

Location	Type of Group	Day of month/time	Venue	Notes
Arundel	Mental Health Carers	2nd Wednesday 10am to 11.30am	The Swan Hotel, High Street, BN18 9AG	
Bognor	Open to all Carers	1st Monday 2pm to 3.30pm	Laburnum Centre, Lyon Street, PO21 1UX	If group falls on a Bank Holiday it will be held on the second Monday
Bognor	Carers of People with Learning Difficulties Carers	Last Tuesday 10am to 11.30am	The William Hardwicke Pub, 12 High Street, PO21 1SR	
Bognor	Former Carers	Last Thursday 10.30am to 12 noon	The Quaker House, 6 Victoria Drive PO21 2RJ	
Bognor	Mental Health Carers	Last Thursday 10.30am to 12 noon	The Regis Pub, The Esplanade, PO21 1BL	
Bognor	Carers of people with drug and alcohol issues	Last Friday 5.30pm to 7.00pm	Ravenscourt Day Programme Rehabilitation Centre 108B London Road, PO21 1BD	1:1 appointments with 24 hours notice, 3rd Wednesday monthly 2.30pm - 4pm
Chichester	Carers of People with Learning Difficulties, Challenging Needs, Autism Spectrum Condition	1 st Tuesday 10.30 am to 12 noon	New Park Road Community Centre, New Park Road, PO19 7XY Please note there will be no meeting on January 1st 2019	
Chichester	My Future Group – for Young Adult Carers aged 18 to 25	2 nd Monday Early evening		Call the Shine team on 0300 028 8888 for details
Chichester	Carers of people with drug and alcohol issues	1st Wednesday 1pm to 3pm.	Chichester Children and Family Centre, St James's Road, PO19 7AB.	

Dates and venues may change from time to time. Please call or check our website for updates.

Location	Type of Group	Day of month/time	Venue	Notes
Chichester	Carers of people with drug and alcohol issues	Family Worker available 4 th Wednesday 2pm to 4pm	CGL, The Old Post Office, Mews, South Pallant, PO19 1XP	
Chichester	Parent Carers	1st Thursday 10.30am to 12 noon	The Dressing Room New Park Road Community Centre, New Park Road, PO19 7XY	
Chichester	Mental Health Carers	1st Thursday 10.30am to 12 noon	The George and Dragon Inn, 51 North Street, PO19 1NQ	
Chichester	Open to all Carers	Last Tuesday 11am to 12.30pm	The Committee Room, First Floor The Bassil Shippam Centre Tozer Way, St Pancras, PO19 7LG	
Lancing	Carers of people living with Dementia	2nd Monday 10.am to 12 noon	The Green Room, Lancing Parish Hall, South Street BN15 9AB	
Lancing	Carers of people with drug and alcohol issues	2nd Tuesday 1pm to 2.30pm	Lancing Children and Family Centre, 42 North Road, BN15 9AB	
Lancing	Carers of people with drug and alcohol issues	Last Friday 1.30pm to 3pm	Lancing Children and Family Centre, 42 North Road, BN15 9AB	
Littlehampton	Open to all Carers	3rd Friday 10.15am to 11.45am	Dove Lodge, 49 Beach Road, BN17 5JG	
Littlehampton	Mental Health Carers	Last Thursday 10am to 11.30am	MIND Building, 23 Maltravers Drive, BN17 5EY	

Location	Type of Group	Day of month/time	Venue	Notes
Midhurst	Open to all Carers	2nd Tuesday 11am to 12.30pm	St Anne's Hall, St Anne's Hill, GU29 9NN	
Midhurst (Easebourne)	Mental Health Carers	Last Tuesday 10.30am to 12 noon	Cowdray Farm Shop and Cafe, Easebourne GU29 0AJ	
Selsey	Open to all Carers	2 nd Thursday 1.30pm to 3pm	Selsey Methodist Church, 50 High Street, Selsey, Chichester PO20 ORD	
Shoreham by Sea	Carers of People with Learning Difficulties	Last Friday 10am to 12 noon	Ropetackle Café, High Street, BN43 5DB Please note December meeting will be on December 21st From January 2019 meetings will be held at Shoreham Centre (Room 7), 2 Pond Road Shoreham by Sea BN43 5WU	Drop-In
Southbourne	Carers of people living with Dementia	3rd Thursday 10.30am to 12 noon	St John's Church, Main Road, PO10 8LB	
Southwick	Carers of people with mental health, drug and alcohol issues	1st Thursday 6pm to 7.30pm	The Corner House, 45 Southwick Street, BN42 4TH	
Southwick	Open to all Carers	3rd Tuesday 10.00am to 11.30am	Southwick Community Centre, 24 Southwick Street, BN42 4TE	
Tangmere	Carers of people living with Dementia	2 nd Wednesday 10.30am to 12 noon	Sage House, City Fields Way, Tangmere, Chichester PO20 2FP	
Witterings	Carers Support Drop-in	2 nd Tuesday 2pm to 3.30pm	The Witterings Medical Centre, East Wittering, PO10 8BH	
Worthing	My Future Group – for Young Adult Carers aged 18 to 25			Call the Shine team on 0300 028 8888 for details

Location	Type of Group	Day of month/time	Venue	Notes
Worthing	Carers of People living with Dementia	1 st Thursday 10.15am to 11.45am	CSWS Office, Pavilion Room, 19 Liverpool Gardens, BN11 1RY	
Worthing	Mental Health Carers	2nd Monday 10am to 11.30am	CSWS Office, Pavilion Room, 19 Liverpool Gardens, BN11 1RY	
Worthing	Carers of People with Learning Difficulties	2nd Tuesday 10am to 12noon	St Pauls Café, 55 Chapel Road, BN11 1EE	
Worthing	Carers of People living with Dementia	3 rd Thursday 10am to 12 noon	Haviland House, Robin Road, BN12 6FE	Please note as spaces are limited it is necessary to call Kimberley on 0300 028 8888. Respite for cared for offered by Guild Care at small cost
Worthing	Mental Health Carers/ Carers of people with drug and alcohol issues	3rd Thursday 5.30pm to 7pm	CSWS Office, Pavilion Room, 19 Liverpool Gardens, BN11 1RY	
Worthing	Open to all Carers	4th Monday 11am to 12.30	CSWS Office, 19 Liverpool Gardens, BN11 1RY	
Worthing	Autism Spectrum Condition Carers	4th Friday 10.30am to 12 noon	CSWS Office, Pavilion Room, 19 Liverpool Gardens BN11 1RY	
Worthing	Men's Group		This group meets for visits to local attractions, walks and other social activities - usually meets 11am to 12.30pm unless otherwise specified.	Call Matt Anderson on 0300 028 8888 for details of venues and times and to join our men's group mailing list
Coastal	Walking Group – open to all carers	1 st Wednesday 10.30am to 12.30pm	Meets at various venues	Please call 0300 028 8888 for details or go to our website

1:1 Carer Appointments - to book an appointment please contact us on 0300 028 8888

South Downs Centre, North Street, Midhurst GU29 9DH - first Tuesday of every month

Littlehampton - for Carers of people with Drug and Alcohol issues - appointment only – call for details

Groups listed are run by Carers Support West Sussex, however we are aware of specialist groups run by other organisations please call us for details.