

## 3. CARERS GROUPS

**Carers Groups meet regularly and offer the chance to talk with others who may have experienced feelings and situations similar to your own, social activities, and information. Some may become involved in campaigning or other action. This chapter contains mostly groups for any carer, but is worth checking in the appropriate chapter for groups which focus on a particular illness or disability, as many do provide support to carers.**

### **Bognor Regis Carers Support Group**

A group for all carers and former carers to meet together and exchange information, with occasional speakers. Meets on the second Wednesday of each month from 10.30am at The Quaker Meeting House, 6 Victoria

Drive, Bognor Regis. Tel: 01243 537011

Email: [karin.davidson@carerssupportservice.org.uk](mailto:karin.davidson@carerssupportservice.org.uk)



### **Bognor Regis Stroke Support Group**

This group is for anyone affected by Stroke, including carers, family and friends. Meetings take place on the third Wednesday of the month at Greenways, Hawthorn Road, Bognor Regis 2pm-4pm and transport can be provided.

Tel: 01243 544241 (Sue Kruger)

### **Bognor Community Health Team Support Group**

This group is open to any person who cares for somebody with mental health issues. It meets on the third Thursday of each month from 2-4pm at the Bedale Centre, Glencathara Road, Bognor Regis. For more information contact Sandra James or Sharon Munt on 01243 623800

### **Chichester Carers Support Group**

A new group has been formed to meet together for a coffee and a chat. For details, Tel: 01243 537011

### **Chichester Stroke Club**

A club for Stroke sufferers that enables their carers to take a break for two hours. Carers are, however, welcome to stay if they wish. Takes place every Thursday 10am-12pm at the Newell Centre, Chichester. Tel: 01243 823314 or 672063 or 780852. Email: [swainv@onetel.com](mailto:swainv@onetel.com)

### **Selsey Carers Support Group**

A group for all carers, and former carers, which meets at St Wilfrid's Church Hall, by the RC Church, Church Road, Selsey at 10.30am on the first Thursday of every month. Provides an opportunity for carers to meet and socialise, and be befriended by former carers. Speakers, special events and newsletter.

Helpline Tel: 01243 601039. Office Tel: 01243 603602

### **Support Group for Carers who are looking after someone with an enduring mental illness**

Please contact 01243 380937 for more information.

Email: [debbie.pimenta@carerssupportservice.org.uk](mailto:debbie.pimenta@carerssupportservice.org.uk)

### **Witterings Carers Support Group**

This group meets on the third Wednesday of each month at the Richardson Room of the Village Hall, Church Road, East Wittering from 2pm. It is an informal group of carers meeting to support each other. For further details Tel: 01243 572621

### **Witterings Men's Carers Support Group**

This group, for male carers only, meet regularly at the Royal Oak, East Wittering, on the second Wednesday of each month at 2pm.

For further details, please contact Carers Support Service Tel: 01243 537011

### **Beginning a Carers Group in your area**

If there is no carers group in your area, and you feel that you have a little time available to help to organise one, please contact the Carers Support Service Tel: 01243 537011. The Service is able to offer support to local initiatives.

