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| SUPPORT GROUPS FOR CARERS OF ADULTS WITH MENTAL HEALTH PROBLEMS | | | | | | |
| Organisation andLocation | | Venue | Group Information | | Contact Address | Contact Name **& Tel. No.** |
| Mendip Mental Health Carers Group | | The Bridge  Priory Park  Glastonbury Road  Wells | Meets last Tuesday of each month  6.30 – 8.30pm | | The Bridge, Priory Park  Glastonbury Road,  Wells BA5 1TJ | Sue Chappell  01749 836597  07738 898774 |
| Yeovil Adult Mental Health Carers Support Group | | South Street Centre  20 South Street  Yeovil, BA20 1QE | Meets last Thursday  Of each month  1 – 3pm | | Holly Court  Summerlands, Preston Rd  Yeovil BA20 2BN | Margaret Egbo  01935 428420  07738 898775 |
| Chard Mental Health Carers Group | | Eleos Café  28 Fore Street  Chard | Meets last Monday  every month  7 – 9pm | | Holly Court  Summerlands, Preston Rd  Yeovil BA20 2BN | Margaret Egbo  01935 428420  07738 898775 |
| Bridgwater Carers Group | | 11-13 Bridgwater Community church, Eastover, Bridgwater, Somerset, TA6 5AG | Last Thursday of every month  10.00 – 12.00  Suggested Contribution Donation £1 | | Glanville House  Church Street  Bridgwater  TA6 5AT | Pippa Hendon  01278 720238  07909 906811 |
| Taunton Carers Group | | Wellsprings Chapel  Quantock Road  Taunton | 2nd Wednesday of the month  11am to 1pm | | Foundation House  Wellsprings Road  Taunton  TA2 7PQ | For further details telephone  Claire Oberthur  07738 187822  Keith Ayers  07464 499375 |
| Taunton Carers Craft Club | | Wellsprings Chapel  Quantock Road  Taunton | 4th Weds of the month  11 – 1pm | |  | Contact  Claire Oberthur  07738 187822  Or  Larissa Lovett  07464 496345 |
| Minehead Mental Health Carers Group | | Townsend House, Townsend Road, Minehead, Somerset, TA24 5RG  Donations Welcome | 11am-1pm  Always the Tuesday within the same week as the last Thursday of the month | | Glanville House  Church Street  Bridgwater  TA6 5AT | Pippa Hendon  01278 720238  07909 906811 |
| Equilibrium  The Bipolar Organisation  MDF (Somerset) self-help group, open to anyone with the diagnosis and for those who play a caring role. | |  | Meetings are held in Taunton on a 6 weekly basis  Contact Phil for more details and dates | | Equilibrium  The Bipolar Organisation  Priory Field House  20 Canon Street  Taunton TA1 1SW | Co-ordinator: Phil Cracknell  ['bipolar@btconnect.com'](mailto:'bipolar@btconnect.com')  01823 323363 for more info on dates and times |
| Heads Up  Carers Group  Wells | | Heads Up  Upper Breach  South Horrington  Wells  BA5 3QG |  | |  | Kate Wilkins  on 07546216823. |
| Somerset Drugs and Alcohol Service Family and Carer’s Group  SDAS is a service for both young people and adults | |  | Ring contact to find out dates and times of support groups | |  | For more information or to attend contact Gez or Judy on 01823 328463 |
| SUPPORT GROUPS FOR CARERS OF OLDER PEOPLE WITH MENTAL HEALTH PROBLEMS | | | | | | |
| Organisation andLocation | Venue | | Group **Information** | | Contact Address | Contact Name **& Tel No.** |
| Rosewood Carers Group | Community Room  Rosewood Close  Burnham on Sea | | Meets alternate Wednesdays  1.30 – 2.30pm  Transport & Sitting available | |  | Kevin Baker:  07851077360  [bakersat22@gmail.com](mailto:bakersat22@gmail.com) |
| Yeovil Older Adults mental health group | St James Church  Preston Road  Yeovil  BA20 2EZ | | Last Weds of the month  10 – 12pm | | Holly Court  Preston Road  Yeovil  bA20 2BX | Sue King  07464 496344 |
| Frome Memory Carer Drop in | Chantry House  Park Road  Frome  BA11 1EY | | Last Tuesday of the month (December will differ – please contact for more info)  1pm – 2.30pm | | The Bridge  Priory Health park  Wells | Jo Sylvester  07909 877657 |
| Wells Memory Loss Group | The Bridge  Glastonbury Road  Wells | | Meets 4th Wednesday of the month  1.30 – 3pm | | The Bridge  Priory Health Park  Wells | Jo Sylvester  07909 877657 |

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| **SUPPORT GROUPS FOR PARENT CARERS OF CHILDREN/ADOLESCENT WITH MENTAL HEALTH PROBLEMS** | | | | | | | | |
| **Organisation and Location** | | **Venue** | | **Group**  **information** | **Contact**  **address** | | | **Contact name & tel no:** |
| CAMHS East Somerset Carers Group | | The Angel  Langport | | Last Tuesday in the month  1030 – 1230pm | The Bridge  Glastonbury Road  Wells | | | Ali Pomeroy  07500991712 |
| Burnham CAMHS Support group | | Princess Theatre  Burnham on Sea | | Every 3 months  8th November and 10th January  10am – 12pm |  | | | Run by  Jeanette Humphries  Janette Baker  07771 810499 |
| CAMHS Support group  West | | Foxes Hotel  Minehead | | Last Tuesday of the month  11am – 1pm |  | | | Janette Baker  07771 810499 |
| **SUPPORT GROUPS FOR CARERS OF PEOPLE WITH AN EATING DISORDER** | | | | | | | | |
| Carers Eating Disorders Support Group | Holly Court  Summerlands, Preston Rd  Yeovil BA20 2BN | | Meets first Monday of every month  7 – 9pm | | Holly Court  Summerlands, Preston Rd  Yeovil BA20 2BN | | Margaret Egbo  01935 428420  07738 898775 | |
| **ASPERGERS SUPPORT GROUPS** | | | | | | | | |
| Aspergers Carers Group | Holly Court  Summerlands  Preston Road  Yeovil | | Meets last Tuesday of the month  10 – 12.30 | | Holly Court  Summerlands, Preston Rd  Yeovil BA20 2BN | c/o Margaret Egbo  01935 428420  07738 898775 | | |
| CATS  Coping with Aspergers Through Support | Sydenham Family Cente, Fairfax Road, Bridgewater, Somerset, TA6 4LS | | 2nd Wednesday of each month at 10 – 12pm  Term time only | |  | Terry Thake  terence.thake@sky.com  01984 641 594  07846934113 | | |
| Taunton Aspergers Support Group | St Michaels Church  Galmington  Taunton  TA1 4TP | | 1st Tuesday of the month  7.30 – 9.30pm (except bank holidays) | |  | For further detail contact Jilly Campbell on 01823 432446. | | |