

# What's On Guide 2023-24



.....  
Activities for over 50s in Bristol  
.....

## North and West Bristol



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## Introduction

Welcome to Age UK Bristol's What's On Guide for **North and West 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 North and West 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 and Home Instead.

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)



## 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

|                           |                      |
|---------------------------|----------------------|
| Art                       | Nature               |
| Arts & Culture            | Nature & Environment |
| Sport                     | Advice               |
| 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](http://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



### 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



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| 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



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| 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



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### Ardagh Community Trust

Ardagh Community Trust (ACT) is a small volunteer-led charity providing opportunities to benefit the local community in North West Bristol. Activities and groups include tai chi, carer support, bereavement groups and community events.

T 07760 941 672

E hello@theardagh.com

W www.theardagh.com



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### Avonmouth Community Centre Association

We are a 'welcoming space' and host the local library for Bristol City Council, a weekly soup & lunch club and a 'warm welcome' coffee shop. Activities include knitting & crochet, line dancing, art group, new age curling, ladies club, 'young at heart' bingo, and a FAB cafe for older people.

T 0117 982 7445

E avonmouthccamanager@gmail.com

W www.avonmouthcca.org.uk



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| Art | Sport | Nature | Advice |
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### Blaise Community Garden

We offer a quiet space in a community garden, where all produce is shared by members. We have a large garden room where we hold meetings, and we have a cabin with tea and coffee making facilities. There is no membership fee.

T 07946 335 597

E info@blaisecommunitygarden.org.uk

W www.blaisecommunitygarden.org.uk



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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

W www.bristolafterstroke.org.uk



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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

W www.bristolarrowbowlsclub.org.uk



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# Trusted, reliable care, for you and your loved ones.



*"I have nothing but praise for the service Home Instead provided for Mum. The carers chosen were ideally matched to her needs. I have no hesitation in recommending Home Instead to anyone looking for care."* Mr B, client's son

- We can help with
- tasks around the home
  - meal preparation & tidy away
  - medication support & collecting prescriptions
  - shopping & delivery
  - companionship & activities to stimulate the mind & body
  - personal care
  - specialist dementia support
  - setting up technology to contact friends & family



For more information or a chat about our service please call 0117 435 0063 or visit [www.homeinstead.co.uk/bristolnorth](http://www.homeinstead.co.uk/bristolnorth)

## North and West Bristol

### 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](mailto:bristol.library.service@bristol.gov.uk)  
**W** [www.bristol.gov.uk/residents/libraries-and-archives](http://www.bristol.gov.uk/residents/libraries-and-archives)



Art Sport Nature Advice

### Bristol Nordic Walking

Nordic Walking is just like ordinary walking except for two specially designed poles used to propel you forwards and upwards. An effective whole-body exercise, it uses upper body muscles as well as the lower body. It's a flexible exercise where you can find a pace that suits you: from rehabilitation to super-fitness.

**T** 07392 930 595  
**E** [info@bristolnordicwalking.co.uk](mailto:info@bristolnordicwalking.co.uk)  
**W** [www.bristolnordicwalking.co.uk](http://www.bristolnordicwalking.co.uk)

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](mailto:bopfadmin@ageukbristol.org.uk)  
**W** [www.bopf.org.uk](http://www.bopf.org.uk)



Art Sport Nature Advice

### 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](mailto:info@wesport.org.uk)  
**W** [www.bristolparkstennis.org.uk](http://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



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| Art | Sport | Nature | Advice |
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### 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



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### Canford Bowling Club

We are one of the oldest bowling clubs in Bristol. Come along on Monday evenings from 5.45pm during the bowls season (April to October) to see if you might like it! Experienced and qualified players will help you get started. All equipment provided: just bring a pair of flat-soled shoes. Coaching sessions by arrangement on Monday afternoons. Mixed club.

**T** 07504 254 499  
**E** canfordbowlingclub@gmail.com  
**W** www.canfordbowlingclub.co.uk



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### 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  
**W** www.carerssupportcentre.org.uk



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### 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  
**W** www.cfd.org.uk



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### 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  
**W** www.changesbristol.org.uk



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### 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



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### 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



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## North and West Bristol

### Dementia-friendly Community Allotment

Alive offer supported gardening and socialising sessions for older people and people living with dementia. The plot at Charlton Road Allotments is fully accessible, has a social shed and compost loo, and trained volunteers on hand to offer assistance if needed. At the end of each session there is time to reflect, make plans and drink tea!

**T** 07423 719 088

**E** [guy@aliveactivities.org](mailto:guy@aliveactivities.org)

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



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](mailto:dhekbhal@yahoo.co.uk)

**W** [www.dhekbhal.org.uk](http://www.dhekbhal.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](mailto:kerry.brooks@englandnetball.co.uk)

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



Art Sport **Nature** Advice

### Exercise Classes with Laili Brooks

Exercise & dance classes suitable for all ages, levels, & abilities, particularly the older adult who wants to maintain their general fitness, mobility, range of movement, and wellbeing: Weights; Fitness Pilates; Bodydance; Strictly Solo Dance; 50+ for men; 50+ for women.

**T** 01454 618 488

**E** [laili@tiscali.co.uk](mailto:laili@tiscali.co.uk)

**W** [www.exercisewithlailibrooks.com](http://www.exercisewithlailibrooks.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.tomlinson@forestofavontrust.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**

**Friends of Blaise**

We are a volunteer led charity who work alongside Bristol City Council and other local groups to support, conserve, improve and promote this wonderful estate and the wider Trym Valley. Our main activities are based around improving biodiversity and supporting the Rangers in maintenance work for the benefit of visitors.

**T** 07932 943 941  
**E** contact@friendsofblaise.co.uk  
**W** www.friendsofblaise.co.uk



Art Sport **Nature** Advice

**Friends of Hillfields Library**

Our weekly Silver Explorers group on Friday mornings is open to anyone aged 60+ living in Hillfields. We do a range of activities, based on the interests of our members: music, crafts, history, and physical activities, as well as information services to help. It is completely free and includes free tea, coffee, and snacks.

**T** 07709 053 290  
**E** friendsofhillfieldslibrary@gmail.com  
**W** www.facebook.com/friendsofhillfieldslibrary



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  
**W** www.gloucestershirecricketfoundation.org/community/walking-cricket

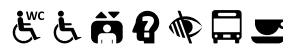


Art **Sport** Nature Advice

**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  
**W** www.golden-oldies.org.uk



Art **Sport** Nature Advice

**Henbury Walking Group**

We walk 2 to 3 miles every Thursday morning (about 2 miles an hour), somewhere in the Bristol area, travelling by bus. We try not to include too many hills or too much mud! We have a refreshment/toilet stop and/or meal at the end.

**T** 07952 158 360  
**E** rm007f6305@blueyonder.co.uk



Art Sport **Nature** Advice

**Horfield Leisure Centre**

We offer a wide range of facilities and activities including swimming, gym, group exercise, walking football and a café. We run regular social and physical activity 'Choices' sessions for over 60s and chair aerobics. We also run specific exercise referral sessions as well as group sessions for cancer and those experiencing neurological and cardiac issues.

**T** 0117 903 1643  
**E** horfieldinfo@everyoneactive.com  
**W** www.everyoneactive.com/horfield



Art Sport **Nature** Advice



### Horfield Strollers Walking Group

We meet every other Tuesday morning at 10am at different locations though most often at Horfield Leisure Centre or Southmead Brunel Building bus stops. All ages and abilities welcome but need to be able to walk around 3 miles. Walks finish with refreshments at a café. Call or email to join our email database.

**T** 07851 430 080  
**E** [anna@agtrans.co.uk](mailto:anna@agtrans.co.uk)

FREE

Art Sport Nature Advice

### Lawrence Weston Community Farm

The Farm is a community-managed project that is a safe, free, green community space. We provide volunteering opportunities such as gardening, woodland management and animal care, and run a weekly walking group. We also run referral-based sessions including Cooking for Wellbeing and Craft for Wellbeing. All abilities welcome.

**T** 0117 938 1128  
**E** [office@lwfarm.org.uk](mailto:office@lwfarm.org.uk)  
**W** [www.lwfarm.org.uk](http://www.lwfarm.org.uk)

FREE

Art Sport Nature Advice

### Kingsdown Sports Centre

At Kingsdown Sports Centre we offer sporting activities for all ages, from swimming sessions and exercise classes to sports hall bookings. We have organised group sessions to meet your needs, along with private bookable sessions. We offer a senior badminton session for people aged 50+ on Mondays, Wednesdays and Fridays. All are welcome.

**T** 0117 901 3633  
**E** [kingsdowngm@everyoneactive.com](mailto:kingsdowngm@everyoneactive.com)  
**W** [www.everyoneactive.com/kingsdown](http://www.everyoneactive.com/kingsdown)

FREE

Art Sport Nature Advice

### Lawrence Weston Community Gardening Group

Alive run free and accessible weekly drop-in sessions on the grounds of Blaise Weston Court on Wednesday afternoons from 1.15pm 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](mailto:abi@aliveactivities.org)  
**W** [www.aliveactivities.org](http://www.aliveactivities.org)

FREE

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



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### 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)



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### Lockleaze Neighbourhood Trust

We support residents to achieve positive change for themselves and their community. We run weekly Art for Wellbeing, Wellbeing/Accessible Exercise and Short Mat Bowls sessions and monthly Wellbeing Walks. Our weekly Hubbub Café offers a warm welcome, affordable menu and the chance for a cuppa and chat. Free WiFi.

**T** 0117 914 1129  
**E** info@lockleazent.co.uk  
**W** www.lockleazehub.org.uk



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### 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

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### Men at St. Peter's (MASP)

Weekly Keep-Fit session for men aged 50-80+ every Tuesday morning from 9.15am to 10.15am. Qualified trainer. Go at your own pace. Friendly and good fun. Some extra social activities too. First trial session free-of-charge. Following sessions £5.

**T** 07816 465 854  
**E** artnoonan@blueyonder.co.uk  
**W** www.bit.ly/MASP-Bristol



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### 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



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### Nordic4

Technique-based Nordic Walking teaching and fitness for individual needs. Beginner taster sessions and course and small weekly walking fitness groups adapted for pace and terrain. Nordic Walking uses specially designed poles to enhance your walk, improving balance, fitness and co-ordination.

**T** 07970 741 320  
**E** katie.atkins@nordic4.com  
**W** www.nordic4.com



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### North Bristol Advice Centre

Free and independent welfare benefits and debt advice. We provide home visits for people over 50 with mobility or health issues for welfare benefit checks or help to complete online or paper forms including mandatory reconsiderations and appeals.

**T** 0117 951 5751  
**E** team@northbristoladvice.org.uk  
**W** www.northbristoladvice.org.uk



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## North and West Bristol

### North Bristol Advice Centre - Get Online

At our weekly digital drop-in fully-trained volunteers are on hand to help with everything from the basics – such as setting up an email address – to filling in online forms, searching for jobs or finding best deals. They can also advise on how to be safe online, download apps, and help you to get to grips with using your new device.

**T** 0117 951 5751

**E** [team@northbristoladvice.org.uk](mailto:team@northbristoladvice.org.uk)

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

 **FREE**

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### North Bristol and South Gloucestershire Foodbank

We don't think anyone in our community should have to face going hungry: that's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. Get in touch if you'd like help getting a referral for a Foodbank parcel.

**T** 0117 472 5172

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

**W** <https://nbsg.foodbank.org.uk>

 **FREE**

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### NurtureWild

We are a non-profit organisation supporting people through nature-based mindfulness, arts and crafts and conservation activities. We have a strong focus on nature, mental health and creating positive connections. We would like our work to be as wide reaching and inclusive as possible therefore our workshops are free for participants.

**T** 07783 362 449

**E** [hello@nurturewild.org](mailto:hello@nurturewild.org)

**W** [www.instagram.com/nurture\\_wild](http://www.instagram.com/nurture_wild)

 **FREE**

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### 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](mailto:darren.gillett@bristol.gov.uk)

**W** <https://beta.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-bristol>

**FREE**

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### 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



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### Really Wild Lockleaze

This project, run by the Lockleaze Neighbourhood Trust, looks at practical ways the community can tackle the climate and ecological crisis. Get involved and make the most of your community through rewilding the neighbourhood with flowers and trees and connecting, learning, and growing together.

**T** 0117 914 1129  
**E** info@lockleazent.co.uk  
**W** www.lockleazehub.org.uk



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### Redland Club Community Centre

Local community centre, run as a Community Interest Company, offering regular weekly (term time) activities for health and wellbeing, including exercise, dance, and tai chi, as well as art history and table tennis. Individual tutors/instructors promote their classes/activities.

**T** 07981 756 965  
**E** theredlandclub@gmail.com  
**W** www.redlandclub.co.uk

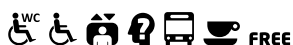


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### The Rock Centre

We are a community centre providing local, accessible and complimentary services and activities, with specific provision for the elderly and disabled people of all ages. By meeting the needs of the community as a whole, we can help address issues such as isolation, loneliness, financial advice, health issues, depression, and boredom.

**T** 0117 938 4636  
**E** therockcentre@hotmail.com  
**W** https://therockcentre.wixsite.com/the-rock-centre



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### Seated/Supported Exercise To Music

Dance moves to help with balance, strength, stamina and general well being. Lots of music styles - singing along is welcomed!

**T** 07805 391 244  
**E** marieclifford05@gmail.com



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### 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  
**W** www.sightsupportwest.org.uk



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### 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  
**W** www.facebook.com/smartballet



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### 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  
**W** www.soundwell.org

FREE

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### Southmead Development Trust

We are a charity connecting residents to combat social isolation. We offer a wide range of activities, support services and community events at our busy community hub, the Greenway Centre, including art, creative writing, walking and shared reading groups, and fitness classes. We offer Strength and Balance classes via GP referral.

**T** 0117 950 3335  
**E** info@southmead.org  
**W** www.southmead.org

WC, wheelchair, dog, car, bus, coffee, FREE

Art Sport Nature Advice

### Tai Chi Works

Tai Chi is renowned for easing movement, improving balance, and reducing stress. It is an important part of the Chinese approach to health and wellbeing. I teach Tai Chi form, a sequence of graceful movements which can be practised through all stages of life.

**T** 07704 478 521 / 0117 942 4167  
**E** taijiworksbristol@gmail.com  
**W** www.taichiworksbristol.co.uk

WC, wheelchair, dog, car, bus

Art Sport Nature Advice

### Trinity Lunch Club

Trinity Lunch Club runs every Thursday at Holy Trinity Church in Clifton. Members enjoy a hot three course lunch and drinks in a warm friendly atmosphere. They run a range of activities including music, quiz, armchair exercise, talks and crafts. The cost is £6.50! Subsidised transport can be arranged.

**T** 0117 983 8878  
**E** tcs@holytrinityhotwells.org  
**W** www.holytrinityhotwells.org/tlc

WC, wheelchair, dog, car, bus, coffee

Art Sport Nature Advice

### 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 Nature Advice



## North and West Bristol

### The Vench

We are a youth and community centre in Lockleaze. We are always looking for cooking volunteers on Tuesdays and Thursdays after school and every day in the school holidays. We also have a gardening group where participants help grow our food or do some nature-based crafts if the weather is unwelcoming.

T 07710 392 078

E lockleaze@groundwork.org.uk

W www.thevench.co.uk



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 Sport Nature Advice

### YogaFriendly

Gentle Yoga classes and individual therapy with mindful movement and breathing in Bristol. These sessions suit all bodies, ages, level of fitness and ability, and enhance overall wellbeing with easy ways to live calmly, contentedly and healthily.

T 07776 321 989

E suzi@yogafriendly.co.uk

W www.yogafriendly.co.uk



Art Sport Nature Advice

### Zumba Gold (Low Impact)

Low impact but full of energy dance fitness classes including salsa, cha cha, jive, merengue, and many more. Various locations across Bristol. Visit the website or get in touch for details of current classes.

T 07805 391 244

E bristoldancezumba@gmail.com

W marieclifford.zumba.com



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# You can make a difference and boost your income with Home Instead

“Being able to help my clients live happily in their own homes, is a great feeling.”

- Unrushed, relationship focused care
- Minimum of 1 hour visits
- Matched to clients in your own area
- Up to £14 per hour plus NVQ enhancements
- Guaranteed 12 & 16 hour contracts
- Variety of work patterns available
- First class training & career development
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*To us, it's personal*

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0117 435 0063

or visit our website

If you or a loved one are looking for unrushed, consistent care and support please do phone or call in for a chat with one of our team.

We can help with

- tasks around the home
- meal preparation & tidy away
- shopping
- medication prompts
- companionship
- personal care
- specialist dementia support

www.homeinstead.co.uk/bristolnorth





## 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

