



Changes Ahead Monthly Coffee Mornings

10 am to 12 noon

second Monday of every month via Zoom

Join us for a coffee and chat from the comfort of
your home

Please get in touch if you need help setting up or getting
on to Zoom.



1:1 Support available

You can chat with us over the phone, via WhatsApp video
chat, Facetime, or face to face.

To find out more
or to make an appointment

Please telephone

07511 858722

or contact the Carers Hub on 01273 977000

Or email

changesahead@thecarerscentre.org

Or visit

www.thecarerscentre.org/changes-ahead

Please note: We are a part time service and will get
back to you as soon as we can



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Company No. 2758481



Changes Ahead

For

**Mental Health Supporters
(Family, Friends, and Carers)**



Advice and support to carers of people with a
mental health condition through information,
one-to-one support, training, wellbeing and peer support.



www.thecarerscentre.org/changes-ahead



Changes Ahead

“A breath of fresh air, to talk to and be supported by experienced, understanding and genuinely caring people.”

Who we are

Changes Ahead is a carer led service set up in 2015, funded by Brighton & Hove City Council now operated by the Carers Centre for Brighton & Hove.

We aim to help family, friends and carers to regain control of their lives and, in turn, promote independence, recovery and a future for the person they care for.

Additionally we provide opportunities for social interaction and self-care with others who are in a similar situation.

What We Do

We offer:

1:1 Support Sessions

in person, over the phone, or via video chat.

Activities and Events

including coffee mornings, community events, days out and much more.

Mental Health Book Lending Scheme

A wide selection of books about various mental health issues available to borrow for up to 4 weeks.

Training and Talks

specifically for Mental Health Supporters (Carers)

To find out more or to make an appointment

please call **07511 858722**

or email

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What our Carers say

“ I can’t imagine how I’d have survived the last few years without Changes Ahead. It has been a lifeline to me when dealing with the challenges of supporting someone with mental health problems. Through Changes Ahead I’ve had support, advice and learnt strategies for dealing with difficult times, which have benefitted both me and the person I care for. I’ve also made some new and very dear friends.”



“Changes Ahead is an invaluable source of support that has offered me real help, allowed me to be myself, put me in touch with a wonderful community and given me coping skills; a beacon of light in the darkness—thank you.”



“Changes Ahead... a place to go to find genuine warmth, a listening ear(s) and, importantly, advice that is tailored to your own individual needs that targets specific ‘sticking points’ with a view to enabling you, the carer to move on in a positive way that benefits you and the person you’re caring for.... A supportive and non-judgmental space to be in.”