



**HORSHAM CENTRAL**  
PRIMARY CARE NETWORK

Park, Holbrook, Orchard & Riverside

# CARER SUPPORT



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# CARER SUPPORT

This information pack signposts support for all carers.

Please note you may also find relevant support in other information packs including our Parents and Families Carer Support pack and Young Carer Support pack.



# Admiral Nurses West Sussex

Admiral Nurses, run by Dementia UK, are specialist dementia nurses on a free, confidential helpline. Continually supported and developed by Dementia UK, they provide life-changing support for families affected by all forms of dementia. They can help you understand more about dementia and feel more in control, giving you the tools and the confidence to manage your future with dementia together – one step at a time.

Phone: 0800 888 6678

Available Monday to Friday from 9am to 9pm,  
Saturday and Sundays from 9am to 5pm,  
Bank Holidays (excluding 25th December) from 9am to 5pm.

Email helpline: [helpline@dementiauk.org](mailto:helpline@dementiauk.org)

Website: <https://www.dementiauk.org/get-support/dementia-helpline-alzheimers-helpline/>



# Carer's Emergency Alert Card Scheme

The Carer's emergency alert card will identify you as a Carer if you have an accident. If anything happens to you while you're away from the person you care for, those helping you can ring the 24-hour emergency alarm centre number, who will then contact a person/company nominated by yourself to ensure the person you care for is looked after.

This is FREE for anyone living in West Sussex and is run by the Chichester Careline with support from West Sussex County Council.

Phone: 01243 778688

Available 24 hours a day, 7 days a week.

Website: <http://www.chichestercareline.org.uk/>



# Carers Health Team (West Sussex)

Carers Health Team are a team of health professionals who aim to promote the health and wellbeing of carers. This is a free service providing support for carers 18+ registered with a West Sussex GP.

They work directly with carers to develop strategies to reduce the strain of coping with their caring role. They may, if it is necessary, also look at the health needs of the person who is being cared for.

Phone: 01243 623521

Available 9am-5pm from Monday to Friday

Email: [SC-TR.carerwellbeing@nhs.net](mailto:SC-TR.carerwellbeing@nhs.net)

Website: [www.sussexcommunity.nhs.uk/carers](http://www.sussexcommunity.nhs.uk/carers)



# Care Seekers

A free service for those who are self-funding for care and their families, helping to find the right care and support, whether you're looking for care at home, coming out of hospital or thinking about care homes.

Care Seekers have an experienced, friendly team of Care Consultants who can quickly find the resources you need for the right care for your family member.

Phone: 01483 203636

Email: [customerservices@careseekers.co.uk](mailto:customerservices@careseekers.co.uk)

Website: [www.careseekers.co.uk](http://www.careseekers.co.uk)



# Carers UK

A Nationwide organisation offering advice and information to all carers.

They can advise on benefits, tax issues and energy costs as well as connecting you to other carers online.

They also have lots of information regarding your wellbeing, practical support and can help you find local services.

Phone (enquiries): 020 7378 4999

Helpline: 0808 808 7777 (9am-6pm, Monday-Friday)

Email helpline: [advice@carersuk.org](mailto:advice@carersuk.org)

Website: [www.carersuk.org](http://www.carersuk.org)



@CarersUK



@carers\_uk



/carersuk



@CarersUK





# Carewise (West Sussex)

Carewise is a care funding scheme, working in partnership with Age UK and set up by West Sussex County Council. They offer advice on finances related to care costs, as well as benefits advice. They aim to offer impartial advice to those considering how to pay for long term care costs. They can help with budgeting, pensions and debt advice, too.

Contact Telephone number: 0330 222 7000

Call using Relay UK (for those who are hearing impaired or have speech difficulties): 18001 0330 2227000

Email: [carewise@westsussex.gov.uk](mailto:carewise@westsussex.gov.uk)

Website: [www.carewiseadvice.com](http://www.carewiseadvice.com)



# Community Link Service (Horsham)

Support service run by Horsham District Council, enabling residents to live independently by offering affordable access to a range of assistive technology.

The service aims to support people in deciding what TEC would be useful to them and to help them source and use the products. More information about the technology available can be found on the website or contact them for more information.

Contact telephone number: 01403 215230

Email: [community.link@horsham.gov.uk](mailto:community.link@horsham.gov.uk)

Website:

[www.horsham.gov.uk/community/community-link](http://www.horsham.gov.uk/community/community-link)



# Connect to Support

West Sussex County Council's Connect to Support website is for anyone who may need some adult social care support to live independently. The website is also useful for those caring for someone, and can be used by people outside West Sussex to find information for a relative or friend living in the county.

Phone: 0333 600 6330

Website:

<https://www.westsussexconnecttosupport.org/>



# Forget Me Nots

The Forget Me Nots were born in 2013 from an idea and a will to ensure that no Carer, loved one, friend or family member of someone living with Dementia in Crawley and the surrounding area would ever feel alone.

Phone: 01293 427067 OR 07486 869939

Email form: <https://forgetmenotclub.org/contact-us/>

Website: <https://forgetmenotclub.org/>



/Forgetmenotscrawley

# Mobilise

An online community working closely with carer support organisations and local authorities to offer support for anyone caring for someone else.

Plenty of information is available on the site, covering topics such as finances, emergency planning, respite, carers' discounts and applying for a blue badge. Online forums and scheduled video calls help people to stay connected in their caring role.

Email: [info@mobiliseonline.co.uk](mailto:info@mobiliseonline.co.uk)

Website: [www.mobiliseonline.co.uk](http://www.mobiliseonline.co.uk)



@MobiliseCare



@mobilisecarers



/Mobilisecommunity



@mobilise4069



# TuVida (West Sussex)

A not-for-profit organisation providing support to carers and those they care. Different services are available in various locations.

In West Sussex, they offer carer respite, access to day centres and social groups as well as a short break service for children and young people, aged 11-18, and weekend break service for those with Dementia and their carers.

Phone: 01903 790270

Available Monday-Friday 9am to 5pm

Email: [westsussex@tuvida.org](mailto:westsussex@tuvida.org)

Website: [www.tuvida.org/westsussex](http://www.tuvida.org/westsussex)



@TuVidaSupport



@tuvidasupport



/tuvidasupport



@TuVida



# West Sussex Carers Online

A website funded by West Sussex County Council and run in partnership with ICIS (Information for life), providing information, support, articles and details about organisations that can help anyone who cares for someone else.

You'll find a variety of resources as well as stories from other local carers and information on training opportunities.

Contact Telephone number: 01903 777601

Website: [www.westsussexcarers.org.uk](http://www.westsussexcarers.org.uk)



# West Sussex Carers Support

Supporting unpaid carers aged 16+ throughout by offering information as well as emotional support. Please complete a free registration to access support.

They have a multitude of services including counselling, support groups, bereavement support, discount cards and financial advice, respite services, and access to equipment and hospital teams.

Phone: 0300 028 8888

Available Monday-Friday 9am to 5pm, Wednesday 9am to 7pm, Saturday 10am to 12pm.

Email: [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk)

Website: [www.carerssupport.org.uk](http://www.carerssupport.org.uk)



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