

# Groups and Courses

## South Bristol Support Group

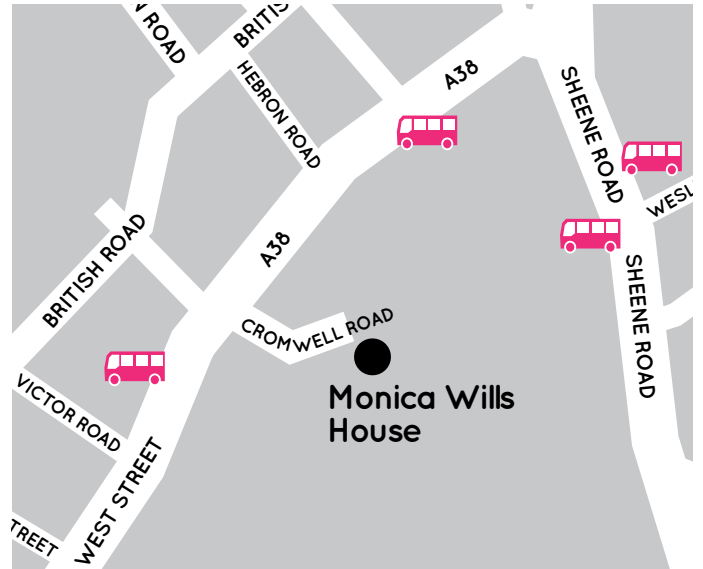


The South Bristol Stroke Support Group meets weekly on Thursday mornings. Its members come mostly from South Bristol but members are welcome to come from any area of the city provided they can arrange transport. It is a mixed group – whether you are 20 or 90, you are welcome.

Our stroke support groups provide a range of activities, exercises and games to aid your physical and cognitive recovery, and rebuild your confidence. They are suitable for all abilities.

Groups are facilitated by experienced Group Leaders, assisted by volunteers. There will always be someone there to help you.

Refreshments are provided.



**Bristol After Stroke**  
**South Bristol Support Group**

**Thursday mornings**  
**10.30am - 12.30pm**

**The Conference Room,**  
**St Monica Wills House, Cromwell Road**  
**(off West Street), Bedminster BS3 3NH**

**Keep up to date with Bristol After Stroke**

 [bristolafterstroke.org.uk](http://bristolafterstroke.org.uk)

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## Helping local people live well after stroke