



Summer Newsletter 2024

Saturday Social is Back!

Saturday Social is once a month on the 2nd Saturday for the month 1:30pm to 3:30pm. This free social cafe is a chance to meet others in a relaxed friendly accessible space, plenty of tea & coffee flowing with fresh cakes. A new Creative Café is on the 4th Saturday of the month 1:30pm to 3:30pm where you can bring your creative project or join in with others learning new techniques. These sessions are free and no need to book.

Phone System

If we do not answer the phone straight away please always do leave us a message and one of us will get back to you as soon as possible. For all day service enquires please contact Tom and for any administrative or finance enquires please contact Margaret.

Victoria Pavilion Temporary Closure In August

We have to close Victoria Pavilion on 12th August until the 23rd August for essential heating and water system maintenance being carried out by our landlord the Town Council. We have managed to secure an alternative venue for the two weeks. This will be at St Bartholomew's Church, Alleluia Room, Cross-In-Hand. Transport times may vary during this time, and if service users who are normally dropped off at the centre require transport please do get in touch do discuss. Sorry for any inconvenience this may cause.

Fundraising Events

We have had a great start to the year with fundraising events for our services, first being our indoor car boot raising £234, then the Artists & Makers Spring Fair raised an amazing £1,191 towards our Arts for Wellbeing sessions and then our first ever quiz night raised £836. Statutory funding is only a tiny part of our income and does not cover all our overheads. The money raised enables us to provide a wider range of services and activities which benefit and support our community.

Are you a carer or a care professional? Would you like to bring your cared for along to some fun and friendly drop in sessions at Victoria Pavilion or at Age We Care?

You are welcome to join us at any of our entertainment sessions and lunches, please see details in the newsletter. Some of our drop in sessions are free and some we ask just £5.50 contribution for one hour of entertainment with refreshments (carers are free) and £5.50 each for a 2 course lunch with tea/coffee after or before. Booking required by the Friday the week before. If you wish to drop off your cared for person at a session and not attend with them this can be done in discussion with Thomas our Day Services Coordinator but it will mean the session is charged at our respite care hourly rate of £17.50

Contact us



victoriapavilion@gmail.com



(01825) 760 176



sussexsupportservice.com



@dementiasupportsussex



@victoriapavilion



Victoria Pavilion, Victoria Pleasure
Ground, Uckfield, TN22 5DJ



Day Respite Service Spaces

Currently spaces at the day service are:

Victoria Pavilion: Monday 2 spaces, Wednesday 2 spaces, Friday 5 spaces

St Bartholomew's Church Hall: Tuesday 4 spaces, Thursday 3 spaces

Space on the transport may be available on request

This is subject to change so please do get in touch to enquire.

For all those who are currently attending please remember if you need to swap your day or days or require an adhoc extra day/half day / hour you can just contact Tom to arrange.

Respite Day Care 2023/2024 Closure Dates

Christmas 2023 - 18th December 2023 to 1st January 2024

Bank Holidays 2024 - 29th March, 1st April, 6th May, 27th May, 26th August

Christmas 2024 - 23rd December - 3rd January

**Please
Take
Note**



What's On for Carers At Victoria Pavilion Support Centre

Carers Group

Do you look after someone who
couldn't manage without your help?

Come along and meet with other carers
and share experiences.

4th Thursday of each month

10pm to 12pm

Victoria Pavilion Support Centre,
Victoria Pleasure Ground, Uckfield, TN22 5DJ

Respite care can be provided for free with
Sussex Support Service team while you take part
in the group

Booking Essential, call carer for the carers on 01323 738390

www.cftc.org.uk info@cftc.org.uk

This project is run in partnership by:



Uckfield Local Carers Centre

Victoria Pavilion
Victoria Pleasure
Ground, Uckfield
TN22 5DJ



Support for all unpaid carers
available by appointment and
for advertised services.
**Drop-in: Tuesdays
between 10am and 3pm.**

advice
support
guidance
information
counselling
carers card
support groups
activities
involvement
carers voices
campaigning
awareness
careline
magazine
training
peer support
volunteering

T: 01323 738390
Txt: 07860 077300
info@cftc.org.uk
www.cftc.org.uk



No one left to care alone



Charity no. 1074906 | Company no. 3677361



FREE!

Carers O'Clock gives unpaid
carers a chance to come
together and focus on their
own wellbeing with artist-led
creative activity, conversation
AND a freshly cooked lunch

EASTBOURNE
MONDAYS
10.00 - 3.00

18th March 15th April
20th May 17th June
15th July 16th Sept
21st Oct 18th Nov
16th Dec

Community Wise
Oaklynge Road
Eastbourne
BN21 1PY



[https://carersoclock-
eastbourne.eventbrite.co.uk/](https://carersoclock-eastbourne.eventbrite.co.uk/)

UCKFIELD
TUESDAYS
10.00 - 3.00

12th March 9th April
14th May 11th June
9th July 10th Sept
8th Oct 12th Nov
10th Dec

Victoria Pavilion
New Town
Uckfield
TN22 5DJ



[https://Carersoclock-
uckfield.eventbrite.co.uk/](https://Carersoclock-uckfield.eventbrite.co.uk/)

BOOKING ESSENTIAL
There are 3 ways to book:

- Scan the above QR code
- Email info@cultureshift.org.uk
- Call 030 300 39120



www.cultureshift.org.uk



CARER SUPPORT GROUP

Sussex Support Service,
Victoria Pavillion,
Uckfield, TN22 5DJ
10:30-11:30

3rd Tuesday of the month

Contact: **07591250988** or
admin@discdementiasupport.org

For free respite options for your loved one at St
Bartholomew's Church Hall, Cross-In-Hand while
you attend the group, call **01825 760176**

What's On At Victoria Pavilion Support Centre

2024

REPAIR CAFE Uckfield

@ VICTORIA PAVILION, VICTORIA PLEASURE GROUND

4TH SATURDAY OF THE MONTH

9:30AM - 12PM

What do you do with a broken toaster?
Or with a bike in need of some TLC?
Or with a jumper full of moth holes?
Bin it? No way!

People visiting the Repair Café can bring along their broken items like:

- Clothing / Textiles / Upholstery
- Bicycles
- Portable Electrical Appliances
- Computers / Software issues
- General Woodwork
- Tool Sharpening
- General Maintenance
- Furniture, Wooden Objects, Clocks & Jewellery

As well as enjoying tea, coffee and a selection of cakes!
NEW VOLUNTEERS ALWAYS WELCOME! !

2024

27TH JANUARY
24TH FEBRUARY
23RD MARCH
27TH APRIL
25TH MAY
22ND JUNE
27TH JULY
24TH AUGUST
28TH SEPTEMBER
26TH OCTOBER
23RD NOVEMBER

01825) 760 176
ucfieldrc@gmail.com
@repaircafeuckfield

SCAN FOR MORE INFO



DO YOU NEED A BREAK?

We are here to support you at our day services

VICTORIA PAVILION, UCKFIELD
MON, WED & FRI 10:30AM - 4PM

ST BARTHOLOMEW'S CHURCH HALL, CROSS IN HAND
TUE & THUR 10AM - 3PM

- FANTASTIC RANGE OF ACTIVITIES & ENTERTAINMENT
- ACCESSIBLE TRANSPORT AVAILABLE ON REQUEST
- FRESHLY COOKED TWO COURSE MEALS
- FLEXIBLE SESSIONS TO MEET YOUR NEEDS
- SUPPORT & INFORMATION

The team specialise in supporting those who may need extra care including those living with dementia, Parkinsons and the socially isolated. Enabling flexible breaks for carers.

Contact us to book a free taster session

- victoriapavilion@gmail.com
- (01825) 760 176
- sussexsupportservice.com
- @dementiasupportsussex
- @victoriapavilion

Saturday SOCIAL

Victoria Pavilion Support Centre, Victoria Pleasure Ground.

2nd Saturday Of The Month

1:30pm - 3:30 pm

All Welcome

POP IN FOR FREE DRINKS & CAKE

Friendly Conversation In A Supportive Space

2024

11th May
8th June
13th July
10th August
14th September
12th October
9th November
14th December

2025

11th January
8th February
8th March



CREATIVE Cafe

A FREE SUPPORTIVE ARTS & CRAFT CAFE, OPEN TO ALL
BRING YOUR OWN PROJECT OR JOIN IN
WITH LEARNING SOME NEW TECHNIQUES TOGETHER.

Contact us

(01825) 760 176
victoriapavilion@gmail.com
sussexsupportservice.com

4TH SATURDAY OF EACH MONTH
VICTORIA PAVILION, UCKFIELD
1:30PM - 3:30PM
(STARTING 27TH APRIL 2024)

Victoria Pavilion, Victoria Pleasure Ground, Uckfield, TN22 5DJ



What's On :



To keep up with demand, our **Arts for Wellbeing** sessions now take place on Mondays **and** Fridays from 10.30-12.30, with a mixture of self-run and tutored classes. These are open to anyone who feels taking part could benefit their mental health - you do not need any artistic skills or experience. These small but friendly art sessions are perfect for anyone wishing to be creative, learn a new skill, connect with others or just enjoy some "me" time. Participants can explore a variety of art mediums, styles and techniques. You can also order a freshly cooked 2-course meal for only £5, and make your visit even more enjoyable (to be ordered at time of booking).

Are you a Carer? We can also provide care for you loved one whilst you enjoy the session. Please call (01825) 760176 for more details or use the "Hello" button below. **BOOKING ESSENTIAL**

Contact Helen Preston
Arts Development Co-ordinator



artsvictoriapavilion@gmail.com



[\(01825\) 760 176 \(please leave a message\)](tel:01825760176)



sussexsupportservice.com/victoriapavilionarts



[@victoriapavilionarts](https://www.facebook.com/victoriapavilionarts)



[@arts_victoriapav](https://www.instagram.com/arts_victoriapav)



Victoria Pavilion, Victoria Pleasure
Ground, Uckfield, TN22 5DJ

We are thrilled to be holding our annual Summer exhibition in July with an amazing selection of local artists. This year's title and theme is 'UPLIFT', a simple word chosen as it represents the benefits we aim to achieve in our Arts for Wellbeing sessions and the emotions we encounter from those taking part - a boost to mind and body, increased confidence, cheerfulness and optimism. It also reflects our mission as an organisation to improve and raise individual and community wellbeing. The show will feature painting, print, photography, ceramics and textiles. All works, including cards and limited edition prints, will be available to buy with all proceeds going towards our growing Arts for Wellbeing programme.

SUMMER DIARY DATES

- **FUSED GLASS JEWELLERY WORKSHOP**
Saturday 29th June 10am-1pm
BOOKING ESSENTIAL
- **UPLIFT SUMMER EXHIBITION**
Saturday 13th-Sunday 14th July
10am-1pm
PRIVATE VIEW Friday 12th July 7-9pm
- **ARTS 4 WELLBEING WORKSHOPS**
Every Monday & Friday 11-12.30pm
BOOKING ESSENTIAL
- **CREATIVE CAFE**
Saturday 22nd June, 27th July and
24th August **DROP-IN**

**THE CENTRE WILL BE CLOSED FOR
ESSENTIAL WORKS BETWEEN
Mon 12th-Fri 23rd August**



Victoria Pavilion Singing Sessions

JUNE SINGING SESSIONS

WED	5	2:45 - 3:45	The Funky Fiddler	★
FRI	7	2:45 - 3:45	Tilsmore Duo	
WED	12	2:45 - 3:45	Su - Piano & Accordion	
FRI	14	2PM-3PM	DSES - Dementia Singing Exp	★
WED	19	2:45 - 3:45	Debra - Singing 4 The Brain	
WED	26	2:45 - 3:45	Su - Piano & Accordion	

JULY SINGING SESSIONS

MON	1	2:45 - 3:45	Tilsmore Duo	★
WED	10	2:45 - 3:45	Su - Piano & Accordion	
MON	15	2PM-3PM	DSES - Dementia Singing Exp	★
FRI	19	2:45 - 3:45	Debra - Singing 4 The Brain	
WED	24	2:45 - 3:45	Su - Piano & Accordion	

AUGUST SINGING SESSIONS

FRI	2	2:45 - 3:45	Sue Sellors	
WED	7	2:45 - 3:45	Su - Piano & Accordion	
FRI	9	2:45 - 3:45	Marco the Magician	
MON	12	2:45 - 3:45	Jon McDevitt	
FRI	16	2:45 - 3:45	Retro Rosie	
WED	21	2:45 - 3:45	Su - Piano & Accordion	
FRI	23	2:45 - 3:45	Birdie	
WED	28	2:45 - 3:45	Tilsmore Duo	



GET UP & GO
PHYSICAL ACTIVITY PROGRAMME

Victoria Pavilion Physical Activities

JUNE				
WED	5 Jun	11:25 - 12:30	Indoor Kurling	★
WED	12 Jun	11:25 - 12:30	Seated Dance - Project Wave	★
WED	19 Jun	11:25 - 12:30	Boccia	★
WED	26 Jun	11:25 - 12:30	Seated Dance - Project Wave	★
JULY				
WED	3 Jul	11:25 - 12:30	Seated Exercise	★
WED	10 Jul	11:25 - 12:30	Seated Dance - Project Wave	★
WED	17 Jul	11:25 - 12:30	Indoor Kurling	★
WED	24 Jul	11:25 - 12:30	Seated Dance - Project Wave	★
WED	31 Jul	11:25 - 12:30	Boccia	★



Art Sessions

FRI	21st June	11:30-12:30	DSES Arts	★
WED	31st July	2:45-3:45	DSES Arts	★
FRI	16th August	11:30-12:30	DSES Arts	★

Sessions are available to day service attendees at no extra charge
& bookable by the wider community.

Sessions marked with ★ are free of charge and all others are £5.50 per
1 hour session.

We request Carers attend all sessions (free of charge)

Or with agreement can be dropped off for 1 hour respite session.

The cost for this respite is £17.50

Join us for Lunch @ Victoria Pavilion



June

Monday 3rd	Wednesday 5th	Friday 7th
Chicken with Lemon and Olives	Mince Beef Pie With Mash Potatoes	Toad In the Hole, Boiled Potatoes
Potato and Green Salad	Carrots and Broccoli	Green Beans, With Caramelised Onion Gravy
Chocolate Fudge Cake	Jelly and Ice Cream	Lemon Tart & Raspberries
Monday 10th	Wednesday 12th	Friday 14th
Beef Lasagne	Quiche Lorraine	Salmon Fillets, New Potatoes
Salad & Garlic Bread	Salad, New Potatoes & Coleslaw	& Dill Sauce with Peas
Banoffee Pie	Fruit & Cream In Meringue Nests	Bakewell Tart
Monday 17th	Wednesday 19th	Friday 21st
Roast Vegetable Tart	Roast Chicken	Beef Meatballs In Tomato Sauce
With New Potatoes & Green Salad	Roast Potatoes, Green Beans & Carrots	With Mash Potatoes
Self Saucing Butterscotch Pudding	Chocolate & Orange tart with Ice Cream	Eton Mess
Monday 24th	Wednesday 26th	Friday 28th
All Day BreakFast	Scampi & Chips	Spanish Potato Tortilla
Sausage, Bacon, Eggs, Beans, Mushroom, Hashbrown & Toast	With Peas and Tartar Sauce	With Grated Carrot Salad & Green Salad
Chocolate Pear Pudding	Brioche Summer Pudding	Lemon Mousse

Booking required if you are just coming for lunch.

Please book by Thursday the week before.

£5.50 per person for a two course lunch, including refreshments.

Menu is subject to changes.

Dietary needs and preferences catered for. Please make sure we are aware of any allergies.

July

Join us for Lunch @ Victoria Pavilion



Monday 1st	Wednesday 3th	Friday 5th
Cod In Tomato & Chorizo Sauce	Jacket Potatoes With a Selection of	Chicken Kiev's, Mash Potatoes
New Potatoes And Sugar Snap Peas	Filling with Salad & Coleslaw	Green Beans & Carrots
Steam Pudding	Fresh Fruit Salad & Cream	Chocolate Mousse
Monday 8th	Wednesday 10th	Friday 12th
Beef Stroganoff	Sausage & Mash	Fish Pie
With Rice	With Gravy & Broccoli	Mange Tout & Carrots
Apple Pie & Ice Cream	Maple & Pecan Tart	Ginger Cake
Monday 15th	Wednesday 17th	Friday 19th
Vegetable Quiche	Chicken Salad	Roast Beef, Roast Potatoes
Selection of Salads	Saute Potatoes	Yorkshire Puddings, Gravy & Veg
Chocolate Trifle	Sticky Toffee Pudding	Fruit Strudle
Monday 22nd	Wednesday 24th	Friday 26th
Gammon, Cauliflower Cheese	Smoked Salmon Lasagne	Vegetable Pasta Bake
& Chips	Salad & Garlic Bread	With Salads
Lemon Tart & Raspberries	Self Saucing Jaffa Pudding	Cheesecake
Monday 29th	Wednesday 31st	
Chicken & Leak Pie	Cottage Pie	
Green Beans & Boiled Potatoes	Broccoli & Carrots	
Strawberry & Raspberry Roulade	Lemon Meringue Pie	

Menu is subject to changes.

Booking required if you are just coming for lunch.

Please book by Thursday the week before.

£5.50 per person for a two course lunch, including refreshments.

Dietary needs and preferences catered for. Please make sure we are aware of any allergies.

Join us for Lunch @ Victoria Pavilion



August

		Friday 2nd
		Sausage, Beans
		& Chips
		Apple Tart & Cream
Monday 5th	Wednesday 7th	Friday 9th
Fish & Chips	Soup Roll	Chicken & White Wine Sauce
(Take Away)	With Choice of Filling	Mini Roast Potato & Veg
Ice Cream	Angel Delight	Black Forest Gateaux
Monday 12th	Wednesday 14th	Friday 16th
Minute Steak	Gammon, Egg	Fish Cakes, Saute Potatoes
Grilled Tomatoes & French Fries	& Potato Wedges	& Salad
Strawberry Gateaux	Viennetta	Tinned Fruit & Cream
Monday 19th	Wednesday 21st	Friday 23rd
Sweet Jacket Potatoes	Pesto & Tomato Chicken	Steak Pie
With Choice of Fillings & Salad	In Creme Fraiche With Mashed Potatoes	Mash Potato & Vegetables
Chocolate Cheesecake	Fruit In Jelly	Tiramisu
Monday 26th	Wednesday 28th	Friday 30th
	Vegetable Lasagne	Roast Pork, Potatoes
CLOSED	Salad & Garlic Bread	With Apple Sauce & Veg
	Treacle Tart	Pavlova

Menu is subject to changes.

Booking required if you are just coming for lunch.

Please book by Thursday the week before.

£5.50 per person for a two course lunch, including refreshments.

Dietary needs and preferences catered for. Please make sure we are aware of any allergies.



ACTIVITY PROGRAMME

JUNE

THUR	6	1:30-2:30	Tilsmore Duo	
TUE	11	10:30-11:30	DSES - Arts Session	★
TUE	11	1:30 - 2:30	Debra - Music 4 The Brain	
TUE	18	1:30 - 2:30	Ali Boccia/ Kurling	★
THUR	20	1:30 - 2:30	Ali Boccia/ Kurling	★
TUE	25	11-12	DSES - Dementia Singing Exp	★

JULY

TUE	2	11-12	Ali Boccia/ Kurling	★
TUE	2	1:30 - 2:30	Tilsmore Duo	
TUE	9	11-12	DSES - Dementia Singing Exp	★
TUE	9	1:30-2:30	Debra - Music 4 The Brain	
TUE	16	10:30 - 11:30	DSES - Arts Session	★
THUR	18	1:30 - 2:30	Ali Boccia/ Kurling	★
TUE	23	1:30 - 2:30	Sue Sellors Sings	

AUGUST

TUE	6	1:30 - 2:30	Ali Boccia/ Kurling	★
THUR	8	1:30 - 2:30	Tilsmore Duo	
THUR	15	1:30 - 2:30	Ali Boccia/ Kurling	★



Tilsmore Duo



DSES - Arts



DSES



Debra



Happiness In Motion

Sessions are available to day service attendees at no extra charge & bookable by the wider community.

Sessions marked with ★ are free of charge and all others are £5.50 per 1 hour session.

We request Carers attend all sessions (free of charge)
Or with agreement can be dropped off for 1 hour respite session.
The cost for this respite is £17.50



Age We Care
St Bartholomew's Church Hall, Cross in Hand

June

Tuesday 4th	Thursday 6th
Chicken With Lemon And Olives	Mince Beef Pie With Mashed Potatoes
Potato And Green Salad	Carrots and Broccoli
Chocolate Fudge Cake	Jelly And Ice Cream
Tuesday 11th	Thursday 13th
Beef Lasagne	Quiche Lorraine
Salad & Garlic Bread	Salad, New Potatoes & Coleslaw
Banoffee Pie	Fruit & Cream In Meringue Nests
Tuesday 18th	Thursday 20th
Roast Vegetable Tart	Roast Chicken
With New Potatoes & Green Salad	Roast Potatoes, Green Beans & Carrots
Self Saucing Butterscotch Pudding	Chocolate & Orange Tart with Ice Cream
Tuesday 25th	Thursday 27th
All Day Breakfast	Scampi & Chips
Sausage, Bacon, Eggs, Beans, Mushroom, Hashbrown & Toast	With Peas and Tartar Sauce
Chocolate Pear Pudding	Brioche Summer Pudding

August

	Thursday 1st
	Cottage Pie With Gravy
	Broccoli & Carrots
	Lemon Meringue Pie
Tuesday 6th	Thursday 8th
Fish & Chips	Soup & Roll
(Take Away)	With A Choice Of Fillings
Ice Cream	Angel Delight
Tuesday 13th	Thursday 15th
Steak Pie	Gammon, Egg
Mash Potato & Vegetables	& Chips
Strawberry Gateaux	Vienetta
Tuesday 20th	Thursday 22nd
Sweet Jacket Potatoes	Pesto & Tomato Chicken
With a Selection of Filling & Salad	In Creme Fraiche With Mashed Potatoes
Chocolate Cheesecake	Fruit in Jelly
Tuesday 27th	Thursday 29th
Roast Pork, Roast Potatoes,	Vegetable Lasagne
Gravy, Apple Sauce & veg	Salad & Garlic Bread
Pavlova	Treacle Tart

Join us for Lunch @ Age We Care

Every Tuesday & Thursday 12:30 - 1:30pm

July

Tuesday 2nd	Thursday 4th
Cod in Tomato & Chorizo Sauce	Jacket Potatoes with a Selection of
New Potatoes and Sugar Snap Peas	Fillings with salad & Coleslaw
Steam Pudding	Fresh Fruit Salad & Cream
Tuesday 9th	Thursday 11th
Beef Stroganoff	Sausage & Mash
With Rice	With Gravy & Broccoli
Apple Pie & Ice Cream	Maple & Pecan Tart
Tuesday 16th	Thursday 18th
Vegetable Quiche	Chicken Salad
Selection of Salads	Saute Potatoes
Chocolate Trifle	Sticky Toffee Pudding
Tuesday 23rd	Thursday 25th
Gammon, Cauliflower cheese	Smoked Salmon Lasagne
& Chips	Salad & Garlic Bread
Lemon Tart & Raspberries	Self Saucing Jaffa Pudding
Tuesday 30th	
Chicken & Leek Pie	
Green Beans & Boiled Potatoes	
Strawberry & Raspberries Roulade	

Booking required

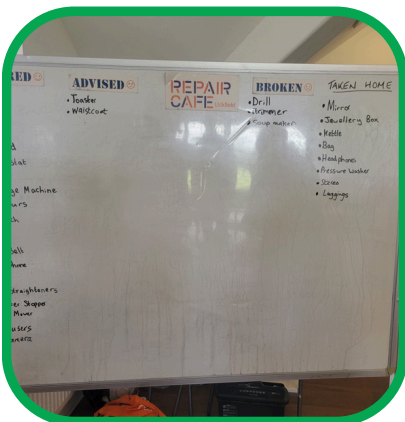
Please book by Thursday the week before.

£5.50 per person for a two course lunch, including refreshments.

Menu is subject to changes.

Dietary needs and preferences catered for. Please make sure we are aware of any allergies.

Sussex Support Service Gallery



Are you carer for your friends or family?



Take a break before you're at breaking point!

East Sussex Voluntary and Community Sector
Carers Network

Supported by



Caring for friends and family can be a rewarding journey, but it can also leave you feeling exhausted, guilty and isolated at times. Firstly, know you are not alone and many carers feel this way.

But please remember your wellbeing matters, and taking breaks is an essential part of your self-care. Taking time off is a sign of strength, not weakness!

This year our organisation is working with 15 other local charities to raise awareness of why and how to take a break as a carer.

Here are some key points to consider:

- ***Reduce Stress:*** Even a short break can work wonders in reducing stress levels, allowing you to recharge and face challenges with a clearer mind.
- ***Prioritise Your Health:*** Taking a break gives you the opportunity to focus on your own health needs, ensuring you're fit and able to continue providing care.
- ***Pursue Hobbies:*** Use this time to do things you love, whether it's going for a leisurely walk, reading a book, or any activity that makes you happy!
- ***Fresh Perspective:*** Stepping away from your carer role can give you a fresh perspective, helping you return with renewed energy to tackle challenges.
- ***Invest in Your Future:*** Taking time for self-care is an investment in your future, ensuring you have the stamina and resilience to continue providing quality care.

Caring for someone is a journey filled with kindness and dedication, but it's so important to remember your own wellbeing along the way.

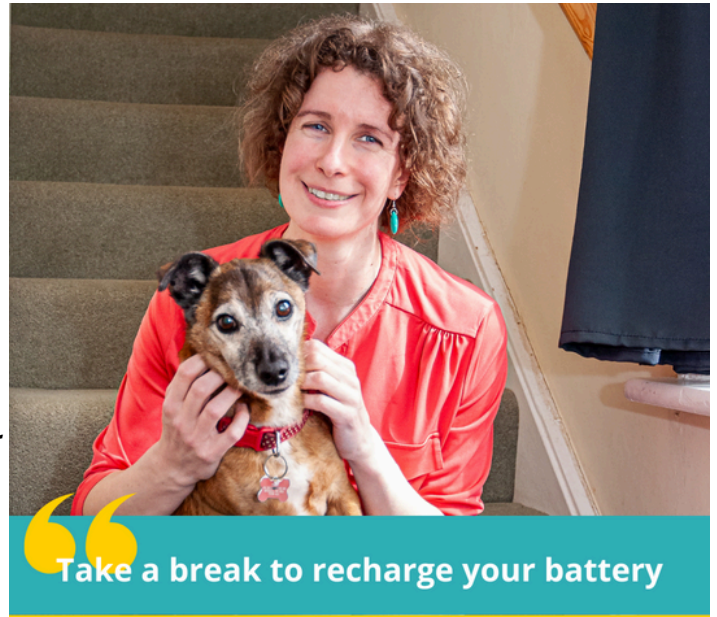
Many carers face challenges that can take a toll on their own health and taking a break is a necessity not a luxury!

Even a short break can work wonders in reducing stress levels, allowing you to recharge and face challenges with a clearer mind.

If you're feeling overwhelmed, remember that it's okay to seek support. There are lots of options out there to help that could work for you and the person you care for. By prioritising your own wellbeing, you're not only caring for yourself but also ensuring that you can continue providing the best possible care for those you support.

Remember, you're not alone on this journey.

Looking after you is the first step to looking after them



Take a break to recharge your battery

East Sussex Voluntary and Community Sector
Carers Network

Supported by



By allowing time for your own wellbeing, you're better equipped to provide support that the one you care for needs. Taking a break is a necessity not a luxury. For more information, contact us or speak to our partner organisation Care for the Carers, your local carers centre and they can help you explore options available to you and will help you consider how having a break could work for you and for the person you support. Even if it feels impossible, please speak to someone as there may be something that can help. Visit www.cftc.org.uk or call 01323 738390

Take care of yourself – looking after you is the first step to looking after others.