

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

Group	Description	Contact
Citizens Advice Service	Advice when you need it. Wednesdays 10am - 1pm in Crewkerne Information Centre (Town Hall) Charity	http://www.citizensadvicesomerset.org.uk k 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 Fridge Crewkerne	Food for all free of charge Fresh, chilled & frozen 2 West Street TA18 Mon , Tues, Thurs 10.30am – 11.30am	http://facebook/crewkernecommunitykitchen www.opendoorssomerset.org.uk
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 crewkernevolyntarytransport@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
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

Group	Description	Contact
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
Lunch Club	Monthly Lunch Club at the Speedwell Hall. 1 st Friday each month	To book 07821 941142
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
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
Narcotics Anonymous	For those with drug problems. Talk to someone who's been there	For local meetings call 0800 246 5163
Rough Sleeping	Help with rough sleeping in the South Somerset Area	www.streetlink.org.uk The Link: 0191731 2792
Osteoporosis	A charity dedicated to improving, preventing, diagnosing and treating Osteoporosis	Homeless tonight 9am – 5pm 0300 123 2224 after 5pm 0300 123 2327

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Royal Osteoporosis Society		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
Crewkerne Timebank	<p>Timebanking is a great way to help other people, learn new skills and to get help when you need it. For each hour you give, doing something you enjoy or are good at, you earn a time credit. You can then spend that credit on some help when you need it. Everyone's time is equal.</p> <p>The kind of activities/tasks range from gardening/gardening tidy up, IT help, light DIY, guitar tuition, cycle maintenance, clothes repairs, practising a language, decluttering, giving lifts to appointments and meeting up for a chat or a walk.</p> <p>Join up today to start giving and receiving help.</p> <p>Free scheme supported by Crewkerne Health Centre for people living in Crewkerne, Misterton, Merriott, Haselbury Plucknett and neighbouring villages.</p> <p>Give an hour to someone's day.</p>	facebook.com/crewkerne timebank crewkerne timebank@gmail.com 07714648913

Group	Description	Contact
Tuesday Events	Live entertainment & a 2- course lunch at Henhayes	01460 74340