

SURREY & SUSSEX CARERS

DO YOU HELP LOOK AFTER SOMEONE?

Because of illness, frailty, disability,
a mental health problem or an
addiction?



**YOU MAY BE AN
UNPAID CARER**

FREE SUPPORT IS AVAILABLE

You do not have to wait until
caring feels overwhelming to
find help.



RECOGNISE YOUR ROLE. FIND THE RIGHT HELP.

Open the leaflet to see what caring can
look like and how a local carers service can
help.



SURREY & SUSSEX CARERS



COULD YOU BE A CARER?

Caring is not always something people plan for or recognise straight away.

YOU KEEP AN EYE ON SOMEONE

You check that someone is safe, eating, taking medication or managing day to day.

YOU HELP WITH EVERYDAY TASKS

You collect prescriptions, shop, prepare meals, arrange appointments or help with paperwork.

YOU PROVIDE REASSURANCE

You listen, encourage, remind, explain or stay nearby when someone needs you.

YOU ORGANISE AND SPEAK UP

You contact services, coordinate care, attend appointments or help someone communicate.

YOUR PLANS DEPEND ON THEIR NEEDS

You change work, family, social or personal arrangements so that you can be available.

If any of this feels familiar, your local carers service is there for you.



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ASK FOR SUPPORT

You can contact a carers service at any stage of your caring role.

1-TO-1 ADVICE

Speak with a friendly wellbeing team for confidential information and guidance tailored to your circumstances and local area.

HELP TO COPE AND PLAN AHEAD

Explore ways to manage challenges, prepare for change and feel less alone in your caring role.

UNDERSTAND YOUR OPTIONS

Find out about local services, carers assessments, rights, benefits and other help that may be available.

MEET OTHER CARERS

Join online or in-person groups to share experiences, exchange ideas and meet people in similar situations.

STAY INFORMED

Receive newsletters, useful information and details of local events and opportunities.

NOT SURE WHAT TO ASK FOR?

Simply tell the team what is happening for you. They can help you work out the next step.



SURREY & SUSSEX CARERS

"Just being able to talk through my concerns with somebody and to be given good practical advice and be pointed in the right direction really helped."

A carer who accessed information and support

FIND OUT HOW YOUR LOCAL CARERS SERVICE CAN SUPPORT YOU



Scan for your service area

Carers Support West Sussex

West Sussex | www.carerssupport.org.uk
0300 028 8888

The Carers Centre Brighton & Hove

Brighton & Hove | www.thecarerscentre.org
01273 746 222

Action for Carers Surrey

Surrey | www.actionforcarers.org.uk
0303 040 1234

Care for the Carers

East Sussex | www.cftc.org.uk
01323 738 390

