

Young Adult Carer – Social Groups 2023

Social groups are a great way to meet others in the community. Below is a list of social groups in your area. If you would like to explore more groups or for support for your caring role, please contact the Carers Support Response Line 0300 028 8888 | info@carerssupport.org.uk

West Sussex						
Group	Details	Location	When	Time	Registration	Age
Carer Learning & Wellbeing Programme	A programme of workshops and events which are aimed at supporting carers health and wellbeing or which provide specialist information to support carers with their caring role.	Varies	Varies	Varies	Details here	18+
South Downs Youth Action	South Downs Youth Action those aged 16-25 who is passionate about making a difference for the environment and is looking to learn practical skills for helping us to conserve and enhance the South Downs National Park.	Across the South Downs	Friday 14 th April Throughout the year	Varies	Details here	16-25
The Wild Mind Project	A range of FREE programmes for young people experiencing anxiety and depression.	Stanmer Park, Brighton	Varies	Varies	Details here	16-25
The Social Circle	A group made to combat loneliness, bring people together and create a space where everyone can meet new people.	Varies	Varies	Varies	Facebook	20' - 30's

Arun						
Group	Details	Location	When	Time	Registration	Age

Carers Support Groups & Events	Our carer groups can be accessed by anyone for peer support, advice for a staff member.	Arun	Varies	Varies	Groups & Events here	18+
Men Walk Talk	A safe space to walk & talk with other men and discuss well-being and mental health.	Littlehampton Bognor Online	Saturday's Monday's Tuesday's	10am 6pm 8:15pm	Book here	18+
Exercise Groups (Wave Leisure Centre)	Working out in groups is motivational, sociable and helps to get into shape. Wave Leisure has over 100 classes running each week.	Wave Leisure, Littlehampton	Daily	Varies	Book here	
Sea Swimmers Littlehampton	This is an informal and friendly group for sea swimming in the Littlehampton area for beginners and less confident in the sea. Led by an Open Water Coach.	Littlehampton	Weekly	Varies	Details here	18+
Park Run Bognor Regis	We all take part for our own enjoyment, please come along whatever your pace. Every week we grab a post run coffee in the local café.	Hotham Park, Bognor Regis	Saturday's	9am	Sign up here	18+
Park Run Littlehampton	We all take part for our own enjoyment, please come along whatever your pace. Every week we grab a post run coffee in the local café.	Promenade, Littlehampton	Saturday's	9am	Sign up here	18+
The Arun Gay Society	This is a social group which primarily serves the LGBTQ+ community. It is open to anyone who enjoys companionship.	Arun & West Sussex	Weekly	Varies	Events here	18+
Arun-Adur Ramblers	This walking group provides regular walks through local countryside and are always pleased to see new faces!	Varies	Weekly	Mornings	Details here	18+

Group	Details	Location	When	Time	Registration	Age
My Future	Support for carers transitioning from being a young carer to a young adult carer.	Chichester Boys Club	Monthly	4pm – 6pm	Contact Carers Support	16-19
Pool, Drinks & Social	The purpose of this group is to offer a chance to meet up, make new friends and get out of the house!	Chichester	Weekly	Varies	Meet Up	18+
Young Professionals Meetup	For young professionals to connect, have fun and enjoy the company of like-minded people.	Chichester	Monthly	Varies	Meet Up	20+
Chichester Social Group	This group is open to all ages to enjoy getting together for a coffee, meal out, local events, live music or a cinema trip.	Chichester	Weekly	Varies	Meet Up	18+
Horsham Friends Social Group	For down to earth and friendly individuals living in Horsham to get out of the house, meet others and have fun.	Horsham	Weekly	Varies	Meet Up	18+
Horsham Book Club (Women)	We aim to read a book every month and meet once a month to discuss (fun and informal).	Horsham	Monthly – Wednesday evenings	8pm	Meet Up	18+

Crawley & Mid Sussex						
Group	Details	Location	When	Time	Registration	Age
My Future	Support for carers transitioning from being a young carer to a young adult carer.	Crawley YMCA Youth Advice Centre	Monthly	6:30 – 8:30pm	Contact Carers Support	16-19
LGBTQU+ Haven	A safe space to access support and meet others who identify as LGBTQU+ with building confidence through affirming activities.	Crawley YMCA Youth Advice Centre	Fortnightly		Contact here	16-25

Room to Rant	Room to Rant is space where young men can do just that, using rap music as a release.	Crawley College	Fridays	3pm	Details here	18+
Rap & Lyric Writing Sessions	Connect others through rap and lyrics writing sessions with the support of staff.	Crawley Youth Community Centre & Oriel Youth Club (alternating weeks)	Tuesdays	6pm	Details here	18+
Park Run Crawley (Tilgate)	We all take part for our own enjoyment, please come along whatever your pace. Every week we grab a post run coffee in the local café.	Tilgate Park, Crawley	Saturday's	9am	Sign up here	18+

Worthing & Adur						
Group	Details	Location	When	Time	Registration	Age
Social Gaming Dice Worthing	Meet new gaming friends in a relaxed environment! It doesn't matter if you are an individual, couple or group.	Dice Worthing 24-26 Portland Rd Worthing	Tuesday's	7-10pm	Website	18+
Men Walk Talk	A safe space to walk & talk with other men and discuss well-being and mental health.	Worthing Online	Saturday's Tuesday's	11am 8:15pm	Book here	18+
My Future	Support for carers transitioning from being a young carer to a young adult carer.	Maybridge Keystone Centre	Monthly	6-8pm	Contact Carers Support	16-19
Esteem	A social evening to meet with other young adults, get involved in activities with free food!	The Old School House, Shoreham, BN43 6PA	Monday & Wednesday each week	6-8pm	Drop-in details here	18+
Room to Rant	Room to Rant is space where young men can do just that, using rap music as a release.	RC Studios, Worthing	Tuesdays	6pm	Details here	18+

International Friends	International friends is a large social group in Worthing, Brighton & Sussex with a variety of social events.	Worthing & Brighton	Weekly	Varies	Meet Up	18+
South Down Leisure	Whether you're looking to stay fit, join a class and meet with others, South Down Leisure has daily activities to get involved with.	Worthing	Daily	Varies	Book here	18+
Park Run Worthing	We all take part for our own enjoyment, please come along whatever your pace. Every week we grab a post run coffee in the local café.	Promenade, Worthing	Saturday's	9am	Sign up here	18+
Arun-Adur Ramblers	This walking group provides regular walks through local countryside and are always pleased to see new faces!	Varies	Weekly	Mornings	Details here	18+