

# What's On Guide 2024-25



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

## South Bristol



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## Introduction

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

<b>Advice</b>	Advice & Support
<b>Arts</b>	Arts & Crafts
<b>Digital</b>	Digital Skills
<b>Musical</b>	Musical Arts
<b>Nature</b>	Nature & Environment
<b>Physical</b>	Physical Activity
<b>Social</b>	Social Activity
<b>Theatre</b>	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
<b>FREE</b> 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](http://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](mailto:tennis@wesport.org.uk)

[bristolparkstennis.org.uk](http://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](http://bristolparkstennis.org.uk)  
[tennisatthepark.org.uk](http://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](http://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](mailto:fab@ageukbristol.org.uk) or visit our webpage at [www.ageuk.org.uk/bristol/our-services/fab](http://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](mailto:LinkAge@ageukbristol.org.uk)

**W** [www.ageuk.org.uk/bristol/our-services/linkage](http://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](mailto:info@wesport.org.uk)

**W** [www.wesport.org.uk/FPclasses](http://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](http://everyoneactive.com) **W** [www.everyoneactive.com](http://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](http://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](https://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](https://www.bristol.gov.uk/residents/streets-travel/community-and-disabled-persons-transport)

### The Big Lemon

The Big Lemon runs a public bus service in South Bristol in addition to Bristol Community Transport – see below.

**T** 0117 244 7337 **E** [hellobristol@thebiglemon.com](mailto:hellobristol@thebiglemon.com)

**W** [www.thebiglemon.com/bristol](https://www.thebiglemon.com/bristol)

### 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](mailto:hellobristol@thebiglemon.com)

**W** [www.bristolcommunitytransport.org](https://www.bristolcommunitytransport.org)



## Getting Around Bristol Continued...

### CATT Community Transport

CATT Community Transport provides a door to door service across South Bristol including a local travel service (every Monday to Friday), day trips, celebration events and a Christmas meal! All buses are fully accessible.

**T** 0117 377 3451 **E** [thecattbus@hwcp.org.uk](mailto:thecattbus@hwcp.org.uk)

**W** [www.hwcp.org.uk/catt-community-transport](http://www.hwcp.org.uk/catt-community-transport)

### Sprint Community Transport Service

Sprint Community Transport Service is a community transport service for the Knowle area of Bristol. It is run by a friendly approachable team with a fleet of wheelchair accessible vehicles.

**T** 0117 904 8215 **E** [sprint@icccfc.co.uk](mailto:sprint@icccfc.co.uk)

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

### 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](mailto:westlink@wedrt.com)

**W** [www.travelwest.info/westlink](http://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](mailto:bristol@alzheimers.org.uk)

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

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



Advice Musical Physical Social

### Brislington Dementia Friendly 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](mailto:communitygardening@aliveactivities.org)

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

A Talbot Road Allotments, Brislington, BS4 2NA



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](mailto:office@bristolafterstroke.org.uk)

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

A Various



Advice Physical Social

### Bristol Indoor Bowls Club

We welcome new members from the age of 7 to 99+. We have a number of coaches and offer free coaching to all. Economically priced refreshments are available whenever the club is open. The club provides a warm friendly welcome to all, with a generous amount of free parking on site. Get in touch for details.

T 0117 963 3460

E [info@bristolindoorbowls.org.uk](mailto:info@bristolindoorbowls.org.uk)

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

A 198 South Liberty Lane, Ashton Vale, BS3 2TY



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](mailto:bristol.library.service@bristol.gov.uk)

W [www.bristol.gov.uk/residents/libraries-and-archives](http://www.bristol.gov.uk/residents/libraries-and-archives)

A Various



Advice Arts Digital Social

### Bristol South Swimming Pool

We run Good Boost (an instructor-led pool session where participants follow individually tailored exercise to meet their muscular skeletal needs) as well as open swimming sessions, Zumba Aqua, Aqua Aerobics and private lessons.

T 07825 033 741

E [bristolcommunityoutreach@everyoneactive.com](mailto:bristolcommunityoutreach@everyoneactive.com)

W [www.everyoneactive.com/centre/bristol-south-swimming-pool](http://www.everyoneactive.com/centre/bristol-south-swimming-pool)

A Dean Lane, Bedminster, BS3 1DB



Physical

### Bristol St Andrews Bowls Club

Outdoor flat green lawn bowls takes place between April and September each year, with social events during the off season. Visit our website or get in touch for details.

T 0117 942 1103

E [bsabcsec@gmail.com](mailto:bsabcsec@gmail.com)

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

A Derby Road, Bishopston, BS7 9AQ



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](mailto:BristolStep123@gmail.com)

W [www.bristolsteppinsistas.co.uk](http://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](mailto:broadplainpioneers@gmail.com)  
**A** Bristol Southend, Bedminster, BS3 5AZ



Physical

Social

### BS3 Community Development

We are a Community Centre invested in combating loneliness for all residents of Bristol. We offer various activities for the over 50s and a warm space with the use of our Cafe and two computers. Weekly activities include: a Monday Club for Older People; a Tuesday Stroll and Chat Group; a Wednesday Morning Social an LGBTQ+ Fab Cafe; and Hollidge Gardens Art Group. Visit our website or get in touch for details of current activities.

**T** 0117 923 1039  
**E** [info@bs3community.org.uk](mailto:info@bs3community.org.uk)  
**W** [www.bs3community.org.uk](http://www.bs3community.org.uk)  
**A** Various



Advice

Arts

Digital

Social

### 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](mailto:walk@carerssupportcentre.org.uk)  
**W** [www.carerssupportcentre.org.uk](http://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](mailto:office@cfhd.org.uk)  
**W** [www.cfhd.org.uk](http://www.cfhd.org.uk)  
**A** Various



Advice

Social



### Changes Bristol

Changes offer Mental Health Peer Support Groups. Within South Bristol our groups run weekly, and provide a safe space for people to talk and aim to break down barriers and reduce stigma around accessing this support. No referral or diagnosis needed. Get in touch for details of our current groups.

**T** 0117 941 1123  
**E** [info@changesbristol.org.uk](mailto:info@changesbristol.org.uk)  
**W** [www.changesbristol.org.uk](http://www.changesbristol.org.uk)  
**A** Ashton Vale, Knowle, Bedminster & Brislington



Advice

Social

### Chatty Crafters

Chatty Crafters meet on Wednesdays 1pm to 3pm at the Whitchurch Library and bring along any craft project they like. A great opportunity to meet new people whilst doing something you enjoy.

**T** 0117 903 1185  
**E** [friendsofwhitchurchlibrary@gmail.com](mailto:friendsofwhitchurchlibrary@gmail.com)  
**W** [www.facebook.com/FriendsofWhitchurchLibrary](http://www.facebook.com/FriendsofWhitchurchLibrary)  
**A** Whitchurch Library, 7 Oatlands Avenue, BS14 0SX



Arts



### Creative Wellbeing Café

Our Creative Wellbeing Café is on Thursday mornings. Come along for affordable and delicious homemade cakes, refreshments and a welcoming atmosphere provided by our volunteers. Between 11am and 1pm an artist hosts a creative workshop. No experience is needed – just enthusiasm!

**T** 0117 953 2448  
**E** [info@acta-bristol.com](mailto:info@acta-bristol.com)  
**W** [www.acta-bristol.com](http://www.acta-bristol.com)  
**A** acta Centre, Gladstone Street, Bedminster, BS3 3AY



Arts

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](mailto:creativeshiftbristol@gmail.com)  
**W** [www.creativeshift.org.uk/](http://www.creativeshift.org.uk/) our-groups  
**A** Various



Arts

Social

### Epic Short Mat Bowling Club

An afternoon to socialise and enjoy light refreshments over a game of indoor bowls. The session runs weekly on Fridays from 2pm - 4pm at the Witherwood Centre. There is always a raffle.

**T** 0117 987 8400  
**E** reception@withywoodcentre.com  
**W** www.withywoodcentre.co.uk  
**A** Queens Road, Bishopsworth, BS13 8QA

FREE

Physical

Social

### Filwood Community Centre

Community centre in South Bristol offering a range of free and low cost activities and events for all ages, including music, creative workshops and IT support, designed to bring people together and improve wellbeing. Visit our website or get in touch for details.

**T** 0117 914 9216  
**E** info@filwoodcentre.org.uk  
**W** www.filwoodcentre.org.uk  
**A** Barnstaple Road, BS4 1JP

FREE

Digital

Musical

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

### 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

### Improving Lives of Older People

We run Talk and Tech, a drop in social and computer café for people over 55 offering a safe and friendly environment in which to ask questions about tech. Over a cup of tea, volunteers can help with using devices, using the internet for online shopping or booking holidays, email, social media, and Zoom. Or just come for a chat! Fridays from 10.15am - 12pm. No need to book.

**T** 07956 962 422  
**E** ilop@bs3community.org.uk  
**W** www.ilop.org.uk  
**A** Tobacco Factory, Southville, BS3 1TF

FREE

Digital

Social

### Knowle West Health Park

We offer a variety of groups that are suitable for people aged 50+. These include a pop up cafe, health and wellbeing coaching, gentle exercise and peer support for men and women. Get in touch for details of our current offer.

**T** 0117 377 2252  
**E** info@knowlewesthealthpark.co.uk  
**W** www.knowlewesthealthpark.co.uk  
**A** Downton Road, BS4 1WH

FREE

Arts

Physical

Social

### 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



### Memories of Bedminster Group

A group of current and ex-residents of Bedminster aged 55+ who enjoy sharing memories of life in BS3 through conversation, photographs and video presentations including external speakers. Meetings on Mondays (term time only) from 1.30 to 3.30pm. Magazine 'Remember Be'minster' published annually.

**T** 07305 157 750  
**E** lpbr32020@blueyonder.co.uk  
**A** South Bristol Christian Centre, Churchlands Road, BS3 3PW



Arts	Social
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### 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  
 FREE

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
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### Redcatch Community Garden

Redcatch Community Garden warmly welcomes those aged 50+, offering diverse activities like dementia art therapy, community lunch, gardening for well-being, Tai Chi, Yoga, and Paracise.

**T** 07858 630 507  
**E** redcatchcommunitygarden@outlook.com  
**W** www.redcatchcommunitygarden.com

**A** The Pavilion, Redcatch Park, Knowle, BS4 2RD



Arts	Nature	Physical	Social
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### Reflex Camera Club

Reflex Camera Club are a camera and photography club based in Brislington. We meet weekly throughout the year, hosting speakers, practical photography sessions and club competitions. We are known as Bristol's friendly camera club, and we welcome all experience levels.

**T** 07901 716 692  
**E** reflexcc@gmail.com  
**W** www.reflexcameraclub.co.uk  
**A** Wicklea Academy, Wick Road, Brislington, BS4 4HR



Arts
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### 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
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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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### Soundwell Music Therapy

Soundwell Music Therapy run groups for mental health and wellbeing support in South Bristol (and online). Sessions are free and there's no need for any musical skills or experience; the focus is on creativity and expression.

**T** 07938 679 667  
**E** afra.jurkiewicz@soundwell.org.uk  
**W** www.soundwell.org  
**A** Bedminster Quaker Meeting House, Wedmore Vale, BS3 5HX



Advice	Musical
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### The SouthBank Club

The SouthBank Club is a Community Arts, Music and Dance Venue based in Bedminster. A local meeting place and melting pot for creatives, dancers, poets and their friends. Once a week The Big Friendly choir use the space to practice a range of songs for one hour. After the choir practice people usually stay for a cup of tea and a chat. Come along!

**T** 0117 939 9999  
**E** [contact@southbankbristol.biz](mailto:contact@southbankbristol.biz)  
**W** [www.southbankbristol.biz](http://www.southbankbristol.biz)  
**A** Dean Lane, Bedminster, BS3 1DB

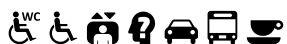


Musical

### Square Food Foundation

Weekly, drop in cookery class on Monday mornings for older people including a monthly Lunch Club and Batch Cooking session for the wider elderly community (55+). Enjoy a delicious, home cooked meal afterwards. Booking required via email or phone. Cost £5 per person per session.

**T** 0117 462 2686  
**E** [info@squarefoodfoundation.co.uk](mailto:info@squarefoodfoundation.co.uk)  
**W** [www.squarefoodfoundation.co.uk](http://www.squarefoodfoundation.co.uk)  
**A** The Park Centre, Daventry Road, Knowle, BS4 1DQ



Social

### The Withywood Centre

The Centre is a hub of activity hosting various support groups, sporting groups, recreational groups and community groups.

**T** 0117 987 8400  
**E** [reception@withywoodcentre.com](mailto:reception@withywoodcentre.com)  
**W** [www.withywoodcentre.co.uk](http://www.withywoodcentre.co.uk)  
**A** Queens Road, Bishopsworth, BS13 8QA



Advice Physical Social

### Zion Bristol

Zion Bristol is the first community owned community centre in Bristol. We are a café on weekday daytimes, as well as running a wide range of regular groups for all ages including Local History, Free Pilates, Memories Dementia Cafe and more.

**T** 0117 923 1212  
**E** [bookings@zionbristol.co.uk](mailto:bookings@zionbristol.co.uk)  
**W** [www.zionbristol.co.uk](http://www.zionbristol.co.uk)  
**A** Bishopsworth Road, BS13 7JW



Arts Physical Social Theatre



## 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](mailto:LinkAge@ageukbristol.org.uk)  
**W** [www.ageuk.org.uk/bristol/our-services/linkage](http://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](mailto:creativeshiftbristol@gmail.com)  
**W** [www.creativeshift.org.uk/our-groups](http://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](mailto:office@bristolafterstroke.org.uk)  
**W** [www.bristolafterstroke.org.uk](http://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](mailto:admin@bristolfolkhouse.co.uk)  
**W** [www.bristolfolkhouse.co.uk](http://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](mailto:BHLSVisits@royalvoluntaryservice.org.uk)  
**W** [www.royalvoluntaryservice.org.uk/our-services/bristol-hub/bristol-home-library-service](http://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](mailto:info@changesbristol.org.uk)

**W** [www.changesbristol.org.uk](http://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](mailto:afra.jurkiewicz@soundwell.org.uk)

**W** [www.soundwell.org](http://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](mailto:bristol@alzheimers.org.uk)

**W** [www.alzheimers.org.uk](http://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](mailto:info@thereader.org.uk)

**W** [www.thereader.org.uk](http://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](mailto:georgiarsmart@yahoo.co.uk)

**W** [www.facebook.com/smartballet](http://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](mailto:LinkAge@ageukbristol.org.uk)

**W** [www.ageuk.org.uk/bristol/our-services/linkage](http://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](http://www.ageuk.org.uk/bristol/our-services/linkage)
- **Email** a photo of this completed form to [linkage@ageukbristol.org.uk](mailto: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

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To find out more about Age UK Bristol:



@ageukbristol



@ageukbristol

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

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