



Do you look after someone who could not manage without your help?

If you are looking after a partner, relative, child, neighbour or friend who has a long term illness or is disabled or frail then you are a carer and we are here to support you

Please call us 0300 028 8888

Please contact our friendly team to find out more

Telephone: 0300 028 8888 or Email: info@carerssupport.org.uk

Or visit our Website: www.carerssupport.org.uk

How can we help you?

Many carers do not see themselves as such because they see themselves as a parent, spouse or partner, son or daughter, relative, friend or neighbour. 1 in 10 of the population are carers. As a result carers often miss out on services, support, advice and benefits which may be available.

Carers Support can help carers from all communities across West Sussex by providing practical information and emotional support.

Our services include:

Carers Wellbeing Support Workers

Our Carers Support Workers provide individual support to people caring for someone with any long term illness or disability. This includes access to our Carer Wellbeing Fund, a range of equipment to support independent living and information on financial support that may be available.

Our specialist workers offer practical and emotional support to help you in your caring role including -

- Mental Health
- Learning Difficulties
- Autism and Asperger Syndrome
- Drugs and Alcohol
- Parent Carers
- Young Adult Carers
- Dementia Carer Wellbeing

Promoting health and wellbeing for carers

Emotional Support Service

This service is for those carers who need time to talk through their concerns and feelings. We offer -

- Counselling sessions with a specially trained counsellor
- A Telephone Call Back Service, as caring can sometimes be isolating and hearing a friendly voice every now and then can help to relieve this
- Other support for emotional wellbeing and relaxation

Information

We can provide

- Local and national information on services available for carers and the people they care for including benefits and financial information
- A free newsletter
- A website www.carerssupport.org.uk with helpful information and links to other useful carer and support organisations

Events and Activities

We regularly arrange events and activities for carers such as -

- Workshops and open meetings, where you can have your say, including our 'Carers Voice Network'
- Carers Support Groups
- Skills Training to help carers look after their own health and wellbeing
- Access to low cost complementary therapies
- Social Events

All our services are free and confidential

Carers Registration Form

I would like to register with Carers Support West Sussex

I would like to receive the Carers Newsletter

I would like to be contacted by a Carers Wellbeing Support Worker

The person/people I care for have the following
condition/s

.....
.....
.....
.....

Name

Address

.....
.....

Tel

Email

Please complete form and return to us using our Freepost address

Carers Support

FREEPOST RSAE-KCJU-ECEB

Crawley RH10 6AD

Alternatively you can contact us online www.carerssupport.org.uk