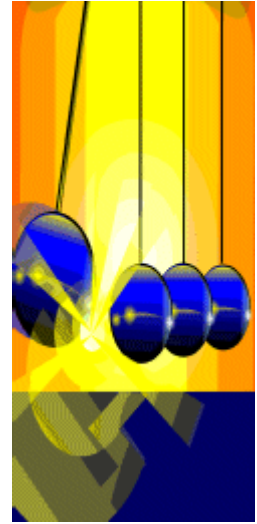


SWING

Bipolar support group
Hemel Hempstead

Tel: 07733 535979



Swing is a totally informal group run by people with manic depression / bipolar and the people who care for them, based on friendship and support for each other.

We like people to turn up regularly so that we can get to know each other, but we understand that it may not always be possible to attend each month. All are welcome, however frequently you come.

We meet on the first Saturday of every month from 10:00am 'til 12:00pm at Herts Mind Network, 139 Leighton Buzzard Road, Hemel Hempstead, Hertfordshire HP1 1HN. Contact Herts Mind Network on Tel: 08444 77 22 12.

Or 'phone the Swing mobile, carried by Roger, Dave or Bob for information: 07733 535979.

Or you can contact some group members via e-mail:
dave.prout@btinternet.com or bobhoulston@hotmail.com