

Care for the Carers' CARERS GROUPS IN EAST SUSSEX

COUNTYWIDE

CARERS INFORMATION AND ADVICE GROUPS

ONLINE MENTAL HEALTH CARERS GROUP

WHEN Meets the 1st Monday of the month, 3pm - 5pm	WHERE For those caring for someone who has Mental Health issues An online group that meets using ZOOM Contact Rachel Lawson Care for the Carers for an invite
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ONLINE CARERS EVENING GROUP

WHEN Meets the 4th Tuesday of the month, 6pm - 8pm	WHERE For those who prefer to meet up in the evening An online group that meets using ZOOM Contact Susanna Wallace Care for the Carers for an invite
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EASTBOURNE, HAILSHAM & SEAFORD

CARERS INFORMATION AND ADVICE GROUPS

WHEN Meets the 2nd Tuesday of the month, 10am - 12 noon	WHERE Willington CIAG - Currently Online - Zoom
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WHEN Meets the 1st Monday of the month, 10am - 12 noon	WHERE Herstmonceux CIAG - Currently Online - Teams
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WHEN Meets the 3rd Thursday of the month, 10am - 12 noon	Meets 10am - 12 noon	WHERE TO FACE - BOOKING Required - Community Wise, Ocklynge Road, Eastbourne BN21 1PY	FACE
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CARERS WELLBEING GROUPS

WHEN Meets the 2nd Wednesday of the month, 10am - 12 noon	WHERE Seaford & Lewes - Currently Online - Teams
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WHEN Meets the 1st Wednesday of the month, 10.30am - 12 noon	WHERE Hailsham Wellbeing group - Currently Online - Zoom
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WHEN Meets the 3rd Monday of the month, 10.30am - 12 noon	WHERE Care for the Carers, Highlight House - Monthly Phone Calls
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WHEN Meets 4th Thursday of the month, 10am - 12 noon	WHERE Langney - Monthly Phone Calls
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MAKING MEMORIES GROUPS - FOR PEOPLE WITH DEMENTIA AND THEIR CARERS

WHEN Meets the 2nd Thursday of the month, 2pm - 4pm	WHERE Seaford - Currently Online - Zoom
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WHEN Meets 4th Wednesday of the month, 2pm - 4pm	WHERE Hailsham - Currently Online - Zoom
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Care for the Carers' CARERS GROUPS IN EAST SUSSEX

HASTINGS & ROTHER

CARERS INFORMATION AND ADVICE GROUP

WHEN

Meets the 1st Friday of the month,
10am – 12pm

WHERE

Sidley CIAG - Currently Online - Zoom

WHEN

Meets the 1st Thursday of the month,
10:00-12pm

WHERE

FACE TO FACE - BOOKING Required - Central Hall Community
Centre, 6B Station Road Hastings, East Sussex TN34 1NG

CARERS WELLBEING GROUPS

WHEN

Meets the 4th Thursday 10.30am – 12.30pm

WHERE

Rye - Monthly Phone Calls

MENTAL HEALTH CARERS GROUP - FOR THOSE CARING FOR SOMEONE WHO HAS MENTAL HEALTH ISSUES

WHEN

Meets the 3rd Saturday of the month,
10am – 12pm

WHERE

St Leonards on Sea - Currently Online - Zoom

YOUNG ADULT CARERS GROUPS

Get in touch for details of groups dates and venues contact Care for the Carers on 01323 738390,
info@cftc.org.uk, or text 07860 077300.

MAKING MEMORIES GROUPS - FOR PEOPLE WITH DEMENTIA AND THEIR CARERS

WHEN

Meets the 3rd Wednesday of the month,
2pm – 4pm

WHERE

Bexhill - Currently Online - Zoom

Care for the Carers' CARERS GROUPS IN EAST SUSSEX

HIGH WEALD, LEWES & HAVENS

CARERS INFORMATION AND ADVICE GROUP

WHEN the 3rd Thursday of the month, 3.30pm	Meets 2pm -	WHERE Wealden Area Online Group inc. Crowborough, Mayfield, Uckfield & Heathfield - Currently Online - Teams
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WHEN Meets the 4th Tuesday of the month, 2pm – 4pm	WHERE FACE TO FACE - Booking Required - Sussex Support Service, Victoria Pavillion, Uckfield TN22 5DJ
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CARERS WELLBEING GROUPS

WHEN Meets the 2nd Wednesday of the month, 10am – 12pm	WHERE Lewes & Seaford - Currently Online - Teams
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WHEN Meets the 3rd Tuesday of the month, 10.30am – 12pm	WHERE Peacehaven - Currently Online - Teams
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WHEN Meets the 1st Thursday of the month, 10am - 12pm	WHERE Uckfield - See Wealden Area Online Group
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WHEN Meets the 3rd Tuesday of the month, 2pm - 4pm	WHERE Heathfield - See Wealden Area Online Group
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WHEN Meets the 2nd Friday of the month, 1pm - 3pm	WHERE Crowborough - See Wealden Area Online Group
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