Care & support groups in and around Crewkerne. There is always help out there!

Scroll down the table to find a group you might be interested in

Click on a block below to find more information about a group

| **Group** | **Description** | **Contact** |
| --- | --- | --- |
| Active Living | Active Living provides opportunities for the over 50’s to take part in local activities and enjoy company | janefrancesjackson@gmail.com[www.wellbeingsouthsomerset.org](https://wellbeingsouthsomerset.org/) |
| Age UK | The UK’s leading charity working with and for older peopleHenhayes Centre Wednesdays at 2.30pm01823 345614 for information [fallsprevention@ageuksomerset.org.uk](fallsprevention%40ageuksomerset.org.uk) | Information & advice line: 0800 169 2081Other enquiries 0800 169 8787 |
| Alcoholics Anonymous | A support group that helps people recover from alcohol dependency | 0800 9177 650E-mail: help@aamail.org |
| Be A Good Neighbour | Community Support GroupFood Bank on Weds & Fridays 8.30 - 2pm | 01460 77489<http://www.bagn.co.uk> |
| Bereavement & Loss | Peer support for Loss & Bereavement Monthly group at the Henhayes Centre TA18 8DAStarts Thursday 10th October 11am - 12.30pm | 01460 712119[info@watchproject.org.uk](info%40watchproject.org.uk)<http://www.watchproject.org.uk> |
| Carers Supportand Respite ActivityGroup  | 1st Thursday of every month2pm - 3.30pmThe Henhayes CentreMeet people who support & care for their family or friends on an unpaid basis. Share ideas, laughs, experiences & information. Hear from local organisations who can offer help & guidance.Activities for the person you care for in adjoining room | For information about group call 07535279359email: [carers@somersetrcc.org.uk](carers%40somersetrcc.org.uk)<http://www.somersetcarers.org> |
| Chard & Crewkerne After Stroke Club | Social and recreational activities after a stroke | Chris Williams 01460 66631[wellbeingsouthsomerset.org](https://wellbeingsouthsomerset.org/) |
| Citizens Advice Service | Advice when you need it.Wednesdays 10am - 1pm in Crewkerne Information Centre (Town Hall)Charity | <http://www.citizensadvicesomerset.org.uk>Free Adviceline 08082787842Weekdays 10am to 4pmThursday Evenings until 8pm |
| Computer Drop in Group | Get help with laptops, smart phones and tablets | 01460 74340 |
| Community KitchenCrewkerne | This an opportunity to get together to cook and eat | Michael 07515 483994 orKate 07483 821198 |
| Community FridgeCrewkerne | Food for all free of chargeFresh, chilled & frozenThe George Reynolds Centre TA18 8DAMon 11 - 1pm; Tues 11.30 - 12.30; Thurs 9.30 - 11am | <http://facebook/crewkernecommunitykitchen> |
| Community Transport South West Ltd | Community transport South west provides a Voluntary car service for hospital trips etc. 01935 411572 Mini buses for group trips for voluntary groupsDial a Ride Slinky Service | 01935 477399 for busesLines open between 9am - 5pm |
| Connect & Help | Find out about local social activities & groups & Crewkerne Timebank1st & 3rd Thursdays of the monthat the Henhayes Centre. 11am - 12 noon |  |
| Voluntary Transport Crewkerne | Crewkerne Voluntary Transport (CVT) is a registered charity and completely run by volunteers, operating in Crewkerne and surrounding villages.  | Crewkerne Town Hall 01460 271669 crewkernevoluntarytransport@gmail.com |
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| Dementia Action Alliance Crewkerne | To develop Dementia Friendly Communities for people with dementia, their carers and families | crewkernedaa@gmail.comdemetiaalliance@alzheimers.co.uk |
| Go Out Club | Enjoy going out and meeting like minded people | Shirleyinfo@thegooutclub.co.uk |
| Grief Journey | Bereavement Counselling sessions | Staff at Stoodleys Market Square01460 73229 |
| Health Walks | Come and join our friendly walking group with qualified leaders. | Sue or Mike 07761 441453 E-mail suefrack@btinternet.com  |
| Henhayes Knitters | Knit and natter session. Tuesdays 2pm - 4pm.A group session offering the chance to get together, have a chat and do some knitting | 01460 74340<http://www.henhayescentre.co.uk> |
| Horseshoes and Handprints | Therapy for children with Autism and other health issues  | 01460 394375[www.horseshoesandhandprints.org](http://www.horseshoesandhandprints.org/) |
| Memory Group | For people with dementia or memory loss/problems:A fun and interactive session which includes a set 2 course lunch with entertainment | Full details on request 01460 74340[office@henhayescentre.org](office%40henhayescentre.org) |
| Menopause Wellness | Lucy Squire provides holistic one to one support to peri/menopausal women both physical & psychological | 0330 133 9041<http://www.lucysquiremenopause.co.uk>[lucy@lucysquiremenopause.co.uk](lucy%40lucysquiremenopause.co.uk)[facebook.com/LucySquireMenopauseWellness](http://LucySquireMenopauseWellness) |
| Men's Wellbeing Group | Take your first step to mental fitness.Games, chat and have some funGeorge Reynolds CentreMondays 7.30pm | <http://www.sasp.co.uk/unbreakablemen> |
| Mindline Somerset | Confidential local helpline for anyone of any age in Somerset. 24/7 for anyone experiencing mental distress or needing emotional support | 01823 276 8920800 138 1692[www.mindinsomerset.org.uk/mindline](http://www.mindinsomerset.org.uk/mindline)<http://www.openmentalhealth.org.uk> |
| Motor Neurone Disease Support Association South & East Somerset  | Organisation for those living with or caring for people with mnd | John Hayward 07925 974750clarward@hotmail.com          [www.mndassociation.org](http://www.mndassociation.org/) |
| Narcotics Anonymous | For those with drug problems. Talk to someone who's been there | For local meetings call 0800 246 5163 |
| Royal Osteoporosis Society | A charity dedicated to improving, preventing, diagnosing and treating Osteoporosis | 0808 800 0035 helplinewww.theros.org.uk |
| Parkinsons Support | A chance to talk about worries & experience. Family & Carers welcome3rd Tuesday of every month at the Bell Inn , Ash . TA12 6NS  | Valerie Hewitt: 07951 560399E-mail: v.a.Hewitt@hotmail.co.uk |
| Physio-fit | Chair based exercises for all abilities | 01460 74340 |
| Snowdrop Group SANDS | Support for parents and families following the death of a baby | 07818 182230Email: sandsyeovil@yahoo.co.uk |
| Somerset Sight | Practical support for blind and visually impaired over Somerset | 01823 333818[www.somersetsight.org.uk](https://www.somersetsight.org.uk/) |
| Timebank | Give an hour to make someone's day. Free scheme supported by Crewkerne Health Centre | [facebook.com/crewkernetimebank](http://facebook.com/crewkernetimebank)[crewkernetimebank@gmail.com](crewkernetimebank%40gmail.com)07944 965564 |
| Tuesday Events | Live entertainment & a 2- course lunch at Henhayes | 01460 74340 |
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