

## Registration form

Name

Address

Home Phone

Mobile Phone

Email

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

Date

**Please contact us if you require this leaflet  
in another format**

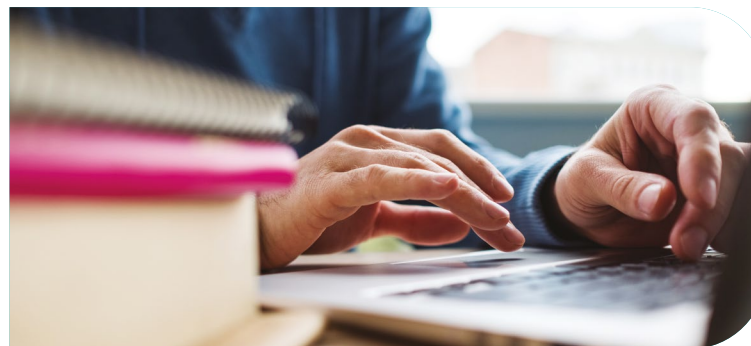
I give consent for Carers Support West  
Sussex to contact me via (please tick all  
that apply. Without this permission, we are  
unable to contact you):

☐ Phone ☐ Email ☐ Text ☐ Post

## Contact us today to find out more

Carers who have not yet registered with  
Carers Support West Sussex are invited to  
register themselves to enable access to  
information, guidance and support.

For those already registered, remember we  
are here to support you no matter what  
and would welcome you contacting us for  
updates on the support available.



## How to sign up to the service

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



**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**



Registered Charity No. 1123359 Company No. 6418743

## 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.

“ 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. ”



## We are here for you

Carers Support West Sussex engaged with carers in West Sussex to understand the real concerns faced on a day to day basis. The top three challenges highlighted were: carers 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.

“ From my experience with Carers Support I feel I can get support when needed. It makes me feel I have an extended family ”

## 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 to 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
- Information provision relevant to your caring situation

## Registration form

If you would like to register with Carers Support West Sussex, please complete the tear off form overleaf and place in your nearest post box, there is no need for a stamp. On receipt of this form, we will contact you to complete your registration.

**Carers Support  
FREEPOST RSAE-KCJU-ECEB  
Crawley RH10 6AD**