

Peer Support Groups South Bristol

The logo for 'changes Bristol' features the word 'changes' in a white, lowercase, sans-serif font, with the 'c' and 'h' overlapping. Below it, the word 'Bristol' is written in a smaller, white, sans-serif font. The text is set against a background of two overlapping speech bubbles: an orange one on the left and a teal one on the right.

changes
Bristol

Mondays

Ashton Vale, 1-3pm
Ashton Vale Community
Centre, BS3 2QY

Wednesdays

Knowle, 1.30-3.30pm
Redcatch Community Centre,
BS4 2EP

Bedminster, 7-9pm
ACTA Community Theatre, Gladstone
St, Bedminster, Bristol, BS3 3AY

Thursdays

Brislington 1-3pm
St Cuthbert's Church,
BS4 3PG

Safe, free, and confidential spaces.
A chance to connect with others and
share anything you are facing in your life.
No referral needed, just show up at the start time.

More information at changes.org.uk



Telephone Befriending Service



Changes Bristol also offers weekly telephone support for up to 6 months for people living in Bristol who may be feeling isolated and/or need help maintain their mental wellbeing.

We know it is so important to have someone to talk to about how you are feeling, what is going on in your life and what challenges you may be facing. Changes Bristol match people with trained volunteer befrienders who will arrange weekly phone calls to see how you are doing and offer a friendly non-judgmental ear.

If you feel that someone who is accessing your service could benefit from a weekly chat with a friendly volunteer to maintain good mental health please get in touch with our befriending team. It is important to note that it is not a crisis service, counselling service or advice line.

To access the befriending service or find out more visit the website:

www.changesbristol.org.uk or email the team at: befriending@changesbristol.org.uk