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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 BridgePriory ParkGlastonbury Road Wells | Meets last Tuesday of each month 6.30 – 8.30pm | The Bridge, Priory ParkGlastonbury Road,Wells BA5 1TJ | Sue Chappell 01749 83659707738 898774 |
| Yeovil Adult Mental Health Carers Support Group | South Street Centre20 South StreetYeovil, BA20 1QE | Meets last ThursdayOf each month1 – 3pm  | Holly CourtSummerlands, Preston RdYeovil BA20 2BN | Margaret Egbo01935 42842007738 898775 |
| Chard Mental Health Carers Group | Eleos Café28 Fore Street Chard  | Meets last Monday every month7 – 9pm | Holly CourtSummerlands, Preston RdYeovil BA20 2BN | Margaret Egbo01935 42842007738 898775 |
| Bridgwater Carers Group |  11-13 Bridgwater Community church, Eastover, Bridgwater, Somerset, TA6 5AG | Last Thursday of every month10.00 – 12.00Suggested Contribution Donation £1 | Glanville HouseChurch StreetBridgwaterTA6 5AT | Pippa Hendon01278 72023807909 906811 |
| Taunton Carers Group | Wellsprings Chapel Quantock RoadTaunton | 2nd Wednesday of the month11am to 1pm | Foundation HouseWellsprings RoadTauntonTA2 7PQ | For further details telephoneClaire Oberthur 07738 187822Keith Ayers07464 499375 |
| Taunton Carers Craft Club | Wellsprings ChapelQuantock RoadTaunton | 4th Weds of the month11 – 1pm |  | ContactClaire Oberthur07738 187822Or Larissa Lovett07464 496345 |
| Minehead Mental Health Carers Group | Townsend House, Townsend Road, Minehead, Somerset, TA24 5RGDonations Welcome | 11am-1pmAlways the Tuesday within the same week as the last Thursday of the month  | Glanville HouseChurch StreetBridgwaterTA6 5AT | Pippa Hendon01278 72023807909 906811 |
| EquilibriumThe Bipolar OrganisationMDF (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 | EquilibriumThe Bipolar OrganisationPriory Field House20 Canon StreetTaunton TA1 1SW | Co-ordinator: Phil Cracknell'bipolar@btconnect.com'01823 323363 for more info on dates and times |
| Heads UpCarers GroupWells | Heads UpUpper BreachSouth HorringtonWellsBA5 3QG |  |  | Kate Wilkins on 07546216823. |
| Somerset Drugs and Alcohol Service Family and Carer’s GroupSDAS 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 RoomRosewood CloseBurnham on Sea | Meets alternate Wednesdays1.30 – 2.30pmTransport & Sitting available |  | Kevin Baker:07851077360bakersat22@gmail.com |
| Yeovil Older Adults mental health group | St James ChurchPreston RoadYeovilBA20 2EZ | Last Weds of the month10 – 12pm | Holly CourtPreston RoadYeovilbA20 2BX | Sue King07464 496344 |
| Frome Memory Carer Drop in | Chantry HousePark RoadFromeBA11 1EY | Last Tuesday of the month (December will differ – please contact for more info)1pm – 2.30pm | The BridgePriory Health parkWells | Jo Sylvester07909 877657 |
| Wells Memory Loss Group | The BridgeGlastonbury RoadWells | Meets 4th Wednesday of the month  1.30 – 3pm | The BridgePriory Health ParkWells | Jo Sylvester07909 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 AngelLangport  | Last Tuesday in the month1030 – 1230pm | The BridgeGlastonbury RoadWells | Ali Pomeroy07500991712 |
| Burnham CAMHS Support group | Princess TheatreBurnham on Sea | Every 3 months8th November and 10th January10am – 12pm |  | Run byJeanette HumphriesJanette Baker07771 810499 |
| CAMHS Support groupWest | Foxes HotelMinehead | Last Tuesday of the month11am – 1pm |  | Janette Baker07771 810499 |
| **SUPPORT GROUPS FOR CARERS OF PEOPLE WITH AN EATING DISORDER** |
| Carers Eating Disorders Support Group | Holly CourtSummerlands, Preston RdYeovil BA20 2BN | Meets first Monday of every month 7 – 9pm | Holly CourtSummerlands, Preston RdYeovil BA20 2BN | Margaret Egbo01935 42842007738 898775 |
| **ASPERGERS SUPPORT GROUPS** |
| Aspergers Carers Group | Holly CourtSummerlandsPreston RoadYeovil | Meets last Tuesday of the month10 – 12.30 | Holly CourtSummerlands, Preston RdYeovil BA20 2BN | c/o Margaret Egbo01935 42842007738 898775 |
| CATSCoping with Aspergers Through Support | Sydenham Family Cente, Fairfax Road, Bridgewater, Somerset, TA6 4LS | 2nd Wednesday of each month at 10 – 12pmTerm time only |  | Terry Thake terence.thake@sky.com  01984 641 594  07846934113 |
| Taunton Aspergers Support Group | St Michaels ChurchGalmingtonTauntonTA1 4TP | 1st Tuesday of the month7.30 – 9.30pm (except bank holidays) |  | For further detail contact Jilly Campbell on 01823 432446. |