

Coming up at



for brighton & hove



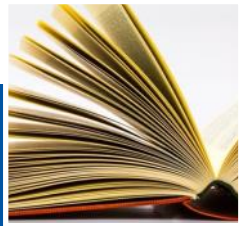
Chair Yoga for all

Friday 5th February 2021, 10am—11am, via Zoom
(and then every Friday until 26th March),

Chair based Yoga for all abilities and carers of all backgrounds.

Chair based
Yoga for all
abilities

Join us for weekly sessions of Chair Yoga with Josetta who has 15 years experience of teaching yoga and specializes in teaching diverse communities, many of whom have mental and/or physical health conditions and disabilities.



Carers' Book Club

Tuesday 9th February 2021, 10.30am—11.30am, via Zoom
(usually every Second Tuesday of the month)

Join the Reablement Team for our regular monthly book club discussion group. Each month we will be reading a short story and chatting about it via zoom.

This month we are reading "They're made out of Meat" by Terry Bison

If you would like to join our discussion please get in touch so we can send you a link for this months story.

Coming Soon



Advance Care Planning—A workshop for Carers

Wednesday 24th March 2021, 2—3 pm, via Zoom

Advance Care Planning is: Thinking about what you would like to happen, thinking about what you don't want to happen, sharing your thoughts with others, making sure your wishes are known even if you cant speak up.

For a carer Advance Care Planning with the person you care for means: knowing rather than guessing, being confident when telling others, avoid making decisions at times of crisis.

In the session we will talk about: What you can plan for, how to plan, forms you can use, how to know when the time is right, how to start the conversation

Limited places available so please book early to avoid disappointment

**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

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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.



Dancing for Health & Wellbeing

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

Tuesdays 11.15 am—12.15pm
via Zoom

(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.



Exploring Music Workshop

Thursday 4th Feb, at 12 noon via Zoom
again on 11th Feb and 18th Feb

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

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 the Carers Hub to sign up.



Changes Ahead Coffee Meet Up

For Carers who are supporters of people with mental health challenges

Monday 8th February 2021
Usually second Monday of each month
10 am - 12 noon via Zoom

Come and have a cuppa and a chat with the Changes Ahead team and other carers who are supporters of people with mental health challenges.



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.



Carers' Coffee & Chat

Every Wednesday 10.30 am,
via Zoom

For all Carers!

Join us every Wednesday morning 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.

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