

Carers Support Groups are a way for Carers to meet one another in an informal setting. They are an ideal way for people to voice concerns and share information. Carers tell us that just talking to someone else who understands their situation provides them with strength and support

There are over 15 Carer Support Groups in St Helens. Some are for specific types of Carers, other are for any Carer who may live in the area.

The groups are regularly attended by members of staff from the Carers Centre, who will take up issues raised by the group or individual Carers. The Centre also provides the group with information about forthcoming events, consultations, and changes in services.

The groups have funding from the Carers Grant for St Helens, and some use this to provide holistic therapy sessions at the meetings, and they also use the funding for group events from time to time, such as day trips or meals out.

Along with the groups detailed in this leaflet, the Carer Support Workers have information on a range of support groups for Carers and their Cared For person who may have a specific need such as the Cardiac Support Group or the Parkinsons Support Group

Times and venues of groups are subject to change, so if you decide you would like to attend, it is best you check for latest details from the Carers Centre by telephoning 01744 675615.

There is no charge for attending groups and Carer Centre staff will be more than willing to introduce you to a group leader for your first visit.

Specific Carer Support Groups:

Working Carers Evening Group

is for Carers who are also in work. It meets between 6pm and 9pm every last Wednesday of the month at the Carers Centre

Parent Carers Group Meets on the last Wednesday of each month between 1pm and 2.30pm.

Young Adult Carers Group - This group is aimed at any Carer between the ages of 16 and 30. The group meets on the last Wednesday of the month at the Carers Centre between 6pm and 8pm



Dementia Carers Group - This is a group of Carers who care for someone with Dementia/Alzheimers and meets monthly on the 3rd Wednesday of each month from 11am till 1pm at the Carers Centre.

No Secrets Carers Group - This group is for Carers of people who self harm and meets on the last Wednesday of each month between 6pm and 8pm at the Carers Centre.

Mental Health Carers Groups:

Heath Park Lodge Carers Group

Meets on the last Saturday of each month, 10.00 at Heath Park Lodge, Thatto Heath Road,

St Helens.

Vista Road Carers Group

Meets in St James Parish Church, Church St, Haydock at 6pm on the last Thursday of every month.

General Carer Support Groups:

Billinge & Garswood Carers Group Meets at 1.00pm on the 1st

Tuesday of each month at The Foresters Arms, Main Street, Billinge.

Haydock Carers Group Meets on the 1st Tuesday of each month, 1.15pm at St James' Parish Church Centre, Church Street, Haydock, St Helens.

Kershaw Carers Group Meets every other Wednesday, 1.15pm at the Kershaw Day Centre, Portland Street, St Helens.

Newton Carers Group Meets on the 2nd Wednesday of each month, 1.30pm at the Crownway Community Centre, Crown Street, Earlestown.

Rainford Carers Group Meets monthly in Rainford on a Wednesday at 1.30pm, Call Carers Centre for details.

Sutton Carers Group Meets monthly at 1.30pm Call Carers Centre for details.

Windle Pilkington Carers Group Meets on the 1st and 3rd Wednesday of each month, 1.30pm at Windle Pilkington House, King Street, St Helens.