

OTHER USEFUL CONTACTS

CARERS' CENTRE FOR BRIGHTON AND HOVE

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Tel: 01273 234045

CARERS UK

www.carersuk.org

BRIGHTON AND HOVE CITY COUNCIL

www.brighton-hove.gov.uk

INFORMATION FOR CARERS

www.carers.gov.uk

ARE YOU SUPPORTING OR CARING FOR SOMEONE WITH A DRUG OR ALCOHOL PROBLEM?

LARGE PRINT

If you would like large print version of this leaflet, or in Braille or audiotape, please call 01273 677019.

As a carer you have the right to **support, information and advice** to help make things easier in your caring role and to maintain your own health and well being.



Crime Reduction Initiatives
Charity Number: 1079327
Company Number: 3861209
(England & Wales)



Oasis
Charity Number: 1065503
Company Number: 347762



SUPPORT AVAILABLE

Many people don't get the support they need because they don't recognise the caring role they have. If you regularly provide care or support, you could benefit from finding out about the help available.

CRI PATCHED

CRI PATCHED offers support and services for the families, friends and carers of substance misusers or anyone in the local community experiencing the effects of someone else's drug or alcohol problem. CRI PATCHED can help in a number of ways:

- **advice, support and information:** help with a range of issues, including a Wednesday drop-in from 10am-12pm
- **one to one support:** providing you with a safe space to develop skills to be able to cope more effectively
- **referrals to other services:** CRI PATCHED provides referrals to other services which can help both families, friends, carers and the substance misuser
- **support groups:** CRI PATCHED provide supportive groups for families, friends and carers of substance misusers
- **outreach support:** PATCHED provide one to one support through home visits
- **carer's needs assessments**
- **carer's assessor:** can also give one to one weekly support and access to a day time support group, plus a Carers Forum
- **free phone help line:** 0800 085 4450

HOW TO CONTACT:

CRI PATCHED offers confidential advice 10am-10pm daily. Outside these hours there is a message service which will give alternative numbers or you can leave a message for someone to call you back on 0800 085 4450.

Address: 11 St. George's Place, Brighton BN1 4GB.

CARER'S NEEDS ASSESSMENTS

You are entitled to an individual assessment to look at the impact of substance misuse on your life and how you can be supported. If there are areas identified that may benefit from a carer's needs assessment there will be a referral to a carer's assessor.

CRI PATCHED carry out carers' needs assessments on behalf of the City Council. CRI workers can talk to you about the impact that caring has on your life and about any help and support that you may need. With your agreement, this information can be shared with Adult Social Care and it may be possible to provide some funding from the Carers Grant to help meet your needs

Even if you're not entitled to claim funding there is a range of other ways in which you can get help such as support groups and practical help.

A carer's needs assessment will:

- Find out about your needs as a carer
- Give an opportunity to say what you think are the needs of the person you care for
- Look at your ability and willingness to continue to provide care
- Give you an opportunity to identify and talk about the things that could make your caring role easier for you

(This is available for adult carers of adults).

BRIGHTON OASIS PROJECT

Brighton Oasis Project is a voluntary organisation which works with women substance users, their children and carers of substance misusers, including young carers.

The organisation offers open access sessions for adult carers of Oasis clients, where staff will provide support, information and advice to anyone affected by a woman's substance misuse problem. Oasis can refer people to organisations working directly with carers, including making a referral for a carers' needs assessment if required.

HOW TO CONTACT:

Brighton Oasis Project's Open Access sessions take place on Monday, Tuesday, Wednesday and Friday between 1.15pm and 3pm (no appointment necessary, but to make an appointment call 01273 604 246) at Brighton Oasis Project, 22 Richmond Place, Brighton, BN2 9NA. A crèche is available, but must be booked: 01273 697 990.

For young people who are young carers of family members with substance misuse problems (whether they are male or female), Oasis can provide one to one therapy and a weekly after-school group – call 01273 696 970 for more information.

RU-OK?

ru-ok? is the young person's substance misuse service offering one to one work and treatment to young people (19 and under) with a substance misuse problem. They also offer support, advice and consultation to parents and carers of young people using substances.

ru-ok? is based on 2nd floor, Ovest House, 58 West Street, Brighton. Tel 01273 293966