

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**



PROTECTING YOURSELF

can help protect the person
you support.



THIS WINTER

make time for your own
health too.

**THERE IS FREE SUPPORT
AVAILABLE FOR YOU!**



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**THIS WINTER, MAKE TIME FOR
YOUR OWN HEALTH TOO.**

CARERS WINTER CHECKLIST



Have your flu vaccination if eligible



Contact your GP and ensure you are on their carers register. Ask what support is available to carers



Check repeat prescriptions early



Keep emergency medication supplies available



Plan for severe weather disruption



Have a plan for who can help if you become unwell



Seek support if caring is affecting your wellbeing



Access local carers support services



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WAYS YOUR LOCAL CARERS SERVICE CAN SUPPORT YOU

1-TO-1 ADVICE

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

HELP TO COPE AND PLAN AHEAD

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

MEET OTHER CARERS

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

ONGOING COMMUNICATION

Sign up for a carers newsletter with updates, useful information and details of local events.

Support is free and available whether you are new to caring or have been supporting someone for many years.



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"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

