

Coming up at



for brighton & hove



## Carers Walking Group Returns

This week our Carers Walking Group restarted after almost a year of being on hold.

A small (invite only) group of carers joined the Reablement Team for a walk around Preston Park. Everyone enjoyed being out in the open air and it was a treat to see each other again after so long. After the walk we continued the conversation over coffee and hot chocolate over looking the glorious rose garden.

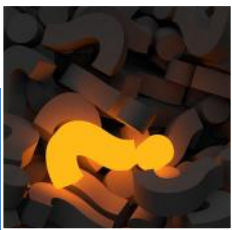
As the summer goes on we are hoping (within restrictions) to open the group up to more and more walkers.

We will also be travelling to different areas of the city to enjoy the different scenery and amazing sights Brighton & Hove has on offer.

Our next walk will be on Wednesday 28th July 2021 at 10.30am

Please do get in touch if you would like to join our walking group, we will then contact you to let you know where we will be walking and where to meet.

It is wonderful to be back and we look forward to welcoming more of you on our walks.



## Carers Free Legal Seminar

*How to plan for the future using specialist Wills and Trusts*

*Thursday 29th July 2021, 10am—11am, via Zoom*

Having an up-to-date Will in place goes some way to provide for a vulnerable loved one. However in some cases it has the potential to create further problems. If you or a family member are considering leaving money directly to a vulnerable person you can put them at considerable risk of financial abuse and you might effect their entitlement to means tested benefits and social support. As an alternative, you may ask a sibling or close family member to 'look after' an inheritance on their behalf, but this also carries a significant risk if that person is later faced with divorce or bankruptcy.

On Thursday 29 July specialist lawyer Philip Warford from Brighton based Renaissance Legal will explain to carers

how to plan for the future using Wills and Trusts.

Philip will explain how you can safeguard means tested benefits and how you can provide financial security for a vulnerable person as well as the rest of your family, Philip will talk through the different Trust options available, the importance of a Letter of Wishes and choosing the right Trustees.

Philip Warford is Managing Director of Renaissance Legal, he specializes in helping families and carers of disabled and vulnerable people plan for their future using Wills, Trusts, Powers of Attorney, Court of Protection applications and Inheritance Tax Planning.

To register your interest in this seminar please email [info@carershub.co.uk](mailto:info@carershub.co.uk) or call 01273 977000.

We'll send a confirmation email with details of how to join the seminar.

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)



## Chair Yoga for All

**Friday 2nd July 11am—12 noon, via Zoom**

(next on Friday 9th July)

Chair based Yoga for all abilities and carers of all backgrounds. This group will be run by Josetta who has 15 years experience of teaching yoga.

Join us for a morning of gentle exercise to improve your wellbeing.

Back by

Popular Demand



## 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.

Group Extended

due to

Popular Demand



## Dancing for Health & Wellbeing

**Tuesday 6th July 2021, 11.15am—12.15pm, via Zoom**

(and then again on 13th, 20th 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.

Back by

Popular Demand



## Monthly Meditation Group

**Every 2nd Thursday of the Month, next on Thursday 8th July, 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.

New

Regular Group



## Carers' Walking Group

Usually Last Wednesday of the month, next on Wednesday 28th July 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.

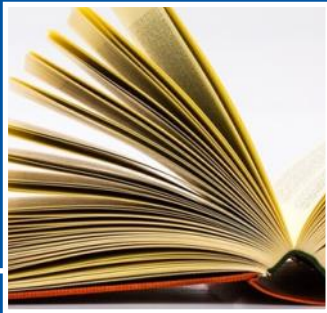
This event is restarting following a long pause during the lockdowns and we will be asking all walkers to adhere to our Social Distancing rules and guidelines.

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.

**In Person**

**Event**

**Coming soon**



## Carers' Book Club

**Every second Tuesday of the Month,**  
next on Tuesday 13th July,  
**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.



## Classical Music Appreciation

**Every Third Thursday of the Month**  
starting Thursday 17th June,  
**10.30-11.30am via Zoom**

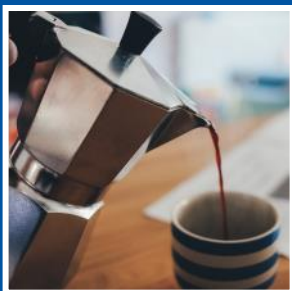
Join us for our new monthly group from the Reablement Team. Each month we will come together to share the music we like, look at the origins of Classical Music and look at what music is.

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.

Coffee Mornings at



for brighton & hove



## 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 26th July

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

*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.

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)