



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



## Spotlight on mycarematters

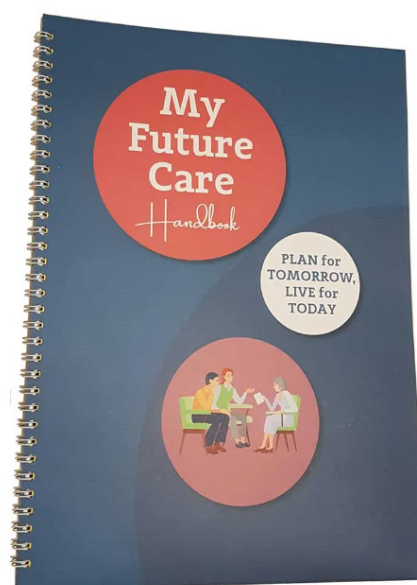
**Mycarematters is a not-for-profit social enterprise with a mission to improve the experience of care in any care setting for people with communication challenges.**



Creating a free [Mycarematters profile](#) online enables the whole person, and not just their medical condition, to be taken into account by all those caring for and interacting with them.

Mycarematters is also publisher of the [My Future Care Handbook](#), an interactive workbook designed to help people make, record and share decisions around their future care.

The Handbook sets out, in a friendly and easy-to-read format, the information people need for all things related to later life and beyond, from compiling a bucket list to writing a Will, from creating a music play list to considering where they want to live and/or be cared for if they need support, and much more.



Reviewers have commented on how accessible and comprehensive it is, demystifying what can be a confusing and complex process.

However, approaching these tasks can still be overwhelming for many people, so Mycarematters also offer a Buddy Service. People are invited to join a small group online or work one-to-one with a trained volunteer Buddy to create an action plan and see it through.

Thanks to funding from the National Lottery, this service is free to residents of Sussex, Surrey and Kent and includes a free copy of the Handbook.

For further information and to book, [click here](#) or email [info@mycarematters.org](mailto:info@mycarematters.org).

Copies of the Handbook can be purchased, [click here](#).

For organisations wishing to use the Handbook, Mycarematters offers free training and ongoing support to enable staff and/or volunteers to support their clients / members / patients prepare their later life and future care plans. Email [info@mycarematters.org](mailto:info@mycarematters.org) for further information.

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](mailto: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.



[healthwatchwestsussex.co.uk](https://healthwatchwestsussex.co.uk)



0300 012 0122



[@HealthwatchWestSussex](https://www.facebook.com/HealthwatchWestSussex)



[@HealthwatchWS](https://twitter.com/HealthwatchWS)