

What's On Guide 2024-25



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

Inner City and East Bristol



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Introduction

Welcome to Age UK Bristol's What's On Guide for **Inner City and East Bristol**.

Keeping physically and mentally active is hugely beneficial for our health and wellbeing. This guide brings together some of the many opportunities for people aged 50+ to stay active and connected in Inner City and East Bristol. Details are correct at the time of printing.











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.

Themes

Advice	Advice & Support
Arts	Arts & Crafts
Digital	Digital Skills
Musical	Musical Arts
Nature	Nature & Environment
Physical	Physical Activity
Social	Social Activity
Theatre	Theatre & Performance

Accessibility & Facilities

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

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 practical support through a specialist Information & Advice service. We can offer advice on benefits and allowances, social care services and priority debts. We offer social activities through our Friends Ageing Better (FAB) membership network, including meet-up cafes across the city and a regular 50+ disco. We offer support for people living with dementia and their carers through our Memory Connections groups and day club based at the Withywood Centre.

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

Please be aware that visiting our office is only by pre-arranged appointment.

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



Bristol Parks Tennis

19 tennis courts across four parks

Court bookings:

£5 an hour or

£35 annual household membership



T: 0117 328 6250

Affordable coaching programmes;

Adults; beginners and improvers

Children; aged 5 to 11

E: tennis@wesport.org.uk

bristolparkstennis.org.uk

Walking Tennis

Canford Park

St George Park

Keynsham Park

Prefer a slower paced game of tennis?

Walking tennis is a fantastic alternative!

Ideal for those who are returning from injury/inactivity, are new to physical activity or would simply like a slower pace.

Supervised by a coach, these are not "coaching sessions".

Sessions are relaxed and enjoyable!

They are great to get you moving.

Tennis ability is not required!

Find out more: bristolparkstennis.org.uk
tennisatthepark.org.uk



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

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

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

Visit www.haroldstephens.co.uk/events to see what we have on offer!

50 High Street, Westbury on Trym, BS9 3DZ

0117 3636 212

office@haroldstephens.co.uk

We can help with:

- | | |
|-------------------------|--------------------------|
| Pensions & Retirement | Power of Attorney |
| Savings & Investments | Trusts |
| Long-Term Care Planning | Inheritance Tax Planning |
| Wills | Probate |

Authorised and regulated by the Financial Conduct Authority: 592993



Friends Ageing Better

Friends Ageing Better or 'FAB' is a social community of people aged 50+ who come together to share what is happening across the city while building friendships with other local people.

Come along to a FAB café for good conversation and refreshment. We hold weekly cafes across the city, from Avonmouth to Withywood. See below for details. And for the dancing queens (and kings) among you, FAB also holds regular discos for the over 50s at Trinity Arts Centre.

You can become a member of FAB by visiting our webpage or calling us. Members receive a regular bulletin by email or through the post. We tell you about our regular activities and special FAB events.

And, finally, remember, always be FAB!

You can contact us at fab@ageukbristol.org.uk or visit our webpage at www.ageuk.org.uk/bristol/our-services/fab

Otherwise, please call us on **0117 440 4301**.

On social media? So are we! Search for 'Friends Ageing Better' on Facebook.



Strength & Balance

Tai Chi Shibashi

Tai Chi is beneficial for both physical and mental health and the Shibashi form is accessible to most people (it can be done seated and standing). Benefits include better balance, improved mobility, relaxation, and relief from stress, anxiety and depression. Age UK Bristol-trained volunteers, all aged 50+, lead basic, free or very low cost, sessions. All welcome!

T 0117 440 4317 **E** LinkAge@ageukbristol.org.uk

W www.ageuk.org.uk/bristol/our-services/linkage

Stay Strong and Steady

Do you want to decrease your risk of falls and stay active and independent? Can you stand and walk but are worried about falling? A Stay Strong and Steady class will improve your strength and balance through gentle exercises! Our activity instructors offer classes across Bristol for all abilities in a fun, social and supportive environment.

T 0117 328 6250 **E** info@wesport.org.uk

W www.wesport.org.uk/FPclasses

REACT (REtirement in ACTION)

If you are starting to find daily activities, such as walking, getting up from chairs and climbing stairs, difficult, the REACT programme could help you maintain health, mobility, and independence. These gentle exercise classes, standing or seated, improve balance, strength, and stretch, and are followed by a cup of tea and a chat! Self-referral or via your GP.

T 07825 033 741 (Alistair) **E** [bristolcommunityoutreach@](mailto:bristolcommunityoutreach@everyoneactive.com)

everyoneactive.com **W** www.everyoneactive.com



Fall-proof

Strength and balance plan

Strong Like Ron.

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

Visit www.fallproofwest.org.uk to find out more.

Over 60 and love the theatre?

Allow us to welcome you to a Matinee Mingle, where you can meet with like-minded people who would normally visit the theatre alone.

Find out more at firstbus.co.uk/matineemingles



Get there for FREE using your Concessionary pass

People of a pensionable age are entitled to free travel on local bus services at off-peak times in England, on production of a valid Concessionary travel pass.

To find out more about First Bus services call 0345 646 0707

Getting Around Bristol

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

Bristol City Council

The Bristol City Council website includes a list of community transport providers, wheelchair accessible taxi operators and information on concessionary bus passes.

W www.bristol.gov.uk/residents/streets-travel/community-and-disabled-persons-transport

Bristol Community Transport

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

T 0117 244 7337 **E** hellobristol@thebiglemon.com

W www.bristolcommunitytransport.org

WESTlink

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

T 0117 457 8561 **E** westlink@wedrt.com

W www.travelwest.info/westlink

All-Aboard Watersports

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

T 0117 929 0801

E admin@allaboardwatersports.co.uk

W www.allaboardwatersports.co.uk

A Baltic Wharf, Cumberland Road, BS1 6XG



Physical

Social

Alzheimer's Society

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

T 0117 961 0693

E bristol@alzheimers.org.uk

W www.alzheimers.org.uk

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



Advice

Musical

Physical

Social

Arnolfini

Arnolfini is Bristol's International Centre for Contemporary Arts located on the harbourside in the heart of the city. We present a wide-ranging programme of visual art, performance, dance, film, and music. Our exhibitions are free for everyone and we offer a wide range of events, workshops, talks and tours.

E community@arnolfini.org.uk

W www.arnolfini.org.uk

A 16 Narrow Quay, BS1 4QA



Arts

Musical

Social

Theatre

The Beehive Centre

The Beehive Centre is a fully accessible community hub and meeting place. We have been delivering quality activities for older people for over 10 years, and we have a strong, supportive, and vibrant community that we would love you to be a part of. Our weekly activities include Table Tennis, Nordic Walking, Lunch Club, Tai Chi, Seated Keep Fit, Computer Club, Community Café, Gardening, Arts & Crafts, Line Dance, Ballroom Dance, and Singing. We also run regular events, including coach trips, fairs, and parties. If you have skills or time you'd like to share, we can also support you to volunteer with us.

T 0117 935 4471

E info@thebeehivebristol.co.uk

W www.thebeehivebristol.co.uk

A 19A Stretford Road, BS5 7AW



Arts

Musical

Physical

Social

Begbrook Green Bowling Club

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

T 07751 254 579

E secretary@begbrookgreenbc.org.uk

W www.begbrookgreenbc.org.uk

A Frenchay Park Road, Stapleton, BS16 1HY



Physical

Bristol 1904 Arts

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

T 0117 927 3807

E admin@bristol1904arts.org

W www.bristol1904arts.org

A The Red Lodge, Park Row, BS1 5LJ



Arts

Musical

Social

Theatre



Bristol After Stroke

Bristol After Stroke is an independent local charity helping people rebuild their lives after stroke. Our services offer a unique combination of practical, social, emotional and psychological support to stroke-affected people and their carers and loved ones.

T 0117 964 7657

E office@bristolafterstroke.org.uk

W www.bristolafterstroke.org.uk

A Various



Advice

Physical

Social

Bristol Arrow Bowling Club

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

T 07811 097 199

E kat.nicholls@talktalk.net

W www.bristolarrowbowlsclub.org.uk

A 80 Redland Road, Bristol, BS6 6AG



Physical

Social



Bristol Beacon

We invite Bristol's communities to share, celebrate and participate in creative projects and music workshops to enrich lives, empower and build healthy, happy communities. We offer sessions for those with dementia and music sessions for those looking to improve their mental wellbeing. Get in touch for details of our current sessions.

T 0117 204 7103

E community@bristolbeacon.org

W www.bristolbeacon.org/music-for-everyone

A Various



Musical

Physical

Bristol Drugs Project

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

T 0117 987 6000

E 50Plus@bdp.org.uk

W www.bdp.org.uk

A Brunswick Court, Brunswick Square, BS2 8PE



Advice

Arts

Musical

Social

Bristol Folk House

We provide a variety of part-time day and evening courses and workshops in a welcoming environment in which to explore your creativity and learn new skills. 10% off for over 65s. Every Monday at 2pm we host a chatty café scheme for people who want to socialise.

T 0117 926 2987

E admin@bristolfolkhouse.co.uk

W www.bristolfolkhouse.co.uk

A 40a Park Street, BS1 5JG



Arts

Musical

Physical

Social

Bristol Libraries

As well as providing access to thousands of books, including large print and audiobooks, we have free internet and host craft groups, knit and natter, IT and job search help and provide a welcoming, free social space for all people across 27 sites in Bristol.

T 0117 903 7250

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

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

A Various



Advice

Arts

Digital

Social



Bristol Steppin Sistas

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

T 07774 290 646

E BristolStep123@gmail.com

W www.bristolsteppinsistas.co.uk

A Various



Advice

Nature

Physical

Social

Broad Plain Pioneers

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

E broadplainpioneers@gmail.com

A Bristol Southend, Bedminster, BS3 5AZ



Physical

Social



Brunel Fitness Centre

Staying Steady is a programme of strength and balance classes to help keep you strong, walk steadily and lower the risk of falling. Staying Steady classes can benefit you by helping you: stay independent and carry on doing the things you enjoy; improve your confidence and reduce fear of falling; be mobile and healthy; keep active and have fun! So, if you're feeling a bit unsteady, worried about falling or are less mobile than you'd like, then this class could be for you.

T 0117 377 0098

E brunel@almsport.co.uk

W www.brunelfitness.co.uk

A Speedwell Road, BS15 1NU



Physical

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

A Various



Advice

Nature

Physical

Social

Centre for Deaf and Hard of Hearing People

We provide listening aid equipment such as amplified and flashing doorbells, amplified telephones and TV listening devices to Deaf and Hard of Hearing people in the Bristol area. Come and join us at one of our regular Coffee Mornings!

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



Advice Social

creativeShift CIC

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

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



Arts Social

Easton Leisure Centre

We offer Walking Tennis; Walking Cricket; Senior Swimming (a relaxed laned session for over 50s); Good Boost (an instructor-led pool session where participants follow individually tailored exercise to meet their muscular skeletal needs); and REACT (seated or standing exercises focusing on improving balance to reduce the risk of falls and increase confidence). We also offer our GP Exercise Referral Scheme which enables people with long-term health conditions to move more to improve their health and wellbeing.

T 07825 033 741 / 0117 955 8840
E eastoninfo@everyoneactive.com
W www.everyoneactive.com/centre/
 easton-leisure-centre
A Thrissell Street, BS5 0SW



Physical

Eastside Community Trust

A table will be reserved in the foyer/ café area for local over 55's who want to get to know others and have a natter. Time to sit and chat, enjoy a cuppa and maybe something to eat in the comfortable lively surroundings of Easton Community Centre. Come and join Eastside Connect members and get to know new people in your area.

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



Social

Evergreen Club

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

T 0117 954 1409
E evergreenclubbristol@gmail.com
W www.aliveactivities.org
A Easton Community Centre,
 Kilburn Street, BS5 6AW



Advice Arts Musical Social

Fishponds Community Orchard

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

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



Nature



Forest of Avon Trust

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

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



Nature Social

Golden Agers

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

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



Advice Arts Musical Social



Goldies UK Sing & Smile

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

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



Musical Social

Gurt Lush Choir

Gurt Lush Choir is a welcoming, fun, 200 strong, open-access choir, meeting weekly in three venues across the city. With our ambitious repertoires and fearless performances, we perform regularly to sell-out crowds at a variety of Bristol venues. Free taster session! Visit our website or get in touch for details.

E becs@gurtlushchoir.com
W www.gurtlushchoir.com
A Ashley Down, Redland & Knowle



Musical Social Theatre

Let's Walk Bristol

We specialise in Nordic walking, a sociable and easy way to boost your health and fitness. Nordic walking is like ordinary walking, but uses two poles to strengthen your upper body and core and help you walk more confidently. Get in touch for details of our current courses.

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

FREE

Physical

Life Cycle

Our 'Over 55' group rides are a great way to build confidence, meet new people and get out into green spaces. Our rides are led by a qualified Ride Leader and supported by friendly volunteers. We have a great selection of routes, of various lengths and difficulty, in Bristol and the surrounding areas. If you want to improve your wellbeing, meet new people and enjoy the freedoms of two wheels, this group is for you.

T 0117 353 4580
E rides@lifecycle.org.uk
W www.lifecycle.org.uk
A Various

FREE

Physical

Malcolm X Elders

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

T 0117 955 4497
E malcolmxelders@gmail.com
W www.aliveactivities.org
A 141 City Road, St Paul's, BS2 8YH



Advice Arts Musical Social

Ramblers Wellbeing Walks Bristol

Our walks are 30 - 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 07920 742 183
E darren.gillett@bristol.gov.uk
W www.ramblers.org.uk/go-walking/wellbeing-walks-groups
A Various



Nature Physical Social



The Reader

Shared Reading is a chance to meet up, read or listen to a story/poem, and talk about it. We take our time and pause a lot; there's no pressure to read aloud and it's fine to just listen. A great way to connect with people and talk about new things. Get in touch for details.

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



Social

Roots n Fruits Community Garden

At our weekly gardening group you can meet friends and socialise, whether you are a keen gardener already or just happy to get stuck in. We grow fruits, vegetables and flowers and do some green crafts. We have beautiful outside space which we enjoy when the weather is good. The group is open to those with mobility needs with a range of activities available. We are a little community learning together and would love to welcome you!

T 07480 668 898
W www.instagram.com/roots_n_fruits_
A 94 Grosvenor Road, St Pauls, BS2 8JX



Nature Social

Roots to Wellbeing

Roots to Wellbeing is a weekly health and wellbeing support group in parks for those struggling with low mood and/or loneliness. This supportive and inclusive group helps people connect with nature and socialise with others, through mindful gardening, nature craft activities and meditation. Free transport and lunch is provided.

E roots@yourpark.org.uk
W www.yourpark.org.uk/rootstowellbeing
A Various



Advice Nature Physical Social

RWA

The engagement team at the Royal West of England Academy of Art works with artists to inspire and support older people with artistic activity. Our Tuesday Teatime Tours - for people living with dementia and their carers - are monthly exhibition tours and activities with an artist-facilitator, followed by tea and cake. Visit our website or get in touch to book.

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



Arts Social

Sight Support West of England

Our hubs offer consultations with local advisors on all aspects of living with sight loss. We also provide social groups where you can connect with others. We offer tech training, exhibitions, monthly newsletters, a twice-yearly magazine and an audio library.

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



Advice Digital Social

Silver Explorers

A weekly social group for people over 60s living in or near to Hillfields, led by members' interests. Each week we take part in a different activity.

T 07709 053 290
E friendsofhillfieldslibrary@gmail.com
W www.friendsofhillfieldslibrary.co.uk
A Summerleaze, Hillfields, BS16 4HL



Arts Musical Physical Social



Smart Ballet

I offer ballet classes for people aged 50+ and over 60s. In the classes we work on strength, co-ordination and balance while learning a wide variety of ballet steps and dancing to traditional classical music! The classes are aimed at people who loved to dance when they were younger and want to revisit a gentle calm class that still benefits their body or those who have never danced before. Get in touch to book a trial session!

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



Musical Physical Social

Soul Trail Wellbeing

Soul Trail Wellbeing C.I.C is a non profit organisation offering free wellbeing walks and nature workshops to the community. We aim to: lower stress & anxiety; aid relaxation; connect with nature & other people; and improve confidence.

E info@soultrailwellbeing.com
W www.soultrailwellbeing.com
A Various: collection from Eastville Park Car Park

FREE

Nature Physical

St George Strollers

The St George Strollers run regular walks of about 3 miles in St George and surrounding areas. We are part of Ramblers Wellbeing Walks Bristol - members of the national Wellbeing Walks scheme. Walks are open to all - everyone is welcome.

T 0117 952 2513
E strollers@troopers-hill.org.uk
W www.troopers-hill.org.uk/strollers
A Various

FREE

Physical

St Pauls Community Sports Academy

We offer a range of activities including REACT (seated or standing exercises focusing on improving balance to reduce the risk of falls and increase confidence) and our GP Exercise Referral Scheme (a scheme enabling people with long-term health conditions to move more to improve their health and wellbeing).

T 07825 033 741
E bristolcommunityoutreach@everyoneactive.com
W www.everyoneactive.com/centre/st-pauls-community-sports-academy
A Newfoundland Road, BS2 9NH



Physical

St Werburghs Community Centre

We offer Tai Chi for Over 50s, Art Club, Gentle Exercise ReACT Class, Festive Friends Christmas Dinner and Spring Tea Party. Digital Inclusion service includes EasyPC one-to-one support, regular workshops and free open access computers. Visit our website or get in touch for details.

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

A Horley Road,
 St Werburghs, BS2 9TJ



Arts Digital Physical Social

Wellspring Settlement

We have a range of regular activities for you to get involved with – drop in for coffee and a chat, arts and crafts, film making and drama, local walks or gardening. We welcome ideas for other activities you'd like to see.

T 0117 304 1400
E info@wsb.org.uk
W www.wellspringsettlement.org.uk

A 43 Ducie Road,
 Barton Hill, BS5 0AX



Arts Nature Social Theatre

Woodcroft Community Orchard

A grassroots project about biodiversity, food and community. We have tasks throughout the year we need help with such as caring for the trees, habitat creation, compost making and keeping on top of brambles (without destroying this valuable habitat). We welcome anyone who would like to gain new or share existing skills whilst meeting others and working together.

T 07940 888 764
E woodcroftcommunityorchard@gmail.com
W www.woodcroftcommunityorchard.wordpress.com

A Woodcroft Road
 Allotments, BS4 4QT



Nature Physical Social



What's On at Home

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

Art Club on Zoom

A supportive club that meets every week on Zoom to create art together. The group provides a space to talk about your art with others, and to create a new piece and share with members of the group.

T 0117 929 7537
E LinkAge@ageukbristol.org.uk
W www.ageuk.org.uk/bristol/our-services/linkage

Arts Social

Art on Referral

Our classes are available to participate in from your own home via an online platform, providing an opportunity to explore creativity, experience relaxation and connect with others in similar situations.

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

Arts Social

Inner City and East Bristol

Bristol After Stroke

We run online educational sessions on stroke related topics once a month and online aphasia groups twice a month.

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

Advice Social

Bristol Folk House

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

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

Art Musical Physical Social

Bristol Home Library Service

We bring books, DVDs, CDs and audio tapes to people who are unable to get to a library. Our friendly volunteers can select reading materials based on your individual tastes.

T 07714 898 558
E BHLSVisits@royalvoluntaryservice.org.uk
W www.royalvoluntaryservice.org.uk/our-services/bristol-hub/bristol-home-library-service

Advice Social

What's On at Home Continued...

Mental Health Peer Support

We run several weekly online support groups. A full list of current sessions is available on our website and once you sign up as a member of Changes we will email you details of how to access these spaces.

T 0117 941 1123

E info@changesbristol.org.uk

W www.changesbristol.org.uk

Advice

Social

Music Listening Group

We have a monthly music listening group which meets online (via Zoom). We have a theme each time and group members are invited to share a song or a piece of music that relates to this, which can lead on to discussion.

T 07938 679 667

E afra.jurkiewicz@soundwell.org.uk

W www.soundwell.org

Advice

Musical

Singing for the Brain

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

T 0117 961 0693

E bristol@alzheimers.org.uk

W www.alzheimers.org.uk

Advice

Musical

Social

Shared Reading

Shared Reading is a chance to meet up, read or listen to a story/poem, and talk about it. We run online groups that meet each week on Zoom.

T 0151 729 2200

E info@thereader.org.uk

W www.thereader.org.uk

Social

Smart Ballet

I run ballet classes for people aged 50+ and the over 60s focusing on strength, co-ordination and balance. Online classes (via Zoom) available.

T 07751 812 701

E georgiarsmart@yahoo.co.uk

W www.facebook.com/smartballet

Musical

Physical

Social

Telephone Groups

A telephone group includes you in a group of people all joining the same call which is managed by a facilitator - a good way to connect with others if you don't have the Internet. Calls are free and last up to an hour.

T 0117 929 7537

E LinkAge@ageukbristol.org.uk

W www.ageuk.org.uk/bristol/our-services/linkage

Social



Share Your Thoughts!

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

- **Online** at www.ageuk.org.uk/bristol/our-services/linkage
- **Email** a photo of this completed form to linkage@ageukbristol.org.uk
- **Tear out and post** this form to us at: Age UK Bristol, Canningford House, 38 Victoria Street, Bristol, BS1 6BY (Please note this is not a freepost address)

Thank you for your time!

1 Have you:

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

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

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

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

If yes, please give details:

Please turn the page for more questions...

2 What do you like about the guide?

3 What would you change about the guide?

4 Did you find the guide easy to use?

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



Further Information

To find out more about Age UK Bristol:



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www.ageukbristol.org.uk

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