



**Runnymede Hub is open at  
Addlestone Community  
Centre  
Support Group 10.30am to  
12 noon  
Drop ins & Events 12.30pm  
to 2.30pm  
Second Wednesday of the  
month is Generic Carers.  
Fourth Wednesday of the  
month is Parent Carers.**



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## Principles

We have some principles to help everyone who attends the group:

**Confidentiality:** What is said within the Group should remain between Group members and not be discussed outside the Group.

It is important for people to feel safe to express information about themselves and their caring relationship and that this is not divulged to other people.

**Respect:** Group members should respect differences and not judge others.

**Expressing Feelings:** The meeting is a place where people should feel comfortable to express feelings.

**Time and Listening:** Every person should have equal opportunity to speak, free from interruption.



**Runnymede  
Carers Hub  
2022**



**Please give us a call to  
find out more  
Call 0303 040 1234  
Or  
07989 402692**

*"Sometimes you feel you're the  
only person in the world with  
this problem, and then you go  
to a support group and realise  
there are others like you."*

*A Carer*

## What is a Carers Support Group?

- A safe place to share what it feels like to look after someone
- A meeting of people in the same situation
- Somewhere to learn more about support and local services
- A place where carers can share ideas on coping with caring
- A time when your needs come first for a change

*"At first I thought it was a silly idea to talk to lots of other people with the same problems as me – I thought I'd end up more miserable. How wrong can you be? The support group has become my lifeline."*

*A Carer*

**Addlestone Community Centre  
Garfield Road  
Addlestone, KT15 2NJ**

**14th September - All Carers  
28th September—Parent Carers**

**12th October—All Carers  
26th October—Parent Carers**

**9th November—All Carers  
23rd November—Parent Carers**

**14th December—All Carers Xmas  
Event**

**Come and have a break from your caring role, meet other Carers and have a chat, share stories and information .**

**Tea & Coffee on us.**

## Who can join?

**Anyone who has current caring responsibilities for :-**

- Parents
- Husbands & Wives
- Partners
- Grandparents
- Other family members
- Friends & Neighbours

*"I enjoy coming and having a chat with others who understand our situation and we can laugh about it. We also share ideas, and up- coming events, books we have read etc."*

*A Carer*