

Group	Venue	Postcode	Day	Time	Phone	Website/Email
<b>Addictions</b>						
Alcoholics Anonymous-Shropshire Intergroup	Various				0800 9177650	<a href="#">EMAIL</a>
Al-Anon Families & Friends	Various				0800 0086811	<a href="#">EMAIL</a>
UK Narcotics Anonymous (NA)	Various				0300 9991212	<a href="http://ukna.org">http://ukna.org</a>
Gamblers Anonymous	The Salvation Army	TF2 6AQ	Tues	7:15pm - 9:15pm	0330 0940322	<a href="#">EMAIL</a>
Telford Stars					0300 456 4291	<a href="https://www.telfordstars.org/">https://www.telfordstars.org/</a>
Telford Aftercare Team (TACT)					01952 899204/5	<a href="#">EMAIL</a>
<b>Bereavement Support</b>						
Bereavement Café	Wellington Methodist Church	TF1 1LU	1st Mon	2.30pm - 4.00pm	01952 250944	<a href="https://wellingtonmethodist.org.uk/">https://wellingtonmethodist.org.uk/</a>
Bereavement by Suicide	Shrewsbury		3rd Tues		07940 558521	
<b>Cancer Support Groups</b>						
Macmillan Cancer Support	Princess Royal Hospital	TF1 6TF			01952 565702	<a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a>
Jayne Sargent Foundation - Cancer support	Meeting Point House	TF3 4HS				<a href="#">EMAIL</a>
Shropshire Prostate Cancer Support Group	17 Stallard Court	TF2 6DR				<a href="#">EMAIL</a>
Pink Ribbons Breast Cancer Support Group	Princess Royal Hospital	TF1 6TF			01952 586898	
<b>Carers</b>						
Carers Wellbeing Group	Hadley Community Centre	TF1 5NL	2nd Thurs	10.00am - 12.00pm		
Telford & Wrekin Carers Centre	The Glebe Centre	TF1 1JP			01952 240209	<a href="https://www.telfordcarers.org.uk/">https://www.telfordcarers.org.uk/</a>
<b>Dementia Support Groups</b>						
Age UK Dementia Support Groups	Various				01743 233123	<a href="https://www.ageuk.org.uk/shropshireandtelford/our-services/">https://www.ageuk.org.uk/shropshireandtelford/our-services/</a>
Dementia Friendly Churches	Diocese of Lichfield	TF11 9AJ			07982 248949	<a href="#">EMAIL</a>
Friday Friends Dementia Café	Donnington Community Hub	TF2 7PR	2nd Fri	11.30am - 1.30pm	01952 382202	<a href="https://www.donningtonpartnership.co.uk/community-hub">https://www.donningtonpartnership.co.uk/community-hub</a>
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	<a href="#">EMAIL</a>
Musical Memories Dementia Café	Meeting Point House	TF3 4HS	Tues	12.30pm - 2.30pm	01952 292268	
<b>LGBT+</b>						
SAND (Safe Ageing No Discrimination)						<a href="https://www.lgbtsand.com/">https://www.lgbtsand.com/</a>
Telford LGBT+ Support Group	The Wakes	TF2 6EP	2nd Thurs	2.00pm	01691 238357	<a href="#">EMAIL</a>
<b>Long Term Conditions</b>						
Telford & Shropshire Osteoporosis support	Shrewsbury				01952 433183	<a href="#">EMAIL</a>
Royal Osteoporosis Society	Various				0808 8000035	<a href="#">EMAIL</a>
Stroke Association	Telford				01952 243399	<a href="#">EMAIL</a>
Aphasia Re-Connect online support	online only				02070 400510	<a href="http://www.aphasiareconnect.org/">http://www.aphasiareconnect.org/</a>
Parkinsons Support Group	Hadley Community Centre	TF1 5NL	Last Tues	1.00pm - 3.00pm		
Parkinsons Therapy	Hadley Community Centre	TF1 5NL	1st & 3rd Fri	1.00pm - 2.00pm		<a href="http://www.hadleycc.org.uk/Activities_16491.aspx">http://www.hadleycc.org.uk/Activities_16491.aspx</a>
Fibro Family - Telford	The Ramada Hotel	TF3 4EH			0844 8872392	<a href="#">EMAIL</a>

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	<a href="http://www.facebook.com/groups/breatheeasytelford">http://www.facebook.com/groups/breatheeasytelford</a>
Telford & District Multiple Sclerosis Society	The Salvation Army Hall	TF2 6AQ			07866 628593	
Rheumatoid Arthritis Support Group	NHS - Halesfield 6	TF7 4BF			01952 580812	<a href="#">EMAIL</a>
<b>Mental Wellbeing</b>						
MIND Calm Café	Outpost Café at the Wakes	TF2 6EP	Mon	5.00pm - 8.00pm	07434 869248	<a href="https://telford-mind.co.uk/calm-cafe/">https://telford-mind.co.uk/calm-cafe/</a>
MIND Calm Café	Hub on the Hill	TF7 4HG	Weds	5.00pm - 8.00pm	7435 869248	<a href="https://telford-mind.co.uk/calm-cafe/">https://telford-mind.co.uk/calm-cafe/</a>
MIND Calm Café	Meeting Point House	TF3 4HS	Tues & Thurs	5.00pm - 8.00pm	7436 869248	<a href="https://telford-mind.co.uk/calm-cafe/">https://telford-mind.co.uk/calm-cafe/</a>
Veteran's Café	Dawley House	TF4 2ES	2nd & 4th Mon	2.00pm - 4.00pm	07434 869248	<a href="#">EMAIL</a>
Veteran's Café	Jubilee House	TF7 5AH	3rd Thurs	5.00pm - 7.00pm	7435 869248	<a href="#">EMAIL</a>
MIND Wellbeing Walks	Court Street Medical Practice	TF7 5EE	Weds	10.00am	07434 869248	<a href="#">EMAIL</a>
Autism Connect	Telford				0121 4507582	<a href="#">EMAIL</a>
Telford Autism Hub	Hazeldine House	TF3 4JL	Tue-Fri	9:00am - 5:00pm	01952 916109	<a href="#">EMAIL</a>
B-eat Help finder (Eating Disorders)	Telford				0121 450 7582	<a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>
<b>Sensory Impairment</b>						
Signal Tinnitus Support	Telford				01743 358356	<a href="#">EMAIL</a>
RNID (Action on hearing loss)	Telford				0890 8080123	<a href="#">EMAIL</a>
Macular Society	Methodist Church	TF1 1LU	2nd Wed	1:30pm - 3:30pm	07754 652400	<a href="#">EMAIL</a>
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		<a href="https://telfordvisuallyimpaired.group/">https://telfordvisuallyimpaired.group/</a>
Sight Loss Shropshire	Sight Loss Shropshire Office	SY1 4NG			01743 250808	<a href="http://sightlossshropshire.org.uk">sightlossshropshire.org.uk</a>
Blind Veterans Uk	Telford				0800 389 7979	<a href="#">EMAIL</a>
West Telford VIP	Meeting Point House	TF3 4HS	1st Thur	12.30pm	01952 250110	<a href="http://wtvip.info/">http://wtvip.info/</a>
AccessAble Activity Group (Sensory Disabilities)						<a href="http://accessibleactivity.group/">http://accessibleactivity.group/</a>
<b>Wellbeing</b>						
Warm & Welcoming Spaces	Various					<a href="https://bit.ly/3P9scyu">https://bit.ly/3P9scyu</a>
Healthy Lifestyles	Various				01952 382582	
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	