



**Do you look after someone who couldn't manage without your help?**

## **Looking after yourself**

Caring for someone can be a continuous, full-time job that can result in burn-out and fatigue. It is really important for your health and wellbeing to take some time out for yourself from time to time.

### **Counselling**

If you feel you need someone to talk to and independent support, we offer free one-to-one counselling with our Time to Talk accredited counselling service for adult carers, or our Teen Talk counselling service for 12-18 year old carers. Carers are offered 12 individual weekly counselling sessions that take place weekly at various locations in East Sussex.

### **Carers Card**

As a carer you can apply for the East Sussex Carers Card. The card offers discounts for days out and wellbeing services in your local area. There are a lot of offers available from participating business, find out more here: [www.cftc.org.uk/get-a-carers-card](http://www.cftc.org.uk/get-a-carers-card).

### **Wellbeing services for carers**

There are many wellbeing services provided by organisations in East Sussex, such as Coastal Wellbeing – Wellness Recovery Action Planning, Culture Shift, Sussex Oakleaf and many others. Find out more about help available here: [www.eastsussex.gov.uk/socialcare/carers/directory/support](http://www.eastsussex.gov.uk/socialcare/carers/directory/support).

### **Telephone and online help**

There is help available with telephone helplines and chatrooms where you can connect with other carers.

We offer a Carers in Touch listening service that provides a friendly voice and support to carers who would like to talk to someone.

Carers UK online forum is at: [www.carersuk.org/forum](http://www.carersuk.org/forum).

Our Carers Hub is the 'one-stop shop' for all unpaid carers in East Sussex. We can offer you help and advice on the range of support that is available and give you the support and information that you need for your own individual circumstances, throughout your caring journey. Call our Carers Hub on 01323 738390 10am-5pm Monday to Friday. Email [info@cftc.org.uk](mailto:info@cftc.org.uk) or text us on 07860 077300.

Samaritans offer online or telephone help if you are in crisis, having difficulties or are struggling to cope: [www.samaritans.org/how-we-can-help](http://www.samaritans.org/how-we-can-help).

Sussex Mental Healthline is a telephone service offering support and information to anyone, including carers, experiencing mental health problems including stress, anxiety and depression. You do not need an appointment. [www.sussexpartnership.nhs.uk/sussex-mental-healthline](http://www.sussexpartnership.nhs.uk/sussex-mental-healthline).

Silverline offers weekly calls to people age 55 and over, who would like to receive regular weekly telephone friendship from a friendly and supportive volunteer. [www.thesilverline.org.uk](http://www.thesilverline.org.uk).

## **Taking a break**

Caring can be lonely and isolating. Taking a break from caring, although it may seem difficult to prioritise, is important for your own wellbeing and quality of life, and will help you sustain your caring role in the longer term. You may prefer a few hours a week, a day here or there, a few days for a holiday or a combination of breaks. Find out more here: [www.carersuk.org/help-and-advice/health/looking-after-your-health/taking-a-break](http://www.carersuk.org/help-and-advice/health/looking-after-your-health/taking-a-break).

## **Carer breaks**

We can advise on and help you to access respite options for carers. You can set up the Flexi-TeleCheck service to receive short-term, remote support, Association of Carers run a befriending with respite service and British Red Cross run a Carers Crisis Response service.

If you cannot afford to take a break, we may be able to help you to apply for a grant so that you can take a short break. There are also grants available to pay for replacement care so you can attend your own health appointments. Find out more about respite options here: [www.cftc.org.uk/help-and-advice/have-a-break](http://www.cftc.org.uk/help-and-advice/have-a-break).

We also arrange free relaxing and fun activities and events throughout the year to give carers the chance to get out and about and socialise with other carers. Look out for our events on our Facebook and Twitter and on our website: [www.cftc.org.uk](http://www.cftc.org.uk).

## **Care for the Carers**

Care for the Carers is an independent charity and the Carers Centre for East Sussex. We have been supporting and representing unpaid carers in East Sussex since 1989.

## **What do we do?**

Our team of staff and volunteers can provide free practical and emotional advice and support – face-to-face, by telephone, or online. We can put you in touch with other carers, and help you navigate the range of services available locally. We also run support groups and events for carers in East Sussex and training for health and social care professionals and volunteers working with carers.

Care for the Carers represents carers and raises awareness of caring, working with a variety of local communities, organisations and service providers to build a carer friendly East Sussex.

All our work is developed with carers, and in response to their expressed needs reflecting local and national strategy, legislation, research and best practice. We work with carers so that they are empowered and can have a say in the policies and services that affect them.

During the Coronavirus pandemic, we are here to support all carers and offering our services by phone or online.

## **How to contact us**

Call our Carers Hub on 01323 738390, Monday to Friday, 10am to 5pm to speak with one of our team of dedicated support workers.

Email us: [info@cftc.org.uk](mailto:info@cftc.org.uk)

Text us: 07860 077300

Request a call back using the contact details above.

More information and carer resources at: [www.cftc.org.uk](http://www.cftc.org.uk).

**No one left to care alone**

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Charity Number: 1074906. Registered Company No: 3677361. Registered address: Care for the Carers.  
Highlight House, 8 St. Leonards Road, Eastbourne, East Sussex. BN21 3UH