



Welcome to the West Sussex Carers Online newsletter, keeping you up to date with the latest developments on the Carers Online web site. You are receiving this newsletter because you signed up to keep updated on the web site. Details of how to subscribe or unsubscribe are at the foot of this newsletter.

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 Merry Christmas
and Happy New Year
from West Sussex Carers Online



CHRISTMAS FREEBIES!



Would you like a Carers Online info pack? This will include flyers with important information for carers, the latest ICIS: information for life newsletter, a mug/cup coaster, pencil and desk pad complete in a Carers Online carrier bag. If you are an individual you can apply for two, organisations that wish to hand them out can ask for up to twenty packs.

To get your packs please email to projects@icis-info4life.org.uk stating your name, address and the amount you would like, please leave the subject line intact. If you are an organisation could you please also let us know who you are. Please note we will not hold your information on any database. This is purely a one-off. Postage and packing is free!

For West Sussex organisations only, while stocks last.

NEW CONTENT

New additions to the site this quarter. However please note that the website is constantly being updated with new information in many sections, including the [Noticeboard](#), [News](#) and [Events](#).

- **27/10/06** - Added [four new screensavers and four new wallpapers](#) to the Resources for carers section
- **13/10/06** - Six new book reviews added in the [Useful Books](#) section
- **15/09/06** - Review of [Schizophrenia: Through the Maze and Fighting Back by Georgina Wakefield](#)
- **14/09/06** - Review of [The Essential Carer's Guide by Mary Jordan](#)
- **07/09/06** - The [Noticeboard](#) has been moved to it's own section, with a link from the main menu.

Your input is important to us!

West Sussex Carers Online is looking for carers who are online to occasionally let us know their views and opinions on the West Sussex Carers web site. For further information please email us at: projects@icis-info4life.org.uk or call Geoff on 01903 859928 / 777615. Unfortunately we had to take the online contact form regarding web reviewers off the site, due to a large and unacceptable volume of illegal junk mail hitting our server. **The page with details is still available here however.**

USEFUL LINKS

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- **Social Fund Cold Weather Payments** - Cold weather payments help people on a low income with fuel costs during periods of cold weather.
- **Carers Liaison Project: Regis, Chichester and Rural** - Information and support for carers in the Chichester District including Midhurst, Petworth, Arundel, Bognor and surrounding villages.
- **Carers Support Service: North and Mid Sussex** - Support for carers in the Horsham, Crawley and Mid Sussex areas.
- **Worthing and District Carers Liaison Service** - Information and support to people who are looking after a family member, friend or neighbour in the Adur, East Arun, Worthing and Chancetonbury areas (including Steyning, Henfield, Storrington and Pulborough).
- **Carers Information Bus** - The Carers Information Bus is run by the carers network and provides information to carers throughout West Sussex.
- **ICIS: information for life** - ICIS is a registered charity that operates a specialist information service for organisations in all sectors and for individual people in West Sussex.

EVENTS

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There are many events for carers happening around West Sussex including training, social events and support groups. Why not visit the pages below to see if there is anything that might be of interest to you?

- **Events for December**
- **Events for January 2007**
- **Events for February**

Do you know of any events that may be useful to carers? Why not **Tell us about your event**

MERRY CHRISTMAS, HAPPY NEW YEAR AND THANKS!

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West Sussex Carers Online would like to wish everyone a very Merry Christmas and a happy, safe and healthy New Year!

A big thank you for everyone's continued support of Carers Online. Without feedback, input and use of this web site we would not be able to help the thousands of people that use the facility every year. Please continue to support Carers Online and if you have any ideas, thoughts or wish to contribute please email me at projects@icis-info4life.org.uk.

And please feel free to pass this Newsletter on to anyone you may think it would be of interest or benefit to.

Regards,
Geoff

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Next Newsletter : March 2007

