

ACTIVITY	DESCRIPTION	TELEPHONE	EMAIL	WEBSITE
Active lifestyles centres	Specific sessions for 50+. GP referrals. Dementia friendly swimming in participating leisure centres (Henbury, Horfield, Easton, Hengrove Park, Bristol South, Jubilee)	0300 333 0300	contactus@activecentres.org	<a href="http://www.activecentres.org">www.activecentres.org</a>
Alive Activities	Connecting older people to their communities. Meaningful activities for older people in care and community settings. Cycling Without Age. Dementia friendly allotment sessions. (Brentry)	0117 377 4756	info@aliveactivities.org	<a href="http://www.aliveactivities.org">www.aliveactivities.org</a>
Bristol Bears Community Foundation	Wide range of inclusive and accessible sessions	0117 963 0684	ktavender@bristolbearsrugby.com	<a href="http://www.bristolbearsrugby.com/ourcommunity">www.bristolbearsrugby.com/ourcommunity</a>
Briston Avon Rivers Trust (BART)	River-based community wellbeing events, including river walks, river dipping, water quality citizen science monitoring and litter picking.	07955 120454	info@bristolavonriverstrust.org	<a href="http://www.bristolavonriverstrust.org">www.bristolavonriverstrust.org</a>
Downend Folk House Community Centre	Snooker, keep fit	0117 956 2367	dfha_joan@btconnect.com	<a href="http://www.downendfolkhouse.org.uk">www.downendfolkhouse.org.uk</a>
Exercise with Laili Brooks	General exercise and keep fit classes for the older adult.	01454 618 488	<a href="mailto:laili@tiscali.co.uk">laili@tiscali.co.uk</a>	<a href="http://www.exercisewithlailibrooks.com">www.exercisewithlailibrooks.com</a>
Forest Bathe	Bathing the senses in a safe forest atmosphere whilst slowly walking no more than 2km, supported by a certified, experienced Forest Therapy guide.	07774 695589	carina@forestbathe.co.uk	<a href="http://www.forestbathe.co.uk">www.forestbathe.co.uk</a>
Forest of Avon Trust	Dementia wellbeing sessions. Sensory stimulation, peer support and social contact. Foraging, cooking on the fire, art and craft, bird listening. Wednesday 10-11am		rachel.tomlinson@forestofavontrust.org	<a href="http://www.forestofavontrust.org/for-people/woodland-wellbeing">www.forestofavontrust.org/for-people/woodland-wellbeing</a>
Fresh Arts at North Bristol NHS Trust	Weekly Dance for Parkinson's group.	07554 334828	<a href="mailto:fresh.arts@nbt.nhs.uk">fresh.arts@nbt.nhs.uk</a>	<a href="http://www.nbt.nhs.uk/fresh-arts">www.nbt.nhs.uk/fresh-arts</a>
G B Britton Bowls Club	Friendly and sociable club	0117 965 4783	gbbritton1919@gmail.com	<a href="http://www.gbbrittonbowlsclub.co.uk">www.gbbrittonbowlsclub.co.uk</a>
Lyde Green Community Association	Exercise classes	0117 957 0410	info@lydegreenca.org	<a href="http://www.lydegreenca.org">www.lydegreenca.org</a>
Map with age friendly physical activity sessions in South Glos	Locations of Physical Activity, Sport and Movement groups/sessions in South Gloucestershire			<a href="#">FBISG Activity - Google My Maps</a>
Ramblers Walking for Health	Helping people lead a more active lifestyle and improving mental and physical wellbeing. Short and easy terrain walks, open to everyone.	07799 089575	walkingforhealth@ramblers.org.uk darren.gillett@bristol.gov.uk	<a href="http://www.walkingforhealth.org.uk/walkfinder">www.walkingforhealth.org.uk/walkfinder</a>
Southern Brooks Wellbeing Service	Helping people to make small changes to improve their wellbeing. Free workshops. 30mn wellbeing plan phone call. Signposting.	01454 868 5837	wellbeing@southernbrooks.org.uk	<a href="http://www.southernbrooks.org.uk/wellbeing">www.southernbrooks.org.uk/wellbeing</a>
Tai Chi Works	Sitting Tai Chi and Qigong to help with balance, confidence, flexibility and wellbeing.	0117 942 4167	taijiworks@myphone.coop	<a href="http://www.taichiworksbristol.co.uk">www.taichiworksbristol.co.uk</a>
Tea Dances	Rotary Club / Alzheimer's Society Chipping Sodbury Town Hall. Various dates through the year.	0117 961 0693	<a href="mailto:southgloucestershire@alzheimers.org.uk">southgloucestershire@alzheimers.org.uk</a>	
The Park Centre Kingswood	Various clubs and activities, including a 50+ club.	01454 862 190	enquiries@theparkcentre.kingswood.co.uk	<a href="https://parkcentrekingswood.co.uk/">https://parkcentrekingswood.co.uk/</a>
Walking Well	South Glos Young Onset Dementia walking group	01454 863 440	<a href="mailto:walking@southglos.org.uk">walking@southglos.org.uk</a>	
We are BS15 gardening for wellbeing	Trinity Food Garden Holy Trinity Church Hall, 50 Summit Close, BS15 9AB	01454 300 186		<a href="http://www.wearebs15.co.uk">www.wearebs15.co.uk</a>

Wellbeing Friends Winterbourne & District Community Association	Winterbourne. 1st and 3rd Thursday of the month. Booking essential.	Edna: 07789 662 694		
Wesport	Stay strong and steady class, evidence based fall prevention class to improve balance and strength. St Michaels Centre, Stoke Gifford BS34 8PD	07734 440 449	<a href="mailto:info@wesport.org.uk">info@wesport.org.uk</a>	
Wheels for all Bath & West	Special bikes, trikes, access to the traffic free cycling circuit, regular sessions offering fun and freedom of cycling for people who might otherwise find it challenging or impossible.	07530 263014	<a href="mailto:chris.revill@cycling.org.uk">chris.revill@cycling.org.uk</a>	<a href="https://www.facebook.com/wheelsforallbathandwest">www.facebook.com/wheelsforallbathandwest</a>
Woodland Wellbeing	Relax in nature. Brinsham Park, Yate. Every other Wednesday	07855 560 865	<a href="mailto:rachel.tomlinson@forestofavontrust.org">rachel.tomlinson@forestofavontrust.org</a>	
YODA (Young Onset Dementia Activities)	Badminton and table tennis, walks, skittles, social, activities in Yate and South Glos parks.		<a href="mailto:office@bdaa.org.uk">office@bdaa.org.uk</a>	