



# Derby City and South Derbyshire Mental Health Carer's Forum

**Empathy . Support . Information**

We meet on the 3<sup>rd</sup> Friday of every month at:  
The Oddfellows, Oddfellows Hall,  
32 Charnwood Street, Derby. DE1 2GU

11.30am  
to  
2.00pm

Our e-mail address: [dcandsderbysmhcf@gmail.com](mailto:dcandsderbysmhcf@gmail.com)

We are a self-help group of people who care for, or have cared, for a relative, friend or neighbour suffering from any form of mental illness.

We meet monthly to offer each other mutual support, advice, conversation and understanding in a relaxed and friendly atmosphere.

FREE refreshments  
FREE events  
FREE buffet  
FREE membership

For more information please contact us using our e-mail address above or contact our Vice Chair as follows:

SANDRA AUSTIN  
mob: 07779 107 087  
e: [sandra.austin99@gmail.com](mailto:sandra.austin99@gmail.com)

Alternatively, just come along and see us when we next meet. You will be VERY welcome.



We welcome new members from the following areas:  
Derby City / Erewash / Amber Valley / South Derbyshire

*Make new friends    Relax    Meet other carers*  
*Access professionals    Let off steam    Guest speakers*

Supported by Community Action Derby

**Community Action**