

# Independent Carers Groups in South Gloucestershire

Please note these groups are independent and not run by the Carers Support Centre.

This may not be a comprehensive list.

Please get in touch with the contact given for more information and to check details.

Organisation	Location and details	When	Contact
<b>ALZHEIMER'S SOCIETY</b>	<b>Various South Glos. locations:</b> The Alzheimer's society has details of Dementia specific groups across South Glos., including memory cafes, peer support groups, activities, and 'Singing for the Brain' sessions. These are held in <b>Longwell Green, Emerson's Green, Winterbourne, Kingswood, Fishponds, Downend, Filton, Chipping Sodbury, Patchway, Yate</b> and others. For both carers, and for people with dementia and their carers.	Contact for details	<b>0333 150 3456</b> <a href="https://www.alzheimers.org.uk/get-support/help-dementia-care/getting-support#content-start">https://www.alzheimers.org.uk/get-support/help-dementia-care/getting-support#content-start</a>
<b>CHARFIELD MEMORY GROUP</b>	<b>Charfield:</b> The group offers friendship and support to people of all ages, living in Charfield and the surrounding villages; particularly those who are living with or caring for someone with memory loss.	First and Third Wednesday of each month (except August) 10.00am-12.00pm	<b>Amanda 07814 692195</b> <b>dementiaconnections@outlook.com</b> <a href="http://www.facebook.com/dementiaconnections">www.facebook.com/dementiaconnections</a>
<b>DOYNTON COMMUNITY MEMORY CAFÉ</b>	<b>Doynton village:</b> A community café for people with dementia and/or their carers.	First Thursday of each month 2.00pm-4.00pm	<b>07817 311001</b> <a href="https://www.doyntonvillage.org/events.html">https://www.doyntonvillage.org/events.html</a>
<b>HAVEN MEMORY CAFÉ</b>	<b>Thornbury:</b> An independent memory café run by a team of volunteers and supported by The United Reformed Church of Thornbury and a Sirona Dementia advisor. For people with dementia and their carers.	First and Third Friday of each month 10.15am-11.45am	<b>Sue 07794 370903</b> <b>Stuart 07913241 437</b> <a href="https://mythornbury.co.uk/thornbury/d/14972/haven-memory-cafe-at-the-urc">https://mythornbury.co.uk/thornbury/d/14972/haven-memory-cafe-at-the-urc</a>
<b>OASIS MEMORY CAFÉ</b>	<b>Chipping Sodbury:</b> An independent memory café run by a team of volunteers and supported by Chipping Sodbury Baptist Church and the local Rotary group. For people with dementia and their carers.	First and Third Tuesday of the month 10.30am-12.00noon	<b>01454 313023</b> <b>office@cs-bc.org.uk</b> <a href="https://www.cs-bc.org.uk/">https://www.cs-bc.org.uk/</a>

<b>PATCHWAY MEMORY CAFÉ</b>	<b>Patchway:</b> Run by volunteers, as part of South Gloucestershire Dementia Action Alliance. Activities, speakers and the chance to socialise and share experiences. Drop-in, no charge.	First and Third Monday of each month 10.30am-12.30pm	<b>Carol Eddon 0117 9793732</b> <a href="mailto:carol.eddon@btinternet.com">carol.eddon@btinternet.com</a>
<b>THE BATCH MEMORY CAFÉ</b>	<b>Warmley:</b> A memory café for people with dementia and their carers.	First Wednesday of each month (£1 donation towards refreshments) 1.00pm-3.00pm	<b>0117 961 0155</b> <a href="mailto:batchcentre2019@gmail.com">batchcentre2019@gmail.com</a>
<b>THE RETREAT MEMORY CAFÉ (SOUTHERN BROOKS)</b>	<b>Soundwell/Kingswood:</b> A memory café run in partnership with Southern Brooks. Suitable for anyone experiencing dementia or memory issues, their carers and family members.	Second and fourth Monday of each month (except Bank Holidays) 10.15am-12.15pm	<b>0117 967 1882</b> <a href="mailto:dementia@southernbrooks.org.uk">dementia@southernbrooks.org.uk</a> <a href="https://southernbrooks.org.uk/the-retreat-memory-cafe/">https://southernbrooks.org.uk/the-retreat-memory-cafe/</a>
<b>THORNBURY COMMUNITY MEMORY CAFÉ</b>	<b>Thornbury:</b> A community café run by volunteers for people with dementia and/or their carers.	Second and fourth Tuesday of each month (except August and December) 10.15am-11.45am	<b>Sue Rowley 01454 412941</b> <a href="https://mythornbury.co.uk/thornbury/d/15594/thornbury_memory_caf">https://mythornbury.co.uk/thornbury/d/15594/thornbury_memory_caf</a>
<b>SOUTH GLOS. MENTAL HEALTH CARERS GROUPS</b>	<b>Kingswood:</b> Carers group for people who are supporting someone with mental illness.	Second Monday of the month 10.30am-12.30pm	<b>Steve Forge 07768 318215</b> <a href="mailto:sglosmhcarers@yahoo.com">sglosmhcarers@yahoo.com</a> <a href="https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/service.page?id=txDKR3hIBIA">https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/service.page?id=txDKR3hIBIA</a>
	<b>Yate:</b> Carers group for people who are supporting someone with mental illness.	Third Tuesday of the month 2.30pm-4.30pm	
	<b>Filton:</b> Carers group for people who are supporting someone with mental illness.	First Wednesday of the month 6.30pm-8.30pm	

<b>SOUTH GLOS ALL CARERS</b>	<b>Emersons Green:</b> A group for all carers.	First Thursday of each month 2.00pm-4.00pm	<b>Cathy Truman 07979 896064</b>
<b>SOUTH GLOS PARENT CARERS</b>	<b>Kingswood:</b> Community base with sensory room for parent carers and their children to drop-in.	Weekly Thursday (term time) 10.00am-2.00pm	Contact through the website <b>team@sglospc.org.uk</b> <a href="https://sgpc.org.uk/sgpc-services#peer">https://sgpc.org.uk/sgpc-services#peer</a>
	<b>Online:</b> Evening support group for parent carers.	Alternate Thursdays	Contact through the website <b>team@sglospc.org.uk</b> <a href="https://sgpc.org.uk/sgpc-services#peer">https://sgpc.org.uk/sgpc-services#peer</a>
<b>SOUTH GLOS PARENT CARERS (EARLY YEARS AGE 0-5 SUPPORT)</b>	<b>Warmley:</b> Little Treasures stay and play support sessions for parent carers and families, with sensory activities.	Wednesdays (term time)	Contact through the website <b>team@sglospc.org.uk</b> <a href="https://sgpc.org.uk/sgpc-services#early">https://sgpc.org.uk/sgpc-services#early</a>
	<b>Yate:</b> Little Treasures stay and play support sessions for parent carers and families, with sensory activities.	Mondays (term time)	Contact through the website <b>team@sglospc.org.uk</b> <a href="https://sgpc.org.uk/sgpc-services#early">https://sgpc.org.uk/sgpc-services#early</a>
	<b>Online:</b> Evening support group for parent carers.	Contact for details	Contact through the website <b>little.treasures@sglospc.org.uk</b> <a href="https://sgpc.org.uk/sgpc-services#early">https://sgpc.org.uk/sgpc-services#early</a>
<b>CHINESE COMMUNITY WELLBEING SOCIETY</b>	<b>Bradley Stoke, The Jubilee Centre and other locations:</b> a Chinese carers support group. The venue moves to enable carers from across the region to attend, so please make contact for details. They also run other activities for carers.	Monthly Contact for details	Ming <b>0808 802 0012</b> <b>carers@chinesecws.org.uk</b> Also see <a href="https://www.instagram.com/chinesecws/">https://www.instagram.com/chinesecws/</a> <a href="https://www.facebook.com/ChineseCWS">https://www.facebook.com/ChineseCWS</a>
<b>SOUTH GLOS. CHINESE ASSOCIATION</b>	<b>Bradley Stoke leisure centre:</b> for Chinese carers to meet and get face-to-face support.	Thursdays 11.00am-1.00pm	Wayne Song <b>07751 721953</b> <b>weijie_song2003@yahoo.co.uk</b>

<b>HUNTINGTON'S DISEASE GROUPS</b>	<b>Bristol/South Glos:</b> various meetings in different locations throughout the year for anyone affected by Huntington's disease including their carers.	Contact for details	<b>bristolhda@gmail.com</b> <a href="https://www.hda.org.uk/information-and-support/branches-and-support/south-west/">https://www.hda.org.uk/information-and-support/branches-and-support/south-west/</a>
<b>TIME 4 CARERS</b>	<b>Various locations:</b> social and craft activities for South Glos carers to enjoy a social life and break away from the person they care for.	Contact for details. Various times. (£5 annual membership fee, most events free)	Alison Allan <b>07597 278204</b> <b>time4carers@gmail.com</b>
<b>THE MINDFUL LIFE</b>	<b>Online:</b> Mindfulness specifically for carers. They offer a free introductory course and opportunity to join weekly meditation sessions. You will meet other carers and have a chance to share your experiences and ask questions.	Contact for current course dates. Weekly sessions are: Tuesdays 2.30pm-3.00pm Wednesdays 8.00pm-8.30pm	<b>info@themindfullife.co.uk</b> <a href="https://www.themindfullife.co.uk/">https://www.themindfullife.co.uk/</a>