How can we help you?

Many carers do not see themselves as such because they see themselves as a parent, partner, son or daughter, relative, friend or neighbour. As a result carers often miss out on services, support, advice and benefits which may be available.

1 in 10 of the population are family and friend carers.

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

Our services include

**Carer Wellbeing Workers**

Our Carer Wellbeing Workers provide individual support to people caring for someone with any long term illness or disability. We offer access to our Carer Wellbeing Fund, a range of equipment to promote independent living and information on financial support that may be available.

Our specialist workers offer information and support to help you in caring -

- Mental Health
- Learning Difficulties
- Autism and Asperger Syndrome
- Drugs and Alcohol
- Parent Carers
- Young Adult Carers
- Dementia Carers

Emotional Support Service

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

- Counselling sessions with a specially trained counsellor.
- A Telephone Call Back Service, as caring can sometimes be isolating. Hearing a friendly voice every now and then can help to relieve this.
- Other support for emotional wellbeing and relaxation.

**Carers Response Line and Information**

By calling 0300 028 8888 our friendly team can offer -

- A personal plan of support to help carers look after their own wellbeing.
- Information on local and national services available for carers.

Our online services also provide advice and information for carers -

- An informative website.
- Our ‘Carers Support’ blog.
- Regular updates on Facebook, Twitter and other social media.

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’.
- A diverse range of Support Groups across the county.
- Our Learning and Wellbeing Programme to help carers look after their own health and wellbeing.
- Access to low cost complementary therapies.
- Social Events.

All our services are free and confidential
“Without Carers Support I would have certainly had another breakdown, your service is invaluable”

“I feel valued, heard and seen. I always come away feeling better than when I arrived. I feel very safe here and that all my problems as a carer and as a person are understood.”

“I can’t thank you enough for the time, practical help and support your organisation provides. As a carer especially when you’ve been doing it for so long it’s lovely to know people care and want to help!”

“Just to say I am so grateful to know I have someone I can talk to when I feel unsure of what I need to do to be able to look after my son, also keeping an eye on my 92 year old dad. But also to be able to look after myself. Thank you so much for giving us the chance of a break. I really find Carers Support very helpful.”