

CARER SUPPORT GROUPS

There are many support groups available to carers. Here are some that are local to you:

Organisation	Where	When	Summary
Dementia Carers' Support Group	Thame Library, North Street, OX9 3BH. Email: oxfordshire@alzheimers.org.uk Note: there are also groups in Aylesbury & Wycombe: https://www.alzheimers.org.uk/	1 st Wednesday of the month: 10.30 - 12.00pm (Please knock on arrival as it's closed.)	Peer support groups organised by the Alzheimer's Society. Led by a facilitator, the sessions offer a chance for people affected by dementia to ask questions, get information and share experiences in a safe and supportive environment.
Forget me Knot Café	Chinnor Village Centre, High Street, OX39 4DJ. Tel: 01844 353154	Twice a month on a Monday: 10.30 - 12.30pm	Open to anyone but targets people with dementia, mental health problems, elderly people and carers. Information, peer support and activities aimed to help with co-ordination, brain stimulation, and general health and well-being.
Thame Carers Support Group	Christchurch, Upper High St. Thame, OX9 2DN Tel: Sue Devine on 07468 862177	4th Monday of the month: 10.30 - 12.00pm	Organised by Carers Oxfordshire - offering information and support to all carers.
Haddenham Carers Support Group	Haddenham Medical Centre, Stanbridge Road, HP17 8JX.	2 nd Monday of the month: 13.30 - 15.30pm	Organised by Carers Bucks - offering information and support to all carers.
Young Carers Bucks	Aylesbury and High Wycombe Tel: 0300 7772722	Tailored sessions via invitation – please call for details.	Various regular clubs and activities, one-to-one support, targeted group work. Information, advice and signposting. Opportunity to meet with other young carers, support in schools.
Be Free YC	Harwell Innovation Centre, 173 Curie Avenue, Didcot OX11 0QG Tel: 01235 838554 https://befreeyc.org.uk/	Please call for details or visit their website.	Activities, information, advice and emotional support for young carers.
Lord Williams's School (young carers)	Lord Williams's School, Oxford Rd, Thame OX9 2AQ. Tel: Jane MacKerron, Young Carers Co-ordinator on 01844 210510	There are sessions for each year group which run every two weeks.	Opportunity for students at the school to meet others in similar situations, to befriend others and share experiences or just to have fun. Once or twice a year there are outings, where older students support Lower School students.