

# Carers support

These services offer practical, emotional, and specialist support for anyone caring for a loved one - whether you're new to caring, juggling responsibilities, or looking for advice on respite and benefits.

## Admiral Nurses West Sussex

Specialist dementia nurses offering free, confidential support to families affected by dementia.

[helpline@dementiauk.org](mailto:helpline@dementiauk.org) | 0300 304 0028  
[www.dementiauk.org/](http://www.dementiauk.org/)



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## Carer's Emergency Alert Card Scheme

A free card that identifies you as a carer in an emergency, so the person you care for can still be supported.

[www.chichestercareline.org.uk/](http://www.chichestercareline.org.uk/) | 01243 778688



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## Carers Health Team (West Sussex)

Health professionals supporting carers aged 18+ registered with a West Sussex GP. Focuses on carer wellbeing.

[SC-TR.carerwellbeing@nhs.net](mailto:SC-TR.carerwellbeing@nhs.net) | 01243 623521  
[www.sussexcommunity.nhs.uk/carers](http://www.sussexcommunity.nhs.uk/carers)



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## Care Seekers

Free service for self-funding families helping to find home care, care homes or post-hospital support.

[customerservices@careseekers.co.uk](mailto:customerservices@careseekers.co.uk) | 01483 203636  
[www.careseekers.co.uk](http://www.careseekers.co.uk)



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## Carers UK

National charity providing advice on carers' rights, finances, wellbeing, and local services.

[advice@carersuk.org](mailto:advice@carersuk.org) | 0808 808 7777 (Mon–Fri 9am–6pm)  
[www.carersuk.org](http://www.carersuk.org)



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## Carewise (West Sussex)

Offers financial advice on care costs including budgeting, benefits, and long-term funding options.

[carewise@westsussex.gov.uk](mailto:carewise@westsussex.gov.uk) | 0330 222 7000  
[www.carewiseadvice.com](http://www.carewiseadvice.com)



## Community Link Service (Horsham)

Run by Horsham District Council to help residents live independently with the right assistive tech.

[community.link@horsham.gov.uk](mailto:community.link@horsham.gov.uk) | 01403 215230  
[www.horsham.gov.uk/community/community-link](http://www.horsham.gov.uk/community/community-link)



## Connect to Support

West Sussex County Council's online resource for adult social care and carer information.

[www.westsussexconnecttosupport.org](http://www.westsussexconnecttosupport.org) | 0333 600 6330



## Forget Me Nots (Crawley)

A group supporting carers and loved ones of people with dementia in Crawley and nearby areas.

<https://forgetmenotclub.org/>  
01293 427067 or 07486 869939



## Mobilise

Online community for carers offering practical info, peer support, and live video chats.

[info@mobiliseonline.co.uk](mailto:info@mobiliseonline.co.uk)  
[www.mobiliseonline.co.uk](http://www.mobiliseonline.co.uk)



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## **TuVida (West Sussex)**

Not-for-profit organisation offering respite, short breaks and carer support for all ages.

[westsussex@tuvida.org](mailto:westsussex@tuvida.org) | 01903 790270  
[www.tuvida.org/westsussex](http://www.tuvida.org/westsussex)



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## **West Sussex Carers Online**

Local website providing carer information, resources, and personal stories.

[www.westsussexcarers.org.uk](http://www.westsussexcarers.org.uk) | 01903 777601



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## **Carers Support (West Sussex)**

Supports unpaid carers 16+ with services including emotional support, counselling, respite, and equipment.

[info@carerssupport.org.uk](mailto:info@carerssupport.org.uk) | 0300 028 8888  
[www.carerssupport.org.uk](http://www.carerssupport.org.uk)



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# Carers support - family members and parents

These services support parents and family carers of children, young people, and adults with additional needs, disabilities, or autism - offering tailored advice, emotional support, and practical resources to help navigate care.

## The Family Carer Support Service

Offers one-to-one support for carers of someone (16+) with a learning disability or autism, including advice on rights, social care, benefits, and planning ahead.

0808 801 0448 (Mon–Thurs 9.30am–4pm) | Email:  
[familycarersupport@hft.org.uk](mailto:familycarersupport@hft.org.uk)  
[www.hft.org.uk](http://www.hft.org.uk)



## Reaching Families

A parent-carer led organisation supporting families of children and young people with SEND, offering information, training, counselling, support groups, and befriending.

[admin@reachingfamilies.org.uk](mailto:admin@reachingfamilies.org.uk) | 01903 366360  
[www.reachingfamilies.org.uk](http://www.reachingfamilies.org.uk)



## West Sussex Parent Carer Forum

Supports parent carers of children and young people (0–25) with additional needs or disabilities. Offers an online forum, social events, and training through the Expert Parent Programme.

[office@wspcf.org.uk](mailto:office@wspcf.org.uk) | 01903 726188  
[www.wspcf.org.uk](http://www.wspcf.org.uk)



# Young carers support

These services support parents and family carers of children, young people, and adults with additional needs, disabilities, or autism - offering tailored advice, emotional support, and practical resources to help navigate care.

## The Children's Society

Offers advice and support for young carers, including information on rights, education, and connecting with others.

01962 711511 (Mon–Fri, 9am–5pm)

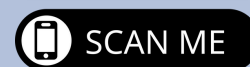
[www.childrenssociety.org.uk/](http://www.childrenssociety.org.uk/)



## Sibs

Supports children and adults (7+) who have a sibling with a disability. Offers resources and advice to help with the emotional and practical challenges of being a sibling carer.

[www.sibs.org.uk/](http://www.sibs.org.uk/)



## West Sussex Young Carers

Supports anyone under 18 in a caring role, offering home visits, local support groups, counselling, and help with reducing care responsibilities.

[youngcarers@westsussex.gov.uk](mailto:youngcarers@westsussex.gov.uk) | 01903 270300

[www.westsussex.gov.uk/youngcarers](http://www.westsussex.gov.uk/youngcarers)

