

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

Your details

Name: _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____

We provide information to help you with your caring journey via e-newsletter, our magazine called Careline and occasional emails. If you do not wish to receive these communications, please follow the opt-out function available within the communication or contact us.

To see how we protect and use your personal data, you can read the Privacy Policy on our website www.cftc.org.uk/privacy-policy.

No one left to care alone

Stay Informed

E-newsletter and CareLine Magazine

Publications full of practical information, news about local support, activities and engagement opportunities for carers and professionals.

Website and social media

For our most up to date information visit www.cftc.org.uk and follow us on Facebook and Instagram.

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

 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

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.