

Group	Venue	Postcode	Day	Time	Phone	Website/Email
Addictions						
Alcoholics Anonymous-Shropshire Intergroup	Various				0800 9177650	EMAIL
Al-Anon Families & Friends	Various				0800 0086811	EMAIL
UK Narcotics Anonymous (NA)	Various				0300 9991212	http://ukna.org
Gamblers Anonymous	The Salvation Army	TF2 6AQ	Tues	7:15pm - 9:15pm	0330 0940322	EMAIL
Telford Stars					0300 456 4291	https://www.telfordstars.org/
Telford Aftercare Team (TACT)					01952 899204/5	EMAIL
Bereavement Support						
Bereavement Café	Wellington Methodist Church	TF1 1LU	1st Mon	2.30pm - 4.00pm	01952 250944	https://wellingtonmethodist.org.uk/
Bereavement by Suicide	Shrewsbury		3rd Tues		07940 558521	
Cancer Support Groups						
Macmillan Cancer Support	Princess Royal Hospital	TF1 6TF			01952 565702	www.macmillan.org.uk
Jayne Sargent Foundation - Cancer support	Meeting Point House	TF3 4HS				EMAIL
Shropshire Prostate Cancer Support Group	17 Stallard Court	TF2 6DR				EMAIL
Pink Ribbons Breast Cancer Support Group	Princess Royal Hospital	TF1 6TF			01952 586898	
Carers						
Telford & Wrekin Carers Centre	The Glebe Centre	TF1 1JP			01952 240209	https://www.telfordcarers.org.uk/
Dementia Support Groups						
Age UK Dementia Support Groups	Various				01743 233123	https://www.ageuk.org.uk/shropshireandtelford/our-services/
Dementia Friendly Churches	Diocese of Lichfield	TF11 9AJ			07982 248949	EMAIL
Friday Friends Dementia Café	Donnington Community Hub	TF2 7PR	2nd Fri	11.30am - 1.30pm	01952 382202	https://www.donningtonpartnership.co.uk/community-hub
Let's Meet Together	Holy Trinity Church	TF1 5NX	3rd Thurs		01952 245982	
Local Dementia Friendly Strolls	The Hub Community Cafe	TF10 7BH	2nd & 4th Fri	11:30am	01952 550852	EMAIL
Musical Memories Dementia Café	Meeting Point House	TF3 4HS	Tues	12.30pm - 2.30pm	01952 292268	
LGBT+						
SAND (Safe Ageing No Discrimination)						https://www.lgbtsand.com/
Telford LGBT+ Support Group	The Wakes	TF2 6EP	2nd Thurs	2.00pm	01691 238357	EMAIL
Long Term Conditions						
Telford & Shropshire Osteoporosis support	Shrewsbury				01952 433183	EMAIL
Royal Osteoporosis Society	Various				0808 8000035	EMAIL
Stroke Association	Telford				01952 243399	EMAIL
Aphasia Re-Connect online support	online only				02070 400510	http://www.aphasiareconnect.org/
Parkinsons Support Group	Hadley Community Centre	TF1 5NL	Last Tues	1.00pm - 3.00pm		
Parkinsons Therapy	Hadley Community Centre	TF1 5NL	Fri	1.00pm - 2.00pm		http://www.hadleycc.org.uk/Activities_16491.aspx
Fibro Family - Telford	The Ramada Hotel	TF3 4EH			0844 8872392	EMAIL
Shropshire BOTs (Stoma support)	Hope Church, Oswestry	SY11 2NR				

Telford & District Breathe Easy Group	Hadley United Services Club	TF1 5PB	4th Thurs	1.45pm	0300 222 5800	http://www.facebook.com/groups/breatheeasytelford
Telford & District Multiple Sclerosis Society	The Salvation Army Hall	TF2 6AQ			07866 628593	
Rheumatoid Arthritis Support Group	NHS - Halesfield 6	TF7 4BF			01952 580812	EMAIL
Mental Wellbeing						
MIND Calm Café	Outpost Café at the Wakes	TF2 6EP	Mon	5.00pm - 8.00pm	07434 869248	https://telford-mind.co.uk/calm-cafe/
MIND Calm Café	Hub on the Hill	TF7 4HG	Weds	5.00pm - 8.00pm	7435 869248	https://telford-mind.co.uk/calm-cafe/
MIND Calm Café	Meeting Point House	TF3 4HS	Tues & Thurs	5.00pm - 8.00pm	7436 869248	https://telford-mind.co.uk/calm-cafe/
Veteran's Café	Dawley House	TF4 2ES	2nd & 4th Mon	2.00pm - 4.00pm	07434 869248	EMAIL
Veteran's Café	Jubilee House	TF7 5AH	3rd Thurs	5.00pm- 7.00pm	7435 869248	EMAIL
MIND Wellbeing Walks	Court Street Medical Practice	TF7 5EE	Weds	10.00am	07434 869248	EMAIL
Autism Connect	Telford				0121 4507582	EMAIL
Telford Autism Hub	Hazeldine House	TF3 4JL	Tue-Fri	9:00am - 5:00pm	01952 916109	EMAIL
B-eat Help finder (Eating Disorders)	Telford				0121 450 7582	www.beateatingdisorders.org.uk
Sensory Impairment						
Signal Tinnitus Support	Telford				01743 358356	EMAIL
RNID (Action on hearing loss)	Telford				0890 8080123	EMAIL
Macular Society	Methodist Church	TF1 1LU	2nd Wed	1:30pm - 3:30pm	07754 652400	EMAIL
Southwater Visual Impairment Group	Southwater Library	TF3 4JG	2nd Thurs	11.00am - 12.00	01952 382915	
Telford Visually Impaired Group	Meeting Point House	TF3 4HS	1st Thurs	12.30pm		https://telfordvisuallyimpaired.group/
Sight Loss Shropshire	Sight Loss Shropshire Office	SY1 4NG			01743 250808	sightlossshropshire.org.uk
Blind Veterans Uk	Telford				0800 389 7979	EMAIL
West Telford VIP	Meeting Point House	TF3 4HS	1st Thur	12.30pm	01952 250110	http://wtvip.info/
AccessAble Activity Group (Sensory Disabilities)						http://accessibleactivity.group/
Wellbeing						
Forum 50+ Breath Work & Meditation	Dawley Town Hall	TF4 3JR	Wed	11.15am-12.15pm	07476 500227	
Warm & Welcoming Spaces	Various					https://bit.ly/3P9scyu
Healthy Lifestyles	Interfaith Council Club	TF1 1LU	Thurs	12:30-4:30pm	01952 382582	EMAIL
Wellbeing Café	Bournville House	TF4 3BY	Weds	3.00pm - 4.30pm	01952 293777	
Wellbeing Café	Meeting Point House	TF4 3HS	Thurs	9.30am - 12pm	01952 292268	
Wellbeing Café	Park Lane Centre	TF7 5QZ	Thurs	1.30pm - 3.30pm	01952 683700	