

# 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](http://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](http://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](http://www.cftc.org.uk/donate)

## Contact us

Call **01323 738390**  
Text **07507 240793**  
Social media  **careforthecarers**  
 **careforthecarers**  
Visit us online [www.cftc.org.uk](http://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](http://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.



### Support for Young Carers

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

## 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.