

How can we help you?

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

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

Our services include



Carer Wellbeing Workers

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

Our specialist workers offer information and support to help you in caring -

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

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. Hearing a friendly voice every now and then can help to relieve this.
- Other support for emotional wellbeing and relaxation.



Carers Response Line and Information

By calling 0300 028 8888 our friendly team can offer -

- A personal plan of support to help carers look after their own wellbeing.
- Information on local and national services available for carers.

Our online services also provide advice and information for carers -

- An informative website.
- Our 'Carers Support' blog.
- Regular updates on Facebook, Twitter and other social media.



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'.
- A diverse range of Support Groups across the county.
- Our Learning and Wellbeing Programme 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 Support

Request Form

If you would like to register with Carers Support West Sussex you can do this easily online at www.carerssupport.org.uk or call us on 0300 028 8888

Alternatively you can complete this tear-off slip, place in an envelope and send to our Freepost address - no stamp required.

Carers Support
FREEPOST RSAE-KCJN-ECEB
Crawley
RH10 6AD



Name

Address

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.....

Home Phone

Mobile Phone

Email

The person/people I care for have the following needs:-

.....

.....

.....

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Date

Please contact us if you require this leaflet in another format



Feedback from carers who use our services



facebook: carers support west sussex
twitter: @carerswsussex
info@carerssupport.org.uk
www.carerssupport.org.uk



Carers Support
for family and friend carers



“Without Carers Support I would have certainly had another breakdown, your service is invaluable”

“I feel valued, heard and seen. I always come away feeling better than when I arrived. I feel very safe here and that all my problems as a carer and as a person are understood.”

“I can’t thank you enough for the time, practical help and support your organisation provides. As a carer especially when you’ve been doing it for so long it’s lovely to know people care and want to help!”

“Just to say I am so grateful to know I have someone I can talk to when I feel unsure of what I need to do to be able to look after my son, also keeping an eye on my 92 year old dad. But also to be able to look after myself. Thank you so much for giving us the chance of a break. I really find Carers Support very helpful.”

Crawley

The Orchard
1-2 Gleneagles Court
Brighton Road
Crawley
West Sussex RH10 6AD

Littlehampton

Dove Lodge
49 Beach Road
Littlehampton
West Sussex BN17 5JG

Worthing

19 Liverpool Gardens
Worthing
West Sussex BN11 1RY

If you look after someone who could not manage without your help then you are a family and friend carer and we are here to support you



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Company No. 6418743
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**Please call us
0300 028 8888**