

## I am a carer and would like to

- be contacted
- find out more about: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Complete this form and pop it in the post and we will reply to you as soon as we can. Alternatively give us a call or send us an email.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

- email me CareLine magazine
- email me the online newsletter
- keep me updated by email \*

\* If you choose to stay updated we will send you occasional emails with information about upcoming events near you.

## staying informed

### careline magazine

free magazine for carers filled with what's on locally, practical information, carers' tips and experiences

### online newsletter

subscribe to stay up to speed on policy, legislation and how to get involved

## contact us

If you are a carer and would like to know more and want to get involved please do not hesitate to...

call us **01323 738390**  
text us **07860 077300**  
email us **info@cftc.org.uk**

visit us online **www.cftc.org.uk**

Alternatively 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  
Highlight House  
8 St. Leonards Road  
Eastbourne  
BN21 3UH**

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



# 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 a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems, you are a carer.

You might feel that you're doing what anyone else would in your situation; looking after your mum, son, or best friend and just getting on with it.

# 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.

Our team of staff and volunteers can provide free practical & emotional advice - face to face, by telephone, or online. We can put you in touch with other carers, and offer a range of groups, training and events across the county.

we're here to help

## practical help & advice

### **a listening ear**

someone to talk to about your caring role

### **know your rights**

guidance through the health and social care system, help to find out about welfare rights, training, and development opportunities

### **when there is a crisis**

expert advice on hospital issues, respite and carers rights

### **take care of yourself**

tips and techniques on looking after your own health & wellbeing, support to take time out from your caring role

## planning ahead

### **carers card**

this helps to identify carers in the event of an emergency and offers exclusive retail discounts

### **care passport**

helping you to share information on the needs of the person you care for when they are in hospital

### **information & advice**

our expert advisors can help you to identify the support you need and how to access it

## someone to talk to

### **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**

our counselling programme is tailored to help carers manage the feelings and challenges caring can bring

## influencing decision makers

### **carers' voices**

support to get your views across - at meetings, conferences and through social networking

### **carers' forums**

come along and have your say, put your questions to health and social care professionals, and meet other carers

### **carer representatives**

influence the planning and development of health and social care services, representing the voice of local carers and sharing your expertise