

THE HUB CARERS DROP-IN



Carers Support West Sussex
for family and friend carers

Come along to one of our regular drop-in for carers, meet one of our carer wellbeing workers and chat about how we can support you with information, grants and other sources of help.

**Venue: The Hub, Jubilee
Community Centre, Charlwoods
Road, East Grinstead, RH19 2HL**

Time: 12:00 pm - 1:30 pm

**First Wednesday of each month,
starting 2nd February, 2022**



Please 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)