

# Groups and Courses

## Fishponds Stroke Support Group



The Fishponds Stroke Support Group meets weekly on Wednesday mornings. This is a lively group that is particularly aimed at those aged under 65.

The group meets in the light spacious common room at Brunelcare, Colliers Garden. In summer, the group is able to use the garden where they can play outdoor games or sit on the terrace.

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  
Fishponds Stroke Support Group

Wednesdays  
10.00 - 12.00 noon

The Common Room, Brunelcare  
Colliers Gardens, Delabere Avenue  
Bristol BS16 2NA

Keep up to date with Bristol After Stroke

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## Helping local people live well after stroke