

Mon 19 July	12 noon	Stroll the Mill Hill Trail (500m) at Shoreham, bring your own picnic
Thurs 5 Aug	11am	Walk the Steyning Nature Trail (2.5 miles), followed by optional lunch
Thurs 9 Sept	2.30pm	Guided tour of St Mary's House and Gardens, Bramber, (approx cost £7) followed by optional tea
Tues 12 Oct	11am	Ten pin bowling, Worthing (approx cost £11) plus optional lunch
Weds 3 Nov	11am	Seafront stroll followed by lunch at Bluebird Café, Ferring



Carers Support Service
Worthing & District

2010 Carers Events



The Princess Royal Trust
for Carers

We are pleased to invite carers to join us at the following activities. All the old favourites such as Carers Days and coffee mornings/afternoon teas are here (often free of charge!), but we have also arranged some different activities, where Carers Support service staff will be there to help things go with a swing. All activities and refreshments are free, unless specified otherwise.

Please ring us beforehand to make sure that events are taking place as expected, on **01903 536378**. We must also say that the Carers Support Service arranges these activities in good faith and cannot bear any responsibility for any loss or damage experienced.

Back care workshop – this short workshop with a qualified Back Care Advisor looks at moving and handling the person you care for, safely.

<u>Date</u>	<u>Time</u>	<u>Venue</u>
Thurs 20 May	10am—1pm	To be advised
Tues 16 Nov	10am—1pm	To be advised

Carers Coffee Morning / Afternoon Tea – why not come along with or without the person you care for, and chat with others in similar situations and/or ask the Carers Support Service for information and advice. Free cup of tea/coffee/cake/biscuits.

<u>Date</u>	<u>Time</u>	<u>Venue</u>
Tues 12 Jan	10am—12 noon	Coffee morning at Methold House
Fri 12 Feb	2.30pm—4pm	Afternoon tea at Methold House
Mon 19 Apr	2.30pm—4pm	Afternoon tea at Methold House
Thurs 13 May	10am—12 noon	Coffee morning at Methold House
Weds 14 July	2.30pm—4pm	Afternoon tea at Methold House

Tues 17 Aug	10am—12 noon	Coffee morning at Methold House
Mon 4 Oct	2.30pm—4pm	Afternoon tea at Methold House
Weds 24 Nov	2.30pm—4pm	Afternoon tea at Methold House

Carers Days – chance to enjoy lunch and various activities with other carers which may include complementary therapies, crafts, exercise and speakers. Lunch will be available at a cost of £4. If you are planning to come along, it helps with catering if you can let us know in advance if possible please.

<u>Date</u>	<u>Time</u>	<u>Venue</u>
Weds 10 Mar	11am – 3pm	Methold House
Tues 8 June	11am – 3pm	Methold House
Weds 8 Sept	11am – 3pm	Methold House
Tues 21 Dec	11am – 3pm	Methold House



Carers Support Service Advisory and Review Group—if you would like to help shape the work of the Carers Support Service, (attendance at meetings isn't obligatory), please contact us, we would be delighted to hear from you.

Carers Rights Day events – Carers Rights Day is a national, annual event encouraging carers to recognise themselves as carers and take up their rights to things such as benefits.

<u>Date</u>	<u>Time</u>	<u>Venue</u>
Fri 3 Dec	10am—12 noon	Various venues, please ask us nearer the time

Carers Week events (14-20 June 2010) – Carers Week is a national, annual celebration of carers in June every year, and we always hold several events to mark the occasion. Please ask us nearer the time for our special Carers Week Activities leaflet. Various venues and times

Dealing with Life—this 6-week set of workshops covers such topics as dealing with stress, assertiveness, body language, improving self confidence, listening and communicating effectively, and being positive.

<u>Date</u>	<u>Time</u>	<u>Venue</u>
From Weds 6 Jan	10am—12 noon	Storrington

From Weds 24 Feb 10am—12 noon East Arun

Events specifically for Mental Health Carers, Learning Difficulty Carers and Male Carers

Please contact us on 01903 536378 for more details of these.

Manage your Mobile – if you are at the mercy of your mobile phone, and would like guidance on how to text, add to the address book or even just make a phone call, this workshop is for you! Dates and venues are being arranged, so please contact us on 01903 536378 to register your interest.

New activities

Listed below and overleaf are the 'new-style' activities carers have asked us for. Please note that these are not 'outings' and transport cannot be provided. The cost of each activity is free unless stated (to the best of our knowledge) but you will need to pay the cost of refreshments if you want them. If the cost and/or transport is an issue for you, please contact us. Prior booking with us on 01903 536378 is essential please.

<u>Date</u>	<u>Time</u>	<u>Venue</u>
Mon 18 Jan	12.30pm	Lunch at the Crown and Anchor, Shoreham
Weds 24 Feb	11am	Winter walk, followed by optional hot soup at the Look and Sea Centre, Littlehampton
Weds 7 Apr	11am	Worthing Museum and Art Gallery and optional lunch
May (date and time TBA)		Guided tour of the Chapel at Lancing College, followed by optional tea
June (date and time TBA)		Stroll the Adur Art Trail in Shoreham, followed by optional lunch
Tues 15 June	3pm	Strawberry cream tea, Methold House