

SAGES

Suffolk Family Carers, MIND and Suffolk Libraries have been working in partnership to develop a new website for SAGES. This will provide Suffolk Advice, Guidance and Emotional Support to people and carers who are dealing with a mental health concern or issue. It is not long now before the launch so do keep watching for the date! There will be opportunities on the site to feed back and let us know what you think, as we value your comments. Below are groups for carers.

Suffolk, advice, guidance and emotional support

Our SAGES team is here to help. SAGES is a FREE & confidential service for family carers, families & friends of people with mental & emotional wellbeing needs. We aim to help you maintain your caring role & look after your own wellbeing by providing information, advice, guidance & emotional support.

One-to-one with a SAGES worker

If you would like some emotional support, the team offers one-to-one support with a SAGES worker. This may be via the telephone or face to face.

Peer-led information sessions

Developed from our programme & other group activities, these sessions provide an opportunity to receive & share information & peer support. Currently there are groups in Bury St Edmunds, Ipswich, Lowestoft and Stowmarket. If you would like to find out more about these sessions please call us on 01473 835420 or email MH@suffolkfamilycarers.org

Making Space sessions for mental health family carers

These sessions focus on the issues and needs of family carers caring for someone with mental health/emotional wellbeing need. They will provide an opportunity to receive information, share ideas and experiences and meet other family carers who may be in a similar caring role.

Currently there are groups in Bury St Edmunds, Ipswich, Lowestoft and Stowmarket. If you would like to find out more about these sessions please call us on 01473 835420 or email MH@suffolkfamilycarers.org

Winter – Spring Dates 2020

Bury St Edmunds Evening Group

The Oakes Barn, the Community Meeting Room, St Andrews Street South, Bury St Edmunds IP33 3PH from 6pm to 8pm
Tuesday 25th February, 31st March, 28th April, 26th May, 30th June, 28th July, 25th August, 29th September, 27th October, 24th November.

Bury St Edmunds Day Group

The Oakes Barn, the Community Meeting Room, St Andrews Street South, Bury St Edmunds IP33 3PH from 1.30pm to 3.30pm
Friday 14th February, 13th March, 17th April, 15th May.

Ipswich Day Group

The Nave, Quay Place, St Mary at the Quay, Key Street, Ipswich IP4 1BZ from 10.30am to 12.30pm
Tuesday 25th February, 17th March, 19th May, 16th June.

Lowestoft Day Group

Coconut Loft, 8 Waterloo Road, Lowestoft, NR33 0AA from 10.30am to 12.30pm
Tuesday 10th March, 14th April –TBC, 12th May, 9th June.

Stowmarket Day Group

Redwoods Hall & Kitchen, Red Gables, Ipswich Road, Stowmarket IP14 1BE from 2.15pm to 4.15pm
Wednesday 26th February, 25th March, 29th April, 27th May.

Are you a Mental Health Family Carer living in the Sudbury Area?
Would you like to meet others in a similar caring role?
If so, please contact the SAGES team on 01473 835420.