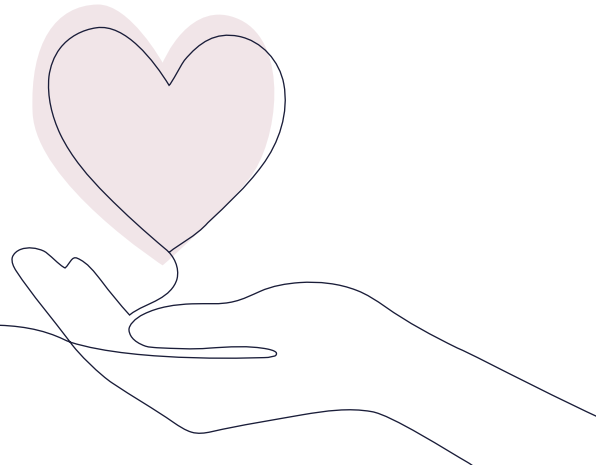




Impact Report 2025-2026



Embedded in West Sussex:

# A Year of Impact for Carers

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# Carers Support's Vision and Purpose

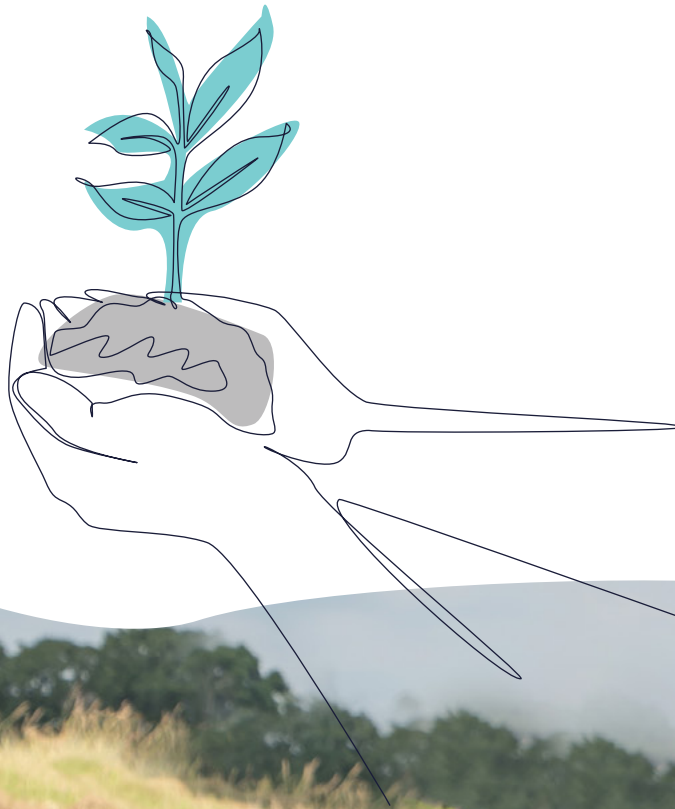
## Vision

Carers are at the heart of the Carers Support West Sussex (CSWS) strategy. Imagine a world where carers do not have to fight to be heard and recognised. A world where carers feel valued and supported for who they are and what they do.

**Our vision is to bring the day forward when unpaid carers are seen, heard, and included.**

## Purpose

The charity's purpose is to be a carer-facing service providing information, guidance, and practical support. CSWS is a gateway for carers to access emotional, specialist, peer support, and learning opportunities. Working closely with carers, communities, and partners throughout West Sussex and the Southeast of England, meeting carers where they are on their journey, offering appropriate questions and empowering them while fostering a sense of community among their peers.



# Welcome from our CEO

## Being a constant in uncertain times

The past year has continued to bring uncertainty, with global events and changes closer to home shaping the world around us. For unpaid carers, these pressures are often felt more deeply. No matter what is happening around them, their responsibility to care does not pause.

That is why I am so proud that our organisation continues to be a constant. We remain a trusted source of stability, guidance and reassurance for carers across West Sussex. Providing consistent, reliable support, especially in challenging times, sits at the heart of everything we do.

## Making support more accessible

**97% of carers said the services were easy to access.**

We remain focused on meeting carers' needs today, while also looking ahead to how we can improve the way we offer support. This year, we took an important step forward with the launch of our Carer Portal, strengthening our digital offer and widening access to information and services.

We understand how precious carers' time is. With 80% of those we support able to access

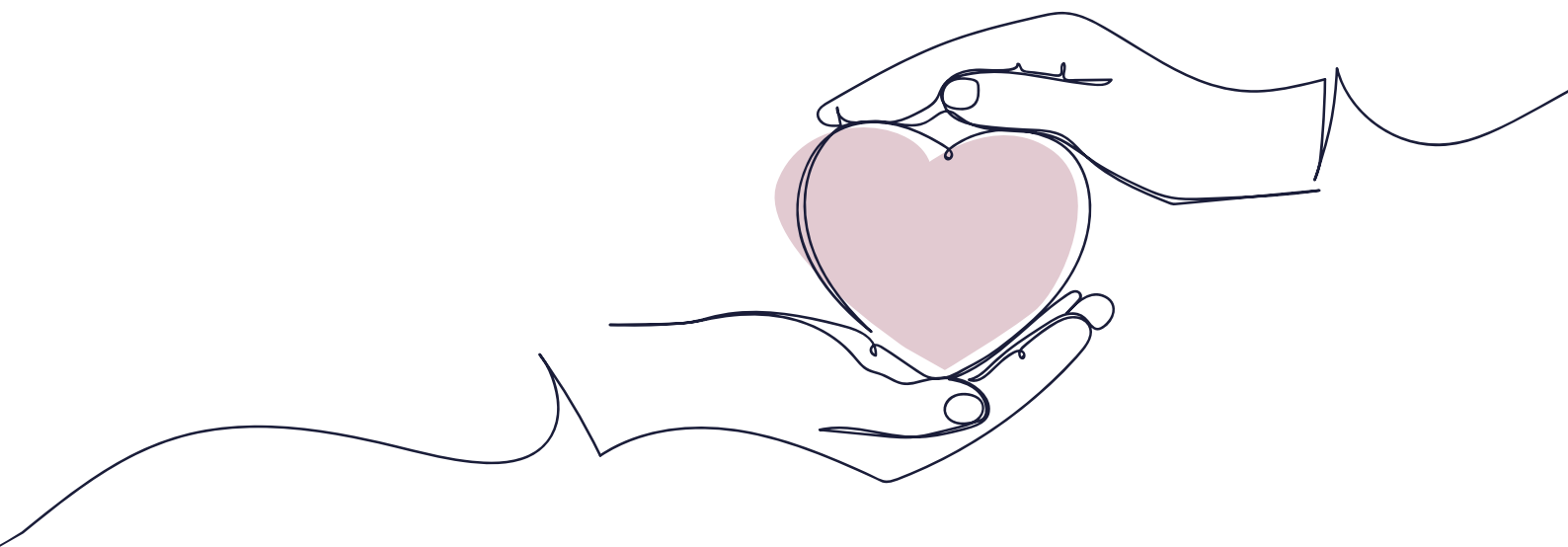
services digitally, it is essential that information and guidance are easy to find, simple to use and available at any time. Our ambition is to create a digital experience that is truly accessible – intuitive, flexible, and shaped around carers' lives.

At the same time, we know that digital support is not right for everyone. Our network of carer hubs and groups across the county continues to offer vital face-to-face support, giving carers the opportunity to speak directly with our wellbeing team within their local community.

## Working together to strengthen support

No single organisation can meet carers' needs alone. Over the past year, we signposted carers more than 6,000 times to 385 partner organisations, highlighting both the scale of need and the importance of strong partnerships.

By working closely with local organisations, we extend our reach, share expertise and help ensure carers receive the right support at the right time. I am particularly encouraged by the feedback from partners, who describe our collaboration as "excellent" and recognise the positive difference it makes for carers.



## Shaping change through carers' experiences

This year also saw us strengthen our role in influencing change. We created opportunities for carers to speak directly with MPs across eight West Sussex constituencies, enabling 119 carers to share their experiences, highlight gaps in support and call for greater recognition of their role.

In September, I was proud to take these experiences to Parliament alongside our Head of Information and Advice. Together, we highlighted the importance of prevention – showing how timely advice, practical support and targeted financial help can prevent carers from reaching crisis point. We also reinforced a clear message: without sustained investment in carers, pressure on health and social care services will continue to grow.

Moments like these matter. They reflect not only the depth of expertise we hold as an organisation, but our commitment to ensuring carers' voices are heard and help shape the decisions that affect their daily lives.

## Standing alongside carers

As I look back on the past year, I am extremely proud of what we have achieved together. This report reflects the scale of our work, as well as the compassion, skill and commitment of our staff, volunteers and partners. Above all, it recognises the resilience and dedication of carers themselves, who continue to give so much, often with little recognition.

It is a privilege to lead an organisation that stands alongside carers – now and into the future.

Caroline Pope

Chief Executive Officer



## Anyone can become a carer: recognising the reality

There is no single moment when someone becomes a carer. It can happen suddenly or gradually, and most of us will take on that role at some point in life.

As of 31 March 2026, 33,633 carers were registered with CSWS, the charity directly worked with 8,353 carers, including the 4,126 newly identified carers during that year. They were parents, partners, siblings, children and friends, each with their own story and challenges behind their role.

**97% of carers reported being satisfied with CSWS support.**

*"I do believe that finding the leaflet and making that first call to Carers Support saved my life."*

**Carer, speaking to an Outreach Officer at a community event**



## Cared-for conditions

Carers support people with a wide range of needs. In total, 37 different cared-for conditions are recorded on the CSWS database, with dementia, autism and neurological conditions most represented. This highlights the breadth and complexity of caring roles across West Sussex.

While every caring role is different, many of the challenges carers face are strikingly similar.

### Top challenges reported by carers:

- Feeling stressed.
- Managing their own physical and mental health.
- Missing out on social opportunities due to their caring role.

Understanding these challenges is central to the cause. Careful attention is paid to what carers say, through feedback, conversations and support groups, to ensure their experiences shape the services offered.

### **98% of carers said they felt safe to discuss their situation.**

Carers Support West Sussex exists to ensure unpaid carers are recognised, supported and not left to navigate these challenges alone. Working in partnership with West Sussex County Council, we provide a range of support, including a helpline, Carer Assessments, benefits advice and emotional support, helping carers sustain their role while maintaining their own wellbeing.

### **92% of carers said the support provided helped them to feel less stressed about their caring situation.**



# Delivering support in response to carers' needs

## Carer contact

To meet carers where they are, wellbeing workers make contact to understand each individual's caring role and identify the most appropriate form of support.

This year, 16 different methods of contact were recorded on the carer database. The three most used were:

Email – 50,388

Phone – 19,244

Carer groups – 4,582

Examples of the additional methods of contact included home visits, carer hubs, and phone surgeries, ensuring flexibility and accessibility for carers with different needs and preferences.

*"It was good to talk to someone, and I have tried to take some time for myself since our chat. Just little things but I definitely feel less alone. The service is invaluable and I feel incredibly lucky to have access to it."*

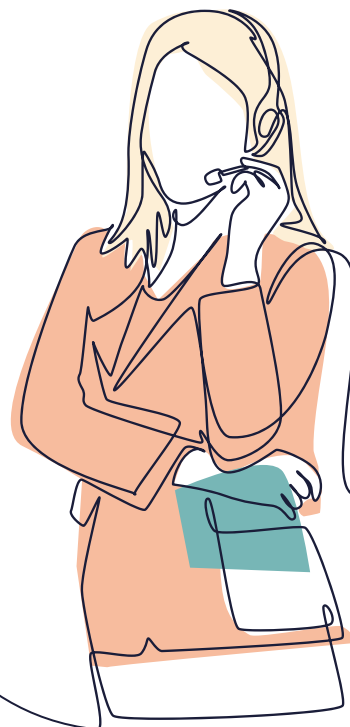
**Barbara, a carer who accessed support**

## Online chat function

As part of the digital offer, we provide an online chat function for carers.

Over the past year, there were 325 online chat interactions, demonstrating the value of this channel in offering timely support and guidance.

**98% of carers said Carers Support West Sussex responded to them in a timely manner.**



## Carers Star

We use the Carers Star™, a nationally recognised tool, within our conversations with carers to help them reflect on what is going well and where they would like more support. The story below shows how this worked in practice for one carer.

### ***“I no longer feel like I’m coping on my own”***

*Debbie\* is 49 and lives in Shoreham. She supports both parents, who are living with Alzheimer’s disease. Although each parent receives some formal care, Debbie remains deeply involved, visiting several times a week to manage practical tasks, provide emotional support and respond to frequent crises.*

*Debbie was referred to CSWS in 2025 by the Alzheimer’s Society and was feeling overwhelmed. Debbie found herself juggling the needs of both parents alongside her own family and work commitments. She described feeling exhausted, anxious and unable to cope.*

*During an initial one hour conversation using the Carers Star™, Debbie was given space to talk openly about the emotional impact of caring. She spoke about complex emotions, including frustration towards others not involved in care, alongside feelings of guilt and distress about her role. These feelings were acknowledged and normalised, helping Debbie feel heard and understood.*



*\*Name changed*

Together, we identified ‘How You Feel’ as a priority and, with her consent, supported Debbie to access free, dementia-specific counselling through a partner organisation, Dementia Carers Count, alongside local peer support options.

At review, Debbie showed positive progress and improvement in how she felt and was able to find more time for herself.

All other areas remained stable – an important outcome for someone caring for two parents with progressive conditions.

While Debbie knows her caring role will continue to change, she told us that for now, “everything is ok”. The difference was having someone take the time to listen, recognise the impact of caring, and help her access the right support when she needed it most.

## Carer Assessments

A Carer Assessment aims to explore the needs of a carer to ensure they receive the appropriate assistance and resources for their role and determines what help and support can be provided.

This year: 1,340 Statutory Carer Assessments took place, 519 were full Carer Assessments and 821 preventative assessments.

**97% of carers said during their Carer's Assessment that they felt safe to discuss their situation.**

**93% said the support provided helped them to feel more able to continue in their caring role.**

*"The Carer Assessment was conducted with the utmost professionalism and validated. For the first time all my concerns about the caring role and its impact on my personal mental and physical health were apparent. The information provided for help is very comprehensive and a very valuable document where all the help possible is collected and indicated in one document and easily accessible. I must say the wellbeing worker was sensitive and caring and has included all responses very accurately and where to access all the help needed. I wasn't aware that so much info was elucidated from me. Thank you."*

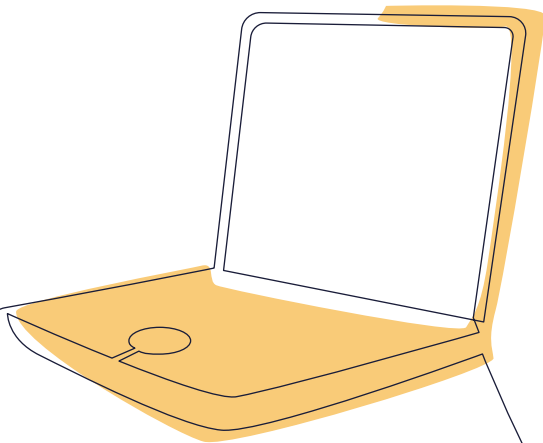
**Mary, a carer who had a Carer Assessment**



## Carer portal

Designed for carers, the portal helps them stay organised and in control. It provides a secure, personal space to update details, manage bookings, create an emergency plan and access key information in one place. Further features are planned as it evolves to meet changing needs.

**Since launching in autumn 2025, there have been 447 carer sign-ups.**



## Carer communications

We keep registered carers up to date with relevant news through the CSWS website, social media, email and text updates.

**92% of carers said the information provided has helped them to feel more informed about their caring role.**

69 emails were sent to carers.

This includes a monthly newsletter with partner news and service updates, plus targeted emails for specific caring roles, such as dementia or addiction.

6,594 texts sent to carers.

In December 2025, a winter wellness mailout was sent to 31,002 registered carers.

46,466 unique visits to the Carers Support website.

The CSWS website is a key resource for carers, offering information and support, while also providing guidance for volunteers, staff and health and social care professionals.

6,673 social media followers.

CSWS has a growing presence on Facebook, Instagram, LinkedIn and Bluesky, with steady increases in followers and engagement, showing content continues to resonate and support carers.



## Helpline Accreditation

Carers Support West Sussex's main gateway is accredited under the Helplines Partnership's Helplines Standard, a nationally recognised quality mark. Following an independent assessment in early 2026, the service was re-accredited, highlighting strong safeguarding, data protection and staff support. For carers, this provides reassurance of safe, effective and reliable support when it is needed most.

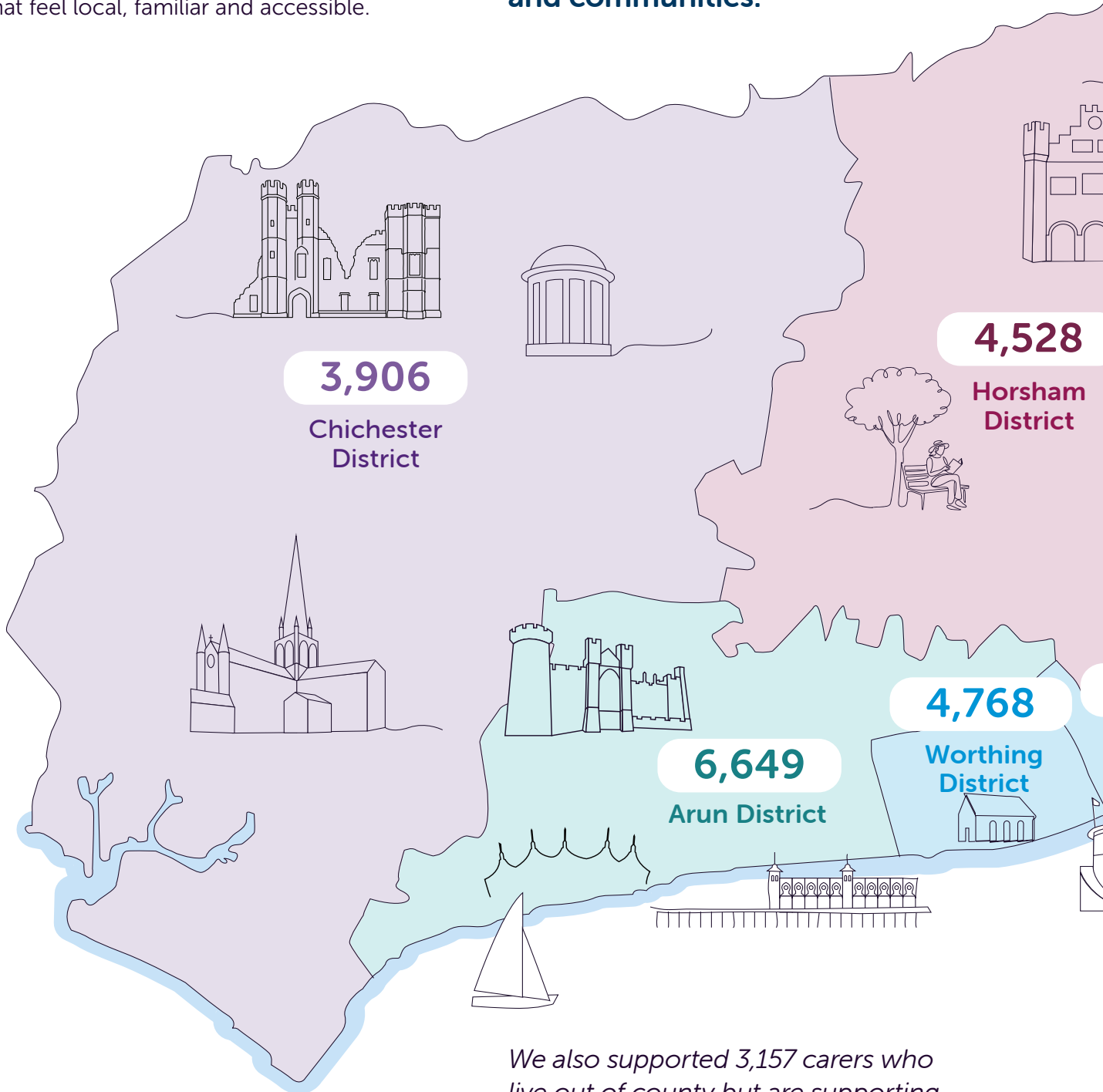
*"Every time I have phoned Carers Support, they have been incredibly helpful, supportive and calm. I am so grateful that they are on the end of the phone."*

**Andrea, a carer who accessed the Helpline**

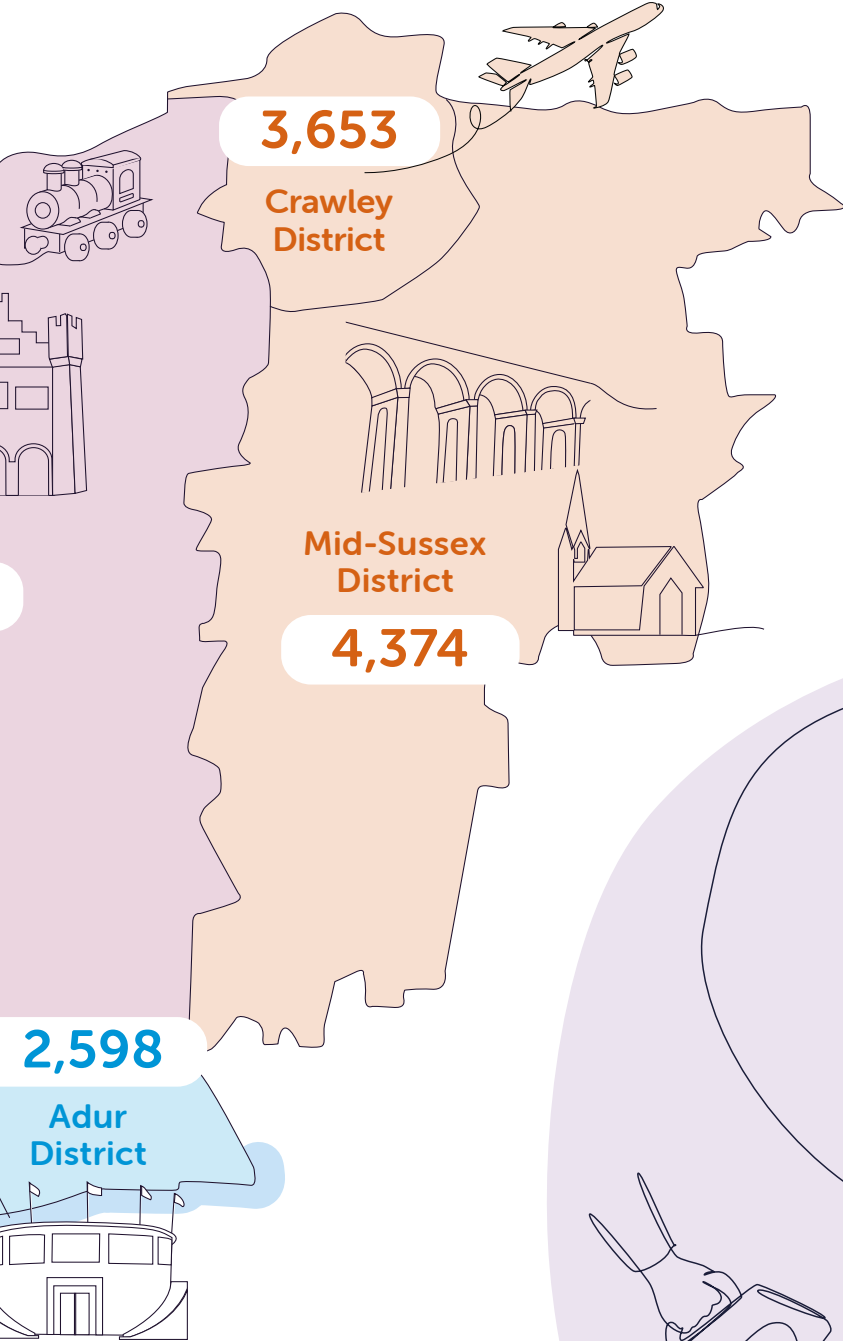
# Reaching the community

Being embedded in West Sussex means being present in the places, services and networks that carers already use. Over the past year, a deliberate effort has been made to strengthen our community presence across the county, ensuring carers can access support in ways that feel local, familiar and accessible.

The map highlights the established reach across the entire county, registering and supporting carers in a wide range of towns, villages and communities.

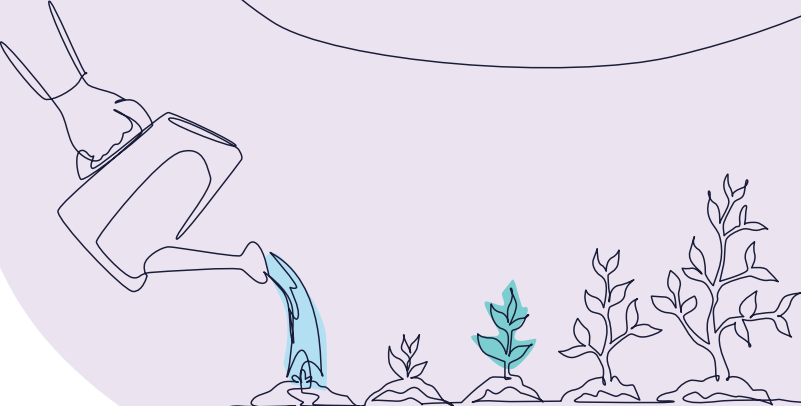


*We also supported 3,157 carers who live out of county but are supporting someone within West Sussex.*



### Social return on investment

Social value measures the positive impact an organisation has on people, communities and society. Our Social Return on Investment (SROI) shows that for every £1 invested in Carers Support West Sussex, **£11.10 of social value** is generated, bringing together the wide ranging benefits of our work into a single figure.



## Outreach

Through our Community Outreach work, we are reaching carers who are often overlooked from mainstream services and face the greatest barriers to accessing support. By working in trusted community settings and alongside local partners, we are helping carers recognise their caring role, access timely support, and feel more confident engaging with services.

In November we delivered a 'Memory, Wellbeing and Brain Health' event, a culturally sensitive workshop in Broadfield, Crawley, to support carers and people affected by dementia. The event brought together carers, community members and professionals, for practical wellbeing activities, information, and opportunities, to connect with local services. 45 carers attended, and 28 local partner organisations were present to offer support and signposting.

## Partnership working

CSWS works closely with a wide range of partners across statutory services, health and social care, and the voluntary and community sector, to ensure carers receive joined up, timely support. Strong partnership working enables flexible responses to carers' needs, reduces duplication, and helps carers access the right support at the right time. Our role is often to connect systems around the carer, supporting them to navigate complex pathways more effectively.

**90% of carers said they feel more able to seek support from other local services.**

The scale of this collaborative approach is reflected in this year's activity:

- CSWS made 1,709 referrals to 150 organisations.
- 6,154 signposts were made by CSWS colleagues to 385 organisations.

The value of this collaboration is reflected in feedback from partners. The Carers' Health Team at Sussex Community NHS Foundation Trust (NHS SCFT) described their experience of working with CSWS:



*"Our working relationship with CSWS is vital for our service to thrive. Despite the similarity in our names, we offer distinct services that complement each other. Together, we provide carers with a breadth of support they would not receive from a single organisation alone."*

## Young Adult Carers (ages 16–21): My Future Groups

Over the past year, My Future Groups supported young adult carers through 202 attendances, providing respite, peer connection and age appropriate activities, that created vital time away from caring responsibilities.

Young adult carers reported increased confidence, improved communication skills and a stronger sense of identity beyond their caring role. Many highlighted the value of social connection and having space to relax, have fun and “be themselves”, contributing to improved wellbeing and reduced isolation.

A residential trip to the Isle of Wight further strengthened these outcomes. Ten young adult carers took part, with all respondents reporting new or strengthened friendships and all saying they would attend again. Most experienced a clear break from caring responsibilities, with participants particularly valuing the independence, sense of normality and shared experiences.

Overall, the My Future programme supported young adult carers to develop confidence, resilience and a stronger sense of self.

## Southern Gas Network: carers’ energy and wellbeing project

Delivered with Southern Gas Networks and Citizens Advice Arun & Chichester, the Carers’ Energy and Wellbeing Project helped unpaid carers in West Sussex stay warm, safe and well, recognising the links between energy, health, wellbeing and financial resilience.

- 1,899 carers received tailored energy advice and support.
- 80 face-to-face Carer Energy and Wellbeing information sessions were delivered across the county.
- Carer Energy and Wellbeing Groups were established in every district in partnership with local health organisations.
- *The Spotting the Signs of Health Deterioration* toolkit was published and distributed to 7,768 carers, supported by two learning events attended by 43 carers.

*“I didn’t realise support like this was for me – meeting someone in my community made it feel safe to ask for help.”*

*“I feel as though I have more of a chance to be myself... and know my self-worth.”*

*“Young Carer has helped me make friends.”*

*“I can have a break from the stress of life.”*



## Primary Care

The Primary Care Engagement Project improved how unpaid carers are identified and supported in West Sussex GP practices, embedding carer-friendly systems, building staff confidence and improving referral pathways for earlier identification and timely support.

- 667 carers were referred or signposted to CSWS through primary care
- 1,123 notifications were shared with GP practices to confirm registered patients had identified as carers.

- 34 GP surgeries received one-to-one reviews and tailored action plans to improve carer identification and support.
- **48 health professionals had improved awareness of carers after completing our training.**
- 7 Carer Lead and Learning Network meetings were held, with 119 attendances.

### Strengthening carer identification in primary care: Dolphins Practice

Through the Primary Care Engagement Project, Carers Support West Sussex worked in partnership with Dolphins Practice in Haywards Heath, to strengthen carer identification and improve support for unpaid carers.

The practice introduced clearer carer coding systems, retrained staff, established a named Carers Lead, and implemented a carers protocol. This included providing information packs for newly identified carers, alongside joint events and ongoing partnership working.

As a result, the number of **correctly identified carers increased by 30%** since August 2024. Staff confidence also improved, and carers reported feeling better supported, demonstrating sustained improvements in both identification and engagement.

### Practice reflection:

*“The collaboration with the Primary Care Engagement Project has transformed the support offered to carers at Dolphins Practice. It gave us the knowledge and momentum to strengthen our approach and maintain a clear focus on carer identification.”*



# Managing their own physical and mental health

## Financial support

Financial pressure is a major source of stress for many carers, affecting their mental and physical wellbeing. CSWS provides financial support to help ease this burden and build resilience. Over the year, £804,756.25 was awarded to carers, reducing financial strain and supporting their caring roles.

## Funding breakdown

Fund Type	Sum of Value of Award
Carer Health and Wellbeing Grant	£194,323.22
Carers Trust Applications	£7,242.00
Direct Payments	£59,905.82
Hardship Fund April 2025 Onwards	£23,917.21
Household Support Fund 7 - April 25-March 26	£510,000.00
Support at Home after Hospital Payment	£9,368.00



## Funded by UK Government

**96% of carers who were awarded a grant said that it helped to improve their health and wellbeing.**

**95% said they felt less stressed about their caring situation.**

## Carer benefits service

846 carers received welfare benefits advice, securing £1,614,168.39 in additional annual income, reducing financial pressure and supporting their wellbeing and caring roles.

**98% of carers who accessed the service said they felt more informed about the financial support they may be able to access.**

**92% said they felt better able to manage the cost of caring.**

*"To feel as if someone is on my side in this ongoing battle caring for a husband with Alzheimer's is invaluable. I'm very grateful for the help I've received from Carers Support."*

**Jane, a carer who accessed support**

*"Service helped in all the ways possible, emotionally, financially and it was a shoulder to cry on."*

**Faezeh, a carer who accessed support**

## Carer Emergency Contact Card

The Carers Emergency Contact Card allows carers to plan for emergencies, ensuring the person they care for receives support if needed. **1,135 cards were issued, providing reassurance and peace of mind by putting contingency plans in place.**



## Wellbeing activities

Carers Support offers a range of wellbeing sessions for carers, created to support health, balance, and emotional wellbeing. These include Mindfulness, Tai Chi and more recently, Chair Yoga, enjoyed by 183 carers.

- 45 carers attended one of four morning or evening 8-week Mindfulness Based Living Courses.

- 92 carers have attended Tai Chi.
- 46 carers have attended Chair Yoga.

Throughout the year 71 carers have joined us on 9 walks supported by partners including Wakehurst Place, South Downs National Park and District Wellbeing Teams.

*"It's made such a difference. My own mobility has improved, and it helps clear my mind so I can carry out my (unpaid) carer duties more easily. I was getting overwhelmed a lot more before I had these regular Tai Chi sessions."*

**Sally, a carer who accessed support**

*"Walking was a good exercise, easy and interesting, around the Roman walls. Weather was perfect. Will keep in touch with someone I met in the group as we share common interests."*

**Veronique, a carer who accessed support**



## Hospital admission and discharge support

Hospital stays can be challenging for carers and those they support. This year, CSWS worked with hospital staff to support 1,337 carers during admission and discharge, delivering 3,163 hours across 10 acute and community hospitals in West Sussex.

**92% of carers said they felt supported to manage their caring role during the hospital stay.**

**84% said they felt supported to be able to engage with NHS staff and discharge planning.**

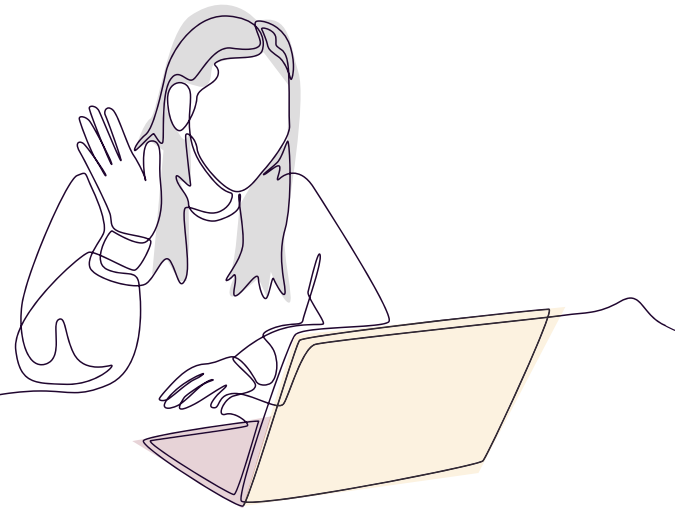
*"It's a wonderful service to have in the hospital. I had not used CSWS services before, it was very much appreciated and lovely knowing that support was available. Having someone I could talk to, helped me with positive support when I had to make decisions. The support*

*with information helped the discussions I had to have. Good all-around support, thank you."*

### Jessica, who accessed support in a hospital setting

357 carers were supported through the Support at Home after Hospital Service, receiving phone calls, referrals, practical help, and guidance after discharge to help them settle and reduce the risk of readmission or carer breakdown.

**88% of carers said the support helped them to feel less stressed about their caring situation.**



## "I don't feel like I have to manage everything on my own anymore"

Annie is 79, lives in Bognor Regis and cares for her husband following a major stroke. He spent several months in hospital and Annie was referred to Carers Support West Sussex at point of discharge. At the same time, Annie was managing her own long-term health conditions and coping with recent bereavements within her family.

Before her husband's illness, Annie described them as doing everything together. The sudden changes brought uncertainty about hospital discharge, adapting their home and what caring would look like day to day. With so much happening at once, Annie felt overwhelmed and anxious about how she would cope.

Through our Support at Home after Hospital Service, Annie received prompt contact from a

Wellbeing Worker who took time to understand her situation and identify her main concerns.

Annie was offered regular follow-up calls, a home visit from an Age UK volunteer and access to a Carers' Assessment to help identify practical support. She was referred for benefits advice, registered for emergency respite support and supported to access health and wellbeing help for herself. A Safe and Well home visit also helped ensure she felt safer and more confident at home.

Having someone alongside her made a significant difference. Annie told us that not having to find and organise support on her own reduced her stress and anxiety at a time of major change. Early, joined up assistance helped her settle into a new routine, feel more supported and regain confidence as she adjusted to her caring role.

## Coaching case study

*Poppy\* is 19 and lives in Horsham. Poppy came to CSWS at 18 juggling A-levels alongside significant caring responsibilities for her mum, while also supporting her grandparents. Poppy felt deeply responsible for her family's wellbeing and believed she could not step away without putting their health at risk. As a result, she had stopped seeing friends and felt unable to imagine a future that included going away to university.*

*Poppy accessed coaching support to help her think through whether university was possible. Over three flexible coaching sessions, she was supported to reflect on her caring role, her sense of responsibility, and what was realistically within her control.*

*Gradually, Poppy began to challenge the belief that everything depended on her. She recognised that there were others around her who could provide support if needed, and that emergencies could be*

*managed without her being constantly present. This shift brought visible relief and helped her rebuild confidence.*

*As coaching progressed, Poppy also began to reconnect with her own life. She started seeing friends again, enjoying time outside the home, and reframing her relationship with her grandparents in a way that was kinder to herself while remaining caring and supportive.*

*By the end of coaching, Poppy felt able to hold both her caring role and her ambitions. She achieved strong A-level results and went on to move away to university to study psychology, taking her first steps towards a future she had once felt was out of reach – while continuing to care from a healthier, more sustainable position. "I will forever be grateful for all the support you guys have given me for always listening and more importantly validating what I have been going through and reassuring me."*



\*Name changed

## Coaching

The Carer Coaching Project is funded by The National Lottery Community Fund to support unpaid carers across West Sussex by improving wellbeing, confidence and resilience, and helping carers feel better able to cope with the challenges of their caring role.

During the year, 219 carers were supported through our coaching programme.

After each group programme and 1-1 sessions completed, we ask carers to consider a number of statements and consider where they are now and reflect where they were when they started their coaching journey.

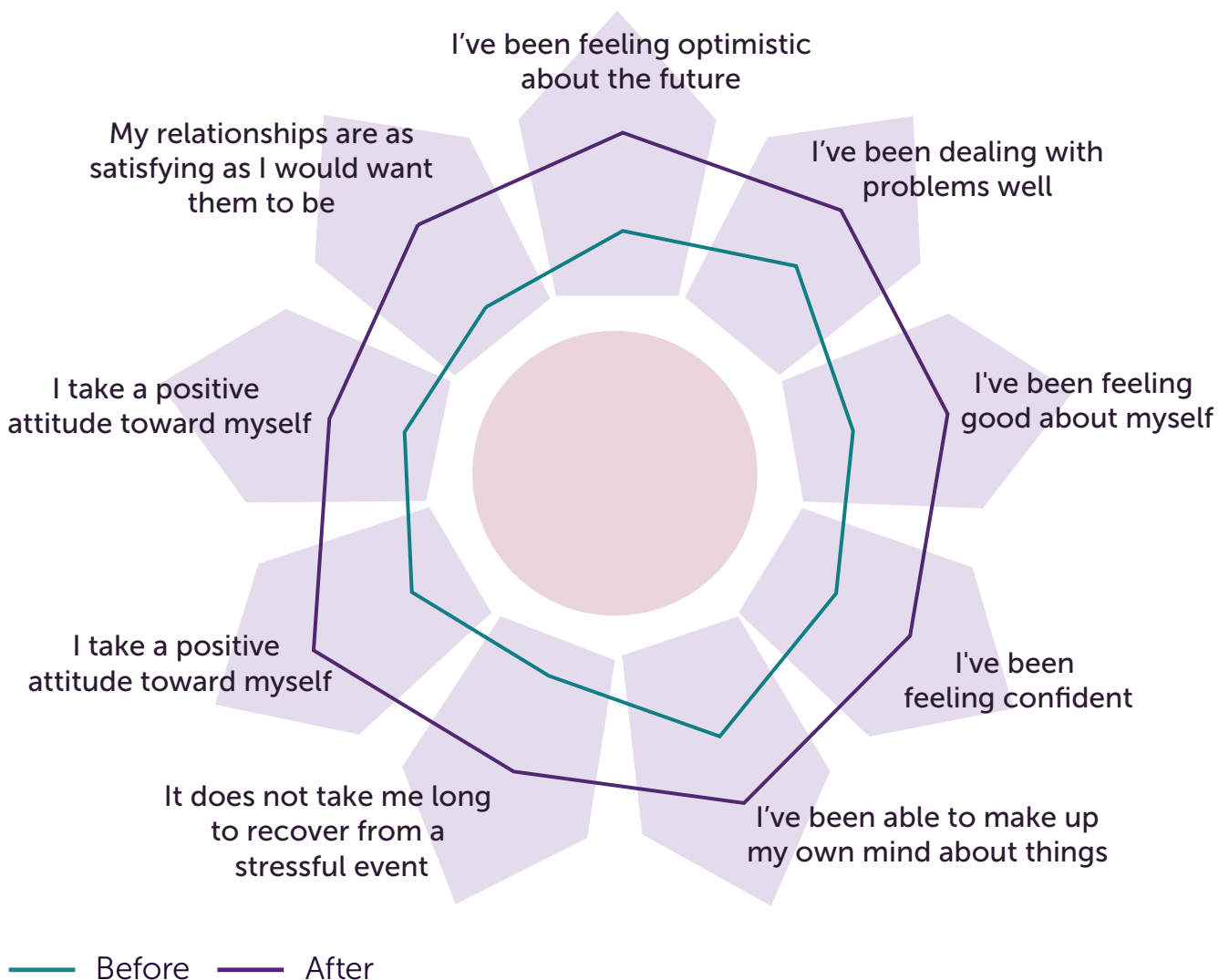
*“When I started coaching, I was depressed and at rock bottom, could not see the wood for the trees. I am now in a better place, coaching planted a seed and I am now more organised, and I am identifying what I can control and what I can’t. It was brilliant, thank you so much.”*

**Derrik, a carer who attended coaching**

**92% of carers said they had benefitted from coaching.**



## Coaching impact



# Missing out on socialisation because of caring

## Carer groups

Through groups and events, we support unpaid carers to improve wellbeing, reduce isolation and build resilience by sharing experiences and building networks.

This year, 1,159 carers attended 4,343 sessions across 611 activities. We ran 14 monthly groups attended by 336 carers, 24 social events attended by 294 carers, and specialist groups for 166 carers supporting conditions such as autism, dementia, mental health, learning disabilities and substance misuse.

**96% of carers said that attending a group or activity has made them feel less isolated.**

**96% said attending has helped to improve their overall health and wellbeing.**

*“The groups have made me feel less isolated and our monthly group meetings are invaluable to be able to speak openly without any judgement. I’m around people who understand and get it as well as all of us having snippets of information that may be useful to others. Without these groups this wealth of information is lost/non-existent and friendships have been formed, and I look forward to seeing the friends I’ve made over the years.”*

**A carer who accessed information and support**



# Carer engagement and participation

True to the CSWS vision, there has been a lot of activity in strengthening the carer voice, creating opportunities for carers to share their experiences and have their views heard by local decision-makers, including MPs.

## Targeted engagement to improve carer representation

With ongoing transformation in health and social care, CSWS strengthened its advocacy to ensure carers' voices are reflected in local and national decision-making.

### MP engagement

**CSWS held events across eight West Sussex constituencies, giving 119 carers the opportunity to share their experiences directly with MPs and strengthen links with decision-makers.**

## Why these events matter

The events ensured carers' voices were included in discussions on major reforms, including the NHS 10-year plan and local government changes, which risk overlooking carers' needs. They gave carers direct access to MPs to share experiences, highlight gaps in support and advocate for recognition.

Held informally, events helped carers feel heard, reduce isolation and strengthened CSWS's role as their advocate. Feedback continues to shape services to reflect carers' priorities.

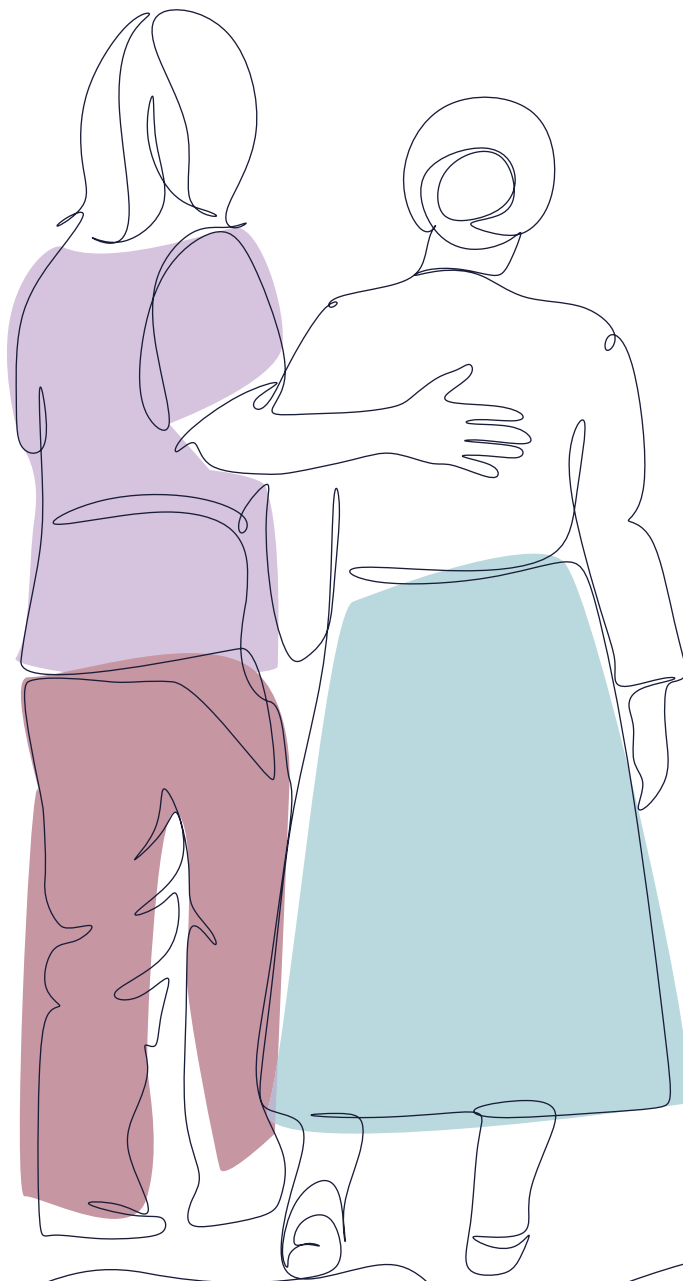
Carers also spoke openly about the emotional impact of caring and challenges in communicating with professionals.

*"As a carer, you are under stress and anxiety to start with, and it can be very difficult to speak calmly. Professionals need to understand that."*

## Volunteering

In 2025–26, CSWS was supported by 45 individuals, including 27 volunteers and 11 Trustees. Trustees contributed 288 hours through governance and Board meetings, while volunteers gave 677 hours across services, including over 300 hours supporting carer groups across the county and online.





*Carers Support West Sussex is commissioned to provide the Carers Information, Advice, Assessment and Support Service by West Sussex County Council (WSCC) through the Better Care Fund, which is jointly planned and agreed by WSCC and NHS Surrey and Sussex Integrated Care Board, working with local partners.*

## How to keep in touch

Visit [www.carerssupport.org.uk](http://www.carerssupport.org.uk)

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

Call **0300 028 8888**

Registered Charity No. 1123359

Company No. 6418743

## Follow our social media channels to stay up to date with wellbeing information and groups:

 [facebook.com/CarersWSussex](https://facebook.com/CarersWSussex)

 [@carerswsussex](https://twitter.com/carerswsussex)

 [@carersSWS](https://instagram.com/carersSWS)

 [carerssupportwestsussex](https://linkedin.com/company/carerssupportwestsussex)