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| Support for Carers This list is for guidance only. Please check with the groups themselves for up to date information about the services they provide and dates of meeting. The groups on this list are either only for carers or have a strong element of carers support. Some of the groups are run by carers who do not wish to have their personal details on the website. In those cases the contact is via the Carers Network. We have included some information from organisations that do not run groups but offer supportive services. Do tell us if you know, or run, a group we could add to this list.  For more information, contact the Carers Network Team on 01384 818723 or email [carers.network@dudley.gov.uk](mailto:carers.network@dudley.gov.uk) |

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| **Age UK Dudley** |
| Provides a range of services that will be of interest to older carers and those they care for. Contact Age UK Dudley on 01384 354508. They also run the *LEAP* programme of exercise and other activities including IT lessons at venues across the Borough. Carers can access many activities for free.  For information on LEAP, contact: Age UK 01384 343535. Also see [www**.**ageuk**.**org.uk**/**dudley](http://www.ageuk.org.uk/dudley) |
| **Alzheimer’s Society** |
| The Society offers support to carers by offering advice, training and a Home Respite Service. They also run several Dementia cafés for people with dementia, their carers and family  For more information contact the branch office on 0121 521 3020 or email [blackcountrydementia](mailto:blackcountrydementia)[support@alzeimers.org.uk](mailto:support@alzeimers.org.uk) or contact the Duty Team on 0121 521 3028  about the cafés . |
| **Alzheimers Support Group** |
| Every Monday night from 6.30pm to 8.30pm at Albion Street Church, Brierley Hill. There is full access by via the use of a ramp.  For more information contact Paul Mottram on 01384 813603 or email [paul.mottram@dudley.gov.uk](mailto:paul.mottram@dudley.gov.uk) |
| **Apni Zaroorat Community Network- Time for Me Project** |
| New Group for carers, from all backgrounds and ethnicity, which meets in Lye at Valley Road Youth Centre each Wednesday from 10:00am to 1:00pm Offers a range of activities, including pampering, coffee and chat, alternative therapy treatments, Indian head massage/ pampering and stress relief techniques. Lunch provided.    For more information contact Asima on 07581 405203, or email [info@azcn.org.uk](mailto:info@azcn.org.uk) |
| **Asian Carers Group** |
| This group meets at Wellington Road Community Centre for information and support. Social events are also organised throughout the year.  For information contact Harpal Kaur on 01384 815366 |
| **(Dudley)African Caribbean Carers & Disability Support Group** |
| This group meets for Day Centre every Monday 10.30am to 3.30 pm at Abberley Street Training Centre Dudley.( also on Wednesday 10.30am-3.30pm and Thursday’s 10.30am -2.30pm) It offers a befriending service, information, a programme of social events and activities to carers and the people they care for. They also have social events at other times and can often provide transport.  For more information contact the group via Joanne Prescott on 07812264629 (Monday to Wednesday) or 01384 813664 (Thursday and Friday) email [Joanne.Prescott@dudley.gov.uk](mailto:Joanne.Prescott@dudley.gov.uk) |
| **Breathe Easy Dudley and District** |
| A Support Group for all those affected by a lung condition including carers, family,  and friends. Meets 1st Thursday of every month at High Acres Pub, Madeley Road, Kingswinford, DY6 8PF.  For more information and to check meeting times call the British Lung Foundation on 0116 249 5780 or email [midlands@blf-uk.org](mailto:midlands@blf-uk.org) |
| **Carers Direct** |
| Information, advice and support for carers. You can call the **Carers Direct** helpline if you need help with your caring role and want to talk to someone about what options are available to you. The helpline is open from 9.00am-8.00pm Monday to Friday, and from 11.00am-4.00pm at weekends. The helpline is closed on bank holidays.  For more information contact the Helpline on 0300 123 1053 or visit  <http://www.nhs.uk/conditions/social-care-and-support-guide/pages/carers-direct-helpline.aspx> |
| **Carers UK** |
| A national organisation for carers, offering advice and support - the voice of carers.  For more information contact the Advice Line on 0808 808 7777 or email [info@carersuk.org](mailto:info@carersuk.org) or visit  [http://www.carersuk.org](http://www.carersuk.org/) |
| **Cancer Support, White House** |
| Support for people with cancer and their families and carers. The Carers’ Group meets on the second Monday of every month at 10.00am. The White House has Branch Groups in Brierley Hill, Halesowen, Sedgely & Gornal and Stourbridge. They have Specialist Groups for people with bowel, breast, prostate, skin and ovarian cancer. They run a Bereavement Support Group. The White House also offers information services, alternative therapies and social events and support at its large and comfortable premises.  For more information contact the Whitehouse Cancer Support on 01384 231232, or email [info@support4cancer.org.uk](mailto:info@support4cancer.org.uk) |
| **Cerebral Palsy Midlands (CPM)** |
| Cerebral Palsy Midlands is a charity which supports and helps to empower people with CP and related disabilities throughout Birmingham, Solihull, Sandwell and Dudley. They provide drama, music, art, group exercise, literacy and numeracy and educational classes, an advocacy project and a wheelchair recycling project.  For more information call Adam Williams on 0121 427 3182, email [awilliams@cpmids.free-online.co.uk](mailto:awilliams@cpmids.free-online.co.uk) or go to [www.cpmids.org.uk](http://www.cpmids.org.uk/) |
| **Crossroads – Caring for Carers** |
| This organisation supports carers by providing trained care assistants to offer a sitting service so that carers can take a break of a few hours. This can be occasionally or on a regular basis.  For more information contact Crossroads Dudley on 01384 298513 or email [dudley@crossroads.org.uk](mailto:dudley@crossroads.org.uk) For information on Crossroads nationally see [www.crossroads.org.uk](http://www.crossroads.org.uk) |
| **Cruse Bereavement** |
| Cruse Bereavement care provides bereavement support. They provide a telephone helpline and email service; one-to-one, face-to-face support and counselling to adults, young people and children. Wolverhampton branch 01902 420055  For more information contact the National Helpline on 0844 477 9400 or email [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk) or visit [www.cruse.org.uk](http://www.cruse.org.uk)  Young People’s freephone helpline on 0808 808 1677 or email [info@RD4U.org.uk](mailto:info@RD4U.org.uk) or visit [www.RD4U.org.uk](http://www.RD4U.org.uk) |
| **C-Saw - Woodside** |
| The group is for carers of people with mental health issues who attend Woodside Day Centre. The group offers support to carers in group sessions or by appointment on a one to one service is offered.  They organise events for carers and for carers and the person they care for.  In the past the group have been on holiday, meals out, shopping trips and most recently to the pantomime.  Guest speakers are invited to speak to the group.  Events are held at Woodside for fund raising and are very well supported by the Dudley carers.  For more information contact Janine Willetts on 01384 813415 or email [janine.willets@dudley/gov.uk](mailto:janine.willets@dudley/gov.uk) |
| **Deafblind UK - Group for people with both sight and hearing loss and their carers** |
| Deafblind UK is keen to set up a monthly support group to support anyone over the age of 18 who has a dual sensory loss.  For more information on dates, times and venues, call the free information line on 0800 132 320 or contact Jessica on 07940 895575, or email at [jessica.evans@deafblind.org.uk](mailto:jessica.evans@deafblind.org.uk) |
| **Dudley Carers - Family History Group at Dudley Archives and Local History Centre** |
| A new group for carers. Do you care for someone and would like to start researching your family tree? Professional support available in researching your family tree and guidance to resources available. The person you care for will be supported with a variety of activities. Reminiscence, games, art, music... Sessions take place monthly on a Monday 10.30am – 12.30pm Monday at Dudley Archives and Local History Centre, Tipton Road, Dudley, DY1 4SQ. Booking is essential.  For more information contact Dudley Archives and Local History Centre, telephone 01384 818360 or 01384 812770 or visit  <http://www.dudley.gov.uk/resident/libraries-archives/local-history--heritage/archive-and-local-history/> |
| **Dudley Carers Forum** |
| This is a group for all adult carers in the Borough. Meetings take place first Wednesday of every month between 11.00am -2.00pm at Bank Street Methodist Church, Brierley Hill. Lunch is provided. Carers’ issues are discussed and there is also a chance for more informal chat and mutual support. The group also organises a full range of social events throughout the year. The forum was set up to work with those who plan and develop services to ensure that the needs of people with disabilities and their carers are met.  For more information contact 01384 573381 or email [carers2carers@live.co.uk](mailto:carers2carers@live.co.uk)  See [www.dudleycvs.org.uk](http://www.dudleycvs.org.uk) |
| **Dudley Carers in Partnership in Mental Health (DCiP)** |
| This group campaigns on behalf of those caring for people with mental health problems in the Borough. They need to know how we can best represent the interests of all such carers and welcome suggestions from any carers or carers groups. Anyone caring for someone with mental health problem is welcome to attend our meeting on the second wednesday of each month from 10.00 to 12.30 (light lunch provided).  For more information contact Nigel Haydon on 01562 883531 or email [nh004g8257@blueyonder.co.uk](mailto:nh004g8257@blueyonder.co.uk) |
| **Dudley Carers Network** |
| The Network provides an information advice line for carers. Carers can also register for free with the Carers Network mailing list that enables us to provide information to carers in the Dudley Borough. Its newsletter *The Dudley Carer* goes to everyone on the Network.  For more information contact the Carers Network on 01384 818723, or email [carers.network@dudley.gov.uk](mailto:carers.network@dudley.gov.uk) , or visit [www.dudley.gov.uk/carers](http://www.dudley.gov.uk/carers) |
| **Dudley African Caribbean Befriending Service** |
| Provides community care service to older African Caribbean people age 55+. Services include a day centre and luncheon club, community meals on wheels and a befriending outreach support service. Based at Trident House, Wolverhampton Street DUDLEY,DY1 1DB the service offers day care sessions are Mondays and Tuesdays 10.00am-3.30pm and various weekly activities.  For more information contact the service on 01384 868085 or 07976 710288 or email [dacbs@btconnect.com](mailto:dacbs@btconnect.com) |
| **Dudley Dyslexia Association** |
| For more information contact Ann Cook on 01384 291001 |
| Dudley Autistic Support Group (DASG) |
| A group for carers and families supporting anyone on the autistic spectrum. Advice Line: Mon-Fri 7.00pm-9.00pmThe group meets on the 2nd Wednesday every month at DY1 Café, Stafford Street, Dudley. There is also a monthly family swimming session at Dudley Leisure Centre where there is exclusive use of the pool. The group arranges summer holiday trips and activities for families, The group runs a one night a week youth club in conjunction with Dudley Youth Service at Lower Gornal Youth Academy on Wednesdays between 5.00pm - 8.00pm.The youth club is for young people between the ages of 10 - 19. Referral only through Autism outreach service.  For more information contact Neale or Lesley Pilkington on 01384 823487 between 7pm -9pm Mon-Fri or email [nealepilkington@blueyonder.co.uk](mailto:nealepilkington@blueyonder.co.uk) |
| **Dudley Neurology Carers’ Support Group** |
| An informal support group for adults of working age who are carers for people with conditions that affect the central nervous system (for example MS, Parkinsons, Muscular Dystrophy, Spina Bifida, Cerebral Palsy, Epilepsy, Transverse Myelitis, Polio, etc) to:  •       Gain support from others in a similar situation  •       Combat feelings of isolation and loneliness by making new friends  •       Help each other adjust to life changes since your loved one’s diagnosis  Group meetings will be led by carers with the support of a psychologist  For more information contact Eva Matussek on 01384 366249 |
| **Dudley Carers Family history group** |
| **This group is for carers and the people they care for who would like to research their family history. Learn how to go about things, share resources and tips. Facilitated by** carers support charity, Omega.  For more information contact Omega on 0845 259 3163 or email [carers@omega.uk.net](mailto:carers@omega.uk.net) for details of future meetings and events. |
| **Dudley Home Library Service** |
| **Dudley Home Library Service** is open to people of all ages who experience significant difficulty using existing library service points. Some people may be temporarily housebound and will be considered for eligibility e.g after an operation.  If you are signed up for the free service, you will have your library books, including large print, talking books on cassettes or CD, playaways, music CDs, DVDs, jigsaws delivered to your door.  You just need to say which books you like and library staff will bring a selection of books for you to choose from. You can request particular titles and subjects. The home library service will aim to deliver on the same day every four weeks and give you an estimated time of delivery.  For more information please contact the Home Library office, on 01384 812870 or email  [homelibraryservice@dudley.gov.uk](mailto:homelibraryservice@dudley.gov.uk) or visit <http://www.dudley.gov.uk/resident/libraries-archives/libraries/home-library-service/> |
| **Dudley Mind carers group** |
| Dudley Mind has set up a group for carers of individuals experiencing mental health problems. The group meets on Thursday evenings 6pm to 7:15pm at Carlisle Hall, Victoria Street, Stourbridge, DY8 1SP,(opposite the Aldi). The group aims to improve the wellbeing of carers by providing opportunities to take part in therapeutic activities such as relaxation, develop strategies to help positively tackle the stresses of daily life, build relationships with others with similar experiences and find mutual support in a friendly and confidential environment.  For more information contact Natalie on 07930159796, or 01384 442938, or email [Natalie.roswessbruce@dudleymind.org.uk](http://Natalie.roswessbruce@dudleymind.org.uk) |
| **Dudley Writers Group** |
| The Dudley Carers Writers Group meets regularly at venues across the Borough. They have produced two anthology of writing called *Smiling is Allowed* and *Childhood memories.*  For more information contact Jane on 07964 164579 or email [Jane.b.martin@googlemail.com](mailto:Jane.b.martin@googlemail.com). |
| **Ehsas (Understanding) Carers** |
| Ehsas supports parents/carers whose first language is Mirpuri, Urdu or Punjabi. Many of the carers care for people with learning disabilities but other carers are very welcome. They arrange social and information events. While Ehsas supports the carers, Apna Group supports people with severe learning disabilities from ethnic minority communities in Dudley with educational and social activities. Apna works with public services to provide its members with opportunities to learn life skills, self advocacy, sports and access to a community gym.  For information contact Shazia Zaman on 01384 422522, or email [ehsascarers@googlrmail.com](mailto:ehsascarers@googlrmail.com) |
| **Halesowen Library - Forget Me Not Dementia Group** |
| A monthly activity social group for people with dementia and their carers. Together we swap stories, play memory games, reminisce, sing, do jigsaws and craft activities. Everyone is welcome and there is a friendly, supportive and fun atmosphere. The group mormally meets monthly on aaTuesday 11.00am-12.00noon Halesowen Library, Queensway Mall, The Cornbow, Halesowen B63 4AZ.  For more information and the date of the next meeting contact the library on 01384 812980 or 01384 818360 or email [halesowen.library@dudley.gov.uk](mailto:halesowen.library@dudley.gov.uk) or visit  <http://www.dudley.gov.uk/resident/libraries-archives/libraries/find-a-library/halesowen-library/> |
| **Halesowen and District Fibromyalgia Support Group** |
| Support Group for Halesowen and District Fibromyalgia. For fibro suffers, carer's, family and friends. The group meets every 2nd Tuesday of the month 1.30pm-3.30pm at Zion Christian Centre, Little Cornbow, Halesowen, B63 3AJ.  For more information contact Shelley Chatterley on 01384 864340 or 0759 150 3185 or email [sachatterley@gmail.com](mailto:sachatterley@gmail.com) |
| **Headway Black Country** |
| Doesn’t run a carers group but offers support and information to people with an acquired brain injury, their relatives and carers.  For more information contact 01384 869961 (24 hour answering machine), email info@headwayblackcountry.co.uk or see [www.headwayblackcountry.com](http://www.headwayblackcountry.com) |
| **High Oak Carers Support Group** |
| Meets at the Church of God of Prophecy, 34 High Oak Road, Pensnett. Primarily aims to support carers in the High Oak area - but carers welcome to attend from other areas.  For more information contact Bev Parker on 07722 619609 for details of meetings and activities |
| **HUGS (Heart Patients and Carers Support Group)** |
| The Group provides information and guidance on heart related matters. It gives a social side to the members such as annual trips out plus social evenings like bingo, skittle nights and coffee mornings. It meets every six weeks, at Holy Trinity Church Wordsley .  For more information contact Chairperson, Kevin Dodd on 07746 822227 or email: [kevindodd@blueyonder.co.uk](mailto:kevindodd@blueyonder.co.uk) or [www.dudleyhugs.co.uk](http://www.dudleyhugs.co.uk) |
| **MS (Multiple Sclerosis) Society** |
| A support group for people with MS and their carers meets on the third Friday of the month 7.00 – 9.30 pm at the Adult Education Centre, King William Street for a social evening. The Society also provides a number of other services for those with MS and their families.  For more information contact 01384 271172 (this number is the MS Activity and Information Centre which is open on Tuesdays 10.00am –3.00pm (a 24-hour answer phone that is regularly checked)) For general information about the MS Society visit [www.mssociety.org.uk](http://www.mssociety.org.uk) |
| **New Testament Welfare Association** |
| Holly Hall Road Dudley, Woodside. Day centre Wednesdays and Thursdays 11.00am-3.00pm  For more information contact Miranda Allbrook on 01384 74614 or email [ntwa87@yahoo.co.uk](mailto:ntwa87@yahoo.co.uk) |
| **OMEGA** |
| Provides support sessions for bereaved carers.  For more information on sessions telephone 0845 259 3163 (local rate) or visit [www.omega.uk.net](http://www.omega.uk.net/) |
| **Omega Care for Life - Chatterbox Telephone Support Service** |
| Chatterbox is a free, confidential telephone befriending service designed to support carers, former carers, the bereaved and the socially isolated. Chatterbox offers:   * A listening ear * A chance to find out about other services * Help to find information and support   Chatterbox recruits, trains and supports volunteers and then carefully matches them with a client.  For information and support contact 0845 259 3163 or email [chatterbox@omega.uk.net](mailto:chatterbox@omega.uk.net) or visit  [http://www.omega.uk.net](http://www.omega.uk.net/) |
| **PINNT Support Group (Patients on Intravenous and Naso Gastro Nutrition Therapy)** |
| For more information about this support group for parents and professionals please contact Teresa Culverwell on 0791 808 8958 (West Midlands Regional contact) |
| **Parkinson’s Disease Society – Dudley branch** |
| The group meets on the 4th Tuesday of every month between 7.15-9.00 pm at Woodside Community Centre, Highgate Road, Dudley. The group supports people with Parkinson’s Disease and their families developing some separate activities for carers.  For more information contact Eve Evans on 01384 347033.  For general information about the national Parkinsons Disease society see [www.parkinsons.org.uk](http://www.parkinsons.org.uk) |
| **Rethink – Carers Support Groups** |
| Supports people with mental health difficulties, their families and carers. They offer a range of support for carers. For more information about their long running and active carers groups across the Borough, social activities, walks and one to one support please telephone  For more information contact Charlie Osgood on 01384 869 898 or email [Charlie.Osgood@rethink.org](mailto:Charlie.Osgood@rethink.org) |
| **Saheli (Dudley Asian Women’s Network)** |
| This is a carers group for Asian women. It meets every Thursday between 10-1 for social activities, discussions, health and social care information. The Group also arranges visits to places of interest.  For more information contact Adeela on 01384 818981 email [info@dudleyawn.org.uk](mailto:info@dudleyawn.org.uk) or see [www.dudleyawn.org.uk](http://www.dudleyawn.org.uk) |
| **Saltwells – Carers Amble Group** |
| Carers can join an amble through Saltwells nature reserve, through accessible woodland trails, take some time out for yourself or bring along the person who you care for to enjoy the beautiful surroundings and sculpture trail. The route is not demanding, is generally flat and everyone is welcome.  You will get the chance to meet and chat with other carers and people will be on hand from local services to discuss help available in Dudley borough. The grooup meets at 12.30pm on the 2nd Thursday of every month. After the stroll carers can choose to join in a pub lunch at 1.30pm at the Saltwells Inn (full menu or carvery starting from £3.99) No need to book, just turn up.  Saltwells Nature Reserve, off Coppice Lane, Quarry Bank, Dudley, DY5 1AX  For more information contact Healthwatch Dudley on 03000 111001 or email [hello@healthwatchdudley.co.uk](mailto:hello@healthwatchdudley.co.uk) or visit [http://www.healthwatchdudley.co.uk](http://www.healthwatchdudley.co.uk/).  Alternatively contact Alan Preece, Senior Warden – Saltwells Nature Reserve on 01384 812795 or email [alan.preec@dudley.gov.uk](mailto:alan.preec@dudley.gov.uk) |
| **Saqoon** |
| A group for asian carers of people with mental health problems. It meets in Lye and arranges a programme of social events.  For more information contact Iftekar Ahmed on 01394 813664 |
| **Sounding Board** |
| This carers’ support group meets at The Coach House, Rectory Road, Oldswinford on the 1st Tuesday of every month at 2pm. The Group is open to any carer and offers friendship and an opportunity to relax with a cake and a drink.  For more information contact Basil or Diana de Souza on 01384 374752 or email [ddesouza9@googlemail.com](mailto:ddesouza9@googlemail.com) |
| Stroke Association |
| Dudley Stroke Association provides help, advice, support and information for people and their families/carers following a stroke. Support is also provided through the following groups. Dudley Stroke Club meets on the 2nd Tuesday of every month from 7.30-9.30 at the Dudley MBC employees club, High Ercal Avenue, Brierley Hill, DY5 3QH. The club is for people who have had a stroke and their relatives/carers. The Group also arranges social events and breaks. Other groups include SPRIG for people with communication difficulties which meet on each 1st Thursday in the month at Dudley MBC Club. There is also a lunch club fortnightly in Stourbridge and a Family and Carers Support Group meeting on the 2nd Wednesday and 4th Thursday of every month.  For more information contact Dudley Stroke Association on 01384 271982 or email [mail@dudleystrokeassociation.org.uk](mailto:mail@dudleystrokeassociation.org.uk) or visit www.dudleystrokeassociation.org.uk |
| **Summit House (HIV/Aids Support Group)** |
| Provides support to people supporting someone with HIV/AIDS and positive people alike. Offers one to one support, information, therapies, groups and activities.  For more information about the range of services offered at Summit House call 01384 444300, email  [enquiry@summithousesupport.co.uk](mailto:enquiry@dhasg.org.uk), or see [www.summithousesupport.co.uk/summit.html](http://www.summithousesupport.co.uk/summit.html) |
| **Tea & Chat for Carers at DY1** |
| An informal drop in service for people who support family members or frends and want someone to talk to about their caring role. This service is open to anyone and there is no need to book in advance you can just turn up.  For more information contact Dudley Carers Network on 01384 818723 or email [carers.network@dudley.co.uk](mailto:carers.network@dudley.co.uk) |
| Time For me |
| Supports young people between 8-13 affected by drugs and/or alcohol abuse in the family. Offer advice, time to talk and opportunities to have fun. Young people can contact the project directly. However parental consent will be required before the Project can carry out any work with them. Family or workers may also contact the project but only with the young person’s permission.  For more information contact the group on 01384 411722 or email [estelle.hamblett@barnardos.org.uk](mailto:estelle.hamblett@barnardos.org.uk) |
| We Love Carers |
| Providing support, information advice, signposting, intervention and so much more for Carers throughout the Dudley Borough. We Love Carers are based at 1st Floor, Cable Plaza, Waterfront West, Brierley Hill, DY5 1LW. Meetings are by appointment only.  For more information contact Stuart Homer on 07772 358391 or email [stu@welovecarers.org](mailto:stu@welovecarers.org) or visit [http://www.welovecarers.org](http://www.welovecarers.org/) |
| Writers Group |
| **Dudley Community Information Directory** The Dudley community information directory at [www.dudleyci.co.uk](http://www2.dudley.gov.uk/newsletter/t.aspx?n=72&l=277)  has details of many more community groups and activities plus information for people seeking to organise their own care and support. People who do not have internet access can use the computers in any library. Staff will be glad to assist. |

