

Carer support groups:

Caring can be very isolating and our carers support groups are intended to be an opportunity for carers to meet with other carers, gain support, gather information, and seek advice as well as having time away from their caring role. There is a member of the Caring for Carers team present at every meeting as there may be times when you want to talk to someone who understands the pressures of being a carer or you may want practical advice or support to help you cope.

**Dementia Carers Support Group:** Moments Café, 69a New George Street, PL1 1RJ, on the **first Thursday of the month** from 2PM - 3:30PM. **Booking is essential due to limited space**. This group offers the option for you to bring the person you care for who will be supported in another room, so you are able to have some ‘me time’ but stay close to the person you care for.

**Support group for carers of someone with a learning disability and/or Autistic spectrum disorders:** 156 Mannamead Road from January 2023, on the **1st Tuesday of the month** from 10AM - 11:30AM. **This is for the carer only**. No booking required.

**Plympton support group for carers:** The Rees wellbeing Hub, Plympton, PL7 2PS. From 10AM - 11:30AM on the **second Thursday of the month.** No booking required.

**Mount Gould support group for carers:** The William and Patricia Venton Centre, Mount Gould, PL4 9RD. From 10AM - 11:30AM on the **first Wednesday of the month**. **This is for the carer only**. No booking required.

**Plymstock support group for carers:** William Venton Centre, Plymstock, PL9 9GH, on the **2nd Friday of the month** from 10AM –11:30AM. **This is for the carer only**. No booking required.

**Male Carers Support Group:** 156, Mannamead Road PL3 5QL on the **2nd Tuesday of the month** from 10AM - 11:30AM. **This is for the carer only**. No booking required.

**Young Adult Carers Support Group (18-24yrs):** The Salvation Army, 56 Lancaster Gardens, PL5 4AA. From 5:30PM - 8:30PM on the **second Monday and the fourth Thursday of the month**. **This is for the carer only**. No booking required.

**Mental Health Carers Support Group:** (this group is run in partnership with Livewell Southwest) held at 156 Mannamead Road, PL3 5QL, from 10AM– 12PM. **This is for the carer only.**

**Carers of someone living with Parkinson's:** (facilitated by Parkinson’s nurse **held online via Zoom**. From 2PM—3PM on the **first Monday of the month**. To get the zoom code please call 01752 201890.