

Seeing Carers: a carers' photography project

On show in the Outpatients corridor
at Conquest Hospital, Hastings TN37 3RD

The exhibition runs until mid-July 2022

This exhibition is the culmination of Care for the Carers' Photographer in Residence project that used photography to help carers explore their caring role and share their experiences of caring with the wider public. Hastings-based photographer, John Cole, was invited by project managers, 18 Hours Ltd, to run a series of accessible, fun, practical workshops around the central theme of 'caring'.

The Covid-19 pandemic created unexpected opportunities to run more workshops, and in particular, to run workshops online during the first lockdown – a very isolating and difficult experience for many, and particularly for carers. The impact of the lockdown and the virus was substantial for carers, and it was important to find a way to continue to deliver the project; using creativity to enhance mental health and wellbeing, and to provide an uplifting break from caring responsibilities.

Fifteen sessions reached 84 carers.



Photographs by Adrian Heeson,
Sue McManus and Helen Cherry