Woodland Wellbeing

Woodland Wellbeing provides a space for people with dementia and their carers to spend quality time together in the calming environment of a local woodland. We meet in small groups on a fortnightly basis.

'It's the one group we've really enjoyed' ,' Putting yourself in the moment, the sense of freedom, being away from responsibilities, getting away from all the things you have to deal with' (participants from 2017)

Our sessions are for people with dementia and those who care for and support them. They take place in beautiful, disabled-accessible, Conham River Park. During our time together we might make tea on the fire, go for a walk, watch wildlife or make something from natural materials. You might come as a couple, friends or with another carer. We also try to accommodate people with dementia who'd like to come on their own.

Why woodlands?

Being outdoors in natural places can have a positive impact on well-being. The small group and calm natural environment offers you opportunities for:

- relaxing away from noise and stress
- spending quality time together with family or friends
- connecting with nature
- trying new activities
- indulging all of your senses
- being yourself

Sessions are facilitated by Rachel and Nicola, experienced woodland activity leaders for the Forest of Avon Trust.

They are run in partnership with Bristol Dementia Wellbeing Service.

When and where will the sessions be?

Sessions take place on Thursday mornings from 10:30am-12:30pm starting on 15 March 2018. Sessions take place over three seasons as follows:

- **Spring:** 10:30am – 12:30pm: Thursdays 15 March, 29 March, 12 April, 26 April, 10 May
- **Summer:** 10:30am – 12:30pm: Thursdays 7 June, 21 June, 5 Jul, 19 Jul, 2 Aug
- **Autumn:** 10:30am – 12:30pm: Thursdays 13 Sept, 27 Sept, 11 Oct, 25 Oct, 15 Nov

Where will sessions be?

We meet at Conham River Park car park (on the corner of Conham Rd and Conham Hill), BS15 3AW.

http://www.southglos.gov.uk/environment-and-planning/countryside/nature-reserves-woodlands/avon-valley-woodlands-nature-reserve/

What do sessions involve, and what do I need to bring?

All sessions involve activities intended to encourage 'being in the moment' and enjoying nature. Activities are led by your interests and ideas but could include: walking, wildlife-watching, art and campfire cooking.

There are public toilets nearby and the site has good accessibility. Do get in touch if you have any questions about access.

Please bring:

- Warm clothes - even if it doesn't seem cold outside do bring a jumper or jacket just in case.
- Waterproof coat (and trousers if you have them) - if it's raining we go out anyway! But we do have a tarp shelter to keep us dry.
- A sun hat (if it's warm, although we will mainly be in the shade of the trees)
- Sturdy footwear e.g. walking boots or wellies if you have them.

How to take part

To find out more or to sign up to a group, please email Harry French at: harry.french@nhs.net or telephone 0117 9045150.

"It was excellent, absolutely. I'm happy, wonderful. I managed it all, I'm 74" (participant from 2016)