

Carer Coaching Has Some Exciting News!

You give so much of yourself to others, how about a little time just for you?

We're thrilled to let you know that **spaces are available** on our upcoming **Billingshurst 5-week Carer Group Coaching course** and it's starting soon!

Details – Billingshurst Carer Group Coaching

Start Date: Tuesday 3rd September

End Date: Tuesday 8th October (*no session on 1st October*)

Time: 11am to 1pm (*Session 3 is 11:30am to 1:30pm*)

Venue: Billingshurst Centre, Roman Way, Billingshurst RH14 9EW

What You Can Expect:

A warm welcome, friendly faces, light refreshments, and a space to breathe. These sessions are a chance to explore tools and strategies that support your overall wellbeing.

You'll be guided by our friendly team through thought-provoking and supportive conversations, helping you rediscover what matters to **you**, and how small shifts can make a big difference, not just now, but in your everyday life.

Weekly Sessions Include:

Session 1 – 03/09/25 (11am–1pm): *Finding your focus and What Matters Most*

Session 2 – 10/09/25 (11am–1pm): *The Gap*

Session 3 – 17/09/25 (11:30am–1:30pm): *Small Shifts, Big Changes*

Session 4 – 24/09/25 (11am–1pm): *Building New Routines That Work for You*

No Session – 01/10/25: *Time to reflect, practice the pause, and notice the differences you've already made.*

Session 5 – 08/10/25 (11am–1pm): *Reflecting, Celebrating, and Looking Ahead*

Hear from Carers Who've Taken Part:

"Just totally saved me from day 1. I was drowning before and then I learnt to swim. I had 1:1s first which really helped, then the online group sessions built on the 1:1s and I felt less alone and able to help others in the group which was nice. The online sessions fitted well with my lifestyle as I'm half abroad and half in the UK. Thank you for this flexible model design."

— **Online Group Coaching participant**

"The course is five weeks of comradeship, laughter, enjoyment including the homework and has helped me become a more rounded individual which can be put to good use in my caring role."

— **Face to Face Group Coaching, Worthing**

Interested? We'd Love to Hear from You!

To reserve your spot for the 3rd September start, simply book via this link [Billingshurst Carer Group Coaching book now](#) and complete our online enrolment form [Carer Coaching Enrolment and Coaching Agreement Yr2](#). This helps us understand your needs and shape the group accordingly.

Once we receive your form, we'll be in touch with more information, and we truly look forward to welcoming you.

With warm wishes,
The Coaching Team Di, Penni & Tor

Want to know more about CSWS Carer Coaching? Please visit: [Carer Coaching - Carers Support](#)