

Groups and Activities in South Gloucestershire

Please note these local groups and services are not all run by Alzheimer's Society. Please contact each group individually prior to attending. Alzheimer's Society only take responsibility for the groups run by Alzheimer's Society.

For more information or advice on Dementia Support please call

Dementia Support Line: 0333 150 3456

Email: southgloucestershire@alzheimers.org.uk

You can find lots of information about memory and dementia on our website at alzheimers.org.uk as well as our online community, the Dementia Support Forum.

Contents

Thornbury, Almondsbury and Severnvale	2
Patchway, Filton and the Stokes	2
Winterbourne and Frampton Cotterell.....	3
Staple Hill, Soundwell, Downend and Mangotsfield	4
Kingswood, Hanham, Longwell Green and Cadbury Heath.....	5
Yate and Chipping Sodbury	7
Additional Services/ Other locations.....	9
Young onset dementia groups	10
Age UK Services	10
Day Centres	11
Carer Support.....	12
Domestic care, sitting and companionship services.....	13
Community Transport.....	14

Thornbury, Almondsbury and Severnvale

The Haven Memory Café
Thornbury United Reformed Church
First and third Fridays of each month, 10.15am – 11.45am
Telephone: Sue Walton 07794 370903
E-mail: sm.walton@hotmail.co.uk
Or call Stuart Hill on 07913 241437

Thornbury Memory Café
Thornbury Methodist Church Hall
Second and fourth Tuesdays of each month, 10.15am – 11.45am
No meetings during August or fourth Tuesday in December
Telephone: 01454 412941
Email: Sue.Rowley1@btinternet.com

Thornbury Singing Group for people with memory difficulties: Let's Sing to Remember.
St Mary's Church Hall, 1.30pm – 3.15pm
First and third Wednesday of the month apart from May and August when it will be second and fourth Wednesday. £2.50 per person to cover costs.
Telephone: Gill Dunkley on 01454 281801 or Julie Roberts on 01454 416243
Email: oldmalthouse@btconnect.com

Health and Happiness Hub
are you living with: Hypertension, Diabetes, Weight issues, chronic pain, anxiety and Depression. Thursday 2pm-4pm.
Turnberrries bath road Thornbury Bristol BS35 2BB
(GP referral required)

Singing for the Brian Group. Glebe House, 5 Sunday Hills Almondsbury Bristol BS32 4DS
2nd Wednesday of each month 2pm-3.30pm Contact: 01454 616116

Patchway, Filton and the Stokes

Patchway Memory Café
St Chads Church Hall
First and third Mondays of each month 10.30am – 12.30pm
Telephone: Sue on 0117 975 9347 or Carol 0117 979 3732

Older Peoples' Tea Party (60+)
Brooks Café, Coniston Community Centre
Last Sunday of the month, 2pm – 4pm
Telephone: Tanya on 07876 501227

Milestones trust Music Train

The Parade, Coniston Road, Patchway BS34 5LP and Hayes Way, Patchway BS34 5BZ

Events take place during the day and feature some wonderfully talented musicians

Suggested donation of £3 per person

Telephone: 07800 884080

Email: musictrain@milestonetrust.org.uk

Health and Happiness Hub

are you living with: Hypertension, Diabetes, Weight issues, chronic pain, anxiety and Depression. Mondays 2pm-4pm.

Brook way Activity Centre, Brook way, Bradley Stoke Bristol
(GP referral required)

Winterbourne and Frampton Cotterell

Wellbeing Friends

Winterbourne and District Community Association, Watleys End Road

Every two weeks, first Wednesday and third Thursday

£3 per person

Please contact Edna before attending

Telephone: 07789 662694

Winterbourne Memory Café

Alzheimer's Society – Greenfield Centre

Fourth Thursday of each month, 2pm – 3.30pm

Telephone: 0117 961 0693

Email: southgloucestershire@alzheimers.org.uk

Sing along with the Jays

The Miners Social Club, Badminton Road, Coalpit Heath, BS36 2QB

Singing Group meets first Monday in the month, 2pm – 3.30pm

All are welcome.

Staple Hill, Soundwell, Downend and Mangotsfield

Dementia Singing Memory Cafe

The Staple Hill Community Hub, 1a Berkeley House, Berkeley Road, Staple Hill BS16 5HS

Tuesdays from 1.45pm. With tea and Coffee. Free for all.

Telephone: Ben on 07910 668258

The Retreat Memory Café

St Stephens Church, Soundwell

Second and fourth Mondays of each month

Telephone: 07971 744846 or 0117 403 4238

Email: Liz lizevans@southernbrooks.org.uk or dementia@southernbrooks.org.uk

Friendly Voices

Mangotsfield and Castle Green United Reformed Church

Second and fourth Wednesdays of each month 10.30am to 12pm (walk ins welcome).

Free of charge

Telephone: Des on 07480 133121

Singing for the Brain Downend

Alzheimer's Society

Every Thursday morning

Telephone: 0117 961 0693

Email: southgloucestershire@alzheimers.org.uk

Downend Senior Film Club

Christ Church Hall, Downend

Third Monday of the month at 2pm

Easy access and no need to book, open to all

For a list of upcoming films please contact:

Telephone: Liz on 0117 435 0063

E-mail: liz.hegarty@homeinstead.co.uk

Milestones trust Music Train

Christ Church Downend Road BS16 5UF

Events take place during the day and feature some wonderfully talented musicians

Suggested donation of £3 per person

Telephone: 07800 884080

Email: musictrain@milestonetrust.org.uk

Kingswood, Hanham, Longwell Green and Cadbury Heath

Longwell Green Memory Café
Alzheimer's Society
Longwell Green Community Centre
First Monday of each month, 2pm – 3.30pm
Telephone: 0117 961 0693
Email: southgloucestershire@alzheimers.org.uk

Singing for the Brain Kingswood
Alzheimer's Society
Every Wednesday morning
Telephone: 0117 961 0693
Email: southgloucestershire@alzheimers.org.uk

Warmley Wheelers
Giving people with health conditions and support needs the chance to get into cycling, with safe equipment and a supported environment.
Telephone: 07587 034366
Email: warmleywheelers@milestonetrust.org.uk

We are BS15: Eat and Meet lunch - First Tuesday of the month 12pm-2pm (Main, pudding and Drink suggested donation £8.00)
The Beacon Café, Hanham Methodist Church, Chapel Road, Hanham BS15 8SD
Telephone: 01454 300186 Website: www.wearebs15.co.uk

We are BS15: Themed afternoon tea events- Various dates throughout the year
The Beacon Café, Hanham Methodist Church, Chapel Road, Hanham BS15 8SD
Telephone: 01454 300186 Website: www.wearebs15.co.uk

We are BS15: Knit and Craft Group Third Thursday of the month 2pm-3pm: Free
The Beacon Café, Hanham Methodist Church, Chapel Road, Hanham BS15 8SD
Telephone: 01454 300186 Website: www.wearebs15.co.uk

We are BS15: Young at heart- Wednesdays 11am to 1pm
We have teamed up with Right at Home and the Carers Support Centre to bring you Young at Heart, a new coffee morning for the over 50's offering companionship, fun and laughter!
Suggested £5.00 donation
The Beacon Café, Hanham Methodist Church, Chapel Road, Hanham BS15 8SD
Telephone: 01454 300186 Website: www.wearebs15.co.uk

We are BS15: Care for Carers- First Wednesday of the Month 11am to 1pm.

Take time for yourself while your loved one is looked after at young at heart. Supported by the Carers Support Centre.

The Beacon Café, Hanham Methodist Church, Chapel Road, Hanham BS15 8SD

Telephone: 01454 300186 Website: www.wearebs15.co.uk

We are BS15: Centre for Deaf social: last Thursday of the month 10.30-12.30pm

Join CFD's Coffee morning to chat and meet new people. Everyone's welcome whether you're deaf, hard of hearing, BSL user or learning to sign.

The Beacon Café, Hanham Methodist Church, Chapel Road, Hanham BS15 8SD

Telephone: 01454 300186 Website: www.wearebs15.co.uk

We are BS15: Age UK digital Café: 1st & 3rd Thursday of the month 12pm-2pm

Support for over 50s who would like to know how to access the internet, use new technology, stay connected, or access vital services online.

The Beacon Café, Hanham Methodist Church, Chapel Road, Hanham BS15 8SD

Telephone: 01454 300186 Website: www.wearebs15.co.uk

We are BS15: Bee Workshop -Trinity Food Garden: Various dates throughout the year

Trinity Community Arts Centre, Trinity Road Bristol BS2 0EB

Telephone: 01454 300186 Website: www.wearebs15.co.uk

We are BS15: Gardening for Wellbeing- Trinity Food Garden: Thursdays 10am – 12pm

Trinity Community Arts Centre, Trinity Road Bristol BS2 0EB

Telephone: 01454 300186 Website: www.wearebs15.co.uk

We are BS15: The Kingswood Kitchen Hosted by Right at Home

Every Friday 11am- 2pm

Telephone: 0117 370 1710 to book

E-mail: Communitybristol@rightathome.co.uk

Memories at the crown and Horseshoe Cafe

A friendly space for people with memory problems, their families and carers.

Come along and join for free

7 North Street, Oldland Common Bristol BS30 8TU

Tuesdays 11am to 3pm

07900628330

Milestones trust Music Train

Made Forever Café, Fisher Road Kingswood BS15 4RQ

Events take place during the day and feature some wonderfully talented musicians.

Suggested donation of £3 per person

Telephone: 07800 884080

Email: musictrain@milestonetrust.org.uk

Milestones trust Music Train

118-124 High Street Hanham BS15 3EJ

Events take place during the day and feature some wonderfully talented musicians

Suggested donation of £3 per person

Telephone: 07800 884080

Email: musictrain@milestonetrust.org.uk

Orchard Gardening Club: Tuesdays 10.30-12pm

The Orchard medical Centre, Kingswood Bristol BS15 8NJ

Contact Tess: orchardgarden@southernbrooks.org.uk

Health and Happiness Hub

are you living with: Hypertension, Diabetes, Weight issues, chronic pain, anxiety and Depression. Tuesdays 10am-12pm.

5 School Road, Cadbury Heath Bristol BS30 8EN

(GP referral required)

Health and Happiness Hub

are you living with: Pre-Diabetes, Heart Disease, chronic kidney disease. Wednesdays 2pm-4pm. Kingswood Community association, high street Kingswood Bristol BS15 4AB

(GP referral required)

Yate and Chipping Sodbury

Sing to Remember (Mindsong)

The Baptist Church, Chipping Sodbury, BS37 6AH

Singing Group for people with memory difficulties plus carer/partner

First and third Wednesday of each month at 10.30am to 12pm

Telephone: 07722 505567

Yate Memory Café

Pop Inn Café, Yate Shopping Centre

First and third Friday of the month, 1.30pm – 3pm

Telephone: 01454 869441

Email: info@yatearmadillo.co.uk

Memory Café

Yate and District Heritage Centre, Church Road, Yate, BS37 5BG

'Explore our handling table and relive memories of the past'

Last Thursday of the month between 1pm - 4pm

Telephone: David Hardill on 01454 862 200

Email: info@yateheritage.co.uk for more information

Oasis Memory Café
Chipping Sodbury Baptist Church Hall
First and third Tuesdays of each month 10.30am – 12pm
Telephone: Wendy on 01454 313023
Email: office@cs-bc.org.uk

Woodland Wellbeing
Brimsham Park, Yate
Relax in nature
Every other Wednesday
Telephone: 07855 560865
Email: rachel.tomlinson@forestofavontrust.org

Health and Happiness Hub
are you living with: Hypertension, Diabetes, Weight issues, chronic pain, anxiety and Depression. Wednesdays 10am-12pm.
YMCA Station road, Yate Bristol BS37 4PQ
(GP referral required)

Yate Men's Shed groups
[Armadillo Café](#)
Every Thursday at 10.30am
[Parish Hall](#)
Every Monday, 1.30pm-4.30pm
Every Friday, 9am-12pm
Telephone: Nigel on 07847 306735

Tea Dances at Chipping Sodbury Town Hall
Various dates throughout the year, run by the Chipping Sodbury Rotary Club. For more information: Telephone: 07722 266063

Relaxed Cinema
Armadillo Youth Café, Station Road, Yate, BS37 4FW
For customers with additional needs (such as dementia, autism) or other neurodivergent people along with their PAs, spouses, partners, family, or friends.
Every second and fourth Monday of the month at 1pm for a 1.30pm start!
To book your place: Telephone: 01454 869441
Email: info@yatearmadillo.co.uk

Milestones trust Music Train
Telephone: 07800 884080 Email: musictrain@milestonetrust.org.uk
Armadillo Centre, Station Road, Yate, BS37 4FW (Suggested donation of £3 pp.)
Events take place during the day and feature some wonderfully talented musicians

Additional Services/ Other locations

Memory Café

Doynton Village Hall

First Thursday of each month, 2pm- 4pm

Telephone: 07817 311001

Dementia Connection memory café

Charfield Memorial Hall

Alternate Tuesdays 10.30am – 12.30pm

Connect Group Wotton and Surrounding area

The Keepers Community Centre, Symn Lane Wotton-Under-Edge

Second and fourth Tuesday, 10am – 12pm

Telephone: 01452 529697

Email: gloucestershire@guideposts.org.uk

Centre for Deaf and Hard of Hearing People (CFD)

Call: 0117 939 8653 Text: 07545 264840 Email: office@cfid.org.uk

Website: <http://Cfd.org.uk/cfd-community-groups-page/>

CFD Please Visit <https://cfid.org.uk/event-calendar/> for all upcoming events

Alive's Dementia Friendly Allotments

North Bristol: Charlton Road Allotments, Brentry BS10 6JZ

Mondays and Tuesdays 1.30pm – 3.30pm

South Bristol: Talbot Road Allotments, Brislington BS4 2NT

Monday's 07861385543 1.30pm – 3.30pm

Telephone: Website: www.aliveactivities.org

Email: Communitygardening@aliveactivities.org

Best Life Club

Redland Church, Redland Bristol BS6 7HE

Every Thursday 50 weeks a year, 10.30am – 2.30pm

Telephone: 0117 379 0048

Email: dayclub@bestlife.org.uk

Website: www.bestlife.org.uk

Sight Support: Information, Advice, social activities, community work and resources.

The Vassall Centre, Gill Avenue Fishponds Bristol BS16 2QQ

Contact: 0117 3224885 Email: info@sightsupportwest.org.uk

Website: www.sightsupportwest.org.uk

Young onset dementia groups

Walking Well

South Glos Young Onset Dementia Walking Group

Telephone: 01454 863440

Email: walking@southglos.gov.uk

YODA Groups

Young onset dementia different groups and activities for more information contact

Email: joanne_oneill@hotmail.com

Age UK Services

Telephone: 01454 411707

Befriending Service

Receive a call or visit once a week (volunteer)

Email: befriending@ageuksouthglos.org.uk

Walking Project

Short and gentle weekly group walks

Email: walking@ageuksouthglos.org.uk

Reconnect Service

Meet a friend with similar interests

Email: befriending@ageuksouthglos.org.uk

Digital Inclusion

Improve knowledge and skills on mobile and digital devices

1:1 and group sessions.

Email: digital@ageuksouthglos.org.uk

Free information and advice about writing a will, finding a reliable tradesperson, wellbeing, transport, pensions and benefits, care homes and more.

Telephone: 01454 411707

Email: info@ageuksouthglos.org.uk

Day Centres

Age UK Day Centres

Wednesdays: Grace Court, Downend

Thursdays: Warmley Community Centre

Fridays: Turnberries Community Centre Thornbury

Telephone: 01454 411707 option 3

Christine Wedlake and Michelle Buckley Email: dayservices@ageuksouthglos.org.uk

Autumn Years Respite Day Centres

Including lunch, refreshments, and activities designed around your interests

Mondays: 10am to 2pm Lawrence Weston Community Farm

Tuesdays: 10am to 2pm St Michaels Centre in Stoke Gifford

Wednesdays: 10am to 2pm Hartcliffe City Farm

Thursdays: 10am to 2pm Ridgewood Centre, Yate

Fridays: 10am to 2pm Turnberries Community Centre, Thornbury

Telephone: 07741 977122 Email: info@autumnyearscommunitycare.com

Best Life Day Club – Fun, food and friendship in Bristol and South Glos

(Previously Adorno Day Centre)

Greenfield Centre in Winterbourne, South Gloucestershire

Wednesdays 10am – 2pm

Telephone: 0117 379 0048 Email: hello@bestlife.org.uk Website: www.bestlife.org.uk

The Rainbow Care Group Day Centre

Unity Oldland Methodist Church Club, West Street, Oldland Common, Bristol BS30 9QS

Thursdays, 10am and 4pm.

Telephone: 01225 234110

Email: bath@therainbowcaregroup.com Website: therainbowcaregroup.com

Memory Lane Day Centre

54 Moravian Rd, Kingswood

Five days a week

Telephone: 0117 909 6070 Email: info@caringcomes1st.co.uk

Allegra Care

Rose Garden: Chessel Drive, Patchway BS34 5BH

Olive Tree House: Chessel Drive Pathway BS34 5BH

Blossom Fields: 84-86 High Street, Winterborne BS36 1RB

The Grove: 88 High Street, Winterbourne BS36 1 RB

Telephone: Catherine (Regional Resident Liaison Manager) 07935 709195

Email: ccrawshaw@allegracare.co.uk

Cambrian Green Day Centre

Yate: Telephone: 01454 864790

Carer Support

Carers Support Centre

Telephone: 0117 965 2200

Email: carersline@carerssupportcentre.org.uk

Website: www.carerssupportcentre.org.uk

CarersLine (helpline)

Advice and support

Monday – Friday 10am – 1pm

Monday – Thursday 2pm – 4pm

Carer's assessments

One-to-one support. Hospital and GP liaison services.

Carers groups

Hanham: first Tuesday 1.30 pm – 3.30pm

Kingswood: second Wednesday 2pm – 4pm

Downend: fourth Wednesday, 2pm – 4pm

Walk and Talk: various locations

Befriending and counselling services: telephone based

The Mindful Life

Mindfulness for carers, taster sessions and free three-week courses, all run online.

Email: info@themindfullife.co.uk

Website: www.themindfullife.co.uk

We are BS15: Care for Carers– First Wednesday of the Month 11am to 1pm.

Take time for yourself while your loved one is looked after at young at heart. Supported by the Carers Support Centre.

The Beacon Café, Hanham Methodist Church, Chapel Road, Hanham BS15 8SD

Telephone: 01454 300186 Website: www.wearebs15.co.uk

Domestic care, sitting and companionship services

These are examples of agencies who provide these services. None are endorsed by Alzheimer's Society.

Autumn Years Friends Respite

Telephone: 07741 977122

Email: info@autumnyearscommunitycare.com

Website: www.autumnyearscommunitycare.com

Best Life – Companionship and independence Support

Telephone: 0117 379 0048 Email: hello@bestlife.org.uk Website: www.bestlife.org.uk

Best Life – Hospital and Resettlement

Practical and emotional support to ease your return home

Telephone: 0117 379 0048 Email: hello@bestlife.org.uk Website: www.bestlife.org.uk

Best Life – Care Calls

Daily/Weekly reminders for appointments, medication, hydration and More

Telephone: 0117 379 0048 Email: hello@bestlife.org.uk Website: www.bestlife.org.uk

Home Instead

Telephone: 0117 435 0064

Email: rebecca.fudge@homeinstead.co.uk

Website: www.homeinstead.co.uk/bristol-north

Your Care

Telephone: 0117 947 7422

Email: hello@your-careuk.co.uk

Website: www.your-careuk.co.uk/services

“Marigolds” by Brunel Care

Telephone: 0117 914 4257

Website: www.brunelcare.org.uk/care-support/marigolds-service/

Yate and Sodbury Domestic Care

Telephone: 07842 506377

Email: gateandsodburydc@gmail.com

Website: gateandsodburydc.co.uk/domesticcare

Home Companions

Telephone: 07726 771328

Email: info@homecompanions.uk

Website: homecompanions.uk

Bluebird Chipping

23D High Street, Chipping Sodbury, Bristol BS37 6BA

Telephone: 01454 323 624

Email: southglos@bluebirdcare.co.uk

Right at Home Bristol
Unit 8 Ground Floor, Eclipse Office Park, High St, Staple Hill, Bristol BS16 5EL
Phone: 0117 370 1710 Website: www.rightathome.co.uk/Bristol

Chinese Community Wellbeing Society

Spur 8, The Vassall Centre, Gill Avenue Bristol BS16 2QQ.
Main Office: 0117 9351462 Carers: 0117 9553330 Email: carers@chinesecws.org.uk
Website: www.chinesecws.org.uk

Caremark

Filwood Green Business park, 1 Filwood Park Lane, Bristol BS4 1ET
Contact: 0117 4032262

Alex C&C Healthcare

106 Soundwell Road, Bristol BS16 4RE Contact: 0117 2356961 Website:
www.alexcchealthcare.com

Community Transport

Dial a ride: South Gloucestershire Council 01454 868004

Four Towns and Vale Link Community Transport

Services: Group hire, dial-a-ride, voluntary cars

Phone: [01454 250500](tel:01454250500)

Email: info@4tv.org.uk

Green Community Travel

Services: Group hire, ring and ride and voluntary cars

Phone: [01454 228706](tel:01454228706) Ring and ride: [0845 241 0985](tel:08452410985)

Email: admin@greencommunitytravel.co.uk

Hawkesbury Voluntary Transport

Phone: [01454 238 788](tel:01454238788) Bookings: [07972 065665](tel:07972065665)

Email: alan-shewry@msn.com

Kingswood Community Transport

Services: Group hire and dial-a-ride

Phone: [0117 961 6016](tel:01179616016)

Email: info@kingswoodct.org.uk

Best life – Assisted Transport

Safe, Friendly door to door service with a familiar companion,

Telephone: [0117 379 0048](tel:01173790048)

Email: hello@bestlife.org.uk

Website: www.bestlife.org.uk