

Contact us for help if you are a carer in East Sussex

Your details

Name: _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____

☐ Please send me CareLine by email (by choosing to receive CareLine by email instead of post, you are helping us to reduce our postage costs).

☐ Please send me your monthly eNewsletter (please provide your email address above).

See our terms and conditions and privacy policy on our website www.cftc.org.uk/privacy-policy.

Stay Informed

CareLine magazine

Free magazine for carers filled with what's on locally, practical information, carers' tips and experiences.

eNewsletter

Subscribe to stay up to speed on policy, legislation and have your say on issues affecting carers.

Can you help?

Help us ensure no one is left to care alone.
www.cftc.org.uk/donate

Contact us

Call 01323 738390
Text 07860 077300
Social media  careforthecarers
 care4thecarers
 careforthecarers

Visit us online www.cftc.org.uk

Or complete the tear-off slip and post it to us. We will reply to you as soon as we can.

Our address **Care for the Carers**
Faraday House
1 Faraday Close
Eastbourne, BN22 9BH

Care for the Carers is a charitable company registered in England and Wales with No. 3677361 and Charity No. 1074906.



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

We're here for you if you need advice, information or support

No one left to care alone



www.cftc.org.uk



You might be a carer

Do you look after a relative, friend or neighbour who couldn't manage without your help?

If you provide unpaid support to someone who needs your help because of illness, frailty, disability, mental ill health or substance misuse, you are a carer.

We are your local Carers Centre

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

We provide free practical and emotional advice – face to face, by telephone, or online, and can help you navigate and access the range of services available locally. Across the county, we offer support groups, activities, events and training as well as opportunities to speak up on important issues.



Practical help and advice

Know your rights

Guidance through the health and social care system, help to find out about welfare rights, training, and development opportunities.

Help in a crisis

Expert advice on hospital issues, respite and carers rights.

Take care of yourself

Tips and techniques on looking after your own health and wellbeing, support to take time out from your caring role.

Planning ahead

Carers Card

Identifies that you are a carer in the event of an emergency and offers exclusive retail discounts.



Information and support

Our expert advisors can help you to identify the support you need and how to access it.

Someone to talk to

A listening ear

Someone to talk to about your caring role.

Carers' groups

Spend time with other carers at a wellbeing group, share common interests and experiences. Build your knowledge at an information and advice group, while meeting other carers, carer support workers, and visiting speakers.

Time to Talk Counselling

Our Time to Talk counselling is tailored to helping you manage the feelings and challenges caring can bring.

Influencing decision makers

Carers' Voices Network

Join us to help make a difference for carers by speaking up on the big issues. Stay up to date with policy and legislation, and add your voice to the debate.



Support for Young Carers

Supporting children and young people who help look after someone who has an illness, disability, mental health condition or addiction.