

Coming up at



For brighton & hove



Carers Rights Day Event

Thursday 26th November 2020, 10.30 am—11.30 am via Zoom

Each year Carers Rights Day helps us to ensure Carers are aware of their rights, to let Carers know where to get help and support, to raise awareness of the needs of carers.

The theme for Carers Rights Day 2020 is 'Know Your Rights'

"While caring, getting the right support at the right time can make all the difference."

Carers UK Digital Resources—an introduction and tutorial workshop for Carers

On Carers Rights Day (Thursday 26th November 2020) from 10.30am to 11.30am via Zoom, we are holding a tutorial session and guide to accessing Carers UKs Digital Resources for carers; an online resource, completely free to carers, with access to online learning and all of the Carers UK guides on your rights as a carer.

For more information or to book you place for this group please contact 01273 977000 or email info@carershub.co.uk



Festive Ribbon Chandelier Workshop

Thursday 3rd December 2020, 7pm—8pm via Zoom

Join us for a fun evening session of festive craft, with our Reablement volunteer Jenny.

Jenny will take you through, step-by-step, how to make a festive ribbon chandelier.

Book your place by Thursday 26th November so we can send the materials to you in advance.

Limited places, so book early to avoid disappointment .

For more information and for joining instructions please call Carers Hub on 01273 977000 or email info@carershub.co.uk



END of Life Care: a workshop for carers

Wednesday 9th December 2020, 11am—12 noon, via Zoom

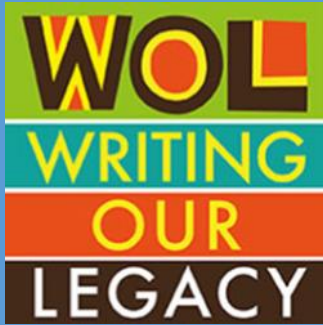
Palliative and end of life care is about living as well as possible despite having a life limiting condition.

Theses sessions will provide information about: How palliative and end of life care can help, who can be supported, what types of support are available, how to access support, what you can do to make things easier as the illness progresses.

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**for more information and to register your interest in any of our groups,
or to receive support to access a group
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Creative Writing Workshop

for all Carers

Tuesday 24th November 2020, 2—3.30pm, via Zoom

Writing our legacy is an organisation whose aim is to raise awareness of the contributions of Black and Ethnic Minority (BME) writers, poets, playwrights and authors born, living or connected to Sussex and the South East.

Our theme will be food. You can bring along a significant picture or photo/object/recipe that

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The Unity Centre and The Carers Centre invite carers and co-carers who identify as Lesbian, Gay, Bisexual, Trans, Queer/Non Binary or Intersex+ (LGBTQ+) to:

Managing Stress and Anxiety

A 4-week course in December with Lexington and Louisa.

In the sessions we will focus on gentle techniques to help with anxiety, stress and overall wellbeing.

This will include some mindfulness, gentle movement, breathing exercises, visualisation and offering you a safe and friendly space to land/take time for you.

Tuesday 1st, 8th, 15th and 22nd December, 10.30—11.30 am via Zoom.



To book your place for this group please contact 01273 977000 or email info@carershub.co.uk



Carers who are supporters of people with mental health challenges Coffee & Chat

Monday 14th December 2020, 10 am - 12 noon via Zoom

Come and have a cuppa and a chat with us and other carers who are supporters of people with mental health challenges.

Contact changesahead@thecarerscentre.org for details and to receive joining instructions.



Carers' Weekly Coffee & Chat

Every Wednesday 10.30 am, via Zoom

Join us for our weekly coffee and chat sessions over Zoom.

Each week you will be able to meet and chat with other carers from around Brighton and Hove, and all sessions are supported by a Carers Centre staff member.

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