# Independent Carers Groups in South Gloucestershire *(Last Updated: August 2024)*

*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.*

## ALZHEIMER’S SOCIETY

Various South Glos. locations: The Alzheimer’s Society has details of dementia-specific groups across South Glos., including memory cafés, peer support groups, activities, and *Singing for the Brain* sessions. These are held in Longwell Green, Emerson’s Green, Winterbourne, Kingswood, Fishponds, Downend, Filton, Chipping Sodbury, Patchway, Yate and others. For both carers, and for people with dementia and their carers.  
**When:** Contact for details  
**Contact:** 0333 150 3456  
[Alzheimer’s Society website](https://www.alzheimers.org.uk/get-support/help-dementia-care/getting-support#content-start)

## CHARFIELD MEMORY GROUP

Charfield: Offers friendship and support to people of all ages, particularly those living with or caring for someone with memory loss.  
**When:** 1st & 3rd Wednesday monthly (except August), 10.00am–12.00pm  
**Contact:** Amanda 07814 692195, [dementiaconnections@outlook.com](mailto:dementiaconnections@outlook.com)  
[Facebook page](https://www.facebook.com/dementiaconnections)

## DOYNTON COMMUNITY MEMORY CAFÉ

Doynton village: A community café for people with dementia and/or their carers.  
**When:** 1st Thursday monthly, 2.00pm–4.00pm  
**Contact:** 07817 311001  
[Website](https://www.doyntonvillage.org/events.html)

## HAVEN MEMORY CAFÉ

Thornbury: Run by volunteers and supported by The United Reformed Church of Thornbury and a Sirona Dementia advisor.  
**When:** 1st & 3rd Friday monthly, 10.15am–11.45am  
**Contact:** Sue 07794 370903 / Stuart 07913 241437  
[Website](https://mythornbury.co.uk/thornbury/d/14972/haven-memory-cafe-at-the-urc)

## OASIS MEMORY CAFÉ

Chipping Sodbury: Run by volunteers with support from Chipping Sodbury Baptist Church and the local Rotary group.  
**When:** 1st & 3rd Tuesday monthly, 10.30am–12.00pm  
**Contact:** 01454 313023, [office@cs-bc.org.uk](mailto:office@cs-bc.org.uk)  
[Website](https://www.cs-bc.org.uk/)

## PATCHWAY MEMORY CAFÉ

Patchway: Run by volunteers as part of the South Gloucestershire Dementia Action Alliance.  
**When:** 1st & 3rd Monday monthly, 10.30am–12.30pm  
**Contact:** Carol Eddon 0117 9793732, [carol.eddon@btinternet.com](mailto:carol.eddon@btinternet.com)

## THE BATCH MEMORY CAFÉ

Warmley: A memory café for people with dementia and their carers.  
**When:** 1st Wednesday monthly, 1.00pm–3.00pm (£1 donation)  
**Contact:** 0117 961 0155, [batchcentre2019@gmail.com](mailto:batchcentre2019@gmail.com)

## THE RETREAT MEMORY CAFÉ (Southern Brooks)

Soundwell/Kingswood: Suitable for anyone experiencing dementia or memory issues, their carers and family.  
**When:** 2nd & 4th Monday monthly (except bank holidays), 10.15am–12.15pm  
**Contact:** 0117 967 1882, [dementia@southernbrooks.org.uk](mailto:dementia@southernbrooks.org.uk)  
[Website](https://southernbrooks.org.uk/the-retreat-memory-cafe/)

## THORNBURY COMMUNITY MEMORY CAFÉ

Thornbury: Run by volunteers for people with dementia and/or their carers.  
**When:** 2nd & 4th Tuesday monthly (except August & December), 10.15am–11.45am  
**Contact:** Sue Rowley 01454 412941  
[Website](https://mythornbury.co.uk/thornbury/d/15594/thornbury_memory_caf)

## SOUTH GLOS. MENTAL HEALTH CARERS GROUPS

* **Kingswood:** 2nd Monday monthly, 10.30am–12.30pm
* **Yate:** 3rd Tuesday monthly, 2.30pm–4.30pm
* **Filton:** 1st Wednesday monthly, 6.30pm–8.30pm  
  **Contact:** Steve Forge 07768 318215, [sglosmhcarers@yahoo.com](mailto:sglosmhcarers@yahoo.com)  
  [Directory entry](https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/service.page?id=txDKR3hIBIA)

## SOUTH GLOS PARENT CARERS

Kingswood: Community base with sensory room for parent carers and their children.  
**When:** Thursdays (term time), 10.00am–2.00pm  
**Also:** Online evening support (alternate Thursdays)  
**Contact:** [team@sglospc.org.uk](mailto:team@sglospc.org.uk)  
[Website](https://sgpc.org.uk/sgpc-services#peer)

## SOUTH GLOS PARENT CARERS (Early Years 0–5)

Warmley & Yate: “Little Treasures” stay-and-play support sessions with sensory activities.  
**When:** Warmley – Wednesdays (term time); Yate – Mondays (term time)  
**Also:** Online evening support group  
**Contact:** [team@sglospc.org.uk](mailto:team@sglospc.org.uk) / [little.treasures@sglospc.org.uk](mailto:little.treasures@sglospc.org.uk)  
[Website](https://sgpc.org.uk/sgpc-services#early)

## CHINESE COMMUNITY WELLBEING SOCIETY

Bradley Stoke & other venues: Support group for Chinese carers. Venue rotates across the region.  
**When:** Monthly (contact for details)  
**Contact:** Ming 0808 802 0012, [carers@chinesecws.org.uk](mailto:carers@chinesecws.org.uk)  
[Instagram](https://www.instagram.com/chinesecws/) | [Facebook](https://www.facebook.com/ChineseCWS)

## SOUTH GLOS. CHINESE ASSOCIATION

Bradley Stoke Leisure Centre: A group for Chinese carers.  
**When:** Thursdays, 11.00am–1.00pm  
**Contact:** Wayne Song 07751 721953, [weijie\_song2003@yahoo.co.uk](mailto:weijie_song2003@yahoo.co.uk)

## HUNTINGTON’S DISEASE GROUPS

Bristol/South Glos: Meetings throughout the year for anyone affected by Huntington’s disease and their carers.  
**When/Where:** Contact for details  
**Contact:** [bristolhda@gmail.com](mailto:bristolhda@gmail.com)  
[Website](https://www.hda.org.uk/information-and-support/branches-and-support/south-west/)

## TIME 4 CARERS

Various locations: Social and craft activities for carers.  
**When:** Contact for details, £5 annual membership (most events free)  
**Contact:** Alison Allan 07597 278204, [time4carers@gmail.com](mailto:time4carers@gmail.com)

## THE MINDFUL LIFE

Online: Mindfulness specifically for carers. Free introductory course plus weekly meditation sessions.  
**When:** Tuesdays 2.30pm–3.00pm, Wednesdays 8.00pm–8.30pm  
**Contact:** [info@themindfullife.co.uk](mailto:info@themindfullife.co.uk)  
[Website](https://www.themindfullife.co.uk/)