

Carers Connected

June 2026

Carers Week is Here!

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](#)



Thank You to all our wonderful Volunteers!

Volunteers' Week (1–7 June) is a time to recognise and celebrate the incredible people who give their time to support others. Across the UK, this annual campaign shines a light on the vital role volunteers play in strengthening communities and changing lives.

At Suffolk Family Carers, we simply couldn't do what we do without our volunteers. Whether they're offering a listening ear, supporting activities, or helping behind the scenes, their kindness and dedication make a real difference every single day. To all our volunteers – past and present – thank you. Your time, compassion and commitment are truly valued.

Why volunteer?

Volunteering is about making a positive difference – but it also gives something back to you. Many people choose to volunteer to support a cause they care about, meet new people, or try something new.

It can also:

- Help you build confidence and learn new skills
- Improve wellbeing and create a sense of purpose
- Open up new experiences and opportunities

Most importantly, volunteering connects people and strengthens communities – something that has never been more important.

How to get involved

If you've ever thought about volunteering, there are lots of ways to get involved with Suffolk Family Carers – whatever your time, experience or interests.

Regular volunteering roles

If you're looking for something ongoing, our regular volunteering opportunities let you make a real difference over time. You might:

- Support carers through activities, groups or services
- Offer a listening ear as part of our support work
- Help at events or with awareness campaigns
- Use your skills to support our teams behind the scenes

These roles are a great way to build relationships, develop new skills and become part of a supportive community.

Anytime Volunteering

If you're short on time or prefer something more flexible, our Anytime Volunteering option could be right for you. These are simple, bite-sized opportunities you can do at a time that suits you – whether that's sharing information, helping with a one-off task, or supporting a campaign.

It's a brilliant way to get involved without a regular commitment, and every small action still makes a big difference.

Take the first step

No matter how much time you can give, there's a role for you. If you'd like to find out more about volunteering with us, we'd love to hear from you.



GET INVOLVED TODAY

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

Help Shape Suffolk's new mental health centres

Working with transformation leads from Norfolk and Suffolk NHS Foundation Trust (NSFT), Suffolk User forum are hosting a free Stepping Forward event to gather people's views on the proposed 24/7 Neighbourhood Mental Health Centres/Hubs in Suffolk.

These sessions offer a space to share experiences, questions, hopes, concerns, and ideas about how this model could work in practice.

The aim isn't to reach a single answer, but to understand what matters most to local people and communities. A light lunch will be provided.

The following questions were co-produced with people with lived experience to ensure the conversation reflects real needs and priorities.

- Who should the hub be for, and what would make someone use it (instead of other options)?
- What would "easy to access" look like in real life?
- What support should the hub offer, and how quickly should it respond?
- What should the experience feel like?
- How should the hub link with other services, work overnight, and show it's making a difference?
- What do family/parent carers need from a 24/7 mental health hub? ●●●

RESERVE YOUR PLACE

Advocacy Services in Suffolk

Have you ever used advocacy services, or supported someone who has? Suffolk County Council would really like to hear about your experiences. Your views can help shape the future of advocacy in Suffolk, ensuring it works well for the people who need it most.



Advocacy is about making sure your voice is heard and your rights are respected. Whether you've received

support yourself or been involved in helping others, your insight is valuable. By sharing your experiences and ideas, you can help design and improve the new advocacy service launching in April 2027, making sure it truly reflects what matters to people across Suffolk.

COMPLETE THE SURVEY



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'



Apple, the Apple logo, iPhone, and iPad are trademarks of Apple Inc., registered in the U.S. and other countries and regions. App Store is a service mark of Apple Inc.

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



Save money and cook better than the takeaway

JOIN OUR **FREE** FUN COOKING COURSES

...all you need is a kitchen and a phone!

FREE
fun cooking
courses **AT HOME**
Cook great food in
just two weeks!
Impress friends
and family

Exciting meals can be quick, fun, easy and cheap to cook with our **FREE** (ingredients included), flexible, home-based short courses



CHANA MASALA



ITALIAN PASTA SAUCE



MIDDLE EASTERN PILAF

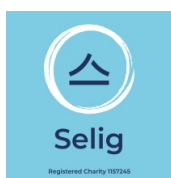


To register

Phone or text/Whatsapp on **07751 890 912**

or email: **ipswich@bagsoftaste.org**

or sign up online: **<https://bagsoftaste.org/students>**



Supported by the Sustainable
Community Food Fund



01

Cook better than the takeaway!



02

Save Money



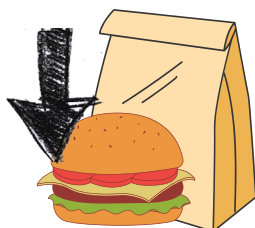
03

It's fun



04

Eat better food...



05

...and less takeaways and ready meals



06

Improve your health

Why join a Bags of Taste Mentored Home Cooking course?

70% of people identified ways of reducing food costs



86% of participants cooked more after the course



71% said that they feel more confident to cook



07

Feel more Confident



08

Helps maintain a healthy weight



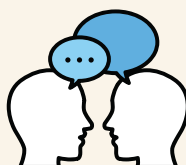
09

You can do it with your kids



10

Better mental health



11

A sense of community



12

Waste less and save the planet

www.bagsoftaste.org



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



Open Day

10am - 1pm

Thursday 23rd July 2026

at Growing Places

What's on?

- Gardening activities
- Pizza and sweet treats
- Fun & games
- Local stalls
- Guided tours

**Free
entry**

Growing Places,
Unit 15 Hill View Business Park,
Old Ipswich Road,
Claydon,
IP6 0AJ



**REALISE
FUTURES**
Enhancing people's lives

Everyone welcome!



01473 831224  www.growingplacessuffolk.co.uk



Read Between the Lies

Scammers are becoming more sophisticated, which can make it harder to spot the signs of a scam. But their tactics can still follow familiar patterns. Unexpected contact, pressure to act quickly or in secrecy, requests for payment, and messages that don't quite add up are all signs that you should stop and challenge what you're being told.

Read Between the Lies is a free collection of short crime fiction stories inspired by real fraud tactics.

Written by three bestselling British crime authors, each story brings a different scam to life – from job scams and impersonation fraud to romance and investment scams – showing how criminals draw people in and where the warning signs appear.

Crime fiction stories train us to:

- Question what we're being told
- Look for inconsistencies
- Follow the clues

This short story collection encourages you to apply those same detective instincts to real-life scams.

How to spot the clues scammers leave behind

Just like a great detective, taking a moment to stop and think can reveal what's really going on.

Look out for:

- Unexpected contact out of the blue
- Pressure to act quickly or keep things secret
- Offers that feel urgent, emotive or too good to be true
- Requests for payment or personal information

Dive deeper with the authors

The authors behind Read Between the Lies come together with host and influencer Francesca Pavis in **three short video podcast episodes**, to explore how their stories mirror real-world fraud ●●●

Credit: Take five stop fraud for this information

www.takefive-stopfraud.org.uk/read-between-the-lies/

READ THE SHORT STORIES

LISTEN TO THE PODCASTS



The logo for 'Carer Friendly GP Surgery' is located in the top left. It features the word 'Carer' in dark blue, followed by three dots (two blue, one red), and the word 'Friendly' in a larger, bold blue font. Below this, 'GP Surgery' is written in a smaller red font. The entire logo is enclosed within a stylized heart shape formed by two overlapping curved lines, one blue and one red.

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:

Alexandra & Crestview surgeries

Framfield House Surgery

Brandon Medical Practice

A circular inset image on the left side of the page shows a woman with dark hair, wearing an orange button-down shirt, smiling warmly. She is looking towards another person whose back is to the camera. The image is partially overlaid by a large pink circle and a blue circle.

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

Have your say: new WorkWell support

A new service called WorkWell is being introduced to help people stay in work, return to work, or find a job, while looking after their health.

It will bring together health and employment support in one place, offering personalised advice and access to services such as physiotherapy, mental health support, and workplace guidance.

We want to hear from local residents, employers, and community groups to help shape how WorkWell is delivered in our area. Your feedback will ensure the service meets the needs of people who could benefit from it most.

Taking part is quick and easy, and your views will make a real difference. ●●●

Share your thoughts and find out more



Is work working well?

We know that work and health are closely related.

Help us to design services that enable people to thrive at work and look after their health.

Take a quick survey or join our working group.



LetsTalkHealthAndCare.co.uk/WorkWell

WorkWell

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.



ARE YOU AN UNPAID CARER?

Chelmsford City Racecourse invites you and a guest to attend a raceday for free, without your dependants.

THURSDAY 4TH JUNE 2026

 Racing Together 



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.



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

f 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

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

When Caring & Work Collide

Understanding the “Tipping Point” and How Caring Companies Work



Many unpaid family carers want to work. Not just for income, but because work brings purpose, routine, social contact and a sense of identity.

But a new report from Carers UK, the **Tipping Point**, shows that for many family carers, a moment comes when juggling paid work and caring simply becomes impossible.

What is the “tipping point”?

The “tipping point” is when the pressures of caring and employment build up over time, until the family carer feels they have no option but to reduce their hours, or give up work entirely. The Carers UK’s research, based on responses from over 10,500 carers across the UK, shows that this point is rarely caused by just one issue. Instead, it is a combination of stresses that gradually become overwhelming.

Why staying in work matters

The research highlights that work can be a lifeline for carers with Many family carers describing their employment as:

- a break from caring
- time for themselves (“me time”)
- a boost to confidence and wellbeing
- a way to stay connected socially

Around three quarters of working family carers said their job has a positive impact on their

wellbeing. But at the same time, nearly half are considering cutting their hours or leaving work altogether because the strain is becoming too great.

What pushes carers to the tipping point?

The report identifies several common pressures that, when combined, push carers towards the tipping point.

1. Lack of support at work - Many carers struggle to stay in work when flexible working is refused, employers don’t have carer friendly policies or line managers are unsupportive or lack understanding. Nearly half of carers who gave up work said they didn’t feel comfortable talking to their manager about their caring role which highlights how important workplace culture is, not just the policies on paper.
2. Inadequate social care support - One of the biggest drivers of the tipping point is the lack of affordable, reliable social care. When care services are unavailable, inconsistent, or hard to access, family carers end up filling the gaps themselves, often around the clock. Over a third of carers who left work said better social care would have helped them stay in employment.
3. Health and exhaustion - Caring often affects a family carers’ mental and physical health, especially when they are constantly juggling responsibilities. Many carers reported:
 - chronic stress and anxiety
 - poor sleep
 - attending work while unwell
 - delaying their own medical care

4. It's no surprise that when a family carers' health declines, continuing to work becomes even harder.

5. 4. Additional challenges for parent carers - Parent carers face particular pressures when:

- schools cannot meet SEND needs
- specialist childcare is unavailable
- children are frequently excluded or sent home

For many parent carers, repeated calls from school and long battles for support make paid work unmanageable, leading them to step away from employment entirely.

The impact of leaving work

Giving up paid employment does not just affect today's income but has longer term consequences including:

- increased risk of poverty
- reduced pension savings
- worsening wellbeing and isolation

There are also wider impacts on employers and the economy. Government analysis estimates the cost of family carers leaving work to be £37 billion a year due to lost productivity and increased benefit spending.

What helps carers stay in work?

The good news is that the report clearly shows what works. Family Carers are far more likely to remain in employment when they have:

- flexible or hybrid working
- paid Carer's Leave
- supportive, understanding managers
- carer passports or carers' networks at work
- reliable social care and NHS support

Simple changes, like flexibility over hours or location are described by family carers as "lifesavers" that prevent them reaching the tipping point.

What needs to change?

Based on the report Carers UK is calling for

coordinated action across employers, social care, the NHS, education, government policy

Key recommendations include:

- introducing statutory paid Carer's Leave
- improving access to social care and respite
- better identification and support of carers in the NHS
- fairer financial support for carers
- stronger rights and protections for carers at work.

Why this matters

As our population ages and more people live with long term conditions, 3 in 5 of us will become family carers. Without better support, many will face the same impossible choice between earning a living and caring for someone they love.

Preventing carers from reaching the tipping point isn't just the right thing to do, it's essential for carers' wellbeing, family life, workplaces, and the wider economy.

What is happening in Suffolk

Suffolk Family Carers has worked with Suffolk County Council to develop **Caring Companies**, an exciting recognition scheme designed to celebrate and support organisations that champion family carers within their workforce with a view to eliminating the 'tipping point'

Full details can be found on the **Suffolk County Council website** but the scheme is designed to keep the wealth of skills, resilience, and commitment brought by carers in the workplace.

If you are working, please let your employer know about caring companies, or if you are looking to get back into employment whilst continuing with your caring role look out for the caring company's logo at perspective employers.

Tell us what you think

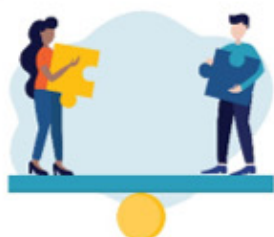
If you have any thoughts or comments on the finding of this report, or would like to know more about caring companies you can contact us on carersvoice@suffolkfamilycarers.org



Norfolk and Suffolk
NHS Foundation Trust

Do you support someone with Personality Disorder or Complex Emotional & Relational Needs?

If yes, please join our FREE:



Workshop for Carers, Family and Friends Personality Disorder and Complex Emotional & Relational Needs

This is a 6-part online workshop **for family, friends, & partners** (16+) supporting adults (16+) with Personality Disorder / Complex Emotional & Relational Needs, in Norfolk or Suffolk.

The program was developed in collaboration with carers and people with lived experience. We bring people together to support and learn from each other in an inclusive atmosphere, explore relevant topics and skills, and share meaningful conversations about caring.

Topics include:

- Exploring Personality Disorder / complex emotional & relational needs
- Supporting someone with difficult emotions
- Validation and containment
- Walking the middle path
- Boundaries
- Advocacy
- Looking after ourselves
- Sharing resources, ideas, and advice
- Recovery, discovery, and management
- *And much more...*

Emotive subjects come up, so please keep this in mind.

Though we aim to support each other, this is *not* a crisis service for urgent issues.

For dates and to book a space, email KUFTtraining@nsft.nhs.uk

Please provide your name, reason you wish to join (e.g. 'I care for my partner'), contact email, phone number, county you reside in, and confirm you and your person are over 16.

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

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





**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

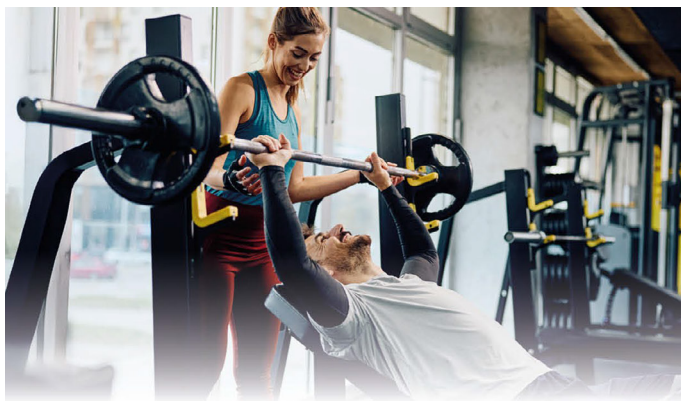


Suffolk
County Council

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



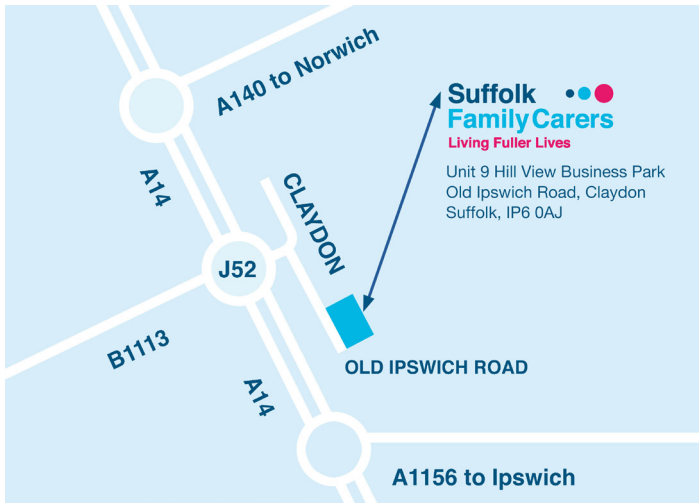
Made possible from funding through the Suffolk Community Foundation through the Suffolk Giving Fund.



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

