



SOUTHMEAD DEVELOPMENT TRUST

southmead.org

JOIN OUR FREE ONLINE SUPPORT GROUPS

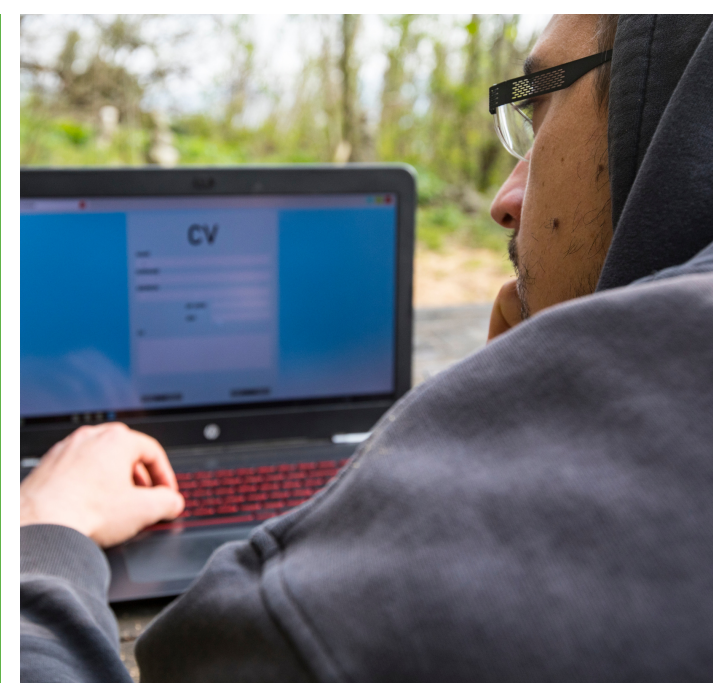
MANAGING ANXIETY - LOW INTENSITY CBT

Tuesdays
x 4 sessions
1:30pm - 3pm



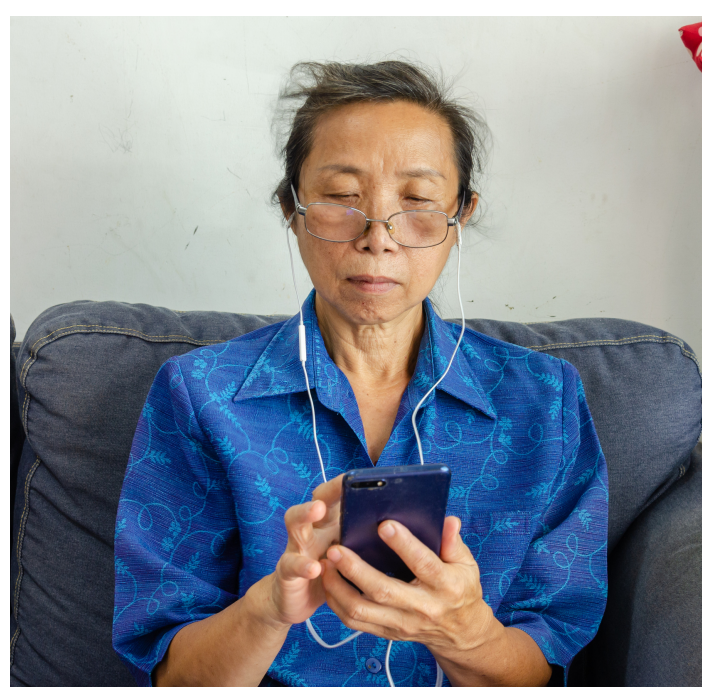
UNIVERSAL CREDIT INFO & SUPPORT

on 4th Tuesday
of each month
12pm - 1:30 pm



PERSONAL INDEPENDENCE PAYMENT (PIP) INFO & SUPPORT

on 1st Wednesday
of each month
11am - 12:30pm

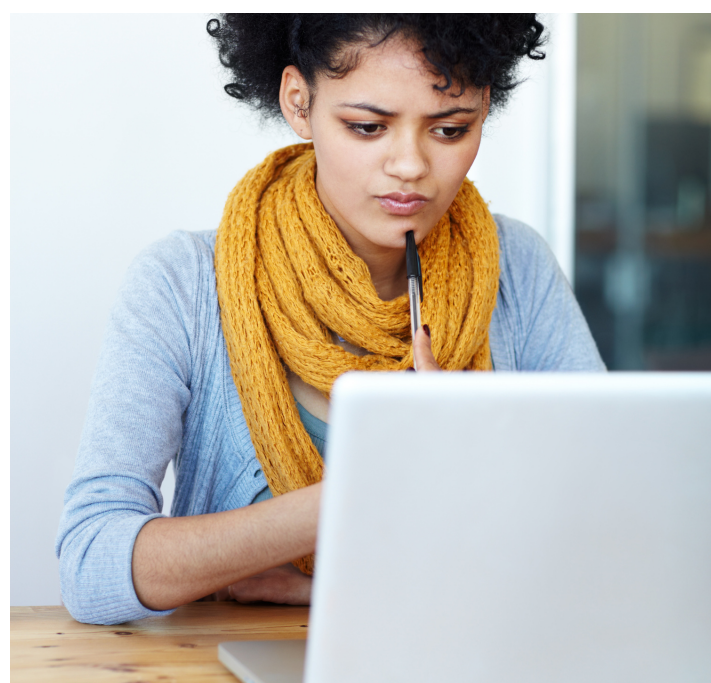


DEBT & BUDGETING

on 2nd Wednesday
of each month
10:30am - 12pm

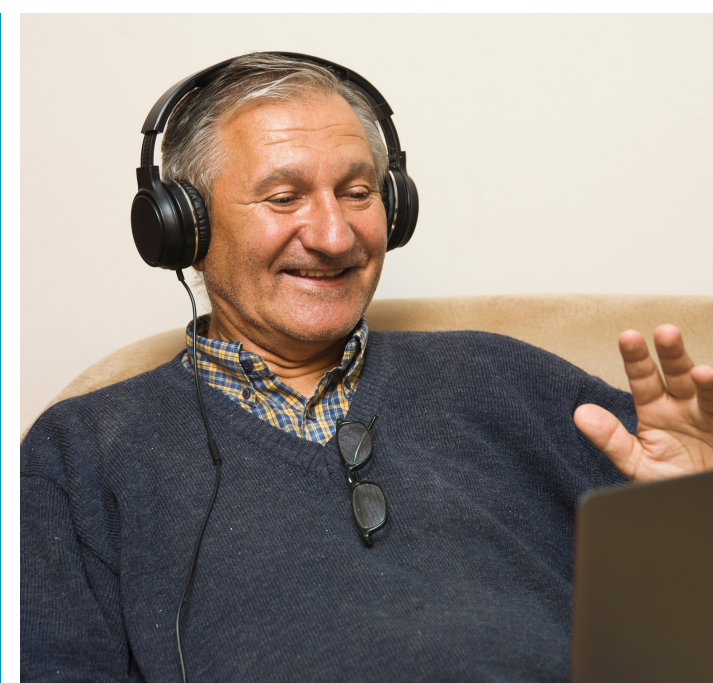
HOUSING INFO & SUPPORT

on 3rd Wednesday
of each month
11am - 12:30pm



LIVING WELL WITH CHRONIC PAIN

Fridays
x 4 sessions
10:30am - 12pm



Groups are open to adults (18+) who are registered at a North or West Bristol GP surgery.

Sign up online by visiting
southmead.org/wellbeing/social-prescribing

