

## How can I join the group?

For further information on joining this project please contact:

**Laura**

Project Co-ordinator:

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Or

**Marsha**

Deputy Manager & Volunteer Co-ordinator

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South Somerset Mind  
The Markwick Centre  
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Somerset  
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## Who are we?

*“South Somerset Mind wants to work towards a society where individuals who have mental health problems are accepted and included. We aim to promote better mental health and have an holistic approach to well being and recovery”*

For more information on South Somerset Mind visit:

[www.southsomerseetmind.co.uk](http://www.southsomerseetmind.co.uk)



South Somerset

Mind



Project 7

## Family Support Network



Registered charity no: 291197



The Family Support Network is one of the new group of services being offered by South Somerset Mind to young people and families in the local area.

We aim to offer advice and support around social and emotional issues affecting families such as

- Mental Health
- Family breakdown
- Bullying
- Social isolation
- Substance misuse

### **For Parents**

- Meets Fortnightly
- The Markwick Centre
- 6 – 8 pm Thursdays

The content of the groups will be decided from input from young people themselves and feedback from parents and others involved in supporting families.

This will be an opportunity for parents/carers to meet others in similar circumstances, to offer mutual support and understanding, and to explore ways in which family situations can be improved. Each week there will be a talk by a speaker or discussion around different aspects of coping with the difficulties as experienced by the whole family. There will be staff on hand to answer questions and provide other sources of help.

### **For Young People (Aged 11- 24)**

While parents attend their support group, younger family members will have the opportunity to join one of our social groups:

#### **U-Can – 11-16**

- Meets fortnightly
- Children's Centre Reckleford
- 6 - 8pm Thursdays

#### **Can – 16 – 24**

- Meets fortnightly
- Markwick Centre
- 6 – 8 pm Thursdays

These groups are run by Connexions staff. They provide a safe non- judgemental environment where young people can join in with activities such as:

- Arts & Crafts
- Sport
- Outings (i.e cinema, bowling)

All activities are designed to encourage self help, confidence building and offer peer support.

Activities are supported by: Connexions, Millennium Volunteers, Mind, Somerset County Youth Service and the Child and Adolescent Mental Health Service