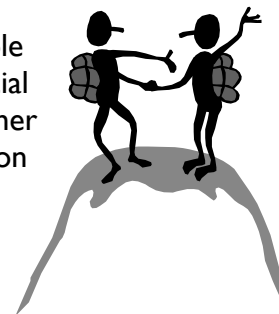


## 5. CARERS GROUPS

Carers groups meet regularly and offer the chance to talk with other people who may have experienced feelings and situations similar to your own, social activities, information and some may also be involved in campaigning or other action. Some groups are for any carers in the local area and others focus on a particular illness, condition or disability.



### ALZHEIMERS SOCIETY CARERS GROUP (SUSSEX LOCALITY)

This group meets every 3rd Wednesday of the month from 2pm – 4pm at the Information Centre, **27 Stone Lane**, Worthing. Help with transport and/or alternative care can be provided. Carers groups are also held at **The Laurels**, Rustington, on the 1st Monday of each month (not bank holidays) from 4pm – 6pm and at **Glebelands**, Shoreham on the 3<sup>rd</sup> Monday each month (not bank holidays) from 4pm – 6pm. Alternative care can be provided.

### ALZHEIMERS SOCIETY – CENTRAL SUSSEX BRANCH

Support groups for carers of people with dementia and their families. The group exists to meet the needs of carers at different stages of caring. Carers can bring along the person they care for, who will be looked after by a trained member of staff (please telephone beforehand if you intend to bring your cared for person). Currently operating in Crawley (1st Wed of each month), Horsham (3rd Tues of each month) and Steyning (4th Tues of each month).

### BRITISH EPILEPSY ASSOCIATION

This branch covers a large area of West Sussex and has information in the form of leaflets, factsheets, videos and CD-ROMS.

### BROOKS CARERS GROUP

Offers a group where carers can meet to socialise and share experiences and information. Available to those living in Storrington, Pulborough and Billingshurst areas, meets between 1.30 - 3pm on the third Tuesday of each month at the Brooks Day Centre, Pulborough.

### BUTTERFLIES BREAST CANCER SUPPORT GROUP

This group for patients, family and friends meets on the 2nd Tuesday of every 2nd month at the Post-Graduate Centre at Worthing Hospital between 7pm and 9pm.

### CARERS SUPPORT SERVICE MENTAL HEALTH CARERS SUPPORT GROUPS

01903 536378  
[www.carerswsx.org.uk](http://www.carerswsx.org.uk)

The groups aim to provide information and support to carers of people who use mental health services in the area. They offer the chance to meet and talk with other carers, find out more about local services, share information about mental health issues and hear speakers on mental health topics.

This information is extracted from the Worthing & District Carers Information Pack 2009, and is provided for information without liability or recommendation. Please contact us on 01903 536378 for a full printed copy.

- **Meadowfield**, Swandean Hospital, Arundel Road, Worthing meets on the second Monday of the month (not Bank Holidays) from 6.30pm – 8.30 pm
- **Rivendell**, 23 Maltravers Drive, Littlehampton meets on the first Wednesday of the month from 10.30am – 12 noon
- **Adur**, Milward Court, Wilmot Road, Shoreham by Sea meets on the third Wednesday of the month from 6.30pm - 8.30pm

### **CARERS SUPPORT GROUP MENTAL HEALTH HORSHAM AND CHANCTONBURY**

Carers support group for carers of people with mental health needs in Horsham & Chanctonbury. Offers mutual support and sharing of information. Meets on the last Thursday of each month in the club room at Horsham Hospital from 7pm until 8.30pm.

### **CARERS SUPPORT GROUP – CHANCTONBURY**

This group meets on the 2nd and 4th Monday of each month from 2pm in the lounge at Kingsfield sheltered housing, Storrington and every 3<sup>rd</sup> Tuesday at The Brooks, Spiro Close, Pulborough from 1.30pm – 3pm.

### **FRIENDSHIP GROUP**

Offers support for people and families with cancer. Informal group meetings held once a month at different venues, including Post-Graduate Medical Centre at Worthing Hospital. Social evenings held 1st Tuesday of each month at MacMillans Bar, Union Place, Worthing from 8pm.

### **HEADWAY IN WEST SUSSEX**

[www.headway-in-west-sussex.org.uk](http://www.headway-in-west-sussex.org.uk)

Offers support to survivors and carers of people who have suffered brain injury through accident, haemorrhage, stroke or anything else unexpected. Peer support group, with outside speakers on a variety of topics of interest to group members, social activities, or just a cup of tea and a chat. Meets first Wednesday of every month.

### **HUNTINGTONS DISEASE ASSOCIATION**

[www.hda.org.uk](http://www.hda.org.uk)

Local monthly support meetings are held in Lewes, for sufferers, carers and 'those at risk', in East and West Sussex.

### **LEUCAN**

This is a self help/support group for parents of children with leukaemia or other forms of cancer. It offers friendship, support, advice, coffee mornings, organised outings and possible financial help.

### **MALE CARERS GROUP**

01903 536378

[www.carerswsx.org.uk](http://www.carerswsx.org.uk)

This group specifically run for male carers, has been set up by Carers Support Service, Worthing & District, as male carers can feel that there aren't many opportunities for them to talk in a male environment about their caring situation.

## **MOTOR NEURONE DISEASE ASSOCIATION**

[www.mnda.org.uk](http://www.mnda.org.uk)

Local support group offers advice, support and information and specialised equipment for local people with Motor Neurone Disease. Meetings take place on the 4<sup>th</sup> Monday each month at the Laurels Day Centre, Sheepfold Avenue, Rustington at 7.30pm.

## **MULTIPLE SCLEROSIS CARERS GROUP**

This group for carers of people with Multiple Sclerosis meets monthly on Mondays at 2pm. Please phone for details of venue. **Saturday Group** for carers and people with MS meets monthly (except January) in Worthing. Outdoor activities and outings in the summer. Contact Sue Dodd 01903 695244 for details. **Beach Group** meet 3<sup>rd</sup> Wednesday except July and August. Welfare contact is Sarah Hayward 01903 262882 Mon - Fri, 8 am - 5.30pm. Covers area between Shoreham and Littlehampton and north to Storrington, Pulborough and Steyning.

## **PARKINSONS DISEASE SOCIETY**

[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

**Support group** offers social contact and information for people with Parkinson's Disease and their carers. Meets last Saturday in the month 10.30am-3pm, for outings, holidays, newsletters, exercise and craft group. Arranges **indoor bowls** at Adur Indoor Bowling Club, Southwick offering personal support and help to people with physical disabilities, Monday 1pm - 2.30pm.

## **REMEMBER - THE CHRONIC FATIGUE SOCIETY (WEST SUSSEX ME/CFS SUPPORT GROUP)**

[www.remembercfs.org.uk](http://www.remembercfs.org.uk)

Support, advice and information for people of all ages in Sussex with ME / Chronic Fatigue Syndrome. Call or check website for details of groups and events.

## **RETHINK**

[www.rethink.org](http://www.rethink.org)

Provides advice, information and mutual support for sufferers from schizophrenia and other severe mental illness and their carers, and details of local support groups.

## **SATURDAY CLUB**

[www.worthingscope.org.uk](http://www.worthingscope.org.uk)

Run by Worthing & District Scope, for children with cerebral palsy and their families. The group meets on the last Saturday of the month and welcomes the whole family to meet and play.

## **SPEAKABILITY**

[www.speakability.org.uk](http://www.speakability.org.uk)

For people with dysphasia and carers of people with communication difficulties following a stroke, head injury or brain tumour. Group meets on the last Wednesday of each month at United Reformed Church Hall, Shaftesbury Avenue, Goring.

## **STROKE SUPPORT GROUPS**

- **Adur Stroke Club** - Offers companionship and social activities for members. Meets on Fridays from 2- 4pm at Marsh House, Park Lane, Southwick.
- **Worthing and District Stroke Club (Kestro)** - Meet every Friday between 2pm and 4pm at the United Reform Church Shaftesbury Avenue, Goring. Provides social and remedial activities for people recovering from a stroke.

This information is extracted from the Worthing & District Carers Information Pack 2009, and is provided for information without liability or recommendation. Please contact us on 01903 536378 for a full printed copy.

## **SUPPORT GROUP FOR CARERS OF PEOPLE WITH EATING DISORDERS**

Monthly support group in Worthing for carers of people with eating disorders.

## **SUSSEX ADHD SUPPORT GROUP**

[www.sussexadhd.org.uk](http://www.sussexadhd.org.uk)

Provides information, advice and support for people affected by Attention Deficit Hyperactivity Disorder.

## **SUSSEX LUPUS GROUP**

Aims to provide information and support to people with Lupus, their families and friends and those seeking a diagnosis.

## **WORTHING DIABETIC CLUB**

Support group which enables people with diabetes and carers to meet for talks and social events. Meets on the 1<sup>st</sup> Monday in each month, except January, July and August, at Postgraduate Centre, Worthing Hospital, Park Avenue, Worthing.