



Southwest Carers 4 BPD

Who are Southwest Carers 4 BPD?

Southwest Carers for BPD began in 2016. A group of carers met together through Rethink Mental Illness and with the support of the Southwest Community Group Development Officer we formed our own group. We run under the auspices of Rethink Mental Illness and are governed by their constitution and standards (please see Group Rules).

Who is the group for?

Our meetings are for adults over 18 years who are involved with the care of a person with either a formal diagnosis, or who are waiting for diagnosis. Your loved one doesn't have to live in the same house as you for you to be a carer. The person you care for could be a child, partner or parent or neighbour.

Can the person you care for come to the meetings?

Not currently. We want to provide a safe space to honestly share your feelings and experience, and this may not be possible with loved ones present.

Are the meetings facilitated?

Our meetings are facilitated by a volunteer carer, currently Frances Brooke, who has received some group facilitator training from Golden Key. We are currently looking for members who may be interested in sharing this role with Frances so please let us know if this may be of interest.

How many people come?

Our meetings are currently between 4-8 people, but the wider group is approximately 30.

How often do you meet?

We meet fortnightly on Wednesdays at 7 pm. We alternate zoom with face to face meetings. The in person meeting is at 11 at Brunswick Square in Bristol 7-9pm and Zoom is 7-8pm. A link will be emailed.

Do I have to live in Bristol?

No. We have members in Cornwall, Devon, Somerset, Bristol, and Wiltshire.

Do you have a mission statement?

We aim to provide a safe space to talk about our experiences and where appropriate, and if asked, signpost information and help between group members and swap ideas about approaches to shared issues and challenges.

Who decides what we do?

We are peer led, and anyone can suggest speakers, specific working groups or other projects.

Do I have to pay?

The group is free (though for in person meetings we hope for small contribution towards refreshments) and run on a drop in basis.

Do you run courses?

We don't advocate or run any particular courses, though individual members may have experience of a course they found helpful, and this information can be shared.