pickard and Paul Roskilly to help support men who may need mental health support or just someone to talk to without judgement. Initially their group met monthly at a local café, but the COVID-19 pandemic sadly put a stop to that.

Undeterred and realising that the current climate may increase people's anxiety and stress, Ian and Paul quickly moved the meetings to weekly via Zoom, with additional support offered through a WhatsApp Group.

The guys continue to meet online weekly every Wednesday evening from 6.30pm – 8.30pm, attracting like-minded men from a variety of backgrounds who are able to support each other and get the help they need in a safe environment.

Mankind has formed a strong link with The Old Bank Wellbeing Trust, also based in Eastbourne, who are able to offer additional professional help and counselling if needed.

Some important principles for their sessions:

CONFIDENTIALITY

- ✓ Key to building trust
- ✓ We do not share things outside of the group

DISCLOSURE

- ✓ We can learn a lot from each other by sharing our experiences
- ✓ No one should feel obliged to disclose anything they are not ready to

PARTICIPATION

- ✓ You only need to contribute whenever you feel comfortable to do so
- ✓ The more you participate the more you will get out of the session

If you are interested in joining or would like some more information, then don't hesitate to contact Mankind: Email info@mankindcic.co.uk or phone [07793 431665](tel:07793431665)

According to Sussex Partnership NHS Foundation Trust (SPFT) “a mental health crisis is when someone feels at ‘breaking point’. A mental health crisis disrupts usual thought patterns, mood, daily activities and feelings. People in crisis will usually need urgent help.”

There is more information on SPFT’s website: bit.ly/sussexNHS

There are different ways that an individual experiencing a mental health crisis could seek the help they need. Here are just a few options:

Shout Sussex 85258

Free confidential text service for people experiencing challenges with their mental health. 24 hours, 365 days a year. Text SUSSEX to 85258 for a text conversation with a trained volunteer.

Staying Well Space from Southdown

Mental health crisis prevention service for people aged 18 plus. Usually available 7 days a week. Check the website for service updates. www.southdown.org/services/staying-well
Tel: [0800 023 6475](tel:08000236475)

Sussex Partnership NHS Foundation Trust (SPFT)

A list of useful services, including how to make an appointment for Talking Therapies. Visit bit.ly/4ak18py

Samaritans

Samaritans supports people whatever they’re going through. 24 hours a day, 365 days a year. Tel: [116 123](tel:116123) (free of charge). Email: jo@samaritans.org www.samaritans.org

Campaign Against Living Miserably (CALM)

“Taking a stand against suicide.” Tel: 0800 58 58 58 (5pm-midnight, 365 days a year). Contact form and webchat at www.thecalmzone.net

General Practitioner (GP)

An individual’s GP could assess them and might make a referral to a secondary mental health care service such as an Assessment and Treatment Service (ATS), the entry point into specialist mental health services.

NHS 111 ‘select mental health option’

An individual of any age, concerned about their mental health or someone else’s could call 111 and select the mental health option. Trained staff provide appropriate support and advice 24 hours a day, 365 days a year.

999

If an individual requires serious or life-threatening emergency mental or physical care, anyone can dial 999 immediately to request an ambulance. Anyone can request the Police if an individual is at imminent risk of hurting themselves or somebody else.

A&E Department

In an A&E Department at a hospital, anyone could request a separate room to wait in and for a mental health nurse to attend.

We hope this information is helpful. We are not recommending or endorsing any organisations, services or resources. Information is subject to change. Please use the links or contact details provided to get up-to-date information.

Reading for your own Mental Health



We can all struggle sometimes. Our mental health affects our ability to handle stress, relate to others and make healthy choices. One proven solution could be found in a book.

Here are six good reasons to read:

1. Reading relieves stress

According to research conducted by Sussex University, reading for just six minutes a day can reduce stress by up to 68%. Heart rate slows and muscles relax. The study shows that reading is even more effective than going for a walk, listening to music or would you believe it, having a cup of tea.

2. Reading increases empathy

Reading stories that explore the lives of characters is proven to increase empathy by putting you in someone else's shoes. A third-person view shows you the same story from different points of view.

3. Reading strengthens resilience

Stories enable you to empathise with others, and research has shown that this can happen when reading fiction. It does this by allowing you to tap into the same brain networks as real-life experiences. Reading stories about difficult situations and the solutions found in a book could help you with handling them in real life.

4. Reading supports physical health

A report commissioned by UK charity The Reading Agency, looks at research that explored how reading exercises the brain, and found that reading significantly improves common symptoms of dementia and can even delay onset. Also, the ability to read gives people more access to health information allowing people to better understand their conditions and even improve their symptoms by reading self-help books.

5. Reading can combat loneliness

The Reading Agency also reports that reading can greatly reduce feelings of loneliness. If you have a mental health problem, such as anxiety or depression, reading books about characters who share your struggles can help you feel less alone.

6. Reading can help build relationships

Here are a few ways you can build and strengthen relationships through reading:

Read aloud to a child, join a book club, swap books with friends, join the library.

Events

Caring Beyond Belief, Saturday 15th June

Carers Week event. Join us for a celebration of caring across communities, and the launch of Carers Photography and Art Exhibition, at the Local Carers Centre at Victoria Pavilion in Uckfield between 11am and 2pm - no need to book - just pop in for a chat and some lovely food!

Walk and Craft Workshop

Enjoy a mindful walk in nature, at the Seven Sisters Country Park, followed by the opportunity to try a craft, using natural materials. Lunch is included. Wednesday 10th July, 10am - 2pm. To book, contact Hannah on [01323 738390](tel:01323738390) or info@cftc.org.uk

Carers Cafés

Association of Carers hold Carers Cafés in Newhaven and Bexhill. These are a safe space for you and the person you care for to take a break and enjoy an activity if you wish (from hand massage to games). Facilitated by two staff members and regular volunteers who will spend time with the person you care for so you can socialise.

Call [01424 722309](tel:01424722309) or info@associationofcarers.org.uk

Newhaven, 11am - 1pm, Tuesdays 2nd July, 6th August, 3rd September at Denton Island Community Centre

Bexhill, 1pm - 3pm, Mondays 8th July, 12th August, 9th September at The Pelham, Holliers Hill

Carers O'Clock

Carers O'Clock sessions take place every month in Eastbourne and Uckfield, led by a team of artists. An opportunity to meet others and take part in something creative in a safe and supportive environment. Freshly cooked lunch and refreshments included. Free and open to all carers. Booking is essential. Email info@cultureshift.org.uk or call [030 300 39120](tel:03030039120).

Eastbourne, 10am - 3pm, Mondays 17th June, 15th July, 16th September at Community Wise, 66 Ocklynge Road, BN21 1PY

Uckfield, 10am - 3pm, Tuesdays 9th July, 10th September, 8th October at the Local Carers Centre, Victoria Pavilion, New Town TN22 5DJ

Eastbourne Pride

Come and join us at Eastbourne Pride on Saturday 20th July (from 11am). If you'd like to join us in the parade, contact emmaj@cftc.org.uk or come and see us at our stall.

Cooking for Carers Autumn courses

Community Chef returns with some enticing courses lined up for Autumn, at Leaf Hall, Eastbourne.

Harvest Feasts, 5th September. Book at <https://bit.ly/4aWQJRG>

Autumn Chutney, 12th September. Book at <https://bit.ly/3UkkVPp>

Seize the Moment: The Importance of Creating a Lasting Power of Attorney

A guest article from Heringtons Solicitors

In life, unforeseen circumstances can sometimes alter our ability to make decisions, manage our affairs, or express our preferences. Accidents, illnesses, or cognitive decline are possibilities that none of us can entirely escape. In such moments, having a Lasting Power of Attorney (LPA) can prove to be an invaluable tool, ensuring that our wishes are respected, and our affairs managed in line with our best interests. Heringtons Solicitors' Vulnerable Client Services Manager, Tracey May explains more:

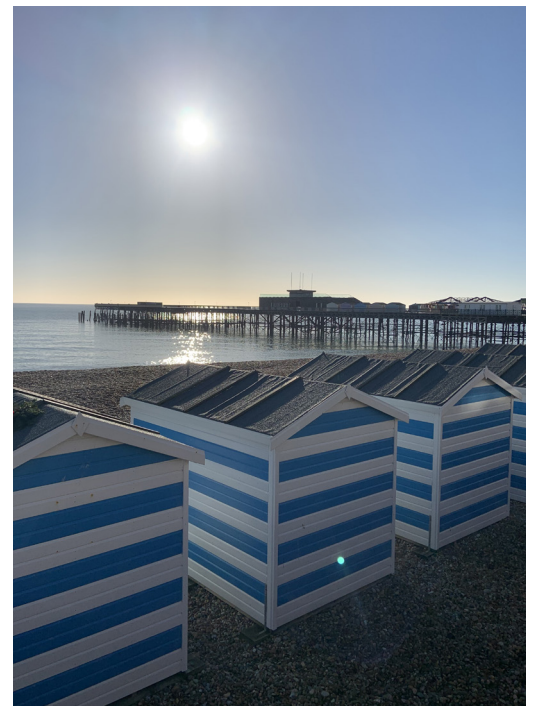


An LPA is a legal document that grants someone you trust the authority to make decisions on your behalf should you become unable to do so yourself. It provides you with peace of mind, knowing that even if you lose the capacity to make decisions due to illness or accident, your affairs will be managed by someone you have chosen, and who understands your preferences.

One of the key aspects of having an LPA is the ability to plan ahead. None of us can predict the future with certainty, but we can take proactive steps to prepare for different eventualities. By creating an LPA while you are still of sound mind, you retain control over who will make decisions for you and under what circumstances. Without an LPA, the decision-making process could fall into the hands of strangers or authorities who may not be familiar with your wishes.

There are two main types of LPA: one for health and welfare decisions, and another for property and financial matters. The health and welfare LPA allows your chosen attorney to make decisions regarding your medical treatment, care, and living arrangements, ensuring that your preferences regarding healthcare and quality of life are upheld. Meanwhile, the property and financial LPA empowers your attorney to manage your finances, pay bills, and make decisions related to your property and assets.

The importance of having an LPA extends beyond the realm of personal autonomy. It also provides crucial support for your family during difficult times. Imagine the emotional and practical challenges faced by family members trying to navigate complex medical decisions or financial matters without clear guidance from you. An LPA eliminates uncertainty and potential conflicts by appointing a trusted individual to act on your behalf, sparing those close to you from additional stress during already trying times.



Seize the Moment: The Importance of Creating a Lasting Power of Attorney

A guest article from Heringtons Solicitors - continued

Without an LPA in place, delays and bureaucratic hurdles could impede timely decision-making, potentially affecting your well-being and financial stability.

Creating an LPA is not solely for the elderly or those with pre-existing health conditions. Accidents and unexpected illnesses can happen at any age, making it essential for individuals of all ages to consider establishing an LPA. Additionally, individuals with complex financial situations or those who own property may find an LPA particularly beneficial in ensuring that their assets are managed according to their wishes.

It's important to approach the process of creating an LPA with careful consideration and thoughtfulness.

Choosing the right attorney(s) is a critical decision. Your attorney should be someone you trust implicitly, who understands your values, preferences, and wishes. It's also advisable to have open and honest conversations with your chosen attorney(s) about your expectations and desires regarding your future care and affairs.



Furthermore, regularly reviewing and updating your LPA is essential to ensure that it remains reflective of your current circumstances and wishes. Life is dynamic, and changes in relationships, health, or financial status may necessitate modifications to your LPA over time. By staying proactive and vigilant, you can ensure that your LPA continues to serve its intended purpose effectively.

In conclusion, the importance of having a Lasting Power of Attorney cannot be overstated. It offers individuals the opportunity to plan for unforeseen circumstances, maintain control over their affairs, and provide support and clarity for their loved ones. By taking the proactive step of creating an LPA, you can safeguard your future and ensure that your wishes are respected, regardless of what the future may hold.



This article may be helpful for you as a carer supporting a family member or a friend, or for those who you support, for them to consider matters related to the Lasting Power of Attorney.

Find out more from Tracey and her team on [01323 411020](tel:01323411020) or www.heringtons.com

The East Sussex Carers Card

The card has three functions:

- Identifies you as a carer in an emergency
- Emergency respite plan
- A discount card

View the full directory of hundreds of services, local businesses, retail and leisure attractions at:

www.cftc.org.uk/carerscard or call [01323 738390](tel:01323738390).

See the latest offers below. Check full details, terms and conditions on the website directory, or get in touch with us.

Monkey Bizness **NEW!**

Unit 27, Cliff Industrial Estate, Lewes, BN8 6JL

Tel: [01273 311566](tel:01273311566)

Email: lewes@monkey-bizness.co.uk

Website: www.monkey-bizness.co.uk

Monkey Bizness is a children's soft play centre for 0-12 year olds.

Imagine a venue with huge play frames, games, machines, slides and more, special areas for toddlers, free WiFi, comfy seating and a bright airy cafe serving freshly prepared food.

20% off carers card holder's entry



Farley's House & Gallery **NEW!**

Farleys House, Farleys Farm, Muddles Green, Nr. Lewes, East Sussex, BN8 6HW

Tel: [01825 872856](tel:01825872856) Email: tours@leemiller.co.uk

Facebook / Insta: @Farleyshg

Website: www.farleyshouseandgallery.co.uk

Farleys Galleries and Sculpture Garden are in the grounds of Farleys House, once home to the photographer and WWII Correspondent Lee Miller and Surrealist artist Roland Penrose. The exhibitions in the galleries change throughout the season. Explore the Sculpture Garden with its mix of sculptures from our permanent collection and by visiting contemporary artists. There is also a café serving light refreshments in Farleys Gallery.

This year Farleys celebrates its 75-year anniversary and would like to celebrate with you too. **Care for the Carers hold free access passes which, when accompanied with a carers card, give the holder and a guest free entry for the day to the galleries and sculpture garden, along with a free cup of tea or coffee.** Open 10am – 4.30pm on Thursdays, Fridays and Sundays until the end of October 2024. No pre-booking is required. Contact Care for the Carers to request a pass.

With an East Sussex Carers Card you can set up a CRESS (Carers Respite Emergency Support Service) plan as part of your carer's assessment. Care for the Carers can help you to set up a CRESS plan if you do not want a carer's assessment.

Discounts for carers

If you do not wish to put an emergency plan in place but would still like to benefit from discounts for carers, apply for a Carers Card directly from Care for the Carers: **Call [01323 738390](tel:01323738390), or visit www.cftc.org.uk/carerscard**

Show or mention the Carers Card with all offers and discounts. See terms.

This card is also available to parent carers. Please note: older versions of the emergency alert card are still valid to be used for Carers Card discounts.

You can get hospital parking for £2 at the Conquest Hospital, Hastings, and Eastbourne District General Hospital by showing your Carers Card.



Contact us

Name

Address

Postcode

Telephone

Email

Please complete. Post to Care for the Carers,

FREEPOST RTAC-GURC-XUJC Highlight House, 8 St Leonards Road, Eastbourne, BN21 3UH

I am a carer:

- Send me future editions of **Careline** via email instead of post
- Send me **Careline** by post
- Update my address
- Contact me about the help available
- I would like to be part of the **Carers Voices network**

I am no longer a carer:

- Reason _____
- I don't wish to receive Careline anymore
- Send me the **After Caring** information