

## **A warm welcome to sufferers of Bipolar Affective Disorder**

If you or someone you know has a diagnosis of Bipolar Affective Disorder (formerly known as manic depression) you are warmly invited to attend an open meeting of the Manic Depressive Fellowship (MDF) Bipolar Self Help Group, to be held on Wednesday 16 February at 2pm at the Healing Star, Penzance.

The self help group offers a safe environment for people to learn more about the condition, share information and benefit from peer support. The invitation to the open meeting is also for family, carers and friends.

Nicky Cope, Cornwall Rural Community Council's Mental Health Coordinator for West Cornwall is supporting the group and said,

*"We are holding this meeting to encourage more people with similar experiences to come along. It's a laid back, friendly group and I am sure many more people could benefit from this free support."*

The group regularly meets on the third Wednesday of the month from 2pm to 4pm at the Healing Star, Causeway Head, Penzance.

If you do not live in the Penzance area, but are interested in attending a group please contact Nicky or Jane on 01872 243532 or [nicky.cope@cornwallrcc.org.uk](mailto:nicky.cope@cornwallrcc.org.uk)