



SOUTHMEAD DEVELOPMENT TRUST

southmead.org

JOIN OUR FREE SUPPORT GROUPS

LIVING WELL WITH CHRONIC PAIN
ONLINE
Fridays
10:30am - 12pm

BUILDING CONFIDENCE FOR WORK
IN PERSON
Wednesdays
10am - 12:30pm

EMPLOYMENT SKILLS WORKSHOP
IN PERSON
Wednesdays
1:30 - 3:30pm

LIVING WITH LONG COVID
ONLINE
Wednesdays
10 - 11:30am

CARERS SUPPORT DROP IN
ONLINE
1st Thursday of month
1 - 2pm

HEALTHY LIFESTYLES
IN PERSON
GREENWAY
Fridays
12:30 - 2:30pm

SEND INFO SESSION
ONLINE
1st Wednesday of month
11am - 12pm

HEALTHY LIFESTYLES
IN PERSON
COTHAM
Coming Soon!

MANAGING MONEY
IN PERSON
Coming Soon!

MANAGING MENOPAUSE
ONLINE
Coming Soon!



Scan here to sign up!

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



SAY
SEND AND YOU SENDIAS



Carers Support Centre
Bristol & South Gloucestershire