

ARUN CARER GROUPS IN PERSON AND ONLINE



Carers Support West Sussex
for family and friend carers

Our informal groups will offer an opportunity for carers living within the Arun district to:

- Meet with others who share a common bond
- To hear about upcoming events, news and the Carers Support offer
- To obtain information & support (if required), from your local Carers Support Team

Littlehampton, Creative Heart Café, BN17 5HT

10:30 – 12:00

7th June, 9th Aug, 11th Oct, 13th Dec

Bognor, Bonito Lounges, PO12 1PQ

10:30 – 12:00

14th July, 8th Sep, 10th Nov

Our groups have accessible entrances and toilets. Refreshments are available to be purchased.

Open to all Online Groups

For all groups and events visit carerssupport.org.uk/carers-groups



Contact our friendly team to find out more:

Call **0300 028 8888**

Email info@carerssupport.org.uk

Visit www.carerssupport.org.uk

Registered Charity No. 1123359

Company No. 6418743

Follow our social media channels to stay up to date with wellbeing information and groups:

 facebook.com/CarersWSussex

 [@carerswsussex](https://twitter.com/@carerswsussex)

 [@carersSWS](https://instagram.com/@carersSWS)

 [carerssupportwestsussex](https://linkedin.com/company/carerssupportwestsussex)