

Groups and Courses

South Gloucestershire Stroke Support Group



The South Gloucestershire Stroke Support Group meets weekly on Monday afternoons in a large room at the Shire Way Centre in Yate.

The group plans a regular programme of activities and trips 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.

Supported by South Gloucestershire Council

Bristol After Stroke South Gloucestershire Stroke Support Group

**Monday afternoons
2.00 - 4.00 pm**

**Shire Way Community Association
Shire Way, Yate
South Gloucestershire BS37 8YS**

Keep up to date with Bristol After Stroke

 bristolafterstroke.org.uk

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Helping local people live well after stroke