



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

We are here for all unpaid carers in East Sussex, from all age groups and communities. We provide information, support services and opportunities to connect with other carers.

If you care for a friend, relative or neighbour who due to illness, disability, mental ill health, frailty or addiction could not cope without your support, we'd love to hear from you.

**No one left to care alone**

- advice
- support
- guidance
- information
- counselling
- carers card
- support groups
- activities
- involvement
- carers voices
- campaigning
- awareness
- careline
- magazine
- training
- peer support
- volunteering

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