



# DO YOU LOOK AFTER SOMEONE WHO NEEDS YOUR HELP?



You are a carer if you are looking after someone who:

- Has a illness
- Has a disability
- Is frail or old aged
- Has a mental health issue
- Has an addiction



They might be a partner, relative, child, neighbour or a friend.



Your local Carers Support service in Sussex can help by providing practical information and emotional support.



# HOW CAN THEY HELP YOU?

Your local Carers Support service can help you to get:



Support from a Carer Grant Fund  
(small amount of money to help you).



Equipment to help you be more independent.

**jobcentreplus**

Department for  
Work and Pensions

Advice about welfare benefits you should have.



# HOW CAN THEY HELP YOU?

Your local Carers Support service can help you to get:

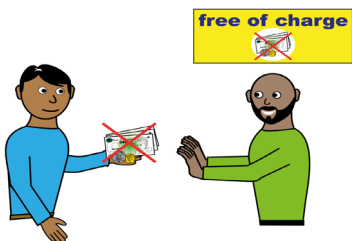


Counselling support so you have time to talk through your concerns and feelings.



Training to help you look after your own health and wellbeing.

**free of charge**



All services are free and keep what you tell them private.



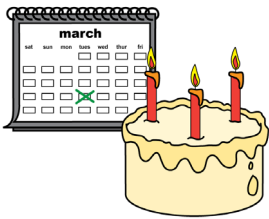
# REGISTER FOR SUPPORT

Please complete these questions to register for carer support in Sussex.



## Your Full Name

\_\_\_\_\_



## Your Date of Birth

Day (number): \_\_\_\_\_

Month: \_\_\_\_\_

Year: \_\_\_\_\_



## Your Address

\_\_\_\_\_

\_\_\_\_\_

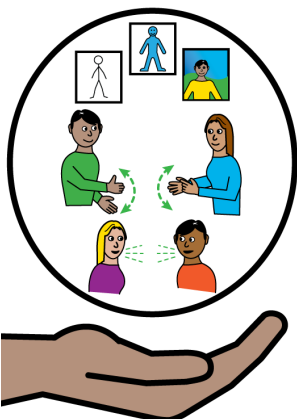
Postcode: \_\_\_\_\_



## Your Contact Details

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_



## Your Communication Support Needs

Do you need help with communication or information?

- large print or easy read
- hearing / BSL (sign language)
- interpreter

What help do you need?

\_\_\_\_\_



# RETURN FORM

Please return this form to your local Carers Support service by email. Or call to register over the phone.



for brighton & hove

If you live in Brighton and Hove:  
Contact The Carers Centre for Brighton and Hove

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

Phone: 01273 746 222



If you live in East Sussex:  
Contact Care for the Carers (East Sussex)

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

Phone: 01323 738 390



If you live in West Sussex:  
Contact Carers Support West Sussex

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

Phone: 0300 028 888