

# CARER GROUPS

Carers of Adults with Learning Disability  
and Autistic Spectrum Conditions



## Horsham - Learning disability and autistic spectrum conditions

Horsham Hospital (Club Room), Hurst Road, Horsham, RH12 2DR  
First Tuesday of the month, 10.30am to 12.30pm

## Worthing - Autistic spectrum conditions

CSWS Office (Pavilion Room), 19 Liverpool Gardens, BN11 1RY  
Fourth Friday of the month, 10.30 am to 12 noon

## Worthing - Learning disability

The Sydney Walter Centre (The Art Room), Sussex Road, Worthing, BN11 1DS  
Second Tuesday of the month, 10.15am to 11.45am

## Shoreham - Learning disability and autistic spectrum conditions

The Shoreham Centre (Room 7), 2 Pond Road, Shoreham by Sea, BN43 5WU  
Last Friday of the month, 10.00am to 12 noon

## Chichester - Learning disability and autistic spectrum conditions

New Park Community Centre, New Park Road, Chichester, PO19 7XY  
First Tuesday of the month, 10.30am to 12 noon

## East Grinstead - Learning disability and autistic spectrum conditions

Jubilee Community Centre, Charlwoods Road, East Grinstead, RH19 2HL  
Second Wednesday of the month, 11.00am to 12.30pm

## Bognor Regis - Learning disability

The Laburnum Centre (Age UK), Lyon Street, Bognor Regis, PO21 1UX  
Last Tuesday of every month, 10.00am to 11.30am

Please Note: Group times subject to change, please check our website for updates or call us.



## Please contact our friendly team to find out more:

Visit [www.carerssupport.org.uk](http://www.carerssupport.org.uk)  
Email [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk)  
Call 0300 028 8888

Registered Charity No. 1123359  
Company No. 6418743

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

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