

When do you meet?

We meet on the 1st Monday of each month,
from 7.30pm - 9.00pm.

How much does it cost?

It is free to join and there are no subscriptions
or meeting fees.

How can I join you?

All are most welcome - all in complete
confidence. Go to our website, or leave a
message on 0750 360 1737. Come join us at:

Osborne Court
Osborne Road
Malvern Link
Worcestershire
WR14 1JE

*map and directions at
www.jigsaw.org.uk*

"Promoting the knowledge
of mental health issues
and delivering empowered
relatives and carers, in
a confidential and
supportive environment."

We're here for you
Don't feel isolated

Get sign-posted
to the right help



Come along to one of
our monthly meetings
FREE

Find out more at:

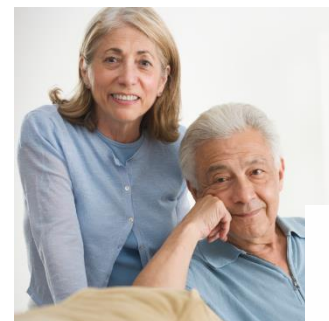
www.jigsaw.org.uk



0750 3601737

jigsaw.worcs@gmail.com

**Do you
support
someone
with
mental
health
issues?**



For over 20 years, we have offered people, who know of those who suffer from a range of mental health issues, someone to talk to, practical advice, useful information, interesting speakers, occasional social activities and other much needed support.

Why join us?

This question is best answered by comments and testimonials from our members:

"Confidential
Informal
Someone to Talk to
Friendly
Welcoming
Sympathetic
Listening
Sharing
Interesting Speakers
Sociable
Practical Advice
New Friends
Supportive Environment"

...plus refreshments, tea, coffee and biscuits are included!

We are a very open and welcoming group.

Find out more at our website below – as well as links to useful information, FAQs, our next meetings, directions & map, and upcoming speakers.

www.jigsaw.org.uk

Who is this group for?

This is group is for...

**Relatives
Friends
Carers
Neighbours**



...of people who suffer from mental health issues.

These mental health issues can include depression psychotic illnesses, schizophrenia, addiction, obsessive compulsive behaviour and a whole host of other mental disorders. By joining the group, you'll soon realise that you don't have to face your difficulties on your own.

What is a carer?

A carer is anybody who looks after a family member, partner or friend who needs help because of their illness, frailty or disability. All the care they give is unpaid.

Many carers don't see themselves as carers. It takes carers an average of two years to acknowledge their role as a carer. It can be difficult for carers to see their caring role as separate from the relationship they have with the person they care for, whether that relationship is as a parent, a son or daughter, or a friend. Read some of what our members have said...

"It is a relief to realise that you are not alone and meet others who both understand and share your fears and frustrations" – *wife*

"It is good to share experiences with others who have similar problems" – *partner*

"I found the kindness and empathy of the group very comforting" – *mother*

"I met people who genuinely understood the draining negativity" – *wife*

"I had the breaking strain of a Kit Kat before" – *father*

"I am not alone anymore" – *husband*



JIGSAW

**Worcestershire Mental Health
Relative & Carer's Support Group**