



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on Carers Support West Sussex



Did you know, 3 out of 5 people will become an unpaid carer? 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.

Carers Support West Sussex provide unpaid carers with information and guidance along with practical and emotional support, so they feel valued and supported.

An often-overlooked point is, a carer can look like and be anyone, there is no one stereotype defining a carer. Carers Support West Sussex offers practical and emotional support no matter what the caring circumstance, ranging from the 85-year-old husband caring for his wife with Dementia to the 18-year-old looking after his Mum with a long-term illness.

One local carer described how she never felt important enough to reach out for help until she was at breaking point. **“Before contact with Carers Support West Sussex, I was crying daily tears of fear and sorrow”** following support received from Carers Support West Sussex this carer, now says she is **‘crying with joy and relief’**.

Carers Support West Sussex knows all too well that one size doesn't fit all, as there are so many different roles a carer can take on. Chief Executive, Sonia Mangan states:

“We want to make sure our local carers are receiving all the support they need to cope in their caring role. We totally get that caring can be wonderful and tough, whether you have recently become a carer or been taking care of someone for years. We will provide you with relevant information and guidance along with practical and emotional support. Always at the right time and in the right manner. We are with you no matter what.”

For information about the **Charity read Impact Report 2022**

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 for you:

- Carer Contingency Planning
- Emotional support
- Carer Discount Card
- Carer Benefits advice service
- 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

To learn more about Carers Support West Sussex

 www.carerssupport.org.uk

 0300 028 8888
(Monday – Friday 9.00am to 5pm, Wednesdays 9am to 7pm, Saturdays 10am to 12)

If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Lead, email: cheryl.berry@healthwatchwestsussex.co.uk

For help, advice, and information or to share your story




Healthwatch is your health and social care champion. If you use GPs and hospitals, dentists, pharmacies, care homes or other support services, we want to hear about your experiences.

We have the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care. We also help people to find reliable and trustworthy information and advice.



Last year, we helped nearly a million people like you to have your say and get the support you need.

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