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](mailto:janefrancesjackson@gmail.com) [www.wellbeingsouthsomerset.org](https://wellbeingsouthsomerset.org/) |
| Age UK | The UK’s leading charity working with and for older people Henhayes Centre Wednesdays at 2.30pm 01823 345614 for information <fallsprevention@ageuksomerset.org.uk> | Information & advice line:  0800 169 2081 Other enquiries 0800 169 8787 |
| Alcoholics Anonymous | A support group that helps people recover from alcohol dependency | 0800 9177 650 E-mail: [help@aamail.org](mailto:help@aamail.org) |
| Be A Good Neighbour | Community Support Group Food 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 8DA Starts Thursday 10th October 11am - 12.30pm | 01460 712119 <info@watchproject.org.uk> <http://www.watchproject.org.uk> |
| Carers Support and Respite Activity Group | 1st Thursday of every month 2pm - 3.30pm The Henhayes Centre Meet 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 07535279359 email: <carers@somersetrcc.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 08082787842 Weekdays 10am to 4pm Thursday Evenings until 8pm |
| Computer Drop in Group | Get help with laptops, smart phones and tablets | 01460 74340 |
| Community Kitchen Crewkerne | This an opportunity to get together to cook and eat | Michael 07515 483994 or Kate 07483 821198 |
| Community Fridge Crewkerne | Food for all free of charge Fresh, chilled & frozen The George Reynolds Centre TA18 8DA Mon 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 groups Dial a Ride Slinky Service | 01935 477399 for buses Lines open between 9am - 5pm |
| Connect & Help | Find out about local social activities & groups & Crewkerne Timebank 1st & 3rd Thursdays of the month at 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](mailto: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.com](mailto:crewkernedaa@gmail.com) [demetiaalliance@alzheimers.co.uk](mailto:demetiaalliance@alzheimers.co.uk) |
| Go Out Club | Enjoy going out and meeting like minded people | Shirley [info@thegooutclub.co.uk](mailto:info@thegooutclub.co.uk) |
| Grief Journey | Bereavement Counselling sessions | Staff at Stoodleys Market Square 01460 73229 |
| Health Walks | Come and join our friendly walking group with qualified leaders. | Sue or Mike 07761 441453  E-mail [suefrack@btinternet.com](mailto: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> |
| 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> [facebook.com/LucySquireMenopauseWellness](http://LucySquireMenopauseWellness) |
| Men's Wellbeing Group | Take your first step to mental fitness. Games, chat and have some fun George Reynolds Centre Mondays 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 276 892 0800 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 974750 [clarward@hotmail.com](mailto:clarward@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 helpline www.theros.org.uk |
| Parkinsons Support | A chance to talk about worries & experience. Family & Carers welcome 3rd Tuesday of every month at the Bell Inn , Ash . TA12 6NS | Valerie Hewitt: 07951 560399 E-mail: [v.a.Hewitt@hotmail.co.uk](mailto: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 182230 Email: [sandsyeovil@yahoo.co.uk](mailto: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> 07944 965564 |
| Tuesday Events | Live entertainment & a 2- course lunch at Henhayes | 01460 74340 |
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