



Carers Connected

April 2026

Carers Active Together

Carers Active Together is a day of national action, promoting movement, wellbeing, and the power of community for unpaid carers across the country.

On 15th April, Carers UK are inviting family carers to join them and be active in a way that feels positive, refreshing and recharging for you - whether that's something gentle at home, joining an online session, going for a short walk, or taking part in a local activity.

Carers Active Together is all about connecting with other family carers by getting active at the same time! Across the country, family carers will be taking part in local sessions,

online classes, or adding small ways of moving into their daily routines.

If you would like to, you can find ongoing ideas, activities, and wellbeing support through the Carers Active Hub.

There are many ways you can get moving in solidarity with other family carers

You might:

- try a short activity at home
- join an online class
- take part in a local session organised by a partner organisation
- simply take the time to move a little more than usual.

There's no 'right' way to take part – it's all about feeling the joy and accomplishment of being active in a way that feels good for you! ●●●

JOIN CARERS ACTIVE TOGETHER

www.suffolkfamilycarers.org



Join CQC's Share for Better Care Campaign

Share for Better Care is the CQC's always-on campaign, run in partnership with Healthwatch England.

Feedback about health and social care matters. It helps services spot what is working well and what needs to improve. Share for Better Care highlights how everyone can transform an everyday spare moment into an opportunity to make a positive impact by sharing feedback about their care.

Whether waiting for the kettle to boil or the bus to arrive, anyone can take a few minutes to share their experience of health and social care - good or bad.

You can support the campaign by telling them about:

- an experience of care - it can be good or bad
- a concern about a service you work for

They will need to know:

- the name and location of the service
- when you used the service (or worked there)
- whether you've complained to the service or contacted other authorities

- whether we can contact you about your experience. You can always give your feedback anonymously but it helps us take action if we can contact you for more information.

The CQC use what people tell them to understand the quality of care they get from services like care homes, care agencies, hospitals and GPs. It helps make care better for everybody. They look at it alongside other information. For example, information from the service itself or what they found when they last visited them. ●●●

GIVE YOUR FEEDBACK HERE

Please note that providing your feedback is different from making a formal complaint. To make a formal complaint, you must contact the service itself.

healthwatch



**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](#)

Power of Attorney



You never know what's around the corner. We tend to assume that close relatives will automatically be allowed to make decisions on our behalf if something happens to us, but this isn't true. Without power of attorney, it is not certain who can take decisions on your behalf. With power of attorney in place, you can be confident that you have taken the necessary steps to make everything as clear-cut as possible.

Yet, most people in the UK know nothing or very little about power of attorney and delay setting them up due to myths and misconceptions about what they are and how they work.

To raise awareness the first ever UK-wide Power of Attorney Day will take place on Wednesday 22 April 2026. The initiative, supported by Carers UK and Standard Life, aims to raise awareness and understanding of powers of attorney and to encourage more people to put them in place.

The campaign will tackle these misunderstandings and highlight how having power of attorney can make a vital difference, particularly for the 5.8 million unpaid carers across the UK who support someone who is seriously ill, older, or disabled.

A power of attorney is a legal document that can ensure a person's wishes are respected, should they be in a position where they are no longer able to express this directly. For carers, having power of attorney in place can provide clarity and avoid stressful decision-making during difficult emergency situations.

In England and Wales, a Lasting Power of Attorney (LPA) allows an individual to appoint a trusted person to make decisions on their behalf. Anyone aged 18 or over can set up an LPA, but it must be done while they still have mental capacity to make their own decisions. There are two main types of LPA:

- **Health and Welfare** – covering decisions about medical treatment, care, and daily living
- **Property and Financial Affairs** – covering decisions about money, bills, and property

Like many other organisations Suffolk Family Carers will be joining the campaign and promoting activities and events taking place on or around the day. ●●●

FIND OUT MORE



**Heard of Power of Attorney
but thought it's something
for when you're older?**



A vibrant poster for 'Charity Quiz Night 2026'. The background is dark blue with strings of warm white lights at the top. The title 'CHARITY Quiz NIGHT 2026' is prominently displayed, with 'CHARITY' in pink, 'Quiz' in white script, 'NIGHT' in large white block letters, and '2026' in pink. Below the title, it says 'All proceeds to Suffolk Family Carers'. In the center is an illustration of three people (two women and one man) sitting around a table, engaged in a quiz. One woman is holding a question card, and the man is pointing at it. There are drinks and snacks on the table. To the left of the illustration, the event details are listed: 'FRIDAY 17TH JULY', '6:30PM DOORS', '7PM START', and the location 'ITFC - IP1 2DA SIR BOBBY ROBSON SUITE'. To the right, the ticket price is '£35 PER TEAM OF UP TO 6 PEOPLE', and the prize money is listed: '1ST - £150', '2ND - £75', and '3RD - £25'. At the bottom left is the 'Suffolk Family Carers' logo with the tagline 'Living Fuller Lives'. At the bottom right is the 'Hayward Moon' logo with 'PROPERTY LAWYERS' underneath.

Hayward Moon Property Lawyers are thrilled to invite you to our second Charity Quiz Night, returning in 2026 after the huge success of last year's event — this time in aid of Suffolk Family Carers.

We're planning an even bigger and better evening, filled with great questions, plenty of laughs, fantastic prizes, and a raffle — all while raising vital funds for a truly worthy cause. Whether you joined us last year or will be coming along for the first time, we'd love you to be part of another brilliant night of fundraising and community spirit.

Event details:

- Ipswich Town Football Club
- Friday 17th July 2026
- Doors open: 6:30pm
- Quiz starts: 7:00pm
- A few words from Suffolk Family Carers on the night
- Raffle with great prizes to be won
- Option to pre-order food
- The bar will be open!

There is also an option to pre-order food at £12.50 per person. When booking via the ticket link, please purchase one ticket per team (up to six people) for the quiz, and then add food options separately as required.

PURCHASE TICKETS AND PRE-ORDER FOOD HERE

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.

From Suffolk to Downing Street



On 11th March we marked Young Carers Action Day with a very special trip to London. Helen Blight (Young Carer Adviser) and Laura Batten (Marketing Coordinator)

accompanied two young carers as part of

the #EveryYoungCarer campaign, launched by our patron Onjali Q. Raúf ten months ago. The campaign was inspired by her book Letter With the Golden Stamp — well worth a read, no matter your age!

Onjali met us at Ipswich Train Station armed with some giant campaign postcards, and once aboard the train we began our adventure. Our first stop in London was Portcullis House, where we joined Carers Trust and the APPG. Abby and Florence met other young carers from across the country and spoke directly with MPs about their caring roles. They had conversations with Ed Davey, Jack Abbott, Pete Prinsley, Hannah Spencer and many others.



After the event, we all made our way to Downing Street. Abby, Florence and three other young carers from Manchester and Barnet were invited

to hand-deliver a box of signed postcards to No. 10. The group were welcomed by a crowd of MPs keen to progress conversations around better support for young carers. Florence was especially delighted to hand the box to the police officer behind the famous black door — although sadly, they didn't get to meet Larry the cat!



10. were supportive



Following plenty of photos and video moments on Downing Street, we headed off on a guided sight-seeing walk led by Onjali. Highlights included Horse

Guards, Piccadilly

Circus, Trafalgar Square, St Paul's Cathedral, and the Globe Theatre.

It was a busy but incredibly fun and meaningful day. Since returning, both Abby and Florence have taken part in radio interviews and featured in articles about their caring roles and the trip. Keep an eye out — they are currently writing a piece about their experience, which we will share soon.

Find out more about Florence



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

Can you take part in some research?

**CARERS
TRUST**

Do you care for someone aged 65+, or have you in the past?

Carers Trust is partnering with researchers from the London School of Economics and Political Science (LSE) university who are carrying out research to explore how care provision for older people is shared among family and friends, including how care decisions are made, negotiated and how this may change over time.

They are inviting anyone aged 18 or over, who is currently caring for a friend or family member aged 65 or older, or who has cared for someone 65+ in the past. They would like to arrange a 60-minute interview with you. You can choose whether this will be by phone, a Zoom call or a face-to-face

interview at your home, or another place local to you. Transport would be arranged. Interviews will take place from this month onwards, at a date and time to suit you. In the interview, you will be asked to discuss your caring role, who else supports the person you care for, how decisions about care for the person have been made and what you think about these decisions. The researchers hope that the findings will be used by policy and decision makers to improve local area support for older people. ●●●

**Interested, or want to know more?
Sign up using this form**

Please select the box 'LSE Research' on the second page

Dementia Carers in Crisis?

During March Dementia Carers Count (DCC) shared the findings from their 2025 survey of dementia carers.

The findings show that four in five family carers supporting someone with Dementia have reached a crisis point due to their caring responsibilities, nearly three quarters often feel like they cannot continue to care and only one in two dementia carers have access to support.

The survey also explored what dementia carers feel would help them.

- 4 in 5 want a single point of contact to help them access support
- 3 in 4 want emotional support
- 3 in 5 want practical advice

Suffolk is lucky that are friends at **Shaftsbury Memory and Dementia Support** provide a service

that meets some of these needs with:

- A free local helpline offering a single point of contact available seven days a week: Monday to Friday 9am–6pm Saturday, Sundays and bank holidays 10am–4pm. This is also available for self-referrals.
- Trained memory and dementia advisors who will listen, answer your questions and provide you with tailored information to meet your needs, either on the phone or at a home visit. We can also help you with services and places that can help.

The service aims to be the one place you turn to, via our helpline or website for information and support so you only have to tell your story once, no matter what stage you are at. ●●●

DEMENTIA AWARENESS ROADSHOW

Raising awareness & providing support to people affected by dementia and people with memory concerns

- ✿ Warm Welcome
- ✿ Information, advice, and guidance on support groups, care options, benefits, and legal advice
- ✿ Speak to local services & organisations
- ✿ Activity area
- ✿ Training team available to provide support and care advice for loved ones
- ✿ Free refreshments & Parking



WED. 15 APR. 10AM - 1 PM, BUNGAY
BUNGAY COMMUNITY CENTRE, NR35 1PU
MORE INFO: Corinne.LonglandMalam@alzheimers.org.uk

**NO NEED TO BOOK,
FREE & OPEN TO ALL**



**Christies
Care**

Funded by East Suffolk Council



This month we are sharing information from our friends at Suffolk Trading Standards on holiday scams.

A holiday scam is when a criminal impersonates trusted websites or creates fake adverts to trick you into booking a holiday through them, giving them your money or personal information.

Most holiday scams take place online. Criminals set up fake websites that appear to sell flights in the UK and overseas, holiday packages, accommodation, and tour operator packages.

They may also post fake advertisements on trusted websites, hoping you'll click on them and pay the criminal directly, rather than through the genuine site. They may also clone the websites of genuine companies, so you think you're making a real purchase. These ads and websites often look similar to trusted websites and organisations.

Protect yourself from holiday fraud:

- Research the company you're booking through, read reviews and be cautious of any "too good to be true" offers.
- Make sure you're on a genuine seller's website by double checking website links.
- Avoid clicking on links from social media, message or email – always visit the seller's website directly.
- Search accommodation on other websites to check prices and make sure the location exists.
- Always use a secure payment platform from trusted retailers – avoid paying with bank transfer.
- If you're booking a package holiday, make sure the tour operator or travel company is a member of a recognised trade association such as ABTA or ATOL.
- If a travel company calls you saying a friend referred you, hang up. Criminals will search your social media to use a friend's name for legitimacy, but this is a scam.
- When waiting for a refund, always make sure you're talking to the genuine company or airline. ●●●

Is That Holiday Offer Too Good to Be True?





Carer...
Friendly
GP Surgery

Carer Friendly GP Surgery

The '**Carers Friendly GP 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:

Victoria Surgery

Mount Farm Surgery

The Reynard Surgery



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



**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
Suffolk Health

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**

DEMENTIA MARKETPLACE



Join us for an informative event intended for people living with dementia, their carers and families, providing information, advice and guidance to help people to live well with dementia.

EVENT HIGHLIGHTS

FREE TO ATTEND

OVER 30 INFORMATION STALLS

QUIET ZONE & ACTIVITY SPACE

FREE PARKING

24 JUNE 2026

**VENUE 16, 312 TUDDENHAM ROAD
IPSWICH, SUFFOLK, IP4 3QJ**

10AM - 3PM

HEADLINE SPONSORS

LeadingLives
Your life / Our support



**Christies
Care**
Est. 1987
Living independently at home



FOR MORE INFORMATION VISIT

W: www.caredevelopmenteast.co.uk

E: info@caredevelopmenteast.co.uk

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



Join Our Veteran Community



Providing a welcoming and supportive group for family carers within the veterans community. This is your space to share experiences, connect with others who understand, and find support from like-minded people.

Ipswich

16th April - 1-3pm

21st May - 1-3pm

Bury St Edmunds

13th April - 1-3pm

18th May - 1-3pm

15th June - 1-3pm

Sudbury

30th April - 1-3pm

7th May - 1-3pm

4th June - 1-3pm

Day Out at the Food Museum

28th April - 11am-3pm

Beach Hut Social - Felixstowe

29th June - 10.30am-2pm

BOOK YOUR PLACE

THE ARMED FORCES
COVENANT FUND TRUST
Funded by HM Government

THRIVE TOGETHER
Empowering Veterans and Families:
Creating Connections, Building Futures

VETERANS
VOICE



**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

The APEX (First Floor Lounge), Charter Square,
Bury St Edmunds, IP33 3FD

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

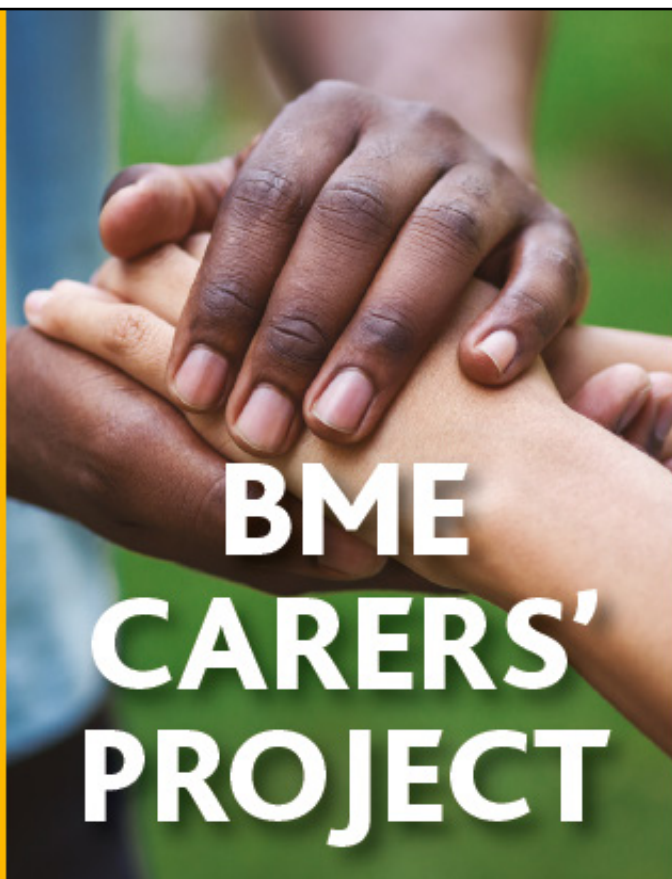
Haverhill Group

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

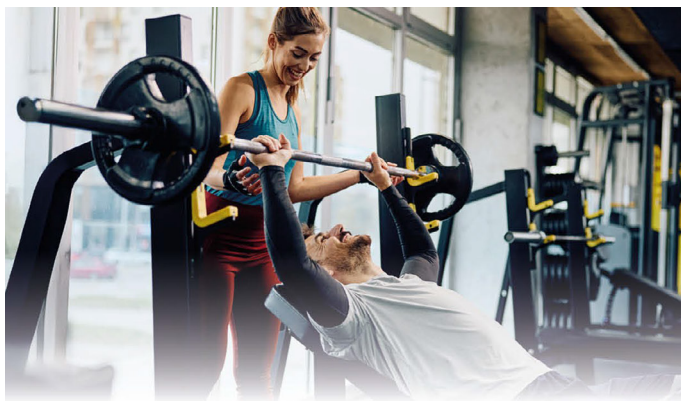


Suffolk
County Council

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



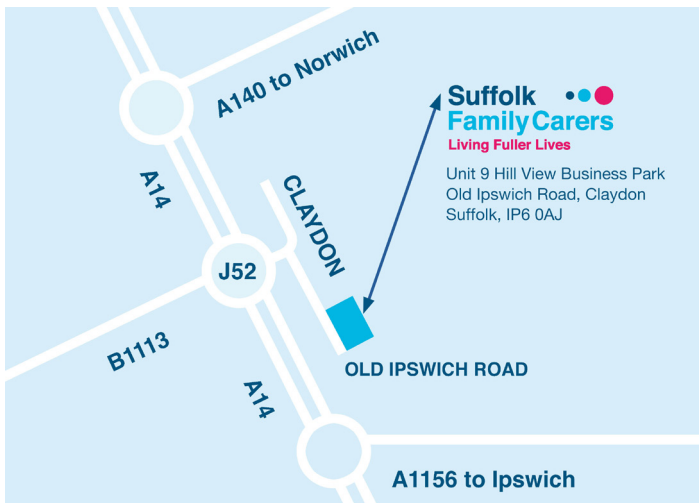
Made possible from funding through the Suffolk Community Foundation through the Suffolk Giving Fund.



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



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

