

If you care,  
we care.

Carers Support Centre  
Bristol & South Gloucestershire



**Bristol Parent Carers**  
Shaping the future together  
[www.bristolparentcarers.org.uk](http://www.bristolparentcarers.org.uk)



## Bristol Parent Carers Support Groups

We invite parents and carers who have children/young people (0-25) with special needs, disabilities, or life-limiting conditions to:-

- Meet others and share experiences
- Get advice and information
- Get free refreshments and a friendly atmosphere
- Relax with a 15 minute therapy session (NB. No therapy sessions at South Group at the moment but due to be confirmed shortly)

### **Central Support Group**

meet on a Wednesday from 10.30am - 12.30pm

**2019:** 16th Jan, 6th Feb, 6th Mar, 3rd Apr, 1st May, 5th June, 3rd July,  
11th Sept, 2nd Oct, 6th Nov, 4th Dec

At: Phoenix Social Enterprise, 5 Russell Town Avenue, Redfield, Bristol, BS5 9LT

No need to book, just come along. Travel and childcare costs reimbursed with receipts.  
For details: Tel: 0117 939 6645 Ext. 204 (Mon, Tues & Thursdays) or email: [rosie@bristolparentcarers.org.uk](mailto:rosie@bristolparentcarers.org.uk)  
Free car park, Buses: 36, 36a, 6, 7, 42-45, Lawrence Hill railway station  
For additional support call Carersline on: 0117 965 2200

### **North Bristol Support Group**

meet on a Wednesday from 10.30am - 12.30pm

**2019:** 23rd Jan, 27th Feb, 20th Mar, 24th Apr, 15th May, 19th June, 17th Jul,  
18th Sept, 16th Oct, 20th Nov, 18th Dec

At: Henbury and Brentry Community Centre, Machin Road, Henbury, Bristol, BS10 7HG

No need to book, just come along. Travel and childcare costs reimbursed with receipts.  
For details: Tel: 0117 939 6645 Ext. 204 (Mon, Tues & Thursdays) or email: [rosie@bristolparentcarers.org.uk](mailto:rosie@bristolparentcarers.org.uk)  
Free car park, Buses: 1, 2, 4, 76  
For additional support call Carersline on: 0117 965 2200



### **South Bristol Support Group**

meet on a Thursday from 10.30am - 12.30pm

**2019:** 31st Jan, 28th Feb, 28th March, 25th April, 23rd May, 27th June, 18th July,  
26th Sept, 24th Oct, 28th Nov, 12th Dec

At: The Inns Court Centre, 1 Marshall Walk, Inns Court, Knowle, Bristol, BS4 1TR

No need to book, just come along. Travel and childcare costs reimbursed with receipts.  
For details: Tel: 0117 939 6645 Ext. 204 (Mon, Tues & Thursdays) or email: [rosie@bristolparentcarers.org.uk](mailto:rosie@bristolparentcarers.org.uk)  
Free car park, Buses: 36, 90  
For additional support call Carersline on: 0117 965 2200