



**Carers Support West Sussex**  
for family and friend carers

# Take time for you

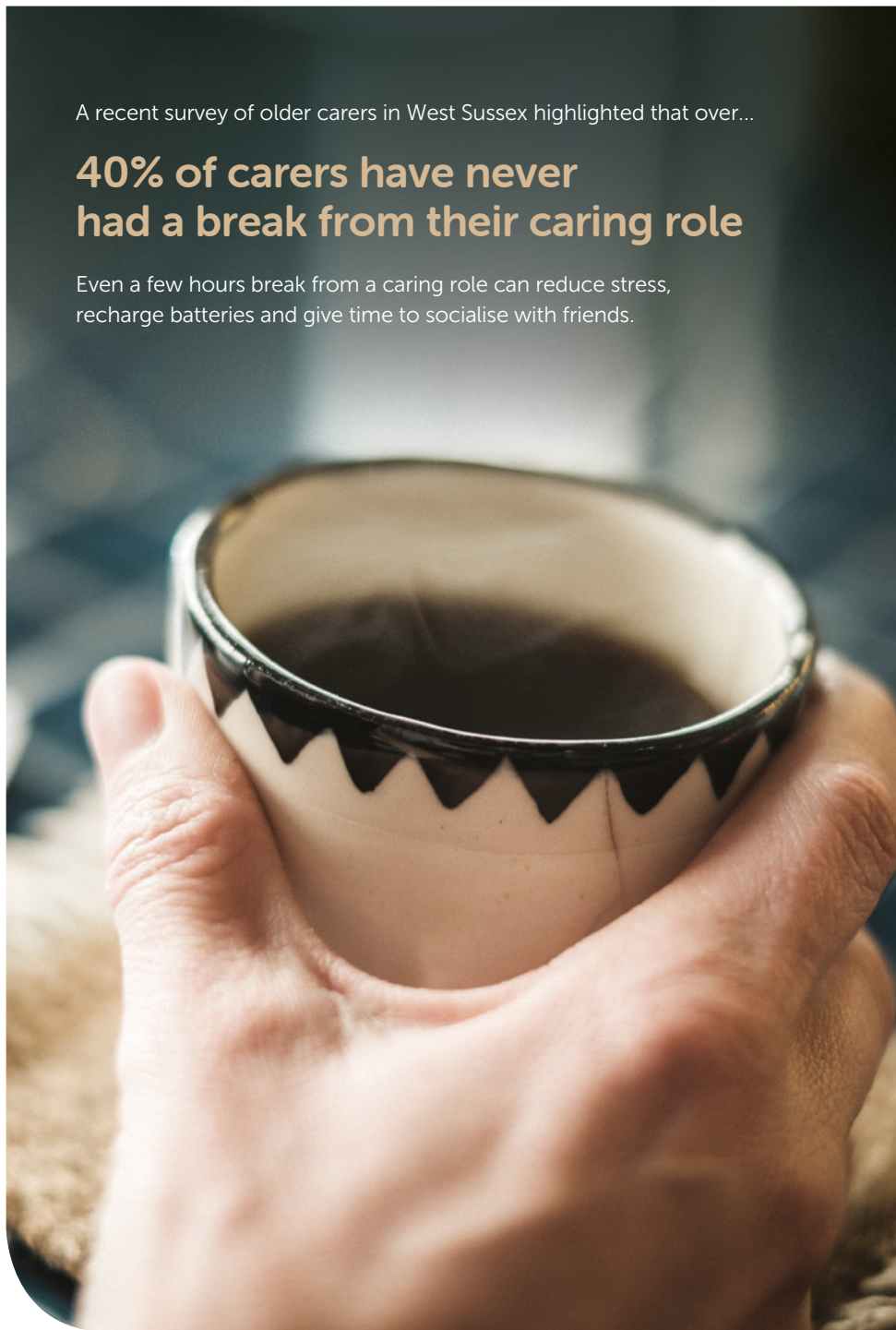
Respite and short breaks for carers



A recent survey of older carers in West Sussex highlighted that over...

## 40% of carers have never had a break from their caring role

Even a few hours break from a caring role can reduce stress, recharge batteries and give time to socialise with friends.



### What is on offer?

If you look after and support someone living with dementia and/or is frail elderly, a range of short break options exist for you, run by a number of charitable organisations. Thousands of respite hours are being provided across towns and villages throughout the county. These range from day services, offering the person you care for the chance to socialise while you take a break or, one to one support in your own home to enable you to take a break for a few hours.

In addition opportunities also exist for you and your loved one to socialise together with supported outings out and about in the area. After all, a change can sometimes be as good as a rest!

### Benefits of attending a respite break

- Socialising with a new group
- Make new friends
- Take part in activities, perhaps learn a new skill
- Change of scene and routine
- Time to relax and unwind



### What is the cost?

These respite breaks are subsidised by West Sussex County Council and the NHS. Charges however are applied. Costs vary depending on the venue and what is on offer. Where affordability is an issue help may be available from the provider or via Carers Support West Sussex, please enquire.

The breaks offer good value for money and the benefits gained can be tremendous.



### Where can I find more information?

To gain information about each short break opportunity, visit the Carers Support West Sussex website. On the Relaxation and Respite page, which is found under the 'Our services' drop down menu, where you will find information on short breaks in your own local area.

If you are not online or would prefer to talk to someone, please call the Carer Response Line on **0300 028 8888.**

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This service will signpost you to opportunities most suitable to your situation.



## Testimonials

“Bringing my husband gives me the opportunity to meet up with friends, have my hair done or just have a bit of ‘me time’, which you take for granted when you are not caring for someone.

The staff are so friendly and supportive, it has really helped with my own wellbeing as well as my husband’s”



“Time out – The best thing is that I know dad is happy and being stimulated – I am very much a believer that if you keep your mind stimulated it helps stop the decline”

“It is local and run by very caring and professional people, the activities are good and varied and very much enjoyed”



## How to sign up for some time out

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

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

Call **0300 028 8888**

Follow our social media channels

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The line is open Monday to Friday  
9am – 5pm, Wednesday 9am – 7pm  
and Saturday 10am – 12pm.

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