

## Woodland Wellbeing

Our Woodland Wellbeing groups provide opportunities for people with dementia and those who support them to spend quality time together in the relaxing environment of a local woodland.

We meet fortnightly in small groups. We go with the flow of what interests you, from short walks to cooking on the fire, trying art or crafts or simply listening to the birds and enjoying a cuppa.



*"The freedom of being outdoors, the friendship of being with other people and the understanding of being in similar circumstances – a sense of community."*

*"We're able to mingle and talk in the open air... It's less confining – everything floats away!"*

*Fresh air does you good, there's a sense of wellbeing, reduced tension, I do sleep better."*

*"I just find the whole group is so relaxing and welcoming."*

(quotes from participants)

Our sessions are for people with dementia and those who support them. You might come as a couple, with a friend, relative or a carer. We also try to accommodate people with dementia who would like to come on their own.



The small group and relaxing natural environment offers you opportunities to:

- relax away from noise and stress
- spend quality time with other people
- meet others who may be in a similar situation
- connect with nature
- try new activities and learn new things
- indulge all of your senses
- be yourself and spend time doing what interests you.



The group is facilitated by Rachel and Helen, Health and Wellbeing officers with the Forest of Avon Trust, along with our volunteer Clive. They're run in partnership with Bristol Dementia Wellbeing Service.

### **When are sessions?**

We have two fortnightly groups which meet on a Thursday morning. The sessions start at 10:30am and finish at 12:30pm.

There's no obligation to attend every session or stay for the whole time. We also understand that sometimes it can take a bit longer to get up and out of the house so don't worry if you're late.

### **Where do the groups meet?**

We have two different groups which meet in accessible public parks with woodland and nearby toilets:

- one group meets at Conham River Park near St Georges
- the other meets at Kings Weston Estate near Shirehampton

So you can choose the one nearest to where you live or the most convenient.

### **How do I sign up?**

To sign up ask your Bristol Dementia Wellbeing Service Navigator if you have one. Alternatively you can phone the Dementia Wellbeing Service on: 0117 904 5151

### **What should I expect?**

When you arrive for your first session we'll meet you and take you to our base. We'll have enough chairs for everyone, a fire to keep you warm (and a tarp cover if it's raining!) We'll provide hot drinks and snacks each session and there are public toilets nearby.

Do get in touch if you have any questions about the sessions, we'll do our best to support anyone who'd like to come.



**“When I got the diagnosis I thought life would come to an end but now I realise I can still do all the things I want to.”**