

# 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](http://www.thecarerscentre.org)

Email [info@thecarerscentre.org](mailto:info@thecarerscentre.org)

Call 01273 746 222

(Registered Charity No. 1015728 Company No. 2758481)



## Carers Support West Sussex

Visit [www.carerssupport.org.uk](http://www.carerssupport.org.uk)

Email [info@carerssupport.org.uk](mailto: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](http://www.cftc.org.uk)

Email [info@cftc.org.uk](mailto:info@cftc.org.uk)

Call 01323 738 390

(Registered Charity No. 1074906 Company No. 3677361)





# 您是否照料需要您幫助的人？

您是否需要協助、建議或諮詢相關專家？

在照料他人的同時，您是否需要幫助來改善自身的身心健康？

您是否了解屬於您的福利？



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由名為「Making Carers Count (重視家庭護理員)」的護理員信託合作計劃資助，該計劃受到「新冠疫情支援基金會」的支援。

您當地的慈善機構能夠為您提供協助，該類機構專為家庭護理人員提供支援。

位於布萊頓和霍夫、西薩塞克斯和東薩塞克斯的當地慈善機構能夠為照料家庭成員、朋友和鄰居（包括兒童）的任何護理人員提供協助，該類家庭成員、朋友和鄰居出於疾病、年邁、殘障、心理健康問題或上癮等原因需要他人照料。

即刻聯絡您當地的慈善機構，了解更多資訊。

(如有需求，我們可為您免費安排任何語種的專業口譯員)。



## 布萊頓和霍夫護理員中心

網站 [www.thecarerscentre.org](http://www.thecarerscentre.org)

電郵 [info@thecarerscentre.org](mailto:info@thecarerscentre.org)

電話 01273 746 222

(慈善機構註冊編號1015728, 企業編號2758481)



## 西薩塞克斯護理員支援中心

網站 [www.carerssupport.org.uk](http://www.carerssupport.org.uk)

電郵 [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk)

電話 0300 028 8888

(慈善機構註冊編號1123359 企業編號6418743)



## 護理員關懷中心 (東薩塞克斯)

網站 [www.cftc.org.uk](http://www.cftc.org.uk)

電郵 [info@cftc.org.uk](mailto:info@cftc.org.uk)

電話 01323 738 390

(慈善機構註冊編號1074906, 企業編號3677361)