



SOUTHMEAD DEVELOPMENT TRUST

southmead.org

check our website for updates

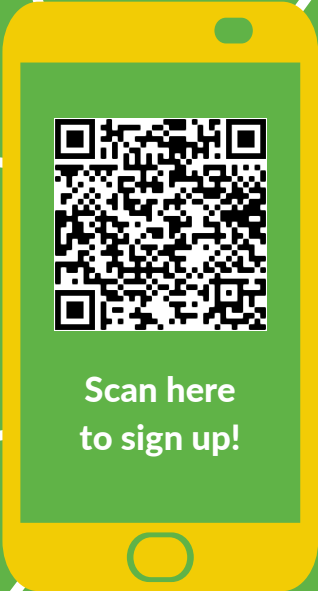
JOIN OUR FREE SUPPORT GROUPS



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

HOUSING: KNOW YOUR RIGHTS
IN PERSON
SHIREHAMPTON
METHODIST CHURCH
Third Thursday of month
1 - 2.30pm

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

MANAGING MENOPAUSE
ONLINE
Coming Soon!

HEALTHY LIFESTYLES
IN PERSON
COTHAM
Coming Soon!

ENERGY HELP
IN PERSON
Please contact us for the location
Last Tuesday of month
1:30 - 3pm

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 or telephone: 0117 950 3335 and ask for the Social Prescribing Team.

