

Rethink Carers Service

June July Aug 2023



Events, workshops, talks & walks

Supporting family members and friends of
people with mental health needs.

PURPLE events are open to **carers only**

GREEN events are open to **carers and those they
support**

Rethink Carers Service



0117 9031803

Docklands Community Centre,
29 Brigstocke Rd, Bristol BS2 8UA

www.rethink.org/bristolcarers

Summer evening walk— gardens of commemoration

Join us and other people with a caring role on a summer evening walk ending with Fish and Chips or felafel in the park.

We will meet outside Bristol Museum and walk up the hill to the Royal Fort gardens, followed by a private tour of the Strangers Burial Ground and ending in Victoria Park.

Open to carers only.



Book here: <https://tinyurl.com/4nzzrus2c>

Tuesday 25th July 2023

Time : 5.30pm—7.30pm



Festivals : Bristol Pride

Rethink Bristol will be at Pride, celebrating LGBTQ+ communities and bringing information about our service.

We will be in the community tent, so do come and find us and say hello!

[Bristol Pride](#)



Saturday 8th July - all day

Health Promotion Day

Rethink Bristol will be at Caafihealth's Health Promotion Day in Hengrove on 8th August all afternoon, from 12—5pm.

The main focus will be mental health, so come and say hello!

Imperial Apartments,
Whitchurch Ln, Bristol BS14 0TJ



[Caafihealth.com](https://www.caafihealth.com)

Tuesday 8th August - 12 - 5pm

Wellbeing Morning at Redcatch Community Garden



Find out what Redcatch Community Garden has to offer at our wellbeing morning.

Take a walk around the Garden, meet others and enjoy a cup of tea in the sunshine.

We will also joined by one of the Garden's art therapist for a creative activity.

- Open to carers and those they support -

WHEN:

Thursday 15th June

WHERE:

Redcatch Community
Garden

Redcatch Park

Knowle

BS4

From 10:30am

www.rethink.org/bristolcarers

Group Exercise Session with Life Unlimited Performance



Life Unlimited Performance is a health and wellness studio inspiring people towards a healthier, happier lifestyle.

The session will include some light cardio, resistance training and yoga based movements. Meditation and breathwork will also be incorporated to support relaxation throughout the session.

For further information, or to book your place please
contact Fleur.

fleur.bevis@rethink.org

07483368720

Tuesday 20 June

11:30-12:30

**Windmill Hill City Farm, Philip Street, Bedminster, BS3
4UA**

Yoga Classes



Join us for our monthly beginners yoga class with our fantastic teacher, Clara. This class aims to relax both your body and mind.

Mats are provided but you are welcome to bring your own if you'd prefer.

WHERE:

Yoga Space Studio

Princes Place

Bishopston

Bristol BS7 8NP

Classes are free but there will be a donation box upon arrival to support the running of Yoga Space Studio if this is something that you are able to contribute.

- open to carers and those they support -

Visit www.bristolyogospace.co.uk to book your place.

Dates:

Tuesday 27th June, 25th July, 22nd August

12pm-1pm

Art Workshops

Join us and LifewithArt at our summer art workshops.

Explore new techniques such as painting, collage, decoupage and fabric painting.



WHERE:

The Picture House

4 Colston Avenue

Bristol

BS1 4ST

To sign up, please contact Fleur.

fleur.bevis@rethink.org

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Dates:

**Wednesday 19th July, 26th July, 2nd August, 9th August,
16th August, 23rd August.**

10:30am-12:30pm



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