

Sussex Carers Partnership

Brighton & Hove, East Sussex, and West Sussex

Making Carers Count

End of Project Report

April 2024

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**MAKING
CARERS COUNT**

Working in partnership with Carers Trust

Acknowledgments

Our grateful thanks go to:

- **Unpaid Carers:** We'd like to extend our sincere gratitude to the carers who have been invaluable supporters of the project over the past 2.5 years. While some carers have intermittently helped due to the demands of their caring responsibilities, we are fortunate to have a dedicated group of core carers who have remained engaged from the project's inception to its conclusion.
- **Local Partners:** Special thanks to our local partners whose dedication and support were instrumental in bringing this project to completion. We deeply value the on-going collaboration and generosity of all the organisations throughout Sussex.
- **The Project Delivery Team:**
 - Amy Weaver, Carer Services Manager (Project Lead pan-Sussex)
 - Adeelah Khan, Carer Engagement Co-ordinator (West Sussex Lead)
 - Rosie Pryer-Vaz, Carers Inclusion and Development Worker (Brighton & Hove Lead)
 - Teri Sayers-Cooper, Carers Inclusion and Development Officer (East Sussex Lead)
 - Finance and Communications Team.
 - Front-line staff from the carers support organisations.
 - Thank you also to Louisa Marchant-Wallis, Miriam Wilkinson, Steve Castellari and Tom Lambert as colleagues involved in different parts of project delivery.
- **Carers Trust Project Team:** Finally, a heartfelt thank you to the Carers Trust team for presenting us with this wonderful opportunity and for facilitating connections with other carers support organisations across England and Wales.



Caption: Attendees engage in art activity at dementia film launch event.
Location: West Green Community Cinema, West Sussex.

Index Page

Acknowledgments.....	2
Index Page.....	3
Executive Summary.....	4
About Making Carers Count.....	4
About the Sussex Carers Partnership.....	5
About the Project.....	6
Key Activities Undertaken.....	6
Project Activities.....	7
1. Direct Carer Reach.....	7
2. Sussex Contacts Directory for Signposting.....	7
3. Local Partnership Working.....	8
4. Carer Events and Activities.....	9
4.1 Event and Activities – Case Studies.....	10
4.2 Events and Activities Photos.....	13
5. Bilingual Counselling.....	14
6. Sussex Carers Reference Group.....	16
7. Co-produced Carer Awareness Training.....	17
8. Translated Posters.....	18
Beyond Making Carers Count.....	19
Useful Links.....	20

Executive Summary

Our project in Sussex aimed to help carers from diverse backgrounds access vital support services. We offered personalised help through different activities:

- **One-on-One Support:** Through 707 contacts with carers, we provided personalised guidance to help them navigate available options and understand their rights.
- **Community Support:** Teaming up with 36 local partners, we made sure people knew about the needs of unpaid carers, building understanding and support within local communities to help them 'think carer'.
- **Events and Activities:** We delivered 26 events based on what carers said they needed, helping them connect with others and find peer support across Sussex.
- **Emotional Support:** We provided one-to-one counselling support to 23 carers, including bilingual counselling support in nine languages besides English.
- **Carer Awareness Training:** We co-created an online training course with carers, featuring their real-life stories, which 157 people, including many NHS professionals, joined to better understand diverse carer needs.
- **Multilingual Resources:** We produced materials in 18 languages and adapted resources for various community venues, facilitating increased engagement and registration among diverse carer communities.



Together as the Sussex Carers Partnership, we've made support better for carers from all backgrounds, making our local carer communities stronger. For more insights, we recommend reading this report alongside the Carers UK best practice briefing [Supporting Black, Asian, and minority ethnic carers](#), which highlights good practice examples in supporting carers from diverse backgrounds and cultures.

About Making Carers Count

Making Carers Count was one of the biggest and most ambitious programmes ever delivered by Carers Trust for unpaid carers. The multi-partner programme aimed to identify and support carers who were under-represented, and supported unpaid carers disproportionately affected by the Covid-19 pandemic.

It was delivered in partnership with its network of partners (local carer organisations) and [Carers UK](#), between January 2021 and March 2024. Making Carers Count was funded by the [Covid-19 Support Fund](#).



About the Sussex Carers Partnership



Carers Support West Sussex

With approximately 30,000 registered carers under our care, our charity operates various initiatives to support them. We run Support Groups and a Helpline, assisting carers in accessing necessary equipment and funding for their well-being.

www.carerssupport.org.uk

(Registered Charity Number: 1123359)



The Carers Centre for Brighton & Hove

Since 1988 we have been providing family carers with emotional support, advice, and a well-deserved break from their caring role.

Our local team of professionals and volunteers support Young Carers and Adult Carers by reducing their caring role and the impact of caring on their social, emotional, and educational development.

www.thecarerscentre.org

(Registered Charity Number: 1015728)

Care for the Carers (East Sussex)

We have been supporting and representing unpaid carers in East Sussex since 1989.



Our team of staff and volunteers provide free practical and emotional advice – face-to-face, by telephone, or online. We put carers in touch with other carers and help them navigate the range of services available locally. We also run support groups, training, and events across the county – whether carers are interested in speaking up on important issues or having some time out to relax or meet new people.

www.cftc.org.uk

(Registered Charity Number: 1074906)

Together, we form the Sussex Carers Partnership, and have collectively worked together for many years on a number of pan-Sussex activities.

About the Project

We recognised that carers have their own unique experiences. However, some carers from ethnically diverse backgrounds are more likely than White British carers to find that local services and support do not meet their needs appropriately. This includes the challenge of finding services that reflect their cultural and/or spiritual needs, as well as the needs of their loved ones. Language can also be a barrier for some, leading to difficulty in discovering services that can help.



Understanding that the absence of awareness about available support options leaves many carers unable to make informed decisions about their caring situations. Therefore, our project concentrated on providing support to adult carers (aged 18+) from ethnically diverse backgrounds living in Sussex.

Key Activities Undertaken

- 1 Direct Carer Reach:** Providing one-on-one support for carers to understand available support options for their caring roles and assisting them in navigating support systems.
- 2 Sussex Contacts Directory for Signposting:** Mapping local support organisations across Sussex in a directory for signposting purposes.
- 3 Local Partnership Working:** Collaborating with local community partners to organise local carer awareness events and activities.
- 4 Carer Events and Activities:** Hosting tailored carer events and activities based on feedback, allowing carers to take a respite from their caring responsibilities and connect with others facing similar situations.
- 5 Bilingual Counselling:** Offering a confidential bilingual and/or culturally specific counselling service over the phone to help carers make sense of their emotions and enhance their overall wellbeing.
- 6 Sussex Carers Reference Group:** Forming a cohort of carers committed to supporting the project over its duration, providing the crucial expert-by-experience element.
- 7 Co-produced Carer Awareness Training:** Collaborating with carers within the Sussex Carers Reference Group to design specialised training content and materials for health and/or social care professionals.
- 8 Translated Posters:** Creating resources and posters in multiple languages to improve the recognition and registration of carers within communities where English is not the primary or fluent language.

Project Activities

1. Direct Carer Reach

Our total contact count for the project is 707, which surpassed our initial target of 315 by 55%. It's important to note that the 707 figure includes duplicate carers, hence why we refer to it as direct contact count. This is because carers had received support services throughout the project, with some accessing ongoing support while others received support as needed and at different times for different services.

Throughout the project, our engagement with carers included one-to-one support, face-to-face meetings, phone calls, and online interactions. We assisted carers in accessing various services such as Carers Assessments, welfare benefits advice, grants, counselling, social and peer support groups, and referrals to other relevant organisations and partners.

Table 1. Carer Contact for each Quarter by Organisation
(Oct 2021 – Mar 2024)

West Sussex	East Sussex	Brighton & Hove
Oct – Dec 21: 5	Oct – Dec 21: 0	Oct – Dec 21: 11
Jan – Mar 22: 13	Jan – Mar 22: 11	Jan – Mar 22: 19
Apr – Jun 22: 38	Apr – Jun 22: 16	Apr – Jun 22: 14
Jul – Sep 22: 43	Jul – Sep 22: 34	Jul – Sep 22: 76
Oct – Dec 22: 32	Oct – Dec 22: 17	Oct – Dec 22: 20
Jan – Mar 23: 29	Jan – Mar 23: 17	Jan – Mar 23: 8
Apr – Jun 23: 28	Apr – Jun 23: 12	Apr – Jun 23: 17
Jul – Sep 23: 48	Jul – Sep 23: 11	Jul – Sep 23: 28
Oct – Dec 23: 32	Oct – Dec 23: 19	Oct – Dec 23: 17
Jan – Mar 24: 24	Jan – Mar 24: 37	Jan – Mar 24: 31
Total: 292	Total: 174	Total: 241
Grand Total: 707		

2. Sussex Contacts Directory for Signposting

We're fortunate to have a rich tapestry of voluntary sector services supporting carers in West Sussex. Yet, staying updated on what's available, especially for services driven by volunteer efforts, can be tough for both carers and professionals assisting them.

That's why we steadily built a [directory of local support options](#), ranging from food banks to social groups, to better serve carers from diverse backgrounds.



3. Local Partnership Working

Work with our local partners was also steadily built, as we co-hosted carer related and/or community specific events and activities or linked in with partners as part of forums and discussion panels to raise awareness of unpaid carers in our local communities. Pan-Sussex, we worked with 36 local partners – [see Table 2](#).



Caption: Group of people with their Dementia Friend certificates. Location: Guild Care, Worthing.

In addition to this, we have also linked in with 8 other partners via the Making Carers Count project group, including Northamptonshire Carers Centre, who we worked with in October 2023 to host an online Black History Month Webinar, which focused on raising awareness of the Chagossian community within Crawley, West Sussex.

Our approaches to networking and engaging with partners were designed to:

- Reach carers from ethnically and culturally diverse backgrounds who either already were, or were likely to be connected to local organisations;
- Partner with organisations to develop local events aimed towards all carers but specifically for people from ethnically and culturally diverse backgrounds;
- Utilise the expertise of organisations to support our carers from diverse backgrounds and to receive advice about where to engage with them locally.



Caption: Logos of local partners engaged pan-Sussex.

4. Carer Events and Activities

We were able to work with partners to host 26 events and activities for carers pan-Sussex.

Table 2 – List of Events and Activities Hosted for Carers with Local Partners

Date	Event/Activity	Location (County)
2024		
9 March	International Women’s Day 2024 with Women Interfaith Network	East Sussex
8 March	Menopause and Nutrition with Dietitian Fareeha Jay	Online
7 March 2024	Hangleton and Knoll Coffee Morning	Brighton
5 March	Harvest and Reflection Event with Diversity Resource International	East Sussex
2023		
23 November	Carers Rights Day/Black History Month	East Sussex
28 October	Carer and Community Get Together, Worthing	West Sussex
26 October	Information Day	East Sussex
26 October	Black History Month Webinar, online	Online
21 October	Black History Month Event	Brighton
7 October 2023	Black History Month Exhibition, Crawley	West Sussex
9 & 16 September	‘Setting Boundaries’ Workshop, Crawley	West Sussex
17 August	Gypsy, Roma and Traveler Wellbeing Event, Stoneywish	East Sussex
1 August	Annual ‘Celebrating Diversity’ Event with Diversity Resource International	East Sussex
6 July	Information table at Hangelton and Knoll project multicultural women’s group AGM	Brighton
21 June	‘Only One Six’ Film Screening at Guild Care, Worthing	West Sussex
6 June	Celebrating Unpaid Carers : Celebrating Diversity at the Isabel Blackman Centre in Hastings	East Sussex
29 April	‘Only One Six’ – Dementia Film Launch, Crawley	West Sussex
25 March	Iftar Evening for Ramadan, Crawley	
10 March	International Women’s Day event with Wayfinder Woman	East Sussex
7 March	Carer Lunch for International Women’s Day 2023, Crawley	West Sussex
4 March	South Asian Women’s Poetry Workshop, Crawley	West Sussex
2022		
22 November	Bilingual Memory Navigator Launch, Crawley	West Sussex
10 November	Eco Therapy Event, Stamere Park	Brighton
9 September	Pashley Manor Gardens (Day Out Trip)	East Sussex
27 August	Celebrating Diversity Event, Eastbourne	East Sussex
9 June	Nutritional Session for Carers and their Families, online	West Sussex

4.1 Event and Activities – Case Studies

Eco Therapy Activity, Stanmer Park, Brighton (November 2022)

We hosted a carer get together at Stanmer Park in Brighton. The Centre for Ecotherapy is a community space that provides nature-based therapies and opportunities to de-stress. With many carers feeling stressed as a result of their caring role, this trip out provided a welcome respite from the day-to-day responsibilities of being an unpaid family and friend carer.

We started the day sitting around the warm, freshly lit fire pit with a cup of tea and finding out about each other's backgrounds. Aside from English, there was a range of languages spoken by those within the group, including Arabic, Bengali, Gujarati, Spanish and Tamil. To help those for whom English is not a first or fluent language, we had arranged for bilingual interpreters to join us to ensure that everyone attending had a voice and an opportunity to share.



Caption: Photos from Eco Therapy Centre. Location: Stanmer Park, Brighton.

Whilst everyone got to know each other, Liz, our host and facilitator for the day, had set up some pots. Cooking over the fire pit was a delicious and nutritious soup made with carrots, potatoes, zucchinis, tomatoes, kale, and other vegetables grown in the nearby allotment.

As the soup bubbled away, carers were guided around the woods by Liz, with the environment providing a connection to nature. The fading colours of the leaves and trees around us set a calm and comforting atmosphere.

Along the walk in the woods, carers were encouraged to pick up fallen twigs, leaves and berries that they could use to create their own collages to take home. For some carers, this was their favourite part of the day.

Setting Boundaries Workshop - Crawley, West Sussex (September 2023)

The workshop focused on supporting carers, particularly those from ethnically/culturally diverse backgrounds, in setting healthy boundaries to prevent burnout.

Designed based on carer feedback, the two-part, 5-hour session began with a grounding exercise to create a relaxed environment. The emotions log exercise revealed challenges faced by carers, such as difficulty saying 'no' without feeling guilt, as their lives were dedicated to their loved ones' needs.

Strategies were then explored, including overcoming guilt, prioritising self-care, and introducing the Circle of Influence and Control concept. Carers engaged in exercises to identify what they could control versus influence. The workshop delved into understanding and creating boundaries, practicing assertiveness, using affirmation mantras, and employing mindfulness techniques like a colour exercise to evoke positive memories.

Overall, the workshop provided an insightful introduction to the crucial topic of setting boundaries for carers, acknowledging the complexities they face and offering practical tools for self-care and well-being.

"Meeting other carers from similar backgrounds and hearing their stories is connecting and has value. Trying a new skill although slightly intimidating was actually a new way to provoke discussion and somehow helped with opening up in a safe space".

– Carer Feedback, 'Setting Boundaries' Workshop.



Caption: Photo of 'Setting Boundaries' workshop. Location: Crawley Library, West Sussex.

International Women's Day 2024, East Sussex (March 2024)

In 2023, the Care for the Carers (CftC) Inclusion Worker initiated two discussions, the first with the East Sussex Women's Interfaith Forum (WIN) and the second with Diversity Resource International (DRI), regarding a collaboration for two separate International Women's Day events in March 2024.

During a meeting in early January, plans for the separate events were outlined, with the Inclusion Worker offering financial support and additional resources such as entertainment, equipment, and assistance in event promotion. Suggestions were made to invite the Mayor to enhance the event's significance, and connecting with additional contacts for support and collaboration.



Caption: Photos of attendees making food platters and dumplings. Location: Chapel Park Community Centre.

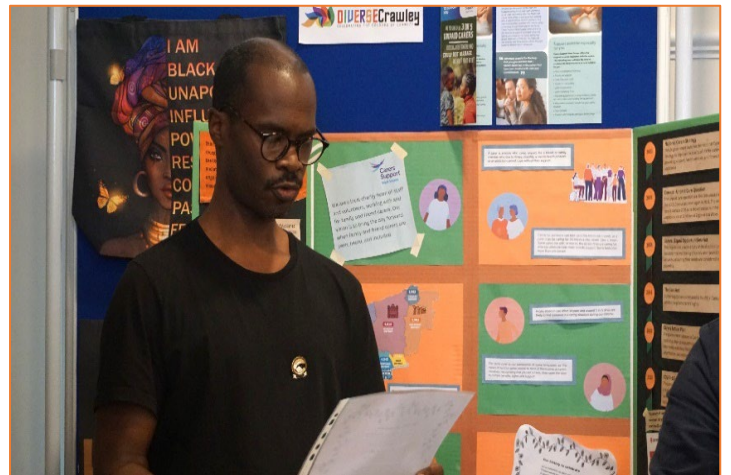
CftC's presence at the event was prominent, with a vibrant stall featuring interactive elements and engaging displays. Lisa, a carer and a CftC Ambassador, also delivered a powerful presentation, highlighting the diverse nature of caring roles within the local communities.

This event was a great example of community partnership and encouraged shared contributions, fostering a sense of inclusivity and community spirit. The event successfully reached its target audience, with approximately 80% of attendees representing ethnically and culturally diverse backgrounds.

"What a lovely celebration it was! I really enjoyed that women from across the world were engaging with each other, cooking, dancing and feasting together in this fabulously informal event. It's how International Women's Day should be! I also loved the way that small but beautiful traditions were eased in, such as the flowers being given at the end, a small but beautiful gesture from Lithuania. What a simple yet thoughtful take away."

**Teri Sayers-Cooper, Carers Inclusion and Development Officer at
Care for the Carers, East Sussex.**

4.2 Events and Activities Photos



From top left: 1. Carer and Community Get Together, Worthing, 2. Black History Month Exhibition, Crawley, 3. 'Only One Six' – Dementia Film Launch, Crawley, 4. International Women's Day 2023 Event with Rivers LPC, Crawley. 5. Gypsy, Roma and Traveler Wellbeing Event, Stonywish, 6. Celebrating Diversity Event, Eastbourne.

5. Bilingual Counselling

As part of Making Carers Count, we were able to support a total of 23 unpaid carers (with an initial target of 20). Of those 23 carers:

- 16 carers living in West Sussex, 5 carers living in Brighton & Hove and 2 carers living in East Sussex.
- Bilingual counsellor support provided in 9 languages in addition to English (Farsi, Hebrew, Lithuanian, Polish, Punjabi, Russian, Sinhalese, Turkish, Urdu).
- Average age of carers was 51 years (eldest carer aged 82 and youngest carer aged 27).
- Total of 153 sessional support provided (each lasting 50 minutes in duration, 127.5 hours total).
- On average, carers started with a CORE score* of 41 (mid-level) and during the last session, the average score was 20 (healthy).

The therapeutic service was established to address the lack of emotional support accessible to Black, Asian, and minority communities, exacerbated by financial barriers, fear, stigma, and a lack of culturally sensitive treatment options. To increase awareness of this offer, we targeted carers from diverse backgrounds through letters, emails, and frontline staff communication, resulting in self-referrals or internal referrals.

A significant number of referred carers had not previously considered counseling due to insufficient information. To address this, we implemented an initial checklist to assess suitability, considering factors such as current mental health support or recent counseling support. Once deemed appropriate, we inquired about specific preferences, utilising information to search relevant counseling directories and approach suitable counsellors we could work with.

And where possible, we negotiated lower sessional rates (£45-55) with therapists through our charity status as this allowed us to stretch the budget, enabling support for more carers. A Counselling Agreement was established with each counselor, ensuring compliance with insurance requirements, and giving them clear instructions regarding safeguarding queries should they arise during the sessions.

“Although my work with these clients was brief (just six sessions) the progress they made in this time and the positive responses that were shared by them has made this work very rewarding. The support I provided enabled them to realise that they were not alone, talk about their difficulties, struggles and challenges as carers, intertwined with their cultural constraints in a safe therapeutic space effectively. This enabled significant recovery and built confidence for them to continue in their caring roles.

Such therapeutic support, I believe, is vital to the unpaid carers whose lives are devoted to the person/s they care for and continue doing so without reaching a point of breakdown”.

- Nina Vora, Counsellor/Psychotherapist

CORE Scores – Before and After

*Carers Support West Sussex uses an evaluation programme for counselling called Clinical Outcomes and Routine Evaluation (CORE), which has been recommended by British Association for Counselling and Psychotherapy.

Using CORE, we measure the difference that sessions make to carers. Carers are asked to score themselves at the beginning of counselling and again upon exiting the counselling service. The aim is for the score to be as low as possible at reassessment, indicating that the carer is at an emotionally healthier level.

The 34 items of the measure cover:

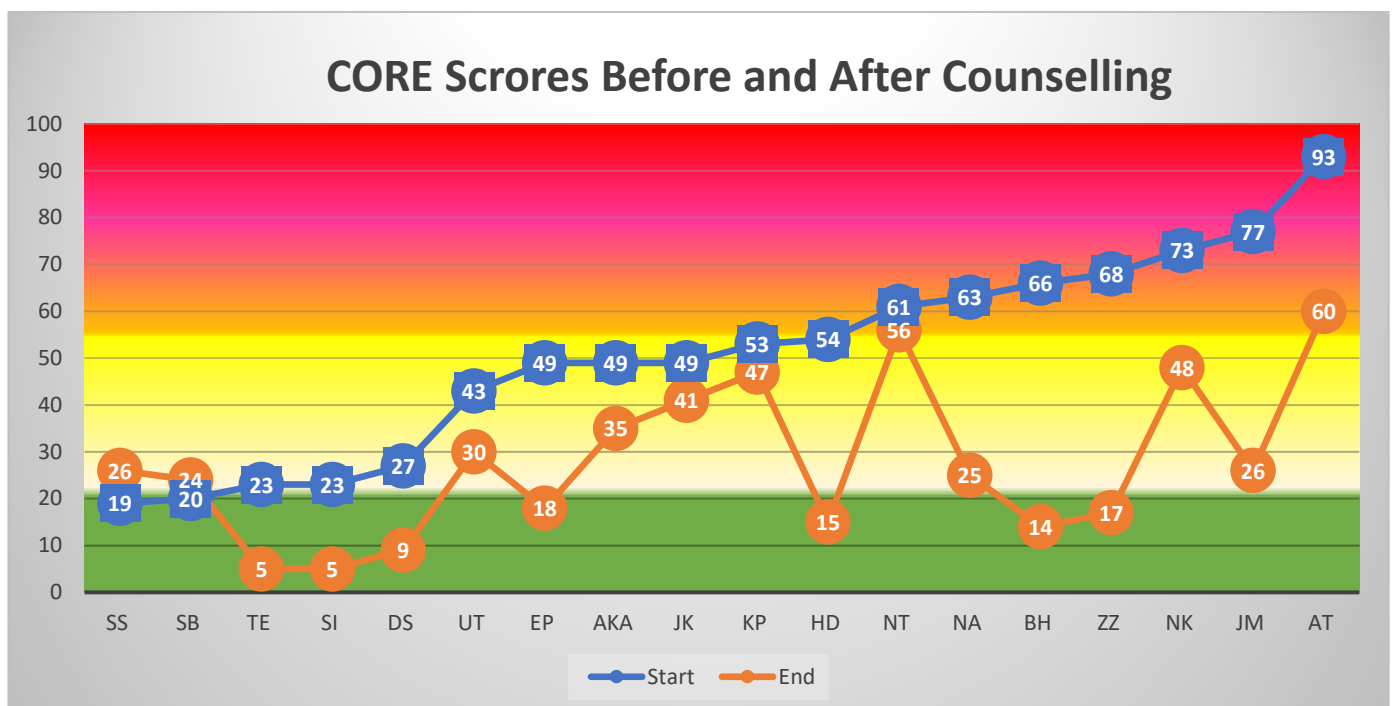
- Subjective Well-being
- Problems/symptoms
- Life Functioning
- Risk/harm

TOTAL SCORE	SEVERITY LEVEL
1 – 20	Healthy
20 – 33	Low Level
34 – 50	Mild Level
50 – 67	Moderate Level
68 – 84	Moderate to Severe Level
85 – 136	Severe Level

When you add all the CORE scores together (without working out the mean score) the table (on the right) will give an indication the level of current psychological distress ranging from healthy to severe.

Below is the CORE score data for 18 of the 23 carers, as they had attended all sessions and completed before and after scores. For some carers, the score was slightly higher at the end, which can be explained due to the dynamic nature of their personal circumstances, potentially changing on a weekly or session-by-session basis.

It's therefore important to note that the carers with higher end CORE scores have reported anecdotally that the counselling intervention significantly enhanced their ability to cope with difficulties. It's likely that without this emotional support, their final CORE scores may have been even higher.



Benefits of Bilingual Counselling:

- Direct communication eliminates potential language barriers and ensures a more accurate and nuanced exchange of thoughts and emotions.
- Option to speak both English and their preferred language interchangeably, enabled carers to switch between the two languages to articulate how they were feeling.
- Created a more comfortable and trusting environment, as carers felt they could freely express themselves in their preferred language without concerns about misinterpretation.

Counselling Feedback from Carers:

"It was good to feel as if someone was on my side listening to my perspective of being within the 'carer' world. It helped to have someone to download my personal difficulties that imposed onto carer role and also having to deal with domestic carers who were predominantly not black coming into a black home and not feeling as if my views and demands for the care of my mother did not count... Having a sympathetic ear to listen helped with the losses.. Having someone to talk about and help with ideas to resolve situations was helpful to move things on..."

"I really appreciate the opportunity to have a therapist to speak with in my native language. It makes communication much easier on many levels and especially cultural understanding doesn't need explaining, it's understood. I would appreciate if possibility of further or emergency 1-3 sessions could be made available".

"Time to reflect with a culturally aware counsellor was very helpful, as were the perspective strategies".

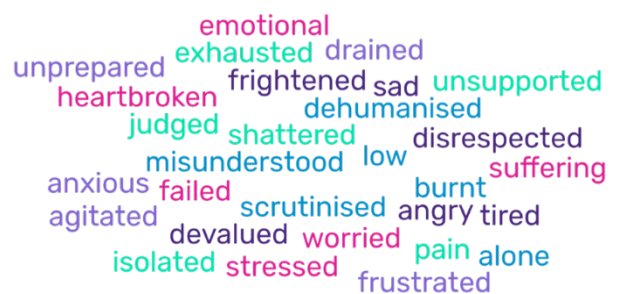
"What was helpful was talking to someone that does not judge you and offers great self-help tips to sustain your mind".

"Counselling helped me to remember to be kind to myself, less demanding and lowering expectations".

6. Sussex Carers Reference Group

On November 17th, 2022, we conducted our first meeting with carers from the Sussex Carers Reference Group in Brighton. Group members, recruited as experts-by-experience, included three in-person attendees, one via Zoom, and four who shared their thoughts via email. In total, eight carers participated.

During the session, we discussed carers' identification challenges and explored potential solutions. A word cloud to the right highlights key meeting themes, serving as the foundation for co-designing of the Carer Awareness Training content.



Caption: Word cloud – how carers felt when discussing barriers and challenges as to carer identification.

7. Co-produced Carer Awareness Training

Working with the Sussex Carers Reference Group members, we co-designed an online training module that showcased their real-life carer stories.

What We Did:

- Met with carers to understand their experiences in health and social care settings.
- Invited interested carers to share their stories through video or audio recordings, ensuring anonymity for those who preferred it.
- Explored options for a suitable Learning Management System (LMS) and decided on collaboration with [The Charity Learning Consortium](#).
- Began co-designing the training, adjusting content based on carer feedback.
- Conducted a trial run of the training with staff, carers, and a professional proofreader.
- Utilised our network of contacts and stakeholders pan-Sussex to invite relevant learners to enrol in the course independently.

We successfully launched the e-learning module in September 2023 and between September 2023 – March 2024, a total of 157 learners had enrolled to complete the course.

Learner Enrolment

In our first try with e-learning, we let people sign up for the course by picking a month. They'd get their login info at the start of that month and had 30 days to finish. But not everyone made it in time. About 52% (or 83 people) finished within 30 days, while 48% didn't.

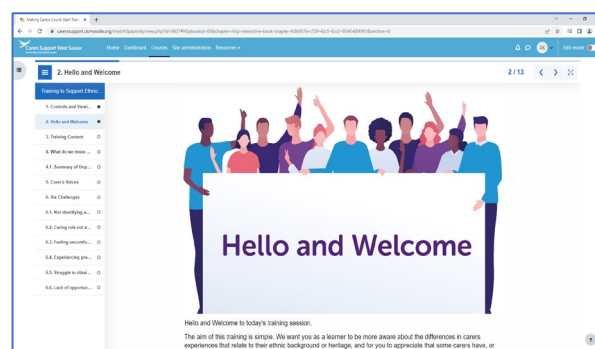
Here's how people signed up:

- 40% used NHS email addresses.
- 40% used Org email addresses, mostly from volunteer groups.
- 14% used Gov email addresses, mainly from local councils.
- The rest (6%) used personal email addresses.

Learner Feedback

What Worked Well:

- *Real personal stories made the concepts come alive.*
- *It was all interesting, but the firsthand accounts were powerful and the examples of best practice conversations really helpful.*
- *The personal stories illustrated the points made well. I did not realise some languages don't have a distinct word for 'carer'.*
- *Listening to the person speaking in Urdu and imagining how alone you may feel when English is not your first language.*
- *The section about lack of opportunities to share/influence health and social care support for cared-for person and all the useful discussion examples.*



Caption: Welcome page for e-learning module.

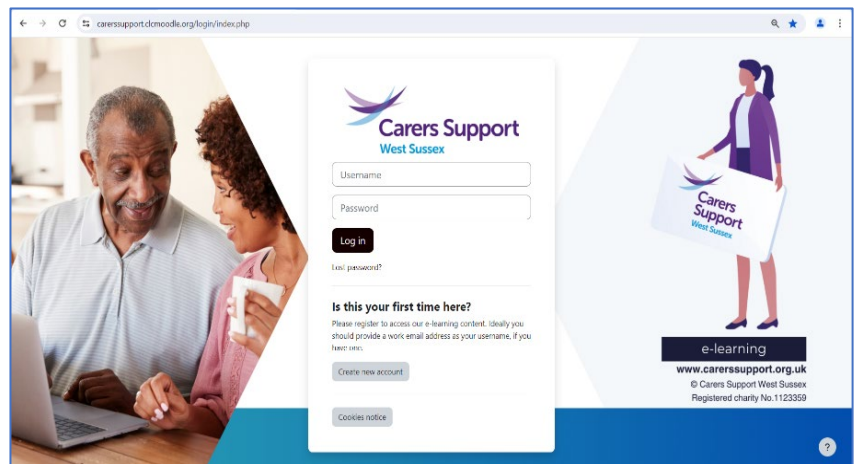
What Needs Improving:

- More listening activities and slightly less to read.
- More interactivity e.g., videos/animations/quizzes.
- For accessibility, it would be helpful to have transcripts/subtitles available. Though the automatically generated ones are available, they are very inaccurate at times.

Self-Enrolment Update

As of April 2024, we have secured other funding to continue with using the Learning Management System, and we have updated the [e-learning portal](#) to include self-enrolment. So, anyone can sign up whenever they want and start right away.

This should make it easier for everyone to get going quickly. We will be reviewing the training and updating it based on the learner feedback gathered.



Caption: Log in screen for updated Learning Management System. April 2024.

Internal Staff Training

Alongside external training sessions aimed at strengthening our local networks, we implemented bespoke inclusion and equity training sessions for our carers support staff. A total of 123 staff members from various teams within the Partnership successfully completed this training, which focused on topics such as race, identity, and ethnicity. Our next step is integrating these modules into our online e-learning platform for wider use.

8. Translated Posters

We recognised that in some languages, the term 'carer' may not exist, which prompted us to consider the most effective way to create leaflets and posters for dissemination.

To gauge the necessity for translated promotional materials, each organisation reviewed their carer registrations, noting instances where language support was required. We then cross-referenced this information with data from the 2021 Census regarding languages spoken other than English.

To ensure accuracy and relevance, we engaged with bilingual carers and community contacts to review and, if necessary, amend the professional translations. In total, we covered 18 languages other than English, which are [easy to download and print](#) for use as needed, and stock a small quantity of printed posters for use within community settings.



Caption: Translated postcards in different languages.

Beyond Making Carers Count

"Before I started in my role in April 2023, I attended the sessions as a carer to give feedback to help the existing team build the training package.

Once I started in the post, it was amazing to see how information is collected, collated, and then used by staff across pan-Sussex. This project has been so important for all organisations across the city of Brighton and Hove and the wider surrounding areas. I feel bridges have been further made between different organisations, more collaborative work ongoing, and most importantly, ethnically diverse carers have benefited and felt heard.



Caption: Rosie, Adeelah, and Teri. Location: Brighton.

I will be using all I have learned, whether it be from training sessions, other organisations, and carers, to continue my professional and personal fight for equality and more confidently have those discussions about health and social care disparity. This project has been what I hope is the start of further social change and helping to make society a more equal and inclusive space for all."

Rosie Pryer-Vaz, Inclusion and development worker at The Carers Centre Brighton and Hove.

"In wrapping up our project, I've seen firsthand how many carers, especially those from different cultural backgrounds, often feel lonely and unnoticed in local services. With Making Carers Count, we've listened to what carers need and provided them with important support to take care of themselves while caring for others. Our success has come from being flexible, shaped by what carers have told us and the funding we have received.

I want to thank both the funders and the carers who have shared their time with us over the past 2.5 years. By listening to carers, we've organised wonderful activities that have helped people in similar situations feel connected. I hope our project's positive impact continues, encouraging other organisations to better support our local diverse carer communities."

Adeelah Khan, Carer Engagement Co-ordinator at Carers Support West Sussex.

"The Making Carers Count provided a project not just for me to bring my own knowledge and lived experience to, but also an opportunity to dig deeper and to learn. I'm not from an 'ethnic minority', so cannot empathise in the same way. I can learn, however, and the project brought this to me in shed loads!

We are only at the beginning, not the end. There is so much more ground to cover and work to do using the learning and understanding that has already been attained. Our own learning cannot be underestimated, as individuals and as organisations. This may not have happened without the Making Carers Count project, even though our separate organisations may have been aware that it was needed."

Teri Sayers-Cooper, Carers Inclusion and Development Officer at Care for the Carers, East Sussex.

Useful Links

Carers Support West Sussex (2024), *Webinar: Menopause and Diet with Fareeha Jay*, March 8. Available at: <https://vimeo.com/922363297>

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