

Carers Week 2019 - Getting Carers Connected



Carers Support West Sussex for family and friend carers

Provides personal wellbeing support for family and friends caring for someone at home. Access to Carer Wellbeing grants, equipment to support independence, emotional support, specialist support, carers groups, information and advice



Provides short breaks at home for carers, practical respite support and provides a free Emergency Respite Service for carers and the people they care for



Carers Health Team

Sussex Community NHS Trust

NHS clinicians (Nurse or Occupational Therapist) offering health screening, professional knowledge and expertise to support the health of the carer, providing advice to reduce the strain of caring and promote good health



Offering employment support for carers

Monday 10 th June		
North Chailey	Talk to Oasis Carer Group	St Peter & St James Hospice, North Common Road, North Chailey, Lewes BN8 4ED 10.30am to 12 noon
Worthing	Information Stand	St Barnabas Hospice, Titnore Lane, Worthing BN12 6NZ 9am to 5pm
Horsham	Carers Event	Age UK Horsham, Lavinia House, Dukes Square, Horsham RH12 1GZ 9.30am to 11.30am
East Grinstead	Talk to Special Families Parents Support Group - all family members welcome	Lodge Coffee Shop, Chequer Mead Theatre, De La Warr Road, East Grinstead RH19 3BS 10.30am to 12.30pm Free cup of coffee for parents
Redhill	Information Stand East Surrey Hospital	East Surrey Hospital (East Entrance), Canada Avenue, Redhill RH1 5RH (Stand will be there all week)
Haywards Heath	Information Stand Princess Royal Hospital	Princess Royal Hospital (Foyer) Lewes Road, Haywards Heath RH16 4EX (Stand will be there all week)
Chichester	Information Stand St Richard's Hospital	St Richard's Hospital (Main Entrance) Spitalfield Lane, Chichester PO19 6SE Stand will be also be there – 11th,12th and 13th
Wisborough Green	Talk about CSWS	Wisborough Green Village Hall, School Road, Wisborough Green, Billingshurst RH14 0DU 6pm
Worthing	Mental Health Carers Group	CSWS Office, Pavilion Room, 19 Liverpool Gardens, Worthing BN11 1RY 10am to 11.30am
Crawley	Carers Group (open to all carers) with talk by Crawley Wellbeing Team	Crawley Library, Southgate Avenue, Crawley RH10 6HG 10.30am to 12 noon
Crawley	Carers Walk - with Coffee and Cake	Tilgate Park, Tilgate Drive, Crawley RH10 5PQ 10.30am to 12 noon
Lancing	Group for Carers of people living with dementia	The Green Room, Lancing Parish Hall, South Street, Lancing BN15 9AB 10am to 12 noon
Tuesday 11 th June		
Chichester	Weald & Downland Living Museum - Visit, crafts and relaxation	Weald & Downland Living Museum, South Downs National Park, Singleton, Chichester PO18 0EU Visits at 10.30am and 1.30pm Booking required
Horsham	Talk to Compass Parents Group	Trafalgar Road Baptist Church, Trafalgar Road RH12 2QL 9.30am to 11am
East Preston	Information Stand	Willow Green Surgery, Station Road, East Preston BN16 3AH 11.30am to 1.30pm
Midhurst	Music for Wellbeing Celebration	Midhurst Methodist Church Hall, 65 North Street GU29 9DU Please note venue may change – please check on website 1.30pm to 2.30pm

Crawley	Carers Coffee Morning – Squires Garden Centre	Squires Garden Centre, Horsham Road, Crawley RH11 8PL 9.30am to 11am Booking required
Southwick	Taster Session – bush craft, plant care, exercise – organised by The Conservation Volunteers	The Green, Southwick, BN42 4FX - 10am to 12 noon Carers Health Team attending
Worthing	Carers Afternoon Talk/ Information Stand	Heene Community Centre, 122 Heene Road, Worthing BN11 4PL 1.30pm to 3.30pm
Brighton	Information Stand at Horizon Centre	Macmillan Horizon Centre, Bristol Gate, Brighton BN2 5BD 10am to 12 noon
Worthing	Information Stand Worthing Hospital	Penguin Foyer, Worthing Hospital, Lyndhurst Road, Worthing BN11 2DH 9.30am to 4.30pm
Worthing	Group for Carers of People with Learning Difficulties – with Carers Health Team	St Paul's Café, 55 Chapel Road, Worthing BN11 1EE 10am to 12 noon
Witterings	Carers Drop-In	The Witterings Medical Centre, East Wittering, PO10 8BH 10.30am to 12 noon
Haywards Heath	Mental Health Carers Group	Ashenground Community Centre, Southdown Close, Haywards Heath RH16 4JR 7pm to 8.30pm
Weds 12th June		
Hassocks	Trishaw Rides by Cycling Without Age Hurst & Hassocks – for carers/cared for	Adastra Hall, Keymer Road Hassocks BN6 8QH 2.30pm to 4pm
Horsham	Information Stand at Horsham Hospital	Horsham Hospital Hurst Road, Horsham RH12 2DR Time tbc
Crawley	Information Stand at Crawley Hospital	Crawley Hospital, West Green Drive, Crawley RH11 7DH 10am to 2pm
Henfield	Men's Heath at Henfield Haven - celebrating Carers Week and Men's Health Week with Reflexology and Relaxation	Henfield Haven (Garden Room) Hewitts, Henfield BN5 9DT 11am to 12.30pm Booking required
Angmering	Information Stand at Haskins Garden Centre Roundstone	Haskins Garden Centre Roundstone By-Pass Rd, Angmering, Littlehampton BN16 4BD 11am to 1pm
Worthing	Dementia Carer Pop Up Hub – for information and a chat	Pavilions Room, CSWS Office, 19 Liverpool Gardens, BN11 1RY 10am to 2pm
Brighton	Carers Event at Macmillan Horizon Centre	Macmillan Horizon Centre, Bristol Gate, Brighton BN2 5BD Details tbc
Arundel	Mental Health Carers	The Swan Hotel, High Street, Arundel BN18 9AG 10am to 11.30am

East Grinstead	Carers of Adults with Learning Difficulties and ASC - Flower arranging session	Danube Room, Jubilee Community Centre Charlwoods Road, East Grinstead RH19 2HL 10.30am to 12 noon
Billingshurst	Carers Group for carers of someone with dementia or a long term condition	St Mary's Church Hall, East Street, Billingshurst RH14 9PY 2.30pm to 4pm
Tangmere, Chichester	Group for Carers of people living with dementia	'All About You' Event with Coffee and Cake Sage House, City Fields Way, Tangmere PO20 2FP - 10.30am to 12 noon and Be Smart Be Safe Demonstration Day – Carer Equipment Service from 11am - 2.30pm.
Crawley	Group for Carers of people with drug or alcohol dependency - with hand massage, tea and cake	The Hub, Broadfield Library, 46 Broadfield Barton, Broadfield, RH11 9BA 1pm to 3pm
Thursday 13th June		
Selsey	Carers Coffee Morning	Selsey Methodist Church, 50 High Street, Selsey PO20 0RD Time tbc
Shoreham	Cooking for Carers – Curry Demonstration and Taster session	Tesco Shoreham (Community Kitchen) Holmbush Shopping Centre, Upper Shoreham Road, Shoreham-by-Sea BN43 6TD 10.30 to 12.30 Booking required
Crawley	Information Stand at St Catherine's Hospice	Day Centre, St Catherine's Hospice, Malthouse Road, Crawley RH10 6BH 11am to 12.30pm
Redhill	Carers Event East Surrey Hospital	Atrium, East Surrey Hospital, Canada Avenue, Redhill RH1 5RH 1.30pm to 5pm
Findon Valley	Lime Tree Surgery, Findon Valley Annual Carers Cream Tea	Findon Valley Free Church, 11 Lime Tree Avenue, Worthing BN14 0DJ 12.30pm to 2.30pm
Bognor	Crown Bingo Hall - Information Stand and blood pressure testing	Crown Bingo, 64 London Road, Bognor Regis PO21 1PT 11am to 2pm
Friday 14th June		
Crawley	Information Stand in County Mall	County Mall, Southgate Avenue, Crawley RH10 1FG 10am to 4pm
Saturday 15th June		
Horsham	Horsham Parkrun	Horsham Park, North Street, Horsham RH12 1RJ - A 5k course that can be run, jogged or walked (Carers who do parkrun regularly will be attending, along with CSWS staff and Horsham Wellbeing staff) 9am start (meet at 8.50am)

Young Adult Carers Event – Stadium Tour organised by Albion in Community - to be confirmed