



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 2019/20](#).

Carers Support West Sussex offer a free service supporting unpaid carers. During the Covid-19 Lockdown, the organisation was still taking referrals using a combination of telephone and online.

Carers Support West Sussex offers:

- Emotional support via the response line 0300 028 8888
- Carer Contingency Planning
- Carer Assessments
- Carer Wellbeing fund
- Practical guidance (including free equipment and grants)
- Information provision relevant to your caring situation
- Online Support Groups.

Contact details

To learn more about Carers Support West Sussex

www.carerssupport.org.uk

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

All of the insight we collect from people across West Sussex is collated and anonymised and forms part of the evidence that Healthwatch gather to identify common themes around what works and what could be improved for local people. **This insight is used to influence service development and can feed into**

- West Sussex Health and Wellbeing Board
- HASC - Health and Adult Social Care Select Committee
- WSCC Joint Strategic Needs Assessment
- Safeguarding Adult Board
- Sussex Health and Care Partnership workstreams (the NHS Integrated Care System for Sussex).

Healthwatch West Sussex also share reports with the Care Quality Commission (who are responsible for the registration and inspection of services which deliver regulated activities) and to Healthwatch England to form part of the national picture used to influence national developments, such as the NHS Long Term forward plan.

Not only do we collect the experiences of local people, but we can also provide free information and guidance just call: **0300 012 0122**. Email helpdesk@healthwatchwestsussex.co.uk, Website www.healthwatchwestsussex.co.uk.

healthwatch
West Sussex

You can also follow our social media channels:

Facebook [@healthwatchwestsussex](https://www.facebook.com/healthwatchwestsussex) Twitter [@healthwatchws](https://twitter.com/healthwatchws)

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