

# What's On Guide 2025-26

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Activities for over 50's in Bristol

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## Introduction

Welcome to Age UK Bristol's What's On Guide for 2025-26.

Keeping physically and mentally active is hugely beneficial for our health and wellbeing. This guide brings together some of the many opportunities for people aged 50+ across Bristol to stay active and connected.

This guide is generously funded by the **Dolphin Society**, one of the oldest charities in Bristol, which helps older people to maintain their independence and live comfortably and safely in their own homes. Visit [www.dolphinsociety.org.uk](http://www.dolphinsociety.org.uk) for further information.











## How to use this Directory

The symbols below indicate which themes are covered by each organisation and an overview of their accessibility and facilities.

### Themes

|                 |                       |
|-----------------|-----------------------|
| <b>Advice</b>   | Advice & Support      |
| <b>Arts</b>     | Arts & Crafts         |
| <b>Digital</b>  | Digital Skills        |
| <b>Musical</b>  | Musical Arts          |
| <b>Nature</b>   | Nature & Environment  |
| <b>Physical</b> | Physical Activity     |
| <b>Social</b>   | Social Activity       |
| <b>Theatre</b>  | Theatre & Performance |

### Accessibility & Facilities

|   |                                 |
|---|---------------------------------|
|    | Accessible Toilets              |
|    | Wheelchair Accessible           |
|   | Single Level or Lift Available  |
|  | Dementia Friendly               |
|  | Visually Impaired Friendly      |
|  | Induction Loop                  |
|  | BSL                             |
|  | Parking                         |
|  | Bus Nearby                      |
|  | Refreshments                    |
| <b>FREE</b>   | Free Activities and/or Services |

# Age UK Bristol

At Age UK Bristol, we want to change the way we age. We aim to keep people aged 55+ well and active, encouraging Bristol to be an Age-Friendly City. We do this through providing practical help and supporting people's emotional and physical wellbeing. We want to help you to remain healthy and independent, connected to the communities around you, and to be able to pursue your own interests and passions.

We offer practical support through a specialist Information & Advice service. We can offer advice on benefits and allowances, social care services and priority debts. We offer social activities through our Friends Ageing Better (FAB) membership network, including meet-up cafes across the city and a regular 50+ disco.

You can find out about our full range of services and support by visiting the website: [www.ageukbristol.org.uk](http://www.ageukbristol.org.uk) or ringing us on **0117 929 7537**.

Please be aware that visiting our office is by pre-arranged appointment only, as many of our staff work remotely.

Follow us on Facebook, Instagram and LinkedIn: [@ageukbristol](https://www.facebook.com/ageukbristol)



We are proud to support our local community with a range of informative and fun events!

We offer both later life financial planning events - (online & in person) and vibrant community events - coffee afternoons, summer fairs, concerts, sing-alongs etc.

Providing the community with opportunities to make new social connections is really important to us so if you have any ideas, please share - we'll always be happy to hear from you.

Visit [www.haroldstephens.co.uk/events](http://www.haroldstephens.co.uk/events) to see what we have on offer!

50 High Street, Westbury on Trym, BS9 3DZ

0117 3636 212

[office@haroldstephens.co.uk](mailto:office@haroldstephens.co.uk)

## We can help with:

Pensions & Retirement

Savings & Investments

Long-Term Care Planning

Wills

Power of Attorney

Trusts

Inheritance Tax Planning

Probate

Authorised and regulated by the Financial Conduct Authority: 592993







## Friends Ageing Better

**Friends Ageing Better (FAB)** is a vibrant community for people aged 50+. We bring people together to share what's on in Bristol, make new friends and enjoy great conversations. Drop into our weekly cafés across the city, or join our weekly phone groups. There's no need to book.

Our Tai Chi classes (seated or standing) are great for body and mind. Discos, concerts, history talks, live entertainment - there's always something going on!



Find all the details on our website, Facebook or in our newsletter. Join FAB for free to get our monthly newsletter and exclusive members only offers.

[www.ageuk.org.uk/bristol/our-services/fab](http://www.ageuk.org.uk/bristol/our-services/fab)

[fab@ageukbristol.org.uk](mailto:fab@ageukbristol.org.uk)

0117 929 7537

Facebook: Friends Ageing Better

# Falls Prevention

## Why Staying Active Matters as We Age

Falls are the leading cause of injury-related hospital admissions in older people. In the UK, around 1 in 3 people over 65 experience at least one fall each year, yet many falls are preventable.

As we age, several factors can increase our risk of falling, including weaker muscles, stiffer joints, pain, poor eyesight, poor footwear, or taking multiple medications. The good news is that many of these risks can be reduced.

Regular activity makes a real difference. Even small amounts of daily movement can help to strengthen muscles, improve balance, and keep joints moving, all of which make us more confident and steadier on our feet.

### Classes

#### Age UK Bristol

T 0117 929 0801

W [www.ageuk.org.uk/bristol/our-services/aukbfab/tai-chi-shibashi](http://www.ageuk.org.uk/bristol/our-services/aukbfab/tai-chi-shibashi)

#### Bristol City Council

W [www.bristol.gov.uk/residents/social-care-and-health/adults-and-older-people/support-to-live-independently/strength-balance-classes](http://www.bristol.gov.uk/residents/social-care-and-health/adults-and-older-people/support-to-live-independently/strength-balance-classes)

#### Brunel Fitness Centre

T 0117 377 0098

W [www.brunelfitness.co.uk/copy-of-fitness-classes](http://www.brunelfitness.co.uk/copy-of-fitness-classes)

#### Everyone Active

T 0117 955 8840 or 07825 033 741

W [www.everyoneactive.com/content-hub/health/exercise-referral](http://www.everyoneactive.com/content-hub/health/exercise-referral)

#### Knowle West Health Park

T 0117 377 22 52

W [www.knowlewesthealthpark.co.uk](http://www.knowlewesthealthpark.co.uk)

#### Sporting Chance

T 01454 865 337

W <https://oneyou.southglos.gov.uk/for-your-body/move-more>

#### Wesport

T 0117 328 2957

W [www.wesport.org.uk/falls-prevention](http://www.wesport.org.uk/falls-prevention)

## Your local legal experts

WARDS  
SOLICITORS

- Specialists in Older and Vulnerable Care
- Home appointments available
- Excellent client care - Legal 500 Recommended
- Friendly and approachable lawyers
- We provide clear, non-jargon advice
- Association of Lifetime Lawyers
- Society of Trust and Estate Practitioners (STEP) accredited

[wards.uk.com](http://wards.uk.com)



13 offices located across the South West

Bradley Stoke | Central Bristol | Clevedon | Clifton  
Henleaze | Keynsham | Nailsea | Portishead | Staple Hill  
Thornbury | Weston-super-Mare | Worle | Yate



# Getting Around Bristol

Bristol has several community transport options. See below for services near you.

## Bristol-wide

### Bristol Community Transport

Bristol Community Transport is operated by The Big Lemon with the support of Brighton & Hove Community Transport and the West of England Combined Authority. It provides weekly services to community centres and supermarkets across Bristol and a fully accessible Dial-A-Ride service.

**T** 0117 244 7337 **E** [hellobristol@thebiglemon.com](mailto:hellobristol@thebiglemon.com)

**W** [www.bristolcommunitytransport.org](http://www.bristolcommunitytransport.org)

### The Big Lemon

The Big Lemon runs public bus services across Bristol in addition to Bristol Community Transport.

**T** 0117 244 7337 **E** [hellobristol@thebiglemon.com](mailto:hellobristol@thebiglemon.com)

**W** [www.thebiglemon.com/bristol](http://www.thebiglemon.com/bristol)

### WESTlink

WESTlink is a different type of bus service which operates across Bristol. It runs without a fixed timetable or route and can be booked through the WESTlink app or by phone. Passengers can get on or off at over 1,800 existing bus stops, a number of 'virtual stops' and at a number of easy to reach places.

**T** 0117 457 8561 **E** [westlink@wedrt.com](mailto:westlink@wedrt.com)

**W** [www.travelwest.info/westlink](http://www.travelwest.info/westlink)

## North and West Bristol

### Lawrence Weston Community Transport

Lawrence Weston Community Transport provides low-cost and essential transport to disabled individuals and other community/charity groups, serving their needs with a reliable and open service to all.

**T** 0117 329 4647

**E** [lwct.bristol@talk21.com](mailto:lwct.bristol@talk21.com)

**W** [www.travelwest.info/community-transport/lawrence-weston-community-transport](http://www.travelwest.info/community-transport/lawrence-weston-community-transport)



## South Bristol

### CATT Community Transport

CATT Community Transport provides a door to door service across South Bristol including a local travel service (every Monday to Friday), day trips, celebration events and a Christmas meal! All buses are fully accessible.

**T** 0117 377 3451 **E** [thecattbus@hwcp.org.uk](mailto:thecattbus@hwcp.org.uk)

**W** [www.hwcp.org.uk/catt-community-transport](http://www.hwcp.org.uk/catt-community-transport)

### Sprint Community Transport Service

Sprint Community Transport Service is a community transport service for the Knowle area of Bristol. It is run by a friendly approachable team with a fleet of wheelchair accessible vehicles.

**T** 0117 904 1220 **E** [sprint@iccfco.co.uk](mailto:sprint@iccfco.co.uk) **W** [www.iccfco.co.uk/sprint](http://www.iccfco.co.uk/sprint)

All-Aboard Watersports

We are a fully accessible watersports charity in central Bristol. We offer tours/trips and private group sessions, taster sessions and courses in sailing, canoeing/ kayaking, SUP (stand-up paddle boarding), powerboating, paddle making and boat building workshops as well as raft building. We offer dedicated weekly sessions for people aged 50+ in sailing, kayaking and rowing. Our activities are delivered by a highly trained team of instructors, staff and volunteers.

T 0117 929 0801  
E admin@allaboardwatersports.co.uk  
W www.allaboardwatersports.co.uk  
A Baltic Wharf, Cumberland Road, BS1 6XG



- Nature
- Physical
- Social

Alzheimer’s Society

The Alzheimer’s Society provides help and hope for people affected by dementia. We offer Memory Cafes, Singing for the Brain and Activity Groups in various accessible locations across Bristol. There is no charge for these services. Get in touch for details of our current groups.

T 0117 961 0693  
E bristol@alzheimers.org.uk  
W www.alzheimers.org.uk  
A Fishponds, Withywood, Westbury-on-Trym, Brislington & Knowle West



- Advice
- Arts
- Musical
- Social

Arnolfini

Centre for contemporary arts at the heart of Bristol since 1961. Our harbourside building is accessible and our wide-ranging programme includes exhibitions, workshops, tours, talks, performance, dance, film and music. Exhibitions and workshops are free. We have a great Bookshop and Café Bar with seating inside and out. Everyone is welcome.

T 0117 917 2300  
E info@arnolfini.org.uk  
W www.arnolfini.org.uk  
A 16 Narrow Quay, BS1 4QA



- Arts
- Musical
- Social
- Theatre

The Beehive Centre

We are a fully accessible community hub and meeting place. We aim to reduce social isolation and loneliness by offering a wide range of free/low cost daily activities that promote wellbeing and help people feel more connected to their community. Pop in and pick up a What’s On guide, or check our website!

T 0117 935 4471  
E info@thebeehivebristol.co.uk  
W www.thebeehivebristol.co.uk  
A 19A Stretford Road, BS5 7AW



- Arts
- Musical
- Physical
- Social

Begbrook Green Bowling Club

We are a Lawn Bowls Club affiliated to the Stapleton and Begbrook Community Association. Play for fun or join our friendly league teams for more of a challenge. All equipment is provided during the six-week free coaching period from our qualified coaches – contact us to try it out.

T 07751 254 579  
E secretary@begbrookgreenbc.org.uk  
W www.begbrookgreenbc.org.uk  
A Frenchay Park Road, Stapleton, BS16 1HY



- Physical

Bristol 1904 Arts

Bristol 1904 Arts is a not-for-profit Members’ Club for artists, entertainers, performers and general members, in a very social setting at an amazing venue with a hall, bar and art studios. We also run subsidiary interest groups: walking, photography, classic cars, birdwatching and cultural groups.

T 0117 927 3807  
E admin@bristol1904arts.org  
W www.bristol1904arts.org  
A The Red Lodge, Park Row, BS1 5LJ



- Arts
- Musical
- Social
- Theatre

Bristol After Stroke

Bristol After Stroke is an independent local charity helping people rebuild their lives after stroke. Our services offer a unique combination of practical, social, emotional and psychological support to stroke-affected people and their carers and loved ones. This includes one to one review, information and support, peer support groups, drop in cafes, counselling and physiotherapy courses.

T 0117 964 7657  
E office@bristolafterstroke.org.uk  
W www.bristolafterstroke.org.uk  
A Various



- Advice
- Physical
- Social



Bristol Beacon

We offer a number of groups that aim to improve wellbeing for those over 50. Our Music Club provides free sessions for adults living with dementia and their households or supporters, delivered in collaboration with Bristol Dementia Wellbeing Service. Pulse is a group for adults who wish to improve their health and wellbeing through music and movement. Today's The Day (Community Band) is a fun new music ensemble for ages 16+ of all musical abilities, instruments and voices: it meets regularly to jam, create music, and work towards performing together.

T 07759 706 673  
E community@bristolbeacon.org  
W www.bristolbeacon.org/community-programmes  
A Various



Musical Physical Social

Bristol Folk House

We provide a variety of courses and workshops in a welcoming environment in which to explore your creativity and learn new skills. 10% off for over 65s. We have an on site affordable cafe which provides a lovely space to socialise in before or after your class.

T 0117 926 2987  
E admin@bristolfolkhouse.co.uk  
W www.bristolfolkhouse.co.uk  
A 40a Park Street, BS1 5JG



Arts Musical Physical Theatre

Bristol Libraries

As well as providing access to thousands of books, including large print and audiobooks, we have free internet and host craft groups, knit and natter, IT and job search help and provide a welcoming, free social space for all people across 26 sites in Bristol.

T 0117 903 7250  
E bristol.library.service@bristol.gov.uk  
W www.bristol.gov.uk/residents/libraries-and-archives  
A Various



Advice Arts Digital Social

Bristol St Andrews Bowls Club

Are you looking to make new friends and join a sporting community? Then bowling may be the sport for you. We welcome members of all ages and ability, and no experience is necessary. We are a lively friendly club offering opportunities to make connections and have fun. We boast beautiful grounds kept by our members, a large clubhouse, two licenced bars, two kitchens and a skittle alley.

T 07981 210 766  
E bsabcsec@gmail.com  
W www.bsabowls.co.uk  
A Derby Road, BS7 9AQ



Physical Social

Bristol Steppin Sistas

We regularly organise walks, for those who wish to take short walks and those who wish to take longer treks. The aim is to help motivate women of colour visit places they would not have ventured to, including rural areas around Bristol and further afield in the South West: routes that can get women around the city and beyond and routes that stoke interest and wonder.

E BristolStep123@gmail.com  
W www.bristolsteppinsistas.co.uk  
A Various



Advice Nature Physical Social

Brunel Fitness Centre

We offer a variety of Exercise Referral schemes that can be utilised through either a GP referral or self-referral. These schemes target fitness, health, and lifestyle improvements of individuals currently suffering from medical conditions that have interrupted their current levels of mobility or function. We offer classes dedicated classes to falls prevention, osteoarthritis, improving strength and personalised gym programmes.

T 0117 377 0098  
E brunel@almsport.co.uk  
W www.brunelfitness.co.uk  
A Speedwell Road, BS15 1NU



Physical

Carers Support Centre

Walk & Talk is a free wellbeing service for unpaid carers, offering gentle group walks in local green spaces. Carers meet others in similar situations, enjoy time outdoors, and access peer support. A friendly support worker will lead the walk and provide information to support carers in their caring roles.

T 07742 291 073  
E walk@carerssupportcentre.org.uk  
W www.carersbsg.org.uk/support-services/walk-and-talk  
A Across Bristol and South Gloucestershire



Advice Nature Physical Social

Centre for Deaf and Hard of Hearing People

We provide assistive hearing equipment to Bristol residents and support Deaf-Led Groups, including a women's group, Walking Football, and Padel. We host inclusive Coffee Mornings for support and social connection, and offer BSL Taster Sessions to help Hard of Hearing people engage with Deaf culture and communication.

T 0117 939 8653  
E office@cfh.org.uk  
W www.cfh.org.uk  
A Various



Advice Arts Physical Social



Changes Bristol

Changes offer Mental Health Peer Support Groups. We run support groups across the city everyday from Monday - Friday, and provide a safe space for people to come together with an aim to reduce stigma and normalise talking about our mental health. No referral or diagnosis needed. Please contact us for specific details of times and locations.

T 0117 941 1123  
E info@changesbristol.org.uk  
W www.changesbristol.org.uk  
A Various sites across Bristol



Advice Social

Chinese Community Wellbeing Society

We offer language and culturally appropriate support to the Chinese speaking community. Whether you have a one-off enquiry or need long term support, we provide a range of services and projects that aims to meet your individual needs. We also have regular activities and workshops for you to get involved.

T 08088 020 012  
E helpline@chinesecws.org.uk  
W www.chinesecws.org.uk  
A The Vassall Centre, Fishponds, BS16 2QQ



Advice Physical Social

creativeShift CIC

CreativeShift has 20 years' experience delivering Arts on Referral, creative workshops to support positive mental health and wellbeing and individual creativity, with the aim of transporting people away from everyday stresses and worries, and promoting relaxation, delight, curiosity, connection and a sense of achievement. Visit our website or get in touch for details.

T 07811 315 299  
E creativeshiftbristol@gmail.com  
W www.creativeshift.org.uk  
/our-groups  
A Various



Arts Social

Dance Fitness for All

Zumba dance classes taught for a wide variety of abilities including for those needing to sit or use support. Taught by a fully qualified instructor who specialises in teaching older active and less active adults. Get in touch for details of current classes.

T 07805 391 244  
E bristoldancezumba@gmail.com  
W marieclifford.zumba.com  
A Various



Physical

Easton Leisure Centre

We offer a wide range of activities and programmes, including a Community Cafe, Senior Swimming, Group Cycling and Tai Chi. We also offer a GP Exercise Referral Scheme which enables people with long-term health conditions to move more to improve their health and wellbeing. Check our website or get in touch for details.

T 0117 955 8840  
E eastoninfo@everyoneactive.com  
W www.everyoneactive.com/centre/easton-leisure-centre  
A Thrissell Street, BS5 0SW



Physical

Eastside Community Trust

We offer a range of activities suitable for people aged 50+ including: Therapeutic chair yoga, Qigong, Balance & Stretch and Tai Chi. Other activities include Shared Reading/Book Club, Mindful Colouring, Sporting Memories and Sewing Social. We also have a range of advice drop-ins on everything from health to IT.

T 0117 954 1409  
E contact@upourstreet.org.uk  
W www.eastsidecommunitytrust.org.uk/whats-on  
A Easton Community Centre, Kilburn Street, BS5 6AW



Arts Digital Physical Social

Evergreen Club

Evergreen Club is a weekly social club for over 55s, with a range of activities including exercise classes, day trips and arts and crafts reaching the Easton and surrounding communities.

T 07944 469 689  
E evergreenclubbristol@gmail.com  
W www.aliveactivities.org  
A Easton Community Centre, Kilburn Street, BS5 6AW



Advice Arts Musical Social

Fishponds Community Orchard

We are a community orchard run by volunteers. The orchard contains a wide variety of fruit trees, grown organically and managed to encourage wildlife. We hold regular work days and run events throughout the year.

T 07879 846 952  
E fishpondsorchard@gmail.com  
W www.facebook.com/FishpondsOrchard  
A Thingwall Park Allotment Site, BS16 2AL



Nature

Forest of Avon Trust

Woodland Wellbeing is an opportunity for people with dementia, and people who support them, to enjoy time together in the relaxing environment of a local woodland. We offer short walks, foraging, crafts or simply listening to birds. Join anytime.

T 07443 554 049  
E helen.gray@forestofavontrust.org  
W www.forestofavontrust.org  
A Various



|        |        |
|--------|--------|
| Nature | Social |
|--------|--------|

Golden Agers

Golden Agers is a weekly group, bringing older people together through activity and friendship in the heart of Easton.

T 07900 366 709  
E goldenagersbristol@gmail.com  
W www.aliveactivities.org  
A 2 Tudor Road, Easton, BS5 6BW



|        |      |         |        |
|--------|------|---------|--------|
| Advice | Arts | Musical | Social |
|--------|------|---------|--------|

Goldies Sing & Smile

Try your local Goldies Sing & Smile session and join us for a fun and friendly sing-along to popular hits from the 50's onwards, by artists such as our very own Patron Sir Cliff Richard, The Beatles, Elvis, Dolly Parton and many, many more. Goldies is not a choir; you don't have to be able to hold a tune.

Some people like to sing out loud and proud, some just tap along and listen, some just like to chat! All welcome. Check our website or get in touch for details.

T 01761 470 006  
E events@golden-oldies.org.uk  
W www.golden-oldies.org.uk  
A Various venues across Bristol



|         |        |
|---------|--------|
| Musical | Social |
|---------|--------|

Hillfields Community Garden

We are a grassroots community garden organisation. Our weekly social group for over 60s - Silver Explorers - is shaped by members' interests and offers different activities each week, including chair yoga, bingo, crafts, history talks, carpet bowls and music performances. We have now taken over the management of Hillfields Park Community Centre and will be delivering a wider range of activities to improve the lives of older people and reduce isolation in the local area for our older residents.

T 0117 304 8045  
E info@hillfieldscommunitygarden.co.uk  
W www.hillfieldscommunitygarden.co.uk  
A Hillfields Park Community Centre, BS16 4EH



|      |        |          |        |
|------|--------|----------|--------|
| Arts | Nature | Physical | Social |
|------|--------|----------|--------|

Let's Walk Bristol

We specialise in Nordic walking, a sociable and easy way to boost your health and fitness, using two poles to strengthen your upper body and core and help you walk more confidently.

T 07958 581 398  
E info@letswalkbristol.org  
W www.letswalkbristol.org  
A Various



|        |          |        |
|--------|----------|--------|
| Nature | Physical | Social |
|--------|----------|--------|

Malcolm X Elders

Malcolm X Elders Forum is a social group serving the 55s and over in the St Paul's Community and surrounding areas.

T 07854 380 921  
E malcolmxelders@gmail.com  
W www.aliveactivities.org  
A 141 City Road, St Paul's, BS2 8YH



|        |      |         |        |
|--------|------|---------|--------|
| Advice | Arts | Musical | Social |
|--------|------|---------|--------|

Ramblers Wellbeing Walks Bristol

Our walks are 30 - 120 minutes and over easy terrain. They are open to everyone but are especially aimed at those who are less active. Check our website for current groups.

T 07920 742 183  
E rww@avon-ramblers.org.uk  
W www.ramblers.org.uk/go-walking/wellbeing-walks-groups  
A Various



|        |          |        |
|--------|----------|--------|
| Nature | Physical | Social |
|--------|----------|--------|

Roots n Fruits Community Garden

A community garden in St. Paul's Learning Centre where people can grow vegetables, herbs, and flowers while learning about sustainable gardening. It offers workshops, courses, and seasonal activities for all ages, encouraging healthy lifestyles, environmental awareness, and social connection. The garden fosters community engagement, creativity, and a sense of shared purpose.

T 07914 545 537  
E gardenatsplc@gmail.com  
W www.instagram.com/roots\_n\_fruits\_  
A 94 Grosvenor Road, St Paul's, BS2 8JX



|      |        |          |        |
|------|--------|----------|--------|
| Arts | Nature | Physical | Social |
|------|--------|----------|--------|

RWA

The Engagement Team at the Royal West of England Academy of Art works with artists to inspire and support older people through creative activities. Our Tuesday Teatime Tours – designed for people living with dementia and their carers – are monthly exhibition visits led by an artist-facilitator, followed by tea and cake. Visit our website or get in touch to book.

T 0117 973 5129  
E info@rwa.org.uk  
W www.rwa.org.uk  
A Queen's Road, BS8 1PX



|      |        |
|------|--------|
| Arts | Social |
|------|--------|

Sight Support West of England

We offer advice hubs, social groups, digital skills support and specialist exhibitions for people living with sight loss. We also produce newsletters, a twice-yearly magazine, and run a CD audio library of 2,400 books. Our experienced advisors are here to help you find the support that's right for you.

T 0117 322 4885  
E info@sightsupportwest.org.uk  
W www.sightsupportwest.org.uk  
A Various



FREE  
Advice Digital Social

Smart Ballet

Ballet classes for people aged 50+. The classes consist of strength, co-ordination and balance while learning a wide variety of ballet steps and dancing to traditional classical music! The classes are aimed at people who loved to dance when they were younger and want to revisit a gentle calm class that still benefits their body or those who have never danced before. Get in touch to book a trial session!

T 07751 812 701  
E georgiarsmart@yahoo.co.uk  
W www.facebook.com/smartballet  
A Westbury-on-Trym & Coalpit Heath



Physical Social Theatre

Soul Trail Wellbeing

Soul Trail Wellbeing C.I.C is a non profit organisation offering nature trails and workshops to communities who need it the most. We aim to: lower stress and anxiety, aid relaxation, connect with nature and other people, and improve confidence. Check our website or get in touch for details of current activities.

E info@soultrailwellbeing.com  
W www.soultrailwellbeing.com  
A Various

FREE

Nature Physical Social

St Pauls Community Sports Academy

We offer a wide range of activities and programmes, including Group Cycling, Netball, Parkinsons Football and Yoga. We also offer a GP Exercise Referral Scheme which enables people with long-term health conditions to move more to improve their health and wellbeing. Check our website or get in touch for details.

T 0117 377 3405  
E bristolcommunityoutreach@everyoneactive.com  
W www.everyoneactive.com/centre/st-pauls-community-sports-academy  
A Newfoundland Road, BS2 9NH



Physical

St Werburghs City Farm

We run friendly group sessions in Cooking, Gardening, Animal Care, or Landscaping. These free 12-session placements are for anyone facing challenges like mental health difficulties, loneliness, or unemployment. It's a chance to build confidence, connect with others, and try new things, while helping care for our Farm and green spaces.

T 0117 942 8241  
E volunteers@swcityfarm.co.uk  
W www.swcityfarm.co.uk  
A Watercress Road, BS2 9YJ



Nature Physical Social

St Werburghs Community Centre

Various activities for over 55s, including Tai Chi, Art Club for over 50s, ReACT Gentle Exercise, EasyPC one-to-one Digital Support, Warm Welcome Advice Drop-in, Grow your Lunch Gardening Group and Intergenerational Death Café. We also host a variety of other providers and organisations.

T 0117 955 1351  
E office@stwerburghs.org.uk  
W www.stwerburghs.org.uk  
A Horley Road, St Werburghs, BS2 9TJ



Arts Nature Physical Social

Trinity Community Arts

We offer a variety of dance and community events for people aged 50 and older, including Gerry's Attic weekly sessions with the Senior Dance Company, Gentle Dance, and fortnightly volunteer sessions in our Community Garden. See our website or get in touch for details.

T 0117 935 1200  
E info@trinitybristol.org.uk  
W www.trinitybristol.org.uk  
A Trinity Road, BS2 0NW



Arts Nature Physical Theatre

Wellspring Settlement

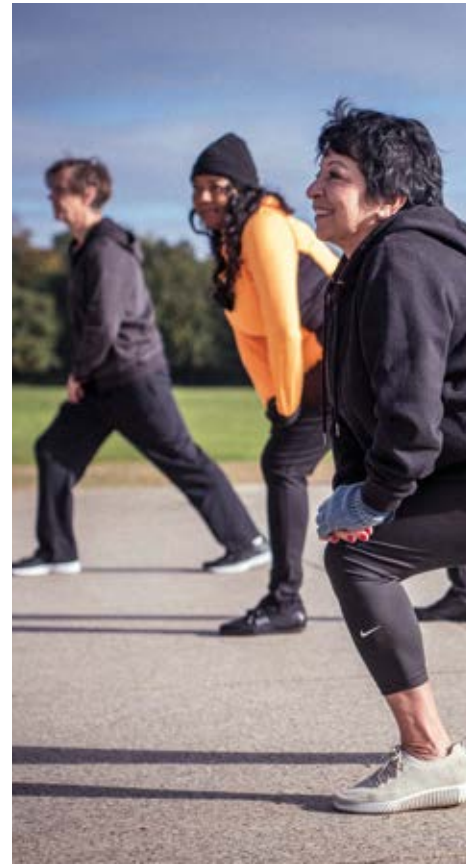
We run a variety of activities that people of all ages are welcome to get involved in. Drop in for a hot drink and a chat, craft session, gentle exercise, gardening, local walks, advice and signposting information, or grab a bite to eat at one of our café sessions!

T 0117 304 1400  
E info@wsb.org.uk  
W www.wellspringsettlement.org.uk  
A 43 Ducie Road, Barton Hill, BS5 0AX



Arts Nature Physical Social





Alzheimer’s Society





The Alzheimer’s Society provides help and hope for people affected by dementia. We offer Memory Cafes, Singing for the Brain and Activity Groups in various accessible locations across Bristol. There is no charge for these services. Get in touch for details of our current groups.

T 0117 961 0693

E [bristol@alzheimers.org.uk](mailto:bristol@alzheimers.org.uk)

W [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

A Fishponds, Withywood, Westbury-on-Trym, Brislington & Knowle West

 FREE

Advice

Arts

Musical

Social





Ardagh Community Trust

Ardagh Community Trust (ACT) is a volunteer-led charity providing opportunities to benefit the local community. We have a small, friendly café, relaxing gardens and various activities and groups including tai chi, carer support, bereavement groups and community events.

E [hello@theardagh.com](mailto:hello@theardagh.com)

W [www.theardagh.com](http://www.theardagh.com)

A Kellaway Avenue, BS6 7YL

 FREE

Advice

Nature

Physical

Social

Avonmouth Community Centre Association

The community centre offers a wide range of activities such as art, knitting and crochet, gardening, kurling, a digital workshop exclusively for 50+ and social times around drinks and meals with friendly chat, games and cooking sessions. We host a Citizens Advice Drop-in every other Wednesday lunchtime along with our Soup Lunch. You can make use of the Avonmouth Library services too.

T 0117 982 7445

E [avonmouthcca257@gmail.com](mailto:avonmouthcca257@gmail.com)

W [www.avonmouthcca.org.uk](http://www.avonmouthcca.org.uk)

A 257 Avonmouth Road, BS11 9EN

 FREE

Advice

Arts

Digital

Physical

Brentry Dementia-friendly Allotment

A beautiful allotment setting, running weekly gardening sessions for people living with dementia and their carers. Get in touch for details of current sessions.

T 07423 719 088

E [communitygardening@aliveactivities.org](mailto:communitygardening@aliveactivities.org)

W [www.aliveactivities.org](http://www.aliveactivities.org)

A Charlton Road, Brentry, BS10 6JZ

 FREE

Advice

Nature

Physical

Social

Bristol After Stroke

Bristol After Stroke is an independent local charity helping people rebuild their lives after stroke. Our services offer a unique combination of practical, social, emotional and psychological support to stroke-affected people and their carers and loved ones. This includes one to one review, information and support, peer support groups, drop in cafes, counselling and physiotherapy courses.

T 0117 964 7657

E [office@bristolafterstroke.org.uk](mailto:office@bristolafterstroke.org.uk)

W [www.bristolafterstroke.org.uk](http://www.bristolafterstroke.org.uk)

A Various

 FREE

Advice

Physical

Social

Bristol Arrow Bowling Club

We are a lawn bowling club (c.80 members) active between April and September. Bowls is great for mobility, strength, flexibility and balance: lots of gentle exercise in good company and a bit of healthy competition too. We invite prospective members of all ages to visit us and learn the basics.

T 07811 097 199

E [bristol.arrow.sec@gmail.com](mailto:bristol.arrow.sec@gmail.com)

W [www.bristolarrowbowlsclub.org.uk](http://www.bristolarrowbowlsclub.org.uk)

A 80 Redland Road, Bristol, BS6 6AG



Physical

Social

Bristol Dementia Action Alliance

Bristol Dementia Action Alliance educates communities about dementia by running awareness sessions. It supports those affected by the disease through its dementia and ageing well Happy Days Hub in Lawrence Weston and hosts activity groups and carers support groups at various locations throughout Bristol.

T 07741 142 701

E [office@bdaa.org.uk](mailto:office@bdaa.org.uk)

W [www.bdaa.org.uk](http://www.bdaa.org.uk)

A Various

 FREE

Advice

Arts

Physical

Social

Bristol Dementia Meeting Centre

A warm and social group for people living with dementia and their carers together. Members take part in a range of activities, find friendship and laughter and have access to support and help if and when required.

T 07377 199 148

E [bristolmeetingcentre@aliveactivities.org](mailto:bristolmeetingcentre@aliveactivities.org)

W [www.aliveactivities.org/bristol-meeting-centre](http://www.aliveactivities.org/bristol-meeting-centre)

A Westbury Fields, Cricket Lane, BS10 6TW



Advice

Arts

Physical

Social



Bristol Healing Group

We run a Healing Trust Associated Centre, providing weekly ‘Healing For Wellbeing’ drop in sessions. Gentle complementary therapy to reduce stress and anxiety and help you to feel more relaxed, calmer and more peaceful. One-to-one healing with trained practitioners. No need to book. All welcome - donation basis.

T 0117 946 6434  
E selinanewton@yahoo.co.uk  
W www.thehealingtrust.org.uk  
A Redland Quaker Meeting House, 126 Hampton Road, BS6 6JE



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| Physical | Social |
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Bristol Libraries

As well as providing access to thousands of books, including large print and audiobooks, we have free internet and host craft groups, knit and natter, IT and job search help and provide a welcoming, free social space for all people across 26 sites in Bristol.

T 0117 903 7250  
E bristol.library.service@bristol.gov.uk  
W www.bristol.gov.uk/residents/libraries-and-archives  
A Various



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| Advice | Arts | Digital | Social |
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Bristol Nordic Walking

Bristol Nordic Walking is an award-winning club with the most experienced instructors and friendliest community in Bristol. Our sessions are full of chat and laughter and you'll get an effective full-body workout. Book a Beginner Workshop to learn the technique.

T 07886 885 213  
E info@bristolnordicwalking.co.uk  
W www.bristolnordicwalking.co.uk  
A Various

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| Nature | Physical | Social |
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Bristol Rovers Community Trust

Extra Time is a weekly group for anybody aged over 60. The session involves light physical activities and social opportunities as well as sightseeing trips around the area. We pride ourselves on being a diverse group of people and are always looking for new members who want to come and join us. We also offer Walking Football for over 50s. Get in touch for details.

T 0117 952 2581  
E info@bristolroverscommunity.org.uk  
W www.bristolroverscommunity.org.uk  
A The Memorial Stadium & Bristol Metropolitan Academy



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| Advice | Physical | Social |
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Bristol Steppin Sistas

We regularly organise walks, for those who wish to take short walks and those who wish to take longer treks. The aim is to help motivate women of colour visit places they would not have ventured to, including rural areas around Bristol and further afield in the South West: routes that can get women around the city and beyond and routes that stoke interest and wonder.

E BristolStep123@gmail.com  
W www.bristolsteppinsistas.co.uk  
A Various



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| Advice | Nature | Physical | Social |
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Canford Bowling Club

We are a Lawn Bowling Club which starts in early April and lasts through until early October. Activities on the green are to be found most evenings and afternoons with a ‘Roll Up’ on Monday evening; friendly matches against many local clubs. We are a social club who also likes to meet up throughout the year for social activities. Get in touch for details.

T 07504 244 499  
E canfordbowlingclub@gmail.com  
W www.canfordbowlingclub.co.uk  
A The Green, Canford Park, Westbury-on-Trym, BS9 3NX



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| Physical | Social |
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Carers Support Centre

Walk & Talk is a free wellbeing service for unpaid carers, offering gentle group walks in local green spaces. Carers meet others in similar situations, enjoy time outdoors, and access peer support. A friendly support worker will lead the walk and provide information to support carers in their caring roles.

T 07742 291 073  
E walk@carerssupportcentre.org.uk  
W www.carersbsg.org.uk/our-support-services/walk-and-talk  
A Across Bristol and South Gloucestershire



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| Advice | Nature | Physical | Social |
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Centre for Deaf and Hard of Hearing People

We provide assistive hearing equipment to Bristol residents and support Deaf-Led Groups, including a women’s group, Walking Football, and Padel. We host inclusive Coffee Mornings for support and social connection, and offer BSL Taster Sessions to help Hard of Hearing people engage with Deaf culture and communication.

T 0117 939 8653  
E office@cfh.org.uk  
W www.cfh.org.uk  
A Various



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| Advice | Arts | Physical | Social |
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Changes Bristol

Changes offer Mental Health Peer Support Groups. We run support groups across the city everyday from Monday - Friday, and provide a safe space for people to come together with an aim to reduce stigma and normalise talking about our mental health. No referral or diagnosis needed. Please contact us for specific details of times and locations.

T 0117 941 1123  
E info@changesbristol.org.uk  
W www.changesbristol.org.uk  
A Various sites across Bristol



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| Advice | Social |
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creativeShift CIC

CreativeShift has 20 years' experience delivering Arts on Referral, creative workshops to support positive mental health and wellbeing and individual creativity, with the aim of transporting people away from everyday stresses and worries, and promoting relaxation, delight, curiosity, connection and a sense of achievement. Visit our website or get in touch for details.

T 07811 315 299  
E creativeshiftbristol@gmail.com  
W www.creativeshift.org.uk/our-groups  
A Various



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| Arts | Social |
|------|--------|

Dance Fitness for All

Zumba dance classes taught for a wide variety of abilities including for those needing to sit or use support. Taught by a fully qualified instructor who specialises in teaching older active and less active adults. Get in touch for details of current classes.

T 07805 391 244  
E bristoldancezumba@gmail.com  
W marieclifford.zumba.com  
A Various



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| Physical |
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Forest of Avon Trust

Woodland Wellbeing is an opportunity for people with dementia, and people who support them, to enjoy time together in the relaxing environment of a local woodland. We offer short walks, foraging, crafts or simply listening to birds. Join anytime.

T 07443 554 049  
E helen.gray@forestofavontrust.org  
W www.forestofavontrust.org  
A Various

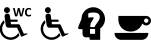


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| Nature | Social |
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Goldies Sing & Smile

Try your local Goldies Sing & Smile session and join us for a fun and friendly sing-along to popular hits from the 50's onwards, by artists such as our very own Patron Sir Cliff Richard, The Beatles, Elvis, Dolly Parton and many, many more. Goldies is not a choir; you don't have to be able to hold a tune. Some people like to sing out loud and proud, some just tap along and listen, some just like to chat! All welcome. Check our website or get in touch for details.

T 01761 470 006  
E events@golden-oldies.org.uk  
W www.golden-oldies.org.uk  
A Various venues across Bristol



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| Musical | Social |
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Gurt Lush Choir

Gurt Lush Choir has been making a splendiferous noise since 2009, known for our varied repertoire and exciting collaborations. We rehearse in Bishopston, Redland & Knowle every week during term time. FREE TASTER! All welcome. Visit our website or get in touch for details.

E becs@gurtlushchoir.com  
W www.gurtlushchoir.com  
A Various



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| Musical | Social | Theatre |
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Henbury Leisure Centre

We offer a wide range of activities and programmes, including Senior Swimming, Aqua Aerobics, and Good Boost Land (a rehabilitation exercise programme designed to be beneficial and fun for people with a wide range of conditions including arthritis and back pain). We also offer a GP Exercise Referral Scheme which enables people with long-term health conditions to move more to improve their health and wellbeing. Check our website or get in touch for details.

T 0117 353 2555  
E bristolcommunityoutreach@everyoneactive.com  
W www.everyoneactive.com/centre/henbury-leisure-centre  
A Avonmouth Way, BS10 7NG



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| Physical |
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Henbury Walking Group

We do walks of up to 3 miles, mainly in the Bristol area, but sometimes catching a bus to go further. We start from Henbury, usually at 9.30am, or some people may prefer to join us at another bus stop. We try to stop for a coffee and finish at a pub, cafe or another bus stop at lunch time.

T 0117 377 6247  
E marymellettbs10@gmail.com  
A Meeting at Crow Lane layby, Henbury



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| Nature | Physical | Social |
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Henleaze Bowling Club

We are a Lawn Bowling Club which starts in early April and lasts through until early October. We have friendly matches against many local clubs. We are a social club who also likes to meet up throughout the year for social activities. Get in touch for details.

T 0117 962 9148  
E [henleazebowls@gmail.com](mailto:henleazebowls@gmail.com)  
W [www.henleazebowlingclub.org.uk](http://www.henleazebowlingclub.org.uk)  
A 28 Grange Court Road, BS9 4DR



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| Physical | Social |
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Horfield Leisure Centre

We offer a huge range of activities to suit everyone and to help you on your journey in becoming more active, including Senior Pickleball, Tai Chi, Zumba Aqua, and Good Boost (instructor led pool sessions where participants follow individually tailored exercise to meet their muscular skeletal conditions). We also offer a GP Exercise Referral Scheme which enables people with long-term health conditions to move more to improve their health and wellbeing. Check our website or get in touch for details.

T 0117 903 1643  
E [horfieldinfo@everyoneactive.com](mailto:horfieldinfo@everyoneactive.com)  
W [www.everyoneactive.com/centre/horfield-leisure-centre](http://www.everyoneactive.com/centre/horfield-leisure-centre)  
A Dorian Road, BS7 0XW



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| Physical |
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Lawrence Weston Community Farm

Lawrence Weston Community Farm offers people over 50 a variety of activities including weekly gardening and woodland management, and walking groups. These activities encourage socialising, skill development, healthy eating, and outdoor exercise in a welcoming, accessible environment.

T 0117 938 1128  
E [office@lwfarm.org.uk](mailto:office@lwfarm.org.uk)  
W [www.lwfarm.org.uk](http://www.lwfarm.org.uk)  
A Saltmarsh Drive, BS11 0NJ



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| Nature | Physical | Social |
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Lockleaze Neighbourhood Trust

We support our community in Lockleaze to create positive change. At the Hub and St James Church we hold wellbeing walks, art for wellbeing, exercise classes, learning courses, advice drop-ins and a friendly pop-up cafe every week. We have a free book swap, and are a library drop-off and return point.

T 0117 914 1129  
E [info@lockleazent.co.uk](mailto:info@lockleazent.co.uk)  
W [www.lockleazehub.org.uk](http://www.lockleazehub.org.uk)  
A The Hub, Gainsborough Square, BS7 9FB



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| Advice | Arts | Physical | Social |
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North Bristol Advice Centre

Bristol Tea and Tech offers free courses and drop ins where friendly volunteers can help you explore the possibilities of your digital devices and develop your digital skills. Whether you have no experience of computers/devices or just want to update your skills, we can help. Bring your own smartphone, tablet or laptop or use one of our PCs, tablets or laptops.

T 07936 943 583  
E [nicola@northbristoladvice.org.uk](mailto:nicola@northbristoladvice.org.uk)  
W [www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)  
A Various



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| Advice | Digital |
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Ramblers Wellbeing Walks Bristol

Our walks are 30 - 120 minutes and over easy terrain. They are open to everyone but are especially aimed at those who are less active. Check our website or get in touch for a list of current groups and locations.

T 07920 742 183  
E [rww@avon-ramblers.org.uk](mailto:rww@avon-ramblers.org.uk)  
W [www.ramblers.org.uk/go-walking/wellbeing-walks-groups](http://www.ramblers.org.uk/go-walking/wellbeing-walks-groups)  
A Various



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| Nature | Physical | Social |
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Really Wild Lockleaze

This project, run by Lockleaze Neighbourhood Trust, looks at practical ways the community can tackle the climate and ecological crisis. Get involved and make space for nature in your community by rewilding the neighbourhood. Connect, learn and grow together.

T 0117 914 1129  
E [info@lockleazent.co.uk](mailto:info@lockleazent.co.uk)  
W [www.lockleazehub.org.uk/really-wild-lockleaze](http://www.lockleazehub.org.uk/really-wild-lockleaze)  
A Various



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| Nature | Physical | Social |
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The Redland Club Community Centre

We are a community interest company offering a range of activities for health and wellbeing, including yoga, pilates, Tai Chi, table tennis, dance and art sessions. Visit our website or get in touch for details of our current activities.

T 07981 756 965  
E [theredlandclub@gmail.com](mailto:theredlandclub@gmail.com)  
W [www.redlandclub.co.uk](http://www.redlandclub.co.uk)  
A Burlington Road, BS6 6TN



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| Arts | Physical | Social |
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## Westbury Scottish Country Dance Club

We are a very friendly group who run weekly classes teaching Scottish country dancing for fun, fitness and friendship. Folk Dancing is sociable and exercises both your body and brain while enjoying music that will lift your mood. No special kit needed - just bring easy clothes, soft shoes and a sense of humour.

**T** 07849 100 085  
**E** secretary@westbury  
 scottish.org.uk  
**W** www.westburyscottish.org.uk  
**A** St Peter's Church Hall, The Drive,  
 BS9 4LD



| Physical   | Social   |
|--|--|
| <ul style="list-style-type: none"> <li>• Physical appearance</li> <li>• Physical health</li> <li>• Physical ability</li> <li>• Physical environment</li> </ul> | <ul style="list-style-type: none"> <li>• Social relationships</li> <li>• Social support</li> <li>• Social norms</li> <li>• Social structure</li> </ul> |

## A woman with short brown hair and glasses is smiling broadly and gesturing with her hands, appearing to be part of a choir or musical performance. She is wearing a dark blue patterned top. The background is slightly blurred, showing other people and a chandelier.

**T** 0117 983 8878  
**E** [tcs@holytrinityhotwells.org](mailto:tcs@holytrinityhotwells.org)  
**W** [www.facebook.com/trinitylunchclub](http://www.facebook.com/trinitylunchclub)  
**A** Holy Trinity Hotwells,  
 Clifton Vale, BS8 4ST

## Advice



## What's On Guide 2025-26



### acta - Making Time

Come along to the acta centre in Bedminster for a freshly cooked hot lunch and then a creative workshop led by a local artist. In recent weeks we've done watercolour painting, lino printing, weaving, and more! Get creative and make new friends. Help with transport (locally) available. Get in touch for details.

**T** 0117 953 2448  
**E** info@acta-bristol.com  
**W** www.acta-bristol.com  
**A** acta Centre, Gladstone Street, Bedminster, BS3 3AY



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| Arts | Social |
|------|--------|

### Alzheimer's Society

The Alzheimer's Society provides help and hope for people affected by dementia. We offer Memory Cafes, Singing for the Brain and Activity Groups in various accessible locations across Bristol. There is no charge for these services. Get in touch for details of our current groups.

**T** 0117 961 0693  
**E** bristol@alzheimers.org.uk  
**W** www.alzheimers.org.uk  
**A** Fishponds, Withywood, Westbury-on-Trym, Brislington & Knowle West



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| Advice | Arts | Musical | Social |
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### Brislington Dementia-friendly Allotment

A beautiful allotment setting, running weekly gardening sessions for people living with dementia and their carers. Get in touch for details of current sessions.

**T** 07379 498 764  
**E** communitygardening@aliveactivities.org  
**W** www.aliveactivities.org  
**A** Talbot Road Allotments, Brislington, BS4 2NA



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| Advice | Nature | Physical | Social |
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### Bristol After Stroke

Bristol After Stroke is an independent local charity helping people rebuild their lives after stroke. Our services offer a unique combination of practical, social, emotional and psychological support to stroke-affected people and their carers and loved ones. This includes one to one review, information and support, peer support groups, drop in cafes, counselling and physiotherapy courses.

**T** 0117 964 7657  
**E** office@bristolafterstroke.org.uk  
**W** www.bristolafterstroke.org.uk  
**A** Various



|        |          |        |
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| Advice | Physical | Social |
|--------|----------|--------|

### Bristol City Robins Foundation

Bristol City Robins Foundation are the charity that sits along side the football club delivering community sessions. We offer Walking Football for 55+ and Robin Memories sessions supporting people with dementia and who are isolated. Get in touch for further details.

**T** 0117 963 0636  
**E** lee.gillett@bcfc.co.uk  
**W** www.bcfc.co.uk/robins-foundation  
**A** Imperial Sports Ground and Ashton Gate



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| Physical | Social |
|----------|--------|

### Bristol Indoor Bowls Club

Our modern, air-conditioned indoor bowls club features nine international-standard rinks, a spacious function room, and a meeting room available for hire. We offer a warm, friendly welcome to all visitors, with ample free parking on-site. We provide manual and electric bowls wheelchairs, as well as other aids for disabled bowlers, ensuring everyone can enjoy their time with us.

**T** 0117 963 3460  
**E** info@bristolindoorbowls.org.uk  
**W** www.bristolindoorbowls.org.uk  
**A** 198 South Liberty Lane, BS3 2TY



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| Physical | Social |
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### Bristol Libraries

As well as providing access to thousands of books, including large print and audiobooks, we have free internet and host craft groups, knit and natter, IT and job search help and provide a welcoming, free social space for all people across 26 sites in Bristol.

**T** 0117 903 7250  
**E** bristol.library.service@bristol.gov.uk  
**W** www.bristol.gov.uk/residents/libraries-and-archives  
**A** Various

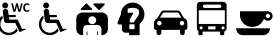


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| Advice | Arts | Digital | Social |
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### Bristol South Swimming Pool

We run Good Boost (an instructor-led pool session where participants follow individually tailored exercise to meet their muscular skeletal needs) as well as Senior Swimming sessions for those aged 50 and over, Women's Swimming, Aqua Aerobics and Zumba Aqua.

**T** 0117 903 1618  
**E** bristolcommunityoutreach@everyoneactive.com  
**W** www.everyoneactive.com/centre/bristol-south-swimming-pool  
**A** Dean Lane, Bedminster, BS3 1DB



|          |
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| Physical |
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## Bristol Steppin Sistas

We regularly organise walks, for those who wish to take short walks and those who wish to take longer treks. The aim is to help motivate women of colour visit places they would not have ventured to, including rural areas around Bristol and further afield in the South West: routes that can get women around the city and beyond and routes that stoke interest and wonder.

**E** BristolStep123@gmail.com  
**W** www.bristolsteppinsistas.co.uk  
**A** Various



|        |        |          |        |
|--------|--------|----------|--------|
| Advice | Nature | Physical | Social |
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## Broad Plain Pioneers

Walking touch rugby for 55+. Male and Female players welcome even if you have no prior knowledge of the game. We meet every Monday at 9.30am for a few games followed by refreshments, cake and chat. No special equipment required other than walking/football boots and wet weather gear if it rains.

**E** broadplainpioneers@gmail.com  
**A** Bristol Southend, Bedminster, BS3 5AZ



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|----------|--------|
| Physical | Social |
|----------|--------|

## BS3 Community Development

We are a Community Centre invested in tackling loneliness with weekly activities for over 50s. Join our Monday Club, Tuesday Club, Stroll and Chat, LGBTQ+ Fab Café, and more. Enjoy friendship, advice, and our welcoming café space at the Southville Centre. Visit our website or contact us for current activities.

**T** 0117 923 1039  
**E** info@bs3community.org.uk  
**W** www.bs3community.org.uk  
**A** Various



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| Advice | Digital | Physical | Social |
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## Carers Support Centre

Walk & Talk is a free wellbeing service for unpaid carers, offering gentle group walks in local green spaces. Carers meet others in similar situations, enjoy time outdoors, and access peer support. A friendly support worker will lead the walk and provide information to support carers in their caring roles.

**T** 07742 291 073  
**E** walk@carerssupportcentre.org.uk  
**W** www.carersbsg.org.uk/our-support-services/walk-and-talk  
**A** Across Bristol and South Gloucestershire



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| Advice | Nature | Physical | Social |
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## Centre for Deaf and Hard of Hearing People

We provide assistive hearing equipment to Bristol residents and support Deaf-Led Groups, including a women's group, Walking Football, and Padel. We host inclusive Coffee Mornings for support and social connection, and offer BSL Taster Sessions to help Hard of Hearing people engage with Deaf culture and communication.

**T** 0117 939 8653  
**E** office@cfhd.org.uk  
**W** www.cfd.org.uk  
**A** Various



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| Advice | Arts | Physical | Social |
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## Changes Bristol

Changes offer Mental Health Peer Support Groups. We run support groups across the city everyday from Monday - Friday, and provide a safe space for people to come together with an aim to reduce stigma and normalise talking about our mental health. No referral or diagnosis needed. Please contact us for specific details of times and locations.

**T** 0117 941 1123  
**E** info@changesbristol.org.uk  
**W** www.changesbristol.org.uk  
**A** Various sites across Bristol



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| Advice | Social |
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## creativeShift CIC

CreativeShift has 20 years' experience delivering Arts on Referral, creative workshops to support positive mental health and wellbeing and individual creativity, with the aim of transporting people away from everyday stresses and worries, and promoting relaxation, delight, curiosity, connection and a sense of achievement. Visit our website or get in touch for details.

**T** 07811 315 299  
**E** creativeshiftbristol@gmail.com  
**W** www.creativeshift.org.uk/our-groups  
**A** Various



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| Arts | Social |
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## Dance Fitness for All

Zumba dance classes taught for a wide variety of abilities including for those needing to sit or use support. Taught by a fully qualified instructor who specialises in teaching older active and less active adults. Get in touch for details of current classes.

**T** 07805 391 244  
**E** bristoldancezumba@gmail.com  
**W** marieclifford.zumba.com  
**A** Various



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### Friends of Whitchurch Library

Chatty Crafters is a very friendly group of people who meet every Wednesday 1 - 3pm at the Whitchurch Library. Bring along any craft you wish and chat with like minded people. Open to all.

**T** 0117 903 1185  
**E** friendsofwhitchurchlibrary@gmail.com  
**W** www.facebook.com/FriendsofWhitchurchLibrary  
**A** Whitchurch Library, Oatlands Avenue, BS14 0SX





   **FREE**

Arts

### Goldies Sing & Smile

Try your local Goldies Sing & Smile session and join us for a fun and friendly sing-along to popular hits from the 50's onwards, by artists such as our very own Patron Sir Cliff Richard, The Beatles, Elvis, Dolly Parton and many, many more. Goldies is not a choir; you don't have to be able to hold a tune. Some people like to sing out loud and proud, some just tap along and listen, some just like to chat! All welcome. Check our website or get in touch for details.

**T** 01761 470 006  
**E** events@golden-oldies.org.uk  
**W** www.golden-oldies.org.uk  
**A** Various venues across Bristol

Musical Social

### Gurt Lush Choir

Gurt Lush Choir has been making a splendiferous noise since 2009, known for our varied repertoire and exciting collaborations. We rehearse in Bishopston, Redland & Knowle every week during term time. **FREE TASTER!** All welcome. Visit our website or get in touch for details

**E** becs@gurtlushchoir.com  
**W** www.gurtlushchoir.com  
**A** Various

Musical Social Theatre

### Improving Lives of Older People

We run Talk and Tech, a drop in social and tech help café for people over 55 offering a safe and friendly environment in which to ask questions about tech. Over a cup of tea, volunteers can help you with using tech devices like mobile phones, tablets and computers and with any questions on using the internet for online shopping, email, social media, and filling in forms. Or just come in for a chat! No need to book. Free tea and coffee.

**T** 07956 962 422  
**E** ilop.bs3@gmail.com  
**W** www.ilop.org.uk  
**A** Southville and Bedminster

        **FREE**

Advice Digital Social

### Knowle West Health Park

We offer a variety of groups that are suitable for people aged 50+. These include a pop up café, walking and gentle movement, creative activities and peer support for men and women. Get in touch for details of our current offer.

**T** 0117 377 2252  
**E** info@knowlewesthealthpark.co.uk  
**W** www.knowlewesthealthpark.co.uk  
**A** Downton Road, BS4 1WH

         **FREE**

Advice Arts Physical Social

### Memories of Bedminster Group

A group of current and ex-residents of Bedminster aged 55+ who enjoy sharing memories of life in BS3 through conversation, photographs and video presentations including external speakers. Meetings on Mondays (term time only) from 1.30 to 3.30pm. Magazine 'Remember Be'minster' published annually.

**T** 07305 157 750  
**E** lpbr32020@blueyonder.co.uk  
**A** South Bristol Christian Centre, Churchlands Road, BS3 3PW

Arts Social

### Ramblers Wellbeing Walks Bristol

Our walks are 30 - 120 minutes and over easy terrain. They are open to everyone but are especially aimed at those who are less active. Check our website or get in touch for a list of current groups and locations.

**T** 07920 742 183  
**E** rww@avon-ramblers.org.uk  
**W** www.ramblers.org.uk/go-walking/wellbeing-walks-groups  
**A** Various

   **FREE**

Nature Physical Social

### Redcatch Community Garden

Redcatch Community Garden warmly welcomes those aged 50+, offering diverse activities like dementia art therapy, community lunch, gardening for well-being, Tai Chi, Yoga, and Paracise.

**T** 07858 630 507  
**E** redcatchcommunitygarden@outlook.com  
**W** www.redcatchcommunitygarden.com  
**A** The Pavilion, Redcatch Park, Knowle, BS4 2RD

       **FREE**

Arts Nature Physical Social



Reflex Camera Club

Reflex Camera Club are a camera and photography club based in Brislington. We meet weekly throughout the year, hosting speakers, practical photography sessions and club competitions. We are known as Bristol's friendly camera club, and we welcome all experience levels.

T 07901 716 692  
E reflexcc@gmail.com  
W www.reflexcameraclub.co.uk  
A Wicklea Academy, Brislington, BS4 4HR



Arts

Sight Support West of England

We offer advice hubs, social groups, digital skills support and specialist exhibitions for people living with sight loss. We also produce newsletters, a twice-yearly magazine, and run a CD audio library of 2,400 books. Our experienced advisors are here to help you find the support that's right for you.

T 0117 322 4885  
E info@sightsupportwest.org.uk  
W www.sightsupportwest.org.uk  
A Various



FREE

Advice Digital Social

Soundwell Music Therapy

Soundwell Music Therapy run groups for mental health and wellbeing support in South Bristol (and online). Sessions are free and there's no need for any musical skills or experience; the focus is on creativity and expression.

T 07938 679 667  
E kim.roberts@soundwell.org.uk  
W www.soundwell.org.uk  
A Bedminster Quaker Meeting House, BS3 5HX



Advice Musical

SouthBank

SouthBank is a community arts, music and dance venue based in Bedminster: a local meeting place and melting pot for creatives, dancers, poets and their friends. It's a unique social mix where you can drink a pint of ale, do a salsa or ballet class, join in the open-mic nights or just listen to the endless stories from the locals. There are lots of opportunities to get involved on a voluntary/part-time basis. Check our website or get in touch for details.

T 0117 939 9999  
E contact@southbankbristol.biz  
W www.southbankbristol.biz  
A Dean Lane, Bedminster, BS3 1DB



Musical Physical Social

Square Food Foundation

Weekly, drop in cookery class on Monday mornings for older people including a monthly Lunch Club and Batch Cooking session for the wider elderly community (55+). Enjoy a delicious, home cooked meal afterwards. Booking required via email or phone. Cost £5 per person/per session.

T 0117 462 2686  
E info@squarefoodfoundation.co.uk  
W www.squarefoodfoundation.co.uk  
A The Park Centre, Daventry Road, BS4 1DQ



Advice Social

The Withywood Centre

The Withywood Centre is a hub of activity hosting various support groups, sporting groups, recreational and community groups.

T 0117 987 8400  
E reception@withywoodcentre.com  
W www.withywoodcentre.co.uk  
A Queens Road, Bishopsworth, BS13 8QA



Advice Nature Physical Social

Zion Community Space

We run a 'memories cafe' for those living with dementia (and their carers), and for those who live alone. The local history group, writing group, knit/crochet club and cribbage are consistently popular. Yoga, pilates and Tai Chi are also very popular. Our BS13 climate group and women's only nights attract a lot of over 50s.

T 0117 923 1212  
E bookings@zionbristol.co.uk  
W www.zionbristol.co.uk  
A Bishopsworth Road, BS13 7JW



Arts Musical Physical Social



# What's On at Home

If you prefer to join activities from the comfort of your own home, these sessions are delivered online (via the Internet) or over the telephone.

## Art on Referral

Our weekly Wellbeing Arts sessions are available online, providing an opportunity to explore creativity, experience relaxation and connect with others in similar situations.

**T** 07811 315 299

**E** [creativeshiftbristol@gmail.com](mailto:creativeshiftbristol@gmail.com)

**W** [www.creativeshift.org.uk/our-groups](http://www.creativeshift.org.uk/our-groups)

Arts

Social

## Bristol After Stroke

We run a monthly online education session on various health topics (last Thursday of the month) and a monthly online carers support session (first Tuesday of the month). To attend please get in touch via email.

**T** 0117 964 7657

**E** [office@bristolafterstroke.org.uk](mailto:office@bristolafterstroke.org.uk)

**W** [www.bristolafterstroke.org.uk](http://www.bristolafterstroke.org.uk)

Advice

Social

## Bristol Folk House

We provide a variety of online courses and workshops in a welcoming environment in which to explore your creativity and learn new skills. 10% off for over 65s.

**T** 0117 926 2987

**E** [admin@bristolfolkhouse.co.uk](mailto:admin@bristolfolkhouse.co.uk)

**W** [www.bristolfolkhouse.co.uk](http://www.bristolfolkhouse.co.uk)

Arts

Musical

Physical

Social

## Bristol Home Library Service

We offer a home library service for people unable to get to the library themselves and have no one else who can visit on their behalf.

**T** 0117 903 7250

**E** [bristol.library.service@bristol.gov.uk](mailto:bristol.library.service@bristol.gov.uk)

**W** [www.bristol.gov.uk/residents/libraries-and-archives/accessible-library-services](http://www.bristol.gov.uk/residents/libraries-and-archives/accessible-library-services)

Arts

Advice

## Mental Health Peer Support

Changes Bristol runs a number of online groups providing Mental Health support and space for people to come together. Sign up as a member on our website and links to the online groups will be provided. We also offer a telephone befriending service.

**T** 0117 941 1123

**E** [info@changesbristol.org.uk](mailto:info@changesbristol.org.uk)

**W** [www.changesbristol.org.uk](http://www.changesbristol.org.uk)

Advice

Social

# What's On at Home

## Music Listening Group

We have a monthly online music listening group for mental health and wellbeing support. We have a theme each time and group members are invited to share a song or a piece of music that links to that for a shared listening experience and discussion.

**T** 07938 679 667

**E** [kim.roberts@soundwell.org.uk](mailto:kim.roberts@soundwell.org.uk)

**W** [www.soundwell.org](http://www.soundwell.org)

Advice

Musical

## Portrait Club

Arnolfini and Bristol Portrait Club host monthly online Portrait Club sessions for all ages and skill levels. Draw faces from volunteer sitters who change every 15 minutes in a relaxed, informal setting. Complete beginners welcome. Pay what you can afford.

**T** 0117 917 2300

**E** [info@arnolfini.org.uk](mailto:info@arnolfini.org.uk)

**W** [www.arnolfini.org.uk](http://www.arnolfini.org.uk)

Arts

Social

## Sight Support West of England

Our Virtual Hubs bring together people with sight loss to chat, share experiences and build friendships. Sessions are relaxed, friendly, and hosted by volunteers with lived experience. Join from home using Microsoft Teams - support available.

**T** 0117 322 4885

**E** [info@sightsupportwest.org.uk](mailto:info@sightsupportwest.org.uk)

**W** [www.sightsupportwest.org.uk](http://www.sightsupportwest.org.uk)

Advice

Social

## Singing for the Brain

The Alzheimer's Society provides help and hope for people affected by dementia. We offer weekly online Singing for the Brain sessions via Zoom.

**T** 0117 961 0693

**E** [bristol@alzheimers.org.uk](mailto:bristol@alzheimers.org.uk)

**W** [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Advice

Musical

Social







## Become a FAB member!

Friends Ageing Better (FAB) is a vibrant social community for people aged 50 and over.

As a member, you'll receive our regular newsletter by email or post, packed with updates on regular activities, special events and exclusive offers.

To join for free  
email [fab@ageukbristol.org.uk](mailto:fab@ageukbristol.org.uk)  
or call 0117 929 7537

Life's more fun with FAB -  
come see for yourself!

## Share Your Thoughts!

Age UK Bristol would like to understand how you have found this guide useful and the difference it has made for you so that we can continuously improve. Please send us your feedback by one of the following methods:

- Send us an email with your comments or send a photo of this completed form to [admin@ageukbristol.org.uk](mailto:admin@ageukbristol.org.uk)
- Or tear out and post this form to us at: Age UK Bristol, The Withywood Centre, Queens Road, Withywood, BS13 8QA (Please note this is not a freepost address)

**Thank you for your time!**

### 1 Have you:

Used this guide for yourself? **YES / NO**

Used this guide to inform a family member or friend? **YES / NO**

Used this guide as a professional or volunteer to support others? **YES / NO**

Used this guide in another way? **YES / NO**

If yes, please give details:

**Please turn the page for more questions...**





2 What do you like about the guide?

3 What would you change about the guide?

4 Did you find the guide easy to use?

5 How has the guide made a difference to you or the person or people you support?



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## Age UK Bristol

The Withywood Centre, Queens Road, Bristol, BS13 8QA

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0117 929 7537

[admin@ageukbristol.org.uk](mailto:admin@ageukbristol.org.uk)

[www.ageuk.org.uk/bristol](http://www.ageuk.org.uk/bristol)

Registered charity number 1042548

