



Who is a carer?

A carer is someone who, without payment, provides support to a partner, child, relative, friend or neighbour who could not manage without their help. This could be due to age, physical or mental illness, addiction or disability.

Numbers of carers

One in ten people in the UK is a carer and this equates to approximately six million carers. Of those, 42% are men and 58% are women and 175,000 are children. More than 80% of carers say that caring has damaged their health and three out of four carers are worse off as a result of their caring. It is estimated that carers save the government up to £87 billion a year and in West Sussex alone, the value of unpaid care is worth £951.4 million per annum.

Being a carer has significant impact on health and well-being and the majority of carers will suffer physical injury (e.g. back problems through lifting) or stress related illness. The health and welfare of patient and carer are closely linked. Deterioration in one will have an adverse effect on the other.

Where can Carers get help and advice?

Services specifically for carers are predominantly provided by the voluntary sector. There are three Carers Support Services in West Sussex and they work in partnership and are affiliated to the Princess Royal Trust for Carers.

The Carers Support Service for the area covered by this Practice is:

Carers Support Service, Regis, Chichester and Rural www.carerssupportservice.org.uk

Tel (01243) 380937 or email: cdwgpp@carerssupportservice.org.uk

What does the Carers Support Service provide?

The Carers Support Service, (Regis, Chichester and Rural) provides access to a wealth of information via its Information Pack, quarterly newsletter, helpline and Information Worker.

Additionally, there is emotional support for carers, with access to counselling and complementary therapy. A telephone support service provides further opportunity for carers to talk in confidence about any worries or concerns their caring role may bring.

Practical workshops and groups are also available, covering subjects such as 'Coping with Guilt', 'Back Care' and 'Stress Management', as well as Arts and Crafts Workshops and the Laughter Club. A number of annual events are held including a summer garden party and a Christmas lunch. Dedicated support workers are available to support those caring for someone with a learning difficulty or a mental health difficulty (working age).

We look forward to hearing from you.