

Carers support

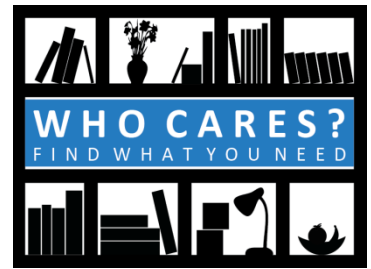
Practical emotional support

Tel 0300 028 888

Email info@carerssupport.org.uk



<http://www.carerssupport.org.uk/>



Carers support

**Support Group
for Carers of
Young People and Adults with Eating Disorders**

Meets
last Tuesday
of the month

6.00

Bookable 1:1 appointments

6.30

Informal time for Carers

7.00 to 8.30

Group meeting



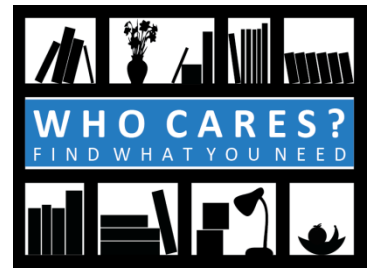
Ashenground
Community Centre
Southdown Close,
Haywards Heath
RH16 4JR

Carers Support West Sussex

0300 028 8888

info@carerssupport.org.uk

www.carerssupport.org.uk



**CROSS
ROADS
CARE
FOR
CARERS
AND THE
PEOPLE
THEY
SUPPORT**

Tel: 01903 790270

<http://www.crossroadscare-sc.org/>

About Us

Most of us juggle busy lives but if you also look after a relative or friend who is ill, frail or disabled, you probably find it extremely difficult to have a full life of your own.

Crossroads Care South Central can assist you if the person you care for lives in West Sussex and parts of Hampshire. If you require help in another county in the UK please go to the Carers Trust website www.carers.org which can direct you to the most suitable support in your area.

Parent Support Group

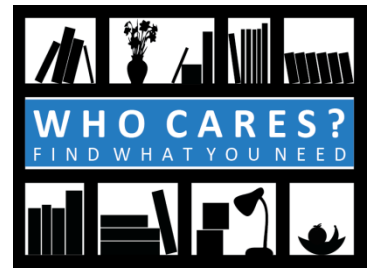
Langley Green Family Centre
Langley Green Crawley

Tel: 01293 651747

A support group for parents of children who have disability. The group has access to a **sensory room** and a **sensory toy library**.

Thursday Mornings from 10:00 – 12:00 noon

Cost Free

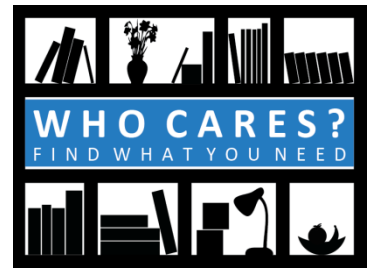


We are a team of health professionals who aim to promote the health and wellbeing of carers. We are a free service provided by Sussex Community NHS Trust providing support for carers over the age of 18 living in West Sussex. We work directly with carers and will develop individual strategies for each carer with an aim to reduce the strain of coping with their caring role. We may if it is necessary also look at the health needs of the person who is being cared for.

North Carers Health Team

Phone: (01403) 227000 ext 7613 /
7686

Usual office hours: Monday to Friday, 9am to 5pm



Whatever's on your mind We're here

Feeling alone, money worries, medical issue?

Looking after your loved ones can be tough, but you're not on your own.

Led by carers, we're here to give you expert help & support

FIND OUT HOW on
0808 808 7777

Young carers

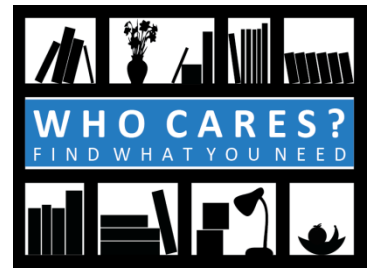
youngcarers@westsussex.gov.uk

☎ Tel: 01903 270300

Young carers are children and young people under 18 years old, who look after a member of the family who is sick, disabled, has mental health problems or is misusing drugs or alcohol.

Lots of children and young people want to help out and feel proud that they are lending a hand. At the same time the impact of these caring responsibilities may cause difficulties at home, in school or college, or elsewhere.

Sometimes it can be difficult to recognise someone as a young carer – but does this sound like your family or a family you know?



Carers Support West Sussex

Carers Support West Sussex offers a range of local services for people who are looking after someone:

A helpline to provide practical information and support, including finding and paying for alternative care, your rights as a carer, taking a break, looking after yourself and planning for the future.

Support workers who can offer practical and emotional support to help you in your caring role, who are experienced in working with:

- mental health issues;
- drugs and alcohol issues;
- learning disability issues;
- autism and Asperger syndrome issues;
- parents who are carers;
- young adults (aged 16-25 years) who are carers; and
- carers of people with dementia.

Phone: 01243 642 121

Email: socialcare@westsussex.gov.uk

Opening hours: 9.00am - 5.00pm, Monday - Friday
(excluding Bank Holidays)

Homestart

Tel: 01293 416327

Email:

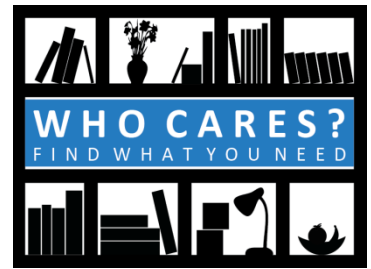
info@homestartchams.org.uk

Website:

www.homestartchams.org.uk

*Offering support and friendship to
parents with at least one child
under 6 who are feeling under
stress.*

*Please contact for further
information*



Changeworks



*Albert Road
Fishbourne
Chichester
West Sussex
PO10 3JE*

Tel: 07759 786715

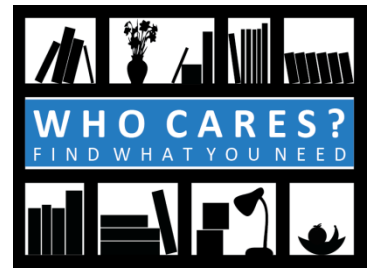
Email: lynsey@changeworkssussex.co.uk

Website: www.changeworkssussex.co.uk

Email us ask@changeworks.org.uk

Changeworks

provides family therapy to individual children, adults, couples and families. Please contact for further information.



Call Age UK Horsham District:

[01403 260560](tel:01403260560) 01403 260560

Website: www.ageuk.org.uk .

Contact email address:

info@ageukhorshamdistrict.org.uk

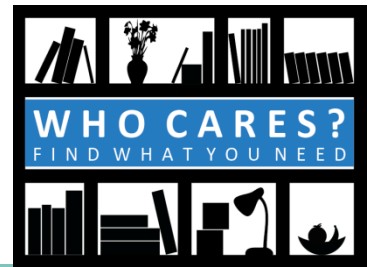
We can help you access many great products and services offered by Age UK which are designed especially for people in later life.

Also, look at office facilities and the DBS Checking Service.

☐ Products and Services from Age UK

☐ Office Facilities available

☐ DBS Checking Service




East Surrey Carers' Support Association

We offer free, confidential and independent advice and information to support Carers.
 Many Carers find that talking to others who are also caring can really make a difference!

How can we help?

East Surrey Carers Support Association is an independent organisation, mainly managed by Carers themselves; working for and with all Carers.

We can help by:

- ✦ Listening to and supporting individual Carers
- ✦ Encouraging Carers to recognise their own needs
- ✦ Providing information and advice
- ✦ Raising awareness of the needs of Carers amongst professionals
- ✦ Supporting Carers in accessing benefits and services



East Surrey Carers Support Association

Based at:

78a High Street
 Bletchingley
 Surrey
 RH1 4PA

Email: info@escsa.demon.co.uk

www.escsa.org.uk
 Funded by Surrey County Council

01883 745057

Why not give us a call?

Registered Charity Number 1146878
 Company Number: 07785192
 Registered in England and Wales
 A Company Limited by Guarantee with Charitable Status

**Are you aged 18-24?
 Caring for or helping
 a relative, parent or
 friend?**

**If you think Carers
 Support is only for
 older people...**

Think again!



East Surrey Carers Support Association



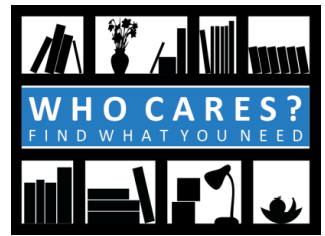
**East Surrey Carers'
Support Association**

78a High Street
Bletchingley
Surrey
RH1 4PA

✉ Email: info@escsa.demon.co.uk

☎ Phone: 01883 745057

☎ Fax: 01883 745039



Helpline

Contact Centre at Connect AssistOur telephone helpline is open to everyone, 8am - 8pm, 7 days a week.

Call 0808 802 8080 (free from UK landlines and main mobile networks) or if you are in the Republic of Ireland, you can call 1800 992 294 for free.

From overseas: +44 (0)20 3376 8080 (full rate)

You can also email us or use our online knowledge base to find the information you need.

We can offer advice and support about a wide range of topics, including:

War pensions and compensation claims

Inquest advice

Benevolent / welfare help

Benefits and money advice

Independent living

Care homes

Poppy Breaks, Family Holiday Breaks and Adventure Breaks

Remembrance travel (pilgrimages, school & group tours)

Legion membership

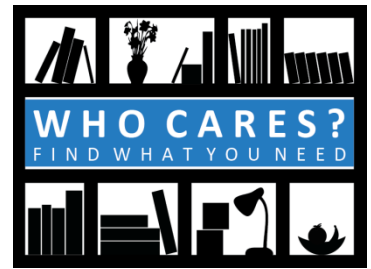
Poppy Appeal

Fundraising events

Tracing advice*

For Handy van services please call 0800 032 0306

For Civvy Street queries please call 0800 169 4073



If you are looking after a partner, relative, child, neighbour or friend who has a long term illness or is disabled or frail, then you are a Carer and we are here to support you

Website: www.mvcs.org.uk
Contact email address: info@mvcs.org.uk

Many Carers do not see themselves as such because they see themselves as a parent, spouse or partner, son or daughter, friend or neighbour. One in ten of the population are Carers.

As a result Carers often miss out on services, support, advice and benefits which may be available.

Carers Support can help Carers from all communities across Mole Valley by providing practical information and emotional support.

Our services include:

Carer Advisers. They provide individual support to people caring for someone with any long term illness or disability.

Emotional Support Service. This service is for those Carers who need time to talk through concerns and feelings.

Carer benefits and legal services: Circles Network

Contact email address:

angela.butcher@circlesnetwork.org.uk

Contact Telephone Number:

01444 236593

Address: Circles Network South
East, Suite A, Kbf House, 55
Victoria Road, Burgess Hill, West
Sussex, RH15 9LH

We work with isolated and disadvantaged disabled people. We provide circles of support, advocacy and training all of which can be purchased with individual budgets. We also provide parenting assessments for courts. We have a meeting room that people can rent.



The Dan Maskell Tennis Trust
c/o Sport Wins
PO Box 238
Tadworth
KT20 5WT
Tel: 01737 831707
Charity No. 1133589

The Dan Maskell Tennis Trust is a tennis charity raising funds for people with disabilities. Formed in 1997 and named after the late Dan Maskell “the voice of Wimbledon”, the Trust grant aids individuals, disability groups and programmes, clubs, schools and associations to help with the purchase of wheelchairs, tennis equipment and grants for coaching.

Contact Telephone Number: 01737 831707

Address: C/o Sport Wins, Po Box 238, Tadworth,
Surrey, KT20 5WT

Website: www.danmaskelltennistrust.org.uk

Contact email address: danmaskell@sportwins.co.uk

Welcome to the Snowdon Trust Website

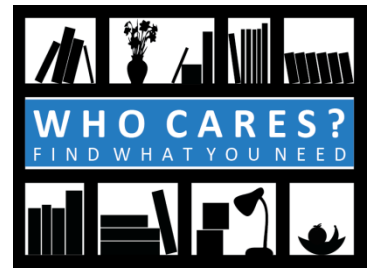
We are a charity that assists physically and sensory disabled people to access vocational and academic courses in the UK by awarding grants. These can be for equipment and essential study needs. We only give awards where funding cannot be met through other channels.

Snowdon Trust Unit 18Oakhurst
Business ParkSouthwaterWest
SussexRH13 9RT
Telephone 01403 732 899
Email info@snowdontrust.org

SNOWDON

TRUST

SUPPORTING STUDENTS WITH PHYSICAL DISABILITIES



Who we help

The League of the Helping Hand helps those who are living on a very low income, receiving the appropriate welfare benefits and who have exhausted all other funding sources including statutory funding, occupational, local and specialist charities. We help those: with physical and diagnosed mental health conditions, learning disabilities and people caring for an adult or child with a disability.

Assistance is offered to all ages; help for children should be made through a parent/legal guardian (as the recipient).

tel: 01444 236099

email: secretary@lhh.org.uk

Contact Telephone Number: 01444 236099

Address: Po Box 342, Burgess Hill, West Sussex,
RH15 5AQ

Website: www.lhh.org.uk

Contact email address: secretary@lhh.org.uk

Our main contact information for our head offices in England, Wales and Northern Ireland and key contact details for our services and helplines.

England contact details

Mencap
123 Golden Lane
London EC1Y 0RT
Telephone: 020 7454 0454
Fax: 020 7608 3254

Information, advice and Mencap services in England
If you live in England and would like impartial advice on all learning disability issues, please contact:

Mencap Direct
Telephone: 0808 808 1111
Email: help@mencap.org.uk

Mencap Direct telephone line is open 9am - 5pm
Monday to Friday.

Carers benefits and legal services

Contact Telephone Number: 01483 215000

Address: 34- 36 Chertsey Street, Guildford,
Surrey, GU1 4HD

Website: www.surreycommunity.info Contact
email address: info@surreylawcentre.org

The Surrey Law Centre provides a complementary and underpinning advice service to individuals via the voluntary organisations of Surrey in the areas of Family Law, Housing Law and Community Care Law.



Contact Telephone Number: 01483
454433

Address: Headway House, North
Road, Guildford, Surrey, GU2 9PU
Website: www.headwaysurrey.org
Contact email address:
enquiries@headwaysurrey.org

Email: enquiries@headwaysurrey.org

Headway house is located in Guildford and accommodates our main office, our day resource centre and acts as a base for our Support Team. The day resource centre offers individuals the opportunity to re-learn lost skills and re-adjust to life after a brain injury. It is open 3 days a week.

The office has a helpline to answer any enquiries and is available 24hrs a day. Headway Staff will return all calls left on the answer phone outside office hours, by the next working day.

The Resource Centre Team is available to meet and discuss problems either by phone or face-to-face (depending on visiting schedule). The Team also facilitates the regular support meetings for anyone affected by brain injury, shares information about access to other local services and can provide a focal point for support into employment following a brain injury.



Just get in touch!

**For support and advice call 0800
056 2424**

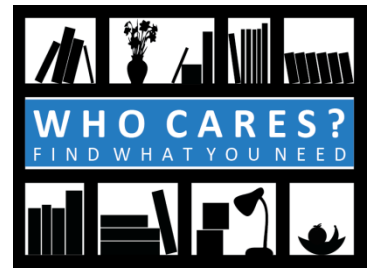
If you are a civil servant, or work for an Associated Organisation, then you are eligible to apply for help from The Charity for Civil Servants.

By our estimation, there are up to 4 million people eligible to apply for help. If you need to speak to someone in the strictest confidence, please get in touch.

I'm not sure whether I'm eligible...

Don't worry. Just give us a call, or send us an email. We'll be happy to help you check.

Call our Freephone number at 0800 056 2424, or info@foryoubyyou.org.uk



The Cedar House Support Group

The Cedar House Support Group is for women who are experiencing postnatal depression. The group provides a safe and supportive environment where mothers can get together with others who may be feeling similar to themselves. This helps their recovery by normalising feelings and reducing the sense of isolation that postnatal depression can bring,

Please contact Liz before attending: lwise@talktalk.net
07773283556.



Jigsaw4u is a charity working to support children and young people through trauma, loss and bereavement. It brings together children and young people who feel alone and different, so that by sharing their experiences they can develop the tools to move forward in their lives.

Contact Us

40 Mill Green Road

Mitcham

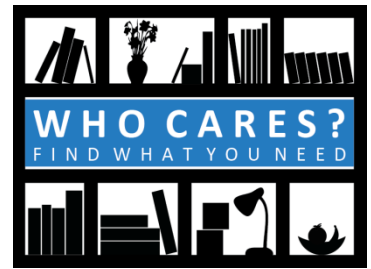
Surrey

CR4 4HY

info@jigsaw4u.org.uk

Tel: 020 8687 1384

Fax: 020 8687 9730



Advice and information

We provide expert, accredited advice and information to everyone affected by mental health problems. When mental illness first hits you or your family, it can be hard to know who or what to trust. We give people clear, relevant information on everything from treatment and care to benefits and employment rights. We were the first mental health charity to gain the Information Standard for our trusted and relevant information.

www.rethink.org/about-us

Carers emotional support services: The
Counselling Centre

Contact Telephone Number: 01892 548750

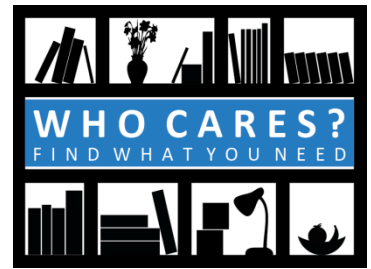
Address: St George's Centre, 7 Chilston Road,
Tunbridge Wells, Kent, TN4 9LP

Website: www.thecounsellingcentre.org.uk

Contact email address:

info@thecounsellingcentre.org.uk

The Counselling centre is a non-profit making registered charity. The services that are offered include; individual counselling, counselling for couples, group therapy and counselling for bereavement. Opening times Counselling with us is available between 09.00 and 21.00 Monday to Friday and between 09.00 and 12.00 on Saturdays. The office is manned between 10.00 and 15.00 during week days and there are secure facilities to leave messages outside of these hours.



Survivors' Network

Supporting survivors of sexual
violence and abuse

Carers emotional support services: Survivors'
Network

Contact Telephone Number: 01273 203380

Address: Survivors Network, Cmhc, 79
Buckingham Road, Brighton, East Sussex, BN1 3RJ
Website: www.survivorsnetwork.org.uk .Contact
email address: admin@survivorsnetwork.org.uk

01273 203380

Help Line

01273 720110 -7pm to 9pm

Wednesday and Friday

OR TEXT

07717 999 989

OR EMAIL

help@survivorsnetwork.org.uk

Drop in

7pm to 9pm on Mon & Thu

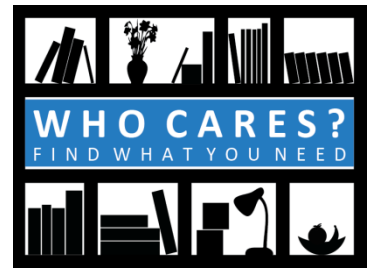


Crawley Community Transport, (CCT) is the charitable community transport operator for Crawley and the surrounding area. Operating a fleet of fully accessible wheelchair minibuses of up to 16 seats CCT provides safe and affordable transport.

01293 523764

Please contact CCT to discuss your individual requirements or that of your group. E-mail

enquiry@crawleyct.org.uk

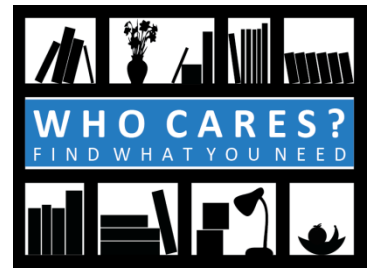


Surrey Young Carers is part of Action for Carers Surrey and has been supporting young carers under 18 across the county since 1996.

We are there to support you in your caring role and help you to achieve your best at school, take part in activities, discover new interests and make friends..

01483 568 269

syc@actionforcarers.org.uk



LifeLine

Lifeline can be installed simply and quickly into your home. All we need is a telephone line and a nearby electric socket (even if you don't have a land line, we have units that can be delayed on a mobile phone network)

Please contact us for information on costs and further information 01323 644422



Independent Living Service

Supporting adults and children who have a permanent and substantial disability when everyday activities become difficult.

Adults occupational therapy

Children's occupational therapy

Visual impairment

Get in touch

Adults carepoint

Phone 01253 642121

Fax 01243 860685

Email: socialcare@westsussex.gov.uk

www.westsussexconnecttosupport.org



The silver line

Help line for older people

Information, friendship and advice for people in later life.

Free confidential and open 24 hours

No problem is too big or too small

Calls are free

0800 470 8090

Or from a mobile at local rate

0300 470 8090

www.thesilverline.org.uk

Personal Alarms AGE UK

Help on hand 24hrs a day

www.ageuk.org.uk/alarm

0800012 1634

Please contact for further information

