



# Pocklington Carers Support Group

**Do you support a friend, partner, or family member living with mental illness?**

We are a new volunteer led peer support group offering a confidential and welcoming space where members can share experiences and talk freely, offering each other support and information too.

We recognise the feelings of frustration, and isolation that can be experienced when supporting someone living with mental illness.

[rethink.org](https://rethink.org)

**We Meet:** the third Tuesday of every month  
2pm - 4pm

**We Meet:** in a central venue in Pocklington Town Centre. Please use the contact details below to find out more information.  
**Please come and join us!**

Contact Kate on  
**07921 077280** or  
[pocklingtoncarers@rethink.org](mailto:pocklingtoncarers@rethink.org)

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