



St Monica Trust

What's on for over 55s

Bedminster, Southville and Ashton

Spring - Summer 2018













BEDMINSTER, SOUTHVILLE AND ASHTON

Types of activities available

Arts & Crafts	See pages 10, 12, 17, 20, 24, 27
Dance Classes	See pages 9, 11, 21, 24
Exercise Classes	See pages 7, 9, 20, 21, 24
Music / Singing Classes	See page 22, 23
Social Groups	See pages 6, 17-19, 21-23, 25-29
Special Interest Groups	See pages 5, 6, 8-12, 17-20, 22-25, 27-29
Sports	See pages 5-7, 10, 19, 24-26, 28
Walking Groups	See pages 5, 7

Key to activities

 Bus	 Toilets
 Dementia Friendly	 Parking
 Accessible	 Refreshments
 Lunch	 Stairs
 Hearing Loop	 Taster Tokens*

*LinkAge Network and Macmillan Cancer Support are working together to support people affected by cancer. Our Taster Tokens are available for anyone affected by cancer to access up to 5 free activities. To find out more please call 0117 353 3042.

Founded in 1925, The St Monica Trust provides accommodation, care and support for older people and disabled people in Bristol and surrounding counties.



It specialises in pioneering accommodation solutions that enable residents to enjoy and maintain their independence. A not-for-profit organisation, the Trust employs more than 1,200 people dedicated to providing high-quality accommodation and care for older people, including residents funded by social services.

With award-winning accommodation, care homes, specialist short term care facilities, domiciliary care and dedicated dementia facilities, the charity is a vibrant, innovative organisation. Its services promote independence, dignity and fulfilment for more than 1,000 residents and the Trust regularly sets benchmarks for the very best practice in care and support for older people.


The LinkAge Network's mission is to create lasting solutions that strengthen communities, improve health and wellbeing, and reduce social isolation among older people.



LinkAge Network is a local charity that has been active in Bristol since 2007, originating from a recommendation by the Bristol Older Person's Partnership Board.

The LinkAge Network fulfils its mission by keeping people aged 55+ at the heart of our work. We deliver projects, run a Network, disseminate resources and inform over 55s about what's on across Bristol.

The core funders of the LinkAge Network are The Anchor Society and Bristol Ageing Better.

 0117 353 3042

 enquiries@linkagenetwork.org.uk

www.linkagenetwork.org.uk

St Monica Trust has been working with the community in Bedminster, Southville and Ashton for over 11 years to reduce loneliness and isolation amongst older people.



We have achieved this through working with local community members and local organisations, sharing the vision to help older people live more fulfilled lives. Our work in BS3 is supported by Bristol Ageing Better.

Led by our local Advisory Group, we help set up and run a varied programme of activities. We also run a Befriending Scheme, offering companionship and friendship for older people in their homes and also facilitate a Partnership Network of local organisations.

Dan Lewin

Dan Lewin, Community Development Worker
0797 015 9974 dan.lewin@stmonicatrust.org.uk



Fiona Martin

Fiona Martin, Administrator
0117 305 2365 fiona.martin@stmonicatrust.org.uk

Karen Bennett

Karen Bennett, Community Befriending Officer
0787 540 6844 karen.bennett@stmonicatrust.org.uk



Community Development Team, Monica Wills House,
Cromwell Street, Bedminster BS3 3NH.

The Over 55s Cinema Club

M

A weekly screening of films including subtitled and black and white films. Phone for monthly programme.

WHEN	Monday
TIME	2pm doors open, 2.30pm film starts
COST	£2
VENUE	Southbank Club, Dean Lane, BS3 1DB
BUSES	24, 75, 76
CONTACT	0117 305 2365



Walking Rugby

M

A fully non-contact version of the game, played at walking pace - competitive team activity and fun for all abilities.

WHEN	Monday
TIME	10am - 11am
COST	£4 / free to season ticket holders
VENUE	Various venues in BS3
BUSES	
CONTACT	0776 644 6572



Walking Group - Stroll 'n' Chat

Friendly group who walk 3 miles on varied routes, local and further afield. For those who can walk an hour+.

WHEN	Monday and alt. Thursday/Fridays
TIME	Usually starts at 10am
COST	FREE
VENUE	Various locations
BUSES	
CONTACT	0117 305 2365 for a walk programme



Over 55's Footcare

Non medical nail cutting service. We cannot treat corns, in-growing toenails or verrucas. 45 min. hand and foot package available.

WHEN	1st & 3rd Tuesday of the month
TIME	9am - 2.30pm
COST	Nail cut and file feet £10/ hands £5
VENUE	Monica Wills House, Cromwell St
BUSES	52, 75, 76 - very limited parking
CONTACT	0117 305 2365 - booking essential



Walking Football

A slower version of football for over 55s. Beginners and intermediate sessions running concurrently.

WHEN	Tuesday (term time only)
TIME	10.30am - 12pm
COST	£4
VENUE	South Bristol Sports Centre, BS14 9EA
BUSES	2, 36, 57, 515
CONTACT	0117 305 2365



Advisory Group

We are looking for enthusiastic and knowledgeable individuals to help make a difference to their local community.

WHEN	1st Tuesday of the month
TIME	10.30am - 12pm
COST	FREE
VENUE	Monica Wills House, Cromwell Street
BUSES	52, 75, 76 - very limited parking
CONTACT	0117 305 2365



Tai Chi

M

Monica Wills House activity. For people with balance and mobility problems. The class is not the full Tai Chi form and is mainly seated.

WHEN	Tuesday (term time only)
TIME	2pm - 3pm
COST	£2
VENUE	Monica Wills House, Cromwell Street
BUSES	52, 75, 76 - very limited parking
CONTACT	0117 305 2365



Victoria Park Short Walk

Short, fun, led walks held at a steady pace. Walk routes on tarmacked paths with some hills. Meet at venue below. Just turn up.

WHEN	2nd & 4th Tuesday of the month
TIME	10.30am
COST	FREE
VENUE	Windmill Hill City Farm, BS3 4EA
BUSES	75, 76, 90
CONTACT	0117 305 2365



Skittles

Classic pub game played for fun. Easy to learn, difficult to master and great fun for beginners and experts alike. Booking essential.

WHEN	Wednesday
TIME	2pm
COST	FREE
VENUE	The Ship Inn, Redcliff Hill, BS1 6PA
BUSES	24, 52, 75, 76, 90
CONTACT	0117 305 2365





Computer Courses



6 week course. Learn basic computer skills. Thank you to Compuwave for funding our computer maintenance. Booking essential.

WHEN	Thursday
TIME	2pm - 4pm
COST	£15 per 6 week course
VENUE	Bedminster Library, BS3 4AQ
BUSES	52, 75, 76, 90, 512
CONTACT	0117 305 2365 for course dates



French for Beginners

M

Monica Wills House activity. Friendly group exploring French language, food and culture. Open to non-residents.



WHEN	Thursday (term time only)
TIME	10.45am - 11.45am
COST	£2
VENUE	Monica Wills House, Cromwell Street
BUSES	52, 75, 76 - very limited parking
CONTACT	0117 305 2365



Zumba Gold in the Chair

M

Monica Wills House activity. For those with limited mobility. Have some fun and keep fit to zesty music. Open to non-residents.

WHEN	Alternate Thursdays
TIME	4.30pm - 5.30pm
COST	£2
VENUE	Monica Wills House, Cromwell Street
BUSES	52, 75, 76 - very limited parking
CONTACT	Marie on 0117 963 4104



New Age Curling

M

A sport that can be played by all abilities. The game doesn't require any physical fitness, but exercises muscles you wouldn't usually use!



WHEN	Friday
TIME	11am - 12pm
COST	£2
VENUE	The Elephant House, 1 Dean Lane
BUSES	24, 75, 76
CONTACT	0117 305 2365



Art Class

M

Monica Wills House activity. Arts and craft group working on projects. Open to non-residents.



WHEN	Friday (term time only)
TIME	10am - 12pm
COST	£2
VENUE	Monica Wills House, Cromwell Street
BUSES	52, 75, 76 - very limited parking
CONTACT	0117 305 2365



Monthly Quiz

Come and test your general knowledge. Prize fund from entry fee. Why not lunch first? Discount available at Monica Wills restaurant.

WHEN	1st Friday of the month
TIME	2pm - 4pm
COST	£2
VENUE	Monica Wills House, Cromwell Street
BUSES	52, 75, 76 - very limited parking
CONTACT	0117 305 2365



Line Dancing

Come and join this friendly dance class where we have fun. Complete beginners welcome! Open to all abilities and experience.

WHEN	Friday
TIME	1.30pm - 2.30pm
COST	£4
VENUE	Southbank Club, Dean Lane, BS3 1DB
BUSES	24, 75, 76
CONTACT	0117 305 2365



Social Dance

A fun and social afternoon of dancing with a live band and dance teachers. Tea and cakes included. In partnership with BS3 Community.

WHEN	TBC
TIME	3pm - 5pm
COST	£5 in advance / £6 on the door
VENUE	Southville Centre, Beaulley Road
BUSES	11a, 24, 75, 76
CONTACT	0117 305 2365 - booking essential



Cookery Courses



Cookery courses are very informal and friendly. Come and cook a starter, main and dessert, and then sit down and eat as a group.



WHEN	COMING SOON
TIME	TBC
COST	TBC
VENUE	Salem Chapel, Trafalgar Terrace
BUSES	24
CONTACT	0117 305 2365 - register your interest



Clay Exploration

Explore the many possibilities of clay. Individual and collaborative activities to create finished pieces from basic clay.

WHEN	COMING SOON
TIME	TBC
COST	TBC
VENUE	TBC
BUSES	TBC
CONTACT	0117 305 2365 - register your interest





St Monica Trust

VOLUNTEERING



Can you give the gift of time?

Loneliness can affect all of us at some part of our lives, young or old. The older we get the higher the risk of becoming lonely and isolated. Your **gift** of an hour a week could mean the **world** to someone near you.

If you would like to know more and are interested in volunteering please call Karen Bennett, Community Befriending Officer on 0117 305 2365 or 07875 406 844.

PART OF THE
LinkAge
Network



Being active during or after treatment can be a really positive step in improving your overall health and wellbeing. The benefits of being active include:

- Reducing symptoms
- Aiding recovery
- Managing stress, anxiety, low mood or depression
- Reducing the risk of recurrence
- Reducing tiredness and fatigue

Call LinkAge's Macmillan team today on **0117 353 3042** to receive your tailored activity pack, guidance of physical activity and cancer, and a 'Taster Token' which enables you to access up to 5 LinkAge Network activities for free.



Macmillan Prevention and Re-enablement Project

Get active, have fun and feel better!

Macmillan Cancer Support is working in partnership with the LinkAge Network to support people 55+ affected by cancer, by connecting them with a range of physical, social, creative and fun activities that are available across Bristol.

Discover what activities and services are available near you, by joining us for our free Macmillan Wellbeing Day's.

March 2018 - North Bristol

May 2018 - South Bristol

July 2018 - East/Central Bristol

On the day you will be treated to a free healthy lunch, talks, activity sessions, stall holders, goodie bag, and a good day out!

Call the Macmillan team today on **0117 353 3042** to register your interest and find out more about the support available.

**Transport is available but limited, please call to discuss.*

**WE ARE
MACMILLAN.**
CANCER SUPPORT

LinkAge
Network

DELIVERY SERVICE AVAILABLE 

Your local award-winning independent pharmacy

bedminster pharmacy

Promoting and supporting healthy living lifestyle

PRESCRIPTIONS COLLECTED AND DELIVERED
FROM ALL LOCAL SURGERIES

Vaccinations

- Travel Jabs
- Flu Jab
- Meningitis B



Incontinence Products



PUKKA® Organic teas



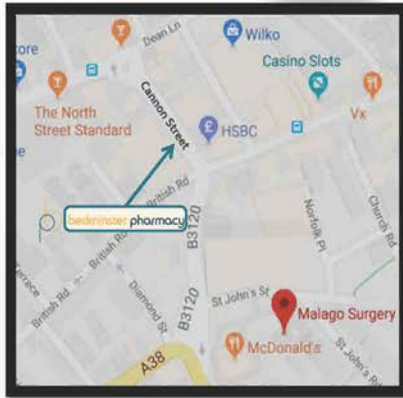
NHS Funded Smoking Cessation Programme (Incl. e-cig support)



Supports



Mobility & Living Aid Products



4-6 Cannon Street, Bedminster, Bristol BS3 1BN

CONTACT US ON

0117 985 3388

twitter  @bedminsterpharm

NHS

Providing
NHS Service

Opening hours

Mon-Fri	9-6
Sat	9-1
Sun	Closed

acta

A range of fun, free arts activities with Katie inc. story telling and visual arts. New members welcome. Transport available.

WHEN	Monday
TIME	2pm - 3.30pm
COST	FREE
VENUE	acta Centre, Gladstone St, BS3 3AY
BUSES	24, 25, 75, 76
CONTACT	0117 953 2448



Monday Club

A wide range of activities to choose from, lunch and afternoon entertainment. For availability contact the Southville Centre.

WHEN	Monday (exc. bank holidays)
TIME	10.30am - 3.30pm
COST	Call for costs
VENUE	Southville Centre, Beaulley Road
BUSES	11a, 24, 75, 76
CONTACT	0117 923 1039



Footcare

Provided by qualified and experienced foot health practitioners. Call Debbie 0787 422 7479 / Frances 0117 942 2144.

WHEN	Monday
TIME	1.30pm - 5pm
COST	£12 cut & file/£18 cut, file & treatment
VENUE	Southville Centre, Beaulley Road
BUSES	11a, 24, 75, 76
CONTACT	See above - booking essential



Memories of Bedminster

Local friendly, active, social group with activities and guest speakers. All welcome. Call Barbara 0117 949 5680 / Shirley 01275 541338.

WHEN	Monday
TIME	1.30pm - 3.30pm
COST	£1.50
VENUE	South Bristol Christian Centre
BUSES	52, 75, 76
CONTACT	See above



Over 55s Social & Computer Cafe

Pop in for a chat, cuppa, plus if wanted, support with mobiles, tablets and computers. Support in a friendly welcoming environment.

WHEN	Fortnightly Monday / Friday
TIME	1.15pm - 3.15pm / 10.15am - 12.15pm
COST	FREE
VENUE	Mezzaluna / Tobacco Factory
BUSES	24, 75, 76
CONTACT	Ruth on 0742 926 8673



The South Bristol Alzheimer / Dementia Cafe

For people living with Dementia and their carer(s). A safe and supportive environment, with either an informative session or activity.

WHEN	4th Monday of the month
TIME	2pm - 4pm
COST	FREE
VENUE	Monica Wills House, Cromwell Street
BUSES	52, 75, 76 - very limited parking
CONTACT	Jacqui on 0785 418 5093



Sporting Memories Group

Focusing on people's memories of their own involvement and support of local and national teams in sport, and the effect on their lives.

WHEN	Tuesday (Bi-monthly)
TIME	2pm - 4pm
COST	FREE
VENUE	Southville Centre, Beaulley Road
BUSES	11a, 24, 75, 76
CONTACT	0117 923 1039



Ashton Silver Social

Come along for a hot drink and chat with likeminded people. Monthly fish & chip lunch. Activities inc. cookery, table tennis and pool.

WHEN	Tuesday
TIME	11am - 1pm
COST	FREE
VENUE	Ashton Vale Youth Club, Silbury Rd
BUSES	24
CONTACT	Julie on 0792 044 1176



Bedminster Carer Support Group

Information, advice and support for people caring for someone at home. Guest speakers and discussions about carers needs. Drop in!

WHEN	3rd Tuesday of the month
TIME	10.15am - 12.15pm
COST	FREE
VENUE	Bedminster Methodist Church Hall
BUSES	
CONTACT	Carersline on 0117 965 2200



Keep Fit

Keep Fit classes run on a Monday. Wear suitable clothing and footwear.



WHEN	Monday
TIME	10am - 11.30am
COST	£4
VENUE	The St. Francis Centre, North Street
BUSES	24
CONTACT	Dorene on 0117 937 2280



Basketry

Action for Blind People. Basketry group aimed primarily at the blind and partially sighted.



WHEN	Tuesday
TIME	2pm - 4pm
COST	£2
VENUE	RNIB, Stillhouse Lane, BS3 4EB
BUSES	
CONTACT	0117 953 7750



CLASS Group

Join our friendly, informal group to share your knowledge and research various topics. Donations for refreshments.



WHEN	Tuesday (term time only)
TIME	10am - 12pm
COST	£40 per term
VENUE	St Mary Redcliffe 6th Form School
BUSES	24, 75, 76
CONTACT	Julie on 0755 221 8199



Information Session: Action for Blind People

An information session for the blind and partially sighted.



WHEN	Wednesday
TIME	2pm - 4pm
COST	50p
VENUE	RNIB, Stillhouse Lane, BS3 4EB
BUSES	24, 75, 76
CONTACT	0117 953 7750



Windmill Hill City Farm

Older people's group. Choose from a range of activities including trips out and activities at the farm. Transport available.



WHEN	Wednesday & Friday
TIME	Mon 1pm - 5pm / Fri 10am - 5pm
COST	FREE
VENUE	Windmill Hill City Farm, Philip Street
BUSES	24, 75, 76
CONTACT	0117 963 3252



Zumba Gold

M

A fun, lower impact Zumba dance fitness class inspired by dances and music from all over the world. Wear comfortable clothes.



WHEN	Wednesday
TIME	11am - 11.45am
COST	£4
VENUE	United Reform Church, West Street
BUSES	52, 75, 76
CONTACT	Marie on 0117 963 4104



Afternoon for People with Dementia and Carers

Fun interactive afternoons presented by Alive! Activity sessions inc. music, poetry and exercise. Local community transport available.

WHEN	1st & 3rd Wednesday of the month
TIME	2pm- 4pm
COST	£2 suggested donation
VENUE	Southville Centre, Beaulay Road
BUSES	11a, 24, 75, 76
CONTACT	ops.enquiries@southvillecentre.org.uk



Age UK Bristol Footcare Clinics

For over 55's unable to cut their toenails and not receiving a cutting service from the NHS. Please call to make an appointment.

WHEN	Wednesday
TIME	9am - 11.30am
COST	£15 for 1st appointment / £12
VENUE	Granby House Clinic, West Street
BUSES	52, 75, 76
CONTACT	0117 929 7537



Hymn Sing-Along

All your favourites and well-loved hymns. Refreshments afterwards. A word of warning - we're not brilliant singers but we enjoy it!

WHEN	1st Wednesday of the month
TIME	11am - 12pm
COST	Free or small donation
VENUE	Faithspace Centre, Prewett Street
BUSES	24, 52, 75, 76, 90
CONTACT	Rosemary on 0117 922 1627



acta Community Choir

A fantastic intergenerational group of local residents. All ages welcome. No experience necessary.



WHEN	Wednesday
TIME	6pm - 7.30pm
COST	FREE
VENUE	acta Centre, Gladstone Street
BUSES	24, 25, 75, 76
CONTACT	0117 953 2448



Ladies Group

Social group with talks, tea, coffee and biscuits.



WHEN	1st Wednesday of the month
TIME	7.45pm - 9.30pm
COST	£3
VENUE	St Francis Centre, St Francis Road
BUSES	24
CONTACT	Mrs Champion on 0117 963 3770



Bingo

Just come along and play at this fun, friendly bingo club. Costs will vary. Tea and biscuits available.



WHEN	Wednesday
TIME	1.30pm - 3pm
COST	50p entry
VENUE	St Francis Centre, St Francis Road
BUSES	24
CONTACT	Alison on 0744 345 2448



Rowing

Come and have a go. Beginners welcome! Free refreshments available. Bring a change of clothes. Booking essential.

WHEN	Wednesday
TIME	10am - 12pm
COST	£7
VENUE	Young Bristol Activity Centre
BUSES	
CONTACT	0773 433 5878



Creative Writing

Creative writing for health and wellbeing. Class held weekly at Bedminster Library.

WHEN	Wednesday
TIME	2pm - 4pm
COST	Donation
VENUE	Bedminster Library, Bedminster Parade
BUSES	24, 75, 76
CONTACT	Rob on 0117 972 8827



Zumba Gold Toning

Combines the fun rhythm of Zumba Gold with use of lightweight toning sticks. Helps to prevent reduction in muscle mass & strength.

WHEN	Thursday
TIME	10.30am - 11.30am
COST	£5
VENUE	United Reform Church, West Street
BUSES	52, 75, 76
CONTACT	Marie on 0117 963 4104



Coffee Morning

RNIB and Action for Blind People Coffee Morning for the blind and partially sighted.



WHEN	Thursday
TIME	10am - 12pm
COST	50p
VENUE	RNIB, Stillhouse Lane, BS3 4EB
BUSES	24, 75, 76
CONTACT	RNIB reception on 0117 953 7750



Walking Netball

Suitable for over 50's, new beginners and those who played netball at school. Free introductory sessions for newcomers.



WHEN	Thursday
TIME	11am - 11.55am
COST	£4.50 dropin / £20 for 5 sessions
VENUE	Hengrove Leisure Centre, BS14 0DE
BUSES	75, 76
CONTACT	Cressida on 07808 581 739



Over 55's Mental Wellbeing Support Group

Support group for those who would like support in managing depression, anxiety or other mental health problems.



WHEN	Thursday
TIME	3pm - 5pm
COST	Donations only
VENUE	RNIB, Stillhouse Lane, BS3 4EB
BUSES	52, 76
CONTACT	Changes Bristol on 0117 941 1123





Golden Memories

Using the power of sport to bring all together. Reminiscence sessions around sporting events, teams, stories and light physical activity.

WHEN	Friday
TIME	12.30pm - 3.30pm
COST	FREE
VENUE	Bowls venues in BS3 area
BUSES	
CONTACT	Kris on 0776 644 6572



Board Games Club

Come and join others at this local pub and choose from a wide selection of board games to play together.



WHEN	Friday
TIME	2pm - 4pm
COST	FREE
VENUE	The Colosseum Pub, Redcliffe Hill
BUSES	24, 52, 74, 75, 76, 90
CONTACT	0117 987 0070



Community Art Class



A chance to get creative with paints, develop your skills and learn new ones. A fun, friendly group for over 50s taught by Jenny Mizel.



WHEN	Friday
TIME	2.15pm - 4.15pm
COST	£7
VENUE	Faithspace, Prewett Street, BS1 6PB
BUSES	24, 52, 75, 76, 90
CONTACT	Jenny Mizel on 07855 891 960



U3A

Over 100 small activity groups for retired people across Bristol. Something for everyone. Activities include walking, history and theatre.



WHEN	Something most days
TIME	Various
COST	£20 per year (covers most activities)
VENUE	Various
BUSES	
CONTACT	0117 963 1032



Greville Smyth Community Bowls

A community bowls club run for all ages by volunteers. No dress code. Wear flat shoes to protect the green. Membership £20.



WHEN	April - September
TIME	Various
COST	£3 members or £5 green fees
VENUE	Greville Smyth Park
BUSES	24
CONTACT	John on 0771 700 9655



Bedminster Social Club

Weekly informal coffee and chat. A variety of events each month inc. cinema, museum trips and lunch. Just turn up.



WHEN	Various
TIME	Various - call 0117 963 3652
COST	FREE
VENUE	Mezzaluna Cafe, West Street
BUSES	52, 75, 76
CONTACT	benbarker@blueyonder.co.uk



Bristol Indoor Bowls Club

Woods supplied. Coaching sessions available. Summer months open Tues & Thurs. Venue suitable for all to visit and play.



WHEN	See above
TIME	10am - 4pm
COST	£3.50 for 2 hours
VENUE	Bowls Centre, South Liberty Lane
BUSES	24
CONTACT	0117 963 3460



Over 55's Cycling Group

For those who'd like to get back on their bikes, stay active and meet new people. Short rides or longer rides around Bristol.

WHEN	Various
TIME	Various
COST	FREE
VENUE	Various local rides
BUSES	
CONTACT	0117 353 4580



Patchwork Gardening

Local group aiming to make neglected areas more attractive to residents and wildlife.
<http://bedminsterpatchwork.tumblr.com/>

WHEN	Various
TIME	Various
COST	FREE
VENUE	Various
BUSES	
CONTACT	0117 923 1039



Bristol Older People's Forum

Open Forum meetings take place 8 times a year across Bristol. Members receive 3 newsletters throughout the year.

WHEN	Various
TIME	10.30am - 12.30pm
COST	Membership is FREE
VENUE	Broadmead Baptist Church
BUSES	
CONTACT	0117 927 9222





Care at Home

*Do you, or a relative,
need a home care service?*

Our friendly service is easy to set up
and we tailor so it is just right for you.

- Fast assessment
- Flexible hours
- Simple prices
- Quality care service

Let's talk.

Call **0117 962 9127**
or drop into our office
at **47 Henleaze Road.**



St Monica Trust

www.stmonicastrust.org.uk/what-we-do/care-home
careathome@stmonicastrust.org.uk

Registered Charity 202151

**To find out more about activities in Bedminster,
Southville and Ashton please contact St Monica
Trust on:**

0117 305 2365

dan.lewin@stmonicastrust.org.uk

**To find out more about St Monica Trust's Community
Befriending Scheme please contact:**

0787 540 6844

karen.bennett@stmonicastrust.org.uk