

# Bridgwater Carers Social Group



**Is your "Other Half",  
parent, child or friend ill  
or elderly or disabled or  
needing a bit of support?  
Perhaps there has been a  
new diagnosis and you  
want to know what help  
is out there.**

**Meet with other carers  
and chat with like minded  
people to share laughs,  
ideas and experiences in  
a relaxed, supportive and  
safe atmosphere.**

**Regular professional  
speakers and signposting  
to help you save time,  
energy and frustration!**

**Last Thursday of the month  
10:30-12:00**

**The Hub**

**Upstairs at the Angel shopping  
Centre TA63TQ**

**Lots of parking, accessible, light airy space**

**Warm welcome guaranteed  
for details about the group contact  
Hayleydpope@gmail.com  
07511055648**

**"They all understand what we are going through " Ann**



For one to one support as a Carer,  
including finding support for your cared for whilst  
you come to a meeting,  
contact Somerset Carers Service  
0800 31 68 600  
[www.somersetcarers.org](http://www.somersetcarers.org)