

## Care for the Carers' CARERS GROUPS IN EAST SUSSEX

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### COUNTYWIDE

#### CARERS INFORMATION AND ADVICE GROUPS

##### ONLINE MENTAL HEALTH CARERS GROUP

<b>WHEN</b> Meets the 1st Monday of the month. Alternates between daytime (3pm - 5pm) and evening (6:30pm - 8:30pm)	<b>WHERE</b> For those caring for someone with severe mental illness An online group that meets using Microsoft Teams Contact Care for the Carers for an invite
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##### ONLINE CARERS EVENING GROUP

<b>WHEN</b> Meets the 4th Tuesday of the month, 6pm - 8pm	<b>WHERE</b> For those who prefer to meet up in the evening An online group that meets using ZOOM Contact Care for the Carers for an invite
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##### ONLINE CARERS INFORMATION AND ADVICE GROUP

<b>WHEN</b> Meets the 4th Thursday of the month, 10.30am - 12.30pm	<b>WHERE</b> For those who prefer to meet up online in the day An online group that meets using ZOOM Contact Care for the Carers for an invite
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## Care for the Carers' CARERS GROUPS IN EAST SUSSEX

### EASTBOURNE

#### CARERS INFORMATION AND ADVICE GROUPS

<b>WHEN</b> Meets the 3rd Thursday of the month, 10am - 12 noon	<b>WHERE</b> <b>FACE TO FACE - BOOKING REQUIRED - Community Wise,</b> Ocklynge Road, Eastbourne BN21 1PY
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<b>WHEN</b> Meets the 2nd Wednesday of the month, 10am – 12 noon	<b>WHERE</b> <b>ONLINE Seaford &amp; Lewes - A group that meets using Teams</b> Contact Care for the Carers for an invite
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#### CARERS WELLBEING GROUPS

<b>WHEN</b> Meets the 2nd Friday of the month, 2.30pm - 4pm	<b>WHERE</b> <b>FACE TO FACE - BOOKING REQUIRED - Polegate/Willingdon Group</b> - St Georges Hall, 110 Eastbourne Rd, Polegate BN26 5DF
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<b>WHEN</b> Meets the last Tuesday of the month, 11.00pm - 12.30pm	<b>WHERE</b> <b>FACE TO FACE - BOOKING REQUIRED through the Mental Health</b> project - Southdown Wellbeing centret, Wharf rd, printworks,
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<b>WHEN</b> Meets the 1st Wednesday of the month, 10.30am – 12 noon	<b>WHERE</b> <b>FACE TO FACE - BOOKING REQUIRED - James West Centre, Brunei</b> Drive, Hailsham, BN27 3FY
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#### YOUNG ADULT CARERS GROUP

<b>WHEN</b> and time tbc	<b>Day</b>	<b>WHERE</b> Eastbourne For more details contact Care for the Carers on 01323 738390, info@cftc.org.uk, or text 07860 077300; www.cftc.org.uk
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## Care for the Carers' CARERS GROUPS IN EAST SUSSEX

### HASTINGS & ROTHER

#### CARERS INFORMATION AND ADVICE GROUPS

<b>WHEN</b> Meets the 1st Friday of the month, 10am – 12pm	<b>WHERE</b> <b>FACE TO FACE - BOOKING REQUIRED - The Pelham Community Hub, Holliers Hill, Sidley, Bexhill-on-Sea TN402DD</b>
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<b>WHEN</b> Meets the 3rd Thursday of the month, 10am - 12 noon	<b>WHERE</b> <b>FACE TO FACE - NO BOOKING REQUIRED - Y Centre, St Paul's Road, Hastings, TN37 6RS</b>
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#### CARERS WELLBEING GROUPS

<b>WHEN</b> Meets the 1st Tuesday of the month, 10:30am – 12:30pm	<b>WHERE</b> <b>FACE TO FACE - NO BOOKING REQUIRED - Hub on Rye Hill, Kiln Drive, Rye, TN31 7SQ</b>
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#### SEVERE MENTAL ILLNESS CARERS WALKING GROUP

<b>WHEN</b> Day and time varies	<b>WHERE</b> <b>FACE TO FACE WALKING GROUP - INVITE REQUIRED - Location varies. Usually a flat seafront walk in Eastbourne, Bexhill, Hastings or Ovingdean. Nothing too strenuous.</b>
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#### MENTAL HEALTH CARERS GROUP - FOR THOSE CARING FOR SOMEONE WHO HAS MENTAL HEALTH ISSUES

<b>WHEN</b> Meets the 3rd Saturday of the month, 10am – 12pm	<b>WHERE</b> <b>St Leonards on Sea - Currently Online - Zoom</b>
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#### YOUNG ADULT CARERS GROUP

<b>WHEN</b> Meets 1st Thursday of the month, 6.30pm – 8.30pm	<b>WHERE</b> Hastings For more details contact Care for the Carers on 01323 738390, info@cftc.org.uk, or text 07860 077300; www.cftc.org.uk
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#### INFORMAL CARERS DROP IN

<b>WHEN</b> Thursday of the month, 10am-12pm	<b>1st WHERE</b> <b>FACE TO FACE - NO BOOKING REQUIRED - Cafe, Isabel Blackman Centre, 3 Winding Street, Old Town, Hastings, TN34 3AT</b>
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## Care for the Carers' CARERS GROUPS IN EAST SUSSEX

### HIGH WEALD, LEWES & HAVENS

#### CARERS INFORMATION AND ADVICE GROUP

**WHEN**

Meets the 4th Tuesday of the month,  
1pm – 3pm

**WHERE**

**FACE TO FACE - BOOKING REQUIRED FOR CFP - Sussex Support Service, Victoria Pavillion, Uckfield TN22 5DJ. Separate activities also available for the cared for person (CFP)**

#### CARERS INFORMATION AND ADVICE GROUP - SEVERE MENTAL ILLNESS CARERS

**WHEN**

Meets the 4th Thursday of the month,  
10:30am - 12:30pm

**WHERE**

**FACE TO FACE - BOOKING REQUIRED - Sussex Support Service, Victoria Pavillion, Uckfield TN22 5DJ - For carers who support someone who has a severe mental illness.**

#### CARERS WELLBEING GROUPS

**WHEN**

Meets the 2nd Wednesday of the month,  
10am – 12pm

Lewes & Seaford - An online group that meets using Teams

Contact Care for the Carers for an invite

**WHEN**

Meets the 3rd Tuesday of the month,  
10.30am – 12pm

**WHERE**

**FACE TO FACE - NO BOOKING REQUIRED - The House Project Centre, 168 South Coast Road, Peacehaven BN10 8JH**

**WHEN**

Meets the 1st Wednesday of the month,  
10am - 12pm

**WHERE**

**FACE TO FACE - NO BOOKING REQUIRED - Heatherview Care home, Beacon Road, Crowborough, TN6 1AS**

#### SEVERE MENTAL ILLNESS CARERS WALKING GROUP

**WHEN**

Day and time varies

**WHERE**

**FACE TO FACE WALKING GROUP - INVITE REQUIRED - Location varies. Usually in Lewes, Crowborough or Uckfield. A gentle walk with hilly/uneven sections.**

#### INFORMAL CARERS DROP IN

1st Tuesday of the month, 10am-12pm

**WHERE**

**FACE TO FACE - NO BOOKING REQUIRED - Sussex Support Service, Victoria Pavillion, Uckfield TN22 5DJ**

