



# Carer Learning & Wellbeing Programme

Sept-Dec 2018. Most sessions are 10am-12pm. Spaces are limited, booking essential.  
NEW 2019 programme now also available.

LOCATION	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
<b>BOGNOR REGIS</b> Sessions at this location 2-4pm War Memorial Hospital, Shripney Road, PO22 9PP	CREATIVITY AND YOU Wed 5th	YOUR HEALTH MATTERS Fri 5th	EMPLOYMENT AND VOLUNTEERING Wed 7th	HEALTHY RELATIONSHIPS Tues 4th
<b>WORTHING</b> CSWS Pavilions Room 19 Liverpool Gardens, BN11 1RY	TECHNOLOGY AND YOU Tues 11th	CREATIVITY AND YOU Wed 10th	YOUR HEALTH MATTERS Tues 13th	EMPLOYMENT AND VOLUNTEERING Tues 11th
<b>CRAWLEY</b> Reception, Crawley Hospital, West Green Drive, RH11 7DH	BUILDING RESILIENCE Fri 14th	TECHNOLOGY AND YOU Tues 2nd	CREATIVITY AND YOU Wed 14th	YOUR HEALTH MATTERS Wed 5th
<b>BURGESS HILL</b> Sessions at this location 2-4pm MSVA, 2nd Floor, 38 Church Road, RH15 9AE	EVERYDAY FIRST AID Tues 4th	BUILDING RESILIENCE Tues 2nd	TECHNOLOGY AND YOU Tues 6th	CREATIVITY AND YOU Wed 5th
<b>PULBOROUGH</b> Pulborough Village Hall, Swan View, RH20 2BF	RELAXATION TECHNIQUES Tues 4th	EVERYDAY FIRST AID Tues 2nd	BUILDING RESILIENCE Tues 6th	TECHNOLOGY AND YOU Tues 4th
<b>HORSHAM</b> Horsham Baptist Church, 80 Trafalgar Road, RH12 2QL	WILLS & POWERS OF ATTORNEY Tues 4th	RELAXATION TECHNIQUES Tues 2nd	EVERYDAY FIRST AID Tues 6th	BUILDING RESILIENCE Tues 4th
<b>CHICHESTER</b> Bassil Shippam Centre, Tozer Way, PO19 7LG	MANAGING GUILT Tues 4th	WILLS & POWERS OF ATTORNEY Tues 2nd	RELAXATION TECHNIQUES Tues 6th	EVERYDAY FIRST AID Tues 4th
<b>STEYNING</b> Conference Room, Steyning Health Centre, Tanyard Lane, BN44 3RJ	HEALTHY RELATIONSHIPS Fri 14th	*MANAGING GUILT Tues 2nd 2-4pm	WILLS & POWERS OF ATTORNEY Tues 6th	RELAXATION TECHNIQUES Thur 13th
<b>EAST GRINSTEAD</b> Mill View Care Home, Sunnyside Close, Dunnings Road, RH19 4AT	EMPLOYMENT AND VOLUNTEERING Tues 4th	HEALTHY RELATIONSHIPS Tues 2nd	MANAGING GUILT Tues 6th	WILLS & POWERS OF ATTORNEY Tues 4th
<b>SHOREHAM</b> Sessions at this location 2-4pm Shoreham Centre, 2 Pond Road, BN43 5WU	YOUR HEALTH MATTERS Tues 4th	EMPLOYMENT AND VOLUNTEERING Tues 2nd	HEALTHY RELATIONSHIPS Tues 6th	MANAGING GUILT Tues 4th

NEW 2019 PROGRAMME NOW AVAILABLE.

\* STEYNING venue change - Living with Guilt Tues 2nd October - Steyning Penfold Hall

## BOOKING IS ESSENTIAL

All sessions are bookable on-line by visiting [www.carerssupport.org.uk/CLWP](http://www.carerssupport.org.uk/CLWP)  
or calling one of our friendly team on 0300 028 8888.

Changes to venues etc are sometimes unavoidable. Once you've registered we will update you via email or mail if there are any changes.



## Carer Learning & Wellbeing Programme Sept-Dec 2018

The Carer Learning and Wellbeing Programme is available for all registered carers in West Sussex. It includes a number of different sessions to help carers make a positive difference to their life and their personal wellbeing.

The programme is continually developing and growing and is held in a number of towns and villages across the county.

### **Creativity & You**

Whether it's working with clay, paint, making corn dollies or other art forms, this course will help you enjoy the health and wellbeing benefits of art.

### **Employment and Volunteering**

This session will give you all the help you need to retrain, write a CV, volunteer or get on the job ladder.

### **Relaxation Techniques**

This session covers mindfulness and relaxation, techniques designed to reduce stress in your everyday life.

### **Wills and Power of Attorney**

An interactive session where carers are invited to bring any questions they have around WPA. The session is run by lawyers who will answer your questions and provide expert guidance on areas to consider.

### **Managing Guilt**

Many carers feel guilty about emotions, feelings and aspects of their lives. This session helps carers to learn to live positively with their emotions.

### **Healthy Relationships**

Keeping your relationships with others positive when you are in a caring role can be difficult. This session offers helpful advice and techniques on how to better manage those relationships.

### **Building Resilience**

Carers are exposed to high levels of daily stress. This workshop looks at building resilience in your role as a carer. Learn some practical and straightforward tips to use at home.

### **Technology and You**

Find out more about Carer Equipment Service, how to access West Sussex County Council's free Jointly app and a host of other free digital tools to help you in your caring role as well as your own wellbeing.

### **Everyday First Aid**

Provides guidance on basic first aid for carers.

### **Your Health Matters**

Healthy diet and lifestyle tips on maintaining your own health whilst in the caring role.

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