



Healthy Ageing Directory 2021/22

Want to be **active**, **healthy** and **happy**?

There are lots of opportunities for everyone across the West of England and it's never too late to start a new activity, make new friends and have fun!



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Introduction

Welcome to the first edition of the Healthy Ageing Directory for people aged 55+ in the West of England.

Keeping physically and mentally active in later life is hugely beneficial for our wellbeing. This guide aims to bring together some of the many and diverse organisations offering activities and services for older people in Bristol and the surrounding areas. 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 the region.

The Healthy Ageing Directory has been produced by Active Ageing Bristol, a project of The Anchor Society and St Monica Trust and hosted by Age UK Bristol.

Principal funders of the directory are Bristol Ageing Better and Bristol Health Partners Academic Health Science Centre with the support of the West of England Nature Partnership, The Care Forum and Well Aware.

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Details are correct at the time of going to print.

“An age-friendly city is a city that encourages active ageing by optimising opportunities for health, participation and security in order to enhance the quality of life as people age”

(World Health Organisation)

The World Health Organisation’s Age-Friendly City model incorporates the eight domains of housing, transportation, social participation, outdoor spaces and buildings, respect and social inclusion, community support and health services, communication and information, and civic participation and employment, to meet the diverse needs of older people.

Bristol joined the network in November 2018, providing the city with a mechanism for improving the quality of life of older people across a comprehensive range of elements, ensuring that age is not a barrier to engaging in all of the opportunities Bristol has to offer.

To find out more about Age-Friendly Bristol:

T • 0117 928 1539

E • agefriendly@ageukbristol.org.uk

W • www.agefriendlybristol.org.uk

Facebook • @Bristol Ageing Better

Twitter • @Bristol Ageing Better

Active Ageing Bristol is an initiative that aims to engage, inspire and enable people to be active, healthy and happy in later life. Active Ageing Bristol builds on existing provision and develops new activities to encourage people aged 55 and over to become and stay active.

Keeping as active as possible is good for our mental wellbeing as well as our physical health. Being physically active as we get older can reduce the risk of us developing depression, heart disease and dementia. It also increases our social networks, helping to reduce the risk of us becoming lonely or isolated.

Active Ageing Bristol is founded and funded by St Monica Trust and The Anchor Society, and hosted by Age UK Bristol with support from Bristol Public Health.

To find out more about Active Ageing Bristol:

T • 0117 929 7537

E • karenlloyd@ageukbristol.org.uk

W • www.ageuk.org.uk/bristol/our-services/active-ageing-bristol

Facebook • @ageukbristol

Twitter • @ageukbristol

Age-Friendly Physical Activity Hub Scheme

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The Age-Friendly Activity Hub Scheme was launched by Active Ageing Bristol in July 2019. The scheme aims to make physical activity more accessible to people aged 55 and over, by highlighting and promoting age-friendly physical activity facilities in Bristol. The scheme was developed in consultation with a range of 55+ groups and individuals.

What is an Age-Friendly Physical Activity Hub?

Age-Friendly Physical Activity Hubs are leisure centres, gyms, community centres, and other physical activity facilities which:

- Provide a positive experience for all members and participants regardless of age.
- Offer a welcoming and accessible physical environment which considers the needs of a diverse range of users.
- Offer a range of inclusive activities which cater for different needs and levels.
- Acknowledge and encourage the social element of taking part in physical activity.
- Use a variety of channels to communicate with their members, the local community and the public.
- Have a dedicated 'Age-Friendly Champion' on their staff team.

Age-Friendly Physical Activity Hubs

5

Inner City and East Bristol

All-Aboard Watersports

0117 929 0801
www.allaboardwatersports.co.uk

Brunel Fitness Centre

0117 377 0098
www.brunelfitness.co.uk

Easton Leisure Centre

0117 955 8840
www.everyoneactive.com

The Beehive Centre

0117 935 4471
www.thebeehivebristol.co.uk

Wellspring Healthy Living Centre

0117 304 1400
www.wellspringhlc.org.uk

North and West Bristol

Avonmouth Community Centre

0117 982 7445
www.avonmouthcca.org.uk

Henbury Leisure Centre

0117 353 2555
www.everyoneactive.com

Horfield Leisure Centre

0117 903 1643
www.everyoneactive.com

Lockleaze Sports Centre

0117 456 8955
www.lockleazesportscentre.co.uk

The Exercise Club

0117 973 9787
www.theexerciseclub.co.uk

The Greenway Centre

0117 950 3335
www.southmead.org

University of Bristol Coombe Dingle Sports Complex

0117 962 6718
www.bristol.ac.uk/sport/facilities

University of Bristol Indoor Sports Centre

0117 428 3200
www.bristol.ac.uk/sport/facilities

South Bristol

Bristol Ariel Rowing Club

0117 941 8300
www.bristolarielrowingclub.co.uk

Hengrove Park Leisure Centre

0117 937 0200
www.leisurecentre.com

Knowle West Healthy Living Centre

0117 377 2255
www.knowlewesthealthpark.co.uk

The Park Centre

0117 903 9770
www.theparkcentre.org.uk

The Southville Centre

0117 923 1039
www.southvillecentre.org.uk

The Withywood Centre

0117 987 8400
www.withywoodcentre.co.uk

How to use this Directory

The organisations included in this guide are listed by locality:

- Bristol - Inner City and East**
- Bristol - North and West**
- Bristol - South**
- South Gloucestershire**
- North Somerset - Weston, Worle and Villages**
- North Somerset - Woodspring**
- Bath & North East Somerset**

The symbols below indicate which activity themes are covered by each organisation and an overview of their accessibility and facilities. Please contact individual organisations directly to find out which activities and services are currently on offer.

Key to Symbols

Themes

Art
Arts & Culture
Sport
Sport & Physical Activity
Nature
Nature & Environment
Advice
Information & Advice

Accessibility and Facilities

Accessible Toilets	BSL
Wheelchair Accessible	Parking
Dementia Friendly	Bus Nearby
Induction Loop	Refreshments
Visually Impaired Friendly	

FREE Free Activities and/or Services



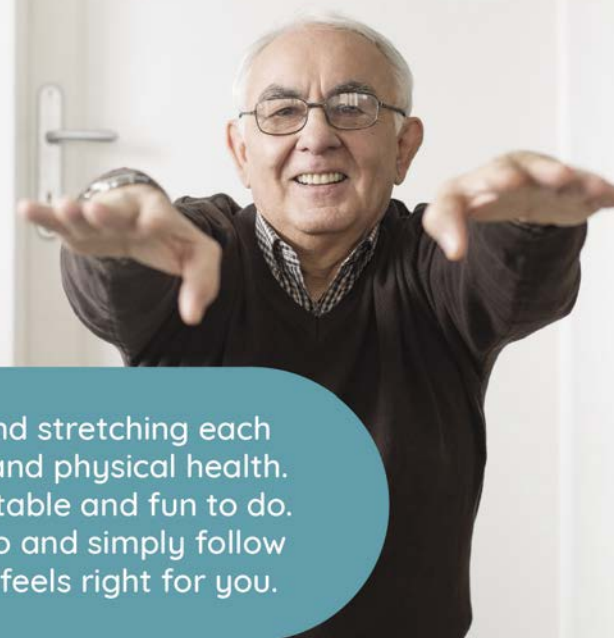
Tune in



Watch



Join in



Just 10 minutes of moving and stretching each day can boost your mental and physical health. 10 Today is accessible, adaptable and fun to do. Tune in online or on the radio and simply follow at your own pace, whatever feels right for you.

Learn more at 10Today.co.uk or email 10today@demos.co.uk



Well Aware

It's **FREE** to feature in the Well Aware Directory!

Visit our website or contact us for more information.

0808 808 52 52
www.wellaware.org.uk

Be connected, be informed, be well.

Well Aware provides a free information service about:

- Local organisations
 - Community groups
 - Social activities and events
 - Public and private support services
 - Health and wellbeing
 - Support networks and more
- for Bristol & South Gloucestershire



Age UK Bristol - Information and Advice

Age UK Bristol provide a comprehensive Information & Advice service that offers advice to anyone over 55 in Bristol. We can also offer advice to family members supporting older relatives. We can offer advice on benefits and entitlements, housing, social care, council tax and Lasting Power of Attorney.

- T** • 0117 929 7537
- E** • advice@ageukbristol.org.uk
- W** • www.ageukbristol.org.uk



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

Age UK Bristol - LinkAge

LinkAge merged with Age UK Bristol and now leads on its social activities. The organisation has many ways people can connect with each other, such as Friends Ageing Better - a community to find out what is on local to you and get together - online activities, and befriending.

- T** • 0117 929 7537
- E** • linkage@ageukbristol.org.uk
- W** • www.linkagenetwork.org.uk

FREE

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

Alive

We connect older people to their communities and run meaningful activities for older people in care and community settings. We run Alive Clubs: arts, music, poetry, dance, movement, life story work, gardening, inter-generational activities, technology, day trips, Cycling Without Age, community allotment. We also offer training for care staff and family carers.

- T** • 0117 377 4756
- E** • info@aliveactivities.org
- W** • www.aliveactivities.org



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

All-Aboard Watersports

Our aim is to break down barriers and make it possible for everyone in our community to participate in a range of watersports, including sailing, kayaking, canoeing, rowing, paddleboarding, and powerboating, in the beautiful and historic Bristol City Docks. Our centre and activities are fully accessible and 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 **Nature** **Sport** **Advice**

Arnolfini

Arnolfini is Bristol's international centre for contemporary art, presenting an ambitious, eclectic programme of visual art, performance, dance, film and music, carefully curated to appeal to a broad audience. Entry is free and the building is fully accessible. In partnership with creativeShift, we run monthly, creative wellbeing activities that anyone can drop-in and take part in.

- T** • 0117 917 2300
- E** • marketing@arnolfini.org.uk
- W** • www.arnolfini.org.uk



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

Avon Wildlife Trust

We offer a wide range of volunteering opportunities, from helping out with our wildflower nursery at Grow Wilder to laying hedges on our 30 nature reserves. You'll meet like-minded people, gain valuable skills, improve your wellbeing and learn about our native wildlife.

- T** • 0117 917 7270
- E** • volunteer@avonwildlifetrust.org.uk
- W** • www.avonwildlifetrust.org.uk

FREE

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

Begbrook Green Bowling Club

Free introduction to the game from our qualified coaches. Bowls provided during introductory period. Regular friendly matches arranged with other clubs. We also have men's and women's squads to play in leagues and competitions for those that are interested.

- T** • 07906 880413
- E** • secretary@begbrookgreenbc.org
- W** • www.begbrookgreenbc.org.uk



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

Brave Bold Drama

We are an award-winning theatre and community arts company, often funded to deliver participatory arts projects for people aged 50+, including story-making, song-writing, and the visual arts. We deliver activities online, over the phone or in person in community spaces. We are trained in facilitating work for people living with dementia.

- T** • 07904 925289
- E** • hello@bravebolddrama.co.uk
- W** • www.bravebolddrama.co.uk



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

Brigstowe

Brigstowe provides advice, support (including peer support) for those living with HIV and Type 2 Diabetes. We understand that Type 2 Diabetes typically affects people over 40 and are currently offering 1-2-1 support from our volunteer mentors who are living well with the condition.

- T** • 0117 955 5038
- E** • info@brigstowe.org
- W** • www.brigstowe.org

FREE



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



Bristol and Avon Chinese Women's Group

We provide support to members of the Chinese community across the whole of the South West region. This includes information and advice, workshops and events, and other community engagement initiatives.

- T** • 0117 935 1462
- E** • admin.bacwg@btconnect.com
- W** • www.bacwg.org.uk



Bristol Ariel Rowing Club

The Rowing Club provides indoor and outdoor rowing activities for general health and competition. The club has a lively recreational focus with an emphasis on achieving technical skill to enjoy rowing indoors or outdoors. The club is located in a unique and beautiful environment combining greenspace and river.

- T** • 07940 259847
- E** • julien.tavener38@gmail.com
- W** • www.bristolarielrowingclub.org.uk



Bristol Avon Rivers Trust (BART)

We run a number of river-based community wellbeing events, including guided river walks, river dipping, water quality citizen science monitoring and litter picking. We use the sessions to share knowledge of the river environment and skills in species identification and monitoring, and to encourage participation in future projects for the lasting care of our rivers.

- T** • 07955 120454
- E** • info@bristolavonrivertrust.org
- W** • www.bristolavonrivertrust.org

FREE



Bristol Bears Community Foundation

Bristol Bears Community Foundation delivers a wide range of inclusive and accessible sessions to engage participants physically and socially. Seated exercise, reminiscence and memory-sharing and Walking Sport are just a taster of what you can be a part of.

- T** • 0117 963 0684
- E** • ktavender@bristolbearsrugby.com
- W** • www.bristolbearsrugby.com/our-community



Bristol Cruising Club

The Club is a members only organisation, very welcoming to the public in general and especially the over 50s. Most members own motor boats of all sizes, including RIBs. We have a Club Barge HQ and a lively social diary.

- T** • 0117 922 1555
- E** • rodneynorth@btinternet.com
- W** • www.bristolcruisingclub.co.uk



Bristol Drugs Project (BDP) Fifty Plus Crowd

A weekly social group for people with current or recent problems with drug or alcohol use. People attend as often or as little as they like. It provides a convivial space to help manage treatment and recovery, learn what is going on and establish friendships.

- T** • 0117 987 6009
- E** • 50plus@bdp.org.uk
- W** • www.bdp.org.uk/50-plus



Bristol Folk House

We provide adult education classes in arts, crafts, fitness, dance, writing, languages and wellbeing. All classes are non accredited and run throughout the year, in person and online. We have an organic cafe and have live music and events at the weekends.

- T** • 0117 926 2987
- E** • admin@bristolfolkhouse.co.uk
- W** • www.bristolfolkhouse.co.uk



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

Bristol Libraries

Each library holds resources on health-related issues, including materials recommended by the Reading Agency as part of their Reading Well schemes. Resources are available in hard copy and electronic formats. Activities such as author events and reading groups take place regularly. We partner with the RVS to offer a home library service for housebound individuals.

- T** • 0117 903 7250
- E** • bristol.library.service@bristol.gov.uk
- W** • www.bristol.gov.uk/libraries-archives



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

Bristol Rovers Community Trust

Bristol Rovers Community Trust, the official charity of Bristol Rovers FC, offers walking football sessions and also weekly social groups to the over 60s within North and Central Bristol and South Gloucestershire.

- T** • 0117 952 2581
- E** • info@bristolroverscommunity.org.uk
- W** • www.bristolroverscommunity.org.uk



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

Carers Support Centre

Carers Support Centre is a charity which provides support, information and advice to carers living in the Bristol and South Gloucestershire areas. Our services include a confidential telephone advice line, Carers Emergency Card, one-to-one support, carers' groups, breaks and training.

- T** • 0117 965 2200
- E** • info@carerssupportcentre.org.uk
- W** • www.carerssupportcentre.org.uk



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

creativeShift CIC

creativeShift CIC is a small team of dedicated arts on referral practitioners committed to supporting people across Bristol and the South West. We provide arts on referral programmes and arts for wellbeing projects for people of all ages experiencing social isolation and mental health challenges.

- T** • 07811 315299
- E** • julie.creativeshift@gmail.com
- W** • www.creativeshift.org.uk



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

Dancefit & Dance

Dancefit is a fun low impact fitness class using different steps and to a wide range of music. In Dance, just one dance style, such as Bollywood, Swing or Charleston, is learned over a few weeks. Both classes are suitable for over 50s.

- T** • 07808 581739
- E** • c.childs@blueyonder.co.uk
- W** • www.cressidachilds.co.uk



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

Dhek Bhal

Activities include gentle exercise, health & wellbeing workshops, complimentary therapies, arts & crafts, walks in local parks, supermarket shopping, excursions & coach trips to places of interest including Asian shopping malls in Birmingham and Southall, and the opportunity to sit, converse, and play games together.

- T** • 0117 914 6671
- E** • dhekbal@yahoo.co.uk
- W** • www.dhekbal.org.uk



Art **Nature** **Sport** **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 to meet your needs, along with private bookable sessions. Gain points for every visit and booking with your Everyone Active card.

- Join as a member or pay as you go.
- T** • 0117 955 8840
- E** • eastoninfo@everyoneactive.com
- W** • www.everyoneactive.com



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

England Netball

England Netball provide opportunities for ladies of any age to take part in netball. Learning new skills/drills, making friends, giving ladies confidence, building self-esteem, being part of a team, social skills.

- T** • 07872 407216
- E** • sue.anderson@englandnetball.co.uk
- W** • www.englandnetball.co.uk



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

Forest Bathe

Bathing the senses in a safe forest atmosphere whilst slowly walking no more than 2km, supported by a certified, experienced Forest Therapy guide. This practice from Japan is based on scientific research, proven to be mentally and physically restorative.

- T** • 07774 695589
- E** • carina@forestbathe.co.uk
- W** • www.forestbathe.co.uk



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

Fresh Arts at North Bristol NHS Trust

We provide a range of activities, including 6-week Arts on Referral programmes for out-patients who have experienced cancer and patients with chronic pain or breathlessness. We run a weekly Dance for Parkinson's group. We also offer activities to in-patients on the wards, including a music programme for those with dementia and / or a cognitive impairment.

- T** • 07554 334828
- E** • fresh.arts@nbt.nhs.uk
- W** • www.nbt.nhs.uk/fresh-arts



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

G B Britton Bowls Club

G B Britton Bowls Club is a friendly and sociable club and is inclusive for male and female players. There are matches for ladies and men and also competitive matches for people who like a challenge.

- T** • 0117 965 4783
- E** • gbbritton1919@gmail.com
- W** • www.gbbrittonbowlsclub.co.uk



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

Gloucestershire Cricket Board

Gloucestershire Cricket Board (GCB) is responsible for all recreational cricket across the county, creating links between schools, clubs and the community.

- T** • 07554 452228
- E** • chris.munden@glosccc.co.uk
- W** • www.gloucestershirecricketboard.com



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

Gloucestershire FA

Gloucestershire FA supports and delivers walking football opportunities across Bristol and South Gloucestershire. We are able to signpost you towards the nearest session delivered by local clubs and organisations.

- T** • 01454 615 888
- E** • support@gloucestershirefa.com
- W** • www.gloucestershirefa.com



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

Golden-Oldies Charity

We run popular singing and activity sessions across England and Wales, including singing the uplifting popular hits from the 50s onwards, movement to music, Bollywood dance, and health & wellbeing advice. Sessions are aimed at older people who are socially isolated, as well as people with learning difficulties and dementia.

- T** • 01761 470 006
- E** • emma@golden-oldies.org.uk
- W** • www.golden-oldies.org.uk



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

Independent Age

Whatever happens as we get older, we all want to remain independent and live life on our own terms. That's why, as well as offering regular friendly contact and a strong campaigning voice, Independent Age can provide you and your family with clear, free and impartial advice on the issues that matter: care & support, money & benefits, health & mobility.

- T** • 0800 319 6789
- E** • advice@independentage.org
- W** • www.independentage.org

FREE

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



Life Cycle UK

Life Cycle's Over 55 group bike rides are for anyone who would like to come on a gentle bike ride in friendly company. We offer regular group rides that provide social opportunities to get out, exercise and discover your local area. Rides vary in length and duration and we regularly offer shorter rides for beginners. All rides are free (donations welcome).

- T** • 0117 353 4580
- E** • julie@lifecycleuk.org.uk
- W** • www.lifecycleuk.org.uk



Art Nature Sport Advice

Macular Society

We offer Macular Support Groups for anyone affected by a macular condition (whether you or someone you know has macular degeneration) to help everyone to live life to the full with low vision. We also offer an Advice and Information Line, which is open Monday-Friday from 9am-5pm.

- T** • 0300 3030 111
- E** • judy.pride@macularsociety.org
- W** • www.macularsociety.org



Art Nature Sport Advice

Many Minds

Many Minds is a performance and mental health charity. We run performance-making workshops twice weekly, using play, text, music and movement. Workshops are free, open to all 16+ and are supported by our Access Support Worker and team of volunteers.

- T** • 07843 210272
- E** • info@many-minds.org
- W** • www.many-minds.org

FREE

Art Nature Sport Advice

Playlist for Life

Playlist for Life is a music and dementia charity. We want everyone with dementia to have a unique, personal playlist and everyone who loves or cares for them to know how to use it. To help people do this, we offer support through free online resources, leaflets and webinars, and have a network of local Help Points.

- T** • 0141 404 0683
- E** • info@playlistforlife.org.uk
- W** • www.playlistforlife.org.uk



FREE

Art Nature Sport Advice

Ramblers Walking for Health

Walking for Health is England's largest network of health walks, helping people across the country lead a more active lifestyle and improving the mental and physical wellbeing of thousands. Our walks are short and over easy terrain – they are open to everyone but especially aimed at those who are less active. For further details of the many local groups contact Bristol City Council Wellbeing Walks Co-ordinator at darren.gillett@bristol.gov.uk.

- T** • 07799 089575
- E** • walkingforhealth@ramblers.org.uk
- W** • www.walkingforhealth.org.uk/walkfinder

FREE

Art Nature Sport Advice

Sight Support West of England

We provide comprehensive emotional and practical support to people living with sight loss and visual impairment, including information, advice and guidance, resources, social groups, fitness and sports opportunities.

- T** • 0117 322 4885
- E** • info@sightsupportwest.org.uk
- W** • www.sightsupportwest.org.uk



Art Nature Sport Advice

Silver Summits

Guided walks throughout the UK, led by a qualified Mountain Leader. Tailored to individual needs, to suit a variety of ages and abilities. Whether you're walking to improve your health and fitness or to fulfill a lifelong ambition, perhaps we can help!

- T** • 07974 715099
- E** • terry@silversummits.co.uk
- W** • www.silversummits.co.uk



Art Nature Sport Advice

Somerset and Avon Rape and Sexual Abuse Support (SARSAS)

We are a specialist support service for people affected by rape or sexual abuse at any time in their life. We offer a helpline, e-support, counselling, 1:1 support and group work.

- T** • 0808 801 0456
- E** • info@sarsas.org.uk
- W** • www.sarsas.org.uk



Art Nature Sport Advice

St Pauls Community Sports Academy

A modern, fully-equipped facility, with a fitness gym featuring all the latest equipment and innovative and fun group fitness classes designed to suit everybody, regardless of their age or fitness levels. You can also enjoy a number of activities in our sports hall, including badminton, table tennis, five-a-side football, cricket, and basketball.

T • 0117 377 3405
W • www.everyoneactive.com



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

St Werburghs Community Centre

Our main aim is to promote the benefit and social welfare of local people. In support of this, we run various events and projects, including cooking, gardening, computer lessons and Tai Chi.

T • 0117 955 1351
E • office@stwerburghs.org.uk
W • www.stwerburghs.org.uk



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

Tai Chi Works

Tai Chi for health and happiness. I have been teaching both Tai Chi and Qigong since 2000 and have considerable experience teaching sitting Tai Chi and Qigong in residential and drop-in settings. Tai Chi is well known to be of benefit to people as they grow older: it can help with balance, confidence, flexibility and well-being.

T • 0117 942 4167
E • taijiworks@myphone.coop
W • www.taichiworksbristol.co.uk



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

The Beehive Centre

We are a fully accessible community venue, providing a wide range of daily activities and events, aimed at older people but open to all. Groups include: dance, sports & exercise, arts & crafts, lunch clubs, IT, reading and socials. See our website, or call us to find out more!

T • 0117 935 4471
E • info@thebeehivebristol.co.uk
W • www.thebeehivebristol.co.uk



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

The Original Spinners CIC

The Original Spinners is a community dance company based in Bristol. We run weekly Dance for Parkinson's classes. These are gentle yet playful dance sessions specifically designed for those living with Parkinson's and offer both physical and psychological benefits.

T • 07966 695209
E • hello@theoriginalspinners.com
W • www.theoriginalspinners.com



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

The Reader

Shared Reading is a chance to meet up and read and listen to great stories and talk about what they mean to us. A trained volunteer chooses what we'll read each week and helps everyone get the most out of it.

T • 07949 143022
E • michaelprior@thereader.org.uk
W • www.thereader.org.uk



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

The Wardrobe Ensemble

The Wardrobe Ensemble is a devising theatre company based in Bristol who make and tour new plays across the UK. As well as putting on productions, the company delivers a range of creative workshops and bespoke projects for young people, community participants and people aged 50+.

T • 07965 451103
E • emily@thewardrobeensemble.com
W • www.thewardrobeensemble.com



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

We Care Home Improvements

We Care Home Improvements is here to help you live comfortably and independently at home for as long as you choose, so you can enjoy your life in the surroundings you love. We support everyone aged over 60, as well as people of all ages who have a disability.

T • 0300 323 0700
E • info@wecr.org.uk
W • www.wecr.org.uk



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



Wesport

Wesport manage and operate Bristol Parks Tennis at three park sites across the city - St George, Eastville Park and Canford Park. Household membership and pay and play opportunities are on offer, alongside a varied coaching programme, which includes Walking Tennis, an adapted form of tennis that is more inclusive, easier to learn, and great fun.

T • 0117 328 6250

E • info@wesport.org.uk

W • www.wesport.org.uk/getting-active



Art Nature Sport Advice

Wheels for All Bath & West

Wheels for All Bath & West is part of Cycling Projects - the national charity for inclusive cycling. Our special bikes, trikes, access to the traffic free cycling circuit, and regular sessions offer the fun and freedom of cycling for people who might otherwise find it challenging or impossible.

T • 07530 263014

E • chris.revill@cyclng.org.uk

W • www.facebook.com/wheelsforallbathandwest



Art Nature Sport Advice

Woodcroft Community Orchard

Regular community open days held to maintain the site, this can range from physical work through to light tasks such as pruning, organising and planting. We also run community events which need planning and arranging. Growing space can be provided for your own projects if required or space for beneficial hobbies such as beekeeping or nature monitoring.

T • 07940 888764

E • woodcroftcommunityorchard@gmail.com

W • www.facebook.com/WoodcroftCommunityOrchard



FREE

Art Nature Sport Advice

Wyldwood Arts

Wyldwood Arts produce The Meeting Post, an interactive and intergenerational newspaper which is distributed to care providers and older people's networks across Bristol. We also create intergenerational face to face projects with care settings and schools when allowed.

T • 07775 429059

E • hello@wyldwoodarts.co.uk

W • www.wyldwoodarts.co.uk



FREE

Art Nature Sport Advice



Age UK Bristol - Information and Advice

See full listing on page 8.

Art Nature Sport Advice**Age UK Bristol - LinkAge**

See full listing on page 8.

Art Nature Sport Advice**Alive**

See full listing on page 8.

Art Nature Sport Advice**Ardagh Bowling & Sports Club**

We are a well established lawn bowling club who play fixtures against other clubs both within the Bristol area and towards Gloucester. All friendly fixtures involve men and ladies playing together. We also hold coaching sessions for children providing their parents are present.

T • 07790 5068097**E** • lvw.96sa@blueyonder.co.uk**Art Nature Sport Advice****Avon Wildlife Trust**

See full listing on page 9.

Art Nature Sport Advice**Avonmouth Community Centre Association**

We manage a community centre in the heart of Avonmouth village, which is host to a range of activities such as Zumba, circle dancing, walking netball, new age curling, knitting and art groups, a men's group, and lunch clubs. We also hold individual events such as afternoon tea parties and film shows.

The building hosts the local library.

T • 0117 982 7445**E** • avonmouthccamanager@gmail.com**W** • www.avonmouthcca.org**Art Nature Sport Advice****Brave Bold Drama**

See full listing on page 9.

Art Nature Sport Advice**Brigstowe**

See full listing on page 10.

Art Nature Sport Advice**Bristol After Stroke**

See full listing on page 10.

Art Nature Sport Advice**Bristol and Avon Chinese Women's Group**

See full listing on page 10.

Art Nature Sport Advice**Bristol Avon Rivers Trust (BART)**

See full listing on page 11.

Art Nature Sport Advice**Bristol Bears Community Foundation**

See full listing on page 11.

Art Nature Sport Advice**Bristol Dance Zumba**

Zumba Gold® is a low intensity dance fitness workout which helps to improve balance, strength, flexibility and function of the heart and lungs. Other options include Gold Toning® and Gold® Seated/Supported. Fun, friendly classes where you can exercise at your own ability and energy level. Great music including cha cha cha, salsa, rock and roll, and flamenco.

T • 0780 5391244**E** • bristoldancezumba@gmail.com**W** • http://marieclifford.zumba.com**Art Nature Sport Advice****Bristol Libraries**

See full listing on page 12.

Art Nature Sport Advice**Bristol Nordic Walking**

Our Nordic walking classes are run in beautiful parks and are one hour long. Sessions are suitable for most fitness levels and are sociable, friendly and give you an effective all over workout. Come to a Beginner Workshop to learn the technique then you can join any class.

T • 07886 885213**E** • info@bristolnordicwalking.co.uk**W** • www.bristolnordicwalking.co.uk**Art Nature Sport Advice****Bristol Rovers Community Trust**

See full listing on page 12.

Art Nature Sport Advice**Bristol United Walking Football Club**

We provide walking football sessions for people aged 50 and over. Sessions are organised by Football Association (FA) Qualified Coaches according to the FA rules for walking football. We organise friendly games with other clubs and social and fundraising events including trips abroad throughout the year.

T • 07948 383536**E** • buwfc2018@gmail.com**Art Nature Sport Advice**

Brunel Fitness Centre

We are a friendly and inclusive community gym and studio. We offer exercise referral schemes that include the gym and classes, staying steady classes to help improve strength and balance and also Escape Pain classes to help with the pain of osteoarthritis.

T • 0117 377 0098
E • brunel@almsport.co.uk
W • www.brunelfitness.co.uk



Art Nature Sport Advice

Canford Bowling Club

We play competitive and social lawn bowls. The sport is played outdoor from April through to October. A large number of our members also play indoors during the winter.

T • 07305 695579
E • canfordbowlingclub@gmail.com
W • www.canfordbowlingclub.co.uk



Art Nature Sport Advice

Carers Support Centre

See full listing on page 12.

Art Nature Sport Advice

Cotswold Community Association

We are a community organisation serving the people of Shirehampton, particularly the Cotswold Estate. We provide a range of activities, mainly for older people, including Personal Fitness, Pilates, Keep Fit, Chair Aerobics, and Bingo on a weekly basis, and monthly Quiz Nights, Coffee Mornings, and Breakfast Club.

T • 07943 401575
E • cotswoldca@gmail.com
W • www.cotswoldcommunity.btck.co.uk



Art Nature Sport Advice

creativeShift CIC

See full listing on page 13.

Art Nature Sport Advice

Dancefit & Dance

See full listing on page 13.

Art Nature Sport Advice

Dhek Bhal

See full listing on page 13.

Art Nature Sport Advice

England Netball

See full listing on page 14.

Art Nature Sport Advice

Exercise with Laili Brooks

General exercise and keep fit classes for the older adult.

T • 01454 618 488
E • laili@tiscali.co.uk
W • www.exercisewithlailibrooks.com



Art Nature Sport Advice

Forest Bathe

See full listing on page 14.

Art Nature Sport Advice

Fresh Arts at North Bristol NHS Trust

See full listing on page 14.

Art Nature Sport Advice

Gloucestershire Cricket Board

See full listing on page 15.

Art Nature Sport Advice

Gloucestershire FA

See full listing on page 15.

Art Nature Sport Advice

Golden-Oldies Charity

See full listing on page 15.

Art Nature Sport Advice

Henbury Leisure Centre

Henbury Leisure Centre provides a friendly and high standard of health and fitness activities including swimming in our 25m 6 lane pool, indoor court sports such as badminton, gym, and fitness classes that are tailored to individual needs along with our GP Referral scheme.

T • 0117 353 2555
E • henburyinfo@everyoneactive.com
W • www.everyoneactive.com



Art Nature Sport Advice

Henbury Walking Group

3 mile, easy, flat walks around the open spaces of the Bristol area with walk leaders. Most walks can be shortened or lengthened depending on weather or walkers' abilities. We normally use the bus service and travel to places including North Somerset and South Gloucestershire.

T • 0117 377 6247
E • rm007f6305@blueyonder.co.uk



Art Nature Sport Advice



Henleaze Bowling Club

Henleaze BC provides a range of bowling including friendly matches against local clubs and participation in national, county and club competitions. Coaching is available for newcomers to the sport. We also hold social events in the closed season.

T • 0117 962 1669
E • tom.logan@talktalk.net
W • www.henleazebowlingclub.org.uk



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

Horfield Leisure Centre

We offer a whole range of health and wellbeing activities that can be tailored for the 50+ to ensure they get the most out of the activities at the centre. Activities include swimming, gym, group exercise, football pitches (including walking football), café, squash, badminton, GP referral for specific ailments, specialist classes for cancer rehab, Parkinson's, cardiac rehab and much more.

T • 0117 903 1643
E • horfieldinfo@everyoneactive.com
W • www.everyoneactive.com



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

Independent Age

See full listing on page 15.

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

Lawrence Weston Community Farm

Lawrence Weston Community Farm is a community-managed project that aims to improve the quality of life for local people. We provide opportunities for volunteering including animal care and gardening, as well as walking groups, cooking and woodland activities.

T • 0117 938 1128
E • office@lwfarm.org.uk
W • www.lwfarm.org.uk



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

Life Cycle UK

See full listing on page 16.

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

Macular Society

See full listing on page 16.

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

Many Minds

See full listing on page 16.

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

Nordic4

At Nordic4 we teach and run a variety of Nordic Walking sessions. We understand that not 'one size fits all' and give personal attention applying our knowledge and teaching to match your individual requirements. Teaching is 1:1 and in small groups.

T • 07970 741320
E • katie.atkins@nordic4.com
W • www.nordic4.com



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

North Bristol Advice Centre

North Bristol Advice Centre provides free and independent welfare benefits and debt advice and digital inclusion services. This includes a Home Visiting advice service for over 50s to maximise income, help with form filling and signposting to services.

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



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

Paint and Draw

Paint and Draw provides friendly, encouraging art tuition in a range of media and subjects. Classes are aimed particularly at complete beginners. Willingness to have a go is more important than ability.

T • 0117 939 6584
E • willstevens@artforbeginners.co.uk
W • www.paintanddraw.co.uk



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

Pedal Progression

We offer mountain bike hire and skills coaching for all ages. You can just rent a bike and take yourself around the all weather way marked trails, be guided and coached or join one of our public courses, including our ever popular course 'An Intro To MTB'.

T • 0117 973 1298
E • info@pedalprogression.com
W • www.pedalprogression.com



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

Playlist for Life

See full listing on page 16.

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

Ramblers Walking for Health

See full listing on page 17.

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

Redland Club

Redland Club is a local community centre offering health and wellbeing activities including yoga, pilates, table-tennis, dance, exercise classes, social activities, many of which are suitable for people aged 50+.

T • 07981 756965

E • admin@theredlandclub.co.uk

W • www.redlandclub.co.uk



Art Nature Sport Advice

Sight Support West of England

See full listing on page 17.

Art Nature Sport Advice

Silver Summits

See full listing on page 17.

Art Nature Sport Advice

Somerset and Avon Rape and Sexual Abuse Support (SARSAS)

See full listing on page 17.

Art Nature Sport Advice

Tai Chi Works

See full listing on page 18.

Art Nature Sport Advice

The Greenway Centre

The Greenway Centre run by Southmead Development Trust is a busy community hub with more than a thousand visitors each week to our café, gym and fitness classes, meeting and event rooms, and sessions with our Link Workers for a range of health support and employment help. We offer many sessions suitable for older people including Tai Chi, Forever Active, and Staying Steady classes.

T • 0117 950 3335

E • info@southmead.org

W • www.southmead.org



Art Nature Sport Advice

The Original Spinners CIC

See full listing on page 19.

Art Nature Sport Advice

The Reader

See full listing on page 19.

Art Nature Sport Advice

The Wardrobe Ensemble

See full listing on page 19.

Art Nature Sport Advice

University of Bristol Sport, Exercise and Health

B:Active Community Exercise is a supported exercise programme for residents of our local community. It offers guided classes and social sessions particularly suited for those with any health or mobility issues.

T • 0117 428 3200

E • seh-enquiries@bristol.ac.uk

W • www.bristol.ac.uk/sport/classes/community



Art Nature Sport Advice

We Care Home Improvements

See full listing on page 19.

Art Nature Sport Advice

Wesport

See full listing on page 20.

Art Nature Sport Advice

Wyldwood Arts

See full listing on page 20.

Art Nature Sport Advice



Age UK Bristol - Information and Advice

See full listing on page 8.

Art Nature Sport Advice

Age UK Bristol - LinkAge

See full listing on page 8.

Art Nature Sport Advice

Alive

See full listing on page 8.

Art Nature Sport Advice

Avon Wildlife Trust

See full listing on page 9.

Art Nature Sport Advice

Brave Bold Drama

See full listing on page 9.

Art Nature Sport Advice

Brigstowe

See full listing on page 10.

Art Nature Sport Advice

Bristol After Stroke

See full listing on page 10.

Art Nature Sport Advice

Bristol and Avon Chinese Women's Group

See full listing on page 10.

Art Nature Sport Advice

Bristol Avon Rivers Trust (BART)

See full listing on page 11.

Art Nature Sport Advice

Bristol Bears Community Foundation

See full listing on page 11.

Art Nature Sport Advice

Bristol City Robins Foundation

We take great pride in the projects we are involved in: these range from working with disadvantaged young people, through to adult fitness and wellbeing. Walking Football is for males and females over 55 years of age. It is a slower paced game than normal football, which enables participants of any age to be active and play the 'Beautiful Game'.

- T • 0117 963 0636
- E • leegillettno1@yahoo.co.uk
- W • www.bcfco.uk/robins-foundation/projects



Art Nature Sport Advice

Bristol Dance Zumba

See full listing on page 23.

Art Nature Sport Advice

Bristol Indoor Bowls Club

We are a friendly, non-profit making club, and welcome members aged 7 - 99. We have nine rinks and free coaching for beginners. Our excellent facilities include easy access, a large parking area, and a bar offering fresh food, drinks and a warm welcome. We are proud to be the first Bowls Club to be accorded the Disability Kitemark award.

- T • 0117 963 3460
- E • info@bristolindoorbowls.org.uk
- W • www.bristolindoorbowls.org.uk



Art Nature Sport Advice

Bristol Libraries

See full listing on page 12.

Art Nature Sport Advice

Bristol Walking Netball

Walking Netball is a slower version of the game where players do not run or jump. It's very sociable and members have tea and a chat after and periodic meals out. It can be quite energetic but people work to their own pace. Suitable for over 50's.

- T • 07808 581739
- E • c.childs@blueyonder.co.uk
- W • www.cressidachilds.co.uk



Art Nature Sport Advice

Broad Plain Pioneers Walking Rugby Group

A male and female, over 50s, mixed ability group who meet every Monday morning from 9.30 to 11.30, to enjoy a competitive but social game of walking touch rugby. The emphasis is on fun with tea, coffee and a chat at the end. No special clothing required other than trainers or walking boots. First taster session free.

- T • 0117 966 5050
- E • broadplainpioneers@gmail.com
- W • www.facebook.com/groups/1818726824811556



Art Nature Sport Advice

BS3 Community Development

BS3 Community Development is a charity which aims to improve the lives of people living in BS3 and the surrounding area. We run two community venues, the Southville Centre and the Chessell Centre. We run services for older people, including general social groups and groups with a more specific focus such as Tech and Talk and a Bereavement Support Group.

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



Art Nature Sport Advice

Carers Support Centre

See full listing on page 12.

Art Nature Sport Advice

creativeShift CIC

See full listing on page 13.

Art Nature Sport Advice

Dancefit & Dance

See full listing on page 13.

Art Nature Sport Advice

Dhek Bhal

See full listing on page 13.

Art Nature Sport Advice

Eagle House Community Association

Eagle House Wednesday Club has been running for over 25 years. We are a group of women and men that meet every Wednesday 12.30-3pm all year round. We have hot refreshments and cake each week, with bingo and a raffle with prizes to be won. We run a range of activities including meals out, day trips, talks, and visits from organisations.

T • 0117 963 6009
E • patfler@hotmail.co.uk
W • www.facebook.com/eaglehouseknowle

WC ♿ ♻️ 🚗 🚚 🍵 FREE

Art Nature Sport Advice

England Netball

See full listing on page 14.

Art Nature Sport Advice

EPIC Short Mat Bowling Club

The club runs for the upper age group and involves an afternoon of being with people and enjoying a cup of tea with a game of short mat bowls.

T • 0117 987 8400
E • wasps@hotmail.com
W • www.withywoodcentre.co.uk

WC ♿ ♻️ 🚗 🚚 🍵

Art Nature Sport Advice

Fresh Arts at North Bristol NHS Trust

See full listing on page 14.

Art Nature Sport Advice

Friends of Brislington Brook

We are a group of like minded people all living in BS4 who want to enhance and look after the very special green spaces of Nightingale Valley and St Anne's Woods. We arrange all kinds of group activities like invasive weed control, litter picks, nature rambles and history walks.

T • 07836 594324
E • info.fobb@gmail.com
W • www.friendsofbrislingtonbrook.wordpress.com

🚗 🚚 FREE

Art Nature Sport Advice

Golden-Oldies Charity

See full listing on page 15.

Art Nature Sport Advice

Heart of BS13

We support residents of BS13 improve their health and wellbeing through getting more active, volunteering in the garden or getting involved in our environmental action activities. Through our social prescribing services we can help you find other activities locally.

T • 0117 946 5285
E • positive.minds@heartofbs13.org.uk
W • www.heartofbs13.org.uk

♿ 🚚 FREE

Art Nature Sport Advice

Independent Age

See full listing on page 15.

Art Nature Sport Advice

Knowle West Health Park

Based in Knowle West, we offer a range of low cost and accessible health and wellbeing services and activities for residents in South Bristol, including 1:1 support and advice services, group creative activities, walking groups, exercise classes, peer-led support groups, and more.

T • 0117 377 2255
E • info@knowlewesthealthpark.co.uk
W • www.knowlewesthealthpark.co.uk

WC ♿ ♻️ 🚗 🚚 🍵 FREE

Art Nature Sport Advice

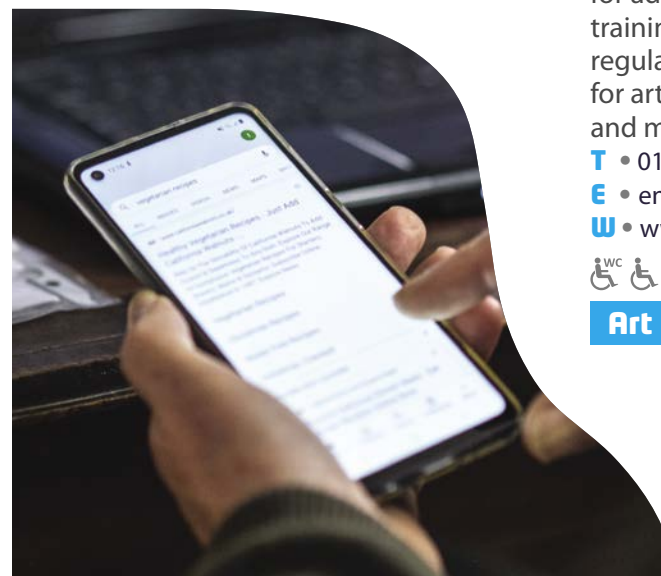
Knowle West Media Centre

Knowle West Media Centre (KWMC) supports people to make positive changes in their lives and communities, using technology and the arts to come up with creative solutions to problems and explore new ways of doing things. Activities for adults include digital skills training, creative media workshops, regular talks and events, meet-ups for artists, and a workshop for making and manufacturing (The Factory).

T • 0117 903 0444
E • enquiries@kwmc.org.uk
W • www.kwmc.org.uk

WC ♿ ♻️ 🚗 🚚 🍵 FREE

Art Nature Sport Advice



Life Cycle UK

See full listing on page 16.

Art Nature Sport Advice

Macular Society

See full listing on page 16.

Art Nature Sport Advice

Many Minds

See full listing on page 16.

Art Nature Sport Advice

Nordic4

See full listing on page 27.

Art Nature Sport Advice

Paint and Draw

See full listing on page 27.

Art Nature Sport Advice

Pedal Progression

See full listing on page 27.

Art Nature Sport Advice

Playlist for Life

See full listing on page 16.

Art Nature Sport Advice

Ramblers Walking for Health

See full listing on page 17.

Art Nature Sport Advice

Redcatch Community Garden

Redcatch Community Garden is a welcoming place to come and relax outside or under cover.

E • redcatchcommunitygarden@outlook.com

W • www.facebook.com/redcatchcommunitygarden



Art Nature Sport Advice

Reflex Camera Club

We are photographers of varying abilities who are passionate about our art. We come together to learn and share, have competitions running from September to May and are visited by a wide range of speakers.

T • 07966 255489

E • reflexcc@gmail.com

W • www.reflexcameraclub.co.uk



Art Nature Sport Advice

Revive Fitness Classes

Low impact, fun fitness classes designed for active older adults and chair based exercise for those less mobile.

T • 07973 789893

E • amanda@revivefitnessclasses.co.uk

W • www.revivefitnessclasses.co.uk



Art Nature Sport Advice

Sight Support West of England

See full listing on page 17.

Art Nature Sport Advice

Silver Summits

See full listing on page 17.

Art Nature Sport Advice

Somerset and Avon Rape and Sexual Abuse Support (SARSAS)

See full listing on page 17.

Art Nature Sport Advice

Soundwell Music Therapy Trust

Soundwell Music Therapy Trust offer a range of groups to support mental health and wellbeing through music, including music therapy groups for people with high mental health needs, supportive sessions for unpaid carers and singing for wellbeing groups for people who might feel lonely, stressed or low. No musical skills are required.

T • 07938 679667

E • kim.roberts@soundwell.org.uk

W • www.soundwell.org.uk



Art Nature Sport Advice

Square Food Foundation

We run a weekly cookery class for over 55's on a Monday morning. The class is hands on for all participants and aims to build confidence in the kitchen. At the end of the session we all eat lunch together.

T • 0117 903 9780

E • info@squarefoodfoundation.co.uk

W • www.squarefoodfoundation.co.uk



Art Nature Sport Advice

Tai Chi Works

See full listing on page 18.

Art Nature Sport Advice

The Park Centre

The Park runs a variety of courses including pottery, jewellery making, cooking classes, woodwork for the retired, ping pong sessions, walking netball, walking football, and a variety of keep fit classes.

T • 0117 903 9770

E • joy.pollard@theparkcentre.org.uk

W • www.theparkcentre.org.uk



Art Nature Sport Advice

The Reader

See full listing on page 19.

Art Nature Sport Advice

The SouthBank Club

Community arts, music and dance venue based in Bedminster, Bristol. A local meeting place and melting pot for creatives, dancers, poets and their friends and just about anyone else who enjoys good music, dance, good beers and local ciders in a friendly smoke-free atmosphere.

- T** • 0117 966 5552
- E** • contact@southbankbristol.biz
- W** • www.southbankclub.webs.com



Art Nature Sport Advice

The Wardrobe Ensemble

See full listing on page 19.

Art Nature Sport Advice

We Care Home Improvements

See full listing on page 19.

Art Nature Sport Advice

Wheels for All Bath & West

See full listing on page 20.

Art Nature Sport Advice

Windmill Hill City Farm

A green oasis in the city centre with farm, gardens and a cafe for general visitors. Adult courses, volunteering activity around the gardens and a range of events and activities for all ages take place at the city farm.

- T** • 0117 963 3252
- E** • info@windmillhillcityfarm.org.uk
- W** • www.windmillhillcityfarm.org.uk



Art Nature Sport Advice

Wyldwood Arts

See full listing on page 20.

Art Nature Sport Advice

YogaFriendly

Yoga classes, yoga therapy, mindfulness and meditation sessions adapted for the young at heart. The yoga postures are adapted to suit everyone, no matter what age or ability, so anyone can benefit from greater strength, flexibility and overall physical and mental wellbeing.

- T** • 07776 321989
- E** • suzjoygriffin@gmail.com
- W** • www.yogafriendly.co.uk



Art Nature Sport Advice

Active Lifestyle Centres

Our centres across South Gloucestershire offer a wealth of activities including specific sessions for customers aged 50+. These range from swimming, gym, toning tables, fitness classes, racquet sports, indoor bowling, and social leisure groups. We also run a GP Referral scheme, which aims to support people of all ages with medical or long-term conditions to become more active.

- T** • 0300 333 0300
- E** • contactus@activecentres.org
- W** • www.activecentres.org



Art Nature Sport Advice

Age UK South Gloucestershire

Free, confidential information and advice for older people, their families and carers. Referrals made to our own services and information provided on local activities and services provided by others. Our specialist benefits advice team provides home visits to support benefit claims, especially disability benefits and Pension Credit.

- T** • 01454 411 707
- E** • info@ageuksouthglos.org.uk
- W** • www.ageuk.org.uk/southgloucestershire



Art Nature Sport Advice

Alive

See full listing on page 8.

Art Nature Sport Advice

Avon Wildlife Trust

See full listing on page 9.

Art Nature Sport Advice

Brigstowe

See full listing on page 10.

Art Nature Sport Advice

Bristol After Stroke

See full listing on page 10.

Art Nature Sport Advice

Bristol and Avon Chinese Women's Group

See full listing on page 10.

Art Nature Sport Advice

Bristol Avon Rivers Trust (BART)

See full listing on page 11.

Art Nature Sport Advice

Bristol Bears Community Foundation

See full listing on page 11.

Art Nature Sport Advice



Bristol Rovers Community Trust

See full listing on page 12.

Art Nature Sport Advice

Carers Support Centre

See full listing on page 12.

Art Nature Sport Advice

Dhek Bhal

See full listing on page 13.

Art Nature Sport Advice

Downend Folk House Community Centre

We offer a range of activities, including snooker, art, keep fit, scrabble, family history, bell ringing, book reading, counselling, cross stitch and private hire.

T • 0117 956 2367

E • dfha_joan@btconnect.com

W • www.downendfolkhouse.org.uk



Art Nature Sport Advice

Exercise with Laili Brooks

See full listing on page 25.

Art Nature Sport Advice

Forest Bathe

See full listing on page 14.

Art Nature Sport Advice

Fresh Arts at North Bristol NHS Trust

See full listing on page 14.

Art Nature Sport Advice

G B Britton Bowls Club

See full listing on page 14.

Art Nature Sport Advice

Gloucestershire FA

See full listing on page 15.

Art Nature Sport Advice

Golden-Oldies Charity

See full listing on page 15.

Art Nature Sport Advice

Independent Age

See full listing on page 15.

Art Nature Sport Advice

Kingswood Walking Rugby Club

Walking Rugby (no running), touch contact (tackle), mixed gender group (age flexible, 50+). Skill level is irrelevant and previous rugby experience is not necessary. Get fit, have fun, make new friends and laugh a lot!

E • stevedeery@blueyonbder.co.uk

W • www.kingswoodrfc.co.uk/teams/199202



Art Nature Sport Advice

Lyde Green Community Association

The Lyde Green Community Association is run by local volunteers, with the objective of generating community spirit and making Lyde Green a great place to live and visit. At the Community Centre we offer a wide variety of activities, including exercise classes, support groups, and healthcare sessions.

T • 0117 957 0410

E • info@lydegreenca.org

W • www.lydegreenca.org



Art Nature Sport Advice

Macular Society

See full listing on page 16.

Art Nature Sport Advice

North Bristol Advice Centre

See full listing on page 27.

Art Nature Sport Advice

Playlist for Life

See full listing on page 16.

Art Nature Sport Advice

Ramblers Walking for Health

See full listing on page 17.

Art Nature Sport Advice

Sight Support West of England

See full listing on page 17.

Art Nature Sport Advice

Silver Summits

See full listing on page 17.

Art Nature Sport Advice

Somerset and Avon Rape and Sexual Abuse Support (SARSAS)

See full listing on page 17.

Art Nature Sport Advice

South Gloucestershire Libraries

Library membership is free - you can join online. Browse our catalogue to reserve books or use the Click and Collect service. Our free digital services, eBooks, eAudiobooks, eComics, digital magazines and newspapers are available to download anytime. We offer free use of computers and the internet plus Wi-Fi.

T • 01454 868 006

E • libraries@southglos.gov.uk

W • www.southglos.gov.uk/libraries



Art Nature Sport Advice

South Gloucestershire Over 50's Forum

The South Glos Over 50's Forum is the voice for people over 50. We meet to hear people's issues, to be able to voice them at statutory meetings. Our meetings are held across South Glos, with speakers on topics to inform and answer issues to ensure people can enhance their quality of life. We produce a quarterly newsletter.

- T** • 07967 102141
- E** • southgloover50s@gmail.com
- W** • www.southgloover50sforum.org.uk



Art Nature Sport Advice

Southern Brooks Wellbeing Service

Our service is about helping people to make small changes to improve their wellbeing. We do this by offering 30 minute wellbeing-plan phone calls (including signposting) and a variety of free workshops.

- T** • 01454 868 5837
- E** • wellbeing@southernbrooks.org.uk
- W** • www.southernbrooks.org.uk/wellbeing

FREE

Art Nature Sport Advice

Tai Chi Works

See full listing on page 18.

Art Nature Sport Advice

The Park Centre Kingswood

The centre offers various clubs and activities, including a 50+ club and an art and craft club. The cafe offers a friendship club every Wednesday lunch time for healthy eating at affordable prices.

- T** • 01454 862 190
- E** • enquiries@theparkcentre.kingswood.co.uk
- W** • www.parkcentrekingswood.co.uk



Art Nature Sport Advice

The Reader

See full listing on page 19.

Art Nature Sport Advice

United Church Kingswood

We have religious services each Sunday at 10.30am, a community choir each Thursday at 7pm, a monthly coffee morning, and a keep fit group which meets each week on a Thursday.

- T** • 0117 907 8994
- E** • patsy.holdsworth@moravian.org.uk
- W** • www.moravian.org.uk



Art Nature Sport Advice

We Care Home Improvements

See full listing on page 19.

Art Nature Sport Advice

Wheels for All Bath & West

See full listing on page 20.

Art Nature Sport Advice



Age UK Somerset

Our free Information and Advice service can help with a wide range of issues such as money matters, health and social care and social activities. Our 'Ageing Well' service runs 100s of low fee exercise sessions tailored to older adults, as well as some online sessions.

- T • 01823 345 610
E • info@ageuksomerset.org.uk
W • www.ageuksomerset.org.uk
FREE

Art Nature Sport Advice

Alive

See full listing on page 8.

Art Nature Sport Advice

Avon Wildlife Trust

See full listing on page 9.

Art Nature Sport Advice

Brave Bold Drama

See full listing on page 9.

Art Nature Sport Advice

Brigstowe

See full listing on page 10.

Art Nature Sport Advice

Bristol and Avon Chinese Women's Group

See full listing on page 10.

Art Nature Sport Advice

Bristol Bears Community Foundation

See full listing on page 11.

Art Nature Sport Advice

Fresh Arts at North Bristol NHS Trust

See full listing on page 14.

Art Nature Sport Advice

Golden-Oldies Charity

See full listing on page 15.

Art Nature Sport Advice

Independent Age

See full listing on page 15.

Art Nature Sport Advice

Macular Society

See full listing on page 16.

Art Nature Sport Advice



North Somerset Libraries

North Somerset Libraries offer books, large print, audio, and DVDs; public computer access, online services including eBooks and eAudio; volunteering opportunities and library events; information on local groups and activities; reliable health information through the Reading Well scheme.

- T • 01934 426 010
E • libraries@n-somerset.gov.uk
W • www.n-somerset.gov.uk/libraries

WC, wheelchair, question mark, umbrella, hand, bus, FREE

Art Nature Sport Advice

Playlist for Life

See full listing on page 16.

Art Nature Sport Advice

Ramblers Walking for Health

See full listing on page 17.

Art Nature Sport Advice

Silver Summits

See full listing on page 17.

Art Nature Sport Advice

Somerset and Avon Rape and Sexual Abuse Support (SARSAS)

See full listing on page 17.

Art Nature Sport Advice

Theatre Orchard

Theatre Orchard is an arts development charity delivering activities and events in North Somerset with a particular focus on Weston. We offer a year-round programme of inclusive engagement activities suitable for people aged 50+, including adult drama, creative writing, and dance sessions.

- T • 07757 711783
E • engage@theatreorchard.org.uk
W • www.theatreorchard.org.uk

FREE

Art Nature Sport Advice

Weston Artspace

We are a free to use community arts studio where anyone is welcome to join as a member and use our space for their own creative projects. We also run a regular programme of creative workshops.

- E • hello@westonartspace.com
W • www.westonartspace.com

WC, wheelchair, bus, FREE

Art Nature Sport Advice

We Care Home Improvements

See full listing on page 19.

Art Nature Sport Advice

YogaFriendly

See full listing on page 36.

Art Nature Sport Advice

Age UK Somerset

See full listing on page 42.

Art Nature **Sport** Advice

Alive

See full listing on page 8.

Art Nature **Sport** Advice

Avon Wildlife Trust

See full listing on page 9.

Art Nature **Sport** Advice

Brigstowe

See full listing on page 10.

Art Nature **Sport** Advice

Bristol and Avon Chinese Women's Group

See full listing on page 10.

Art Nature **Sport** Advice

Bristol Avon Rivers Trust (BART)

See full listing on page 11.

Art Nature **Sport** Advice

Bristol Bears Community Foundation

See full listing on page 11.

Art Nature **Sport** Advice

Bristol Dance Zumba

See full listing on page 23.

Art Nature **Sport** Advice

Clevedon Community Centre

Clevedon Community Centre has a range of different groups meeting at the centre. We also have a licensed restaurant, open Monday to Friday, from 10am to 2pm, offering a welcoming environment serving a home-cooked traditional menu.

- T** • 01275 873 405
- E** • admin@clevedoncommunitycentre.org.uk
- W** • www.clevedoncommunitycentre.org.uk



Art Nature **Sport** Advice

Clevedon Marine Lake

Safe open water swimming (in unheated sea water) separated from the Bristol Channel tides. Clevedon Marine Lake should be treated as an extension of the public beach. Swimming coaches are available (see website) and there is a lively swimming community.

- T** • 01275 877 180
- E** • info@clevedonmarinelake.co.uk
- W** • www.clevedonmarinelake.co.uk



Art Nature **Sport** Advice

Clevedon Sailing Club

Founded in 1947, we are a fun and vibrant RYA affiliated sailing club and training centre, with a clubhouse, licensed bar and some of the best views in Clevedon. New members are always welcome.

- T** • 01275 875 916
- E** • clevedonsailingclub@outlook.com
- W** • www.clevedonsailingclub.com



Art Nature **Sport** Advice

Fresh Arts at North Bristol NHS Trust

See full listing on page 14.

Art Nature **Sport** Advice

Golden-Oldies Charity

See full listing on page 15.

Art Nature **Sport** Advice

Independent Age

See full listing on page 15.

Art Nature **Sport** Advice

Macular Society

See full listing on page 16.

Art Nature **Sport** Advice

North Somerset Libraries

See full listing on page 43.

Art Nature **Sport** Advice

Playlist for Life

See full listing on page 16.

Art Nature **Sport** Advice

Ramblers Walking for Health

See full listing on page 17.

Art Nature **Sport** Advice

Silver Summits

See full listing on page 17.

Art Nature **Sport** Advice

Somerset and Avon Rape and Sexual Abuse Support (SARSAS)

See full listing on page 17.

Art Nature **Sport** Advice

We Care Home Improvements

See full listing on page 19.

Art Nature **Sport** Advice



Wildpath Counselling

Counselling and Ecotherapy. Outdoor individual therapy in a private woodland in North Somerset. Ecotherapy is a way of working therapeutically in a natural setting which can lead to enhanced wellbeing as well as deeper connection with the natural world.

- T** • 07989 683898
- E** • anna@wildpathcounselling.co.uk
- W** • www.wildpathcounselling.co.uk



Art Nature Sport Advice

Yatton Bowling Club

Lawn bowls - all welcome! Free coaching.

- T** • 01934 833 547
- E** • alisonstormuk@yahoo.co.uk



Art Nature Sport Advice

YogaFriendly

See full listing on page 36.

Art Nature Sport Advice



Age UK Bath & North East Somerset

We provide a range of services and activities supporting older people, their families and carers to remain active and independent in their community. This includes information & advice, support to access benefits, care, housing issues, and other concerns facing older people.

- T** • 01225 466 135
- E** • reception@ageukbanes.co.uk
- W** • www.ageuk.org.uk/bathandnortheastsomerset



Art Nature Sport Advice

Alice Park Community Garden

A welcoming outdoor space with vegetable beds, fruit trees, a wildlife pond, a greenhouse, and a wonderful hand-built green oak shelter. The project is run by volunteers offering skills share workshops and weekly group sessions. We invite volunteers and visitors to grow their own fruit and vegetables, meet others in the community, connect with the natural environment, consider sustainable practices and eat organic.

- T** • 07779 789953
- E** • apcgrowers@gmail.com
- W** • www.transitionlarkhall.uk



Art Nature Sport Advice

Healthy Ageing Directory 2021/22

Alive

See full listing on page 8.

Art Nature Sport Advice

Avon County Rowing Club

Rowing club with members aged 11 to 70+ years. Full range of boats (including stable and racing hulls). Competitive and recreational opportunities in singles and crew boats. Experienced rowers and beginners welcome - 'learn to row' courses run annually.

- T** • 07792 821306
- E** • captain@avoncountyrowingclub.org.uk
- W** • www.avoncountyrowingclub.org.uk



Art Nature Sport Advice

Avon Wildlife Trust

See full listing on page 9.

Art Nature Sport Advice



www.livewell.bathnes.gov.uk

Bath Canoe Club

A friendly welcoming watersport club that offers access to the River Avon for all sorts of paddlesport activity. We have parking and changing facilities including showers, and we are in easy reach of the city centre. The river is gentle and flat and a simple easy paddle takes you into the centre of Bath. The other way, an upstream paddle, takes you into gentle countryside.

E • membership@bathcanoecub.co.uk
W • www.bathcanoecub.co.uk



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

Bath City Football Club

We bring people together by hosting exciting, entertaining football matches, played with a good spirit, and in a great atmosphere. We organise other events to contribute to the wider community, so that Twerton Park is a hub for activities, organisations and services for people of the surrounding area.

T • 01225 423 087
E • info@bathcityfootballclub.co.uk
W • www.bathcityfc.com



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

Bathscape

The Bathscape project aims to restore and promote the countryside in and around Bath. We work to actively restore habitats and to encourage people to access the city of Bath's beautiful green setting. We hold regular volunteer work parties during the week where people can assist us with practical conservation tasks. We also run a guided walks programme throughout the year.

T • 07816 641745
E • info@bathscape.co.uk
W • www.bathscape.co.uk



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

Birch Tree Folk Choir

Birch Tree Folk Choir is a friendly amateur singing group that supports good mental health and wellbeing, by combining nervous system research with traditional and local folk music to reconnect us with ourselves, our communities, our landscape, and its heritage.

T • 07885 602055
E • emily@birchtreechoir.com
W • www.birchtreechoir.com



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

Bristol and Avon Chinese Women's Group

See full listing on page 10.

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

Bristol Avon Rivers Trust (BART)

See full listing on page 11.

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

Bristol Nordic Walking

See full listing on page 23.

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

Chesterblade Hills

Our Green Heart Space is a beautiful and peaceful off-grid activity space in between Frome and Glastonbury. Perfect for retreats, workshops and educational activities. Suitable for groups of up to 30 people. Spectacular views and rural setting. Great for nature connection, ecotherapy and arts and culture events.

T • 07927 641512
E • info@chills.org.uk
W • www.chills.org.uk



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

Chew Valley Library

Chew Valley library is a part of BANES library service and the Libraries West consortium. We have 3000 books in stock for adults and children, including fiction and non fiction.

T • 07788 379779
E • info@chewvalleylibrary.org.uk
W • www.chewvalleylibrary.org.uk



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

Community at 67

We are the only independent community based group in Keynsham South. Based at a centre in Keynsham, we offer a community space with a kitchen and modern meeting room for use by a range of groups who support the development of our community. We run groups for all ages including a lunch club, maths group, IT support group, and craft group.

T • 07737 742300
E • enquiries@community-67.org
W • www.community-67.org



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

EcoWild

Supporting people to engage in nourishing practices and activities that promote health and wellbeing.

- T** • 07812 155659
- E** • emily@ecowild.org.uk
- W** • www.ecowild.org.uk



Art Nature Sport Advice

Fresh Arts at North Bristol NHS Trust

See full listing on page 14.

Art Nature Sport Advice

Fry's Bowling Club

We are a friendly club open to male and female members of all ages and abilities. Whether you have been playing for years or a novice you are welcome to join.

- T** • 01225 872 959
- E** • cwandjlday@btinternet.com
- W** • www.frysbowlingclub.wixsite.com/frys



Art Nature Sport Advice

Golden-Oldies Charity

See full listing on page 15.

Art Nature Sport Advice

Grow Batheaston

We are about empowering ourselves, our children and each other to create a greener, more sustainable way of life in our local area. We aim to strengthen community, create food security, and encourage biodiversity. We believe that doing these things will strengthen local connections and has the ability to raise the standard of living for us all and bring health and wealth to our community.

- T** • 07968 697451
- E** • hello@growbatheaston.co.uk
- W** • www.growbatheaston.co.uk



Art Nature Sport Advice

Independent Age

See full listing on page 15.

Art Nature Sport Advice

Macular Society

See full listing on page 16.

Art Nature Sport Advice



Make a Move

Make a Move is a charity that helps people make positive changes in their lives and improve their mental health using movement, music, mindfulness and a range of other creative and therapeutic techniques.

- T** • 07946 351997
- E** • admin@makeamove.org.uk
- W** • www.makeamove.org.uk



Art Nature Sport Advice

Museum of East Asian Art

Are you interested in arts and culture, and have a passion for East and Southeast Asia? Join our volunteer team to share your skills, develop your knowledge and meet new people! Volunteers play an important role at the Museum, helping to ensure our high standards of visitor service and experience. We have a range of roles available, including Front of House, Galleries and Events.

- T** • 01225 464 640
- E** • volunteers@meaa.org.uk
- W** • www.meaa.org.uk/support/volunteering



Art Nature Sport Advice

Paint and Draw

See full listing on page 27.

Art Nature Sport Advice

Percy Community Centre

The Percy Centre runs and hosts activities for all ages. These include exercise classes aimed at the older user, a grant-supported foot care service and a free weekly social event. These are in addition to the many other activities, from reading groups to kickboxing, U3A to music lessons.

- T** • 01225 423 014
- E** • info@percycentre.org.uk
- W** • www.percycentre.org.uk



Art Nature Sport Advice

Playlist for Life

See full listing on page 16.

Art Nature Sport Advice

Ramblers Walking for Health

See full listing on page 17.

Art Nature Sport Advice



Research Institute for the Care of Older People (RICE)

RICE provides high-quality Memory Clinic services for Bath and North East Somerset, with patients and carers at the heart. The Memory Clinic provides assessment and diagnosis for patients diagnosed with memory problems. RICE is also pleased to offer additional support to people with dementia and their carers through its education and support courses.

T • 01225 476 420
E • info@rice.org.uk
W • www.rice.org.uk



Art Nature Sport Advice

Saltford Community Association

We have over 60 events every week, offering a wide range of activities such as painting, card/board games, various exercise classes and advice sessions including a computer café.

T • 01225 874 081
E • office@saltfordhall.co.uk
W • www.saltfordhall.co.uk



Art Nature Sport Advice

Sight Support West of England

See full listing on page 17.

Art Nature Sport Advice

Silver Summits

See full listing on page 17.

Art Nature Sport Advice

Somerset and Avon Rape and Sexual Abuse Support (SARSAS)

See full listing on page 17.

Art Nature Sport Advice

The Community Farm

We are a 15 acre organic farm in Chew Magna. Environmental sustainability, community engagement and nature-friendly farming are at our heart. We offer weekday and weekend volunteering opportunities on our fields, a social and therapeutic horticulture project and a conservation project for people with mental health problems. We also host a variety of different events and learning opportunities through partners.

T • 01275 295 029
E • volunteer@thecommunityfarm.co.uk
W • www.thecommunityfarm.co.uk



Art Nature Sport Advice

Timsbury Community Library

Community Library linked to the Libraries West consortium.

T • 07943 668796
E • hub@timsbury.org.uk
W • www.timsbury.org.uk/hub



Art Nature Sport Advice

Twerton Village Hall

We are a village hall offering a wide range of activities, catering for many different interests and hobbies. We also organise fundraising activities like fairs and bingo to bring the community together. Find out more about our current activities online and through our Facebook page.

T • 01225 427 228
E • twertonvillagehall@gmail.com
W • www.facebook.com/groups/1913748362266332



Art Nature Sport Advice

U3A in Bath

For a small annual membership fee, members have access to all our groups and talks; other activities, outings, and residential trips require further payment. Details of all our talks and activity groups are on our website. Our monthly newsletter also provides information about forthcoming activities, booking forms for trips, contact details for all the groups, and news about committee activities.

T • 01225 318 438
E • groups@u3ainbath.org.uk
W • www.u3ainbath.org.uk



Art Nature Sport Advice

We Care Home Improvements

See full listing on page 19.

Art Nature Sport Advice

Wheels for All Bath & West

See full listing on page 20.

Art Nature Sport Advice



Further Information

To find out more about Active Ageing Bristol:

 @ageukbristol

 @ageukbristol

www.ageuk.org.uk/bristol/our-services/active-ageing-bristol

To find out more about Well Aware:

 @WellAwaresouthwest

 @WellAware_TCF

www.wellaware.org.uk 0808 808 5252



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