



Southampton Carers Directory

Direct Carers Support

Name and Venue	Description	Contact Details
Asian Carers Group Third Age Centre	A social meeting for Asian carers living within the Southampton City Council area. Monthly on a Thursday 12-2pm	Bhupinder Bhogal 023 8083 3336
Bedford House Carers Group	For people caring for people with mental health problems	Anju Desai 023 8063 7189
Bitterne Carers Group Peartree Church Hall Committee Room	A social meeting – all carers welcome On the first Thursday of the month, 1.30-3.30pm	Stan Fitz-Gerald 023 8040 2644
Brookvale Carers Group	For parents of young people with mental health problems	Sue O'Leary 023 8058 6154
Carers Advocacy and Support Worker	For any adult carer.	Wendy Stratford 023 8020 2623
Carers Assessment Workers, Southampton City Council	For any adult carer living within the Southampton City Council area.	Ask to speak to a Carers Assessment Worker via the Contact Centre 023 8083 4567
Carers Reunited Café, Bedford House	Support for anyone caring for somebody with mental health problems. Every third Tuesday, 10.30am – 12.30pm.	Wendy Stratford 023 8020 2623
Carers Support Group United Reform Church Bitterne Precinct (above Iceland)	For carers of people with chronic depressive disorder Fortnightly on a Friday 1-2pm.	Jayne Maddock 023 8047 5252 or Karen Jenkins 023 8047 5389
Connections	A club for supporters of those who were aged under 65 when diagnosed with dementia	Lynda Taylor / James Winkleworth 023 8047 1234
Family Link Service	Support for families of people with a learning difficulty	Jane Gleeson 023 8058 4088
Hart Court Carers Support Group	Drop in for carers caring for an older person with mental health problems. Fortnightly on a Tuesday 2-3.15pm	Jenny Owen 023 8047 5515
Joe Lowenstein Early Intervention in Psychosis Team – Carers Worker	Support for people who are caring for somebody who is receiving a service from this team.	023 80241346
Kinloss Court	For people caring for people with dementia. Fortnightly on a Tuesday from 10-12.	Mary Hall 023 80296974



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Memory Matters Acorn Therapy Unit	A course providing information and support for carers of people with dementia	Julia Lury Occupational Therapist 023 8047 5111
Mencap Lunch Club	For families of people with a learning difficulty. Monthly from 12-2pm	Jane Gleeson 023 8058 4088
Mental Health Carers Support Workers	Support for people caring for somebody who receives a service from Hampshire Partnership Trust	Contact through the relevant Community Mental Health Team
PACT – Ribbons Centre	Support group for parents, partners, carers etc of people affected by HIV	023 8022 5511
Parent Carers Café Central Hall	A social meeting for parent carers. On the third Thursday of the month, 10-11.30am.	Wendy Stratford 023 8020 2623
Parents / Carers Group Canon House	For parents with mental health problems. Each Thursday 10am – 12.	Sue O'Leary 023 8058 6154 Islay Downey 023 8022 8073
Parent Support Link	Support and information for those affected by drug use in the family	023 8039 9764
Parent Support Link Group	Fortnightly meeting for those affected by drug use in the family	023 8039 9764
Rethink Carers Group Voluntary Action Centre	Problem solving for carers of people with a mental health problems	Chris Hammond 023 8022 8291
Shirley Carers Café Shirley Warren Action Church	A social meeting – all carers welcome On the first Wednesday of the month, 1-3pm	Wendy Stratford 023 8020 2623
Supper Club Holiday Inn	A meal out for older people with dementia and their carers	David Ruddick 023 8077 8041
West End Carers Group West End Surgery	For all carers for older people with mental health problems Fortnightly on a Wednesday 2-3.15pm	Wendy Lewry 023 8047 5385 Carol Fulthorpe 023 8047 2126
Woolston Carers Group St Peter's Surgery	For all carers for older people with mental health problems Fortnightly on a Tuesday 2-3.15pm	Jenny Owen 023 8047 5515 Sue Gooding 023 8047 5224
Young Carers Development Worker	For carers aged 8-18 who care for a family member	Leonie Warnick 023 8022 8291