



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

### **Time to Talk Counselling Service**

Sometimes it can be challenging and difficult looking after someone who couldn't manage without your help. We offer a free counselling service for you to talk about your thoughts and feelings in a confidential space. Called Time to Talk, our counselling service supports carers to cope with the emotional impact of their caring role.

Counselling offers you an opportunity to explore any emotional or psychological issues you may be experiencing as a result of your caring role in a supportive, non-judgmental and confidential environment. Counsellors will not make decisions for you or impose opinions, they will listen to you and respect your individual needs.

Carers are offered up to 12 sessions of counselling, each session lasts 50 minutes. Some carers wish to access all the sessions but sometimes carers find they only require a few sessions. You can review your sessions at any time with your counsellor. Counselling takes place at one of nine accessible venues across the county and you can choose the closest venue to you.

We work in partnership with Sussex Downs College and Wealden Psychology Institute who provide us with student volunteer counsellors who are at an advanced level in their training, or qualified. All of our counsellors work within the British Association for Counselling & Psychotherapy framework and all have current DBS checks.

We endeavour to match people up with a counsellor as soon as possible, sometimes we are able to match quickly, at other times you may need to be held on our waiting list depending on the availability of counsellors and your own commitments. We will stay in touch with you to let you know when a counsellor becomes available.

### **How it works**

When a carer is referred for counselling, an initial counselling assessment is made by our counselling coordinator over the phone, usually within two weeks of referral. Following assessment, the carer is added to a waiting list for the relevant counselling sessions and contacted when a counselling slot becomes available. We will try to get you seen as soon as possible, but sometimes you may have to wait up to 3 months while other carers

finish their sessions. Our Time to Talk counselling is an accredited service and an organisational member of the British Association for Counselling and Psychotherapy (BACP), and adheres fully to its Ethical Framework.

## 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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