

# 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.

**“A chance to relax with Mum, do fun stuff, have a laugh together... a turning point for us actually. Remembering how to enjoy ourselves together” (participant from 2016)**



Sessions are aimed at people with dementia and those who care for and support them. They take place in beautiful, accessible woodland beside Kings Weston House. 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 or with a friend or other 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 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 will the sessions be?

Sessions take place on Thursday mornings from 10:30am-12:30pm starting on 15 June 2017 over two seasons:

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

## Where will sessions be?

We'll meet at Kings Weston House car park (just off Kings Weston Lane, near Shirehampton) BS11 0UR. There are toilets nearby and the site has good accessibility. Do get in touch if you have any questions.



<https://www.bristol.gov.uk/museums-parks-sports-culture/kings-weston-estate>

## 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.

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 Ben Chapman at: [ben.chapman4@nhs.net](mailto:ben.chapman4@nhs.net) or telephone 0117 9045150 (extension 269).

**"It was excellent, absolutely. I'm happy, wonderful. I managed it all, I'm 74"**

(participant from 2016)