

Information for Carers: Carer support groups and networks

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Information sheet E2

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Support available for carers

The Somerset Carers Service is available to all unpaid carers, whether you care for a few hours or provide a substantial amount, by the Community Council for Somerset.

They give quality local information, emotional support and practical advice to help you in your caring role, and can point you in the right direction to get help or information. They also work closely with the other specialist carer support networks, which are detailed below.

This service is to support you as a carer, it does not replace assessed care and support provided by the local authority.

For more information please visit www.somersetcarers.org. You can also call the advice line on **0800 31 68 600**, TEXT 'Carer' to **78070**, or email carers@somersetccc.org.uk.

What are Carer Support Groups?

Carer Support Groups can offer you the benefit of meeting other carers who are in the same position. It brings together people who share the same problems, frustrations and rewards.

What do they provide?

Carer Support Groups aim to provide you with a chance to take a short break from caring and enjoy some time in the company of other carers. It is an opportunity to talk, share experiences and to offer and receive mutual support. Different groups have different formats and some offer social occasions. Some groups are for all carers, others are specific to the condition of the person you care for.

How much do they cost?

This varies. Attendance is often free, but there may be a small charge for teas and coffees. Some groups fund-raise to put money towards things like outings or activities.

Other groups and networks

You may prefer to choose a group that you and the person you care for can attend together, or join a group that isn't specific to carers. What is important is that you take time to enjoy yourself and relax, in whatever company you choose.

Below, there are details of general Carer Support Groups for all carers, some are organised around the condition of the person you care for, and there are some suggestions of other groups and networks which you may like to find out about.

General Carer Support Groups

Sedgemoor and West Somerset

- **Bridgwater**
Redgate Medical Centre, Westonzoyland Road, Bridgwater, TA6 5BF.
Last Thursday of the month 10am to 12noon.
Contact Compass Carers on 01823 282823
- **Burnham on Sea**
Burnham Community Centre, Berrow Road, Burnham-on-Sea, TA8 2ET
Last Tuesday of each month, 10am to 12noon
Phone Compass Carers 01823 282823
- **Minehead**
Minehead Hospital, Luttrell Way, Minehead, Somerset TA24 6DF
Second Tuesday of each month, 10.30am to 12noon
Phone Compass Carers 01823 282823
- **Westonzoyland Ups and Downs 'Littlies'**. Meet at The Old School,
Westonzoyland, TA7 0LN. Contact Jo Dean, Ups and Downs Southwest on 01278
691100.
- **Williton**
Williton Childrens Centre, Killick Way, Williton, TA4 4QA.
Second Monday of each month, 2pm to 3.30pm
Ann Hope 01984 633058 or e-mail granville.hope@tesco.net

Taunton Deane

- **Bishops Lydeard**
Quantock Vale Surgery, Mount Street, Bishops Lydeard, TA4 3LH.
Second Tuesday of each month 2pm to 3.30pm.
Contact the Carers Champion Anna Junkison-Broad or Compass Carers
01823 282823
- **Creech St Michael**
Creech St Michael Medical Centre, Hyde Lane, Creech St Michael, TA3 5QQ.
Fourth Tuesday of the month 2pm to 4pm.
Contact Compass Carers on 01823 282823.
- **Wellington**
Upstairs Meeting Room, Wellington Medical Centre, Mantle Street,
Wellington, TA21 8BD. First Monday of the month 2pm to 4pm.
Contact the surgery on 01823 663551 or Maria Knight on 01823 282823.
- **Taunton and South Somerset Carers UK Carer Support Group**. Staplegrove
Village Hall, 214 Staplegrove Road, Staplegrove, Taunton, TA2 6AL Third Friday of
each month, 1.30pm to 4pm. Contact Liz Pooley 07950 980535 or Ann Hillman on
07737 432153.
- **Wellington**
Wellington Medical Centre, Mantle Street, Wellington, Somerset, TA21 8BD
First Monday of each month between 2pm and 4pm.
Contact the surgery on 01823 663551 or Compass Carers 01823 282823

South Somerset

- **Chard.** Meet at the English Martyrs Church Hall, 2 East Street, Chard, TA20 1EP, Second Monday of each month, 10.30am to 12.30pm. Phone Pat Galpin, 01460 220026 or 07708 866717.
- **Crewkerne.** The Henhayes Centre, South Street Car Park, Crewkerne, TA18 8DA. First Tuesday of each month, 10.30am to 12.30pm. Phone Gill Charnock, 01460 271776.
- **Henstridge Carer Support Group**
Virginia Ash pub, Sherborne Road, BA80PL.
Last Tuesday of each month, 11am to 12.30pm. Contact Sandra Consalvey at Compass Carers on 01823 282823.
- **Langport and Somerton**
The Angel, Bow Street, Langport, TA10 9PG.
Third Monday of each month, 10.30am to 12.30pm. Contact Debbie Domoney at Compass Carers in 01823 282823
- **Wincanton**
Wincanton Memorial Hall, High Street, Wincanton, BA9 9JF
Second Monday of each month, 10.30am – 12pm.
Contact Sandra Consalvey at Compass Carers on 01823 282823.
- **Yeovil - Birchfield Support Group.**
Birchfield Hall, Birchfield Road, Yeovil, BA21 5RL.
Second Thursday of the month 10.30am - 12pm.
Contact Sandra Consalvey at Compass Carers on 01823 282823.
- **Yeovil - The Old Barn Club.** Meet at Old Barn Way, Yeovil, BA20 2NX, Phone Malcolm Campbell (Chair) 01935 478032 or David Challands (secretary), 01935 478685.
- **Yeovil - Ups and Downs – ‘Littlies’.** Meet at Birchfield Children's Centre, Yeovil, BA21 5RL. Please contact the number below for information about future dates Sharon Windsor or Jackie Andrews Ups and Downs Southwest 01278 691100

Mendip

- **Wells.** Wells Fire Station Community Room Burcott Road, Wells, BA5 2EF. First Tuesday of each month between 10.30am and 12noon.
Contact Compass Carers on 01823 282823.
- **Frome.** Frome Cricket Ground, The Showground, Fromefield, BA11 2AH
First Wednesday of each month, 10.30am to 12noon.
Contact Joan Paynter 01373 302128 or Sheila Nicholson 01373 461940.
- **Shepton Mallet**
Parish Rooms, St Michaels Church, Park Road, Shepton Mallet, BA4 5BP
Third Monday of each month between 10.30am to 12noon.
Phone Compass Carers 01823 282823
- **Street and Glastonbury Carers Support Group** (in partnership with Active Living). The Street Parish Rooms, 6 Leigh Road, Street, BA16 0HA.
Second Monday of each month, 10.30am to 12.30pm.
Contact Compass Carers on 01823 282823.

Groups and networks for particular conditions

Autism and Asperger's Syndrome support groups for parents and carers of children and young people. A number of groups meet throughout Somerset.

Taunton Autism Support Group, Phone 01823 274 344

Meets on the last Friday of every month, 10am to 12noon, at either the Cosy Club or the Learning Support Centre at Selworthy School – term time only. Phone or check online for more details.

www.tauntonasg.co.uk/category/information-for-parents-and-carers/help-available-locally/support-available-in-the-taunton-area

Brain Injury – Headway Somerset. Phone 01823 618519

Headway Somerset is a unique organisation helping people across the county to live as independent a life as possible after brain injury. Families need respite from their caring duties and time out to do the things they enjoy, which is where Headway comes in.

Dementia and Alzheimer's - Alzheimers Society. Phone 0117 967 2975

The Alzheimers Society run Memory Cafés and Singing for the Brain groups throughout Somerset for carers and the person they care for.

www.alzheimers.org.uk/site/custom_scripts/branch.php?area=true&areaCode=WESW

Parkinson's Disease – Parkinson's UK. Phone 0808 800 0303.

Textphone 18001 0808 800 0303. Phone lines open Monday to Friday, 9am to 8pm, Saturday 10am to 2pm, closed Sunday.

Bridgwater Support group run specifically for those that care for someone with Parkinson's. Last Friday of the month from 1.30pm to 3.30pm, at the Westfield Church Hall, Bridgwater, TA6 7HX. Contact Jenny Walters 01278 424951

Parkinson's UK have a number of local groups which offer information, friendship and support to people with Parkinson's, their families and carers. Phone or check online for more information. www.parkinsons.org.uk/local-support-groups/regions/south-west-of-england

Mental health

Somerset Partnership NHS Foundation Trust. Phone 01278 432000

Somerset Partnership NHS Foundation Trust organises support groups for carers of people with mental health problems. www.somersetcarers.org/supp-groups.htm

The mental health charity Rethink Mental Illness also organises some support groups.

Phone 0300 5000 927. Phone lines are open Monday to Friday, 9.30am to 4pm

www.rethink.org/services-groups/search?r=4753

Drugs and alcohol

Turning Point organises support groups for families and carers. Contact your nearest Turning Point office.

Mendip – 01749 836660

Taunton – 01823 328462
Bridgwater – 01278 456561
Yeovil – 01935 383360
Or Rachael Pizzey – family and carer lead, 01935 383360
www.turning-point.co.uk/somerset.aspx

Al-Anon provides support groups for families and friends of people affected by alcohol.

[www.turning-point.co.uk/substance-using-family-support-service-\(sufss\).aspx](http://www.turning-point.co.uk/substance-using-family-support-service-(sufss).aspx)

Contact Samantha Birch on 07814 255948. Phone lines are open Monday to Friday, 9am to 5pm. Confidential Helpline 0207 403 0888, open 365 days a year, 10am to 10pm.

In touch is a support group run by volunteers. Their website includes links to an extensive number of other organisations that support families and carers of people with substance misuse problems. www.intouchproject.org.uk . Phone 01749 670244. Lines open Monday and Thursday, 10am to 7pm.

Learning disabilities

The charity **Mencap** organises support groups for carers. Phone 0808 808 1111

www.mencap.org.uk/local-groups

Sensory Loss

Somerset Sight provides support groups for carers of visually impaired people.

www.somersetsight.org.uk/ Phone 01823 333818

Somerset and Wessex Eating Disorders Association

Provides support for carers of someone with an eating disorder.

Phone 01749 343344. www.swedauk.org/services/for-carers

Young Carers

There is a network of support groups across Somerset for young carers, aged up to 18 years old. Phone Somerset Direct on 0300 123 2224.

Other groups and networks

The **Active Living Network** in Somerset has groups throughout the county for people aged 50 and over and welcomes both carers and the people they care for.

www.somersetactiveliving.org.uk/welcome/map/ Phone 01278 664180

Your opportunity to feedback

We welcome your comments about the services you receive. If you would like to tell us what you think, please either:

Contact us by going to our website, www.somerset.gov.uk, or

- Speak to your social care worker
- Phone Somerset Direct on 0300 123 2224, or

- Contact the Adults and Health Customer Experience Officer
Floor B2 East
County Hall
Taunton
TA1 4DY
Email: customerexperience@somerset.gov.uk

This document is also available on request in Braille, large print, tape, disc and can be translated into different languages.