

Contacting Us

To get in touch with us, please find each of our details below.

Not sure which charity supports your area? Use our Sussex Carers Partnership Postcode Tool – details are on the back of this leaflet.

The Carers Centre for Brighton & Hove (part of the Brighton & Hove Carers Hub)



www.thecarerscentre.org

info@thecarerscentre.org

01273 746222

Company No. 2758481 Charity No. 1015728

Carers Support West Sussex



www.carerssupport.org.uk

info@carerssupport.org.uk

0300 028 8888

Company No. 06418743 Charity No. 1123359

Care for the Carers East Sussex



www.cftc.org.uk

info@cftc.org.uk

01323 738390

Company No. 3677361 Charity No. 1074906

In Brighton, Hove and East Sussex, carers of those under-18 with additional needs can contact Amaze

Finding Local Support

To identify which of the 3 Sussex Carers Partnership charities supports your area, use our **Support Locator Postcode Tool**.

Scan the QR code below, or visit:

www.thecarerscentre.org/postcode-finder/



Outside of Sussex?

If you live outside of Sussex, or are supporting someone else where, the Carers Trust national postcode tool can help you find support closer to home.

www.carers.org/help-for-carers/carer-services-near-you



Do you look after somebody?

The Sussex Carers Partnership is here to support those who are supporting others



What is an 'unpaid carer'?

An unpaid carer is a person, of any age, who is providing support to someone who would struggle without that help.

Support provided can take many forms but may include things like:

- ☐ Helping with shopping, personal care or medication
- ☐ Providing emotional support or companionship
- ☐ Organising daily tasks and routines, or helping someone remember things

You don't need to live with the person you support, or even be related to them, to be recognised as their carer.

Using the term 'carer' to describe your relationship may feel strange, but, identifying as a carer can open the door to further support to help you in your role.



What support is available for unpaid carers?

Unpaid Carers Rights:

As a carer, you have the right to support, including a Carers' Assessment to look at your own needs. Hospitals should also involve carers in discharge planning. Letting staff know you are a carer helps ensure you are included and supported.

Carer Support:

Alongside your legal rights to access support, many unpaid carers charities exist to give carers a space to think about their own needs and wellbeing. Smaller carers charities usually support a particular local area, so support offered will differ between organisations, but often includes things like:

- ☐ Practical advice and information to help you in your role
- ☐ A chance to talk about how you're feeling
- ☐ Opportunities to meet with others in similar situations

Usually unpaid carer charities welcome anyone in a caring role, with no minimum requirement for the type or amount of caring responsibilities.

Local Support:

Here in Sussex, three local charities are dedicated to supporting unpaid carers. Each of us covers a particular geographical area.

- ☐ Carers Support West Sussex
- ☐ The Carers Centre for Brighton & Hove (*Part of the Brighton & Hove Carers Hub*)
- ☐ Care for the Carers East Sussex

For projects that span the whole of Sussex, our three organisations work together as the 'Sussex Carers Partnership'.