



“
It was incredible how much
of a difference just having
the conversation made...
I feel less alone and now
have a clearer understanding
of the support available.
”

Alex, Carer

Registered Charity No. 1123359 Company No. 641874

Local help for unpaid carers

Do you care for a friend or family member who is disabled or living with a long-term illness? You may be an unpaid carer. We understand the rewards and challenges that come with caring, and we're here to help you access the right support. Our aim is to ensure you have the information, practical advice, and local services you need. Carers Support offers a variety of services, including carer groups, activities, local hubs, and a Helpline.



Visit our website for more
information or to register for free

carerssupport.org.uk/local

0300 028 8888 info@carerssupport.org.uk



**Carers
Support**
West Sussex