



# 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**



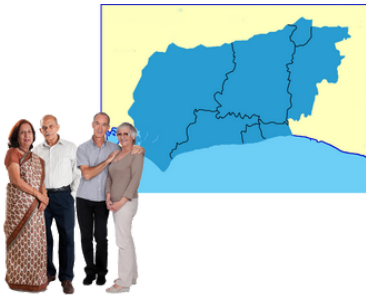
**Easy Read**

# 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 16-25 )



- 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](http://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:



**FREEPOST RTYZ-RTCR-XSXE**  
**Carers Support West Sussex**  
**Dove Lodge, 49 Beach Road**  
**Littlehampton, West Sussex, BN17 5JG**



**Alternatively contact us online**  
**[www.carerssupport.org.uk](http://www.carerssupport.org.uk)**