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| **A picture containing drawing  Description automatically generated** | **Rethink Carers Service Mutual Support Groups**  July 2022 |

# Plan for Support groups in 2022-23

Our monthly support groups are facilitated by a Rethink worker and a staff member from mental health services. They are designed to encourage carers to meet each other and offer mutual support, and people often find that they feel less isolated and alone as a result.

We are currently running two in-person groups, meeting in the centre of Bristol in Broadmead Baptist Church in Union St. **We will be starting new in-person groups in December 2022**, which will end in May 2023. We can also begin new online groups depending on numbers of people who say they would like to meet in this way. If you may be interested in taking part in a support group in person or online, please email to let us know: [bristolcarers@rethink.org](mailto:bristolcarers@rethink.org)

## In Person

Once a month in person closed group for a period of 7 months (seven meetings).

## Online group

Once a month online (Zoom) closed group limited to 6 – 8 people for a period of 4 months (4 meetings).

**Please put a cross in any boxes below or add your own preferences and return this by email**

**Your name:**

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|  | I’d like to join an in-person group in the centre of Bristol once a month from December 2022 to May. |
|  | The first Wednesday of the month suits me for the group |
|  | I’m able to attend the 4pm – 5.30pm group |
|  | I’m able to attend the 6pm – 7.30pm group |
|  | Either time is good |
|  | I’d like to join an online support group |
|  | My preferences: |