

## Groups near to you:

### Eastbourne

6 Saffrons Road, BN21 1DG  
1 - 3pm , Thursday  
12th December, 2013

### Uckfield

The Bellbrook Centre  
Bellbrook Lane, TN22 1QL  
2 - 4pm, Thursday  
12th December, 2013

### Hailsham

1 Carriers Path, BN27 1AP  
2:30 - 4:30pm, Monday  
16th December, 2013

### Crowborough

The Crowborough Centre, Room 3  
Pine Grove, Crowborough, TN6 1FE  
2- 4pm, Thursday  
19th December, 2013

### Heathfield

Community Fire Station,  
High Street, TN21 0UP  
12 - 2pm, Wednesday  
8th January, 2014

### Mayfield

London House, High Street  
Mayfield, TN20 6AQ  
3-5pm, Friday  
13th December 2013

## Contact details:

Nelida Senoran, tel: 07850642969  
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Alan Wallace, tel: 07850643029  
[alan.wallace@sussexoakleaf.org.uk](mailto:alan.wallace@sussexoakleaf.org.uk)

Eastbourne Wellbeing Service  
tel: 01323 430203

North Wealden Wellbeing Service  
tel: 01825 766528

South Wealden Wellbeing Service  
tel: 01323 849524

*Sussex Oakleaf is committed to equality for all. This commitment encompasses all areas of our work, which in turn enables our staff to provide quality services. Sussex Oakleaf has a public duty to promote equality and remove discrimination in race, gender, disability, religion or belief, sexual orientation and age; contributing to creating a positive environment in our local communities where discriminatory practices and discrimination no longer happen.*

Sussex  
**OAKLEAF**

## Mental Health Carers Support

**A service for mental  
health carers, family and  
friends in Wealden and  
Eastbourne**

### Sussex Oakleaf

*A charitable social enterprise investing in people and communities .  
Our work with individuals, their families and carers supports the recovery of mental health and wellbeing, rebuilding independence and relationships.*

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

## Who is a Carer?

A carer can be someone who spends a significant proportion of their time or a few hours per week providing unpaid support to a family member, friend or neighbour. This can be due to mental health or substance misuse problems. Whilst caring is part of life, without the right support, the personal costs of caring can be high.

The number of carers in East Sussex is estimated to be 50,648 (approximately 10% of the population), the majority of whom are in the age range 50-64.

## The impact of Caring

Carers are twice as likely to suffer from poor health, compared to people without caring responsibilities, including; suffering from anxiety, depression, loss of confidence and self-esteem.

Providing information and support can combat this, as well as reduce isolation through rebuilding old relationships and forming new ones.

**Do you support someone with mental health needs?  
Would it be helpful to meet and talk to others with similar experiences?  
This service could be for you**

### ***Personal Development and Support:***

- Have a better understanding of mental health and wellbeing.
- Have a better understanding of carer awareness and how to look after yourself.
- Regular support groups: sharing your experiences and being listened to in a supportive environment.

### ***Information and Advice:***

- What mental health services are available in your local community.
- What information and support is available for carers in your local area.

### ***Training and Leadership Skills:***

- Be part of decision making that affects you or someone you know.
- We will support you to develop the skills and confidence to influence services.
- Receive help and support

## Carers Engagement Leads



Nelida Senoran and Alan Wallace have worked as Engagement Leads with Sussex Oakleaf for a number of years; they have experience:

- Facilitating groups creating a supportive environment
- Empowering people to have a say in the services they use
- Delivering training and individual support
- Providing targeted information and advice

For more information on the dates and locations of support groups, or if you would like us visit your organisation, please contact Nelida and Alan.