

# Groups and Courses

## Portway Stroke Support Group

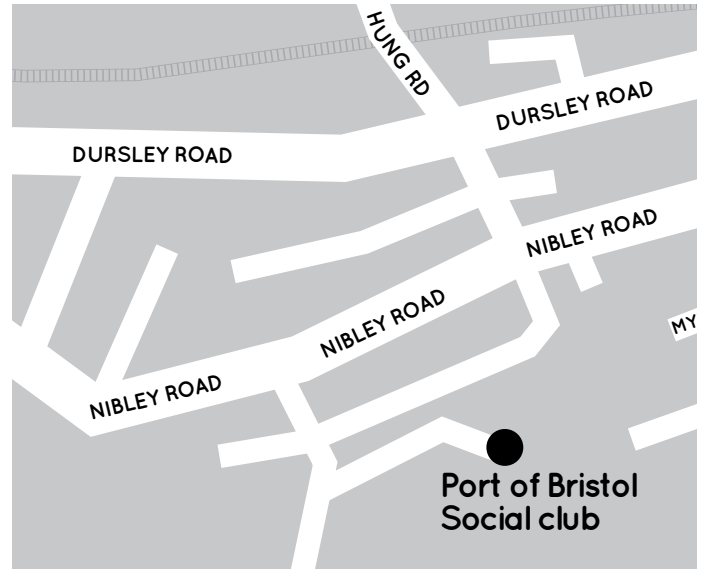


The Portway Stroke Support Group meets weekly on Thursday afternoons. Members come mostly from north Bristol but you are welcome to join us from anywhere in the city.

The group is one of our longest running groups. The group meets at the Port of Bristol Social Club in Shirehampton. The group plans a regular programme of activities based on the interests of members.

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  
Portway Stroke Support Group

Thursdays  
1.30 - 3.45 pm

Port of Bristol Social Club (Portway)  
Nibley Road, Shirehampton  
Bristol BS11 9XY

### 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