

Coming up at



for brighton & hove



Hearing Loss Awareness Workshop

Thursday 22nd April 2021, 10.30am—12 noon, via Zoom

Hearing loss affects 1 in 5 of us, with 42% of people over the age of 50 living with hearing loss. Through lockdowns and social distancing measures, people with hearing loss are even more at risk of isolation from their communities and loved ones.

Join this online workshop with Hannah from RNID to find out more about hearing loss, support available and communication tips.



Boost Your Mood

Thursday 29th April 2021, 2.30pm—3.30pm, via Zoom

(and again on Wednesday 19th May, 2.30pm—3.30pm)

Get moving with Active for Life. 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 lives.

The session includes gentle chair based exercises and breathing techniques.

Coming Soon



Dancing for Health & Wellbeing

Tuesday 22nd June 2021, 11.15am—12.15pm, via Zoom

(and then again on 22nd and 29th June, and 6th, 13th and 27th July)

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

The sessions will cover face yoga, somatic movement (strength, balance & length) and dance from different styles and eras.

Join us and other local carers for a morning dance and improve your Health and Wellbeing.

**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**

Coming up at



for brighton & hove



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.



LGBTQ+

Carers Peer Support

Friday 23rd April 2021,
(and again on 7th May)
11am—12 noon, via Zoom

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



Learning Disabilities and/Autism Carers Peer Support Group Coffee Meet Up

Tuesday 27th April 2021,
11am, via Zoom

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 via Zoom

6pm, Wednesday 28th April 2021
via Zoom

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.



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

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

To find out what support is available please contact the Carers Centre Reablement Project by getting in touch with the Carers Hub.



We are here for you!

For carer support across
Brighton & Hove

Please call: **01273 977000**

Email: **info@carershub.co.uk**

Or visit our website

www.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