

# Community Partnerships

Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

## Spotlight on



Rethink  
Mental  
Illness.

## Rethink Mental Illness

**Rethink Mental Illness was formed over 50 years ago by a group of inspiring people who were caring for a loved one living with schizophrenia.**

**The experiences and knowledge of carers and people living with mental illness have been vital in helping the organisation improve the lives of thousands of people every year.**

Rethink Mental Illness has developed and provide expert information and advice, services and support groups for people severely affected by mental illness.

They provided training and have launched local and national campaigns that have changed, and continue to change, society's attitudes and behaviours towards people living with severe mental illness.

## Worthing Rethink Mental Health Carers Group

Worthing Rethink Mental Health Carers Group is a peer-led support group for the carers, family members and friends of people with lived experience of mental illness. They welcome people living with mental illness who wish to attend, as both sets of people share similar issues.

They have three groups running:

1. **Virtual meeting** which runs on the **2nd Monday of each month** at 7pm.
2. **Face-to-face meeting** held on the **4th Monday of each month** from 7pm at Meadowfield Hospital, Swandean, Arundel Road, Worthing BN13 3EF. A guest speaker is invited to talk about their specialist area but there is always time for people to share concerns and receive support.
3. A **drop-in session** on the **1st Wednesday of the month** between 10:30am and 1pm, at The Happy Teapot Cafe, 7 Richmond Rd, Worthing BN11 1PN (opposite Worthing Library). Feel free to stay for 5 minutes, the whole time, or anytime in between

### Contact details:

Group Coordinator: Peter, Mark, Pam, and Sue

Website: [www.rethink.org](http://www.rethink.org)

Email: [worthingcarersgroup@rethink.org](mailto:worthingcarersgroup@rethink.org)

Mobile: 07763 082094 (group)

## For help, advice, and information or to share your story

### Healthwatch is your health and social care champion.

If you use GPs and hospitals, dentists, pharmacies, care homes or other support services, we want to hear about your experiences. We have the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care. We also help people to find reliable and trustworthy information and advice



**Last year, we helped nearly a million people like you to have your say and get the support you need.**



If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Lead: [cheryl.berry@healthwatchwestsussex.co.uk](mailto:cheryl.berry@healthwatchwestsussex.co.uk)

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