

**Mental Health Carers -  
Chesterfield & North Derbyshire**

**Wednesday 31<sup>st</sup> July  
10.30am - approx 1.00pm**

**Community Room, Chesterfield Fire Station,  
Braidwood Way, S40 2WH**

**Invitation to the next Mental Health Carers meeting**

Dear Carers and friends,

Having spent a few meetings in our new location, here is a bit of an update. It's comfortable, clean, private, supplying most of what we need, and above all it's free!

However, several people have mentioned dissatisfaction with the location. The biggest drawback is that it isn't directly reachable from town, and the extra parking at B&Q is a few minutes walk away.

The option of car sharing and helping out with a lift is a help but does involve some organising.

As a possible alternative, I have had some preliminary discussions, re the possibility of use of a room at the Hartington unit.

I do appreciate that in some peoples mind this may not be ideal.

Nevertheless, again, it would be free and easily accessible by public transport. Another major plus would be the possibility of building greater links with staff and services which may well be helpful in building up our numbers and hopefully our effectiveness in helping and supporting more carers.

With this in mind, I would suggest that we take July as a kind of AGM, where we might look to the Future and assess where and how we are to progress.

Please give this some thought and If at all possible attend our July meeting to share your opinions and support for the group. If you are unable to attend, please contact me so we can share your views.

Additionally, we will hopefully be joined by Lee Doyle who will bring us up-to-date re-Living Well.

As ever, we aim to provide a SAFE space for peer support along with information sharing. Always free at the point of access, Drinks and snacks provided FOC. As our regular attenders will know, Sue very kindly provides a Small raffle.

**Note to all professionals who may receive this invitation** please share with colleagues and any carers who may cross your path.

Please send any apologies or enquiries to [jose.rodgers@nhs.net](mailto:jose.rodgers@nhs.net) or call our dedicated mobile 07730526219

Hoping to see you on the 31st, Best Wishes, José