

Parishes Offering Mental Health Support Groups

There are, hopefully, many more but these are the known ones

Forest Hill Drop In Centre



The aim of the Centre is to support people in our local community with mental health problems and also their families and carers. Although the Drop-In is a Christian-based organisation we have always been open to those of all faiths and none.

We operate on a very small budget and we are run by volunteers. Some people have been coming to the Centre for over twenty years and we have become like one large family. Friendship is the key to what we do and new visitors are always welcome.

E: gailcotton99@gmail.com (Chair of the Forest Hill Branch of APCMH/Being Alongside)

Hoylake Mental health carers group



A group meets on the first Tuesday of the month in the Parish room at St Catherine's. The group offers support to its members on issues relating to mental ill health for those for whom they care. The group has found the companionship of others who understand their concerns very valuable. Each member respects the other in an understanding, empathetic and confidential way.

The meetings take the form of prayers, readings, shared concerns and discussions. Discussions range from thoughts that are prompted maybe by a prayer, a homily and articles in Catholic magazines. Ann facilitates the group.

E: crisp.a@virgin.net

Nuneaton, The St Dymphna Befriending Group



A support group for those facing mental health challenges. Joanne Bird, a mental health practitioner and the co-ordinator of the befriending group says: "Mental distress can strike at any time in anyone's lives, and that's when it's so helpful to have someone kind nearby who will listen to you and support you". Click here to watch a short video about the group

<http://www.cbcew.org.uk/mental-health>

Paired Parishes of Sacred Heart and St John Stone, Southport



Our parish has this year (2017) started an initiative called HeartStone Wellbeing. Our wellbeing group, safeguarding representatives and others with pastoral roles have pledged to the "Friendly Places" faith group, along with all the Churches Together in Ainsdale (CTIA) members.

Monica Gannon Parish Administrator Tel 01704 577722

Penmaenmawr, North Wales Caring for Carers – A Place for Carers to Relax

Run by Sisters of the Sacred Heart of Mary at Noddfa



For those of you who care for the sick or disabled, we are here to offer you rest, relaxation and solace from your work so that you may have the opportunity for a break.

You can come to us when you're in need of a break and you have somewhere that you can come to unwind, recharge, destress and relax.

You can then go back to your work and duties feeling refreshed and ready to face the world once again.

If you wish, there will be someone who can help you reflect on your situation. Above all there will be an atmosphere which will help you relax and enjoy the beauty of your surroundings.

We are located on the North Wales coast in a village called Penmaenmawr, which sits in the foothills of the wonderful Snowdonia National Park and Snowdon itself. You can take walks in the hills behind us to clear your head or take a stroll on the beach, just a ten minute walk away and enjoy the sounds of the sea and the wind while clearing your mind and relaxing.

<http://www.noddfa.org.uk/>

E: noddfapen@aol.com

Redhill, Surrey



A place of welcome is offered to those with mental health problems and/or their carers. The group is an ecumenical one and meets at 1.15pm. A simple meal is shared together and then the group listen deeply to each other. We also socialise together simply to relax and enjoy each others company.

Margaret, a mental health chaplain, runs the group once a month.

E: mmcgettrick@googlemail.com

St Augustine's Tunbridge Wells

Parish Welfare

This parish employs a part-time Welfare Team who work in the name of the parish to bring practical help and support to the needy people of our town. A message can be left on the answer-phone from anyone with a special need of help e.g. food. The welfare team come from a variety of backgrounds and have many complementary skills and experience. They help support the elderly and disabled and housebound families, (not always "one parent") who are facing difficult times and especially their children. They support people recently released from prison, hospital or psychiatric care and those who simply find it difficult to meet the requirements of the twenty first century. They work closely with the SVP Conference on whom they rely for advice, support and funds. They are often contacted by local social workers in the knowledge that our parish and team is happy to try to extend their care to anyone in need in the local community.

<http://www.st-augustine.co.uk/those-in-need.php>

E: office@st-augustine.co.uk