

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 |
| 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 |
| 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@somersetccc.org.uk http://www.somersetcarers.org |
| Chard & Crewkerne After Stroke Club | Social and recreational activities after a stroke | Chris Williams 01460 66631 wellbeingsouthsomerset.org |

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| Citizens Advice Service | Advice when you need it. Wednesdays 10am - 1pm in Crewkerne Information Centre (Town Hall) Charity | http://www.citizensadvice Somerset.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/crewkernecommunitykitc hen |
| 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 |
| Dementia Action Alliance Crewkerne | To develop Dementia Friendly Communities for people with dementia, their carers and families | crewkernedaa@gmail.com demetiaalliance@alzheimers.co.uk |
| Go Out Club | Enjoy going out and meeting like minded people | Shirley info@thegooutclub.co.uk |

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| 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 |
| 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 |
| 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 |
| 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.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 www.mndassociation.org |

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| 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 |
| 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 |
| Somerset Sight | Practical support for blind and visually impaired over Somerset | 01823 333818 www.somersetsight.org.uk |
| Timebank | Give an hour to make someone's day. Free scheme supported by Crewkerne Health Centre | facebook.com/crewkernetimebank crewkernetimebank@gmail.com 07944 965564 |
| Tuesday Events | Live entertainment & a 2- course lunch at Henhayes | 01460 74340 |