



Carers' Centre Activities	
Writing Group	A writing group meets at the Carers' Centre every Monday morning. This is run by carers and occasionally has input from creative writing tutors. If you would like to join then come along to our offices in Community Base Centre on a Monday morning at 11.00 am and we will introduce you to the group.
Coffee Mornings	A carers' coffee morning is held every Thursday morning at the Carers' Centre from 11.00 -12.30 pm and is run by carers themselves.
Coffee Mornings in local areas	<p>The Carers Coffee Mornings are a place to meet with other carers from your neighbourhood and have a chat over free refreshments! Each of the groups is run by one of our support workers who is there to provide advice and information.</p> <p>They run at;</p> <p>The Grenadier Pub, 200 Hangleton Road, Hove on the first Thursday of every month, 11.00-12.30 (Contact Sarah)</p> <p>Wyevale Garden Centre Café (next to Brighton Racecourse), on the first Thursday of the month 10.00-12.00 (Contact Karine)</p> <p>Home Cafe, Egremont Place, Brighton (opposite gates to Queens Park) on the first Tuesday of the month, 10.00-12.00 (Contact Caroline)</p>
Mental Health Carers & Users Group	Another group, for carers living in East Brighton who look after someone with a mental health difficulty, meets on the first Wednesday of each month for coffee at the Wyevale Garden Centre, please call Pam if you would like to attend.
Cancer Carers Support Groups	The Macmillan Cancer Carers Project runs two groups for people caring for someone with cancer. One group is aimed at carers who have young children and the other one is open to anyone. To find out more contact Sara Padhiar-Tutton at the Carers' Centre.
Time4Me Days	Time4Me Days are a chance for carers to get together and enjoy some relaxation time. Each day takes a different theme but may



	include massage, games, craft activities, cookery or gardening. If you would like to find out more call the Adult Carers Team on 234045.
The Garden Space	This is an allotment space which is open to carers and people who are no longer caring due to bereavement or because the person they care for has gone into a rest or nursing home. People can sit and have a chat and cup of tea, take part in light gardening activities such as sowing seeds, or just sit and enjoy the panoramic views of the sea and countryside. The allotment is at the end of Beresford Road behind the Royal Sussex County Hospital and carers meet there on Thursdays from 11-2pm. If you would like to get involved in this venture please contact Sara Padhiar-Tutton on 234045.
Legal Surgeries	Do you need free legal advice? The Carers Centre provides free half-hour sessions with local solicitors experienced in issues such as charging for home care/rest & nursing home placements & other Council services, Continuing Care funding, Wills and Trusts, Inheritance Tax Planning, Powers of Attorney and the Mental Capacity Act. Please call a member of the Adult Carers Team on 234045 if you would like to book a slot. During 2008 these sessions will take place in March, June and September at the Carers' Centre and in December at the Brighthelm Centre in North Rd.
Other free legal help	Age Concern also provides free legal sessions for people aged 50+ and their carers. Contact them on 720603 for more details. Brighton Women's Refuge Project hold free legal surgeries on Monday and Tuesday afternoons for women who are experiencing any kind of physical or emotional abuse who want advice on family law. To book, call their helpline on 01273 622822.
Free Massage	We have some free massage sessions available for carers from a local practitioner. There is limited availability for these and they take place at 9.30am on Friday mornings in the Queens Park area. If you would like to book a massage please contact Linda Barber at the Carers' Centre.
Volunteer for us	We have a number of volunteer opportunities with the Carers' Centre. These include helping to pack envelopes at mailing time

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Tel: 01273 234045 www.thecarerscentre.org email: info@thecarerscentre.org

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	(along with tea and cakes), driving young carers to events and our Carers' Voice programme. Carers' Voice volunteers are carers who are willing to share their experiences of being a carer by helping staff here to deliver training courses and sit on city wide planning boards. If you would like to find out more contact Nick Fry at the Carers' Centre.
	Other Sources Of Support
Carers' Breaks	The workers at the Brighton Buddhist Centre have been running 3-day residential Carers' Breaks at a beautiful country location near Uckfield for several years. The breaks offer a combination of 'treats' such as massage and aromatherapy, as well as helping carers to develop ways of looking after themselves while maintaining their caring role. We are not yet sure how many breaks will be funded in 2009 but If you would like to register your interest please contact Sarah Hirschfield at the Carers' Centre.
Relaxation	The Buddhist Centre also runs a drop-in group for carers at their premises at 17 Tichborne St. This takes place once a fortnight on Thursdays from 2.00 -3.30pm and the emphasis is on relaxation. If you are interested in this please contact the Buddhist Centre on 772090.
Meditation	Revitalise, opposite Hove Town Hall runs drop in meditation sessions. They are from 7.30 – 8.30 am on Tuesdays and Thursdays and 8.00 – 9.00 am on Saturdays. Price: donations on the door. If you want to attend please use the back door as the café won't be open. Contact John on 378389 for more information.
Courses	An NHS carer-led course called Looking After Me is a free course for adults caring for someone with a long-term health condition or disability and will include issues such as healthy eating, relaxation techniques, coping with professionals and planning for the future. The contact for this course is Natasha Faulder on 296590.
Counselling	The Primary Care Trust has funded Relate to provide free counselling for carers on a range of relationship issues. If you

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think you might benefit from this please contact a member of the Adult Carers Team who can make a referral on your behalf. Counselling will usually consist of 6 sessions from experienced counsellors. Referrals can be made for individuals, couples or whole families. Carers who are lesbian, gay, bisexual or transgender can choose to access Relate's Proud 2 Connect service delivered by counsellors who identify as LGBT.

Age Concern has a team of qualified volunteer counsellors who can work with individuals aged 50+ who live in the Brighton, Hove & Portslade area. There is no charge for this service but you can choose to make a contribution towards the cost. If you are interested in this please contact Age Concern on 720603.

The Federation of Disabled People offer low-cost counselling to people with disabilities and/or their families/carers. The contact for this service is Sam Hubbert on 229264.

As you Are (tel. 07952 754859) provides counselling, by both experienced and newly trained counsellors, for people living in Brighton, Hove, Portslade, Southwick, Shoreham, Lancing & Worthing. Initial assessment is free, followed by up to 24 sessions on a sliding scale of £5 to £20 each.

Terence Higgins Trust (764200) can offer 12 free sessions of counselling for people with HIV or affected by HIV.

The Parental Support Counselling Service (tel. 682253 - Ansaphone) offers free counselling to parents, siblings (13+), carers and relatives of children and young people with special needs.

Threshold (tel. 626444) has experienced counsellors who can offer between 12 and 24 free counselling sessions for women who are refugees or asylum seekers. B&H Womens' Centre (tel. 698036) also offers short-term, low cost counselling for women.

There is also a specialist counsellor for Black and minority ethnic people. Her name is Uzma Yusufi and she is employed by the Primary Care Trust to provide courses of cognitive behavioural therapy. To access this service you will need to write to Uzma at

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	<p>4 St Peter's Place, Brighton BN1 4SA, giving your contact details and the name of your G.P.</p> <p>The Martletts Hospice offers counselling to carers who have had a connection with their services tel: 273400. The cancer centre at the Royal Sussex County Hospital has 2 Macmillan Nurse Counsellors who offer support to cancer patients and their families, Tel 696955 and ask for the Macmillan Nurse Counsellor.</p> <p>The Youth Advice Centre (tel. 889292) provides free counselling for young people aged 14-25.</p>
Young Carers	<p>If there is a child or young person within your family who has a caring role then our Young Carers' Project may be able to support them. Contact a member of the Young Carers' Team to find out how to make a referral to the project.</p>