

ACTIVITY	DESCRIPTION	TELEPHONE	EMAIL	WEBSITE	ADDITIONAL INFORMATION
Downend Folk House Community Centre	Art, scrabble, family history, bell ringing, book reading, counselling, cross stitch and private hire.	0117 956 2367	dfha_joan@btconnect.com	<a href="http://www.downendfolkhouse.org.uk">www.downendfolkhouse.org.uk</a>	
Fresh Arts at North Bristol NHS Trust	Range of activities, including 6-week Art on Referral programmes for out-patients who have experienced cancer and patients with chronic pain or breathlessness. Activities to in-patients on the wards, including a music programme for those with dementia and/or a cognitive impairment.	07554 334828	<a href="mailto:fresh_arts@nbt.nhs.uk">fresh_arts@nbt.nhs.uk</a>	<a href="http://www.nbt.nhs.uk/fresh-arts">www.nbt.nhs.uk/fresh-arts</a>	
Golden-Oldies Charity	Singing and activity sessions across England and Wales, including singing the uplifting popular hits from the 50s onwards, movement to music, Bolliwood dance, health and wellbeing advice. Sessions are aimed at older people who are socially isolated, as well as people with learning difficulties and dementia.	01761 470 006	<a href="mailto:emma@golden-oldies.org.uk">emma@golden-oldies.org.uk</a>	<a href="http://www.golden-oldies.org.uk">www.golden-oldies.org.uk</a>	Local groups in Filton, Stoke Gifford and Westbury on Trym.
Lyde Green Community Association	Wide variety of activities, including support groups and health care sessions.	0117 957 0410	<a href="mailto:info@lydegreenca.org">info@lydegreenca.org</a>	<a href="http://www.lydegreenca.org">www.lydegreenca.org</a>	
Playlist for Life	Music and dementia charity. We want everyone with dementia to have a unique, personal playlist and everyone who loves or cares for them to know how to use it. Free online resources, leaflets and webinars. Network of local Help Points.	0141 404 0683	<a href="mailto:info@playlistforlife.org.uk">info@playlistforlife.org.uk</a>	<a href="http://www.playlistforlife.org.uk">www.playlistforlife.org.uk</a>	
South Gloucestershire Libraries	Library membership is free. Click and collect service. Free digital services, eBooks, eAudiobooks, eComics, digital magazines and newspapers available to download anytime. Free use of computers and the internet plus Wi-Fi	01454 868 006	<a href="mailto:libraries@southglos.gov.uk">libraries@southglos.gov.uk</a>	<a href="http://www.southglos.gov.uk/libraries">www.southglos.gov.uk/libraries</a>	
Southern Brooks Wellbeing Service	Helping people to make small changes to improve their wellbeing. Free workshops. 30mn wellbeing plan phone call. Signposting.	01454 868 5837	<a href="mailto:wellbeing@southernbrooks.org.uk">wellbeing@southernbrooks.org.uk</a>	<a href="http://www.southernbrooks.org.uk/wellbeing">www.southernbrooks.org.uk/wellbeing</a>	
The Reader	Shared reading is a chance to meet up to read and listen to great stories and talk about what they mean to us. A trained volunteer chooses what we'll read each week and helps everyone get the most out of it.	07949 143022	<a href="mailto:michaelprior@thereader.org.uk">michaelprior@thereader.org.uk</a>	<a href="http://www.thereader.org.uk">www.thereader.org.uk</a>	
United Church Kingswood	Religious service each Sunday at 10.30am, community choir each Thursday at 7pm, monthly coffee morning, keep fit group every Thursday.	0117 907 8994	<a href="mailto:patsy.holdsworth@moravian.org.uk">patsy.holdsworth@moravian.org.uk</a>	<a href="http://www.moravian.org.uk">www.moravian.org.uk</a>	
Singing for the Brain (online)	Online singing session for people living with dementia and their carer. St. Michaels Church Centre, The Green, Stoke Gifford, Bristol BS34 8PD	07544 764 929	<a href="mailto:david.stone@alzheimers.org.uk">david.stone@alzheimers.org.uk</a>	<a href="http://www.alzheimers.org.uk/find-support-near-you">www.alzheimers.org.uk/find-support-near-you</a>	
Let's Sing To Remember Thornbury Singing Group for people with memory difficulties	St Mary's Church Hall, 1st and 3rd Wednesday of the month, 1.30-3.15pm	01454 281 801 01454 416 243	<a href="mailto:oldmalthouse@btconnect.com">oldmalthouse@btconnect.com</a>		

Older People's Tea Party Brooks Café, Coniston Community Centre Patchway	Last Sunday of the month, 2-4pm	Tanya: 07 876 501 227			
Sing Along with the Jays	Miners Social Club, Badminton Rd, Coalpit Heath BS36 2QB. 1st Monday of the month, 2=3.30pm				
Singing for the Brain Downend	Every Thursday morning	0117 961 0693	<a href="mailto:southgloucestershire@alzheimers.org.uk">southgloucestershire@alzheimers.org.uk</a>		
Downend Senior Film Club	Christ Church Hall, Downend Open to all, no booking necessary. 3rd Monday of the month, 2pm.	Liz: 0117 435 0063	<a href="mailto:liz.hegarty@homeinstead.co.uk">liz.hegarty@homeinstead.co.uk</a>		
Friendly Voices	Mangotsfield & Castle Green United Reformed Church 2nd and 4th Wednesday of the month, 10.30am-12pm	Des: 07 480 133 121			
Singing for the Brain Kingswood	Kingswood Community Centre, The Arch High Street Kingswood, Bristol BS15 4AB Every Wednesday morning	0117 961 0693	<a href="mailto:southgloucestershire@alzheimers.org.uk">southgloucestershire@alzheimers.org.uk</a>		
We Are BS15	Eat and Meet lunch, Themed Afternoon Tea events, Knit and Craft group. The Beacon Café, Hanham Methodist Church Chapel Road, Hanham, BS15 8SD	01454 300 186		<a href="http://www.wearebs15.co.uk/">http://www.wearebs15.co.uk/</a>	
Sing to Remember (Mindsong)	Baptist Church, High Street, Chipping Sodbury BS37 6AH 1st and 3rd Wednesday of the month, 10.30am-12pm	07 722 505 567	<a href="mailto:office@cs-bc.org.uk">office@cs-bc.org.uk</a>	<a href="http://www.cs-bc.org.uk">www.cs-bc.org.uk</a>	
Yate Men's Shed	every Thursday: Armadillo Café Yate Shopping Centre BS37 4FW Monday 1.30-4.30pm & Friday 9am-12pm Parish Hall Poole Court, Poole Court Drive, Yate BS37 5PP	Nigel: 07 847 306 735			
Relaxed Cinema	2nd and 4th Monday of the month, 1pm Booking essential. Armadillo Café, Station Road, Yate BS37 4FW	01454 869 441	<a href="mailto:info@yatearmadillo.co.uk">info@yatearmadillo.co.uk</a>		
Art Wednesday (Art for Dementia)	Wednesday 2-3pm. A brilliant opportunity for people with memory challenges and their companions to socialise, engage creatively, learn new art techniques, discover fascinating art and heritage collections and improve their brain health in a friendly online video workshop via Zoom. Wednesday 2-3pm.	020 3633 9954	<a href="mailto:christina@artsfordementia.org">christina@artsfordementia.org</a>	<a href="http://www.artsfordementia.org.uk">www.artsfordementia.org.uk</a>	