

**Recognising yourself as a carer is the very first step to getting the support you need.**

The Carers Support Service, Worthing & District provides confidential information and support to carers in the Adur, East Arun, Worthing and Chanctonbury areas of West Sussex.

- **Information** on a wide range of topics connected with caring
- **Emotional support:**
  - Phone Support for Carers; an opportunity to talk about any feelings and concerns you may have about your caring role
  - Counselling for Carers; free, face to face counselling helping you to reach a better understanding of your situation
- A quarterly **newsletter** to keep you informed of local activities for carers, training opportunities, new services, benefit changes etc
- **Activities** for carers including back care workshops, information events, skills workshops and carers days

- A **website** at [www.carerswsx.org.uk](http://www.carerswsx.org.uk)
- A **Carers Information Pack** full of useful health, social and care services and voluntary organisations
- Access to the **Healthy Living Centre** for older people and carers at Methold House, including low-cost and free activities such as computer access, hairdressing, healthy walks, handicrafts and exercise
- Access to low-cost **complementary therapies** through our arrangement with local complementary therapists
- Information and support if the person you care for is moving into a **residential or nursing care home**, and information on residential short breaks (respite) and home care
- Help to access **grants** for carers
- Support workers for carers of working age people experiencing a **mental health difficulty**

*Please see overleaf*

**Carers Support Service Reply Slip**

I would like to be put on the mailing list to receive regular information, and/or I would like you to ring me:

**Name:** .....

.....

**Address:** .....

.....

.....

If you would like us to ring you, please tick this box and give us your phone number below:

**Tel. No:** .....

Please put the slip in an envelope to maintain your privacy and return it to the address overleaf. No stamp is needed.

**Carers Support Service**  
**FREEPOST SEA7752**  
**WORTHING**  
**BN11 1BR**

No stamp is needed

- A support worker for carers of adults who have **learning difficulties**
- **Carers outreach workers**
- Details of local carers **groups**
- Access to **short break funding** for carers
- A chance to have your **voice heard**

All the services provided by the Carers Support Service are **free** and **confidential**.

The Carers Support Service, Worthing & District is funded by West Sussex County Council and NHS West Sussex and hosted by Guild Care, whose Registered Charity Number is 1044658.

The Carers Support Service, Worthing & District is a member of the West Sussex Carers Support Services partnership.



Carers Support Service  
Worthing & District

## **Carers Support Service**

**Worthing & District**

**Information and support for carers—you are a carer if you look after a relative, friend or neighbour who cannot manage at home because of a physical, mental health or learning difficulty, or is elderly frail**

**Information and support**

**Tel: 01903 536378**

**[www.carerswsx.org.uk](http://www.carerswsx.org.uk)**

October 2009



West Sussex Carers Support Services  
Working Together for Carers in West Sussex



The Princess Royal Trust  
for Carers