

Carers Week 2023 – Timetable of Events

Key:

Blue – Advance Booking Required / Limited Spaces

Green – Drop-in or Information Stand Events / No Pre-booking Required

Orange – Closed Event / Invited Attendees Only

Event/Activity	Date / Time	Address
Monday		
Carer Wellbeing Event Marketplace Event, Crawley	Monday 5th June 10:00am - 1:00pm	Join us for this marketplace event at the local Crawley Football Club to showcase all the support available for carers in Crawley.
Butterfly Walk and Picnic - Clapham Woods	Monday 5th June 10:30am - 1:30pm	An opportunity to spend some time reconnecting with nature in the Southdowns National Park
Carer Wellbeing Neuro-doodle Art, Online	Monday 5th June 1:30pm - 2:30pm	Join us online, where you will be introduced to and create your own Neuro-doodle art. This is a technique which comprises drawing freeform lines or neuro lines and is a wonderful way to create moments of mindfulness, relaxation, and balance.
West Sussex Commitment to Carers - Webinar for Professionals	Monday 5 th June 12:00pm – 1:15pm	Carers Week Webinar for local invited organisations and their staff to find out more about CSWS and hear from carers about what matters to them.
Tuesday		
Wellbeing Day at Weald and Downland living Museum (AM and PM Slots)	Tuesday 6th June 10:30AM - 12:30PM OR 1:30PM - 15:30PM	Please come and joins us for a well-being day during Carers Week at Weald and Downland Open Air Living Museum to explore glorious downland and woodland trails. You will be able to meet other carers and our friendly staff and volunteers. Afternoon session.
East Grinstead Glen Vue Group	Tuesday 6th June 10:30AM - 12:00PM	Extended warm welcome to carers who wish to come along to this group meeting, that will run as usual, but extra refreshments and activities offered to carers in celebration of Carers Week 2023.
Adur Lancing Carers Week Crafts/Carer Group	Tuesday 6th June 1:45PM - 3:45PM	Extended warm welcome to carers who wish to come along to this group meeting, that will run as usual, but extra refreshments and crafting activities offered to carers in celebration of Carers Week 2023.

GP Surgery Information Stand – Bognor Medical Centre	Tuesday 6th June 1:30PM - 3:30PM Bognor Medical Centre, West St, Bognor Regis PO21 1UT	Carer Wellbeing Workers from the Arun team will be hosting an Information Stand for Family & Friend carers to find out, more about how we can support them with their health & wellbeing alongside their caring role.
GP Surgery Information Stand – Bersted Green Surgery	Tuesday 6th June 10:00AM - 12:00PM Bersted Green Surgery Bognor, 32 Durlston Dr, Bognor Regis, PO22 9TD	Carer Wellbeing Workers from the Arun team will be hosting an Information Stand for Family & Friend carers to find out, more about how we can support them with their health & wellbeing alongside their caring role.
GP Surgery Info Stand – Arundel Surgery	Tuesday 6th June 2:30PM - 4:30PM Arundel Surgery, Green Lane Close, Arundel, West Sussex, BN18 9HG	Carolyne, a Carer Wellbeing Worker from the Arun team will be hosting an Information Stand for Family & Friend carers to find out, more about how we can support them with their health & wellbeing alongside their caring role.
Wednesday		
Burgess Hill Face-to-Face Carers Groups	Wednesday 7th June 10:30AM - 12:00PM	Extended warm welcome to carers who wish to come along to this group meeting, that will run as usual, but extra refreshments and activities offered to carers in celebration of Carers Week 2023.
Information Stand – Bognor	Wednesday 7th June 10:30AM - 1:00PM Age Uk Laburnum Centre, Lyon Street, Bognor, PO21 1UX	Carer Wellbeing Workers from the Arun team will be hosting an Information Stand for Family & Friend carers to find out, more about how we can support them with their health & wellbeing alongside their caring role.
Coaching for Carers – Reflection and Evaluation	12:30 am – 3:00 PM Billingshurst	Meeting with carers about coaching for carers pilot programme.
Thursday		
Carer Wellbeing Day at Leonardslee Lakes & Gardens	Thursday 8th June 10:30AM - 3:30PM	Extended warm welcome to carers who wish to come along to this group meeting, that will run as usual, but extra refreshments and activities offered to carers in celebration of Carers Week 2023.
Carers Café Group	Thursday 8th June 10:30AM - 12:30PM Bonitos Lounge Bognor, 1 London Road, Bognor Regis, PO21 1PQ	This friendly group is open to all carers to talk about their caring role, to meet and chat with other carers and to access information and support from one of our local carer wellbeing workers. In acknowledgement of it being Carers Week – let us treat you to a hot/cold drink.

Carer Wellbeing Neuro-doodle Art, Online	Thursday 8th June 6:00pm - 7:00pm	See information above.
Friday		
Carer Benefits and Employment Workshop	Friday 9th June 10:00AM - 11:30AM	Join CSWS Benefits Advisers and Impact Workability Advisers to learn about your rights as a working carer.
Carer's Week Drugs & Alcohol Social Walk & Talk	Friday 9th June 10:00AM - 1:00PM	We are delighted to invite you for a Carer's Week get together. An opportunity for carers to come together, bring out your inner David Bellamy, and enjoy the nature reserve on your doorstep. The Reserve is a treasured asset of Horsham with many different habitats supporting a wide range of fauna and flora.
Information & Awareness Stand – Littlehampton	Friday 9th June 10:00AM - 12:00PM Park Surgery Littlehampton, St. Floras Road, Littlehampton, BN17 6BF	Denise, a Carer Wellbeing Worker from the Arun team will be hosting an Information Stand for Family & Friend carers to find out, more about how we can support them with their health & wellbeing alongside their caring role.
Carer Wellbeing Neuro-doodle Art, Online	Saturday 10th June 10:30AM - 11:30AM	See information above.
Post-Carers Week		
Adur & Worthing Carer Craft Event	Thursday 15th June 9:30AM - 12:30PM	We are delighted to invite you for a craft get together. An opportunity for carers to get together, bring out your creativity, and enjoy making crafts and cards. We will supply all the materials needed to create your own crafts. We will also provide refreshments and nibbles.
Carers Café Group	10:30AM - 12:00PM Creative Heart Café, 42 Beach Road, Littlehampton, BN17 5HT	This friendly group is open to all carers to talk about their caring role, to meet and chat with other carers and to access information and support from one of our local carer wellbeing workers. In acknowledgement of it being Carers Week – let us treat you to a hot/cold drink.