Coming up at carers centre For brighton & hove



Dancing for Health & Wellbeing

Rosaria Gracia will be running a weekly dance class for our health and wellbeing!

Tuesdays 11.15 am—12.45pm via Zoom
(Tuesday 26th January, 2nd February, 9th February, 23rd February, 2nd March, 9th March, 16th March and 23rd March.)

The sessions will cover face yoga, somatic movement (strength, balance & length) and dance from different styles and eras.

If you would like to book a place or would like help setting up Zoom, please call 01273 977000 or email info@carershub.co.uk.



Exploring Music Workshop

Thursday 28th Jan, 4th Feb, 11th Feb and 18th Feb at 12noon via Zoom

Join us for a four week workshop with Reablement Project volunteer, Paul, to explore a musical history.

In the 4 weeks we will be sharing the music we like, looking at the origins of Classical music and going onto look at what music is. This group is for anyone with an interest in music, who would like to learn more about it and is up for a discussion and listening to a range of music.

Call 01273 977000 or email info@carershub.co.uk to sign up.



Fibromyalgia Online Workshop for Carers

Thursday 28th January, 10am - 11.30 am via Zoom

Karen Cox, Persistent Pain Nurse Specialist for the Sussex MSK Partnership, will be telling us about fibromyalgia, it's treatment and ways of managing the symptoms. This is a condition we know lots of carers, and those they look after, have experience of, so we hope it will be a really useful opportunity to have your questions answered by an expert in this area.

To find out more or to book your place, please email info@carershub.co.uk
or call Carers Hub on 01273 977000

for more information and to register your interest in any of our groups,
or to receive support to access a group
please call 01273 977000 or email info@carershub.co.uk

Coming up at carers centre For brighton & hove



Carers' 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.
All sessions are supported by a Carers Centre staff member.

For more info and for joining instructions please Call 01273 977000 or email info@carershub.co.uk



Working Carers (& Employers) Peer Support Coffee Meet Up via Zoom

Wednesday 20th January 2021
(usually last Wednesday of the month)
6pm, via Zoom

It is estimated that 1 in 8 employees are also family and friend carers.
Join our friendly group for an early evening cuppa and chat with other working carers, those seeking to return to work and employers.

For more info or to receive joining instructions please email:
steve.castellari@thecarerscentre.org



Learning Disabilities and/Autism

Carers Peer Support Group

Coffee Meet Up

Friday 29th January 2021
11am, via Zoom

Come and have a cuppa and a chat with us and other carers who help people with Learning Disabilities and/or Autism.

For more info or to receive joining instructions please email:
steve.castellari@thecarerscentre.org



LGBTQ+ Carers Peer Support

Friday 29th January 2021
(Usually third Friday of every month)
11—12 noon via Zoom

Join our inclusion worker Louisa for a virtual get together to chat and meet others in similar situations.

For more info and for joining instructions please
Call 01273 977000 or email info@carershub.co.uk



Chair Yoga for all

Friday 5th February 2021
(and then every Friday until 26th March)
11am—12 noon, via Zoom

Chair based Yoga for all abilities and carers of all backgrounds

The group will be run by Josetta (pronouns they/them) has 15 years experience of teaching yoga and specialize in teaching diverse communities, many of whom have mental and/or physical health conditions and disabilities.

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

ACTIVE for Life

Boost Your Mood

Thu 4th February, Wed 10th March
10.30am—11.30am, via Zoom

Active for life are joining us to bring you a Boost your Mood Workshop for Carers. We will look at your wellness routine, and the positive effects this can have on our daily lives.

The session will be imparting information, followed by breathing techniques and gentle chair based exercise.

To find out more or to join this workshop, please email info@carershub.co.uk or call 01273 977000.

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