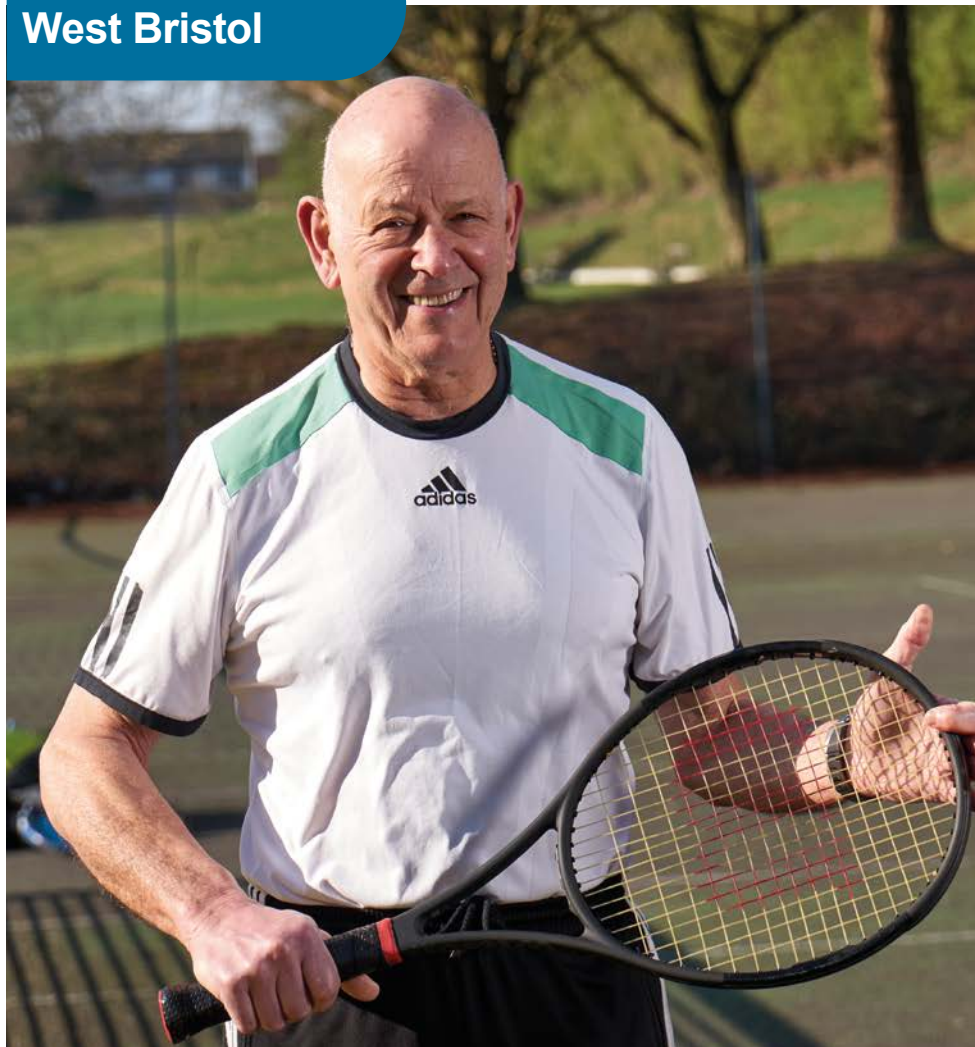


What's On Guide 2024-25



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

North and West Bristol



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www.dovetonpress.co.uk

Introduction

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



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

Lawrence Weston Community Transport

Lawrence Weston Community Transport provides low-cost and essential transport to disabled individuals and other community/charity groups, serving their needs with a reliable and open service to all.

T 0117 329 4647 **E** lwct.bristol@talk21.com

W www.travelwest.info/community-transport/lawrence-weston-community-transport

Getting Around Bristol Continued...

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



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

Ardagh Community Trust

Ardagh Community Trust (ACT) is a small volunteer-led charity providing opportunities to benefit the local community. We have a small, friendly café, relaxing gardens and various activities and groups including tai chi, carer support, bereavement groups and community events.

T 07760 941 672

E hello@theardagh.com

W www.theardagh.com

A Kellaway Avenue, BS6 7YL



Advice Nature Physical Social

Avonmouth Community Centre Association

The community centre offers a wide range of activities such as art, knitting and crochet, gardening, kurling, a digital workshop exclusively for 50+ and social times around drinks and meals with friendly chat, games and cooking sessions.

T 0117 982 7445

E info@avonmouthcca.org.uk

W www.avonmouthcca.org.uk

A 257 Avonmouth Road, Avonmouth Village, BS11 9EN



Arts Digital Physical Social

Brentry Dementia Allotment

A beautiful allotment setting, running weekly gardening sessions for people living with dementia and their carers. Get in touch for details of current sessions.

T 0117 377 4756

E communitygardening

@aliveactivities.org

W www.aliveactivities.org

A Charlton Road, Brentry, BS10 6JZ



Advice Nature Physical Social

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 Dementia Meeting Centre

A warm and social group for people living with dementia and their carers together. Members take part in a range of activities, find friendship and laughter and have access to support and help if and when required.

T 07423 741 459
E bristolmeetingcentre@aliveactivities.org
W www.aliveactivities.org/bristol-meeting-centre
A Westbury Fields, Cricket Lane, BS10 6TW



Advice Arts 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 Nordic Walking

Bristol Nordic Walking is an award-winning club with the most experienced instructors and friendliest community in Bristol. Our sessions are full of chat and laughter and you'll get an effective full-body workout. Book a Beginner Workshop to learn the technique.

T 07886 885 213
E info@bristolnordicwalking.co.uk
W www.bristolnordicwalking.co.uk
A Various

Nature Physical 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

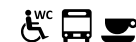


Physical Social

Canford Bowling Club

We are a Lawn Bowling Club which starts in early April and lasts through until early October. Activities on the green are to be found most evenings and afternoons with a 'Roll Up' on Monday evening; friendly matches against many local clubs. We are a social club who also likes to meet up throughout the year for social activities. Get in touch for details.

T 07504 244 499
E canfordbowlingclub@gmail.com
W www.canfordbowlingclub.co.uk
A The Green, Canford Park, Westbury-on-Trym, BS9 3NX



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@cfhd.org.uk

W www.cfhd.org.uk

A Various



Advice Social



creativeShift CIC

CreativeShift has 20 years' experience delivering Arts or 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

Extra Time

Extra Time is a weekly group for anybody aged over 60. The session involves light physical activities and social opportunities as well as sightseeing trips around the area. We pride ourselves on being a diverse group of people and are always looking for new members who want to come and join us. Get in touch for details.

T 0117 952 2581

E costachard@bristolroverscommunity.org.uk

W www.bristolroverscommunity.org.uk

A The Memorial Stadium, Filton Avenue, BS7 0BF



Advice Nature Physical Social

Fitness for All

Classes include Zumba, Seated and Supported Zumba, OTAGO (Strength and Balance Falls Prevention) all taught by a fully qualified instructor who specialises in teaching older active and less active adults. Venues include retirement facilities, community halls and gym studio.

T 07805 391 244

E marieclifford05@gmail.com

W marieclifford.zumba.com

A Various



Physical

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



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

Henbury Leisure Centre

We offer a wide range of activities and programmes: Good Boost (an instructor-led pool session where participants follow individually tailored exercise to meet their muscular skeletal needs) and Life Balance Neuro Exercise (group exercise classes for people with MS, Parkinson's disease or other neurological conditions who want to become more active). 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
E bristolcommunityoutreach@everyoneactive.com
W www.everyoneactive.com/centre/henbury-leisure-centre
A Avonmouth Way, BS10 7NG



Physical

Henbury Walking Group

Walks of up to three miles around Bristol, North Somerset and South Gloucestershire. Get in touch for details or upcoming walks.

T 07952 158 360
E rm007f6305@blueyonder.co.uk
A Usually start on Crow Lane, Henbury



Nature Physical Social

Horfield Lesiure Centre

We offer Walking Tennis; Seated Exercise classes; Energise Cancer Rehab Exercise; and Parkinson's Indoor Cycling (a group session designed to help manage Parkinson's symptoms through exercise to great music in a safe environment with motivational instructors). 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
E bristolcommunityoutreach@everyoneactive.com
W www.everyoneactive.com/centre/horfield-leisure-centre
A Dorian Road, BS7 0XW



Physical

Lawrence Weston Community Farm

We are a community-managed project that aims to improve the quality of life for local people by providing exciting and inclusive activities and a safe, free, green community space. We offer regular volunteering opportunities such as gardening, woodland management and animal care, and run weekly walking, gardening and knitting sessions.

T 0117 938 1128
E office@lwfarm.org.uk
W www.lwfarm.org.uk
A Saltmarsh Drive, Bristol, BS11 0NJ



Nature

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

Lockleaze Neighbourhood Trust

We support residents to achieve positive change for themselves and their community. We run weekly Art for Wellbeing, Wellbeing/Accessible Exercise, Short Mat Bowls, Wellbeing Walks and a Community garden. Our Wednesday Cafe offers a warm welcome, WiFi and affordable cuppa.

T 0117 914 1129
E info@lockleazent.co.uk
W www.lockleazehub.org.uk
A The Hub, Gainsborough Square, Lockleaze, BS7 9FB



Arts Nature Physical Social

MASP - Men at St. Peter's

We are a 'not-for-profit' fitness exercise group run by volunteers, for men 50-80+. We operate weekly on Tuesday mornings, between 9.15am to 10.15am at St. Peter's Church Hall. We organise monthly and bi-monthly coffee/breakfast get-togethers.

T 07816 465 854
E artnoonan@blueyonder.co.uk
W www.bit.ly/MASP-Bristol
A St. Peter's Church Hall, 17 The Drive, Henleaze, BS9 4LD



Physical Social

North Bristol Advice Centre

We provide free support for the over 55's in North Bristol to get people online safely and develop digital skills and confidence. Bring your own devices or use ours. We are based in Lockleaze and run outreach sessions throughout the year. Get in touch for details of upcoming sessions.

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



Advice Digital



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
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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



Really Wild Lockleaze

This project, run by Lockleaze Neighbourhood Trust, looks at practical ways the community can tackle the climate and ecological crisis. Get involved and make space for nature in your community by rewilding the neighbourhood. Connect, learn and grow together.

T 0117 914 1129
E reallywildlockleaze.org.uk
W www.lockleazehub.org.uk
A Various, Lockleaze



Nature

Redland Club Community Centre

We are a community interest company offering a range of activities for health and wellbeing, including yoga, pilates, tai chi, table tennis and dance classes. Visit our website or get in touch for details of our current activities.

T 07981 756 965
E theredlandclub@gmail.com
W www.redlandclub.co.uk
A Burlington Road, Redland, BS6 6TN



Physical	Social
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The Rock Centre

The Rock is a multi-generational community run centre, a one of a kind on a large deprived council estate with an increasing population and little resources available to the residents. We provide a community facility for activities identified by the community, with specific reference to the elderly and disabled of all ages.

T 0117 938 4636
E therockcentre@hotmail.com
W https://therockcentre.wixsite.com/the-rock-centre
A Ridingleaze, Lawrence Weston, BS11 0QF



Advice	Arts	Physical	Social
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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
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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
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Southmead Development Trust

We connect residents and groups to target social isolation. We offer a wide range of activities at our community hub, the Greenway Centre. We offer free activity every day including art, creative writing, walking, digital support, and fitness classes.

T 0117 950 3335
E info@southmead.org
W www.southmead.org
A Greenway Centre, Doncaster Road, BS10 5PY



Arts	Digital	Physical	Social
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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

Trinity Lunch Club

Trinity Lunch Club, held on Thursdays, offers a freshly cooked 3 course lunch, beverages and activities in a warm and friendly atmosphere. We provide a range of activities including music, armchair exercises, quizzes, talks, bingo and crafts. Transport is provided to and from the lunch club from around the local area. New members are always welcome.

T 0117 983 8878
E tcs@holytrinityhotwells.org
W www.facebook.com/trinitylunchclub
A Holy Trinity Hotwells, Clifton Vale, BS8 4ST



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

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?

Empty dotted-line box for response.

3 What would you change about the guide?

Empty dotted-line box for response.

4 Did you find the guide easy to use?

Empty dotted-line box for response.

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

Large empty dotted-line box for response.



Further Information

To find out more about Age UK Bristol:



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www.ageukbristol.org.uk

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