



A peer-supported Carers Hub meets every third Tuesday at the Social café, 130 Cheltenham rd, BS6 5RW from 4pm onwards.

We will be supported by our colleagues in AWP and Second Step to help us to inform carers and deliver the groups.



## In-person Activity groups

Our Activities programme starts next week, on Tuesday 26th August - it will all be around relaxation and restoring your wellbeing, from smoothie making to sitting in the garden (weather permitting!) to chair massage offered by volunteers from Bristol College of Massage and Bodywork. No need to bring anything (except a container for taking smoothies home perhaps).

The September group will be held at Windmill Hill City Farm on Wednesday 17th September from 10am to 2pm, where we will provide opportunities for ceramic making, nature photography and a buffet lunch.

Please contact us to sign up.

## The Plan

Join us for our series of six new activity groups, starting August 2025 – January 2026, each one with a specific focus identified by you, the carers, from massage to a social night out, recipe sharing and planning your garden for the new year.

Take time out to reset your nervous system, make connections and restore your wellbeing.

**August: Rest, relax, restore.**

**September: Crafting & Creativity**

**October: Trip into Town**

**November: Food and friends**

**December: Festive Celebration**

**January: New year, new growth**





## Online groups

Our new online Q&A and peer support group is now held every second Thursday of the month, the next one is on Thursday 11th September from 11am to 12.30pm. We will be inviting guest speakers who work in the mental health field to this group and recording their talk.

The recorded talk will then be repeated in our new Discussion and Peer support group online on the fourth Wednesday of each month.

So even if you can't attend the live talk, you can email your questions, or discuss them with others in the evening group. Interested? Send Karen an email to join either group and she will send you the Zoom links.



## Get involved

An important part of this project is to create supportive networks so you can continue to meet after the funded groups have ended. So we will be asking you if you are able to help us to make them a success, in big or small ways. This could include:

- welcoming attendees at groups, helping to serve refreshments and sign carers up to activities
- giving out information at stalls and talking to people at events
- taking part in planning meetings and bringing your experience
- Being a helper and note-taker in online groups

Caitlyn, our Volunteer Coordinator is available to answer any questions you have about getting involved.

[catilyn.seton@rethink.org](mailto:catilyn.seton@rethink.org) or call her on 0748 391 3160.

Please consider signing up to our bulletin if you haven't already.

# Bristol Carers Service

[bristolcarers@rethink.org](mailto:bristolcarers@rethink.org)

0117 9031803

Mon – Thurs 9.30am – 5pm



**Rethink  
Mental  
Illness**

We are Rethink Mental Illness. The charity for people severely affected by mental illness, no matter what they're going through.

For further information  
on Rethink Mental Illness  
Phone: **0121 522 7007**  
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