

Support Groups

Each group is different and members decide what activities they want to do. Every group has a support worker from the Centre who helps organise speakers, meeting rooms, organises tea and coffee as well as pass on information and help in any way possible with problems or contact another member of staff who is more able to help.

Alcohol Support Group

Meets at the Carers Centre. A group for Carers who are supporting someone with alcohol issues. Run in conjunction with the Integrated Alcohol Team

This group runs every fortnight

Parkinson's Support Group

Meets in the Northcroft Medical Centre. A group for Carers who support someone with Parkinsons. When available the Parkinson's nurse will pop in or will remotely help answer any questions

1-3pm on the 3rd Thursday of every month

Parents Support Group

Meets at the carers Centre. A group for parent Carers who are parents of a disabled child, young person, or dependent adult.

**1st Wednesday in every month 7 - 9pm
2nd Wednesday in every month 12-2pm**

Stroke Group

Meets in the Northcroft Medical Centre

1-3pm 4th Tuesday of every month

Grandparents/Kinship

Meets in the Carers Centre. A group for grandparents or other family members who are caring for children as their parents are unable to do so due to an illness, disability or addiction.

11.30 - 1pm last Tuesday of every month

Dementia Carers Support Group

Meets in the Northcroft Medical Centre. The group is for carers looking after someone with dementia. A Dementia Advisor from Alzheimer Scotland also supports the group.

1 - 3pm on the 1st Thursday of every month

"Joining my support group through the Carers Centre has been a lifeline to me as a carer. Not only do I receive support from the group but I have also made good friends who understand the difficulties I face."

Carer, Renfrew

Paisley Group

Meets in the Carers Centre. A group for all carers. The carers come together to provide each other with support, information and general chat.

1 - 3pm 3rd Tuesday of every month

Male Carers

Meets in the Northcroft Medical Centre. A group for men who share a range of different social activities.

1 - 3pm 1st Tuesday of every month

Tannahill Group

Meet in Tannahill Medical Centre. A group for carers in the Ferguslie Park area caring for people with different types of illnesses and disabilities. The carers come together to provide each other with support, information and general chat.

10.30 - 12.30pm last Wednesday of every month

Former Carers

This group meets in Northcroft Medical Centre. It is a group for people who are no longer carers. It is a great opportunity to meet others in a similar position.

Time and date tbc

Linwood Group

Meet at Linwood Health Centre. A group for carers in the Linwood area caring for people with different types of illnesses and disabilities. The carers come together to provide each other with support, information and general chat.

1.15 - 3.15pm 2nd Monday of every month

Glenburn Group

Meets in Glenburn Community Centre. A group for carers in the Glenburn area caring for people with different types of illnesses and disabilities. The carers come together to provide each other with support, information and general chat.

10.30 - 12.30pm 3rd Tuesday of every month

Therapeutic Support Group

Meets at the Carers Centre. This is an informal self help group for carers caring for someone with various illnesses and disabilities. The group is run by carers to offer each other support.

1 - 3pm 2nd Thursday of every month

Mental Health Support Group

This group provides support to carers looking after someone with mental health issues and meets once a month. For details of time and venue please contact the Carers Centre.