

Location	Type of Group	Day of month/time	Venue	Notes
Burgess Hill	Carers of people with drug and alcohol issues	1st Wednesday 1pm to 2.30pm	The Old Post Office Resource Centre, 30-32 Station Road, RH15 9DS	
Burgess Hill	My Future Group – for Young Adult Carers aged 18 to 25			Call the Shine team on 0300 028 8888 for details
Copthorne	Open to all Carers	2nd Wednesday 1.30pm to 3.00pm	The Parish Hub (South Room, 1 st Floor) Borers Arms Road, RH10 3ZQ	Includes Crawley Down, Turners Hill and surrounding areas
Crawley	Open to all Carers	1st alternate Monday 10.30am to 12 noon	Tilgate Park, Tilgate Drive, RH10 5PQ	Walk and Talk
Crawley	The Sukhmani Society Carers Support Group	1st Wednesday 12.30pm to 1.30pm	Sri Guru Singh Sabha Crawley, The Gurdwara and Sports Centre, Ifield Green, RH11 0NU <i>January meeting will be held on January 10th</i>	For details email network@carerssupport.org.uk
Crawley	Open to all Carers	2nd Monday 10.30am to 12 noon	Crawley Library, Southgate Avenue, RH10 6HG	
Crawley Broadfield	Carers of people with drug and alcohol issues	2nd Wednesday 1.30pm to 3.00pm	The Hub, Broadfield Library, 46 Broadfield Barton, Broadfield, RH11 9BA	
Crawley	Mental Health Carers	3rd Wednesday 7pm to 8.30pm	The Orchard, 1-2 Gleneagles Court, Brighton Road, RH10 6AD	
Crawley	Carers of people with drug and alcohol dependency - Drop In	1st and 3rd Monday 2pm to 3.30pm	CGL (Change, Live, Grow) Office, Centenary House, Woodfield Road, RH10 8GN	
Crawley	Parent Carers of Children with Special Educational Needs or Disability	3 rd Wednesday 10.30am to 12 noon	Bill Buck Room, First Floor, Crawley Library, Southgate Avenue, RH10 6HG	
Crawley Broadfield	Carers of people living with Dementia	Last Thursday 2pm to 3.30pm	Broadfield Library, 46 Broadfield Barton, Broadfield, RH11 9BA	
Crawley	My Future Group – for Young Adult Carers aged 18 to 25			Call the Shine team on 0300 028 8888 for details
East Grinstead	Open to all Carers	1st Tuesday 2pm to 4pm	East Grinstead Fire Station London Road, East Grinstead, RH19 1QE	Press doorbell at front door for entry
East Grinstead	Parents of Adult Children with Learning Difficulties or Autistic Spectrum Condition	2 nd Wednesday 10.30am to 12 noon	Danube Room, Jubilee Community Centre Charlwoods Road, RH19 2HL	

Dates and venues may change from time to time. Please call or check our website for updates.

Location	Type of Group	Day of month/time	Venue	Notes
Haywards Heath	Mental Health Carers	2nd Tuesday 7pm to 8.30pm	Ashenground Community Centre, Southdown Close, RH16 4JR	
Haywards Heath	Open to all Carers – Drop in for coffee	2nd Wednesday 10 am to 12 noon	Café Rouge, 33 The Broadway, RH16 3AS	
Haywards Heath	Eating Disorders Carers	Last Tuesday month 7pm to 8.30pm	Ashenground Community Centre, Southdown Close, RH16 4JR	6pm - Bookable 1:1 appts 6.30 pm - Informal time
Henfield	Open to all Carers	1st Wednesday 10.30am to 12 noon	Maidment Court, Wantley Hill, BN5 9LG	
Horsham	Learning Difficulties and Autistic Spectrum Conditions Carers	1st Tuesday 10.30am to 12.30pm	The Café at the Capitol, North Street, RH12 1RG	
Horsham	Open to all Carers	Last Wednesday 2.30pm to 4.00pm	Lavinia House, Dukes Square, Denne Road, RH12 1GZ	
Horsham	Carers of people with drug and alcohol dependency	Third Tuesday 11.30 am to 1pm	The Capitol, North Street, RH12 1RG	
Horsham	Mental Health Carers/Carers of people with drug and alcohol dependency	Last Thursday 7pm to 8.30pm	Club Room, Horsham Hospital, Hurst Road, RH12 2DR	
Pulborough	Carers of people living with Dementia	Last Thursday 10.30 to 12.00	Meadow Room, Pulborough Village Hall, Swan View, RH20 2BF	
Storrington	Open to all Carers	3rd Monday 2.30pm to 4pm	Little Footsteps, 26 West Street, RH20 4EE	Drop-In and Peer Support
Southwater	Open to all Carers	1st alternate Monday 10.30am to 12 noon	Southwater Country Park, Cripplegate Lane RH13 9UN 4th December	Walk and Talk. Parking is £1.00 a day and £1.50 from April
Upper Beeding	Carers of people living with Dementia	Third Tuesday 10.30am to 12 noon	The Hub, 19 Church Lane Upper Beeding BN44 3HP	

1-to-1 information and support sessions at The Haven, Hewitts, Henfield, BN5 9DT – please call to book your appointment

2nd and 4th Tuesday of the month 10am to 1pm - open to all carers

3rd Wednesday of the month 10am to 1pm – dementia carers

Groups listed are run by Carers Support West Sussex, however we are aware of specialist groups run by other organisations please call us for details.