

Carers Connected

February 2026

Launch of Self-Paced Workshop Learning

Our [online and face to face workshops](#) are always incredibly popular with family carers which is why we are proud to announce that two of our most popular are now available as part of our growing “The Essentials” catalogue of self-paced learning. These new videos have been made possible by generous funding from Suffolk Community Foundation and Public Health Suffolk.

Wellbeing for Me – The Essentials

Are you in a caring role and experiencing difficulties with your emotional and physical wellbeing.

This self-paced taster is an introduction to our ever-popular Wellbeing For Me workshop and will enable you to look at how your caring role impacts your emotional and physical wellbeing, how to improve your wellbeing and how look after yourself.

Subjects include:

- What is wellbeing?
- The impact of Caring
- The Five Ways to Wellbeing
- Health Boundaries and Lifestyle
- The Power Of Acceptance

Caring & Coping – The Essentials

Do you feel stressed in your caring role? You are not alone...

However dedicated we are to our caring role, being a family carer can sometimes be stressful.



Continued from Page 1...



This self-paced taster is an introduction to our ever popular Caring & Coping workshop and explores how stress affects us and some tips for coping with it.

These videos join our existing Essentials series made up of:

Caring & Communicating - The Essentials

This self-paced taster is an introduction to our ever popular Caring & Communicating workshop and will help you tackle these issues, develop techniques for planning how you ask for what you need and increase your chances of getting it.

Carers Rights & Carers Safety - The Essentials

This self-paced taster is an introduction to our ever popular Carers Rights & Carers Safety workshop and will raise awareness of your rights as a family carer, give an overview of your entitlements and raise awareness of personal safety and wellbeing issues which may affect the way you look after yourself and the person you care for.

Details of our full workshops can be found by [visiting our website](#) and you can find our “The Essentials” collection by clicking the button below. ●●●

Check out The Essentials Collection

View our Upcoming Workshops



CARERS ACTIVE HUB



The Carers Active hub is a resource to help you enjoy being more active and improve your health and wellbeing.

FIND OUT MORE

SAY YOU SERVED!

Make your GP practise or hospital providing care, know that you or the person you care for have served in the UK Armed Forces!

[FIND OUT MORE](#)

FAMILY CARER DROP-IN SESSIONS

Simply drop-in for a chat or if you want a more private conversation you can book one in when you come in. We can provide information and emotional support also discuss any concerns you may have.

[FIND OUT MORE](#)

DO YOU HELP SOMEONE TO MOVE AND GET AROUND?

Do you know how to protect yourself and them from injury?

Join our FREE Moving & Handling workshops to gain information, some basic tips, general techniques and details of how to care for your back.

[FIND OUT MORE](#)

Small Actions, Big Impact: Launch of Anytime Volunteering

Life is busy - we get it. Between caring responsibilities, work, family, and everything else life brings, finding time to volunteer can feel impossible. That's exactly why we're excited to launch Anytime Volunteering, our new super-flexible way for people to support Suffolk Family Carers in a way that genuinely fits into their lives.

WHAT IS ANYTIME VOLUNTEERING?

It's volunteering... but without the pressure. It's a fresh, flexible approach to micro volunteering. It's designed for people who want to help but can't commit to regular hours or long-term roles.

It's:

- Easy
- Flexible
- Low commitment
- Impactful

Every action counts — even the small ones. When lots of people do small things, it creates a big difference for family carers across Suffolk.

WHY WE'RE INTRODUCING IT

Anytime Volunteering gives people like you a less formal route into supporting us in their community. It breaks down the barriers that often put potential volunteers off. It opens the door to those who may be short on time but rich in enthusiasm.

It's a way for people to:

- support Suffolk Family Carers
- give back in their community
- feel part of something meaningful

All without needing a regular weekly or monthly commitment

Benefits to You as a Volunteer

Anytime Volunteering isn't just good for your community — it's good for you, too. By giving a little time in a way that fits your life, you can enjoy.

A boost to your wellbeing

Volunteering can reduce stress, ease loneliness, and increase feelings of connection and purpose. Even small acts of kindness can lift your mood and strengthen your sense of belonging. Giving is one of the 5 ways to wellbeing

New skills — without the pressure

Whether you're sharing our posts, helping in your community, or championing a cause, you'll naturally build confidence, communication skills, and experience you can carry into work, study, or life.

Flexibility that respects your time

There are no shifts, no rotas, and no long term expectations. You choose what you do and when you do it. It's support that fits around



school runs, work days, caring, or whenever you have a spare moment.

A sense of purpose and pride

Knowing your time — however small — helps family carers feel visible, valued, supported and connected can be incredibly rewarding. You're part of something bigger, making a real impact close to home.

Connection to a caring community

You'll join a friendly network of people who care about making a difference. You can volunteer completely independently, but you're never doing it alone.

HOW IT WORKS

It's simple:

1. Visit our Anytime Volunteering page
2. Pick a role — or just tell us you're happy to help however you can
3. Complete the short form
4. We'll be in touch with "what's next" guidance

No long forms. No DBS checks for most Anytime roles. No pressure. Just meaningful impact, on your terms.

WHY YOUR SMALL ACTION MATTERS

Every year, our volunteers help us support thousands of family carers across Suffolk. Anytime Volunteering makes it possible for even more people to experience the joy of giving back - without needing to carve out hours each week.

Because when lots of people do just a little, it adds up to something powerful.

We still have regular volunteering roles within the organisation, so if you can give more time and you'd like to get involved, check those roles out too.

READY TO GET INVOLVED?

We have a number of roles available right now, but if none of these are right for you we will have more coming soon. Just express your interest

and we'll do the rest.

[Find out more and sign up today](#)

Social Media Champion



Help us reach more family carers by liking, sharing, and commenting on our posts. A few taps can help our messages travel much further and reach those who need us most.

Facebook Community Builder



Are you a member of your local Facebook community group? Share our events and posts to help us reach carers in specific areas so they can access the support they need.

Poster Placer



Got access to a noticeboard in your community — maybe at a local shop, café, or community centre? Putting up posters helps carers discover the support available to them.

Campaigner for Young Carers



Help us spread the word far and wide to change the lives of ALL young carers by taking postcards to groups to gather signatures. This campaign is being backed by our patron, Onjali Q Rauf. ●●●



WHO'S IN CHARGE?



Addressing child to parent violence and abuse.

A nine week group programme for parents & carers of children who use violent and abusive behaviour towards them or who currently appear to be beyond parental control.

The Who's in Charge? group programme, provides parents and carers with the opportunity to reflect on the dynamics of child to parent violence and abuse, examine the concept of entitlement vs responsibility, explore abuse, power and anger, support the development of concrete strategies and clear boundaries and reduce the sense of isolation, stress and guilt often experienced.

"I have my family back"

"Improved relationship with my children"

**VIEW
DATES
HERE**

Find out more:

www.compass-ion.org

admin@compass-ion.org

**Immediate
Danger:
Call 999**

**Suffolk Domestic
Abuse Helpline:
0800 977 5690**

"No more walking on eggshells"

Kindly Supported By:



Registered Charity Number 1157970

Do more with the NHS App!



-  Order repeat prescriptions
-  Use NHS 111 online
-  Find NHS services
-  View your GP health record
-  Book appointments
-  Get reminders and messages

And much more...

You can also use these services by logging in through the NHS website

Need help?

Get support in the app or visit Suffolk Family Carers website and search 'NHS App'



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Google Play and the Google Play logo are trademarks of Google LLC.

Campaign with Onjali Q. Raúf, Suffolk Family Carers and Carers Trust

In 2022, award-winning author Onjali Q. Raúf released *The Letter with the Golden Stamp*, telling the story of Audrey – a young carer looking after her ill mother and younger siblings. During her school visits and events, Onjali began raising awareness of Young Carers and the urgent need for them to be properly recognised.

Fast forward to April 2025: Onjali is now [Patron of Suffolk Family Carers](#) and is campaigning harder than ever for the rights of Young Carers. She launched her postcard campaign, supporting wider work led by Carers Trust. Hundreds of signed postcards have already been sent directly to the Prime Minister – with hundreds more ready to go.

This is where we need your help

Do you believe that all Young Carers should:

- Be recognised as young people first, before their caring role?
- Have opportunities to enjoy childhood and adolescence?
- Be supported to make informed choices about their future, identity, education and wellbeing?



- Be entitled to their legal rights, assessments, and the support they need?
- Have financial help available if they are living in poverty?

If so, we'd love your support.

Our aim, with Onjali and Carers Trust is to gather thousands of postcards and signatures from people who believe in supporting Young Carers — and deliver them directly to 10 Downing Street to ensure they cannot be ignored.

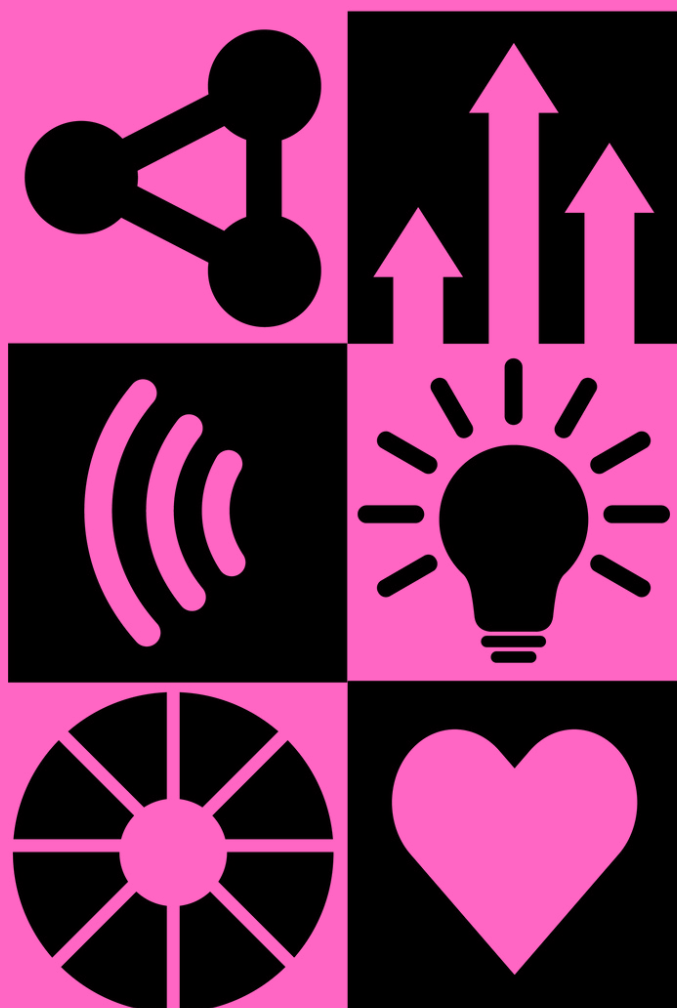
We have postcards ready at our office, but you can also join the campaign online. Visit Onjali's website and put your name to the #EveryYoungCarerCounts campaign now.

#EveryYoungCarerCounts Campaign

If you would like some postcards or petition sheet, to take to a group, youth club, Girlguiding or Scouts club or sports club please reach out to marketing@suffolkfamilycarers.org and we can get it arranged.



Creating Space



A free 6-week online creative programme for Adult Family Carers experiencing a time of change.

Join us for these artist led supportive and welcoming sessions to explore your creativity and find ways to support your own wellbeing. No creative experience necessary.

Dates and times:

Weekly, Tuesday 17th
February - Tuesday 24th
March 2026
1:30pm-3:00pm

Venue:

Online via Zoom. Links will be sent once you have signed up.

suffolk**artlink**

Delivered by Suffolk Artlink and funded by the Suffolk Carers Grantmaking Programme through Suffolk Community Foundation.



SUFFOLK
Community
Foundation

f Suffolk.Artlink

@ Suffolk_Artlink

www.suffolkartlink.org.uk

Charity No. 1110898
Company No. 05354844.

To find out more, contact Siobhan:

siobhan@suffolkartlink.org.uk
07517888868



Scan the QR code to find out more.

Breaking Down Barriers: Supporting Young Adult Carers in Education, Employment, and Training

Young Carers and Young Adult Carers across the UK face unique and significant challenges that impact their ability to access higher education, employment, and training opportunities. The [final report from the All-Party Parliamentary Group \(APPG\) for Young Carers & Young Adult Carers](#), supported by Carers Trust, shines a spotlight on these barriers and calls for urgent, systemic change.

THE REALITY FOR YOUNG ADULT CARERS

75% say their caring role makes it difficult to participate in education or training

Over half report that caring has negatively affected their finances, making it harder to pursue education or training.

Nearly 80% say their mental health has suffered due to their caring responsibilities, impacting their future plans.



Only 26% of young carers and young adult carers believe they will have the same access to opportunities as their non-caring peers.

KEY BARRIERS

Personal Barriers

- **Lower academic attainment:** Young carers are 25% less likely to achieve key academic milestones than their peers.
- **Confidence and aspirations:** Many feel unable to prioritise their own futures, often experiencing guilt or anxiety about leaving those they care for.
- **Health and wellbeing:** High rates of mental health challenges and physical exhaustion are common.

Practical Barriers

- **Lack of alternative care:** Many cannot leave home for study or work due to caring responsibilities.
- **Financial hardship:** Most do not receive adequate financial support, and the demands of caring limit their ability to take on part-time work.
- **Limited access to information and support:** Many are unaware of available resources or find the support system confusing and inconsistent.

Policy and Systemic Barriers

- **Inflexible education and employment systems:** Strict attendance and working hours often exclude young carers.
- **Data gaps:** Young adult carers are underrepresented in government datasets, making it harder to track their needs and outcomes.

- *Inconsistent support during transitions:*
Many lose support as they move from children's to adult services, or from education to employment.

RECOMMENDATIONS FOR CHANGE

The APPG report calls for a coordinated, cross-government approach to address these challenges, including:

- Improved identification and support in education settings, with dedicated staff and clear policies for young carers.
- Financial reforms, such as expanding access to bursaries and reviewing restrictive policies like the '21-hour rule' for Carer's Allowance.
- Better access to employment and training, ensuring that government initiatives and employers recognise and accommodate the needs of young adult carers.
- Enhanced transition support, with local authorities offering tailored assessments and age-appropriate services.
- Improved data collection, so young adult carers are visible in all relevant datasets and their outcomes can be tracked and improved.

WHY THIS MATTERS

Suffolk Family Carers joins the APPG and Carers Trust in recognising that without urgent action too many young adult carers will continue to face unfair barriers to fulfilling their potential. The report makes clear that supporting young carers is not just a matter of fairness—it's essential for the wellbeing of individuals, families, and society.

Every young carer deserves the same chance to thrive as their peers. It's time for policymakers, educators, employers, and communities to work together and make this a reality.

If you would like to help change life for Younger carers you can also join Onjali Q. Raúf's [#EveryYoungCarer campaign](#) and sign our online petition to the UK Prime Minister. ●●●

Cut Your Energy Bills for FREE!

Suffolk County Council, in partnership with Warm Homes Healthy People have secured an additional £1.38 million pounds for Suffolk Householders to make their homes more energy efficient, warm and safe.

They would like every penny of this money to end up in the homes of those most in need and we believe Family Carers should be very eligible for a grant of up to £30,000.

To be eligible, your Suffolk home must be privately owned (either by you or your landlord) have an Energy Performance Certificate (EPC) of D, E, F or G (you can find this out when you apply)

Household income must usually be £36,000 a year or less but if you earn more than that, you might still be eligible if you live in a certain area of Beccles, Felixstowe, Ipswich, Lowestoft and Stowmarket, someone in your household is getting certain benefits or has a severe or long-term health condition that is adversely affected by living in a cold home

Once these conditions have been approved, an assessment of your home will identify which measures are best suited to your property. These will then be installed by trusted contractors, for free.

To check your eligibility, or to find out more about how Warm Homes Suffolk could help you, visit www.warmhomessuffolk.org or call them on 03456 037 686.

Please note this additional £1.38M funding needs to be spent by 31st March but there is other longer-term funding available post April. ●●●



**Suffolk
Family Carers**
Living Fuller Lives

**COMMUNITIES
TOGETHER**
EAST ANGLIA

Do you need help getting online or using your smart phone, tablet or laptop?

Join our digital workshop to help you feel more confident engaging with the online world.

All our sessions are tailored to what you need to learn, from understanding online security to helping you gain confidence and skills to use online services, by using your own device keeping it familiar when you return home.

Monday 16th February from 10am - 12.00pm

Monday 13th April from 10am - 12.00pm

The View - A Space for Carers, Claydon, IP6 0AJ

Book your place on our website or call 01473 835477

bit.ly/SFC-DigitalWorkshops

Working in partnership to make the digital world feel less overwhelming

Young Carers Action Day is Coming

Young Carers Action Day is an annual event that takes place in mid-March. This year it will be Wednesday 11th March 2026. The day is organised and led by Carers Trust, and we encourage as many organisations, communities and individuals as possible to take part in the day by taking action, supporting and raising awareness of young carers.

As we have highlighted in this issue of Carers Connected Young carers face a huge array of challenges as a result of their caring role. Carers Trust young carer surveys repeatedly show many young carers are disadvantaged across multiple aspects of their lives, including mental and physical health, finances, education and employment.

The theme for this year is 'Fair Futures for Young Carers', a call to ensure every young carer has the same chances to learn, grow and thrive as their peers.

Keep an eye out for what's coming in 2026 but, together we will highlight the support young carers need to reach their potential, from recognition in school and access to training and employment, to meaningful breaks, wellbeing support and opportunities that help them build brighter futures.

If you would like to help change life for Younger carers either before Young Carers Action day you can also join Onjali Q. Raúf's [#EveryYoungCarer campaign](#) and sign our online petition to the UK Prime Minister. ●●●

Request for Help.

Here at Suffolk Family Carers we try to support research and academia where possible.

India, a final year student at Anglia Ruskin University has asked us to share a link to their final year research on young cancer caregivers aged 18-30, focusing on how family support impacts their mental health and wellbeing. The study aims to explore how different forms of family support may help to reduce psychological distress

If you think you can help, please click the button below. You will then be asked to complete an

anonymous online questionnaire that will take around 15 minutes. This includes a couple of demographic questions and questions about support at home and mental wellbeing.

The study has received ethical approval from Anglia Ruskin Research ethics committee, and all data will be treated confidentially in line with the UK GDPR regulations. ●●●

[Complete the Survey Here](#)



Anglia Ruskin
University



MAKING TIME... FOR MENTAL HEALTH FAMILY CARERS.

Peer support group for those supporting someone with Mental Health difficulties

This is a warm, friendly and welcoming group and there is no expectation to share details of your caring role if you prefer not to. So if you are a family carer and want to meet others who may be in a similar caring role, why not come along?

**Last Wednesday of the month from 1.00-2.30pm
@ Suffolk Family Carers, Claydon**

For more information or to register your interest please contact the Mental Health
on 01473 835477 or email MH@suffolkfamilycarers.org

Landlines in the UK are going digital. Are you ready?

Landline phones
switching to
digital could
stop telecare
alarms working.

Call the landline provider
now for support.

The UK is moving toward a digital age. All UK telephone lines will be upgraded from analogue landlines to a digital connection by the end of December 2025. This may impact care systems.



Supported by
UK Government

FIND OUT MORE

Young Carers Action Day

**CARERS
TRUST**

Wednesday 11 March 2026

**Help us give
young carers
a fair future.**

Young carers are people under 18 who help look after someone – often a family member – who cannot cope without their help. Does this sound like you? Young carers have so much responsibility on their shoulders. They need more support.

We want to ensure every young carer has the same chance to learn, grow and thrive as their friends who are not carers.

**Find out how you can get
involved in Young Carers
Action Day:**

carers.org/ycad
#YoungCarersActionDay



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Report Fraud, run by the City of London Police, has replaced Action Fraud as the national platform for reporting cybercrime and fraud. The City of London Police is the national policing lead for economic crime and works in partnership with policing and other law enforcement agencies around the country

Reporting fraud & cybercrime to Report Fraud

You can report cybercrime or fraud using the [online reporting service](#) any time of the day or night. The service enables you to report a fraud and find help and support. You can also report a fraud or get help and advice over the phone by calling 0300 123 2040.

Are you at risk of fraud?

According to the 2023 Crime Survey for England and Wales, 1 in 17 adults in England & Wales were victims of fraud. Anybody can be at risk of fraud, no matter your background, age or race. Fraudsters use manipulative tactics to exploit us and lower our defences, so nobody is immune to fraudulent behaviour.

Help protect yourselves and others from fraud

Report Fraud is here to make you aware of the tactics and risks used by fraudsters and help protect everyone within cyberspace. Criminals operate everywhere online, including websites, apps, emails, text and phone, so it is essential to

learn and understand what you can do to prevent the risks of fraud for yourself and to make others aware.

For more information and guidance on what you can do to stay safe online see the [Report Fraud Individual Protection Guide](#).

Businesses are also at high risk of fraudulent activity. For tips on keeping your business away from harm, see the [Report Fraud Business Protection Guide](#).

Help for victims of fraud

If you have been exposed to fraudulent activity, the Report Fraud Victim Support team are on hand to provide you with the guidance and support needed to move forward. This is a completely free and confidential service available to anyone in England & Wales who is the victim of fraud. Call their support line on 0808 1689 111 or request [support online](#) if you need help and support. ●●



Carer...
Friendly
GP Surgery

Carer Friendly GP Surgery

The '**GP friendly surgery**' is awarded to GP surgeries by Suffolk Family Carers for successfully undertaking the Carers GP Framework of 6 quality markers, having a Carers Champion and continuing to engage with Suffolk Family Carers.

We are pleased to announce the following GP Surgeries have achieved the '**Carer Friendly GP Surgery**' award last month:

Bures

Meadow Lane Surgery

Great Cornard Surgery

The Holbrook & Shotley Practice

Wickhambrook Surgery



**Find our full list of Carer
Friendly GP Surgeries**

Help Shape Community Health in Suffolk. Our Future: 2027 - 2037

The soon to be formed Norfolk and Suffolk Integrated Care Board are seeking the views of people in Suffolk on the way NHS community services are delivered between 2027 - 2037.

They are asking one simple question: What has worked well in NHS community services for you, and what would make them better?

You can take part by visiting their website where you can share your views via their online form and magic wands idea board. You can also Share your story of accessing community services.

The question and response forms are also available in multiple languages, and voice-to-text easy read, and paper copy

Find out how to take part here

WHY YOUR VIEWS MATTER?

Future services should:

- Focus on prevention, not just treatment
- Be accessible and inclusive, ensuring equality for all
- Support better wellbeing
- Empower people using services and family carers to make decisions about their own health needs
- Reflect what matters most to you and your community

To achieve this, your help is needed to agree how community services are delivered in the future.

WHAT ARE COMMUNITY SERVICES?

Community NHS services are a wide range of health and care support delivered closer to home

and outside hospitals, for people of all ages — from newborns to those at the end of life. These services help people:

- Stay well through prevention of ill-health, early support and managing an urgent need
- Live independently and healthily at home
- Manage long-term conditions effectively, reducing the need for attending hospital
- Access specialist support when needed

Community NHS services, for children and adults, are varied, and currently include:

- Community nursing
- Physiotherapy and occupational therapy
- Cardiac and stroke rehabilitation
- Podiatry
- Bladder and bowel services
- End-of-life care
- Wheelchair services
- Falls prevention services
- Speech and language therapy
- ...and many more.

These Services are delivered by many different types of professionals and often act as the link between GPs, hospitals and social care. ●●●

Help shape the future
of community services in Suffolk

NHS
Suffolk and North East Essex

Make sure your voice is heard! Take part and share with your community.
www.letstalksnee.co.uk/help-shape-community-health-suffolk
You can also call us on: 01473 770261



**VISIT THE
RARE BREEDS
FARM IN
BAYLHAM!**

REQUEST A PASS HERE



**A DAY OUT
AT THE FOOD
MUSEUM IN
STOWMARKET!**

REQUEST A PASS HERE



**VISIT A HUGE
COLLECTION OF
AIRCRAFT AT
THE AVIATION
HERITAGE CENTRE!**

REQUEST A PASS HERE



**A DAY OUT
VISITING THE
ANIMALS
AT EASTON
FARM PARK!**

REQUEST A PASS HERE

Mental Health & Wellbeing

Like many organisations we are currently experiencing unexpected staff shortages. This may lead us to taking a little longer than we would like to get back to you. Please be assured that we are doing everything we can to resolve this issue

Suffolk Advice, Guidance and Emotional Support



provided by
NewChapters Suffolk Family Carers

SAGES is a FREE & confidential service for family carers, families & friends of people with mental & emotional wellbeing needs. We aim to help you maintain your caring role & look after your own wellbeing by providing information, advice, guidance & emotional support

One-to-one with a SAGES worker

If you would like some emotional support, the team offers one-to-one support with a SAGES worker. Currently we are doing this over the telephone.

Boundaries Workshops

We are delivering FREE online workshops on 'Boundaries', to help support family carers who is supporting someone who is experiencing mental health or substance misuse issues

Making Space for mental health family carers

These sessions focus on the issues and needs of family carers caring for someone with a mental health/emotional wellbeing need. They will provide an opportunity to receive information, share ideas and experiences and meet other family carers who may be in a similar caring role.

Workshops

Suffolk Family Carers provide a range of FREE online and face to face workshops. These are available to all of our registered family carers, aged 18 or over. The workshops are either online or face to face, covering subjects such as Wellbeing, Caring Day to Day and Autism Spectrum specific workshops.

If you would like to find out more about any of the above please call us on 01473 835477 or email MH@suffolkfamilycarers.org

**ARE YOU CARING
FOR SOMEONE
EXPERIENCING
MENTAL HEALTH
DIFFICULTIES?**



SAGES
Suffolk, Advice, Guidance
& Emotional Support

**Do you need some
emotional support for
yourself?**

We aim to help you maintain your caring role and look after your own wellbeing by providing confidential advice, guidance and emotional support.

You can get access to 1:1 support with a trained SAGES worker or a Make Space peer support group across Suffolk.

**Contact us on 01473 835477 or
mh@suffolkfamilycarers.org**

VETERAN COMMUNITY



ARE YOU A FAMILY CARER OF A VETERAN? OR A VETERAN WHO IS CARING FOR SOMEONE?

WHY NOT JOIN OUR VETERAN COMMUNITY!

**Bury St Edmunds,
The Lounge
from 1.00-3.00pm**

Monday 16th February
Monday 16th March

**Claydon, Ipswich
from 1.00-3.00pm**

Thursday 19th February
Thursday 19th March

**Felixstowe Library
from 10.30am-12.30pm**

Tuesday 10th February
Tuesday 10th March



To book your place: Scan this code or visit
www.suffolkfamilycarers.org/yourspace-veteran-community-family-carer-groups
Email ServingSuffolkFamilies@suffolkfamilycarers.org or Call 01473 835458

**THE ARMED FORCES
COVENANT FUND TRUST**
Funded by HM Government



**Suffolk
Family Carers**
Living Fuller Lives

Join Our Workshops

We hold regular workshops for registered Family Carers, these cover a variety of different subjects:

- Caring & Communicating
- Wellbeing for Me
- Caring & Coping
- Caring & Resilience
- Caring & Boundaries
- Mediation & Relaxation
- and much more...

These workshops are held online or face-to-face in different locations around Suffolk such as, Claydon, Felixstowe, Bury st Edmunds and Lowestoft.

View our Upcoming Workshops

We also have self-paced learning in our specially recorded sessions.

Learn at Your Pace



Raising funds for Suffolk Family Carers and Bury Abbey Rotary Club

Our friends at Bury Abbey Rotary Club will again be running their Online Auction from 11th to 29th March. This will be their 5th Year of running the Auction, which has become a successful fundraiser for them and their community partners such as Suffolk Family Carers.

As in past years the proceeds of any lots donated in the name of a charity or a not-for-profit community group go straight back to that charity. This makes it an excellent opportunity for you to raise funds for Suffolk Family Carers.

They need lots that we can offer in the auction. These need to have a broad appeal and items such as "Experiences" (golf days, air flights, guided tours), meals, theatre tickets, etc. are always popular. Previous auctions have included original paintings, a pizza oven, a coffee machine, several bottles of wine and a rocking chair. The greater diversity of lots the better

They need details of auction lots by 1st March (preferably sooner) so if you think you can help please let us know via marketing@suffolkfamilycarers.org. Please supply a description of the auction lot, one or two photographs, and if you are able, place a value on the lot which will help set the reserve value. We will pass this information along to Alan Brown at Bury Abbey Rotary Club

Thanks in advance for your support with this. ●●●



**Want information
on caring, but don't
use computers or
the internet?**



Carers UK has a new information phone service for carers who prefer not to use computers or the internet.

Ring our phone service and listen to information about:

- help with finances and household costs
- caring for people with specific health conditions
- looking after yourself
- ways to get more help and support.

**Call Carers UK's freephone telephone service on
0800 888 6999 and follow the options provided**



Family Carer Groups

Local groups are a great way to meet other family carers - a warm welcome awaits.

We have a number of Family Carer Groups now up and running. We will continue to update you on other groups around Suffolk.

FIND OUT MORE

Bury St Edmunds Group

Pilgrims Kitchen, Bury St Edmunds Cathedral.

1st Thursday every month from 12.30pm

Yvonne: 07796 622550

ypcash@googlemail.com

Stowmarket Group

Hillside Community Centre, Stowmarket, IP14 2BD

1st Thursday every month - 1.30-3pm

Shelagh: 07856 312860

Felixstowe & Villages Group

The Old Felixstowe Community Centre, Felixstowe, IP11 9NB in Margaret White Hall

2nd Monday every month - 1-3pm

Dennis: 07712 672289 / 01473 832591

dennisweston.49@tinternet.com

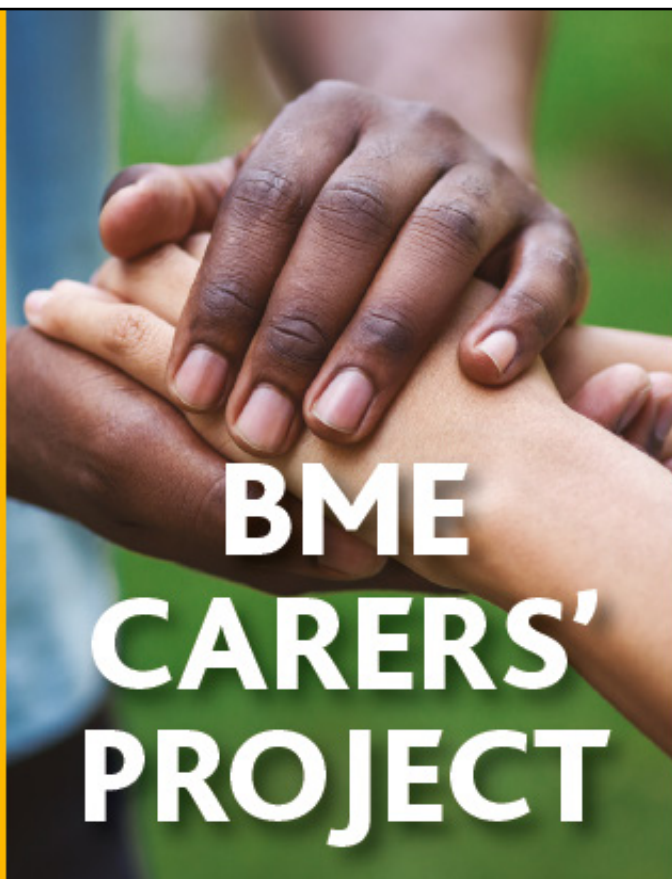
Haverhill Group

Chestnut Room, Burton Centre, Camps Road, CB9 8HB

4th Thursday every month - 1-3pm

Jo: 07711 669386 or jobrett100@hotmail.com

Dennis: dwendell@btinternet.com



BME CARERS' PROJECT

If you are a Carer from a BME background and look after someone who is elderly, in ill health or disabled then please join us at forthcoming events and activities.

For more information or to reserve your place at any of these events please contact:-

Kohinoor Bibi - Carers Project Officer
01473 400081

Kohinoor.bibi@bscmulticulturalservices.org.uk
or

Noor Miah - Carers Project Officer
01473 400081

Noor.miah@bscmulticulturalservices.org.uk


BSC Multicultural Services
Supporting over 50 nationalities

MEN ONLY EVENTS/ACTIVITIES

- Chair-Based Exercises • Healthy Walks
- Carers Pamper Day • Coffee Mornings

LADIES ONLY EVENTS/ACTIVITIES

- Chair-Based Exercises • Carers Pamper Day
- Aerobic/Zumba Classes

MIXED EVENTS/ACTIVITIES

- Carers Winter Packs • Carers Awareness Event
- Carers Mental Health Workshop
- Carers Trip to Gt Yarmouth Beach
- Signposting and referral • Home visits
- On-going one-to-one guidance & support
- Outreach Visits (Rural Suffolk)
- Gipping Valley Picnic • Cambridge Mosque



SUFFOLK
Community
Foundation

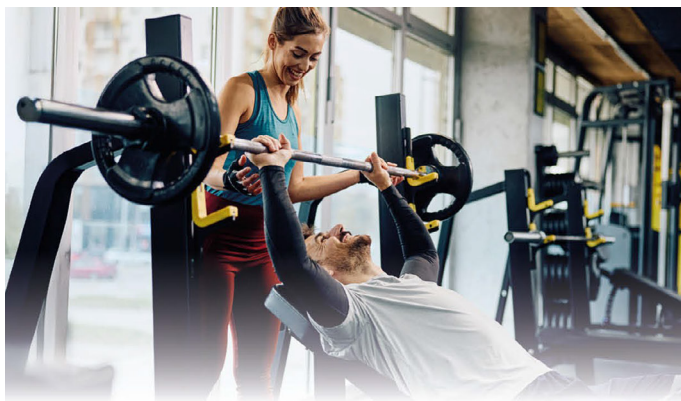


Suffolk
County Council

Room 29, 19 Tower Street, Ipswich IP1 3BE.
Tel: 01473 400081

www.bscmulticulturalservices.org.uk

Registered Charity No. 1104502 | Registered Company No. 5088364



FREE FITNESS MEMBERSHIP FOR CARERS

at Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH

Take a break from caring for others and make time for your own wellbeing, with 3 months of **FREE** fitness membership for carers*.

The membership includes use of a modern air conditioned gym, a wide range of group exercise classes, and swimming in public, lane and family sessions.

PLUS on Mondays 10.30-12.00 you can also book a **FREE** care session for your cared for person, provided by PNS Family Care Services, so you can use the gym.

LIMITED SPACES AVAILABLE. For more information and to take up the offer contact anselmgurney@everyoneactive.com

FREE CARE SESSIONS**

Mondays, 10.30am - 12pm

Overseen by qualified carers from PNS Family Care Services, this session includes board games, crafts, puzzles and more, providing a safe space for your loved ones.

Tea and coffee included. Drop off at 10.25am.

You must register your cared for person in advance by contacting PNS Family Care Services on 07453 777500 or email admin@pnscore.co.uk

*Adult family carers in receipt of carers allowance.

**Only available alongside the carer attending the gym or the Stretch, Strength and Relax class.



Made possible from funding through the Suffolk Community Foundation through the Suffolk Giving Fund.



Everyone Active manages this facility in partnership with Mid Suffolk District Council.





FREE STRETCH, STRENGTHEN AND RELAX CLASS

**For carers on Mondays, 10.30am - 12pm
at Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH**

Join us for a **FREE** friendly yoga style class to refresh you in mind and body from 10.30am - 11.30am.

After class, we invite you to the café for free tea or coffee and the chance to make friends and share experiences.

This class runs alongside a **FREE** care session for your cared for person provided by PNS Family Care Services.

To book the class AND the care session for your cared for person contact PNS Family Care Services on 07453 777500 or email admin@pnscare.co.uk

To ONLY book the class for yourself contact Jo Beales on 07564 587366 or email joannebeales@everyoneactive.com



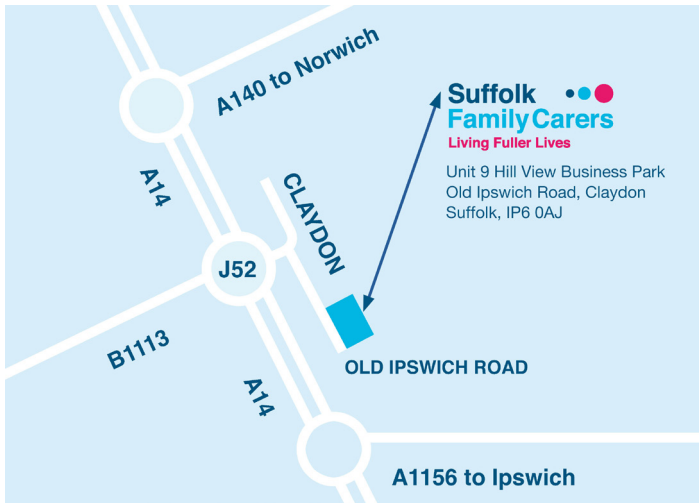
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Get in touch with us



In Person Visits

The View - A Space for Carers provides facilities for you to drop-in and meet our staff to simply chat and enjoy a coffee.

Connect with us online



/SuffolkFamilyCarers



@SuffolkFamilyCarers



@suffolkfamilycarers



/suffolk-family-carers



01473 835477



hello@suffolkfamilycarers.org



www.suffolkfamilycarers.org

Do you need information?

Our friendly Hub staff are ready and waiting to provide you with the information you need for your caring role - they are great listeners too.

Please give us a ring, or use our TawkTo online chat facility any time Monday to Friday 9am-5pm. Outside these hours you will find helpful information on our website and you can also go to the contact us page and leave us a message and we will get back to you.

If you need further support and wish to speak to our experienced advisers our Hub team will arrange for them to call you back.

There are also teams of advisers in the community and at the hospitals, so support is available for you wherever you need it.

Please call The Hub on 01473 835477 to get more information.

Information Hub & Online Chat

Monday to Friday: 9.00am - 5.00pm

Weekends and Bank holidays: CLOSED

