

## Woodland Wellbeing

Woodland Wellbeing is a group where people with dementia and their carers can relax together and enjoy being in nature.

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 circumstance – 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 our Bristol group)

Our sessions are for people with dementia and those who support them. They take place in lovely Brinsham Park in Yate. You might come as a couple, with a friend, relative or a carer. We also try to accommodate people with dementia who'd like to come on their own. There's no obligation to attend every session or stay for the whole time. We 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.



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

- relax away from noise and stress
- spend quality time with other people
- 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 & Jon, Health and Wellbeing officers with the Forest of Avon Trust.

The groups will also be supported by Adorno Companions who provide social support for older people.

Our spring/summer 2022 sessions will run every other Wednesday morning, 10:30am-12:30pm on:

27 April  
11 May  
25 May  
8 June

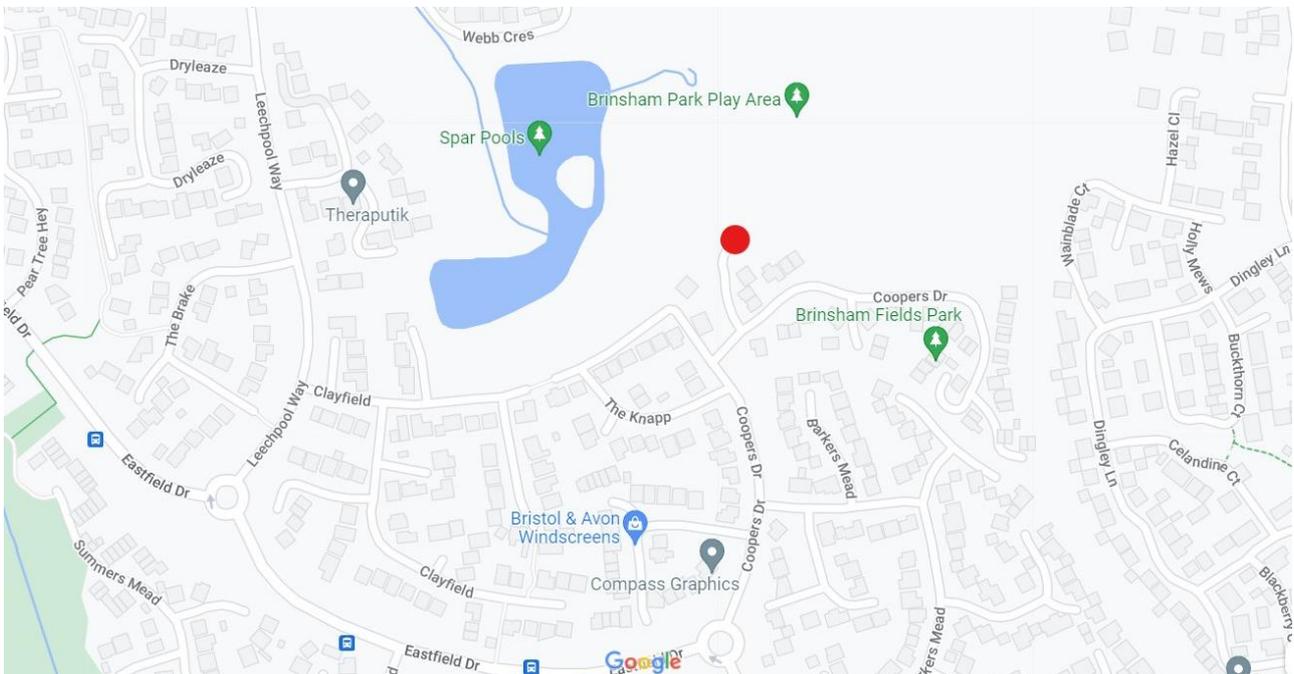
22 June  
6 July  
20 July  
Sessions continue fortnightly in August, Sept & Oct.

### If you'd like to come along

We have space for 12 people. To let us know you'd like to come, or to find out more, phone or text Rachel on: 07 85 55 60 865 or email: [rachel.tomlinson@forestofavontrust.org](mailto:rachel.tomlinson@forestofavontrust.org)

### Where will sessions be?

The first time you come along we will meet you at the car park (marked by a red dot on the map), on Coopers Drive, postcode: BS37 7XZ. Bus numbers Y3 and Y4 stop on Eastfield Drive. It's a short walk across the park (on tarmacked paths) to our site amongst the trees. If you aren't able to walk far let us know.



### What to expect

When you arrive for your first session we'll meet you in the car park and go with you to our base in the trees. We'll have chairs for everyone, a fire to keep warm and a tarp cover if it's raining! We'll provide hot drinks and a snack. Please wear:

- Warm clothes - even if it doesn't seem cold outside do bring a warm jumper or jacket.
- Waterproof coat - if it's raining we go out anyway!
- Sturdy footwear e.g. walking boots or wellies if you have them.

**“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.”**