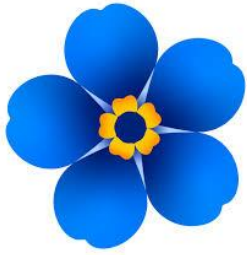
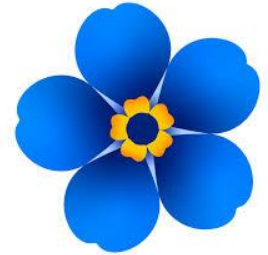


Dementia Action Week 2026



Bristol Docks Free Activity Day

Thursday 21st May 2026



Arnolfini Gallery (Level 2)

11am till 1pm: Dementia friendly art workshop and exhibition tour with a cup of tea

The M Shed (Level 1, Studio 2)

11am – 3pm: Information stand

11am - 12pm: Singing for the Brain

2pm – 3pm: Golden Oldies Sing & Smile

SS Great Britain (outside)

11am - 3pm: Information stand & 20 free entry passes up for grabs!

The Underfall Yard

11am – 3pm: Information stand and access to the museum. On-site café open for refreshments

12:30pm: “Pump run” – a demonstration of the electric pumping engines that powered the harbour and port

2pm – 3pm: Sea themed songs with harpist accompaniment. Come and sing along!



Organised by the Bristol Dementia Wellbeing Service & Alzheimer's Society – 0117 904 5150

**Alzheimer's
Society**

Transport Options

M Shed

Bus: Take any bus to the city centre/Broad Quay (5-min walk) or take the m2 metrobus to Wapping Wharf. Other options include 8, 24, 505.

Ferry: Bristol Ferry Boats run daily to Wapping Wharf, located 2 min walk away near Brunel's Buttery.

Car: Carpark situated behind CARGO just off Wapping Wharf Rd. Charges apply. Accessible parking is available.

SS Great Britain

Bus: The M2 metrobus service runs every day. This bus links Temple Meads (Bristol's main train station) and the city centre to Long Ashton Park and Ride. Please alight at stop SS Great Britain on Cumberland Road. SS Great Britain located a five-minute walk from this stop.

Ferry: The cross-harbour ferry runs between Hanover Quay and Brunel's SS Great Britain daily. Please check their website for current information, prices and updates before travelling.

Car: Parking is available at SS Great Britain for £5.60 (up to 5 hours). Accessible Parking spaces available

Arnolfini

Bus: Most city centre bus services stop within walking distance of Arnolfini. The nearest stops are at The Centre/Broad Quay and Queen Square, which is about a five minute walk away.

Ferry: Ferry from Bristol Temple Meads and Hotwells to Prince Street Bridge on the Floating Harbour, which is a five min walk away.

Car: There are two car parks nearby at The Grove Car Park (BS1 4RB) and Wapping Wharf Car Park (BS1 4RH). Parking charges apply.

There are two designated Blue Badge parking spaces within easy reach of Arnolfini in the Mud Dock City Docks car park, accessed via The Grove Car Park, and five spaces in The Grove Car Park. Parking in the accessible blue badge spaces are free and are available on a first-come, first-serve basis.

Underfall Yard

Bus: From City Centre: X1, X3, X8, X9. From Temple Meads: 506. Park and Ride: 505, 902, 903. Local buses include: X2, X6, W1.

Ferry: Bristol Ferry from Temple Meads and City Centre. Nearest stops to Underfall Yard are Nova Scotia Place (200ft from entrance) or Cottage Inn (350ft from entrance).

Car: No on-site parking. Restricted pay and display in local area. Drop-off available at Nova Scotia Pl BS16XJ. Parking Charges apply. Brunel Lock carpark –7 min walk. McAdam Way carpark – 9 min walk