

## Meetings

- The group meets on the second Wednesday in the month at St Peter's Centre, Churchside, Mansfield, from 2pm till 4 pm.
- Feel free to drop in or ring the contacts for details.



## Contacts

The group is supported by Cleo Jarunek, Notts Healthcare Trust Carer Peer Support Worker, and Joy Gray and Peter Robinson who are long term carers. They are committed to recognising carer and family needs and knowledgeable about local services. Their aim is to support the group in an informal way. Cleo and

Peter can be reached on:



Cleo 07824 838574

Peter 01623 512607

Enquiries to Peter (Treasurer) on 01623 512607

Do you live with or support someone  
with mental health problems?

Do you want to meet others who are carers?

## **MANSFIELD & ASHFIELD CARER SUPPORT GROUP**



Suitable for all mental health carers

## Our Aims

The group offers carers of people with mental health issues a supportive environment for discussion and sharing of experiences in a relaxed and friendly way, and your confidences are respected. We also arrange outings, fun activity and occasional speakers on subjects requested by carers.

## How it helps you

- You will always find a sympathetic ear in the group for help and support.
- It helps to maintain your well-being and prevent feelings of social isolation.
- It gives you more options to provide the kind of support your friend or relative needs.
- It gives you an opportunity to be involved in service development.



## What people say about the group

- “ I feel so much better knowing I am not alone”
- “There is always time for a chat, a laugh, & food & drink”
- “ The carers understand what I am going through”
- “If I need advice, I know it’s there for me”
- “ I can relax without feeling guilty– it gives me hope”
- “I look forward to outings as I don’t go out a lot”

## What we do

- Talk about how things are going and get support.
- Plan our activities over tea and cakes and raise funds.
- Discuss and get help about current mental health issues.
- Find ways to get better support from mental health services and give our views.

