

We know it's not easy to balance caring responsibilities and finances, so we can help you to access the support you need to manage your money and reduce debt.

Our Carers Community Navigators can talk to you about your money matters when it comes to energy costs, benefits, general budgeting and a host of other areas too.

Our support:

- Finding out more about your entitlements
- Reducing energy bills and responding to rising costs
- Accessing the Priority Services Register (PSR)
- Safety and support in the home: Making homes safer
- Support for parent-carers
- Work and caring: Helping your money to go further

**Get in touch now
to see how Carer
Money Matters
can help you.**

**Call: Kim Christofi
Carers Community Navigator
07514 660068**

**Email:
kim.christofi@SussexCommunity.
org.uk**

**Are you worried about
making ends meet for
you or the people
you're caring for?**



**Get free support with the
Carer Money Matters service**

**CARERS
TRUST**

**care for the
carers**
East Sussex

● Sussex
● Community
● Development
● Association

The Carer Money Matters service can help you understand, and get, the financial support you're entitled to.

We offer free information on energy saving and energy debt, and we can help you get extra support from your energy supplier with things like meter readings, advance warnings of supply interruptions and how to save on cooking and heating. You'll also get priority reconnection if your supply is interrupted. And we'll help you with practical ways to reduce your energy bills that work for your individual circumstances.



Taking care of others means taking care of yourself. So, please get the help you need to help the people you care for.

To access our Carer Money Matters support, you'll need to be registered with us.

Find out more or register now.

Call: 01323 738390

Email: info@cftc.org.uk

www.cftc.org.uk/carers-money-matters