



Discover what is going on in your local community and improve your health and wellbeing

[www.wellaware.org.uk](http://www.wellaware.org.uk)

Free phone 0808 808 5252



the care forum

The Care Forum is a Registered Charity  
No. 1053817



Find out about activities happening locally! Join in, get active and be creative with hundreds of things happening every day around Bristol for everyone.



There are many support groups running that you can find on Well Aware for specific needs, medical conditions or to help your emotional health. Find out where and when they are running and who to contact to join.



Well Aware has details of local organisations, community hubs and services that can offer health and wellbeing support, care, advice, learning and development.



Every day there are events happening around your area and most of them are free! If you don't use the internet call our team and we can search for you.