

Carers Support Service now operational in Lewes District.

The British Red Cross are pleased to advise that the 'Carers Support Service', assisting unpaid carers both practically and emotionally, is now running throughout the Lewes district.

Volunteers from a wide variety of backgrounds have joined this scheme, bringing with them a range of skills, and a shared enthusiasm to help those around them. One new volunteer, Jeannie, a former nurse, remarked on how different it is to care for people as part of a voluntary scheme. She said "...it's nice that people are happy to see you when you walk through the door, they can talk with you and be themselves".

Our volunteers help with a range of activities, including providing a befriending and sitting service, assistance with shopping, transport, walking the dog, meal preparation, light housework and companionship. Just a few hours a week can make a great deal of difference to someone at a time of crisis.

Jeannie quickly noticed the impact that the service can have; saying one individual "became a different woman entirely" and told Jeannie that "...you'll never know how happy I am that you came here, and how many things I've achieved since. You have given me the confidence to ask for help."

As Jeannie says, this service really does "help people get back on their feet" and demonstrates that whatever the newspapers may report, there are "still people who care enough to help others in this society."

Alongside the Carers Support Service, the Red Cross has a wide range of volunteering opportunities and services which you can become involved with. Perhaps you would like to become a Transport and Escort Driver? Or speak to young people about the Red Cross or Humanitarian Education? Join one of our teams who provide First Aid at events? Or become part of our Emergency Response team.

If you would like to find out more about any of the above, either to use a service, or become one of our valued volunteers, please do get in touch,

either by phone 01273 227800 or by email,
enquirieskentandsussex@redcross.org.uk