

Woodland Wellbeing

Woodland Wellbeing is a space for people with dementia and their carers to spend quality time together in the relaxing environment of a local woodland.

We meet fortnightly in small groups. We go with the flow of what interests you, from short walks to foraging and 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 participants)

Our sessions are for people with dementia and those who support them. They take place at beautiful Kings Weston Estate. We meet in woodland accessible by a flat path and near a car park and bus stops. There are toilets nearby. 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.



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.



Sessions are facilitated by Rachel, Nicola and Helen, Health and Wellbeing officers for the Forest of Avon Trust, along with our volunteer Clive. They're run in partnership with Bristol Dementia Wellbeing Service.

Our spring/summer 2022 sessions run on Thursday mornings, 10:30am-12:30pm on the following dates:

28 April
12 May
26 May
9 June
23 June

7 July
21 July
4 August
Sessions will continue in August, Sept and Oct.

How do I sign up?

To sign up ask your Dementia Navigator. You can phone the Dementia Wellbeing Service on: 0117 904 5151

Where will sessions be?

We meet outside Kings Weston House Cafe at 10:30am (postcode BS11 0UR). If coming by car/taxi you can park in the main Kings Weston House car park. It's a short walk on flat ground to the woods: <http://kingswestonhouse.co.uk/>



What should I expect?

When you arrive for your first session we'll meet you outside Kings Weston House cafe and go with you to our base. We'll have enough chairs for everyone, a fire to keep you warm (and a tarp cover if it's raining!) We'll provide hot drinks and snacks each session and there are toilets in the nearby café.

Do get in touch if you have any questions about the sessions and we'll do our best to support anyone who'd like to come.

Please bring:

- 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! We also have a tarp shelter to help keep us dry.
- 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.”