

10 August 2023

DEMENTIA FRIENDLY SERVICES IN SOUTH BRISTOL

This document was prepared by Hari Ramakrishnan, Community Innovation Lead, at Swift PCN.

For any updates or additions, please email me: hari.ramakrishnan@nhs.net

Music Space (Bedminster, BS3 1QG)



Name: Simon Leach (Senior Music Therapist)

Email: info@musicspace.org

Phone: 0117 953 1731

Address: Southville Centre, Beaufey Road, Bristol, BS3 1QG

MusicSpace sees people for music therapy at our Bristol centre. We also provide an outreach service throughout Bristol, Bath & North-East Somerset, North Somerset, South Gloucestershire and Gloucestershire.

We work with children, young people and adults, from babies in the neonatal unit in hospital to older people with dementia in residential homes. Music therapy is for everyone.

Our therapists aim to build a relationship with each person through music and sounds. Playing music together can be a way to communicate how you are feeling without having to find words.

Information for parents and carers

If you think your child would benefit from music therapy or you just want to find out more about what we do, then get in contact with us directly. You don't need to have a referral from an education, health or social care professional to have music therapy.

Once you have got in touch with us and you have talked to us about your child's needs, we will give you a referral form to fill in.

Children who have an Education and Health Care Plan (EHCP) can receive music therapy with us as part of that plan. We are also an approved provider for the Adoption Support Fund (ASF).

Get in touch if you would like to find out more.

Adults

Adults can access music therapy in a number of ways.

Self-referral: you can refer yourself to music therapy and attend sessions at our Bristol Centre. If you would like to discuss music therapy for yourself please [contact us](#).

Referring on behalf of an adult: family members or professionals in health or social care can refer an adult to us for music therapy. [Get in touch](#) if you would like to discuss a referral.

Visit: [Who We Work With](#) | [Where We Work](#)

Hengrove Leisure Centre (Parkwood)

Parkwood Community Leisure
working in partnership with
Bristol City Council

Name: Laura Joy Cherry (Community Active Officer)

Email: laura.joycherry@parkwood-leisure.co.uk

Laura Joy Cherry is the **Community Active Officer** at [Hengrove Park Leisure Centre](#) and as such is the lead for health and wellbeing. The role is relatively new and will be focussing on community engagement in the area and eventually wider communities to increase uptake of the leisure centre offers. As a hub for activities in South Bristol, the Leisure Centre is keen on connecting with community organisations and healthcare workers able to make referrals into their ongoing work.

Sessions running that are suitable for someone with complex learning difficulties and additional needs (e.g. needs to have a carer with them to attend sessions):

- **We provide our Accessible Swim on Monday, Wednesday and Friday from 12-1pm for carers and all complex needs and disability participants**
- **We provide low impact aerobics with Phil on a Friday morning from 11am-12pm which is a more gentle aerobics for adults older adults, injured and disabled clients.**
- **We provide good boost which is a rehab program on the tablets that provides individual programs for all abilities on a Wednesday, Thursday and Friday.**
- **We provide tai chi on a Monday afternoon from 1.30pm**
- **We provide steady steps for older adults and younger adults on a Monday and Friday at 12.30-13.30 which is chair based exercise working to help clients gain strength in the lower body and upper body.**

Steps To Health Timetable

Monday

11:00 Supervised Gym (manned by Gym team, you can ask for help)

12:00 Accessible Swim

11.30 Cardiac Rehab Session

12:30 Steady Steps (improving balance and coordination, chair based exercises)

13:30 Tai Chi Beginners

Tuesday

12:30 Supervised Gym (manned by Gym team, you can ask for help)

Wednesday

12:00 Accessible Swim

12:30 STH Circuits(working on coordination,mobility,balance and low level strength)

15:00 Good Boost Aqua (Personalised exercise session designed around you)

17:00 Supervised Gym (manned by Gym team, you can ask for help)

Thursday

12:30 Good Boost Aqua (Personalised exercise session designed around you)

12:30 Supervised Gym (manned by Gym team, you can ask for help)

Friday

10:00 Supervised Gym (manned by Gym team, you can ask for help)

11:15 Low Impact Aqua Aerobics

12:00 Accessible Swim

11.30 Cardiac Rehab Session

12:30 Steady Steps (improving balance and coordination, chair based exercises)

12:30 Good Boost Prehab (Personalised exercise session designed around you)

18:00 Good Boost Aqua (Personalised exercise session designed around you)

BCL (Bristol Community Links) – Inns Court (Knowle, BS4 1TN)

Name: David Belcher (Community Links Manager for South Bristol)

Email: david.belcher@bristol.gov.uk; bcl@bristol.gov.uk

Address: BCL South Langhill Ave, Inns Court, Knowle, BS4 1TN

Tel: 0117 377 2720

Email: bcl@bristol.gov.uk

We'll help you to be as independent as possible and find activities in your community, employment training or learn new skills. You can use our support services if you're an:

- older person
- adult with dementia
- adult with a learning difficulty
- adult with physical and sensory impairments

If you need to visit one of our day centres to keep you healthy and safe, our Bristol Community Links (BCL) hubs provide daily support and give you the confidence and skills to become more independent and work towards your ambitions and goals.

Things you can do at our day centres:

- meet people and make friends
- take part in activities such as games, crafts and entertainments
- learn new skills and find out about employment training
- get support to go out and about in your local community
- Sensory rooms

Our sensory rooms at BCL North and South have the latest technology to create an interactive, multi-sensory environment using light, sound, texture, bubble tubes and colours. The rooms can be relaxing or stimulating, helping adults and children with autism, dementia and complex neurological disabilities.

They have open access sessions as follows and are keen to engage members of the community:

Disco – Thurs 2pm - £2

Thai Chi – Weds 2pm for 1 hour which includes some mindfulness - £2

Zumba – Weds 11am - £3

Redcatch Community Gardens (Knowle, BS4 2RD)

Name: Jenny and Kaya

Email: jenny@redcatchcg.com; kaya@redcatchcg.com

Phone: 07769 013243

Address: Redcatch Community Gardens, Redcatch Park, Knowle, Bristol, BS4 2RD



Art Together

Art therapy group for people living with dementia

Art Together is an art therapy group at Redcatch Community Garden for people living with dementia and their family member carers. This is an ongoing, open group so you can join any time, if there are spaces. You can attend on your own or with a partner/carer (who can take part in the group with you).

The group is supportive and friendly.

- Free to attend
- On Thursdays, 1-3pm
- Initial phone call and individual session before you join the group
- Run by two qualified Art Therapists with support from a trainee Art Therapist
- In our large heated Canopy (safari tent)
- You don't have to be good at art, just happy to explore the art materials

If you are interested please email: jenny@redcatchcg.com or kaya@redcatchcg.com, or call: **07769 013243**



ROBINS FOUNDATION

Name: Gary Bell

Email: gary.bell@bcfc.co.uk / robinsfoundation@bcfc.co.uk

Phone: 0117 963 0636

The official charity of Bristol City utilises the inspirational power of football and the club badge to build lasting relationships and improve lives in the local community.

At the Robins Foundation, we work with a variety of organisations to provide the best possible opportunities and to make football as accessible as possible.

All our coaches are experienced in working in disability football. There is no need to sign up in advance, simply turn up and get involved. Project Inc. provides an opportunity for young people and adults with disabilities to participate in fun activities, and develop their fitness, and football skills whilst creating long-lasting friendships. We strive to make football available to everyone. No matter your experience or ability everyone is welcome. If you are an organisation or school and would like to work with us, please get in contact.

COST: FREE

Some possible services:

Youth Pan Disability Football and multi skills (all abilities, ages 5-18)

Adult Pan Disability Football (16+)

Sensory Football (term time only, age 5-16) currently in Warmley, moving to Imperial (Hengrove)

Locations: Ashton Park Sports Centre (BS3 2JL), Imperial Sports Park South Bristol (BS14 9EA), Bridge Learning Campus (BS13 0RF)

To discuss what project may be the most suitable, please do contact us.

SHOULD you require any additional information on these sessions, please contact the Robins Foundation on 0789 9991 983 or email: robinsfoundation@bcfc.co.uk

YourPark

Name: Sara Laking

Email: sara@yourpark.org.uk

Address: Hartcliffe Millenium Green & Withywood Park

Yes, we are a dementia friendly service. We have had three service users with dementia and have received dementia awareness training. We request that a carer or partner attend sessions along with the person so that they have that extra support and safety. We have an individual with dementia who now attends independently after a year of attending with a support worker.

Roots to Wellbeing

This support group helps promote nature connection and connection with others to tackle mental health difficulties and loneliness. It is a peer support group where you can take part in mindful gardening and nature activities and ends in a short meditation. We offer free lunch and transport to and from site.

Hartcliffe Millennium Green- *this is currently happening on Wednesdays from 10.15 to 12.15 but will change to the times on the poster (Thursdays 10-1) in the next few weeks.*

Withywood Park- *we don't have a start date yet for Roots, it is likely to be in Sep/Oct 2023*

Kurling (Brislington, BS4 4HB)

Contact: Ismail


Phone: 07919 154751

Address: Holymead Hub, Holymead Junior School, Wick Road, Brislington, BS4 4HB)


BREAK OVER SUMMER; STARTING AGAIN SEP 2023

Set up to be inclusive of anyone with LD/complex needs. Relaxed, non-competitive environment

**NEW AGE KURLING
HOLYMEAD HUB**

 **IT'S A BIT LIKE THIS BUT
NOT ON ICE!**

**GREAT FOR ALL AGES &
ABILITIES**



**£3 PER SESSION,
FIRST SESSION IS FREE**

**TUESDAYS - TERM TIME
1.00-2.30PM**

**HOLYMEAD SCHOOL,
ROSSALL RD ENTRANCE,
BS4 3NR**

**FOR MORE INFO
CALL ISMAIL ON
07919 154751**

SKITTLES GROUP

Name: Kim

Phone: 07506 867949

Relaxed game of skittles, come to enjoy or even for the social element.

Open for someone to attend along with a carer if they have dementia/additional needs.

Fancy a game of skittles?



**Enjoy a friendly game at
The Langton Pub, Langton Court Rd.
BS4 4EG**

**From 4th September 2023
Monday afternoons 1pm
Free to join**

**Never played before? No problem!
Friendly players are on hand to show
you the ropes.**

**Contact Kim on: 07506 867949
Or just turn up- all welcome!**



Funded by

St Monica Trust

Deaf & Dementia Group

Hi Hari,

The first deaf and dementia group meeting took place on Monday 26th June at Pavey House. The representatives from Bristol Dementia and Wellbeing Services were present at the session and they were able to collect feedback from the group, as they are fully aware that deaf people with dementia and carers for deaf people with dementia are struggling to get access to the information about dementia.

Bristol Dementia and Wellbeing Services were able to use the information and commissioned the video to provide the information in BSL. Please see the link in [here](#) for the video.

I am hoping to organise another poster with future sessions for the group and hope to get it out when I return back to work from my annual leave next week.

Thanks, Mark

Mark Gill

Community Development Officer

**Centre for Deaf and Hard of Hearing
The Vassall Centre, Gill Avenue, Bristol, BS16 2QQ**

SMS / Text: 07734830440

Tel: 0117 9398653

Email: mark@cfid.org.uk

Website: www.cfid.org.uk