

# Portishead wellbeing workshops

dementia and falls prevention



## SUPPORT RESOURCES

### AGE UK SOMERSET



Age UK Somerset offers support for those living with dementia in Somerset and North Somerset - and their families, friends and carers - through their Memory Connections groups and Dementia Awareness workshops.

Email - [infoandadvice@ageuksomerset.org.uk](mailto:infoandadvice@ageuksomerset.org.uk)  
Tel - 01823 345610

### ALIVE MEETING CENTRES



Offer daily support around wellbeing for people living with mild to moderate dementia and their Carers. A social community offering ongoing warm and friendly support to members to improve their wellbeing and that of their Carers and wider family.

Email - [nsmeetingcentre@aliveactivities.org](mailto:nsmeetingcentre@aliveactivities.org)  
Tel - 07423 741459

### ALZHEIMER'S SOCIETY NORTH SOMERSET



Dementia support service providing one-to-one support to people with dementia, carers and family members. The service provides information and practical support to help you understand more about dementia and support you to live well.

Email - [north.somerset@alzheimers.org.uk](mailto:north.somerset@alzheimers.org.uk)  
Tel - 0300 1234589

### CARE CONNECT



North Somerset Council's hub for Adult Health and Social Care providing statutory care needs and financial assessments for the person living with dementia and/or an assessment around equipment and adaptations at home.

Tel - 01275 888801

### CHARTERED SOCIETY OF PHYSIOTHERAPISTS



Chartered Society of Physiotherapy's falls prevention advice including top tips and links to other practical advice on falls prevention

### COMMUNITY CONNECT



Free service for people aged 50+ living in North Somerset who would like information, advice, or guidance to help them stay living independently in their own homes and connected within their community.

Email - [communityconnect@curo-group.co.uk](mailto:communityconnect@curo-group.co.uk)  
Tel - 01934 888803 or 01275 888803

### NHS TALKING THERAPIES



Talking therapies can be accessed for free on the NHS. You can refer yourself directly, or a GP can refer you. Help is available in person, by video, over the phone or as an online course.

Tel - 0333 200 1893 or text YOU to 88802

### SEVERN PHYSIOTHERAPY



Severn Physiotherapy are specialists in supporting people into older age offering home visits with a full assessment and treatment plan. They can help with a variety of issues such as:

- Improving how easily you can walk indoors and outdoors or using stairs
- Reducing your risk of falling over, as well as tasks around the home
- Improving your strength and balance

### SIRONA FALLS PREVENTION SERVICE



The service supports people who have been identified as being at an increased risk of falling, or who have had unexplained falls or black-outs. The team will work with you to find out why your fall happened and to treat any underlying problems that may increase your risk of falling. To access this service you'll need to be referred by a healthcare professional.

### WALNUT GROVE CLINIC



Providing a wide range of services to support your health both physically and mentally.

- Services include:
- Psychotherapy,
  - Osteopathy,
  - Physiotherapy
  - Gym classes.



**Woodspring**  
Locality Partnership