

Carers Connected

May 2026

Carers Week is Coming!

This year Carers' Week will be taking place between 8th - 14th June with a theme of 'Building Carer Friendly Communities'

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid family carers face. It also helps people who don't think of themselves as having caring responsibilities to identify as family carers and access much-needed support.

What makes a community carer friendly?

Carer friendly communities are places, spaces, services and

community groups where unpaid carers are recognised, understood, and valued. They make support part of everyday life ensuring carers get the opportunities and help they need. They are made up of people who:

- recognise unpaid carers and the vital role they play.
- understand the realities and impact of caring.
- take action to identify and support carers in practical ways.
- empower carers to live fulfilling lives.

When communities work together in this way, carers have fairer opportunities and can lead better lives.



**Building
Carer Friendly
Communities**



Continued from Page 1...

Why we need carer friendly communities?

Carer friendly communities can exist anywhere. Even small changes to support carers can, and do, make a big difference to their daily lives. There are lots of different ways people can help

Business and services – making everyday tasks easier for carers by offering flexible or priority access.

Community – sports clubs, faith groups, or community organisations creating opportunities for carers to feel connected.

Education – schools, colleges, or universities identifying young and young adult carers and putting support in place to help them reach their potential.

Health – GP practices, pharmacies or health services raising awareness amongst their staff to help identify and connect carers to support.

Social care – taking a whole-family approach to ensure everyone gets the help they need.

Work – offering flexible working to support employees to juggle paid work and caring.

Together, let's build carer friendly communities – and make a real and lasting difference to the lives of family carers everywhere.

Suffolk Family Carers is again co-ordinating and promoting the events taking place across the week. Our **dedicated webpage** has now been established and will expand over the coming weeks. This provides more detail about the events we are aware of with the page being regularly updated with new events so please be sure to visit regularly. ●●●



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](#)

Reassessment exercise for Carer's Allowance overpayment cases

During April the Government announced that it is launching a reassessment exercise for Carer's Allowance overpayment cases relating to fluctuating earnings. These overpayments may have arisen because of a failure by DWP to follow the correct rules on averaging earnings. Any reassessment will identify if money already paid to settle these overpayments could be refunded, and the amount of the debt reduced or written off.

If you feel you have been affected by an overpayment due to fluctuating earnings, DWP will contact you when your case is reassessed. They have confirmed that this may take some time, but you do not need to take any action.

If you are concerned about overpayments or would like more information, please visit the

Carers UK overpayments support hub but here are a few key points:

- If you are currently repaying an overpayment that you think may be reassessed, you should continue to make repayments.
- The reassessment will also apply to overpayments where people affected are no longer caring.
- If, during the reassessment exercise, it is discovered that there has been a higher overpayment than originally calculated, they will not ask anyone for additional money.
- The reassessment exercise by the DWP started on the 13 April 2026 and will take up to three years to complete. ●●●

IPSWICH AND EAST SUFFOLK ALLIANCE
WORKING TOGETHER WITH YOU

National Neighbourhood Health Implementation Programme

BEATING HEART FAILURE TOGETHER

Help shape the future of heart failure care in Ipswich & East Suffolk

We would love to hear from anyone who lives or works in Ipswich and East Suffolk who has experience of heart failure, or who cares for someone with heart failure. To find out more head to <https://www.letstalksnee.co.uk/beatinghftogether> or scan the QR code

SCAN HERE

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, looking at a quiz card. One woman has a question mark above her head. The table has a blue and white checkered tablecloth, a blue cup, a plate of blue cookies, and a small blue box. To the left, 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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Younger carers being forced to choose between caring and their future

A new independent government report, published on 23rd April, has highlighted serious problems in the way the benefits system treats young carers aged 16–18 with the findings being deeply concerning for families across Suffolk.

The report, published by the Social Security Advisory Committee, shows that young carers are being pushed into poor education and training choices, not because of their ability or ambition, but because of how financial support works.

Young carers are much more likely to miss out

The report highlights that young carers are approximately three times more likely to be not in education, employment or training (NEET) than other young people. Balancing caring responsibilities with education or work is already challenging, but the benefits system is making it even harder.

A benefits system that creates impossible choices

Rather than supporting young carers to succeed, the system often forces them into choices that damage their long-term prospects. One of the clearest messages in the report is that Carer's Allowance rules actively work against young carers.

- Young carers cannot claim Carer's Allowance if they are in full-time education
- Many lose the entitlement if they start an apprenticeship, because their earnings are

too high

This leaves young carers facing an impossible choice:

- stay in unsuitable part-time courses to keep some income
- avoid apprenticeships, even when they would suit them best
- or drop out of education or training altogether

The report is clear that this directly contradicts government policy, which states all post-16 routes should be equally valued.

Choosing “safe” options, not the right ones

Evidence gathered for the report shows that many young carers:

- Choose courses with fewer hours, even if they are not right for them
- Limit themselves to local options close to home, particularly in rural areas
- Turn down apprenticeships they are interested in, because their family cannot afford the loss of income

As a result, young carers often leave education with lower-level qualifications than their peers, affecting their future employment and earnings.

Falling through the cracks

While schools and colleges may flag young carers, apprenticeship and employment routes usually do not. Some young carers feel pressured to hide their caring role just to stay on a course or



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placement. Young carers taking vocational routes or apprenticeships are often invisible to support services. This often means:

- they miss out on support
- pressures build up
- burnout and drop-out become more likely

Young carers who provide less than 35 hours of care a week are even more likely to be missed. They often receive no recognition at all, despite caring still having a major impact on their lives.

What needs to change

The report recommends urgent reform, including:

- reviewing Carer's Allowance rules for young carers
- removing barriers that prevent young carers from studying or training
- introducing a Young Carer Grant in England, similar to that in Scotland's

The message is clear: young carers should not have to sacrifice their education or future just to provide vital care.

At Suffolk Family Carers, we see these pressures every day. Young carers are resilient, capable and ambitious but they need a system that works with them, not against them.

This report confirms what young carers and their families have been telling us for years: the current system is not fit for purpose. We will continue to campaign for change and to support young carers to thrive – in education, training and beyond.

If you or someone you care for is a young carer and needs support please contact Suffolk Family Carers to find out what help is available locally. ●●●

Dying Matters Awareness Week



Our friends at St Elizabeth's hospice will again be marking Dying Matters Awareness Week 2026 which will this year will take place from the 4-10 May. This year's theme is 'Let's talk about Death and Dying'.



The mission of Dying Matters is to break down the stigma and taboo of talking about death and dying. But sometimes, it's hard to know where to start.

27% of people find it hard to talk about death with family or friends, and 30% bottle

their feelings up. If we don't talk about death and dying and bereavement, it can be harder to cope when we experience it.

Death, dying and bereavement affect us all. This Dying Matters Awareness Week is focusing on the importance of conversations about death and dying – with family, friends, employers, anyone in your life – helping you to get the conversation started.

Because talking about Dying Matters.

You can find out what's happening by visiting [our friends' calendar of events](#) ●●●



MAKING TIME... FOR MENTAL HEALTH FAMILY CARERS.

Peer support group for those supporting someone with Mental Health difficulties

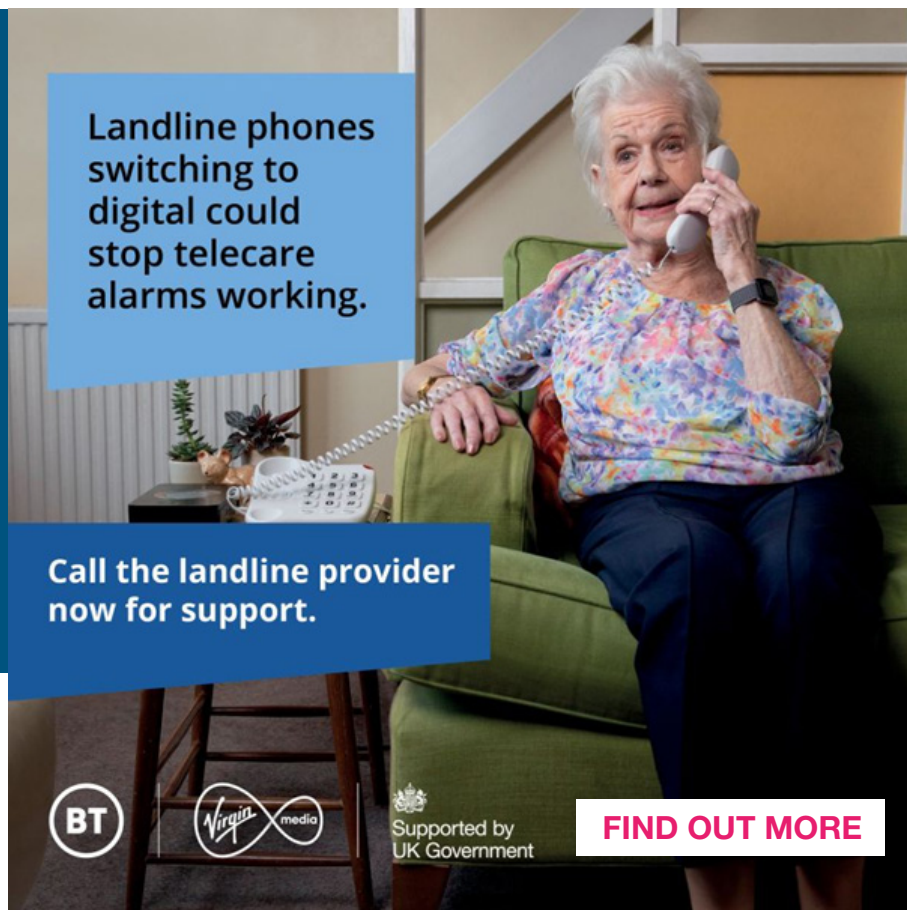
This is a warm, friendly and welcoming group and there is no expectation to share details of your caring role if you prefer not to. So if you are a family carer and want to meet others who may be in a similar caring role, why not come along?

**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?

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.



Landline phones
switching to
digital could
stop telecare
alarms working.

Call the landline provider
now for support.



Supported by
UK Government

FIND OUT MORE

FREE DEMENTIA TRAINING



The Virtual Dementia Bus is a training experience that helps people understand what it feels like to live with dementia.

It uses sensory changes- like altered vision, sound, touch and environment to simulate how everyday tasks can become confusing or overwhelming. This helps carers/ professionals develop greater awareness and understanding, so they can support people with dementia more effectively.

Monday 11th May 2026

Opening times

10:00am – 1:00pm

1:30pm – 4:30pm

We can see 3 visitors every 15 minutes during these times.

Castle Hill Community Centre
Highfield Rd
Ipswich
Suffolk
IP1 6DG

Please email:
catherine.bensley@suffolk.gov.uk
for further details and to book your time slot.



training2care

Shaftesbury
All together better for disability

Suffolk Family Carers
Living Fuller Lives





Crackdown on Subscription Traps

National Trading Standards research estimates that more than 20 million UK adults have signed up to a subscription without realising it, and of these, 4.7 million are still paying for a subscription they didn't ask for. This data reveals the widespread impact of so-called 'silent scams' that involve low value but high-volume thefts.

The research also reveals that UK consumers would need to have an average of £143 stolen before they would even consider reporting a scam – a threshold that lots of criminals are exploiting. Nearly one in five (18%) scam victims who didn't report the crime said the amount stolen was too small to be worth reporting.

The silent scam epidemic indicates:

- **38% of people have signed up to a subscription without realising it** of these, nearly a quarter (23%) are still unknowingly paying for these subscriptions
- **17% didn't realise quickly money was leaving their account**, and 8% took over three months to notice

But on the 2nd April the Government announced new laws that will make it easier to cancel subscriptions and get refunds for unwanted auto-renewals. This crackdown on "subscription traps" could save the average person nearly £170 a year, according to the Department for Business and Trade (DBT).

The new laws, which are expected to come into force in spring 2027 will mean;

- people will be able to cancel subscriptions "with the click of a button" and will no longer have to make "endless phone calls" to cancel a subscription.



- There will be 14-day cooling off period after the end of a trial period, or when an annual subscription automatically renews.
- Companies will be forced to give clear information upfront to prevent consumers from being "silently rolled onto expensive contracts and firms will also have to give customers reminders when a free or discounted trial is about to end, or when contracts that are a year or longer are about to be renewed.

Whilst the profits from tactics like subscription traps may seem small individually, together they represent a large and growing threat to UK consumer confidence and people's personal finances.

National Trading Standards has also launched a free app that will make it easier for people to protect themselves. The app includes scam alerts, practical prevention tips, clear advice on what to do if targeted and signposts to trusted sources of help. People will also have free access to scam-fighting training on their phone, helping people to protect themselves and their family. ●●●

DOWNLOAD THE APP

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:

The Cuttlers Hill Surgery



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

Enjoy FREE Days Out!

At Suffolk Family Carers, we understand how vital it is for family carers to take time out and recharge. That's why we're delighted to continue our offer of a range of fully funded days out for you and your family.

Whether it's exploring the hands-on exhibits and heritage of **The Food Museum** in Stowmarket, meeting rare animals at **Baylham Rare Breeds**, or enjoying some fun on the farm at **Easton Farm Park**, these experiences are designed to bring joy, connection, and a well-earned pause from daily responsibilities.

Each outing is free for family carers registered with us and includes entry for multiple guests, making it a perfect opportunity to create lasting memories together.



Come and See Us at The Suffolk Show

As result of our work with Suffolk's Military through our Serving Suffolk Families Project, Suffolk Family Carers have again been given the opportunity to have a stand within the Military Village at this year's Suffolk Show.

The Military Village is renowned for being an extremely popular part of the Suffolk Show and gets a lot of footfall which gives us an amazing opportunity to promote the work we do and reach a large number of family carers. Based on previous years' experience it also provides the opportunity for us to connect with people who may not normally consider themselves to be family carers.

If you are planning to visit the show over 27th and 28th May why not stop by and say hello. A number of our staff will be attending over the two days and will be available to chat. Our eye catching gazebo will be there in case of rain/ extreme sunshine.

When visiting our stand you can:

- Take part in our Competition
- Find out more about our services
- Chat with our staff

Once again we have kindly been given this opportunity free of charge, for which we are very grateful to our partners within the Suffolk Armed Forces Community. ●●●



A Day at the Races

To mark Carers Week and the 'month of community' Chelmsford City Racecourse are again delighted to be holding their Unpaid Carers Raceday, this year taking place on Thursday 4th June.

They are inviting all local unpaid family carers to apply for 2 free general admission tickets to enjoy an evening of racing at Chelmsford City Racecourse. This is for unpaid carers to visit the racecourse with a friend or relative without their adult dependants that they care for.

Gates open at 3.30pm (Subject to Change).

To [apply for these tickets](#), you are required to be an unpaid carer providing for an ADULT (over 18) family member who is dependent on you for most of their day-to-day needs.

Please return your request by Monday 1st June. All tickets must to be pre-booked and are not available at the ticket office on the day.



Dementia Support Workshops

for Suffolk Community Groups



Following feedback from community groups across Suffolk, we are offering a programme of **free face-to-face and online workshops** from May to July 2026.

These sessions are designed to **support community groups, volunteers, and local organisations** who play an important role in **supporting people living with dementia** and their **care partners**.

The workshops aim to build confidence, increase understanding, and provide practical tools to support the valuable work taking place across Suffolk communities.

Face-to-Face workshop

Understanding Dementia in Practice

Develop practical, person-centred approaches.

- **Snape** – Snape Maltings | **7 May** | 10:00–12:00
- **Bury St Edmunds** – Glastonbury Rd | **13 May** | 10:00–13:00
- **Ipswich** – Ipswich County Library | **15 May** | 13:00–16:00
- **Stowmarket** – Icanho Centre | **1 June** | 13:00–16:00

Creating Dementia-Friendly Spaces

Create more supportive, inclusive and engaging environments.

- **Bury St Edmunds** – Glastonbury Court | **17 June** | 10:00–13:00
- **Snape** – Snape Maltings | **29 June** | 13:00–16:00
- **Ipswich** – Ipswich County Library | **8 July** | 13:00–16:00
- **Stowmarket** – Icanho Centre | **13 July** | 10:00–13:00

Online Workshops (via Zoom)

Dementia: The Essentials

A practical introduction to dementia, including key knowledge and communication tips.

20 May | 10:00–11:30
7 July | 13:00–14:30

Supporting Carers & Planning Ahead

Supporting planning ahead, including legal decisions and personal wellbeing.

3 June | 10:00–11:30
16 July | 13:00–14:30

Why attend?

Build confidence supporting people living with dementia

Gain practical tools and ideas you can use straight away

Connect with others supporting their local communities



Scan the QR code
to book your place
(Places limited)

For queries only:
info@mindful-care.co.uk

Shaftesbury

All together better for disability

Suffolk Memory and Dementia Support



Mindful Care
Enabling & Learning

Suffolk Parent Carer Forum



SAVE THE DATE

MID SUFFOLK OPEN EVENT

An opportunity to meet professionals and find out about services, voluntary and support groups.

**Stowmarket
United Reformed Church**

Wednesday 17th June 2026

10AM – 1PM

More information to follow nearer the time

01473 760933 info@suffolkpcf.co.uk www.suffolkpcf.co.uk

FACEBOOK.COM/SUFFOLKPCF



The Shelley Centre for Therapeutic Riding IP7 5QY Your local branch of the RDA

'Tea with A Pony'

Are you recovering from a stroke, living with dementia or experiencing other health problems?

We offer a safe place to visit. You can enjoy the company and the healing qualities of ponies, be outside, have sensory experiences and take tea with us. We are situated 3 miles south of Hadleigh in beautiful countryside.



Tea With a Pony takes place on Tuesday afternoons during term time from 2.15.

Either telephone 01473 824172 to secure a place or visit our website www.shelleyrda.com to fill in our booking form.

We make a small charge of 15.00 for each participant with their carer.

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

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Your life / Our support



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Care**
Est. 1987
Living independently at home



FOR MORE INFORMATION VISIT

W: www.caredevelopmenteast.co.uk

E: info@caredevelopmenteast.co.uk

Supporting Young Carers in Mental Health awareness week: 11th-17th May

Why mental health awareness matters

Mental Health Awareness Week, taking place between 11th & 17th May, offers an important opportunity to shine a light on the wellbeing of people who may not always be seen or heard. Among them are young carers - children and young people who help look after a family member with an illness, disability, mental health condition, or addiction. While their contributions are often made quietly and with great love, the emotional and psychological impact of caring at a young age can be significant.

Across the UK, thousands of young people balance school, friendships, and growing up with the responsibility of caring for someone at home. For many, this can mean helping with household tasks, providing emotional support, managing medication, or taking on responsibilities far beyond their years. These young carers show remarkable resilience and compassion, but the weight of these responsibilities can also affect their mental health.

The hidden challenges young carers face

The demands of caring can lead to increased stress, anxiety, and emotional exhaustion. Young carers may struggle to find time for themselves, their studies, or social activities. Some may feel guilty when focusing on their own needs, while others carry a sense of responsibility for the wellbeing of the person they care for.

Over time, this pressure can take a toll. Without the right support, these challenges can impact their confidence, education, and overall wellbeing.

Why Awareness Matters

Raising awareness about young carers is vital. When communities understand who young carers are and the challenges they face, it becomes easier to identify them and offer meaningful support.

Mental Health Awareness Week encourages conversations that reduce stigma and remind us that everyone deserves to be seen and supported. For young carers, recognition can be incredibly powerful.

Simply knowing that their role is understood and valued can make a meaningful difference.

Awareness also helps schools, healthcare professionals, and community organisations recognise the signs that a young person may be caring for someone at home. Early identification allows support to be offered sooner, whether that is practical help, emotional support, or opportunities for young carers to connect with others who share similar experiences.

The Importance of Supporting Young Carers' Mental Health

Supporting young carers means acknowledging that while they play an important role in their families, they are still children and young people who deserve time to learn, grow, and enjoy life.





Providing safe spaces where young carers can talk openly about their experiences is crucial. Peer support groups at school, and activities can help them build friendships

and feel less alone. Access to mental health support, counselling, and wellbeing resources can also help young carers manage stress and build resilience.

Equally important is ensuring young carers have opportunities to take breaks from their caring responsibilities. Respite activities - whether it be a few hours to relax, take part in hobbies, or spend time with friends, can make a significant difference to their wellbeing.

Schools and communities also play a vital role. When teachers and youth workers understand the pressures young carers face, they can provide flexibility, encouragement, and practical support that helps young people stay engaged with their education and aspirations.

Looking Ahead

Young carers demonstrate extraordinary kindness, empathy, and strength. With the right support, these qualities can flourish without coming at the expense of their own wellbeing.

Mental Health Awareness Week reminds us that supporting young carers is not just about recognising the challenges they face, it is about creating communities where they feel valued, understood, and supported.

By raising awareness, listening to young carers' voices, and ensuring access to the right resources, we can help protect their mental health and empower them to thrive. Every young carer deserves the chance to look after their own wellbeing as well as the people they care for.

Together, we can ensure that no young carer feels invisible, and that their mental health is given the attention and support it deserves.

For Help and Support

These organisations provide useful support for young people needing help with their mental health

KOOTH

HEADSPACE

Are you a carer for a neurodivergent child or young person?

If you are and would like to find out how we can help support you and your family please visit our website.

[CLICK HERE](#)



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

21st May - 1-3pm

Bury St Edmunds

13th April - 1-3pm

18th May - 1-3pm

15th June - 1-3pm

Lowestoft

20th May - 1-3pm

17th June - 1-3pm

Sudbury

7th May - 1-3pm

4th June - 1-3pm

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



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

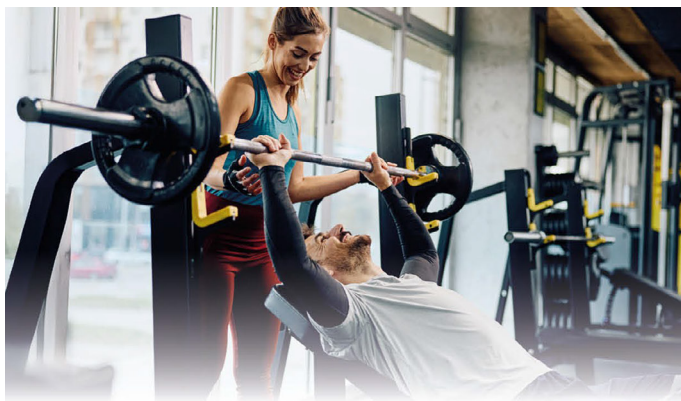


Suffolk
County Council

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



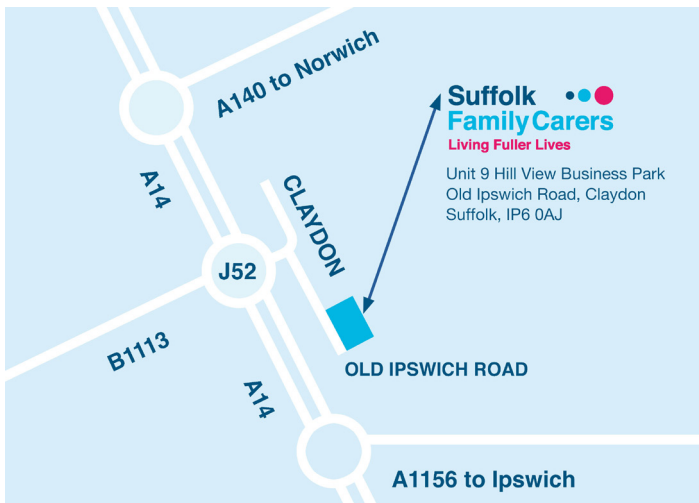
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Get in touch with us



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

