

GLoucestershire Carer Support Groups

VARIOUS LOCATIONS

Gloucestershire Young Persons Network

For Carers and young stroke survivors

Venue: Various locations – please contact Stroke Association Coordinator

Times: Last Wednesday each month 5.00pm – 7.00pm

Contact: Stroke Association Coordinator
01452 520723

louise.read@stroke.org.uk

Good 2 Go!

Is a support service for working age adults with dementia as well as their family and Carers

Dates/Times: Please contact Alzheimer's Society for further information, dates and times.

Contact: Alzheimer's Society 01452 525222

Gloucestershire@alzheimers.org.uk

BOURTON ON THE WATER

Cotswold Memory Club

For people who are concerned about their memory, who may or may not have been diagnosed with dementia and their Carer

Venue: Baptist Church, Station Road, Bourton-on-the-Water, GL54 2AA

Times: Second Wednesday each month 10.30am – 12.30pm

Contact: Val McKay 01451 810637

vmckay949@btinternet.com

Windrush Carers Support Group

All Carers welcome

Venue: The Lounge, Market Close, Station Road, Bourton-on-the-Water

Times: Last Tuesday each month (exc December) 7.00pm

Contact: Barbara Newstead 01451 821523

barbara.newstead@gmail.com

CHELTHENHAM

Alzheimer's Society

Memory Café for Carers and people with dementia

Venue: Municipal Offices, Pittville Room, Promenade, GL50 9SA

Times: Second Tuesday each month 10.30am – 12.30pm – for exact dates please contact Alzheimer's Society.

Singing for the Brain® for Carers and people with dementia

Venue: Bishops Cleeve Community Centre, Church Road, Bishops Cleeve, GL52 8LR

Times: Held on Thursdays 2.00pm – 3.30pm – for exact dates, to register interest or book please contact Alzheimer's Society.

To contact Alzheimer's Society: Telephone 01452 525222 or email

Gloucestershire@alzheimers.org.uk

Cleeve Carers Group

All Carers, past and present, and home alone welcome

Venue: St Michaels Hall, School Road, Bishops Cleeve

Times: Second Tuesday each month 2.00pm – 4.00pm

Contact: Graham Teale 01242 673001

graham.teale108@btinternet.com

Cheltenham Branch of MS Society

All Carers welcome

Venue: The Bell, Main Road, Shurdington, Cheltenham, GL51 5XQ

Times: Next meeting Monday 18th March (please contact for future dates)

Contact: Wendy Price 01242 699123

moneyp@virginmedia.com

Cheltenham and District Carers and Families Support Group (CADCAF)

For parents and family of a disabled child up to 18 year old living in Gloucestershire

Venue: Battledown Childrens Centre, Harp Hill, Battledown, Cheltenham

Times: Please telephone for details

Contact: Sarah Miller 01242 222117 or 07944 2804612

psw@cadcaf.com

Cotswold Downs Syndrome Group

For families and Carers of children with Downs Syndrome (social events, trips and holidays)

Venue: Battledown Childrens Centre, Harp Hill, Battledown, Cheltenham

Times: Every 2 months on Sundays 2.30pm - 4.30pm (next meeting 24th February 2013)

Contact: Jenny King 07715 477058

jennyking@cotswold-dsg.org

Cheltenham & Tewkesbury Carers Group

For Carers of adults with a mental health problem

Venue: Leckhampton Lodge, Cheltenham

Times: First Thursday of each month 2.00pm - 4.00pm

Contact: Martin Clark 01684 861150

mclark@carersgloucestershire.org.uk

or Sharon Bound 01242 634300

sbound@carersgloucestershire.org.uk

Cheltenham West Carer Support Group

All Carers welcome

Venue: Conference Annex, Hesters Way Community Resource Centre, Cheltenham

Times: Third Friday each month 4.30pm - 6.00pm

Contact: Brenda Barton 01242 516683

brenda.barton@hotmail.co.uk

Gloucestershire Stroke Club

For Carers and stroke survivors

Venue: Lynworth Court, Cheltenham, GL52 5DZ

Times: Last Tuesday each month 2.00pm - 4.00pm

Contact: Stroke Association Coordinator 01452 520723

louise.read@stroke.org.uk

Indian Association

Venue: Hindu Community Centre, 64 Swindon Road, Cheltenham

Times: Every Wednesday 10.00am - 2.30pm

Contact: Haroon Kadodia 01452 426074

Milsom Street Carers Group

For Carers of people with a mental health problem

Venue: 8 Milsom Street, Cheltenham

Times: First Wednesday each month 4.00pm - 6.00pm

Contact: Ceri Jones 01242 512812

ceri.jones@axisglos.org.uk

NAS Gloucestershire Branch

For parents/Carers or children and young people with autism

Venue: Springbank Community Resource Centre, Springbank Way, Cheltenham, GL51 0LG

Times: Second Thursday each month (term time only) 10.00am - 12.00pm

Contact: NAS Gloucestershire 0777 073 1012

gloucestershire@nas.org.uk

Parkinson's UK - Cheltenham & District Branch

For those affected by Parkinson's

Venue: St Mark's Methodist Church Hall, Gloucester Road, Cheltenham, GL51 8PX

Times: Last Tuesday of each month unless otherwise notified (exc January) 7:30pm

Contact: Dot Simpson 01242 583894

dsimpson.parkinsons@gmail.com

Prestbury Carers Group

For Carers of older people

Venue: Cumming Court, New Barn Lane (Cheltenham Borough Homes) GL52 3LX

Times: Last Monday of each month

11.00am - 12.30pm (except if a Bank Holiday)

Contact: Richard Mason 01242 579097

richdi@talktalk.net or Sandy Iles 01242

676096 sandy.iles@glos.nhs.uk

Sahara-Seheli

A community women's group which brings together women from different Asian communities and provides support for those who have caring responsibilities

Venue: St Pauls Church, St Pauls Road, Cheltenham

Times: Every Monday 10.30am to 12.30pm

Contact: Saleha Moolla 01452 425007

CHIPPING CAMPDEN

Cotswold Memory Club

For people who are concerned about their memory, who may or may not have been diagnosed with dementia and their Carer

Venue: Lounge, Badgers Field, Chipping Campden, GL55 6EL

Times: Third Monday each month 10.30am - 12.30pm

Contact: Val McKay 01451 810637

vmckay949@btinternet.com

CIRENCESTER

Memory Café

For Carers and people with dementia

Venue: Holy Trinity Church Hall, Trinity Road, Cirencester, GL7 1JR

Times: Third Friday each month 10.00am – 12.00pm - for exact dates please contact Alzheimer's Society.

Contact: 01452 525222

Gloucestershire@alzheimers.org.uk

Cirencester Eating Disorders Support Group

For sufferers and Carers

Venue: St Peter's Lounge, St Peter's Court, St Peter's Road, Cirencester

Times: First Wednesday each month 7:30pm – 9.00pm

Contact: Pat Ayres 01285 770385

pat@ayrescares.orangehome.co.uk

Cirencester Mental Health Carer Support Group

For Carers of adults with a mental health problem

Venue: The Memorial Centre, Cirencester

Times: Second Tuesday each month 1.00pm – 3.00pm

Contact: Lisa Davenport 01452 386283

ldavenport@carersgloucestershire.gov.uk

Gloucestershire Stroke Club

For Carers and stroke survivors

Venue: Community Room, Beech Grove, Cirencester, GL7 1BD

Times: Mondays 9.30am – 12.00pm

Contact: Margaret Knapp 01285 821481

South Cotswolds Memory Club

For people with dementia and their Carers

Venue: Holy Trinity Church Hall, Trinity Road, Cirencester, GL7 1JR

Times: First Friday each month 10.00am – 12.00pm

Contact: The Churn Project 01285 644779

DURSLEY

Dursley Cam Carers Group

All Carers welcome

Venue: GL11 Project, Cam, Dursley

Times: Last Wednesday each month 2.00pm – 3.00pm

Contact: Julie Burlow 01453 548530

julieburlow@gl11.org.uk

Treetops Children's Centre (Allsorts)

For parents/Carers of children and young people with disabilities and/or additional needs

Venue: Treetops Children's Centre Dursley Primary School, Highfields, Dursley, GL11 4NZ

Times: Monthly 10.00am – 12.00pm

Contact: Sheila 07794 009663

sheila@allsortsqlos.org.uk

FOREST OF DEAN

Alzheimers Society Carers Support

Forest Support Group for Carers and people with dementia

Venue: as venues vary please contact Alzheimers Society

Times: Last Thursday each month 10.30am – 12.30pm -- for exact dates please contact Alzheimer's Society.

Tea Dance for Carers and people with dementia

Venue: Forest Church School Rooms, Harrow Hill, Drybrook GL17 9JR

Times: Second Friday each month 2.00pm – 4.00pm - for exact dates please contact Alzheimer's Society.

Good 2 Go! Is a support service for working age adults with dementia as well as their family and Carers

Dates/Times: Please contact Alzheimer's Society for dates and times.

Contact Alzheimer's Society: 01452 525222 for further information.

Gloucestershire@alzheimers.org.uk

Aspergers Support Group

For Parents, professionals, adults and their Carers

Venue: Mitcheldean Surgery

Times: Second Tuesday each month 1.30pm – 4.00pm

Contact: Irene Coker 01594 543978
sonofcoker@hotmail.com

Autistic Spectrum Support Group

For parents/Carers of children and young people with autistic spectrum

Venue: Heart of the Forest Community Special School, Speech House, Coleford, GL16 7EJ

Times: Last Wednesday each month 7.30pm

Contact: Dawn 07970 422361 or Pam 01594 826357

familyservices@forestpulse.co.uk

Forest Carers Support Group

For Carers of adults with a Mental Health issue

Venue: Coleford House, Coleford

Times: Last Thursday each month 1.00pm – 3.00pm

Contact: Melanie Harris on 01594 593000
mharris@carersgloucestershire.org.uk

Friendship Group

Open to Carers and people who have previously used the hospice but no longer need formal care

Venue: Great Oaks Hospice, Coleford

Times: Last Thursday of the month 2.00pm – 4.00pm

Contact: Pam Morgan 01594 811910
clerical@great-oaks.org.uk

Touched by MS Group

Open to anyone touched by MS

Venue: Great Oaks Hospice, Coleford

Times: Second Thursday of the month 7.00pm

Contact: 01594 811910
info@touchedbmys.co.uk

Gloucestershire Stroke Club

For Carers and stroke survivors

Venue: Springwater Centre, Lydney, GL15 5NF

Times: Fortnightly on Mondays 10.00am – 12.00pm

Contact: Rosemary Parker 01594 542601

Gloucestershire Stroke Club

For Carers and stroke survivors

Venue: Forest Sensory Services, Valley Road, Cinderford, GL14 2LJ

Times: Second Wednesday each month 2.00pm – 4.00pm

Contact: Stroke Association Coordinator 01452 520723
louise.read@stroke.org.uk

Parent Carers Autism Support Group

Anyone affected by autism

Venue: Chepstow Methodist Church

Times: First Thursday each month 10.00am – 12.00pm

Contact: Dawn Rooke 01291 628286
dawn@rooke1222.fsnet.co.uk

Parent Carers Support Group

Venue: Please telephone for details

Times: Last Wednesday each month

Contact: Dawn Rooke 01291 628286
dawn@rooke1222.fsnet.co.uk

Stonebury House Relative Support Group

For Carers of clients of Stonebury House

Venue: Stonebury House, Grove Road, Lydney

Times: First Wednesday each month 2.00pm – 4.30pm

Contact: Dorothy Maskrey 01594 598260
dorothy.maskrey@glos.nhs.uk

GLOUCESTER

Alzheimer's Society

Memory Café for Carers and people with dementia

Venue: Gloucestershire Club, Greville Close, off Sandhurst Lane, Gloucester, GL2 9RG

Times: Second Wednesday each month 11.30am – 2.30pm – for exact dates and further information please contact Alzheimer's Society.

Singing for the Brain® for Carers and people with dementia

Venue: Hucclecote Rugby Football Club, Churchdown Lane, Hucclecote, Gloucester

Times: Held on first and third Wednesday each month 10.30am – 12.00pm – for exact dates, to register interest or book please contact Alzheimer's Society.

Art Group for Carers and people with dementia

Venue: Gloucester Resource Centre, City Works, Alfred Street, Gloucester, GL1 4DF
Times: Every other Tuesday 10.30am – 12.30pm - For exact dates and to register interest please contact Alzheimer's Society.

Directions Group for Carers and people with dementia

Venue: The Oakwood, Tewkesbury Road, Twigworth, GL2 9PG
Times: First Monday each month 11am onwards with lunch to follow (optional) - please contact Alzheimer's Society to confirm exact dates.

To contact Alzheimer's Society: Telephone 01452 525222 or email Gloucestershire@alzheimers.org.uk

Chinese Carers Support Group

Venue: The Voluntary Agencies Unit, Ground Floor, 75-81 Eastgate Street, Gloucester
Times: Weekly each Thursday 9.30am – 4.30pm
Contact: Mew Ning Chan 01452 332088 mewningchan@gcwq.org.uk

Churchdown Carers Luncheon Group

Venue: Varies (local pub or similar) – transport can usually be arranged
Times: Second Thursday each month 12.30pm – 2.00pm
Contact: Catherine Rowland 01452 864423 or Sue and Alan Davey 01452 304578 c.rowland54@hotmail.co.uk

Churchdown Carer Support Group

Venue: Churchdown Community Centre, Parton Road, Churchdown, Gloucester
Times: First Wednesday of the month 2.00pm – 4.00pm
Contact: Anna Mitchell 01452 714069

Ebony Community Carers

For all Carers from the African Caribbean community

Venue: Church of God of Prophecy, 25 Melbourne Street East, Gloucester, GL1 4NU (Venue may change subject to activity undertaken)

Times: Meets the third Wednesday each month from 10.00am to 12.00pm
Contact: Blanche McCalla 01452 617456 / 07940762677 blanchemccalla@yahoo.co.uk

Focus BAME Parent Carers Support Group

Open to any BAME parent Carers who has a child or children with any form of disability
Venue: Carers Gloucestershire, Messenger House, Gloucester, GL1 1HX
Contact: Dorrett Samuels 07891 402002 focusgroup2010@hotmail.co.uk

Gloucester Autism Support for Parents

Venue: Spring Centre, Quedgeley
Times: Second Monday each month term time 10.00am-12.00pm
Contact: Paula Willcox 01452 309803

Gloucestershire Stroke Club

For Carers and stroke survivors
Venue: Broom House, Baneberry Road, Robinswood, GL4 6UY
Times: Second Tuesday each month 11.00am – 1.00pm
Contact: Anne Irvine 01285 821666

Indian Hindu Welfare Group

Venue: Charter Court, Victoria Street, Gloucester
Times: Every Tuesday 10.00am – 2.00pm
Contact: Mrs Mistry 07853 290011 or Haroon Kadodia 01452 426074

Kimbrose Lunch Club

For Carers and people living with dementia living in the Gloucester area
Venue: St. Peter's Social Club Black Dog Way, Gloucester, GL1 3EX
Times: Fortnightly on a Thursday between 11.00am – 2.00pm – For more information and cost please contact Brunelcare
Contact: Brunelcare on 01452 550066 gloucester@brunelcare.org.uk

Gloucestershire Chinese Community Association

Venue: St Oswalds Village, Gloucester
Times: Please contact for further information
Contact: Mei Ling Howard/ Carena Sharpley
01452426508 meilinghoward@hotmail.com

Headway Carers Support Group

For Carers of someone damaged by brain injury including trauma and stroke etc.

Venue: Headway House, Great Western Road, Gloucester. GL1 3ER

Times: Please contact for details

Contact: Ali Hendley on 01452 312713
admin@headwaygloucestershire.org.uk

Hucclecote Carers Support Group

For all Carers and their families

Venue: Hillview Evangelical Church Hall, Hucclecote, Gloucester

Times: First Thursday each month 7.30pm–8.30pm

Contact: Esther Hetherington 01452 611565
hucclecotecarers@gmail.com

James Hopkins Trust

For parents/ Carers of children with severe physical disabilities, life threatening or life limiting condition up to the age of 11

Contact: Liz Walker 01452 612216
info@jameshopkinstrust.org.uk

Maxappeal

For parents/ Carers of children with Velo Cardio Facial/ Di George Syndrome

Venue: Spring Centre, Quedgeley

Times: Meets every two months

Contact: Susie Mitchell 01285 713262

Mental Health Carer Support Group

For Carers of adults with a mental health issue

Venue: Messenger House, Gloucester

Times: First Tuesday each month 2.00pm – 3.30pm

Contact: Claire Spires 01452 364700 or 01452 386283

cspires@carersgloucestershire.org.uk

Melanie Harris 01594 593000 or 01452 386283

mharris@carersgloucestershire.org.uk

Motor Neurone Disease Association

Gloucestershire Support Group **For all those living with the disease, their carers, family and friends**

Venue: St John's Church Hall, St John's Avenue, Churchdown. GL3 2DB – please contact as venue varies because of activities

Times: First Thursday of the month (exc December Christmas Party)

Contact: Hilary Corke 01453 548544
corkeygirl@tiscali.co.uk

Parkinson's UK, Gloucester Support Group

For those affected by Parkinson's

Venue: St Oswald's Village, Gavel Way, Gloucester, GL1 2UF

Times: Second Tuesday alternate months 2pm (please contact for exact dates)

Contact: Jane Henderson 0844 2253694
jhenderson@parkinsons.org.uk

Spring Centre Carers Group

For parents/ Carers of children with special needs

Venue: Spring Centre, Quedgeley

Times: Every Thursday during term time 10.00am – 12.00pm

Contact: Jayne Fisher 01452 725941
Jaynefisher@springcentre.org

Sunbeam Club

For parent Carers

Venue: Hop. Skip and Jump, Seven Springs Cheltenham Gloucestershire GL53 9NG

Times: Every Monday term time at 12.00pm – 3.00pm

Contact: Jenny King 07715 477058
kingjenny@live.co.uk

The Sharing Caring Women's Group

Welcomes young Asian women who are Carers

Venue: The Friendship Café, 109-113 Barton St, Gloucester, GL1 4HR

Times: Last Wednesday each month 5.00pm – 6.30pm

Contact: Deborah Livingstone 01452 872245
dlivingstone@carersgloucestershire.org.uk

LECKHAMPTON

Leckhampton Carers Support Group

For partners, family members and friends of people who have a serious palliative illness

Venue: Day Hospice, Leckhampton Court Hospice, Church Road, Cheltenham

Times: Second Weds each month 2.00pm – 4.00pm

Contact: Jo Cloke 01242 246298

tracey.cloke@suerydercare.org

PSP Support Group

For Carers and people living with PSP

Venue: Sue Ryder Hospice, Leckhampton Court, Church Road, Cheltenham, GL53 0QJ

Times: 3 times a year (please contact to check time/venue of next meeting)

Contact: Jill Lyons 01327 322410

jill.lyons@pspassociation.org.uk

Leckhampton Support Group

All Carers welcome

Venue: St Phillip & St James Church House, 60 Painswick Road, Cheltenham GL50 2ER

Times: Fourth Wednesday each month 10.30am – 12.30pm

Contact: Peggy Taylor 01242 862394 or Brian Decker 01242 233751

bldecker@talktalk.net

LECHLADE

Cotswold Memory Club

For people who are concerned about their memory, who may or may not have been diagnosed with dementia and their Carer

Venue: Lounge, St Birinus Court, Lechlade, GL7 3BU

Times: Fourth Friday each month 10.30am – 12.30pm

Contact: Val McKay 01451 810637

vmckay949@btinternet.com

MORETON-IN-MARSH

Cotswold Memory Club

For people who are concerned about their memory, who may or may not have been diagnosed with dementia and their Carer

Venue: Lounge, Jameson Court, Morton in Marsh, GL56 0EW

Times: First Thursday each month 10.30am – 12.30pm

Contact: Val McKay 01451 810637

vmckay949@btinternet.com

NAILSWORTH

Alzheimer's Society

Alzheimer Café for Carers and people with Alzheimers

Venue: Christ Church Rooms, Newmarket Road, Nailsworth, GL6 9EY

Times: Held on last Wednesday of each month 2.00pm – 4.00pm – please contact Alzheimer's Society to confirm exact dates.

To contact Alzheimer's Society: Telephone 01452 525222 or email

Gloucestershire@alzheimers.org.uk

MINCHINHAMPTON

Alzheimer's Society

Alzheimer Café for Carers and people with Alzheimers

Venue: Day Centre, Horsfall House, Windmill Road, Minchinhampton, GL6 9EY

Times: Held on second Thursday of each month 7.00pm – 9.00pm – please contact Alzheimer's Society to confirm exact dates.

To contact Alzheimer's Society: Telephone 01452 525222 or email

Gloucestershire@alzheimers.org.uk

PAINSWICK

Cupcakes for Carers

All Carers and the person they care for are welcome for a chat, tea, coffee and cake

Venue: Green Room, Painswick Centre, Bisley Street, Painswick, Stroud, GL6 6QQ

Times: First Tuesday each month 1.30pm – 4.30pm

Contact: Patricia Burrows 01452 813326

Gloucestershire Stroke Club

[For Carers and stroke survivors](#)

Venue: Richmond Retirement Village,
Painswick, GL6 6UL

Times: Penultimate Tuesday each month
2.00pm – 4.00pm

Contact: Stroke Association Coordinator
01452 520723

louise.read@stroke.org.uk

ROSS-ON-WYE

Ross MS Support Group

[Open to anyone touched by MS](#)

Venue: Larruperz Centre, Ross-on-Wye

Times: First Thursday of the month at 7pm

Contact: Peter and Maureen Cowdery 01989
562453

peter.cherrian@btinternet.com

STONEHOUSE

Alzheimer's Society

Carers Support Group

Venue: Stonehouse Community Centre,
Laburnum Walk, Stonehouse, GL10 2NS

Times: Held on last Tuesday each month
2.00pm – 3.30pm – to check exact dates,
register interest or book please contact
Alzheimer's Society.

Singing for the Brain® [for Carers and
people with dementia](#)

Venue: Stonehouse Community Centre,
Laburnum Walk, Stonehouse, GL10 2NS

Times: Held on first and third Tuesday each
month 10.30am – 12.00pm – to check exact
dates, register interest or book please contact
Alzheimer's Society.

To contact Alzheimer's Society: Telephone
01452 525222 or email

Gloucestershire@alzheimers.org.uk

STOW-ON-THE-WOLD

Cotswold Memory Club

[For people who are concerned about their
memory, who may or may not have been
diagnosed with dementia and their Carer](#)

Venue: Day Centre, Chamberlayne House,
Stow-on-the-Wold, GL54 1BZ

Times: Third Friday each month 10.30am –
12.30pm

Contact: Val McKay 01451 810637

vmckay949@btinternet.com

Gloucestershire Stroke Club

[For Carers and stroke survivors](#)

Venue: Fisher House, Stow-on-the-Wold,
GL54 1LS

Times: Third Thursday each month 10.30am
– 12.30pm

Contact: Stroke Association Coordinator
01452 520723

louise.read@stroke.org.uk

North Cotswold Parent Carer Group

[For parents/ Carers of children and young
people with additional needs](#)

Venue: Stow-on-the-Wold Children's Centre,
St Edwards Drive, Stow-on-the-Wold

Times: Third Wednesday each month 7.30pm
– 9.00pm

Contact: Deborah Livingstone 01452 386283

dlivingstone@carersgloucestershire.org.uk

STROUD

ALLSORTS Parents Group

[For parents, grandparents or Carers of a child
aged 0-24 with any disability or special needs](#)

Venue: Parliament Family Centre, Bisley Old
Road, Stroud

Times: Every Fri term time 10.00am –
12.00pm

Contact: Sheila 07794 009663

sheila@allsortsglos.org.uk

Gloucestershire Stroke Club

[For Carers and stroke survivors](#)

Venue: Beeches Green Health Centre,
Stroud, GL5 4BH

Times: First and third Wednesday each
month 2.00pm – 4.00pm

Contact: Robert Wilkes 01453 791795

Stroud Learning Disability Carer

Support Group

For Carers of adults with learning disabilities

Venue: Woodruffs Café, 24 High Street, Stroud GL5 1AJ

Times: Monthly – please contact Janice for dates and times

Contact: Janice Mockford 01452 389340
jmockford@carersgloucestershire.org.uk

Stroud MH Carers Support Group

For Carers of adults with a mental health problem

Venue: Weavers Croft, Field Road, Stroud

Times: First Tuesday each month 2.00pm – 4.00pm

Contact: Tracy Tocknell 01453 563153
ttocknell@carersgloucestershire.org.uk

TETBURY

Cotswold Memory Club

For people who are concerned about their memory, who may or may not have been diagnosed with dementia and their Carer

Venue: The Priory Care Home, The Chipping, Tetbury, GL8 8ET

Times: Second Thursday each month 10.30am – 12.30pm

Contact: Val McKay 01451 810637
vmckay949@btinternet.com

TEWKESBURY

Cheltenham & Tewkesbury Carers Group

For Carers of adults with a mental health problem

Venue: Leckhampton Lodge, Cheltenham

Times: First Thursday of each month 2.00pm – 4.00pm

Contact: Martin Clark 01684 861150
mclark@carersgloucestershire.org.uk or Sharon Bound 01242 634300
sbound@carersgloucestershire.org.uk

Jesmond House Practice Carers' Group

Offers Carers (open to all Carers, even if not registered at the practice) the opportunity to drop into the surgery once a month for a get-together to share advice, have a chat and speak to professionals

Venue: Jesmond House Practice, Chance Street, Tewkesbury, GL20 5RF

Times: Once a month on Mondays 10.30am (please contact for exact dates)

Contact: Bridget Derrett 01684 292813

NAS Gloucestershire Branch

For parents/Carers or children and young people with autism

Venue: Alderman Knight School, Tewkesbury

Times: Fourth Friday each month (term time only) 1.30pm – 2.30pm

Contact: NAS Gloucestershire 0777 073 1012

gloucestershire@nas.org.uk

Tewkesbury Mental Health Carers Group

For Carers of adults with a mental health problem

Venue: Avon House, Tewkesbury

Times: Third Tuesday of each month 1.00pm - 3.00pm

Contact: Martin Clark 01684 861150
mclark@carersgloucestershire.org.uk or Sharon Bound 01242 634300

sbound@carersgloucestershire.org.uk

Memory Café

For Carers and people with dementia

Venue: Tewkesbury Day Centre, Station Road, Tewkesbury

Times: Last Wednesday each month 2.00pm – 4.00pm

Contact: Janet Worrad 01682 296238
janet.worrad@gloucestershire.gov.uk

Parkinson's UK, Tewkesbury Support Group

For those affected by Parkinson's

Venue: Tewkesbury Day Centre, Station Road, Tewkesbury, GL20 5DR

Times: First Wednesday each month 10.00am – 11.30am

Contact: Sue Wood 01684 772048
sue.wood60@btinternet.com

KEY

Yellow	Parent Carers
Green	Closed Groups (Clients Only)
Magenta	BME
Cyan	Dementia/ Alzheimer's
Orange	Mental Health