

## How to get in touch

Please contact us if you have any questions or think our service may be of use to you.

We are open from 9am to 5pm, Monday to Friday (except on bank holidays). If you call outside our opening times, please leave a message on the answerphone and we will call you back as soon as we can. We cover all areas of West Sussex.

### Contact us

**South team** (covering areas in and around Littlehampton, Storrington, Worthing, Shoreham, Chichester, Midhurst, Petworth, Arundel, Pulborough, Billingshurst and Bognor Regis)

Phone: 01243 623521

Fax: 01243 623522

**North team** (covering areas in and around Crawley, Horsham and Mid Sussex)

Phone: 01403 227000 ext 7613/7686

### Get the best from your NHS

Our patient advice and liaison service (PALS) can help patients, families and carers with questions, comments or concerns about NHS services. If you need advice about our services, facilities or staff, or would like to make a comment, please contact PALS at:

Service Experience Team  
Sussex Community NHS Trust  
FREEPOST (BR117)  
Elm Grove, Brighton BN2 3EW  
Telephone: 01273 242292  
Email: [sc-tr.serviceexperience@nhs.net](mailto:sc-tr.serviceexperience@nhs.net)  
Website: [www.sussexcommunity.nhs.uk/pals](http://www.sussexcommunity.nhs.uk/pals)



## Carers Health Team

Are you looking after family or friends who are ill or frail?

We can help you improve and manage your own health and wellbeing through our new service provided by our carers health team.

# Carer's Health Team

Are you aged over 18 and caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems?

Are you having difficulty with maintaining your own health & wellbeing in order to cope with the demands of your daily routine?

Maybe you don't have time to visit your GP surgery for a check up?

Our carers health team can visit you at home and check your general state of health and wellbeing. We can offer advice about how to keep healthy and manage any health issues you might have.

## Who we are

We are a free service provided by Sussex Community NHS Trust for carers living in West Sussex.

Our aim is to improve both your own health and the health of the person you are looking after.

Our service is staffed by trained health professionals who can provide you with advice and information to help you in your caring role.

We work closely with other NHS specialist services, social & caring services as well as many other voluntary & community services.

## What does the service do?

Working directly with carers in West Sussex, we promote the importance of health and wellbeing. We ensure health screening and where appropriate access to NHS health checks are available for all. We develop individual strategies for each carer with an aim to reduce the strain of coping with their caring role.

Our carer wellbeing clinicians will work in partnership with you to provide personalised one to one advice and information. This could include:

- Practical advice and training to help you in your caring role, such as safe moving and handling techniques and managing medication.
- Information and advice on other services to help you care for your loved ones and lead a healthier lifestyle.
- Advice and information to help you plan for the future and guide you through the complex health and social care system.