

SUPPORT FOR FAMILY AND FRIEND CARERS

CARING FOR SOMEONE WITH DRUG OR ALCOHOL ISSUES



**Carers
Support**
West Sussex

Working in partnership with



**Change
Grow
Live**



We offer free, independent and confidential support and information.

Having someone in the family (or a friend) with substance or alcohol issues can have a devastating affect. But there is practical, financial and emotional support for carers in West Sussex.

What We Offer

Friendly, free and confidential options including:

- Local drop-in services and peer support through our Carer Groups
- Information about drugs and alcohol, including information packs and a regular newsletter
- Access to our Carer Health and Wellbeing Fund and Emotional Support Service
- Information over the phone on 0300 028 8888 with experienced and helpful Carer Wellbeing Support Workers or online at carerssupport.org.uk



"...thank you to you and all the members of the group for the incredible support you've given me. It really has changed my life knowing that I'm not alone as a carer..." - Carer Group attendee.

Coping with Caring

Here are some tips to help you support your loved one and manage your caring role.

- **Open and honest communication:** Talk about your experiences in an open and non-judgemental way and encourage your loved one to do the same.
- **Don't be afraid to talk to people and ask for help:** Seek support and talk to friends, family or join a local Carers Group for peer support, information and advice.
- **Be clear on boundaries:** Boundaries keep everyone safe, so set clear guidelines for communication and behaviour.
- **Look after yourself:** Caring can be stressful and challenging, but it is important that you look after yourself. Don't put your life on hold and continue to do the things you love so that you can take a break from your caring role.

Carer Groups

List of monthly Carer Groups offering you as a carer the chance to talk to others who understand, and share tips and advice, in a friendly and confidential space.

Bognor Regis

My Sister's House, 108 London Road,
Bognor Regis, PO21 1BD

- Last Friday of the month,
5.30pm to 7.00pm
- One-to-one appointments
(with 24 hours notice) available
Third Wednesday of the month,
2.30pm to 4.00pm.

Burgess Hill

The Old Post Office Resource Centre,
30-32 Station Road,
Burgess Hill, RH15 9DS

- First Wednesday of the month,
1:00pm to 2.30pm

Chichester

Change Grow Live*,
The Old Post Office Mews, South Pallant,
Chichester, PO19 1XP

- Fourth Wednesday of the month,
2.00pm to 4.00pm
(Family Worker available)

Chichester Children and Family Centre,
St James Road,
Chichester, PO19 7AB

- First Wednesday of the month,
1.00pm to 3.00pm

Crawley

Change Grow Live*,
Centenary House, Woodfield Road
Crawley, RH10 8GN

- First and third Monday of the month,
2.00pm to 3.30pm

Horsham

Horsham Hospital (Club Room)
Hurst Road, Horsham, RH12 2DR

- Third Tuesday of the month,
11.30am to 1.00pm
- Last Thursday of the month,
7.00pm to 8.30pm
(includes mental health group)

Lancing

The Parish Hall (The Green Room),
96-98 South Street, Lancing, BN15 8AJ

- Last Friday of the month,
1.30pm to 3.00pm

Southwick

The Corner House Resource Centre,
45 Southwick Street,
Southwick, BN42 4TH

- First Thursday of the month,
6.00pm to 7.30pm
(includes mental health group)

Worthing

Carers Support West Sussex,
19 Liverpool Gardens, Worthing, BN11 1RY

- Third Thursday of the month,
5.30pm to 7.00pm
(includes mental health group)

* Change Grow Live (CGL)

Provide a free and confidential drug and alcohol service (including under 25 service), for adults (including offenders), families, carers and affected others.

Visit their website for more information:
www.changegrowlive.org

Please Note: Groups are subject to change, please call 0300 028 8888 or check our website carerssupport.org.uk for updates.

Useful Contacts

Specialist Drug and Alcohol Services in West Sussex

Change Grow Live

www.changegrowlive.org

0300 303 8677

Action on Addiction

www.actiononaddiction.org.uk

Adfam

www.adfam.org.uk

Support for Children affected by substance use in their family

West Sussex Young Persons

Substance Misuse Service

Email: wsypsms@cgl.org.uk

0300 303 8677 (Option 1)

Young Carers Team

01903 270 300

Other Support

Adult Social Care Support (West Sussex)

01243 642121

Email: socialcare@westsussex.gov.uk

Benefits Advice

www.direct.gov.uk

Family Rights Group

www.frg.org.uk

0808 801 0366

FRANK

www.talktofrank.com

0300 123 6600

Grandparents Association

www.grandparents-association.org.uk

0208 981 8001

National Domestic Violence Helpline

www.nationaldomesticviolencehelpline.org.uk

0808 200 0247

Offenders' Families Helpline

0808 808 2003

Rethink Asian Mental Helpline

0808 800 2073

Release (Drugs and Drugs Law Expertise)

www.release.org.uk

020 7324 2989

Samaritans

www.samaritans.org

116 123

Sussex Mental Health Helpline

0300 500 0101

Turn2Us (Benefits Information)

www.turn2us.org.uk

0808 802 2000

Victim Support

www.victimsupport.org.uk

0808 168 9111

How to keep in touch

Visit www.carerssupport.org.uk

Email info@carerssupport.org.uk

Call **0300 028 8888**

Registered Charity No. 1123359

Company No. 6418743

Follow our social media channels to stay up to date with wellbeing information and groups:



facebook.com/CarersWSussex



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