

## How can we help you?

Many carers do not see themselves as such – because they see themselves as a parent, spouse/partner, son/daughter, relative, friend or neighbour. 1 in 10 of the population are carers.

As a result, they often miss out on services, support, advice and benefits available to them.

Carers Support Service, North and Mid Sussex can help you by providing information, practical and emotional support and a listening ear.

### Services include:

#### Carers Support Workers

We have different Carers Support Workers who can provide support and information on an individual basis, including access to financial support that maybe available.

- GP surgery based: working with every GP surgery throughout the area, support workers visit the surgeries on a weekly basis
- Mental Health: a support worker can meet with you in your home, or another place of your choice, to look at ways of helping you to improve your quality of life and help you continue in your caring role
- Learning Disabilities: a support worker provides practical and emotional support to help you in your caring role
- Hospital: support workers are available at East Surrey, Crawley and Horsham Hospitals.



Empowering carers to lead **fulfilling** lives

## 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 and hearing a friendly voice every now and then can help to relieve this.

## Information

We can provide -

- Local and national information on services available for carers and the people they care for, including benefits and financial information
- Books, DVDs and research articles available on loan
- A free quarterly newsletter
- A website [www.carerssupport.org.uk](http://www.carerssupport.org.uk) where there are links to other useful carer and support organisations
- An Information Worker who is available to speak to community groups and attend various events with information about services available to carers.

## Events and Activities

We regularly arrange events and activities for carers such as -

- Workshops and open meetings, where you can have your say
  - Carers Support Groups
  - Skills training to help carers look after their own health and well-being
  - Access to low cost complementary therapies
  - Social events
- We always try and arrange light refreshments for all events. A programme of our activities is sent out with our quarterly newsletter.

**All our services are free and confidential**

# Carers Support Service

## REQUEST FORM

### I would like to register and receive:

- Carers Newsletter
- Carers Handbook

### I would like to be contacted by:

- a GP based Carers Support Worker - please give name of your GP surgery below

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- a Mental Health Carers Support Worker
- a Learning Disabilities Carers Support Worker

### I would like information on:

- the Emotional Support Service

Name .....

Address .....

.....

.....

Tel .....

**Please tear off slip and put in an envelope to maintain your privacy and return it to the address overleaf.**

Alternatively you can register on-line by visiting [www.carerssupport.org.uk](http://www.carerssupport.org.uk) and complete the 'Contact Us' page.



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

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GP Workers: 01293 657046  
info@carerssupport.org.uk



**Carers Support Service**  
NORTH AND MID SUSSEX



**Do you look after someone  
that could not manage  
without your help?**

If you are looking after a partner, relative,  
child, neighbour or friend who has  
long term illness or is disabled or frail,  
**then you are a carer and we  
are here to support you.**

caring listening reassuring support  
help understanding assistance caring  
assistance listening reassuring support  
understanding assistance caring help

**Carers Support Service, North and Mid Sussex,  
FREEPOST RSAE-KCJU-ECEB  
Crawley  
RH10 6AD**



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