

Alzheimer's Society (Brighton)

Who For: Current carers of people with dementia
Aims: Mutual support, skills & knowledge for effective coping
Where: Belbourne Court, Bread Street, Brighton
When: 2nd Tuesday of the month 12 – 2pm
Drop-in: Yes
Contact: Sue Burns, Tel 726266, sue_alzheimers@hotmail.com

Alzheimer's Society (Hove)

Who For: Current carers of people with dementia
Aims: Mutual support, skills & knowledge for effective coping
Where: Sanders House, Ingram Crescent West, Hove
When: 2nd Wednesday of the month 12.30 – 2.30 pm
Drop-in: Yes
Contact: Sue Burns, Tel 726266, sue_alzheimers@hotmail.com

Alzheimer's Society (Former Carers)

Who For: Carers of people in residential care & recently bereaved (1st yr carers)
Aims: Mutual support, skills & knowledge for effective coping
Where: Alfred Davey Court, Bread Street, Brighton
When: 1st Monday of the month 10.15 am – 12.15 pm
Drop-in: Yes
Contact: James Gardner, Tel 726266, alzheimersbrighton@hotmail.com

Amaze

Who For: Parents of young people with special needs aged 13-20
Aims: Informal information sharing
Where: Community Base, Queens Road, Brighton
When: Bi-monthly, times vary
Drop-in: Ring first
Contact: Sue Winter Amaze helpline Tel 772289, info@amazebrighton.org.uk

ASSERT

Who For: Carers of adults with aspergers syndrome/HFA
Aims: Informal information sharing
Where: Mitre Pub, Baker Street, Brighton
When: 4th Tuesday of the month (not December) 7.30 – 9.30 pm
Drop-in: Yes
Contact: Jane Frost, Tel 234850, assert.bh@assertbh.org.uk

B&H Bereavement Support Group

Who For: Anyone who has recently experienced the death of a loved one
Aims: Support people through bereavement
Where: The Chapel Royal, North Street
When: 1st & 3rd Monday of every month 1.30 – 3.30 pm
Drop-in: Yes
Contact: Judy Greenfield, Tel 772210, bereavementsupport@hotmail.co.uk

British Cardiac Patient Association

Who For: Cardiac patients and their carers
Aims: Provide support, encouragement and education for patients and carers
Where: Lancing Parish Hall
When: 2.30 – 4.00 pm
Drop-in: Yes
Contact: George Beer, Tel 01903 673902

Buddhist Centre Support Group

Who For: All carers (regardless of religious belief)
Aims: Information, support, relaxation, gentle movement activities
Where: Brighton Buddhist Centre, Tichbourne Street
When: Fortnightly Thursdays 2.00 – 3.30 pm
Drop-in: Yes
Contact: Nick Diggins 772090

Carers Centre Coffee Morning

Who For: All carers
Aims: Support and information
Where: Carers Centre, Community Base, Queens Road, Brighton
When: Every Thursday 11.00 am – 12.30 pm
Drop-in: Yes but contact Carers Centre before first meeting
Contact: Carers Centre Tel 234045

Carers Writing Group

Who For: All carers
Aims: To explore creative writing. Periodic input from creative writing tutors
Where: Carers Centre, Community Base, Queens Road, Brighton
When: Every Monday 11.00 am – 12.00 pm
Drop-in: Yes
Contact: Carers Centre Tel 234045

Headway Brain Injury Association

Who For: For people with ABI + anyone else who is affected
Aims: Informal information sharing and support. Periodic guest speakers
Where: ASB Law, Claremont House, 95 Queens Road, Brighton
When: 3rd Thursday of every month, 7.00 – 9.00 pm
Drop-in: Yes
Contact: Arlette Foster 01825 767089 or Lisa Ashdown 01825 721170
headway_lisa@yahoo.co.uk

Highs and Lows

Who For: Sufferers and carers for people with manic depression
Aims: Informal support
Where: 79 Buckingham Road, Brighton
When: 1st Thursday of the month, 7.30 – 9.30 pm
Contact: Pam Windsor, Carers Centre Tel 234045

Macmillan Carers Group

Who For: Carers of partners with cancer who also have young children
Aims: Support and information. Massage therapist available
Where: Carers Centre, Community Base, Queens Road, Brighton
When: Last Friday of each month, 11.00 am – 12.45 pm
Drop-in: No
Contact: Sara Padhiar-Tutton or Liz Gough, Tel 234045

The Carers Group

Who For: Carers of people with mental health difficulties. People who are or have used mental health services.
Aims: For carer and cared for to go out together/separately. Reducing isolation. Providing mutual support
Where: Wyvale Garden Centre café nr. Brighton racecourse
When: Every 1st Wednesday of the month. Outings on other days
Drop-in: No
Contact: Pauline Field, Tel 07770688769

Parkinson Disease Society (Brighton & Hove)

Who For: Anyone directly affected by Parkinsons and their carers
Aims: Support and information
Where: Aldrington Day Hospital, New Church Road, Hove
When: 3rd Saturday of every month (except August) 2.00 – 4.00 pm
Drop-in: Yes
Contact: Roger Carr 607343

Patched (2 groups)

Who For: Any significant others of substance misusers
Aims: Emotional support, skills and knowledge for effective coping
Where: 11 St Georges Place, Brighton **and** 22 Garton House, Stanford Avenue, Brighton
When: Fortnightly, Monday mornings 10 – 11.30 am (St. Georges Place) **and** Monday evenings 7.30 – 9.15 pm (Stanford Avenue)
Drop-in: Phone first
Contact: Alison Ede 671607 patchedbrighton@crinet.co.uk

Take 5 for You

Who For: Parents of children with special needs (crèche available 0-5 yrs)
Aims: Socialise/share experiences and access training
Where: Bridge Community Centre, Moulsecoomb
When: Wednesdays 12.30 – 2.30 pm
Drop-in: Yes
Contact: Sally Clark/Donna Ward 294930 Eb_bridge@yahoo.co.uk