

Rethink Carers Service

We are based in at Docklands, 29 Brigstocke Rd, BS2 8UA

Call or email us: **0117 9031803** **bristolcarers@rethink.org**

Karen Bonney, Carers Service Coordinator (Monday - Thursday)
07918 162 523 karen.bonney@rethink.org

Josiah John, Hospital Liaison Worker (Tuesday - Thursday)
0757 027 6453 josiah.john@rethink.org

www.rethink.org/bristolcarers



Online talk: Supporting someone in mental health Crisis

Wednesday 5th June

4pm—5.30pm

What can you do when someone you care about has a mental health crisis, or you see they are not coping? Who can you speak to about it? What if they don't accept help?

Heads of service at Avon & Wiltshire Partnership **Jeff Cochrane** from the South crisis team and **Jenni Powell** from Community Services will share how the teams they manage engage with people in acute mental health crisis, and there will be an opportunity to ask questions at the end.

You are welcome to send any questions you have in advance to bristolcarers@rethink.org - this will help Jeff and Jenni to plan their talks. They will have 20-25 minutes each to talk about their approaches, and there will be an opportunity to ask questions at the end.

[Book here](#) or call 0117 9031803

Rethink
Mental
Illness.

Bristol
Mental
Health
caring
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hopeful



carers week

Bristol Mental Health

Carers Week 2024

Bring and Share lunch with relaxation

Saturday 8th June 1pm – 3pm

Book here: tinyurl.com/rethinkcarersjun24 or call 0117 9031803

Second Step Carers awareness event and Drop in

Monday 10th June from 10am – 12am at 162 Pennywell Road, Bristol BS5 0TX

Contact Suzanne on 0785 5012149 for more details

Petherton Carers Information morning

Tuesday 11th June 9.30 – 11pm at Petherton Resource Centre, BS14 9BP

Wellbeing Allotment Session (Central & East Recovery Team)

Tuesday 11th June from 4pm – 6pm

[Book here](#) or [contact Jane](#) or [Maisy](#) on 0117 9556098

Human Library at the Coppice, Callington Rd hospital

Wednesday 12th June from 2pm – 4pm or contact Marcella on

07719410362 or Jenni Powell on 07976056731.

Carers Support Centre at BAWA

Thursday 13th June from 10am to 3pm. To book phone 0117 958 9902 or

book online: [Carers Week Event Thu, Jun 13, 2024](#)



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Bristol Mental Health

Carers Week 2024

Second Step Carers awareness event and Drop in.

Monday 10th June from 10am – 12am

at Second Step, 162 Pennywell road , Bristol BS5 0TX

Come and join us to celebrate National Carers week. Pop by for coffee, pastries and a friendly chat, learn about supports and local resources for families, friends and carers . Meet Ben Lilford from the Wellbeing college and hear about the free Wellbeing courses available to carers.

Everyone welcome.

Contact Suzanne on 0785 5012149 for more details.

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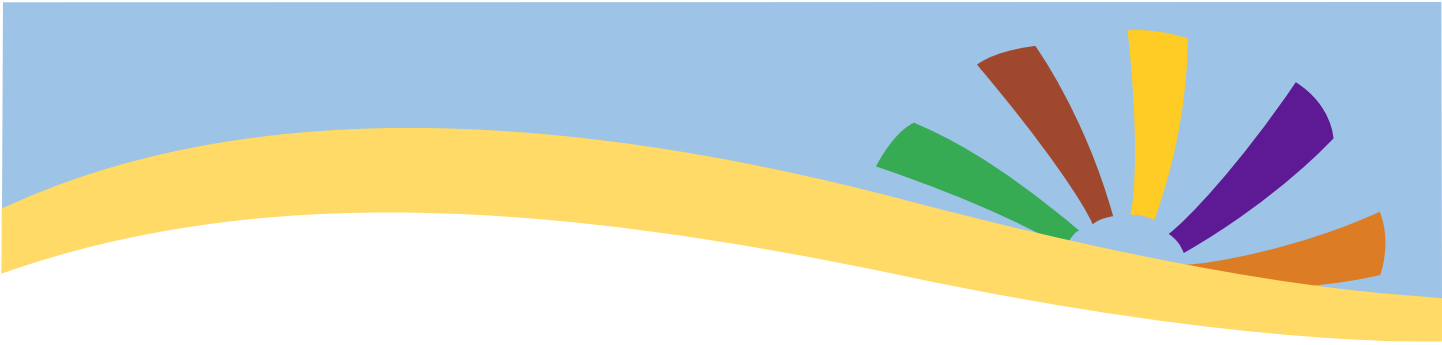
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carers week



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Bristol Mental Health

Carers Week 2024

Human Library at Callington Rd hospital

Wednesday 12th June from 2pm – 4pm

The Coppice, Callington Rd Hospital, BS4 5BJ

Living libraries are an activity that puts people together who might not normally have the opportunity to talk to each other. The idea is that the human book has the knowledge and information while the Reader has the opportunity to ask their chosen book questions and find out information. The information seeking activity takes the form of a conversation. The emphasis is on open communication and a sharing of knowledge.

Everyone welcome.

Contact Marcella on 07719 410362

or email marcella.maloney@nhs.net for more details.



Rethink Carers Service

Relaxing Bring & Share lunch

Saturday 8th June 2024 1pm - 3pm

Bring and Share lunch for family and friends of people with mental ill health

Bring a dish and enjoy the company of other carers at our relaxed social gathering.

Relax in the courtyard garden

Chat with mental health professionals

Win raffle prizes!

Find out about and sign up for

- Carefree hotel breaks
- A planned support group for male carers
- Mindfulness for carers
- Individual support
- Book a carers assessment

Visit our relaxation room with seated massage

<https://tinyurl.com/rethinkcarersjun24> Tel 0117 9031803

rethink.org





Friends, Family & Carers Wellbeing Allotment Session

For those supporting loved ones with Mental Health in the Bristol community



11th of June, 4-6pm

Offering a range of horticultural and nature craft activities for all abilities. We hope to promote positive mental wellbeing through nature based prescribing. Opportunity to speak with team members and connect with others.

Refreshments will be available on the day.

Speedwell Allotments, Whitefield Rd, Speedwell, Bristol BS5 7TY



Jane Brown & Maisy Johns-Simmons will be your point of contact

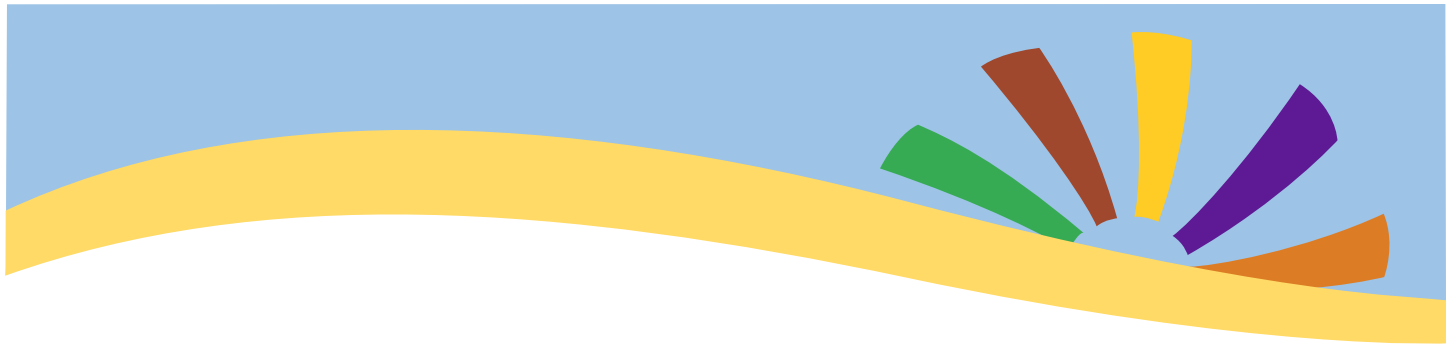
Please direct any questions and queries to:

awp.centralandeastbristolserviceusersandcare@nhs.net

Sign up via Eventbrite- <https://www.eventbrite.co.uk/e/friends-family-and-carers-wellbeing-allotment-event-tickets-888241794117?aff=oddtcreator>



Working together,
living our best lives



Do join our email list: <https://tinyurl.com/bscarersnews>
(we send emails twice a month).



Late May 2024

Only two weeks to go until our social lunch on **Saturday 8th June**, we have booked both rooms at the Friends Quaker Meeting House, there will be a relaxed 'chillout' room opening onto the garden as well as shared food, a therapist from Mindful Life, and a staff team including our faithful support group facilitators and colleagues across mental health services. Josiah and I are really looking forward to seeing you in person, after all the emails and phonecalls, so do come! ([book here](#))

Also, don't miss Jenni and Jeff's online talk and Q&A session on 'Support in a Crisis' ([book here](#)) which starts at 4pm on **Wednesday 5th June**. Please do send questions in advance of the session!

We have three separate events to organise in June and July, as well as a pesky new computer system to get our heads around, so please bear with Josiah and I if we aren't as responsive as usual over the next few weeks...

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