

- 3rd Thurs Activities Room, Methold House, North Street,
Worthing
11am – 1pm
- 4th Weds The Cornerhouse, Southwick Street, Southwick
11am – 1pm

IT and Internet training – chance for you to brush up on your computer skills. To register your interest, please ring the Carers Liaison Service on 01903 528600.

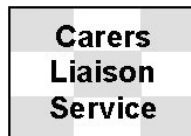
Male Carers Group – chance for male carers to talk in a male-only environment about their concerns. Please ring us to find out when and where the group takes place.

Manage your Mobile – if you are at the mercy of your mobile phone, and would like guidance on how to text, add to the address book or even just make a phone call, this workshop is for you! These workshops are from 10am – 12.30pm. A free sandwich lunch will be available.

- 14 April Steyning Centre, Fletchers Croft, Steyning
22 April Adur CVS, 6 Tarmount Lane, Shoreham by Sea

Moving On workshop – if you were a carer but have been bereaved or your cared for person has gone into residential or nursing care, it can be difficult to pick up the threads of your life. This workshop looks at helping you do this and runs from 9.30am—3pm. A sandwich lunch will be available at a cost of £2.

- 29 October The Rowans, Steeple View, Tarring, Worthing



2008 Carers Events

We are delighted to be able to offer carers activities for 2008. On each activity there is a minimum and maximum number of carers who can be accommodated. Please give us a call on **01903 528600** to say that you are hoping to come along, or for more information. If you book a place and then find that you are unable to come, please let us know so that your place can be offered to another carer. There is no charge for any of these activities, except where specified for lunch if you wish to have it.

Back care workshop – this short workshop with a qualified Back Care Advisor looks at moving and handling the person you care for, safely. The sessions will run from 10am—1pm on the following dates:

- 25 March Look and Sea Centre, Surrey Street,
Littlehampton
- 16 September Chanctonbury, venue to be advised

Carers Coffee Morning – why not come along with or without the person you care for, and have the chance to chat with others in similar situations and/or ask the Carers Liaison Service for information and advice. Coffee mornings are from 10am—12 noon on the following dates:

- 1 April Steyning Centre, Fletchers Croft, Steyning
16 April Methold House, North Street, Worthing
13 May Methold House, North Street, Worthing
16 July Methold House, North Street, Worthing
19 August Methold House, North Street, Worthing

15 September Methold House, North Street, Worthing
17 November Methold House, North Street, Worthing

Carers Days – chance to enjoy lunch and various activities with other carers which may include complementary therapies, crafts, exercise and speakers. Lunch will be available at a cost of nil -£4 depending on venue.

11 February Methold House, North Street, Worthing
11am – 3pm
11 March Methold House, North Street, Worthing
11am – 3pm
25 March Look and Sea Centre, Surrey Street, L’hampton
10am – 2pm
10 June Methold House, North Street, Worthing
4pm – 7pm
23 July Adur venue to be advised
11am – 3pm
16 September Chanctonbury venue to be advised
10am—2pm
16 December Methold House, North Street, Worthing
11am – 3pm

Carers Liaison Service Steering Group—this carer-led group steers and monitors the work of the Carers Liaison Service and is an excellent opportunity for carers to shape what we do. These are drop in events, however please ring us in advance to check where the forum will be held as this may change. Dates, times and venues have not yet been set. Please call us for details.

Carers Rights Day events – Carers Rights Day is a national, annual event encouraging carers to recognise themselves as carers and take up their rights to things such as benefits.

5 December Various venues—please ask us nearer the time
10am—12 noon

Carers Week events – Carers Week is a national, annual celebration of carers in June every year, and we always hold several events to mark the occasion. Please ask us nearer the time for our special Carers Week Activities leaflet.

9 – 13 June Various venues and times

Changing Lives, Changing Relationships workshop – changes in your relationship with the person you care for can be quite difficult to come to terms with. This workshop looks at those changes and how you might deal with them. A sandwich lunch will be available at a cost of £2.

14 May The Rowans, Steeple View, Tarring
Worthing
9.30am —3pm

Carers Advisory Forum and Coastal Implementation Group
Please note that these meetings will not be proceeding as originally planned.

Coping with Guilt workshop – feeling guilty about the person you cared for, if they have died or gone into residential or nursing care, can for some people be overwhelming. This workshop is in two parts, both from 9.30am – 3pm. A sandwich lunch will be available at a cost of £2.

23 July (part 1) The Rowans, Steeple View, Tarring, Worthing
20 Aug (part 2) The Rowans, Steeple View, Tarring, Worthing

Drop in support for mental health carers – these are monthly information and advice groups for mental health carers (with occasional speakers).

1st Weds Rivendell, 23 Maltravers Drive, L’hampton
10.30am – 12 noon

2nd Mon Meadowfield, Arundel Road, Worthing
6.30pm – 8.30pm