



**University
Hospitals Sussex**
NHS Foundation Trust

Supporting our patients and their family and friend carers

Information and useful contacts for
patients and carers.

Help and support from the PALS team

Our PALS (Patient Advice and Liaison Service) team can help patients, relatives and/or carers with any support, advice or concerns.

You can visit them during opening hours at each of our hospitals by asking at main reception for directions to the PALS office. Or contact them online at www.uhsussex.nhs.uk/pals or by phone or email at the following:

Princess Royal Hospital

01444 448678, uhsussex.pals@nhs.net

St Richard's Hospital

01243 831822, uhsussex.palschichester@nhs.net

Royal Sussex County Hospital, Sussex Eye Hospital and Royal Alexandra Children's Hospital

01273 664511 or 01273 664973

uhsussex.pals@nhs.net

Worthing and Southlands hospitals

01903 285032, uhsussex.palsworthing@nhs.net

Our website also has useful information...

- About being an inpatient (including visiting information): uhsussex.nhs.uk/patients-and-visitors
- Patient experience support, improvements and feedback: www.uhsussex.nhs.uk/patients-and-visitors/patient-experience



Jump to our
website



Download the NHS App



Order repeat prescriptions, find NHS services, view your GP health record, book appointments and much more on the NHS App.



Are you supporting a loved one, or someone who needs your help and care?

You may not think of yourself as a carer, but a carer is anyone who provides unpaid care for someone who would struggle without your help. This may be for practical everyday tasks, or emotional and social support.



You might be caring for someone who needs your help due to their frailty, illness, mental health problem, disability, addiction, learning disability or other circumstances.

Anyone can be a carer at any point in their life, and it can often be difficult to separate your caring role from your relationship with that person, particularly if they're a partner or relative.

It's important to remember that being a carer can look different for everyone too. It may involve various tasks such as personal care, household chores, emotional support, and sometimes medical assistance, depending on the needs of the person being cared for.

Whatever your relationship to the person you're caring for, and how you help them, there is support out there for you in your caring role to both look after yourself, and the person you're caring for.

Did you know?

We are proud supporters of John's Campaign, Carer's Charter and Carer's Passport which gives rights for carers to be with their loved one at any time.



Your wellbeing matters too

Being a carer can often mean you're regularly sacrificing your time, energy, and sometimes your own needs, to support the comfort and safety of the person you care for.

Whilst being a carer can be rewarding, it can also be physically and emotionally demanding. It's important you take time to take care of yourself too, for your own sake as well as the person you care for.

Some ways to look after your own wellbeing include:

- Taking a break and make time for yourself
- Learning a relaxation technique
- Making sure to get enough sleep
- Looking after your physical health
- Asking for help if you need it
- Talking to others about how you are feeling
- Looking after your physical health
- Joining a carers' support group



Support for you as a carer

As a carer you're entitled to a carer's assessment to support you in your caring role. For further details contact your local carer support organisation whose details can be found in this leaflet.

It's also a good idea to let your GP know that you are a carer and ask that this be registered on your medical record. Your GP can provide further advice and support for you in your caring role.

Carer support organisations

Carer organisations provide advice and support on a range of matters.

Carershub (Brighton & Hove)

01273 977000

www.carershub.co.uk

Care for the Carers East Sussex

01323 738390 or text 07860 077300

www.cftc.org.uk

Carers Support West Sussex

0300 028 8888

www.carerssupport.org.uk

Carers UK

020 7378 4999

www.carersuk.org

Carers Trust

0300 772 9600

www.carers.org

Other useful resources and contacts

UHSussex discharge information

www.uhsussex.nhs.uk/your-stay

UHSussex Health Information Point

Ground floor, Louisa Martindale Building, Royal Sussex County Hospital or email info@cpg.nhs.net

UHSussex patient leaflets

www.uhsussex.nhs.uk/resources

Staying Well services

Brighton & Hove: 0800 0236475

Crawley: 07920 387274

Eastbourne: 0800 0236475

Worthing: 01903 268107

Missing Persons

Call 116000

www.missingpeople.org.uk

Sussex Mental Healthline

0800 0309 500

Stay Alive

Search #StayAlive for the app on the App store or Google Play

Samaritans

116123 or email

jo@samaritans.org

Healthwatch

West Sussex: 0300 012 0122

helpdesk@healthwatchwestsussex.co.uk

Brighton & Hove: 01273 234 040

info@healthwatchbrightonandhove.co.uk