Mental Health Carers Groups

TRIANGLE OF CARE

NHS Somerset NHS Foundation Trust

Are you caring for someone with a mental health condition? Would you like to meet other carers for support? All our groups are facilitated by the Somerset NHS Foundation Trust Carers Service. Please contact the organiser before attending in case of any changes and to ensure we can look out for you to welcome you in.

Support groups for Carers of Adults with Mental Health Conditions

Where?	When?	Contact
Mendip Mental Health Carers Group Coxley Memorial Hall	2nd Thursday of every month 2.00pm - 4pm (mixed group)	Jen Kennedy 07738 898774 Ali Pomeroy 07917 580963
Chard Mental Health Carers Group Methodist Church, Fore Street	Last Monday every month 7pm – 9pm	Jackie Murphy 07917 651638
Bridgwater Carers Group The Hub, Fore Street, Bridgwater	Last Friday every month 10am – 12pm	Phillippa Hendon 07909 906811
Yeovil Carers Group Yeovil Recreation Ground	First Monday every month 2pm – 4pm	Margaret Egbo 07738 898775
Taunton Carers Group Wellsprings Community Church	2nd Wednesday every month 11am -1pm	Claire Oberthur 07738 187822 Fay Morgan 07554 415409
Taunton Carers Craft Wellsprings Community Church	4th Wednesday every month 11am – 1pm	Kirsti Adams 07423 734646
Wellington Carers Group Wellington Community Hospital	4th Wednesday every month 2pm – 3.30pm	Kirsti Adams 07423 734646

Support Groups for Carers of Older People with Mental Health Conditions (Including Dementia)

Where?	When?	Contact
Frome Memory Carers Chantry House	Once a month on a Wednesday, please contact for date 1 – 2.30pm	Jo Sylvester 07909 877657 Sallie Boyd 07423 745004
Wells Memory Loss Carers Group The Bridge	Once a month on a Wednesday, please contact for date 1.30pm-3pm	Jo Sylvester 07909 877657 Sallie Boyd 07423 745004
Yeovil Carers Coffee Morning Westlands Leisure Centre	1st Wednesday of every month 10-12	Sue King 07464 496344
Somerton Carers Group The White Hart, Somerton	Last Thursday every month 2pm – 4pm	Ali Pomeroy 07917 580963
Taunton Carers Group Wellsprings Community Church	2nd Wednesday every month 11am -1pm (mixed group)	Fay Morgan 07554 415409
Wellington Carers Group Wellington Community Hospital	4th Wednesday every month 2pm -3.30pm (mixed group)	Kirsti Adams 07423 734646

Support Groups for Parent Carers of Children/Adolescents with Mental Health Conditions

Where?	When?	Contact
CAMHS West Support Group Contact for Venue	Last Friday of the Month 12pm -1pm	Janette Baker 07771 810499