

## 16. LOOKING AFTER YOURSELF

Caring for someone can be very hard work, physically and emotionally. Although carers often choose willingly to care for someone they love, the cost can be high in terms of loss of freedom, income and social activities. It is very important to look after yourself and try to ensure some personal time for rest, relaxation and the pursuit of your own activities. These needs should be taken into account in your Carer's Assessment and by you, your family and friends. It will benefit no-one if your own physical or mental health suffers as a result of your caring responsibilities. Talk to your doctor, social worker and/or CSS, Worthing & District about how you can look after yourself as well as the person you care for. Listed below are some ideas that may be useful. If you do not see what you are looking for, call CSS, Worthing & District on 01903 536378 for further information and suggestions.



### **BACKCARE (NATIONAL BACK PAIN ASSOCIATION)**

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

BackCare is a national charity that aims to reduce the impact of back pain on society by providing information, support, promoting good practice and funding research. BackCare acts as a hub between patients, (healthcare) professionals, employers, policy makers, researchers and all others with an interest in back pain.

### **BACK CARE WORKSHOPS**

**01903 536378**

From time to time CSS, Worthing & District organises back care workshops for carers. Ring to find out when they are planned.

### **CARERS DAYS**

**01903 536378**

CSS, Worthing & District organises regular carers days as an opportunity to relax with other carers, enjoying a range of activities e.g. talks, creative activities, complementary therapies, specialist groups, entertainment etc. Ring the above number or look in Carers News for details. Help with transport and alternative care for the person you care for may be arranged if you contact us well in advance.

### **COURSES FOR CARERS**

**01903 536378**

CSS, Worthing & District organises a range of courses for carers eg:

- Changing Lives, Changing Relationships
- Coping with Guilt
- Dealing with Life
- Managing your Mobile

Please contact the above number to find out about current and future courses.

## **FUNDING FOR CARERS ACTIVITIES**

**01903 536378**

CSS, Worthing & District can sometimes access funding for carers through the Princess Royal Trust for Carers e.g.

- A break in the UK for the carer
- Equipment to make the carer's life easier
- Educational bursaries to pay for a course
- Transport for carers
- Structured activities for young people with caring responsibilities

CSS also has access to a small grant fund for Short Breaks for carers. ICIS (0800 859929) can provide information on other sources of funding.

## **HOLIDAYS AND SHORT BREAKS**

**01903 536378**

See the sections on holidays and short breaks. CSS, Worthing & District and ICIS (0800 859929) hold a wide range of information on breaks, some especially designed for carers.

## **LOW COST COMPLEMENTARY THERAPIES**

**01903 536378**

We have been able to set up an arrangement with several local complementary therapists, who have agreed to offer reduced cost complementary therapies to carers on our mailing list. If you would like to take advantage of this, please contact us for a Carers Registration Card and list of therapists taking part.

## **OTHER DISCOUNTS FOR CARERS**

From time to time, local organisations may make arrangements for carers to obtain free or reduced price entry to their facilities. It is worth asking at places such as cinemas, gyms, leisure centres etc, if they are currently offering these.