



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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