

## How to get in touch

Please contact us if you have any questions or think our service may be of use to you.

We are open from 8am to 6pm, Monday to Friday (except on bank holidays). If you call outside our opening times, please leave a message on the answerphone and we will call you back as soon as we can. We cover all areas of West Sussex.

### Contact us

Phone: 01243 623521

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

### Get the best from your NHS

Our patient advice and liaison service (PALS) can help patients, families and carers with questions, comments or concerns about NHS services. If you need advice about our services, facilities or staff, or would like to make a comment, please contact PALS at:

Service Experience Team  
Sussex Community NHS Foundation Trust  
FREEPOST (BR117)  
Elm Grove, Brighton BN2 3EW  
Telephone: 01273 242292  
Email: [sc-tr.serviceexperience@nhs.net](mailto:sc-tr.serviceexperience@nhs.net)  
Website: [www.sussexcommunity.nhs.uk/pals](http://www.sussexcommunity.nhs.uk/pals)



Sussex Community  
NHS Foundation Trust



## Carers Health Team

Are you looking after family or friends who are ill, frail or have another health concern?

Do you feel the caring role is impacting on your own health and wellbeing?

The Carers Health Team can offer professional support and guidance to maintain your own health and wellbeing.

Are you aged over 18 and caring for a relative, partner, friend or neighbour who is ill, frail, disabled or has mental health or substance misuse problems?

Are you having difficulty with maintaining your own health & wellbeing in order to cope with the demands of your daily routine?

Maybe you don't have time to visit your GP surgery for a general check up?

Our carers health team can visit you at home and check your general state of health and wellbeing. We can offer advice about how to keep healthy and manage any health issues you might have.

## Who we are

We are a free service provided by Sussex Community NHS Foundation Trust for informal carers over the age of 18 registered with a West Sussex GP.

Our aim is to improve both your own health and the health of the person you are looking after.

Our service is staffed by trained health care professionals who can provide you with advice and information to help you in your caring role.

## What does the service do?

We work closely with other NHS specialist services, social and caring services as well as many other voluntary and community services.

Our Carer Health Clinicians will work in partnership with you to provide personalised one to one advice and information. This could include:

- Practical advice and training to help you in your caring role, such as safe moving and handling techniques and managing medication.
- Information and advice on other services to help you in your caring role and lead a healthier lifestyle.
- Advice and information to help you plan for the future and guide you through the complex health and social care system.
- Referral for health screening/NHS health check.