

DO YOU LOOK AFTER SOMEONE WHO NEEDS YOUR HELP?

Could you do with some help, advice or someone to talk to?

Do you need help to improve your own health and wellbeing as you look after someone else?

Are you aware of the benefits you may be entitled to?



MAKING CARERS COUNT

Working in partnership with Carers Trust

Funded by Making Carers Count, a Carers Trust partnership programme supported by the Covid-19 Support Fund.

Your local carers' support charity can help.

The following local charities in Brighton & Hove, West Sussex and East Sussex can help anyone looking after a family member, friend or neighbour (including children) because of an illness, old age, a disability, a mental health issue or an addiction.

Contact your local charity today to find out more.

(A professional interpreter in any language can be arranged when requested at no cost to you).



Carers Centre for Brighton & Hove

Visit www.thecarerscentre.org

Email info@thecarerscentre.org

Call 01273 746 222

(Registered Charity No. 1015728 Company No. 2758481)



Carers Support West Sussex

Visit www.carerssupport.org.uk

Email info@carerssupport.org.uk

Call 0300 028 8888

(Registered Charity No. 1123359 Company No. 6418743)



Care for the Carers (East Sussex)

Visit www.cftc.org.uk

Email info@cftc.org.uk

Call 01323 738 390

(Registered Charity No. 1074906 Company No. 3677361)



您是否在照顾需要您帮助的人？

您是否需要帮助、建议或咨询专家？

在照顾他人的同时，您是否需要帮助来改善自身的身心健康？

您是否了解属于您的福利？



护理人员信托合作伙伴项目由Making Carers Count（重视家庭护理人员）项目资助，由新冠疫情支持基金会支持。

您当地的慈善机构能为您提供帮助，该类机构专为家庭护理人员提供支持。

位于布莱顿和霍夫、西萨塞克斯和东萨塞克斯的当地慈善机构能够为照顾家庭成员、朋友和邻居（包括儿童）的任何护理人员提供帮助，该类家庭成员、朋友和邻居出于疾病、年迈、残障、心理健康问题或上瘾等原因需要他人照料。

即刻联系您当地的慈善机构，了解更多信息。

(如有需求，我们可为您免费安排任何语种的专业口译员)。



布莱顿和霍夫护理人员中心

网站 www.thecarerscentre.org

电邮 info@thecarerscentre.org

电话 01273 746 222

(慈善机构注册编号1015728, 企业编号2758481)



西萨塞克斯护理人员支持中心

网站 www.carerssupport.org.uk

电邮 info@carerssupport.org.uk

电话 0300 028 8888

(慈善机构注册编号1123359 企业编号6418743)



护理人员关怀中心（东萨塞克斯）

网站 www.cftc.org.uk

电邮 info@cftc.org.uk

电话 01323 738 390

(慈善机构注册编号1074906 企业编号3677361)