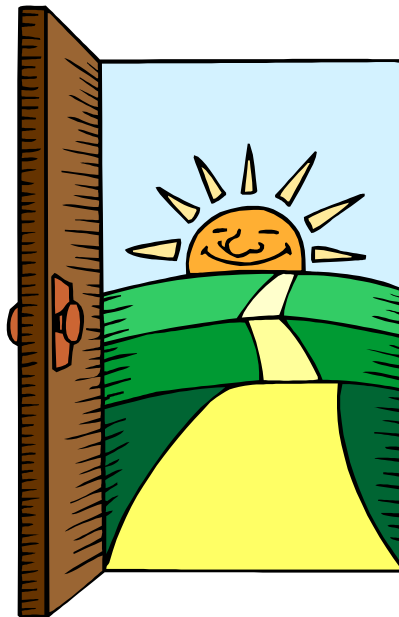


Carers' Skills Programme

Spring 2007



All sessions and courses are offered free to carers across
East Sussex

A carer is someone who, without payment, provides help and support to a friend or relative who could not manage without their help. This could be because they are ill, frail or have a disability.

SHIATSU

10.30 am Thursday 18 January, Bexhill



SALSA DANCING

10.30 am Friday 26 January,
Eastbourne

BACK TO FRONT

10.30 am Wednesday 31 January, Hastings

HOMEOPATHY

10.30am Friday 2 February, Newhaven

BUILDING CONFIDENCE

10.30 am Thursday 8 February, Eastbourne

EXTEND (gentle exercises)

10.30 am Thursday 15 February, Bexhill

AROMATHERAPY

10.30 am Wednesday 21 February, Uckfield

PILATES

10.30 am Friday 23 February, Seaford

ASSERTIVENESS

10.30 am Wednesday 28 February, Rye

BACK TO FRONT

10.30 am Friday 2 March, Eastbourne

BACH FLOWER REMEDIES

10.30 am Monday 5 March, Battle

PILATES

10.30 am Thursday 8 March, Hastings

ARTS AND CRAFTS

1.30 pm Monday 12 March, Uckfield

REFLEXOLOGY

10.30 am Thursday 15 March, Bexhill

HERBS FOR HEALTH

10.30 am Monday 19 March, Crowborough

SCRAP BOOKING

In March (date to be confirmed), Seaford

ARTS AND CRAFTS

In March (date to be confirmed) Hastings

GARDENING

10 am Thursday 29 March, Eastbourne



New Beginnings

Tuesday mornings in Lewes from 23rd January to 20th March. An 8 week course for those carers who, for whatever reason, come to an end of their caring responsibilities. It aims to encourage people to reflect on their time as a carer and take positively from their experiences.

For those who anticipate returning to paid or volunteer work please ring 01323 745776 for details of the New Beginnings [programme](#).



Salsa Dancing, Gardening and, after Easter, **Singing for All** if you can't make these sessions but would like the topics to be repeated please make sure you let us know.

Coming soon...

Singing for All

A wonderful opportunity to exercise your vocal chords. This session will be great fun and you will learn a technique to help improve your voice for every occasion. Take an active role in group singing—a fantastic experience!