

Coming up at



for brighton & hove

## Diabetes Awareness Workshop

Friday 12th November, 10.30am—12 noon via Zoom

For Carers who want to understand diabetes more and know how to avoid it, who may have the condition themselves or look after someone who has diabetes.

Led by Health and Wellbeing Coach Jacqui Jooste, we will find out about what diabetes is and the different types, risk factors, how to keep healthy and manage the condition. With time included for Jacqui to answer any questions.



## Energy Saving Workshop

Monday 18th October, 10.30am—12 noon via Zoom

Those crisp autumn mornings are here already but it's not too late to start thinking about how to make your energy and water use more affordable. Rebecca Jones, from the charity National Energy Action, will be here to help you find out if you can get extra support from your supplier, the Warm Homes Discount, looking at cheaper tariffs, understanding your bills a bit better and to answer any questions you might have about anything energy related.



## Carers Rights Day 2021

Thursday 25th November 2021

This year we will be celebrating Carers Rights Day with an IN-PERSON event with information for carers as well as workshops, and of course the chance to have a cup of tea and a chat with Carers Centre staff members and other Carers.

KEEP POSTED in the coming weeks as we announce details of our in-person event.



To join any of our groups or activities or to find out more, including support to help access Zoom please contact 01273 977000 or email [info@carershub.co.uk](mailto:info@carershub.co.uk)

## Carers' Weekly Coffee & Chat

**Every Wednesday 10.30 am, via Zoom**

Join us 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, and all sessions are supported by a Carers Centre staff member.

## LGBTQ+ Carers Peer Support

**First Friday of every month, 11—12 noon via Zoom**

Join our worker Dora for a virtual get together to chat and meet others in similar situations.

**Carers who are supporters of people with mental health challenges**

## Changes Ahead Coffee Meet Up

**Every 2nd Monday of the Month, 10 am - 12 noon via Zoom**

Come and have a cuppa and a chat with us and other carers who are supporters of people with mental health challenges.

**Learning Disabilities and/Autism Carers Peer Support Group**

## Coffee Meet Up

**11am, Monthly, via Zoom, next on Monday 25th October 2021**

Come and have a cuppa and a chat with us and other carers who help people with Learning Disabilities and/or Autism.

**Working Carers (& Employers) Peer Support Coffee Meet Up**

**6pm, Usually last Wednesday of the month, via Zoom**

**next on Wednesday 27th October 2021**

***It is estimated that 1 in 8 employees are also family and friend carers.***

Join our friendly group for an early evening cuppa and chat with other working carers, those seeking to return to work and employers.

## Tai Chi & Qi Gong

**Every Monday, 11am via Zoom,**

Join this zoom class for 45 minutes of light exercise known as Qi Gong and Tai Chi. These movements are all about gently moving your body to breathe better and to stretch and loosen your joints. You can sit or stand, there is no lying on the floor and you work to your own level. The tutor (who has been working with the Portslade Over 50s Activities Group for 12 years) will guide you through exercises you can remember and practice on a daily basis for enhanced wellbeing.



## Monthly Meditation Group

**Every 2nd Thursday of the Month, next on Thursday 14th October**

**10.30—11.30am via Zoom**

*Creating a space for meditation and turning it into a positive habit.*

Join us each month to learn about the different types of meditation practices, their benefits to you and how you can include them in your daily life.

Each month we will look at different ways to meditate with each session ending in a guided meditation.



## Carers' Walking Group

**Usually Last Wednesday of the month, next on Wednesday 27th October 2021**

Join the Reablement Team each month as we enjoy a short walk in beautiful surroundings followed by a wonderful chat and a coffee or hot chocolate afterwards.

Each month we will be deciding where to walk the following month to allow us to enjoy some of the wonderful sights and scenery in and around Brighton and Hove and our surrounding area.

This event is restarting following a long pause during the lockdowns and we will be asking all walkers to adhere to our Social Distancing rules and guidelines.

Please get in touch to express your interest in joining the Carers Walking Group, we will then get in touch to let you know where to meet for our next walk.





## Carers' Book Club

Every second Tuesday of the Month,  
next on Tuesday 12th October  
**10.30—11.30, via Zoom**

Join the Reablement Team each month for our Short Story discussion group.

Each month we will be reading a short story and chatting about via Zoom.

Please get in touch so we can send you a link for this month's text and instructions for joining the session.



## Music Appreciation Group

Every Third Thursday of the Month  
next on Thursday 23rd September  
**10.30-11.30am via Zoom**

Join us for our new monthly group from the Reablement Team. Each month we will come together to share the music we like, look at the origins of Classical Music and look at what music is.

This group is for anyone with an interest in music, especially classical, who would like to learn more, share their musical likes and dislikes, and is up for a monthly music based discussion.

## Do you need digital support to help access our online groups and activities?



The Carers Reablement Project can support you to get online or set up zoom to use for accessing our online groups, activities and support.

To find out what support is currently available to you, please contact the Carers Reablement Project by getting in touch with the Carers Hub on 01273 977000 or email [info@carershub.co.uk](mailto:info@carershub.co.uk)

**To join any of our groups or activities or to find out more, including support to help access Zoom please contact 01273 977000 or email [info@carershub.co.uk](mailto:info@carershub.co.uk)**