

# What's On Guide 2023-24



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Activities for over 50s in Bristol  
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## Inner City and East Bristol



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## Introduction

Welcome to Age UK Bristol's What's On Guide for **Inner City & East Bristol** for people aged 50+.

Keeping physically and mentally active in later life is hugely beneficial for our health and wellbeing. This guide aims to bring together some of the many and diverse providers offering activities and services for people aged 50+ in Inner City & East Bristol.

It covers four main themes:

**Arts & Culture**

**Sport & Physical Activity**

**Nature & Environment**

**Information & Advice**

Whilst no means an exhaustive list, we hope that this guide will support, encourage and inspire older people to take part in and benefit from the activities and services available in Bristol.

This guide has been produced by Age UK Bristol with funding from Healthier Together.

Healthier Together is the Integrated Care System (ICS) for Bristol, North Somerset and South Gloucestershire. They work to improve health and wellbeing, reduce inequalities, and provide integrated services for the one million people living in the local area.

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Details are correct at the time of going to print.



## Age UK Bristol

At Age UK Bristol we want people in the city to love later life and to get the most out of all that a great city like Bristol has to offer. 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 a specialist Information & Advice service covering a range of topics from benefits and allowances to social care services and managing priority debts. We offer social activities through our friendly Friends Ageing Better (FAB) project, including meet-up cafes across the city and a monthly 50+ disco. We offer support for people living with dementia and their carers through our Home Support service and day centre service based at the Witherwood Centre.

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 our office is closed to the public).

Follow us on social media: [@ageukbristol](https://www.instagram.com/ageukbristol)



 **Fall-proof**  
Strength and balance plan

## Strong like Ron.

Fall-proof is a strength and balance plan made up of exercises that can be done alongside your daily routine to keep you steady, strong and able to get out and about independently.

Visit [www.fallproofwest.org.uk](http://www.fallproofwest.org.uk) to find out more.

# How to use this Directory

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


Please contact individual providers directly for full details of the activities and services currently on offer.

## Key to Symbols

### Themes

<b>Art</b>	<b>Nature</b>
Arts & Culture	Nature & Environment
<b>Sport</b>	<b>Advice</b>
Sport & Physical Activity	Information & Advice

### Accessibility and Facilities

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



## Find Health and Wellbeing Information About...

**Groups**



**Events**



**Local Orgs**



**Activities**



**Cost of Living**



It's free to feature in the Well Aware Directory!

Visit our website for more information:

**WellAware.org.uk**

...in Bristol and South Glos  
Be connected, be informed, be well.








## Become a member of Friends Ageing Better

Friends Ageing Better (FAB) is a community where people over 50 share what is happening across Bristol while building relationships with like-minded people who live locally and enjoy special events.

Becoming a FAB member is free and easy. As a member, you will receive our regular bulletin straight to your email or letterbox, with information about FAB cafes, which are informal regular meet-ups, as well as other events and regular activities happening in Bristol.

Find out more about our FAB membership and special events on [www.ageukbristol.org.uk](http://www.ageukbristol.org.uk) or contact us on 0117 440 4301.

Age UK Bristol Registered Charity Number: 1042548



### Abbeyfield Tea and Memories

Abbeyfield works with the over 55s to provide independent housing and community events. Tea and Memories allows older people to watch video clips from the 40s onwards and reminisce and chat together about them. It takes place on the 2nd Tuesday of each month from 2.30pm to 4pm at Hanham Baptist Church.

T 07580 868 631

E a.critchlow@abbeyfield.com

W www.abbeyfield.com



Art	Sport	Nature	Advice
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### ActiveBeing

We work with women to improve their mental wellbeing through engagement in activities outdoors. We connect with nature, run creative arts-based courses, multi-sports and water-based activities, and offer 1:1 walk and talk mental health support programmes. Women develop a sense of confidence, boost self-esteem, reduce social isolation and develop tools for wellbeing.

T 07764 744 609

E charliehh@activebeing.co.uk

W www.activebeing.co.uk



Art	Sport	Nature	Advice
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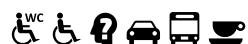
### Age UK Bristol

Age UK Bristol works to improve the lives of older people in Bristol through a range of different services including advice, dementia support, social activities and meetups across the city and our day centre service at the Witherwood Centre.

T 0117 929 7537

E admin@ageukbristol.org.uk

W www.ageukbristol.org.uk



Art	Sport	Nature	Advice
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### 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 and 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



Art	Sport	Nature	Advice
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### Alzheimer's Society - Singing for the Brain

We provide friendly and informative support, advice and activities, including Memory Cafés, Activity Groups and Virtual Groups, for people affected by dementia. Our Singing for the Brain groups bring people together to sing a variety of songs they know and love in a fun environment with vocal exercises to help improve brain activity and wellbeing.

T 07927 590 216

E hannah.newrick@alzheimers.org.uk

W www.alzheimers.org.uk



Art	Sport	Nature	Advice
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### The Beehive Centre

The Beehive Centre is a fully accessible community hub and meeting place. We offer a wide range of free or low cost daily activities and events, designed with older people in mind, that promote health and wellbeing and help people feel more connected to their community.

T 01179 354 471

E info@thebeehivebristol.co.uk

W www.thebeehivebristol.co.uk



Art	Sport	Nature	Advice
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### 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 141 893

E secretary@begbrookgreenbc.org.uk

W www.begbrookgreenbc.org.uk



Art	Sport	Nature	Advice
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### Begbrook Retirement Club

A retirement club for 60+ which meets fortnightly at Greenfinch Lodge for an afternoon of refreshments, games, regular entertainment, occasional coach trips and themed celebrations. There is £4 annual charge for membership and a £2 charge each time you attend.

T 07737 084 534 (Elaine)

0117 965 1935 (Lesley)

E cllr.lesley.alexander@bristol.gov.uk



Art	Sport	Nature	Advice
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### Bristol 1904 Arts

We're a non-profit, private members club for men and women focused on arts, music and performance with additional interest groups: walkers, photography, birdwatching, classic cars and cultural expeditions. It's about meeting like-minded people for fellowship, interest and enjoyment.

**T** 0117 927 3807

**E** [admin@bristol1904arts.org](mailto:admin@bristol1904arts.org)

**W** [www.bristol1904arts.org](http://www.bristol1904arts.org)



Art	Sport	Nature	Advice
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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.

**T** 0117 964 7657

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

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



Art	Sport	Nature	Advice
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### Bristol Arrow Bowling Club

We are a small independent mixed bowling club. Many of our members are 50+. We offer a chance for people new to bowls to visit us - we will show you how to play and you can enjoy the fresh air and friendship. Call our Secretary, Geoff Williams, for details.

**T** 0117 965 2264 (Geoff Williams)

**E** [geoffw.bristol@zen.co.uk](mailto:geoffw.bristol@zen.co.uk)

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



Art	Sport	Nature	Advice
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### Bristol Drugs Project

The 50+ Crowd is a weekly social group in central Bristol for people who have current or previous substance misuse. It provides a safe space for people to make new connections as well as enjoy activities like arts & crafts, yoga, and shared reading.

**T** 0117 987 6000

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

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



Art	Sport	Nature	Advice
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## Inner City and East Bristol

### Bristol Folk House

The Bristol Folk House is an adult education centre providing a variety of part-time courses and workshops. A welcoming environment in which to explore your creativity and learn new skills. Some classes are specifically designed for over 50s.

**T** 0117 926 2987

**E** admin@bristolfolkhouse.co.uk

**W** www.bristolfolkhouse.co.uk



Art Sport Nature Advice

### Bristol Greenbank Bowls Club

Bristol Greenbank Bowls Club is a small outdoor bowls club where new members are welcomed and can learn to play bowls from April to late September. During the winter we hold social events in the evening in the licensed bar.

**T** 0117 965 7822 (Graham)

**E** greenbankbowls@gmail.com

**W** www.bristolgreenbankbowlingclub.com



Art Sport Nature Advice

### 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 27 sites in Bristol.

**T** 0117 903 7250

**E** bristol.library.service@bristol.gov.uk

**W** www.bristol.gov.uk/residents/libraries-and-archives



Art Sport Nature Advice

### Bristol Older People's Forum

Our events include the BOPF Open Forum Meetings at the Triodos Foundation Venue, Lower Ground Floor, St George's Road, Bristol, BS1 5BE (one minute's walk from the City Hall/Cathedral/Park Street); BOPF Challenging Ageism Workshops (Zoom); and BOPF Meetup Mornings (Zoom). See our website for upcoming dates.

**T** 0117 927 9222

**E** bopfadmin@ageukbristol.org.uk

**W** www.bopf.org.uk



Art Sport Nature Advice

## Inner City and East Bristol

### Bristol Parks Tennis

Well maintained, bookable tennis courts in three parks across Bristol. An affordable coaching programme offering beginner and improver sessions. Specific Walking Tennis sessions for those that enjoy a slower pace, are returning from injury or are returning or new to physical activity.

**T** 0117 328 6250

**E** info@wesport.org.uk

**W** www.bristolparkstennis.org.uk



Art Sport Nature Advice

### Bristol Rovers Community Trust

Our weekly Extra Time group is for anyone aged over 60. We meet every Tuesday at the ground for games, information and the occasional speaker. We also go on trips to local places of interest. We are always looking for new members who want to come and join us.

**T** 07958 415 425

**E** alexsymon@

bristolroverscommunitytrust.org.uk

**W** www.bristolroverscommunity.org.uk



Art Sport Nature Advice

### Bristol Steppin Sistas

Walking group for black women and women of colour designed to improve mental and physical health and wellbeing and to encourage an interest in walking and thriving in open and rural spaces.

**T** 07774 290 646

**E** bristolstep123@gmail.com

**W** www.bristolsteppinsistas.co.uk



Art Sport Nature Advice

### Brunel Fitness Centre

We cater for all ages and abilities in our community-based environment. Whether you are looking to train for health, fitness or performance reasons, or are recovering from injury or illness, we have the staff and equipment to support you. We also offer Exercise Referral Schemes via GP or self-referral including Active Choices, Escape Pain and Staying Steady.

**T** 0117 377 0098

**E** brunel@almsport.co.uk

**W** www.brunelfitness.co.uk



Art Sport Nature Advice

## Inner City and East Bristol

### Brunelcare

Our Extra Care Homes are friendly, accessible and comfortable spaces open to the community. We would love you to join our low cost, enjoyable activities, including coffee mornings, pub games, gentle exercise, art & wellbeing. We also have restaurants on site.

**T** 0117 914 4200

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

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



Art Sport Nature Advice

### Carers Support Centre

Carers Support Centre organise 'walk & talk' groups so carers can enjoy going for a walk in a local green area in the company of other carers. A friendly support worker will lead the walk and provide information to support carers in their caring role.

**T** 07742 291 073

**E** [walk@carerssupportcentre.org.uk](mailto:walk@carerssupportcentre.org.uk)

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



Art Sport Nature Advice

### CfD (Centre for Deaf and Hard of Hearing People)

We offer equipment service; provision of alerts and listening aid equipment for Deaf and hard of hearing people to help you keep independent and more connected at home; advice and information on living with hearing loss; coffee mornings and activities for Deaf and hard of hearing people.

**T** 0117 939 8653

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

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



Art Sport Nature Advice

### Changes Bristol

Changes Bristol is a free-to-access mental health charity. We offer online and in-person peer support groups, weekly Walk & Talks, a weekly outdoor wellbeing session and a Befriending service. See our website or call for details.

**T** 0117 941 1123

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

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



Art Sport Nature Advice





**creativeShift**

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.

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



Art Sport Nature Advice

**Dancefit**

A fun and low impact aerobics class for over 50s using steps and moves from different dance styles. Lots of variety and easy to follow routines. Check the website or get in touch for details of current classes.

**T** 07808 581 739  
**E** c.childs@blueyonder.co.uk  
**W** www.cressidachilds.co.uk



Art Sport Nature Advice

**Dhek Bhal**

Dhek Bhal supports South Asian people in Bristol and South Gloucestershire, promoting their wellbeing. The services offered are: Women's Daycentre (Monday and Tuesday); Men's Daycentre (Tuesday); Sitting Service (support for carers); and Domiciliary Care (assisting with personal care and other tasks).

**T** 0117 914 6671 / 0117 914 6672  
**E** dhekbhal@yahoo.co.uk  
**W** www.dhekbhal.org.uk



Art Sport Nature Advice

**Easton Leisure Centre**

At Easton Leisure Centre we offer sporting activities for all ages, from swimming sessions and exercise classes to sports hall bookings. We have organised group sessions plus private bookable sessions to meet your needs. We offer senior swimming sessions (Mondays), senior badminton sessions (Tuesdays) and GP referral gym sessions.

**T** 0117 955 8840  
**E** eastoninfo@everyoneactive.com  
**W** www.everyoneactive.com/easton



Art Sport Nature Advice

**Eastside Connect**

We work with people over 55 to support activities wanted and needed in Easton and Lawrence Hill including tai chi, sewing, community meals, crafts, music nights, and opportunities to talk and connect. Contact us to find out about volunteering opportunities and developing activities.

**T** 0117 954 1409  
**E** contact@upourstreet.org.uk  
**W** www.eastsidecommunitytrust.org.uk



Art Sport Nature Advice

**England Netball**

Walking Netball is a friendly and inclusive programme, allowing women the opportunity to find their place in the sport. It's netball, but at a walking pace where the rules are slightly tweaked.

**T** 07540 126 813  
**E** kerry.brooks@englandnetball.co.uk  
**W** www.englandnetball.co.uk



Art Sport Nature Advice

**Fishponds Community Orchard**

A community orchard on an allotment site. Established in 2005, the orchard was created to help preserve traditional varieties of apples as well as providing a resource for the local community.

We hold regular work sessions for members.

**E** fishpondsorchar@gmail.com

Art Sport Nature Advice

**Forest of Avon Trust - Woodland Wellbeing**

Our Woodland Wellbeing groups provide opportunities for people with dementia and those who support them to spend quality time together in the relaxing environment of a local woodland. We meet fortnightly in small groups, going with the flow of what interests participants.

**T** 07375 842 730  
**E** rachel.tomlinsonforestofavontrust.org  
**W** www.forestofavontrust.org



Art Sport Nature Advice

**Friends Ageing Better**

FAB members receive our regular bulletin straight to their email or letterbox, with information about FAB cafes, our informal regular meet-ups, as well as other events and regular activities happening in Bristol. FAB membership is free.

**T** 0117 440 4301  
**E** fab@ageukbristol.org.uk  
**W** www.ageuk.org.uk/bristol/our-services/fab



Art Sport Nature Advice



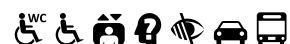
### GB Britton Bowls Club

We are a friendly and sociable bowls club for people all ages. There are friendly matches for ladies and men and also competitive matches for people who like more of a challenge.

**T** 01179 654 783

**E** [gbbritton1919@gmail.com](mailto:gbbritton1919@gmail.com)

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



Art **Sport** Nature Advice

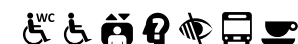
### Golden-Oldies Charity

We run daytime monthly Sing&Smile sessions which combat isolation by offering opportunities for fun and friendship. Goldies is not a choir but social sing-along groups – you don't have to be able to sing, just love music and good company.

**T** 01761 470 006

**E** [events@golden-oldies.org.uk](mailto:events@golden-oldies.org.uk)

**W** [www.golden-oldies.org.uk](http://www.golden-oldies.org.uk)



Art **Sport** Nature Advice

### Gloucestershire Cricket Foundation - Walking Cricket

We provide free weekly indoor cricket sessions for men and women over 50. Our sessions include a mixture of training drills and walking cricket matches, with the emphasis on having fun, improving physical and mental wellbeing, and meeting like-minded people! Sessions held at The Seat Unique Stadium and Easton Leisure Centre.

**T** 07584 705 646

**E** [crispinshingler@gloucestershirefoundation.org](mailto:crispinshingler@gloucestershirefoundation.org)

**W** <https://gloucestershirecricketfoundation.org/community/walking-cricket/>



Art **Sport** Nature Advice

### Improving Lives of Older People

We run Talk and Tech, a social and computer 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 with a range of issues: using devices, using the internet for online shopping or booking holidays, email, social media, and Zoom. Or just come for a chat!

**E** [ilop@bs3community.org.uk](mailto:ilop@bs3community.org.uk)

**W** <https://ilop-bs3.mailchimpsites.com>



Art **Sport** Nature Advice

### Let's Walk Bristol

Nordic walking is 'exercising easy'. It's like regular walking, adding two poles to make walking more comfortable and improve your balance and posture. Our courses are outdoors, sociable, free, and particularly for people of African and South Asian heritages.

**T** 07721 711 687  
**E** info@letswalkbristol.org  
**W** www.letswalkbristol.org



Art Sport Nature Advice

### Life Cycle

We run friendly and relaxed Group Rides for Over 55s; free 1:1 training; a Cycle Buddies scheme; tandem rides for people who are visually impaired; Supported Leisure Rides which are short routes on cycle paths or quiet roads led by one of our friendly Ride Leaders; a monthly café meet up. All welcome: bikes and eBikes available to borrow.

**T** 0117 353 4580  
**E** hello@lifecycle.org.uk  
**W** www.lifecycleuk.org.uk



Art Sport Nature Advice

### Lipreading Classes in Bristol

I teach Lipreading and Managing Your Hearing Loss to deaf and Hard of Hearing Adults (i.e. people who have an acquired hearing loss) supporting them to communicate more effectively with friends and families.

**T** 07790 283 939 (Mary)



Art Sport Nature Advice

### Marmalade Trust

Marmalade Trust is the UK's leading loneliness charity. Through our projects – Marmalade Companions and Christmas Cheer – and campaigns we work with those at risk from loneliness in society, signpost them to the right support and resources and help empower them to make new friendships and connections.

**T** 07942 359 343  
**E** info@marmaladetrust.org  
**W** www.marmaladetrust.org

FREE

Art Sport Nature Advice

### National Centre for Integrative Medicine

We offer patient wellbeing services including Integrative Medicine Doctor & Pharmacist; Mistletoe Therapy; Nutrition; Medical Homeopathy. We run free community wellbeing programmes including Breathwork; Mindfulness; Nature Connection; Sleep; Food for Mood. We also deliver accredited education programmes for healthcare professionals.

**T** 0117 370 1875  
**E** enquiries@ncim.org.uk  
**W** www.ncim.org.uk



Art Sport Nature Advice

### Ramblers Wellbeing Walks Bristol

Our Bristol walks are 30 - 90 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** 07949 335 586  
**E** darren.gillett@bristol.gov.uk  
**W** https://beta.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-bristol

FREE

Art Sport Nature Advice

### REACT

REACT is a referral-based group physical activity programme based at Easton Leisure Centre for people who have difficulty walking, getting up from a chair and climbing stairs. First 12 weeks is free and then £3.50 per session. Sessions are on Tuesdays and Fridays at 10am and are followed by a cup of tea and a chat.

**T** 0117 955 8840  
**W** https://ea-info.co.uk/GP



Art Sport Nature Advice

### The Reader

We run Shared Reading groups which aim to bring people together through great stories and poems to talk, laugh and share. You might be new to reading, getting back into it or a keen reader - all are welcome and there's no pressure to read aloud.

**T** 0151 729 2200  
**E** info@thereader.org.uk  
**W** www.thereader.org.uk



Art Sport Nature Advice

## Inner City and East Bristol

### Sight Support West of England

We are a charity offering information, advice, practical help, social opportunities and other services to those living with sight loss. We want all blind and partially sighted people to be able to lead active and fulfilled lives.

**T** 0117 322 4885

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

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



Art Sport Nature **Advice**

### Smart Ballet

Ballet is great for losing weight, maintaining strong bones, and improving posture and muscle strength! There's also evidence that ballet can improve heart health in older people. Dedicated class for over 60s which will allow you to focus on something new, whilst finding your balance and co-ordination in a fun and social environment!

**T** 07751 812 701

**E** [georgiarsmart@yahoo.co.uk](mailto:georgiarsmart@yahoo.co.uk)

**W** [www.facebook.com/smartballet](http://www.facebook.com/smartballet)



Art Sport Nature **Advice**

### Soundwell

We provide music therapy for adults with mental health needs. We run a fortnightly singing for wellbeing group; a monthly online music listening group; and a monthly open group, which offers the chance to explore sounds and instruments together. Musical experience not required: the focus is on creative expression and connecting with others to reduce isolation and support mood.

**T** 07938 679 667

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

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

FREE

Art Sport Nature **Advice**

### St George Strollers

The St George Strollers are part of Ramblers Wellbeing Walks Bristol. We offer a monthly 30 minute stroll around St George Park from The Beehive Centre on Stretford Road and twice monthly 3 mile/90 minute walks from St George. Contact us for details.

**T** 0117 952 2513

**E** [strollers@troopers-hill.org.uk](mailto:strollers@troopers-hill.org.uk)

**W** [www.troopers-hill.org.uk/strollers](http://www.troopers-hill.org.uk/strollers)



Art **Sport** Nature **Advice**



### St Werburghs Community Centre

We run and support a wide range of projects open to over 50s including our cooking and gardening course 'Raking & Baking', Art Club, Easy PC digital support sessions, LGBT+ FAB Café, Tai Chi and Festive Friends social events.

T 0117 955 1351

E office@stwerburghs.org.uk

W www.stwerburghs.org.uk



- Art
- Sport
- Nature
- Advice

### Trinity Community Arts

We host Gentle Dance sessions for over 50s on Mondays and Gerry's Attic Dance Company sessions on Mondays and Fridays. Our FAB Disco, run in partnership with Friends Ageing Better (FAB) and Eastside Community Trust, is a fun disco with a bar offering drinks and snacks for anyone aged 50+. Check our website for upcoming dates.

T 0117 935 1200

E info@trinitybristol.org.uk

W www.trinitybristol.org.uk



- Art
- Sport
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### Type 2 Diabetes Peer Support Service

Support to live well with type 2 diabetes via one to one peer mentoring, either online or face to face. Meet with a volunteer who is also living with diabetes, for information, advice and support to live better with diabetes.

T 0117 955 5038

E info@peerpartnership.org

W www.peerpartnership.org/diabetes

FREE

- Art
- Sport
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### Vintage Adventure

Vintage Adventure is held on the fourth Tuesday of each month from 2pm to 3.30pm at Christ Church Downend. It is a community event open to all, but it has a relaxed faith basis - craft, refreshments and chat as well as prayer and thought for the day. All welcome, whatever your background.

T 07749 466 227

E malcritch@gmail.com

W www.christchurchdownend.com



- Art
- Sport
- Nature
- Advice

### We Care Home Improvements

We Care Home Improvements is a not-for-profit independent Home Improvement Agency (HIA) with charitable status. We provide home improvement and repair services across Bristol and the wider area, offering support to those aged over 60, as well as people of all ages who have a disability, are on a low income or coming out of hospital.

T 0300 323 0700

E info@wecr.org.uk

W www.wecr.org.uk



- Art
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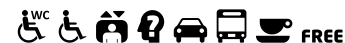
### Wellspring Settlement

Wellspring Settlement's range of activities offer opportunities for social connection, enhancing wellbeing or gaining skills - from gardening to tech support, walking, cooking, local history, and arts and crafts. Our cafe offers a warm and comfortable place to meet and chat.

T 0117 955 6971

E info@wsb.org.uk

W www.wellspringsettlement.org.uk



- Art
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### Wellspring Settlement Community Gardening Group

Alive run free and accessible weekly drop-in sessions on the grounds of the Wellspring Settlement, Barton Hill, on Thursday afternoons from 1.30pm to 3.30 pm. The group is led by a facilitator with a team of trained volunteers. Together we grow vegetables, fruit and flowers, and shape green craft activities. All tools and resources provided. Tea and cake are enjoyed at the end!

T 07379 498 764

E abi@aliveactivities.org

W www.aliveactivities.org



- Art
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### Your Park Bristol and Bath

Come and lift your mood by being in nature and connecting with others at our Roots to Wellbeing sessions at Hartcliffe Millennium Green and Eastville Park. Each week we do gardening, a craft activity or walk. We provide transport to and from site and a free lunch! All levels and ages welcome.

T 07510 659 215

E community@yourpark.org.uk

W www.yourpark.org.uk/rootstowellbeing



- Art
- Sport
- Nature
- Advice



# Useful Contacts

## Bristol Ageing Better Alliance

**Age UK Bristol**  
[www.ageukbristol.org.uk](http://www.ageukbristol.org.uk)  
[admin@ageukbristol.org.uk](mailto:admin@ageukbristol.org.uk)  
 0117 929 7537

**Carers Support Centre**  
[www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk)  
 0117 965 2200

**Alive Activities**  
[www.aliveactivities.org](http://www.aliveactivities.org)  
[info@aliveactivities.org](mailto:info@aliveactivities.org)  
 0117 377 4756

**Marmalade Trust**  
[www.marmaladetrust.org](http://www.marmaladetrust.org)  
[info@marmaladetrust.org](mailto:info@marmaladetrust.org)  
 07566 244 788

**Bristol After Stroke**  
[www.bristolafterstroke.org.uk](http://www.bristolafterstroke.org.uk)  
[office@bristolafterstroke.org.uk](mailto:office@bristolafterstroke.org.uk)  
 0117 964 7657

**We Care Home Improvements**  
[www.wecr.org.uk](http://www.wecr.org.uk)  
[info@wecr.org.uk](mailto:info@wecr.org.uk)  
 0300 323 0700



## Further Information

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To find out more about Age UK Bristol:



@ageukbristol



@ageukbristol

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

Registered Charity Number 1042548

