

Seaside Medical Centre are supporting Carers Rights Day on 25th November ‘Your rights as a carer’

What are your rights as a carer?

This year’s Carers Rights Day campaign will focus on raising awareness of the rights that unpaid carers have. The pandemic has had a massive impact on the lives of carers, affecting access to services, the ability to juggle work and care and much more. Whether you are a new carer or have been caring for someone for a while, it is important that you understand your rights and are able to access the support that is available to you as soon as you need it. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support.

There are an estimated 69,000 unpaid carers in East Sussex, with an additional 34,000 carers caring for someone because of the pandemic. Many carers are not aware of their rights, or what support they are entitled to.

Follow the links below for Care for the Carers website and for information about what your rights are

[Care for the Carers - Supporting carers in East Sussex \(cftc.org.uk\)](http://cftc.org.uk)

[What are my rights? | Care For The Carers \(cftc.org.uk\)](http://cftc.org.uk)

If you are an unpaid carer, you are entitled to support & advice

Contact

Care for the Carers

Highlight House, 8 St. Leonards Road,
Eastbourne, East Sussex, BN21 3UH

Tel: 01323 738390

Text: 07860 077300

Email: info@cftc.org.uk

Please also let Seaside Medical Centre know if you are an unpaid carer so that we can provide more flexible health care for you.