



Carers Support West Sussex

for family and friend carers



**Do you look after
someone who
could not manage
without your help?**

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

- Has a long term illness
- Is disabled
- Is frail



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

Please call us 0300 028 8888



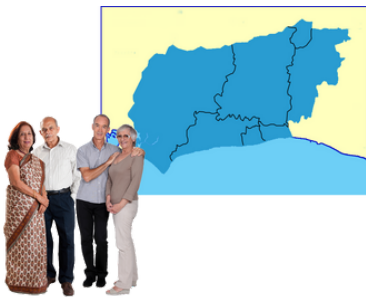
Easy Read

How can we help you?



Many people who care for someone do not think of themselves as a carer.

They miss out on services, support, advice and benefits.



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

Carers Support Workers

Our Carers Support Workers can help you to get:



- Support from our Carer Wellbeing Fund (small amounts of money to help you)



- Equipment to help you be more independent



- Welfare Benefits you should have

Our workers can help you to care for your loved one with information and advice about:



- Mental Health



- Learning Disabilities



- Autism and Asperger Syndrome

- Drugs and Alcohol issues



- Parent Carers

- Young Adult Carers (age 10-25)



- Dementia

Emotional Support Service

This service is for carers who need time to talk through their concerns and feelings.

We offer:



- Check in and Chat Service



- Other support for to help with your emotions and to help you relax



Information

We can provide:

- Information on services and benefits
- A free newsletter



- A website which has helpful information and links to other carer and support organisations:

www.carerssupport.org.uk

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 Network'



- Carers Support Groups



- Training to help carers look after their own health and wellbeing



- Access to low cost complementary therapies, for example massage and yoga



- Social Events

All our services are free and we keep what you tell us private.

Carers Registration Form

Please complete these questions to register with Carers Support West Sussex.



Tick the box if you would like to:

☐

Receive the Carers Newsletter?

☐

Be contacted by a Carers Support Worker?



What condition (illness or disability) does the person you care for have?



Name

Address



Tel.



Email



Please return the completed form to:



Carer Support West Sussex
Dove Lodge Community
Resource Centre, 49 Beach
Rd, Littlehampton BN17 5JG



Alternatively contact us online
www.carerssupport.org.uk