

# What's On Guide 2023-24



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Activities for over 50s in Bristol  
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## South Bristol



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## Introduction

Welcome to Age UK Bristol's What's On Guide for **South 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 South 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)



## 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**

...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



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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**Alzheimer's Society - Movement & Memories**

We provide friendly and informative support, advice and activities, including Memory Cafés, Activity Groups and Virtual Groups, for people affected by dementia. Our monthly Activity Group in Brislington focuses on movement and memories: join us for tabletop activities, skittles and boccia, to encourage healthy and safe exercise. Carers welcome.

**T** 07872 866 502  
**E** claire.muscat@alzheimers.org.uk  
**W** www.alzheimers.org.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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**Bricks**

Bricks run St Anne's House, a creative and community hub. You can join us for free creative and social events. We run regular weekly sessions as well as one-off workshops and events. Everyone is welcome.

**T** 07709 264 201  
**E** georgia@bricksbristol.org  
**W** www.bricksbristol.org/whats-on



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  
**W** www.bristolafterstroke.org.uk



Art	Sport	Nature	Advice
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**Bristol City Robins Foundation**

We run weekly, inclusive Walking Football sessions for over 55s at Imperial Sports Ground South Bristol. Football experience and ability is not important; the focus is purely on being active in a fun and friendly atmosphere with like-minded people.

**T** 07850 178 318  
**E** lee.gillett@bcfc.co.uk  
**W** www.bcfc.co.uk/robins-foundation/projects

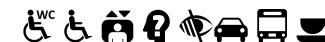


Art	Sport	Nature	Advice
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**Bristol Cycling Centre**

We encourage finding joy in cycling, providing guidance and equipment for all ages and abilities, to participate in gentle exercise in a safe environment. With specialised sessions for adults, learners and people with disabilities there is something for everyone.

**T** 01275 832 800  
**E** cyclingcentre@bristol.gov.uk  
**W** www.betterbybike.info/bristolcyclingcentre



Art	Sport	Nature	Advice
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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 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)

WC ♿ 📖 🧶 📺 📖 📺 **FREE**

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)

WC ♿ 📖 🧶 📺 📖 📺 **FREE**

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](mailto:alexsymon@bristolroverscommunitytrust.org.uk)  
**W** [www.bristolroverscommunitytrust.org.uk](http://www.bristolroverscommunitytrust.org.uk)

WC ♿ 📖 🧶 📺 📖 📺 **FREE**

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](mailto:bristolstep123@gmail.com)  
**W** [www.bristolsteppinsistas.co.uk](http://www.bristolsteppinsistas.co.uk)

📺 **FREE**

Art Sport Nature Advice

### Broad Plain Pioneers Walking Rugby group

Walking touch rugby for men and women over the age of 55. Weekly sessions on Mondays from 9.30am to 11.30am. Great fun and everyone made very welcome. Coffee and cake and a chat at the end. First session free and £5 thereafter. Email for more details or visit our Facebook page.

**E** broadplainpioneers@gmail.com  
**W** www.facebook.com/groups/1818726824811556



Art Sport Nature Advice

### 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  
**W** www.brunelcare.org.uk



Art Sport Nature Advice

### BS3 Community Development

We are a Community Centre invested in combating loneliness for all residents of Bristol. We offer various activities for the over 50s and we are a Warm Space with free tea and coffee and the use of two computers.

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

### Creativity Hub

We are based at the Community Hub on Cross Walk in Whitchurch. Our aim is to facilitate activities which the group would like to try: painting, printing, card making, knitting and crochet, to name but a few. We also have a kitchen if anyone wants to cook. Or just drop in for a drink and a chat!

**T** 01275 831 766  
**E** avril.csve@gmail.com



Art Sport Nature Advice

## South Bristol

### 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

### EcoWild

We aim to engage people with the living world through woodland and community farm based activities. We offer wellbeing courses for adults experiencing mild to moderate mental health challenges and seasonal events for families.

T 07812 155 659

E hello@ecowild.org.uk

W www.ecowild.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





### 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 Whitchurch Library

Our Chatty Crafters group meets on Wednesdays from 1pm to 3pm at Whitchurch Library. We meet to chat and craft, from crochet and knitting to drawing and card crafts. Bring your own projects, choose from our craft cupboard, or just sit and chat. We're a very friendly group – come along and join in! Open to all ages.

T 0117 903 1185

E friendsofwhitchurchlibrary@gmail.com

W www.facebook.com/friendsofwhitchurchlibrary



Art Sport Nature Advice

### The Friendship Club

The weekly Friendship Club at Filwood Community Hall provides the opportunity every Tuesday for local residents over the age of 40 to get together to play bingo and have a chat with others over a nice cup of tea.

T 0117 963 9569

E info@knowlewesthealthassoc.org.uk

W www.kwha1.wordpress.com



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

### 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

W https://ilop-bs3.mailchimp.com/sites.com



Art Sport Nature Advice

### Knowle West Health Park

We offer a variety of groups that are all suitable for people aged 50+. These include health and wellbeing coaching, art groups, walking groups, gentle exercise and peer support groups for both men and women.

T 0117 377 2255

E info@knowlewesthealthpark.co.uk

W www.knowlewesthealthpark.co.uk



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](mailto:info@marmaladetrust.org)

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

FREE

Art Sport Nature Advice

### Memories of Bedminster Group

We are a group of local and ex-residents who enjoy sharing memories of life in BS3 through conversation, photographs, video presentations, and visiting speakers. We meet on Mondays (in term time) from 1.30pm to 3.30pm. Our magazine 'Remember Be'minster' is published annually.

**T** 07305 157 750

**E** [lpbr32020@blueyonder.co.uk](mailto:lpbr32020@blueyonder.co.uk)

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](mailto:enquiries@ncim.org.uk)

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

Art Sport Nature Advice

### 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](mailto:katie.atkins@nordic4.com)

**W** [www.nordic4.com](http://www.nordic4.com)

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

### 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

### Redcatch Community Garden

Redcatch Community Garden is for local people to get together to learn, socialise, and share skills, supporting physical and mental

health and wellbeing. We run a number of groups for adults and older people including Art in the Garden on Tuesdays, and Art Together (for those living with dementia) and Gardening for Wellbeing on Thursdays.

T 07858 630 507

E redcatchcommunitygarden@outlook.com

W www.redcatchcommunitygarden.com



Art Sport Nature Advice

### Revive Fitness

We offer fun, functional fitness for active older adults: mobility, flexibility, strength and aerobic training. Groups are mixed, friendly and very sociable. Class styles vary, with dance-based fitness and non-dance too, so everyone can get involved. Female and male instructors, both older adults themselves, fully qualified and insured for these activities.

T 07973 789 893

E amanda@revivefitnessclasses.co.uk

W www.revivefitnessclasses.co.uk



Art Sport Nature Advice

### Sandy Park Older Residents Group

A weekly hour-long Tea Club aimed at older residents in the Sandy Park area. There is usually no agenda: it is just a cup of tea and a chat. Occasionally we invite someone in to talk about a relevant topic. All welcome, however anyone needing additional support should bring a carer as we are unable to provide this support in-house.

T 07827 441 109

E gilltip@gmail.com



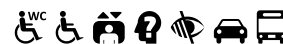
Art Sport Nature Advice

### 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



Art Sport Nature Advice

### 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



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

W www.soundwell.org

FREE

Art Sport Nature Advice

## South Bristol

### Square Food Foundation

We are a community cookery school. We run a cookery class for people aged 55+ on Mondays (in term-time) from 10am to 12.30pm and a lunch club on the second Monday of each month. Cost is £5. Contact us to book your place.

**T** 0117 462 2686

**E** [info@squarefoodfoundation.co.uk](mailto:info@squarefoodfoundation.co.uk)

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



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](mailto:tcs@holytrinityhotwells.org)

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



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](mailto:info@peerpartnership.org)

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

FREE

Art Sport Nature **Advice**

### Walking Hockey

Indoor walking hockey with warm up, skills and a game. No running. Beginners welcome. Check the website or get in touch for details of current classes.

**T** 07808 581 739

**E** [c.childs@blueyonder.co.uk](mailto:c.childs@blueyonder.co.uk)

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



Art **Sport** Nature Advice



### Walking Netball

I run netball sessions for females aged 6 to 96 all over Bristol. It's a fantastic fun and friendly way to get fit and meet like-minded ladies! Get in touch for details of the sessions currently on offer.

**T** 07740 459 582  
**E** sue2ade@yahoo.co.uk  
**W** www.Englandnetball.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

### We Hear You (WHY) Cancer Counselling

Free counselling and emotional support for adults affected or bereaved by cancer and life-threatening conditions. Sessions are offered face-to-face, online or by phone.

**T** 01373 455 255  
**E** info@wehearyou.org.uk  
**W** www.wehearyou.org.uk

FREE

- Art
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### Whitchurch Art Club

We are aspiring artists who meet to draw and paint at our own level of ability at Hengrove Community Centre. There is no tutor but plenty of advice and encouragement given by members if required. We exhibit twice a year and have an annual club outing and Christmas party. It is a very friendly group and we welcome all abilities.

**T** 01275 831 766  
**E** avril.csve@gmail.com



- Art
- Sport
- Nature
- Advice

### 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 Millenium 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

### Zion Bristol

Zion Bristol is a warm, welcoming and friendly community cafe. We provide many free regular activities for older people: a Local History Group, Dementia Memories Cafe, Knitting & Crochet Group, Writing Group, Boules, and community fun and informative events.

**T** 01179 231 212  
**E** bookings@zionbristol.co.uk  
**W** www.zionbristol.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



- 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:



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

Registered Charity Number 1042548

