



Feeling the financial strain?

Find the best energy plan, save money, and ensure your home is safe and efficient.

Do you care for someone who would struggle to cope without your support due to their illness, frailty, disability, mental health problem or an addiction?

With so much information out there, it's easy to feel overwhelmed by what's relevant and truly helpful.

That's why Carers Support and Arun and Chichester Citizens Advice have come together to provide tailored support and information for unpaid carers.



“The lady I spoke to was very well informed and really helpful, she answered all my questions. I would use the service again and recommend other carers use it.”

Support available includes:

- Access to the Priority Services Register
- Support with energy issues: Tariffs, billing, guidance and grants
- Top tips for keeping the person you care for safe in extreme temperatures
- Ways to increase energy efficiency
- Income maximisation through benefits checks and reduced debts with support to access debt help
- Access to energy crisis funds or fuel vouchers



- Information on Carbon Monoxide safety and access to free CO alarms
- Information and access to Locking Cooker Valves
- A free Safe and Well Visit from West Sussex Fire and Rescue Service