

# Carers Groups

CCH9 May 2018

Carers groups take place across South Gloucestershire. With most groups meeting every month, they are open to all carers so that they can:

- Meet other carers, for mutual support and ideas as to how best manage caring
- Have a safe place to discuss anything that is on a carer's mind. All groups are led by a facilitator
- Pick up information on services and support, and listen to guest speakers
- Take part in enjoyable trips, activities and social events.

Some groups are open to all carers and some are for specific carers. The groups run for two hours generally, if you are able to spare a couple of hours, or even only one, why not try and come along?

**Memory Cafes:** Memory Cafes provide a relaxed environment for people with dementia and their families to meet and socialise. They provide information on support, as well as the opportunity for people to ask questions and to listen to others' experience. They also provide an informal and social environment in which to learn new skills, enjoy activities, listen to guest speakers and make new friends. Memory Cafes are for people living with dementia and their carers. Memory Cafes are not listed in this factsheet, but further details can be seen in the South Gloucestershire Dementia Guide:

<http://www.southglos.gov.uk/health-and-social-care/staying-healthy/ageing-well/living-well-with-dementia/>

## CARERS GROUPS IN SOUTH GLOUCESTERSHIRE

Service	Location	Venue	When	Contact
ALL CARERS	Emersons Green	Mill House, Emersons Green Way	1 <sup>st</sup> Thursday 14:00 – 16:00	Cathy Truman 07979 896 064
	Frampton Cotterell	Frome Valley Medical Centre	Last Friday 13:00 – 15:00	Bruce Whitear 07454 513040
	Thornbury	The Chantry	1 <sup>st</sup> Friday 13:00 – 15:00	
	Yate	Yate Library, Large Meeting Room	1 <sup>st</sup> Tuesday 10:00 – 12:00	Cathy Truman 07979 896 064
	Frampton Cotterell	Carers Group Zion Church, Woodend Road, Frampton Cotterell BS36 2HY	2 <sup>nd</sup> Wednesday 14:00 – 16:00	Jean Bradbeer 01454 775786 Rona Volkner 01454 886925
	Various	Time 4 Carers - providing a vibrant programme of subsidised activities for carers	Ring for programme of activities	Alison Allen time4carers@gmail.com 07597 278 204
	Downend	Badminton Gardens, Beaufort Road, BS16 6FG	4th Wednesday 14:00 – 16:00	Group run by the Carers Support Centre 0117 965 2200
	Hanham	Hanham Folk Centre, High Street, Hanham	1st Tuesday 13:30 - 15:30	Group run by the Carers Support Centre 0117 965 2200
	Kingswood Carers Group	The Park Centre, Kingswood BS15 4AR	2 <sup>nd</sup> Wednesday 14:00 – 16:00	Group run by the Carers Support Centre 01179652200
	Patchway	Callicroft House, Patchway Council Offices, Rodway Road.	3 <sup>rd</sup> Tuesday 13:30 - 15:30	Group run by the Carers Support Centre 01179652200
CARERS CHOIR	Yate	Yate Parish Hall, Station Road, Yate BS37 4PQ	Tuesdays 10:30 – 12:30	southgloscarerschoir@gmail.com or contact Douglas Watts 07909 118 949
	Kingswood	Kingswood Community Centre, High Street BS15 4AB	Wednesdays 13:00 – 15:00	
PARENT CARERS OF DISABLED CHILDREN	Yate	Poole Court, Heron Room 2, Poole Court Drive BS37 5PP	2 <sup>nd</sup> Thursday 10:00 – 12:00	01454 501009 South Glos Parents and Carers parents@sglospc.org.uk

DEMENTIA	Filton	Upper Horfield Community Trust, Eden Grove, Filton BS7 0PQ	2 <sup>nd</sup> Wednesday 13:30 – 15:00	These groups are run monthly by Alzheimer's Society and some have a waiting list. Contact Jonathan Stockwell 07545 701 145 jonathan.stockwell@alzheimers.org.uk
	Yate	Poole Court, Poole Court Drive, South Glos BS37 5PP	2 <sup>nd</sup> Monday 13:30 – 15:00	
	Thornbury	Hanover Room, The Chantry, 52 Castle Street, Thornbury BS35 1HB	3 <sup>rd</sup> Tuesday 14:00 – 16:00	
	Callington Road	The Coppice, Callington Road Hospital, Brislington	1 <sup>st</sup> Wednesday 10:30 - 12:30	
MENTAL HEALTH CARERS SUPPORT GROUP	Filton	Upper Horfield, Community Trust, Eden Grove	1 <sup>st</sup> Wednesday 18:30 – 20:30	No need to book – just turn up. Steve Forge, Third Sector Solutions 07768 318215 <a href="mailto:sglosmhcarers@yahoo.com">sglosmhcarers@yahoo.com</a>
	Yate	Yate Library	3 <sup>rd</sup> Tuesday 14:30 – 16:30	
	Kingswood	Kingswood United Church, Moravian Rd	2 <sup>nd</sup> Monday 10:30 – 12:30	
Rethink	Bristol Siblings Group	Bristol Siblings Group People aged 18 or over who have siblings affected by mental illness	Second Thursday 7.30-9.30; email for details	07542 706502 bristolsiblingsgroup@rethink.org 07542 706502 bristolsiblingsgroup@rethink.org
BRISTOL AND AVON CHINESE WOMENS GROUP	Bradley Stoke	The Jubilee Centre, Savages Wood Rd, Bradley Stoke, Bristol BS32 8HL	Ring for details	Yan Chen, 0117 935 1462
SOUTH GLOS CHINESE ASSOCIATION	Bradley Stoke	Leisure Centre Fiddlers Wood Ln, Bradley Stoke, Bristol, Avon BS32 9BS	Thursdays 11:00 - 13:00	Wayne Song 01454 612458 weijie_song2003@yahoo.co.uk
MS THERAPY CENTRE GROUP For carers of anyone with a neurological condition	Bradley Stoke	Bradbury House, Wheatfield Drive, Bradley Stoke, Bristol BS32 9DB	3 <sup>rd</sup> Tuesday 10:30 –12:00	Ruth Wiltshire 01454 628725 Email: ruth.wiltshire@mstherapybristol.org.uk

HEAD INJURY	Headway Bristol Carers Group - Carers of those with head injury	Headway Bristol, Frenchay Beckspool Building, Bristol, BS16 1LE.	1st Tuesday of every other month starting from February.	Contact details: Tracey Lathrope 0774 1652915  Nicky Purchase 0774 1652920
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