



Rethink Carers Service Hub

For family &
partners of people
in Bristol with
mental health
needs

Just drop in!

Every third Tuesday afternoon at the **Social café**
130 Cheltenham rd, Montpelier BS6 5RW.

Every fourth Thursday morning at **Grounded café**,
66-68 Bedminster Parade BS5 4HL
(bring your favourite crafting activity!)

Please contact us for exact times.

**Rethink
Mental
Illness**

www.rethink.org/bristolcarers

0117 9031803

bristolcarers@rethink.org

**Bristol
Mental
Health** : caring
open
hopeful

Bristol
Mental
Health



CARERS

Meet Up



@The Coppice

Every first Wednesday
of the month

10.30-11.30am

Drop in for a drink
and a chat with other
carers