

Carers' Groups

Carers groups take place across South Gloucestershire. They are open to all carers so that they can:

- **Meet other carers**
- **Have a cup of tea and chat**
- **Pick up information**

Some groups are open to all carers and some are for specific carers.

If you are able to spare an hour or two there are a number of opportunities to meet with other carers to find out more about the support available to you. Why not try and come along?

Focus of network	Location	Venue	When	Thinking of coming along?
All carers	Downend	Badminton Gardens, Dibden Road	4th Wednesday 2 – 4pm	No need to book – just turn up. Carers Line on ☎ 0117 965 2200
	Hanham	Hanham Folk Centre, High Street	1st Tuesday 1.30 – 3.30pm	
	Patchway	Patchway Town Council, Rodway Road	3rd Tuesday 1.30 – 3.30pm	
	Emersons Green	Mill House, Emersons Green Way	1st Thursday 2 – 4pm	No need to book – just turn up. Sue Jaques ☎ 01454 868267
	Staple Hill	Library, Broad Street	2nd Monday 2.30 – 4.00 pm	
	Stoke Lodge	Amberley Road Baptist Church	4th Thursday 10.30 – 12am	
	Thornbury	Shelley's Café, St Mary's Road	4th Tuesday 10 – 11.30am	
	Kingswood	The Park Centre Cafe, High Street	2nd Tuesday 1.30 – 3pm	
	Frampton Cotterell	Frome Valley Medical Centre, Court Road	Last Friday 1 – 3pm	No need to book – just turn up. Penny Snow ☎ 07763 192812
	Thornbury	The Chantry, Castle Street	1st Friday 1 – 3 pm	
Yate	Yate Library (large meeting room), West Walk	1st Tuesday 10 – 12am	No need to book – just turn up. Cathy Truman ☎ 07979 896064	
Dementia	Kingswood	Alzheimer's Society Office, Bank Road	3rd Wednesday evening	Contact Alzheimer's Society Debbie Woolley ☎ 0117 961 0693
	Kingswood	The Park Centre, High Street	2nd Tuesday afternoon	
	Filton	Filton Community Association, Elm Park	2nd Wednesday afternoon	
	Thornbury	The Chantry, Castle Road	3rd Tuesday afternoon	
	Yate	Poole Court, Poole Court Drive	2nd Monday afternoon	
Learning Difficulties	Fishponds	Carers' Support Centre, Vassall Centre, Fishponds	Last Wednesday 10.30am-12.30pm	Contact the Carers Centre – booking line on ☎ 0117 937 5623
Mental Health	Filton	Upper Horfield Community Trust, Eden Grove	1st Wednesday 6.30 – 8.30pm	No need to book – just turn up. Brian Gardner ☎ 01454 862296
	Yate	Yate Library, West Walk	3rd Tuesday 2 – 4pm	
	Kingswood	Rethink resource centre, Moravian Road	2nd Monday 10.30 – 12.30am	