

Carers

Caring can take many forms and to be regarded as a carer you do not have to be carrying out personal physical care for someone. If you are collecting prescriptions, doing the shopping, helping with the housework or any other type of task that assists another person to get on with their life then you are a carer. The role of a carer should never be underestimated and it can be a complex area.

Below are details of services dedicated to offering support to carers whatever their caring responsibilities.

Carers Support

To find your local services or for free confidential information and advice call **0300 0288888**.

Lines are open 9.00am-8.00pm Monday to Friday (except bank holidays) 11am to 4pm at weekends. Calls are free from UK landlines and mobiles or you can request a free call back.

www.carers.org/carers-services/find-your-local-service

Crossroads Care Emergency respite care

01403 243924

Email admin@crossroadscare-sc.org

www.crossroadscare-sc.org

Crossroads Care General information South Central

01903 790270

Email admin@crossroadscare-sc.org

Contact a Family

020 7608 8700

www.cafamily.org.uk

Helpline/ Text phone **0808 808 3555** (10am-4pm, Mon-Fri)

The Princess Royal Trust for Carers/Young Carers

Unit 14, Bourne Court, Southend Road, Woodford Green, Essex
1G8 8HD

0844 800 4361

info@carers.org

www.carers.org

Watch our Headway West Sussex carers film - [CLICK HERE](#).



We have included a FREE copy of the HWUK booklet 'Caring for someone with a Brain Injury' in this pack.

