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## Supporting each other

### Rethink Respect Group



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#### Who we are

Rethink Respect Group provides help and support to anyone with experience of mental illness – whether service user, carers, family or friends

Come and join us for a chat over a cuppa – and make new friends!

The group's aim is to provide a friendly, supportive, encouraging & non-judgmental environment for all.

We also meet for Breakfast Club at the Lord Byron Cafe (Newark Market Square) on the second and last Saturday of each month at 10.00am!

We love to welcome new members!

If you have any queries about attending our group, please contact the Group Co-ordinator on the details opposite who will be pleased to help.

### **The group meets at:**

Newark Baptist Church,  
1 Albert Street,  
Newark  
Nottinghamshire  
NG24 4BJ

Every Thursday from  
1.00pm – 3.00pm

### **Please contact:**

Group Co-ordinator:  
Jane Fidler

Tel: 07970 11 33 27

Email:  
[respectgroup.newark@rethink.org](mailto:respectgroup.newark@rethink.org)