

CONTACTS FOR INFORMATION AND SUPPORT

Listed below are contact details for local help-lines and support groups.

Help-lines:

Name : Staffordshire Mental Health helpline : 7pm – 2am 7 days each week offering support, information and advice for people living in Staffordshire.

Contact: 0808 800 2234

Rethink Front Door – 0845 456 0455 : The main telephone number for Rethink callers can be directed to their nearest office, and to whichever service that is required.

Rethink advice line – 0208 974 6815. Open Monday, Wednesday and Friday 10.00am – 3.00pm. Tuesday and Thursdays 10.00am – 1.00pm.

Rethink website www.rethinkcarers.org. and www.rethink.org

Support Groups:

Hereford:

Name : Nick Dubberley
Where: Herefordshire Carers Support
Contact Number 01432 356068

Name : Maggie Matthews
Where: Herefordshire Mind
Contact Number: 01432 271643

North Glamorgan

Name Shan Davies Team Leader
Where Hafal : (Welsh version of Rethink).
Carer group called Darn O Feddwl (Peace of mind). Meet every 2 weeks for support and information sessions. The group is used as a consultation base for the LA, LHB, Trust and voluntary organisation. Weekly swim and gym sessions at Aberfan. Supported employment base offering a session of respite for carers.
Contact : 01685 373322 – Merthyr@hafal.org

Name : David Knibb 51 Commerce Place, Aberaman, Aberdare CF44 6TB.
Contact : Support Group for service users and carers
Friends 'R' Us 07866 263679. 01685 875251
When : Meet 2nd Monday of each month.

Name: RCT Carers Group. (Rhondda Cynon Taff Local Authority).
Contact: Chairman : Nigel.r.billingham@rhondda-cynon-taff.gov.uk

South Staffordshire Healthcare NHS Trust

Name : CASS : Carers Association Southern Staffordshire
Contact : 01785 606675.

Name Mr Ron Pratt, Stafford & District Carers Support Group.
Where Quest Day Centre, 43 / 44 Co-operative Street, Stafford.
When Third Thursday of each month 7.30pm.

Birmingham

Name : Rethink: Birmingham (Solihull)
Help can be obtained here via not only group meetings with regular guest speakers but also one-to-one support, telephone contact Monday to Thursday between 10.00am – 4.00pm, advice and information on what is available in the Birmingham & Solihull area, the opportunity to meet others who are caring for someone with a severe mental illness and also behavioural family therapy.

Contact: Ruth Beltie, Local Involvement officer, 0121 233 0005
Mr Colin Gillings.

Where Birmingham Information and Support Centre. Room 11 Ruskin Chambers, 191 Corporation Street, Birmingham.

When Each Tuesday 12.00 – 2.00pm

Name Fred Johnston Solihull NSF Rethink
Where Oliver Bird Hall, Churchill Road, Solihull
Brookvale Day Centre

When. Tuesdays 2 – 5pm (except holidays)
4th Monday each month 7.30pm

Name Mr Neil Smith. NSF Rethink
Where Balsall Heath Health Centre, 42 Edward Road, Balsall Heath.
When First Wednesday of each month 7.00 – 9.00pm.

Dudley Beacon & Castle

Name Pat Poole Dudley Carers Support Group. Code M6.
Where Dudley Rethink, King Street Centre, Criterion House, 120 King Street, Dudley. DY2 8NZ.

When First Tuesday of each month, 8pm.

Worcester:

Name Andrea Halse Bromsgrove & Redditch Carers Group Code M3
Where Wendron Day Centre, Chapel Street, Bromsgrove, Worcs
When 3rd Wednesday of each month 7.30pm.

Name Mrs Jeannette Evans Burton Carers Group Code M4.
Where Horninglow clinic, Carlton Street, Burton-on-Trent.
When First Monday of each month 7.30pm.

Coventry

Name Julian Coxon, Rethink .
Where Rugby Mental Health Resource Centre, 34 Clifton Road, Rugby,
Warwicks CV21 3QF.

When 4th Thursday every month. 1-2.30 and 7.30 – 9.00pm.

Shropshire County PCT

Name Ann Williams. Rethink Carers Group. Shrewsbury Carers Support Group.
Where Meeting address: Room 2A Shropshire Suite, Shelton Hospital, Shrewsbury SY3 8DN.

When Last Wednesday in each month (except August and December) 7.30pm.

North Staffordshire

Name James Owen. Rethink.
Where Alternating meeting addresses of Pennybank House, Leek and
64 Kingsfield Road, Biddulph.
When 3rd Tuesday of every month 7.30pm

South Warwickshire.

Name Nola Ebanks, Rethink.
Where The Old Bank Resource Care Services, 45 Coten End, Warwick.
When Monthly on Tuesdays 10.30 – 12.00 or 7 – 8.30.