



## The Carers Centre for Brighton and Hove

18 Bedford Place  
Brighton BN1 2PT  
Tel: 01273 746222  
Fax: 01273 933688  
Text: 07704 409155  
Email: [info@thecarerscentre.org](mailto:info@thecarerscentre.org)  
[www.thecarerscentre.org](http://www.thecarerscentre.org)

The Carers Centre for Brighton and Hove is working with your GP Practice to ensure that you receive the information and support that you might need in your role as a carer. The Carers Centre is an independent charity, providing a free and confidential service.

Caring for someone is an important and valuable role, which can involve long hours and may be both physically and mentally demanding. It can also be extremely isolating if you don't know where to go for appropriate information and support when you need it.

This Information Pack will give you details of the wide range of services provided by The Carers Centre as well as information about other organisations that might be able to help you (see the Quick guide for carers). A leaflet about the Emergency Back-Up Scheme for Carers will tell you how you can set up a plan to support the person you care for if, for any reason, you are unable to care for them on a short term basis. Information on a discount card for carers and end of life support on the Information Prescriptions website is also included.

The Carers Centre has a team of workers to support Adult Carers, including dedicated workers for those looking after people with dementia and life limiting illnesses. You may request individual support and guidance or meet with other carers at regular coffee mornings and other carers' events. You may also access counselling and free legal advice through The Carers Centre.

The Carers Centre also has a dedicated Young Carers team who provide one to one support, groups and activities for carers aged 8-25.

Additional projects managed by The Carers Centre include a Male Carers Support Group and the Carers Garden, open to all carers as well as those who have recently stopped caring. The Carers Voice project enables carers to play an active role in raising awareness of carer's issues and influencing local decision makers.

If you would like to speak to a support worker at The Carers Centre, please call us on **01273 746222** on Monday to Friday from **9am until 12pm** or from **1pm until 4pm**. Alternatively, **please return the enclosed postcard in the Freepost envelope to the Carers Centre.**

Kind regards,

Liz Nicholson  
GP Link Worker

[liz.nicholson@thecarerscentre.org](mailto:liz.nicholson@thecarerscentre.org)



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