

CARERS SUPPORT GUIDE



EAST SUSSEX

Care for the Carers

The main support hub for unpaid carers in East Sussex, offering guidance and help navigating health and social care services.

Support includes:

Carers hub, one to one advice, support groups, counselling, call backs, fact sheets, newsletters and online resources.

Contact:

Phone: 01323 738390

Email: info@cftc.org.uk

Locations (check access before visiting):

Eastbourne: Faraday House, BN22 9BH

(appointment only)

Uckfield: Victoria Support Pavilion, TN22 5DJ

Hastings: Isabel Blackman Centre, TN34 3AT

(drop in: 4th Friday, 10am to 12pm)

Lewes: 2 Bell Lane, BN7 1JU (appointment only)

BRIGHTON & HOVE

Carers Hub

A partnership of local organisations providing a single access point for carers to get support and referrals.

Partners include:

Carers Centre Brighton and Hove, Alzheimer's Society, Crossroads Care and Brighton and Hove City Council.

Support includes:

Information, advice, signposting, referrals, training and online updates.

Contact:

Phone: 01273 977000

Email: info@carershub.co.uk

Address: 1a Isetta Square, Brighton, BN1 4GQ



WEST SUSSEX

Carers Support West Sussex

A charity supporting unpaid carers with practical advice and services.

Support includes:

Carer assessments, benefits advice, coaching, wellbeing support, emergency planning, helpline, grants and equipment.

Contact:

Phone: 0300 028 8888

Email: info@carerssupport.org.uk

Locations:

Crawley: Gleneagles Court, RH10 6AD

Littlehampton: 49 Beach Road, BN17 5JG



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<https://headwaysussex.org.uk/our-services/carers>



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Sussex Community NHS Foundation Trust Carers Health Team

A team of health professionals who provide a free service to support the health and wellbeing of unpaid carers over the age of 18, who are registered with a West Sussex GP.

How they help - the carers health team provides health checks and support to informal carers across West Sussex. There are many informal carers, with their own unmet health needs, who do not access any support services due to the nature of their caring role. The carers health team will carry out an extensive health assessment of the carer and will refer on to other health services when appropriate.

Sussex Partnership NHS Foundation Trust Support for families & carers Sussex Partnership NHS Foundation Trust

Providing mental health, learning disability and neurodevelopmental services to people living in south-east England. Our services are for children, young people, adults of working age and older people. They provide care in a range of locations including people's own homes, specialist clinics, hospitals, low and medium secure units and GP surgeries.

Caring for others can be really rewarding, especially when it's someone we love. But it can also be very hard, exhausting and sometimes even upsetting. It is okay, and it's important to look after yourself as well. You are just as important as the person you are caring for.



Talking Therapies (non-emergency)

East Sussex – Health in Mind

Complete the online self-referral via the website link above.

Phone 0300 0030 130

Email spnt.healthinmind@nhs.net

Brighton & Hove – Talking Therapies — Brighton and Hove Wellbeing Service

0300 002 0060 (local rate) Our phonedlines are open Monday-Friday, 8am-6pm

spft.bhwellbeing@nhs.net Our email is monitored Monday-Friday, 8am-6pm

We close our lines for one hour between 11am-12pm every Wednesday and cannot respond to emails within this hour.

West Sussex - NHS West Sussex Talking Therapies | Anxiety & Depression Support

Self-refer using the form via the website link above or call the team based nearest to the GP surgery where you are registered. Our phone lines are open Monday to Friday 9am to 4.45pm.

South team: 01903 703540 Email: sc-tr.timetotalk-south@nhs.net

(Henfield, Lancing, Littlehampton, Shoreham, Steyning, Storrington and Worthing)

West team: 01273 265967 Email: sc-tr.timetotalk-west@nhs.net

(Bognor Regis, Arundel, Chichester, Selsey, Southbourne, Midhurst, Petworth, Pulborough, Loxwood, Witterings)

North team: 01403 620434 Email: sc-tr.timetotalk@nhs.net
(Crawley, Horsham, Burgess Hill, East Grinstead or Haywards Heath)



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