Dear All,

After a very full Carers Week in June, we are now looking forward to the summer and new ventures. Please give us feedback on when you’d like the Meet Ups to take place in August (p3), and whether your views on new venues for support groups (p5).

The new Carers Reference Group is also meeting in August (p5), looking at how to engage with families and friends from the very beginning. There is a focus on young people (p8) and an update from the Siblings group, which attracts people from Birmingham and across the south west.

Very best wishes,
Volunteer at Bristol Pride

Help to raise awareness of mental health at Bristol Pride on Saturday 9th July.
An opportunity to meet and engage with like-minded people in a supportive, safe and yet fun environment. We are looking for Champions who would like to get involved with Time to Change locally and reach communities.
Come to the briefing meeting on Thurs July 7th from 5.30 - 7.30pm at Hamilton House, BS1 3QY. Contact Liz Andrews on 07796 794572 or email l.andrews@time-to-change.org.uk
Travel expenses up to £15 can be reimbursed.

Relax at the end of the day

Workshop on Wednesday 3rd August 6 – 9pm at the Folk house to learn how to restore your energy at the end of the day. Or do the Stress Busting workshop on the evening of Tuesday 2nd August. Folk House Bristol 0117 926 2987
www.bristolfolkhouse.co.uk

Nordic Walking

Nordic walking turns ordinary walking into fitness walking using specially designed poles. It’s outdoors, sociable, fun and works your whole body. You can book Beginners Workshop, then join Bristol Nordic Walkers at any of their regular classes or longer walks. For an informal chat call Ros on 07886 885213.
www.bristolnordicwalking.co.uk/

Gardening & Herbal First Aid

Trinity Community Garden are running weekly Gardening and Herbal First Aid sessions for people with mental health issues or those looking to improve their well-being. There is a 6 week course starting on Tuesday 5th July which is free and will run from 2 - 4pm.
Book through Charlie on 07787 520837.
To find out more: www.trinitycommunitygarden.co.uk

Freedom of Mind festival

A date for your diary – the Freedom of Mind Festival is two weeks of events focused on mental wellbeing. It will include a conference, launch event and various talks taking place between Friday 30th September and Monday 10th October 2016.
More information can be found at: http://freedomofmind.org.uk/

Bath Mind Garden Party

Thursday 7th July 2 - 7pm at Ammerdown.
Tel 01225 316 199
Good news

Carers Week trees

In Carers Week, Rethink Carers Service organised or were involved in 4 events across Bristol, all involving ‘Well-wishing trees’. Passers by and visitors were asked to choose a leaf and write the name of someone who was in their thoughts to add to the tree.

The tree was a beautiful piece of twisted willow donated by the University of Bristol gardens team, and the leaves were coloured according to the type of distress the person was experiencing – red for emotional, yellow for mental and green for physical.

A tea party for carers and the local community at St Paul's Settlement on Saturday 4th June resulted in a leaf count of 57 (19 green, 20 yellow and 18 red) and some good conversations with local people.

On Monday 6th June Rethink and AWP put up another tree, (designed by Sharon Heeley from the art therapies dept. at Callington) in the lobby of Tesco Brislington, which was then displayed in the lobby at Woodside for the remainder of the week. Shoppers responded well, and over 50 leaves were on the tree within an hour and a half (see front page photo).

On Tuesday 7th June from 1 – 7.30pm Fromeside and Wickham held an event at Fromeside reception and in the conference room, another sunny day with plenty of engagement especially from staff coming off and starting their shifts. Later there were massages from the Red Cross, a panel discussion with carers, and an evening session for carers support.

And finally, on Friday 10th June Rethink shared a stall with AWP at an all day event at the Vassall's Centre run by the Carers Support Centre.

Thanks to all involved for helping to make it such a successful week, with special thanks to Narinder Chana, Simon Stacey, Luisa Suarez, Calum Meiklejohn, Marcella Maloney, Catherine N, Anecia D, Lynne Newbury, and Sharon Heeley.

August Meet Ups

The eight Meet ups we held in May received encouraging feedback, and praise for the carer volunteers who helped to make new carers feel welcome and generate hope. It was heartening to see how people who had ‘been through it’ embodied the proof that things can get better, and families can successfully adapt to lives which may still be punctuated by episodes of mental illness.

Sessions included mindfulness, art activities, seed swaps, origami, and magic tricks.

We are considering running three more Meet Up sessions in August - would you be interested in attending or volunteering?

Please let us know what days and times would suit you best out of the following:

Wednesday afternoons August 17th, 24th & 31st from 2 – 4pm

Wednesday lunchtimes August 17th, 24th & 31st from 12.30 – 2.30pm

Friday August 12th, 19th & 26th from 11 - 1pm
Secure services Carers Strategy

Secure services launched their new Carers Strategy for secure and specialist services on Tuesday 7th June as part of the Carers Week celebrations. A full afternoon of events were organised and delivered by carers and Rethink Carers Service in partnership with staff from secure services. There were stalls in both Fromeside and Wickham units raising awareness of the strategy and ongoing work to reach out and engage with carers. Staff were encouraged to complete a survey on working with carers in secure settings, and the responses will be used to further develop carer involvement work and staff awareness.

The final event in the afternoon was a facilitated question and answer session with three carers. They shared their candid and thought-provoking experiences of being a family member of a person using secure services which underlined the pivotal role carers play in the journey that service users make, and they commented on the positive changes they have seen in the service over the past year.

Calum Meiklejohn, Interim Quality Director of Secure Services said “It is an exciting time for Secure Services and our Carers Strategy represents a great step forward in improving engagement with our service users friends, family and carers”.

Congratulations to Marcella, who starts soon as a Carer Engagement Coordinator two days a week at Fromeside and Wickham.

Community Rehabilitation event

Are you close to someone using the Community Rehab service at Wellbridge?

There is a gathering on Weds 13th July 4-6.30pm at the Bocabar, Paintworks, Bath Rd, Bristol for family & friends connected with the Community Rehabilitation service or the team at Wellbridge. Free drink and nibbles! Contact Suzanne Gerrish on 0117 9096372 or 0785 5012149 (Monday – Thursday)

Siblings Support Group Welcomes Mental Health Lecturers

Kayleigh Toyra, Co-coordinator of the Bristol Siblings Group writes:

“The Rethink Siblings support group is a peer to peer support group aimed at siblings who have a brother or sister living with a mental health condition. Run by three volunteers, the group meets once a month.

Calum Meiklejohn, Interim Quality Director of Secure Services said “It is an exciting time for Secure Services and our Carers Strategy represents a great step forward in improving engagement with our service users friends, family and carers”.

Congratulations to Marcella, who starts soon as a Carer Engagement Coordinator two days a week at Fromeside and Wickham.

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Siblings Support Group Welcomes Mental Health Lecturers

Kayleigh Toyra, Co-coordinator of the Bristol Siblings Group writes:

“We were very excited to welcome Senior Mental Health Lecturers Simon and Mandy from the University of the West of England to the Siblings group in May, who very kindly agreed to come and speak to us about their work with mental health nurses. It was fascinating to hear about the different negative symptoms caused by some conditions. They highlighted the different root causes of symptoms, stemming from medication to motivation. It’s always great to have people come and share their knowledge with us, and we hope to have them visit us again one day.

Running the Siblings group is a really rewarding experience. Seeing how inspirational other siblings are gives me the tools I need to better communicate with my brother. The group is a great space where people can express their feelings openly.”

Watch a video about supporting people with negative symptoms:

https://www.youtube.com/watch?v=6S5m8FQsa88

More details about the Siblings Group in Bristol:

www.rethink.org/services-groups/groups/bristol-siblings-group
Opportunities & Involvement

Reference group

The Mental Health Carers Reference Group was set up in June 2011 by Rethink Carers Service and Avon & Wiltshire Partnership Trust to focus on issues that affect carers and their family members, and to bring positive change. The issues chosen included Crisis intervention, police involvement and the place of safety, and what Bristol Mental Health (BMH) should look like. The group supported the creation of what is now the Sanctuary.

www.bristolmentalhealth.org/services/bristol-sanctuary/

In December 2014, the group decided to wait before meeting again until all the new mental health services had time to find their feet, and the new role of service user and carer director was taken up. Lynne Newbury took up this post in November 2015. Her role in Bristol Mental Health is “a vital part of the leadership team, making the voice of service users and carers heard at the most senior level and influencing decisions and holding decision-makers to account.”

So it now feels appropriate to relaunch the Mental Health Carers Reference group, and Rethink Carers Service and Bristol Mental Health would like to invite carers who are interested in taking part to attend the next meetings on:-

**Monday 1st August from 6 – 7.30pm** The theme will be “What barriers are there to identifying carers early on?”

**Monday 5th September from 3 – 4.30pm** and the theme will be “Resources for carers – what is available, what gaps are there?”

We are very keen to find carers representing the diversity of communities, sexes, ages, and relationships of mental health carers in Bristol. For more details and confirmation of the venue, please contact Karen at Rethink or Lynne on lynne.newbury@nhs.net or phone 0117 354 6200

Get involved with BMH

Would you like to share your thoughts about Bristol Mental Health? Do you want to recruit staff to the organisation? Or is your aim to gain employability skills? We’re looking for service users and carers to support us in a variety of activities!

You could become a member of the service user and carer council, help with staff training or interview job candidates, plus much more in between.

For an informal chat about how you can get involved, please contact Lynne Newbury, Strategic Lead for Service Users & Carers, on 0117 354 6200 or at lynne.newbury@nhs.net.

Carer Volunteers recruitment

Would you like to be a carer volunteer at Callington Rd or Southmead hospital?

Avon & Wiltshire Partnership Inpatient services in Bristol is beginning a recruitment process to appoint carer volunteers for acute, PCU, Later life & Rehab services..

The volunteer will be expected to work directly with adults who have caring responsibilities for one or more family members.

A key part of the volunteer role will be to attend 6 weekly carers champion meetings

Contact Simon Stacey at Alder Unit on 0117 9195994 or email simon.stacey1@nhs.net for more details.

Thank you

A big thank you to Graham for his donation of books, including ‘Walking on Eggshells’, which is available for loan. To Mary J for her help with the newsletter. And to Marilyn Miller, who has run the Carers Art group at Southmead for several years, and has generously donated her retirement collection to buy art materials for the use of Rethink carers.
At the Carers Week event at the Carers Support Centre, we met Sara O’Herlihy, Peer Support Officer, Bipolar UK.

Hello Karen,

It was great meeting you and your colleague from AWP at the Bristol Carers Week event. Here is the information you asked for to share in your newsletter.

Bipolar UK is the national charity dedicated to supporting individuals affected by bipolar, and we run the following:

**Link Mentoring Service:** telephone mentoring sessions for individuals and their family members/carers.

**Monthly peer-led support groups.**

**eCommunity** online discussion forum is a vibrant, supportive source of support, offering a safe and secure environment.

**Youth Service:** offers information, support and advice to 18-25 year olds who are affected by bipolar via telephone and email.

Visit [www.bipolaruk.org](http://www.bipolaruk.org) or tel: 0333 323 3880 twitter.com/bipolaruk facebook.com/bipolaruk

Thanks! Sara

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**Can you hear me?**

_Engagement and Consultation event to scope a Community Language Information Standard_

The Race Equality Foundation are working with NHS England to scope a community languages information standard to help commission good quality interpreting services across the NHS. This work involves a series of engagement and consultation events.

The next event will be held in Bristol on:-

**Thursday 14 July, 12 - 4pm** at St Nicholas House, 31-34 High street, Bristol, BS1 2AW.

Zara Sumpton, _Policy and Practice Assistant_ writes “we are inviting patients and carers, voluntary and community organisations and local NHS commissioners to take part in an informed conversation about experiences of interpreting services.”

Further information and registration is online, please follow this link or call Zara on 020 7428 1882

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**Support groups consultation**

Rethink Carers Service and Avon & Wiltshire Partnership are reviewing and consulting carers and professionals about changes proposed to the support groups offered for carers at Petherton Resource Centre and Southmead Hospital.

The proposal is to move both groups to a central location (within Broadmead, e.g Church above the Shops, St James Priory or the Station in Silver Street) so that they are accessible to carers citywide using only one bus (or parking in Cabot Circus). This would mean that carers can easily access a group fortnightly rather than monthly. **Let us know your views! You can do this by email** or by writing in, or by coming to the September Reference group meeting (see previous page).

**Job opportunity**

There is a job opportunity with Mind Time to Change based in the South West region, the deadline is Weds 6th July 2016. For more information please click on link below


or contact Sarah-Jane, Senior Equality Improvement Officer

s.nii-adjei@mind.org.uk tel: 0208 215 2372

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**Letters**
Samaritans isn’t just about suicidal feelings
Did you know that 4 out of 5 calls to the Samaritans are not about suicidal feelings? “To us, it doesn’t matter what the issue is or how big or small it seems. What matters is how life is making you feel.”
You can also ask Samaritans to call someone you are worried about. For example, if you are worried about a friend who is self-harming, you can tell Sams, and they can get in touch with your friend.

Enduring Love
You may be familiar with Brook, a provider of sexual health services and advice for young people. Whether or not you are under 25, it’s worth taking a look at the information on their website on relationships, including findings from a research study which can be usefully applied to any relationship.

https://www.brook.org.uk/your-life/category/relationships

Enduring Love? was a two year Open University research study which interviewed over 5,000 couples in long-term relationships. The researchers asked the couples about various aspects of their relationships and what made them endure and the results are summarised in the relationships section of

Autism study
Much less is known about the course of autism through the many transitions across the lifespan and very little research has been undertaken to investigate the health, mental health and personal needs of older adults on the autism spectrum.
The above studies are open to anyone who wants to take part providing they meet the criteria. To see more email: adultautismspectrum@ncl.ac.uk
Phone: 0191 282 1380 / 0191 282 5966

Carers Breaks
Rethink Carers Service can complete an application for a Carers Break with you. The waiting time is currently around 3 months for carers who have applied to receive any funding agreed. If you’d like to know more, please ask.

Get a refurbished computer
If your computer has died, or you are finding it inconvenient to go to the library to get online, you may be interested in this opportunity to get a refurbished machine for as little as £50.

There is a citywide project to make low cost refurbished computers and laptops available to individuals and families who are on a low incomes or who experience other disadvantages. The refurbished computers are available from Byteback IT Solutions to eligible applicants from as little as £50 and laptops from £99.00. Both include a 6 month warranty, with telephone support and advice.

To apply you can fill out the Online Form or download and print Bristol City Council’s Computer Reuse Application Form and send the completed application back to Bristol Computer Reuse, Byteback IT Solutions Ltd, Unit 1 Brewery Court, North Street, Bristol BS3 1JS or telephone directly on 0117 3706 375
http://www.bytebackitrepair.co.uk/re-use-scheme.html

Not eligible? There are still bargains to be had – local businesses donate computers to this project, and you can buy them at low cost.
Your Questions

Young adult carers aged 16 – 25 often experience a very difficult and traumatic stage in life, finding themselves juggling the demands of looking after a loved one alongside the strain of studying for exams, seeking work, applying for college and trying to find their own path.

Research shows that caring for a family member can have a huge impact on a young adult carer’s health, wellbeing and education. Young adult carers aged between 16 and 18 years are also twice as likely to be not in education, employment or training.

Findability

Information on services for children and young people with special educational needs and disabilities, and their parent carers, in Bristol. It has information for children and young people, from birth to 25 years old.

http://www.findabilitybristol.org.uk

Q: What is available to support young people who are caring for a parent or sibling with mental illness?

Joanna Sylvester is passionate about supporting young carers

Joanna Sylvester is Senior Young Carers Development Officer at the Carers Support centre, responsible for implementing Time for Change, a 2-year project working with young adult carers (YACs) aged 16-25 with funding from Carers Trust. The service includes one-to-one support, Caring with Confidence training, a peer support group, workshops and training for employers.

Peer Support group 18+

EighteenPlus is a peer support group for young adult carers aged 18-25. The group meets monthly and is open to carers living in Bristol and South Gloucestershire. They run organised pub lunches, bowling, and outings to theme parks, and more. The group is welcoming new members.

Find out more by texting 07952 903 747 or see Facebook: ‘EighteenPlus Young Adult Carers Group’

Pauls Fund

Providing a break for young adults who are facing challenging personal circumstances including being a long term, unpaid carer of a close relative. www.pauls-fund.co.uk

and antisocial behaviour who have not reported it to the police. To refer yourself or someone else, please contact us on:

Freephone number: 0800 254 0777
email: avoice@thecareforum.org.uk

If you have been the victim of a hate crime, contact Bristol Hate Crime Services:

Freephone number: 0800 171 2272 (24 hour helpline)

You can also call SARI directly on 0117 942 0060

Q: What can I do if I or my loved ones are affected?

AVoice is a new advocacy service run by The Care Forum in partnership with SEAP (Support, Empower, Advocate, Promote) and SARI (Stand Against Racism and Inequality). AVoice provides free, independent and confidential advocacy for vulnerable adults affected by crime and antisocial behaviour in the Avon and Somerset area.

AVoice will also advocate for victims of crime
**Education & Courses**

**Caring and Coping**

Specifically designed for those relatively new to mental health services or with a recent caring role, ‘Caring and Coping’ is a course developed by Rethink. In Bristol we offer it as a free six week evening course at City of Bristol College, and co-deliver the course with staff working within mental health services.

Learn more about diagnoses, treatments & local services; meet other carers and talk to professionals; develop practical skills in communication, problem solving, boundary setting and looking after yourself.

**Starts Mid October**

Free to Bristol residents.
Facilitated by staff from Rethink Mental Illness & Avon & Wiltshire Partnership
We meet each participant individually before enrolling them, and each course has a maximum of 12 participants. Phone Rethink 0117 9031803 if you think you or someone you know would benefit.

**Carers & Online Communication**

A research study is being conducted by the Department of Psychology at the University of Exeter to develop novel technologies to help people with intense caring responsibilities communicate more easily.

Dr Mark Atkinson writes: “We are interested in the way carers communicate online and how they feel this fits into their social lives. We would appreciate your help in understanding the role of communication technology in your life as a carer by completing a short survey for our research”.

If you decide to participate, you will be invited to take part in two online surveys, each lasting approximately 20 minutes. The first survey will take place now, and the second survey approximately six months later. Your responses will be anonymous and confidential. You can also enter a draw to win a £20 high street voucher.

If you would like to take part or receive more information, please contact Dr Mark Atkinson (m.m.atkinson@exeter.ac.uk). If you wish to take part in the survey please follow on the following link: [survey](#) (with thanks to Banes Carers Support Centre newsletter)

**Separated Parents Programme**

The Separated Parents Information Programme is a course for parents who do not live together and need support with managing difficulties and improving communication regarding their children, including understanding the impact of ongoing conflict on the children’s welfare.

Telephone 0117 9415896
contact.bristol@actionforchildren.org.uk

**Ways to Wellbeing**

There are places available on the recovery College course “Ways to Wellbeing” on Thursday 28th July at The Coach House, 2 Upper York St from 2 – 4.30pm

Contact Ben Lilford, Recovery College Co-ordinator at Second Step on 0117 914 5498 or email: ben.lilford@second-step.co.uk

[www.second-step.co.uk/recoverycollege/](http://www.second-step.co.uk/recoverycollege/)
Champions meetings

Do you have questions or suggestions about how to best work with families and friends of your service users? Staff members from across Bristol Mental health are welcome to attend Carers Champions meetings which alternate between Alder Unit, Callington Road Hospital and the Rethink office at St Pauls Settlement, 74-80 City Rd.

The next dates are as follows:

Thursday 28th July 2016 at Rethink’s office from 2 - 3.30pm.

Tuesday 6th September 2016 at Alder Unit, Callington Rd from 2 - 3.30pm

Wednesday 19th October 2016 at Rethink’s office 2 - 3.30pm.

Monday 28th November 2016 at Alder Unit, Callington Rd from 2 - 3.30pm

On the agenda:

- AWP Rio team to discuss issues identified with recording carers on RiO. (At present, carers have to be listed twice under personal contacts)
- Carer volunteer role (see p5)

Referrals for Family Work

If you are working with a family you think may benefit from extra support around psychosis, you are welcome to bring your questions to Working with Families supervision group supervision at the Therapies Dept. at Callington Rd on the following dates:

Wednesday 3rd August 11am - 1pm

Wednesday 7th September 11am - 1pm

Contact simon.stacey1@nhs.net

Email of Fromeside FW

If you have questions about how to support a family member of someone using Fromeside or Wickham, why not discuss them at the Working with Families supervision group? For more information or to make a referral, you can use this email address:

awp.FromesideandWickhamFamilyWork@nhs.net

or talk to Richard Prior, Forensic Liaison Manager & Social Care Lead. This supervision group meets monthly on the third Wednesday at 2pm.

Presentation

There will be a presentation by Gina Smith, Consultant nurse for Family Work at AWP, Simon Stacey, and Rethink Carers Service on the Stepped Model for Family Work at the weekly Callington Road Hospital Academic meeting on

Wednesday 28th September 2016

The Conference Room, Woodside Callington.

The speakers will also focus on what is currently on offer by services, and invite audience participation as to how we can further advance links with Carers Families and Friends.

New Caring and Coping Course

Co-facilitated by AWP and Rethink, this course is designed to help family and friends navigate the system and learn helpful strategies for supporting themselves and loved ones through mental illness.

Next course begins in October. For more info on whether your client’s family members may benefit, call us. More info on p9 and on our website www.rethink.org/bristolcarers

Please allow plenty of time for referrals, as they involve an individual meeting. The course will only run if there are sufficient bookings by Wednesday 21st September.

For further information locally see www.rethink.org/bristolcarers, or nationally please contact us on 0121 522 7007 or email groups@rethink.org
July

**Fri 1st and Fri 22nd Carers Gardening group**
Please call Karen on 07918 162 523 if you’d like to join.

**Tues 5th** Friends & Family Evening Programme with Richard Prior, head of Social work team

**Weds 6th** Family Work supervision
Families can be referred for family work for psychosis at this meeting, or through Rethink Carers Service. We meet monthly every first Wednesday at 11am at Woodside, Callington Rd Hospital.

**Thurs 7th** N Bristol Carers Support Group
Held the first Thursday of every month 6pm – 7.30pm at Southmead Hospital. To access the group, contact 📞 Margaret 0796 7811146

**Weds 13th** Sibling Support Group
Held monthly on 2nd Wednesday 7.30pm – 9.30pm. New members please call or text 07542 706 502 or email bristolsiblingsgroup@rethink.org

**Weds 20th** Fromeside & Wickham Family Work Supervision 2pm – 3.30

**Weds 20th** Petherton Support Group
Held on the 3rd Wednesday in the month 6.30 – 8pm at Petherton Road, Hengrove. To join group, contact Margaret 0796 7811146

**Tues 26th** Secure Services Focus group
12pm–2pm. Carers of people in secure and specialised services welcome - contact Karen.

**Thurs 28th** Carer Champions meeting
2pm–3.30. Information sharing for Bristol Mental Health staff who work with families. At Rethink BS2 8UH

August

There is no meeting of the North Bristol Carers Support Group or the Friends & Family at Fromeside & Wickham this month.

**The meeting of** Petherton Support Group, which would normally be on 17th August, is still to be confirmed — contact Margaret on 0796 7811146

**Mon 1st** Mental Health Carers Reference Group
6pm — 7.30pm at Rethink ☏ 017 9031803

**Weds 3rd** Family Work supervision
Families can be referred for family work for psychosis at this meeting. We meet monthly every first Wednesday at 11am at Woodside, Callington Rd Hospital.

**Weds 10th** Sibling Support Group
Held monthly on 2nd Wednesday 7.30pm – 9.30pm. New members please call or text 07542 706 502 or email bristolsiblingsgroup@rethink.org

**Wed 24th** Deadline for submissions
All carers are welcome to contribute articles, letters and share experiences to the Carers Service newsletter.

**COMING UP**

**Mon 5th September** Carers Reference group
3pm—4.30 at Rethink

Caring and Coping course starts in October

Bookings need to be made well advance as they involve an individual meeting. The course will only run if a minimum number of participants is reached.
Rethink Mental Illness Bristol
Debi Hadley, Service Manager
☎ 0117 9038168
debi.hadley@rethink.org

Carers Service
Margaret Price, Service Co-ordinator (Wed – Fri)
☎ 0117 903 1803 / 0796 7811146
margaret.price@rethink.org
Karen Allen, Carers Outreach (Mon - Wed)
☎ 0117 903 1803 / 07918 162 523
karen.allen@rethink.org

Black & Minority Ethnic Service
Narinder Chana, Community Development
0117 353 2041
narinder.chana@rethink.org

Community Services
Main number 0117 9031805

Rethink Advice Service
Mon to Fri between 10 – 1pm

To become a member of Rethink Mental illness call 0300 5000

Useful Contacts

Care Direct
0117 922 2700 First point of contact for social services and carers assessments

Crisis Service
0300 555 0334

Sanctuary
Open Fri, Sat, Sun & Mon nights from 7pm to 2am. Call 0117 9542952

Wellaware
A directory of health and community services
www.wellaware.org.uk 0808 808 5252

Bristol Mental Health
0117 354 6200 www.bristolmentalhealth.org

Patient Advice and Liaison Service (PALS)
01249 468 2618 awp.pals@nhs.net

Samaritans
116 123 freephone, open 24 hrs a day

Off the Record
Helps young people up to the age of 25, Freephone 0808 808 9120

Carers Support Centre
Supports carers in Bristol & S Glous
0117 965 2200
www.carerssupportcentre.org.uk

Healthwatch
0117 2690400 www.healthwatchbristol.co.uk

You can download this newsletter here:
www.rethink.org/bristolcarers

Rethink Mental Illness Bristol
74 – 80 City Rd, Bristol BS2 8UH