

# Carers' Vision & Action Group

Your voice... your say



## Your views can help shape mental health services

The dual purposes of this group are :

(1) to promote change countywide on a range of issues affecting mental health carers; and

(2) to act as a Vision Group of Carers' Voice Somerset, providing input to Carers' Voice in relation to monitoring progress of the outcomes of Themes set out in *Somerset's Commitment to Carers*.

We believe that mental health carers have a voice and their needs should be heard and met.

The Group meets bi-monthly and welcomes new members. Lunch is provided and travelling expenses are covered on the day.

We need your input... so register your interest now!

Your views are important to us. The role of caring can be time consuming and stressful, making it difficult for some carers to attend regular meetings.

However, there are other ways you can be involved in supporting the group. If you cannot attend future meetings but would like to be involved, please forward ideas and issues for future agendas.

## Carers' Group Involvement

If you would like to be involved or receive further information, please fill out the form below and send it to:-

Carers Development Manager  
Somerset Partnership NHS Foundation Trust  
The Bridge  
Priory Park  
Glastonbury Road  
Wells  
BA5 1TJ

Or for further information please call:  
Tel: 01749 836606 or 07774 207458  
Email: [caroline.mead@sompar.nhs.uk](mailto:caroline.mead@sompar.nhs.uk)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone/email \_\_\_\_\_

Comments \_\_\_\_\_

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For more information on mental health carers services in Somerset please see our website:

[www.somersetcarers.org](http://www.somersetcarers.org)

This leaflet is available in other formats, including easy read summary versions and other languages upon request. If this would be helpful to you, please speak to a member of staff.

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