



If a family member or friend is supporting someone with an illness or disability who would find it hard to manage without that support, then they are considered to be a 'carer'. Even if the person does not see themselves as a carer (they may feel that they are 'just doing their bit') it is important that they are identified as such in order that they can access services that help to support their own health and wellbeing.

Military Organisations and Support

Organisations that give an independent, confidential voice to families on a range of service issues. Separate from the chain of command.

- Army Families Federation (AFF)
Naval Families Federation (NFF)
Royal Air Force Families Federation
AFF - TA and Reserve Force

Charities offering Welfare Support

- ABF - The Soldiers Charity
Royal Navy and Royal Marines Charity
The Royal Air Force Benevolent Fund
Royal Air Force Association
SSAFA Sussex
The Royal British Legion

The Ripple Pond - A National network of self-help support groups for adult family members of physically & emotionally injured Serving Personnel, Reservists & Veterans.
admin@theripplepond.org

Forcesline (operated by SSAFA). A free and confidential telephone helpline and email service that provides support for serving and ex-service men and women, reserves and for their families. As an independent charity, SSAFA is not part of the military chain of command.
0800 731 4880
Combat Stress Mental Health Helpline
For anyone affected by Service-related mental health problems, including family members
0800 138 1619

Armed Forces Carers Support & Outreach Worker (Sussex wide)

Funded by the Royal British Legion and based at The Carers Centre in Brighton. The support worker can provide one to one support and signposting to carers in the Armed Forces Community across Sussex
01273 746222

Big White Wall

A safe, confidential, online community of people who are anxious, down or not coping who support and help each other by sharing what's troubling them, guided by trained professionals. Free access for family members of UK serving personnel and veterans

NHS Services

West Sussex-Carers Health Team

Working in partnership with carers to provide personalised 1 to 1 advice and information, with an aim to reduce the strain of coping with their caring role.

Tel: 01243 623521 8am - 6pm Mon to Fri (covering all areas in West Sussex)

Brighton- Back Care Support Service for Carers

The service provides safe handling and back care advice for carers of adults and children in Brighton & Hove.
01273 696011 ext. 3310

Carers Support

Carers Needs Assessments: There is a legal duty on local authorities to assess the needs of unpaid carers. In some areas the assessments are conducted by another organisation on behalf of the council. To request a Carers Assessment contact your Council or your local Carers Centre
Brighton and Hove 01273 295555
East Sussex 0345 60 80 191
West Sussex 01243 642121

Carers Emergency Card

A pocket sized card for the carer to carry. The card has a unique registration number on it, and a telephone number for a 24-hour service. If the carer is taken ill or have an accident, anyone can call the number on the card and quote the registration number to carry out a pre-arranged emergency plan.

Local Carers Centres

Independent carers centres affiliated with the national Carers Trust and funded via local authority, NHS and other organisations. Provide a wide range of support to unpaid carers across Sussex. Carers can self-refer or referrals can be taken from professionals (with the carers consent).

- The Carers Centre for Brighton & Hove 01273 746222
Carers Support West Sussex 0300 028 8888
Care for the Carers (East Sussex) 01323 738390

Association of Carers (East Sussex)

Offers befriending, wellbeing and respite services to carers
0300 330 9498

Parent Carers Amaze

Brighton based charity that offers information, advice and support to families of children and young people with special educational needs or disabilities. Also provides Independent Support services to parent carers and young people up to 25 in Sussex.
Helpline: 01273 772289

Young Carers and Young Adult Carers

- The Carers Centre for Brighton and Hove
West Sussex Young Carers Service
Carers Support West Sussex
Care for the Carers (East Sussex)
East Sussex Young Carers

Prison

Sussex Prisoners Families

Support local families to cope emotionally and practically with the imprisonment of a loved-one. Offer support and advice to families, as well as training and awareness-raising for professionals so that they can better meet families' needs.
01273 499843

Specialist Support

Dementia

Admiral Nursing

Admiral Nurses are specialist mental health nurses, providing care for people with dementia and helping to improve the experiences of all those affected by the illness, including their families and carers.

Brighton and Hove Admiral Nurse Service
01273 696 011 ext. 1818

West Sussex Admiral Nurse Service with Sussex Partnership NHS foundation Trust
0300 304 0028.

Mental Health Carers Support

ICE Project East Sussex

Offer information to carers across East Sussex, usually this takes the form of courses or workshops. Produce a Sussex wide handbook for mental health carers

01273 617100

Changes Ahead Brighton and Hove

Mental Health Carers action group that offers both individual and/or group support including, practical advice, social events and an advocacy service.
changesaheadoakleaf@gmail.com
07935 302838

Domestic Abuse Support

To view details of support services for those affected by domestic abuse please use our Pathway for Criminal Justice.

Substance Misuse Support

To view details of support services for those affected by someone else's substance misuse please use our Pathway for Alcohol and Substance Misuse.

Bereavement Support

Cruse Bereavement Care

One to one support, advice and information to anyone affected by a death
West Sussex: 0300 311 9959
East Sussex: 01323 642942
Brighton and Hove: 01273 234007

Winston's Wish

Bereavement support programme for children and young people from military families across the UK affected by the death or life limiting illness of a parent or sibling.
National helpline: 08088 020 021

Scotty's Little Soldiers

Provides support to individuals aged 0-18 who have lost a parent who was a serving member of the British Armed Forces at the time of their death, or was medically discharged due to an illness which subsequently led to their death.
01553 763000