





CARER LEARNING AND WELLBEING PROGRAMME 2019 – 2020

VENUE	SEPT 3	OCT 1	NOV 5	FEB 4	MARCH 3	APRIL 7	MAY 5	JUNE 2
Morrisons Littlehampton 2 Lyminster Rd, Wick, Littlehampton BN17 7LA	Creativity & You	Your Health Matters	Expert Drop In	End of Life	Everyday First Aid	Wills & Power of Attorney	Relaxation	Coping with Caring
Worthing CSWS – Pavillion Room 19 Liverpool Gardens, Worthing BN11 1PY	Coping with Caring	Creativity & You	Your Health Matters	Expert Drop In	End of Life	Everyday First Aid	Wills & Power of Attorney	Relaxation
Crawley Baptist Church Crabtree Road, West Green, Crawley, RH11 7HJ	Relaxation	Coping with Caring	Creativity & You	Your Health Matters	Expert Drop In	End of Life	Everyday First Aid	Wills & Power of Attorney
Jobcentre Plus Haywards Heath Kingsley House, 31 Boltro Rd, Haywards Heath RH16 1BP	Wills & Power of Attorney	Relaxation	Coping with Caring	Creativity & You	Your Health Matters	Expert Drop In	End of Life	Everyday First Aid
Horsham Library Lower Tanbridge Way, Horsham RH12 1PJ	Everyday First Aid	Wills & Power of Attorney	Relaxation	Coping with Caring	Creativity & You	Your Health Matters	Expert Drop In	End of Life
Jobcentre Plus Chichester 5 Southgate, Chichester PO19 8EH	End of Life	Everyday First Aid	Wills & Power of Attorney	Relaxation	Coping with Caring	Creativity & You	Your Health Matters	Expert Drop In
Steyning Medical Practice Tanyard Ln, Steyning BN44 3RJ	Expert Drop In	End of Life	Everyday First Aid	Wills & Power of Attorney	Relaxation	Coping with Caring	Creativity & You	Your Health Matters
Tesco Shoreham , Holmbush Centre Upper Shoreham Rd, Shoreham-by-Sea BN43 6TD (Community Kitchen)	Your Health Matters	Expert Drop In	End of Life	Everyday First Aid	Wills & Power of Attorney	Relaxation	Coping with Caring	Creativity & You

All courses are 10am-12pm

-  **Irwin Mitchell Chichester**, Thomas Eggar House, Friary Lane, Chichester PO19 1UF
-  **Penfold Church Hall**, Steyning, 35 Church St, Steyning BN44 3YB
-  **THIS SESSION TAKES PLACE ON SEPT 6**
-  **THIS SESSION TAKES PLACE ON NOV 26**

A special thanks to the following businesses who generously donated venue space:



BOOKING IS ESSENTIAL

All sessions are bookable online by visiting www.carerssupport.org.uk/clwp or calling one of our friendly team on **0300 028 8888**.

Changes to venues etc are sometimes unavoidable. Once you've registered we will update you via email or mail if there are any changes.



All venues are wheelchair accessible