


**WE ARE HERE  
TO SUPPORT YOU**



**ARE YOU ONE OF THE 3 IN 5  
UNPAID CARERS LOOKING AFTER  
SOMEONE WHO COULD NOT  
MANAGE WITHOUT YOUR HELP?**

## **Are you a carer?**

Anyone can be a carer, an 85-year-old husband caring for his wife with Dementia; an 18-year-old looking after her Mum with a long-term illness; a young person looking after a parent with an alcohol problem; or a man looking after a partner with cancer whilst continuing to work and support the family. Carers Support West Sussex offers practical and emotional support no matter what the caring circumstance. For some caring has always been part of their life, for many the role evolves over time and for others they are suddenly thrown into a caring role.

## We are here for you

Carers told us that the top three challenges they face were:

- experiencing feelings of stress
- managing their own physical and mental health and
- not being able to take time away from their caring role.

At Carers Support West Sussex we really do recognise that caring can be both wonderful and tough. It can also often become a full-time job, leaving carers with little or no time for themselves. We provide unpaid carers with information and guidance along with practical and emotional support. Our aim is to support you no matter what your caring situation.

“ I am most grateful for the help that you give and feel that I haven't been lost in the system but have been treated with care and consideration. ”





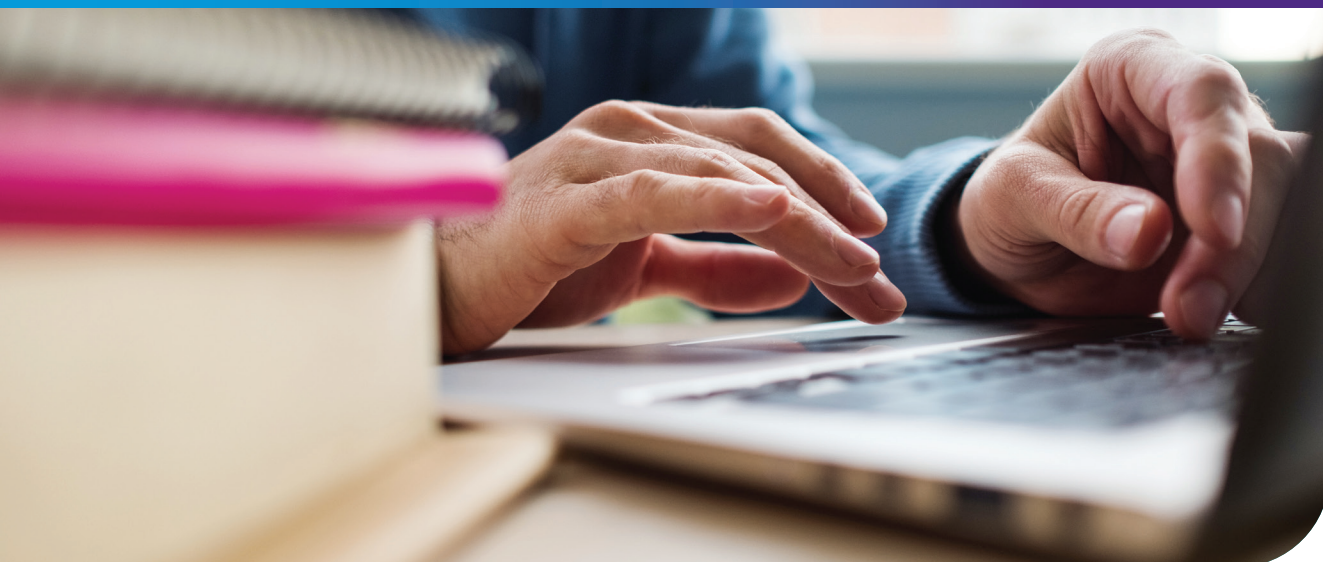
## Support available especially for you

**Carers Support West Sussex offers free support to carers registered with the service. The wellbeing team will take the time to combine the following services most suitable for you:**

- Carer Contingency Planning
- Emotional support
- Carer Discount Card
- Access to counselling
- Carer Assessments
- Carer Wellbeing Fund
- Practical guidance (including wellbeing grants and information and funding for equipment)
- Information provision relevant to your caring situation
- Carer groups
- Support with hospital admission & discharge

## Contact us today to find out more

If you haven't registered with Carers Support West Sussex why not register with us so you can get free information, guidance and support? And if you're already registered, remember we're here to support you no matter what. Simply contact us for the latest updates on what support is available for you.



## How to register

There are a number of ways you can register yourself with us:

- Return the attached form via freepost
- Contact our phone line **0300 028 8888**
- Email **info@carerssupport.org.uk**
- **www.carerssupport.org.uk**

Please follow our social media channels for regular updates.



## Registration form

If you would like to register with Carers Support West Sussex, please complete the form overleaf, place in an envelope using the freepost address listed. Once we have received it, we will be in contact to complete your registration. Alternatively, call us on 0300 028 8888 to register by phone.

# Registration form

Send to: Carers Support FREEPOST RSAE-KCJU-ECEB  
Crawley RH10 6AD

Name

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My pronouns are

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Address

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Home Phone

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Mobile Phone

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Email

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The person/people I care for  
have the following needs:-

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Date

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I give consent for Carers Support West Sussex to contact me  
via:

Phone  Email  Text  Post

(Please tick all that apply. Without this permission, we are  
unable to contact you)