

Independent Carers Groups in Bristol

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
RETHINK MENTAL HEALTH CARERS GROUPS	Cabot Circus: Carers group for people who are supporting someone with mental illness.	Once a month 5.00pm	Karen or Josiah 0117 903 1803 bristolcarers@rethink.org https://www.rethink.org/help-in-your-area/services/carer-support/bristol-carer-service/
	Online: Bristol Siblings Group. A peer to peer support group for siblings (brothers and sisters) of adults with mental health issues.	Second Thursday of the month 6.00pm-8.00pm	Contact by email bristolsiblingsgroup@rethink.org https://www.rethink.org/help-in-your-area/support-groups/bristol-siblings-group/
	Bristol City Centre: South West Carers BDP group is a voluntarily led peer support group for carers of someone who has borderline personality disorder (BPD). The group alternates between online and face-to-face.	Wednesday evenings, Twice a month	Contact by email swcarersbpdgroup@rethink.org https://www.rethink.org/help-in-your-area/support-groups/south-west-carers-4-bpd/
CHANGE MENTAL HEALTH GROUPS	Ashton Vale, Bedminster, Knowle and Brislington: Peer support groups for anyone age 18+, offering a safe and friendly space where people can talk about any worries they might have. Drop-ins welcome or call to find out more.	Ashton Vale Mondays 1.00pm-3.00pm Knowle Wednesdays 1.30pm-3.30pm Bedminster Wednesdays 7.00pm-9.00pm Brislington Thursdays 1.00-3.00pm	0117 941 1123 https://changesbristol.org.uk/
ALL SAINTS FRIENDS TOGETHER DEMENTIA CAFÉ	Clifton: Dementia friendly café for carers, people living with dementia and their friends and family. Everyone is welcome, no booking required.	First Thursday of the month 10am-12noon	All Saints Church 0117 974 1355 https://allsaintsclifton.org/Groups/345112/Living_with_Dementia.aspx

ALZHEIMER'S SOCIETY	Various Bristol locations: The Alzheimer's society has details of Dementia specific groups across Bristol, including activity and singing groups. These are held in Brislington, Withywood, Knowle, Filton and other areas. For both carers, and for people with dementia and their carers.	Contact for details	Alzheimer's Society 0333 150 3456 https://www.alzheimers.org.uk/financial-support-near-you
DEMENTIA WELLBEING SERVICE	Withywood: for carers of someone who has Dementia.	Last Thursday of the month 1.00pm-3.00pm	Dementia Wellbeing Service 0117 947 5150 https://bristoldementiawellbeing.org/Information/Carers-Groups
	Horfield: for carers of someone who has Dementia. This group has a waiting list.	Last Wednesday of the month 2.00pm-3.30pm	
	Fishponds: for carers of someone who has Dementia.	Third Wednesday of the month 2.00pm-3.30pm	
DEMENTIA WELLBEING SERVICE/ BRISTOL BEACON	Knowle West: Singing group for people living with dementia and their carers. Sessions use music supported by professional musicians to improve quality of life of participants by making music together.	Weekly Thursdays 11.00am-12.30pm	0117 204 7103 community@bristolbeacon.org https://bristolbeacon.org/music-for-everyone/our-music-club/
BIPOLAR UK	Online: Open to anyone affected by bipolar, including carers. Bristol City Centre: Open to anyone affected by bipolar, including carers.	Third Thursday of the month 7.30pm-9.30pm First Friday of the month 7.00pm-9.30pm	Contact by email supportgroups@bipolaruk.org https://www.bipolaruk.org/bristol-support-group-online
BRISTOL AFTER STROKE	Westbury-on-Trym: Stroke café, for people affected by stroke, and their carers and families. Key workers also attend to provide information and advice. Sessions must be booked.	Third Wednesday of the month 2.00pm-3.00pm	Please book by phone or email below: 0117 9647657 office@bristolafterstroke.org.uk https://www.bristolafterstroke.org.uk/pages/54-stroke-cafes

BRISTOL BLACK CARERS	Bristol City Centre: For Caribbean, African and Asian carers in Bristol.	Third Wednesday of the month 11.00am-1.00pm (lunch included)	0117 3790084 info@bristolblackcarers.org.uk https://www.bristolblackcarers.org.uk/carers-support
BRISTOL EATING DISORDER SUPPORT GROUP	Clifton: Eating disorder support group for carers, relatives and friends of someone with an eating disorder.	Second Tuesday of each month	Contact via their website https://bristoleatingdisordersupportgroup.weebly.com/about-the-group.html
BRISTOL PARENT CARERS	Southmead: Coffee mornings for parent carers of children and young adults who have special educational needs and disabilities.	Monthly Thursdays 9.15am-10.30am	07306 650222 info@bristolparentcarers.org.uk https://www.bristolparentcarers.org.uk/site/support-for-parent-carers/
	Knowle West: Coffee mornings for parent carers of children and young adults who have special educational needs and disabilities.	Monthly Thursdays 10.30am-12.30pm	
	Coffee mornings are also run in schools and they have regular support webinars.		
DHEK BHAL	East Bristol: Carers support group offering support to South Asian carers.	Monthly Wednesdays	0117 9146671 ext. 152 dhekbhal@yahoo.co.uk https://www.dhekbhal.org.uk/projects/carers-project.html
HUNTINGTON'S DISEASE GROUPS	Bristol/South Glos: Various meetings in different locations throughout the year for anyone affected by Huntington's disease including their carers.	Contact for details.	bristolhda@gmail.com https://www.hda.org.uk/information-and-support/branches-and-support/south-west/
KHAAS (PARENT CARERS)	St. Werburghs: Various sessions for black and minority ethnic parent carers and families of children with disabilities or special needs. These include exercise, social lunch, alternative therapies, crafts and workshops.	Contact for details. Weekly Monday and Wednesday sessions	0117 955 4070 khaas_bristol@yahoo.co.uk https://www.khaas.co.uk/carers-sessions/

PARKINSON'S UK	Westbury-on-Trym: Group meeting for people with Parkinson's, their carers and families.	First Saturday of the month 10.30am-12.00noon	0344 2253694 pukbristolsecretary@gmail.com https://localsupport.parkinsons.org.uk/provider/bristol-and-district-branch
	Bristol working age group: Social meetings and activities for people with Parkinson's who are of working age; partners/carers are also welcome.	Contact for details	
SOUNDWELL MUSIC SUPPORT	Online: Soundwell's Music Support Group for carers are a chance to take a break, meet other carers and create some sounds and music together. There's no need for any musical skills or experience to take part. Monthly and fortnightly groups are in Bedminster and online.	Tuesday mornings: Fortnightly and once a month. Friday mornings: Online Once a month	Kim Roberts 07938 679667 kim.roberts@soundwell.org.uk https://soundwell.org/what-we-do/what-we-offer/
THE MINDFUL LIFE	Online: 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	info@themindfullife.co.uk https://www.themindfullife.co.uk/