

What our  
Carers say

“My Volunteer is my  
salvation, I would be  
lost without her.”


“There is a lot  
of laughter and giggles.”

“I can now go shopping,  
meet friends and go for  
coffee. I really look  
forward to her visits.”



## Ways to contact us

To refer yourself or someone you know, please get in touch.

 01424 722 309

 [info@associationofcarers.org.uk](mailto:info@associationofcarers.org.uk)

 Association of Carers  
104 Sedlescombe Road North  
St Leonards on Sea, TN37 7EN

 [www.associationofcarers.org.uk](http://www.associationofcarers.org.uk)

Registered  
Charity  
1159551



East Sussex  
County Council

Scan for application  
form and more info:



ASSOCIATION OF  
**carers**  
- SUPPORTING UNPAID CARERS -

Do you look after someone  
and need support in your  
caring role? We can help.

[www.associationofcarers.org.uk](http://www.associationofcarers.org.uk)

Registered Charity 1159551





## How we can help you


We have an amazing team of Volunteers who come from all walks of life and give their time for free to provide the following services.

## About the Association of Carers

Established in 1987, The Association of Carers provides FREE, Volunteer-led support services to unpaid Carers throughout East Sussex.

 We understand how important it is for unpaid Carers to preserve their own health and wellbeing whilst they care for those they love.

 Our services are FREE and aim to encourage independence and reduce isolation.

 None of our services would be free if it wasn't for our fantastic team of Volunteers donating their time.



### Befriending with Respite

This service gives Carers the opportunity to have some time to themselves, usually up to 3 hours each week. We match the Carer and the person they look after with a carefully selected and thoroughly vetted Volunteer.



### Talk & Support

This six-month service gives Carers the opportunity to discuss their caring role in confidence over the telephone with one of our Volunteers.



### Carers Lunch Clubs

Lunch Clubs give Carers and the people they care for the opportunity to enjoy a meal in a relaxed and informal setting. Lunches are held monthly in pubs and restaurants across St Leonards-on-sea and also in the Rother area.

Please contact the office for locations and dates.



### SCIPRR

This service helps a Carer to find suitable residential respite accommodation for their loved one. It could be for a short break or for longer term care.



### Respite for Carers HealthCare Appointments

When Carers are busy looking after someone, it can be easy to forget about their own health and wellbeing. This service enables Carers to attend appointments such as visiting the GP, dentist, outpatients, or to undergo treatment such as physiotherapy or counselling. In addition, this service can be utilised by Carers wishing to attend training courses that assist them in their caring roles, such as dementia, or moving and handling training.



### Computer help at home

The Computer help at home service gives Carers up to six 1-1 sessions with a fully trained and vetted Volunteer, who teaches them how to use their digital equipment in their own homes.



### Carers Cafes

Carers cafes are for both the Carer and the person they care for. Cafes are held monthly and aim to provide the Carer an opportunity to partake in a planned activity which is suitable for both them and the person they care for. Please contact the office for locations and dates.



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