



Community Groups

A handy guide to our groups and services for people living with dementia and their carers.





Dementia Meeting Centres

Helping you to adjust to the changes dementia can bring, our centres offer fun activities as well as dedicated practical and emotional support for people living with dementia and their carers.



**Westbury Fields, Bristol.
Portishead, North Somerset.
Nailsea, North Somerset.**



**For people living with mild
to moderate dementia and
their carers.**



Community Allotments

Mixing gardening with green craft activities, all of our free community sessions at our allotments are dementia-friendly, giving you and your loved ones access to the therapeutic and social benefits of nature.



**Brentry, North Bristol.
Brislington, South Bristol.**



**For people living with mild
to moderate dementia and
their carers.**



Bristol Elders Groups

Attended predominantly by the Afro-Caribbean community in St Paul's and Easton, these three clubs for older people are vibrant, welcoming spaces where friendship, culture and wellbeing come together.



Malcolm X Centre, St Paul's.
Tudor Road, Easton.
Easton Community Centre.



For anyone living in the
community who is
interested in attending.



Winscombe Support Groups

Focussing on the wellbeing of both those living with dementia and carers, join us for activities, socialising and refreshments at our two free support groups: Dementia Support Group and Carer's Wellbeing Group.



**Winscombe Community
Centre, North Somerset.**



**For people living with mild
to moderate dementia,
and carers.**



Memory Connections

Using Maintenance Cognitive Stimulation Therapy, these weekly community sessions are designed to maintain memory skills and build confidence in a supportive environment of socialisation and activities.



Westbury Fields, Bristol.
St Peter's, Henleaze, Bristol.



For people living with mild
to moderate memory loss
and/or dementia.



Hospital Gardens

Working with Bristol & Weston Hospitals Charity, we provide dementia-friendly gardening and green crafts, away from the ward, for patients and their families at Bristol Royal Infirmary and Weston General.



**Bristol Royal Infirmary.
Weston General Hospital.**



**For older patients on the
hospital wards, alongside
their loved ones.**



Community Gardens

Located at the Wellspring Settlement in Barton Hill, and at two GP surgeries in Lawrence Hill and Easton, our inclusive community gardening sessions give everyone the chance to connect with nature in inner city Bristol.



Wellspring Settlement.
Lawrence Hill Health Centre.
Charlotte Keel Medical Practice.



**For anyone in the local
community and those
referred by their GPs.**



If you would like more information, want to arrange a free taster session, or fancy chatting with our friendly team, please get in touch:



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