



# Carers Support West Sussex

for family and friends 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:

- Counselling
- A Telephone Call Back Service to talk through a problem
- 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:



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

No stamp  
needed



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

Easy read by [easy-read-online.co.uk](http://easy-read-online.co.uk)