

### What's on for over 55s

**Bath and the Surrounding Area** 

Spring - Summer 2018



#### Types of activities available

| Arts & Crafts S          | ee pages 7, 9, 10, 12, 14, 26                   |
|--------------------------|---|
| Cooking                  | See pages 9, 28                                 |
| Dance Classes            | See pages 6, 7, 8                               |
| Exercise Classes See pag | ges 6, 8, 10, 11, 15, 26, 28, 29                |
| Music / Singing Classes  | See page 15, 24, 25                             |
| Social Groups S          | ee pages 8, 9, 11, 13, 25, 27                   |
| Special Interest Groups  | See pages 6, 10, 11, 14, 16, 17, 20, 26, 27, 29 |
| Sports                   | See pages 5, 6, 23, 28, 29                      |
| Walking Groups           | See pages 27, 29                                |
| Key to activities        |   |
| <b>⊜</b> Bus             | •• Toilets                                      |
| D Dementia Friendly      | P Parking                                       |
| & Accessible             | Refreshments                                    |
| ĭl Lunch                 | <u>,</u> Stairs                                 |
|                          |   |

This guide is funded by St John's Foundation and Quartet, and supported by LinkAge Network.

# St John's Foundation have been providing care and support to the people of Bath and the surrounding area for over 844 years.



Our purpose is to build resilience in people, enterprises and communities. In 2017, we had a positive impact on over 20,000 people's lives.

Providing Almshouse accomodation is at the heart of our work. We have over 100 residents living across 5 sites. Our Independent Living Service operates 365 days a year, twenty-four hours a day, to support our residents to live as independently as possible.

Our Funding Support Programme supports charities and organisations and individuals facing a point of crisis. In 2017 the programme distributed £1.4m to local charities delivering vital programmes. In 2018 this will increase to £2m, responding to the increasing challenges faced by our communities.

Our Community Outreach Service facilitates inspiring opportunities for people 55 plus which enrich lives, promotes positive ageing and reduces isolation and loneliness.

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.

**2**0117 353 3042

≥ enquiries@linkagenetwork.org.uk www.linkagenetwork.org.uk

## Hello and welcome to your first edition of What's On for Over 55s.

Following the success of our flagship hub, The Bubble, we are now expanding our positive activity programme to reach more older people across Bath and the surrounding areas.

Our varied programme offers activities that are fun and sociable. We facilitate these inspiring opportunities for people over 55 to enrich lives, promote positive ageing and reduce isolation and loneliness.

We work in partnership with many organisations which allows more people to actively engage in their local community and access services that they may not be aware of.



#### Ricky Bush

Ricky Bush, Community Outreach Manager 01225 486453 ricky.bush@stjohnsbath.org.uk

#### Jayne Howse

Jayne Howse, Community Outreach Officer 01225 486454 jayne.howse@stjohnsbath.org.uk

#### Sam Norris

Sam Norris, Community Outreach Officer 01225 486403 sam.norris@stjohnsbath.org.uk



Sam, Jayne and Ricky

St John's Foundation, 4-5 Chapel Court, Bath, BA1 1SQ.

#### **Seated and Gentle Yoga**

Light-hearted classes suitable for beginners and returners. Classical yoga and exercises that support age related conditions.

| WHEN    | Monday  |
|---------|---|
| TIME    | 10am - 11am / 11.30am - 12.30pm                 |
| COST    | £3  |
| VENUE   | The Bubble, St John's, 4/5 Chapel Court         |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | 01225 486454 / 01225 486403                     |



#### **Creative Writing**

WHEN Monday

A variety of activities to spark ideas for you to surprise yourself with short stories, poetry or life writing. Led by writer Michael Loveday.

| WHEN    | Monday (fortnightly)                            |
|---------|---|
| TIME    | 2pm - 4pm                                       |
| COST    | £4  |
| VENUE   | The Bubble, St John's, 4/5 Chapel Court         |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | 01225 486454 / 01225 486403                     |



#### Silver Swans Ballet - Beginners

For those new to ballet. Working on posture, alignment and balance. Class mainly consists of exercises at the barre and arm movements.

| WHEN    | Monday  |
|---------|---|
| TIME    | 2pm - 2.40pm                                    |
| COST    | £15 for 6 weeks                                 |
| VENUE   | The Chapel, St John's, 4/5 Chapel Court         |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | 01225 486454 / 01225 486403                     |



#### Silver Swans Ballet - Improvers

For those with ballet knowledge wishing to develop their technique. Working on improving extension, strength and placement.

| WHEN    | Monday  |
|---------|---|
| TIME    | 2.45pm - 3.25pm                                 |
| COST    | £15 for 6 weeks                                 |
| VENUE   | The Chapel, St John's, 4/5 Chapel Court         |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | 01225 486454 / 01225 486403                     |



#### **Silver Swans Ballet - Intermediates**

For those with good technical ballet foundation looking for a challenge. Coordination, agility and complex sequences.

| WHEN    | Monday  |
|---------|---|
| TIME    | 3.30pm - 4.10pm                                 |
| COST    | £15 for 6 weeks                                 |
| VENUE   | The Chapel, St John's, 4/5 Chapel Court         |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | 01225 486454 / 01225 486403                     |



#### **Learning to Paint with Acrylics**

Are you a complete beginner to painting? Learn how to mix colours, practice techniques and create unique art with tutor Lucy Nicholls.

| WHEN    | Monday                          |
|---------|---------------------------------|
| TIME    | 10am - 12.30pm                  |
| COST    | £3                              |
| VENUE   | Curo, Carpenters Lane, Keynsham |
| BUSES   | 19a, 349, 665, 683              |
| CONTACT | 01225 486454 / 01225 486403     |



#### The BIG Somer Valley Social

Come along and enjoy a cuppa, some company and a game of New Age Kurling. Partnering with the Carers' Centre.

| WHEN    | Monday (monthly - call for dates)         |
|---------|---|
| TIME    | 10am - 12pm                               |
| COST    | FREE                                      |
| VENUE   | Mardon's Social Club, Midsomer Norton     |
| BUSES   | 82, 82a, 83, 172, 173, 174, 178, 184, 185 |
| CONTACT | 01225 486454 / 01225 486403               |







#### **Learn to Tap Dance**

Join Lizzie from Little Dancers to learn tap dancing. Dance helps to improve balance, strength and coordination.

| WHEN    | Monday                         |
|---------|--------------------------------|
| TIME    | 2.15pm - 3.15pm                |
| COST    | £3.50                          |
| VENUE   | Rush Hill United Reform Church |
| BUSES   | 4, 20a, 42                     |
| CONTACT | 01225 486454 / 01225 486403    |









#### **Gentle Exercise**

Fun and friendly exercise classes led by a qualified tutor. The sessions will help you keep fit and take part regardless of your ability.

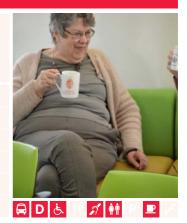
| WHEN    | Monday                                |
|---------|---------------------------------------|
| TIME    | TBC                                   |
| COST    | £3                                    |
| VENUE   | Hanover Court, Salisbury Rd, Larkhall |
| BUSES   | 6a, 7, 779                            |
| CONTACT | 01225 486454 / 01225 486403           |



#### The BIG Social

Come along for a cuppa and enjoy some company. If you love to bake, why not bring a cake to share? Refreshments included.

| WHEN    | Tuesday   |
|---------|---|
| TIME    | 12pm - 1.30pm                                   |
| COST    | Donations                                       |
| VENUE   | The Bubble, St John's, 4/5 Chapel Court         |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | 01225 486454 / 01225 486403                     |



#### **Cooking for over 75s**

For inexperienced cooks to those wanting to take their learning to the next level. Cook delicious recipes and then enjoy as a group.

| WHEN    | Tuesday   |
|---------|---|
| TIME    | 2.30pm - 5.30pm                                 |
| COST    | £3  |
| VENUE   | The Bubble, St John's, 4/5 Chapel Court         |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | 01225 486454 / 01225 486403                     |



#### **Art Group**

For beginners and the experienced. The tutor's aim is to cover the important skills needed to be creative and produce quality work.

| WHEN    | Tuesday                              |
|---------|--------------------------------------|
| TIME    | 10am - 12.30pm                       |
| COST    | £3                                   |
| VENUE   | Combe Grove Hotel, Brassknocker Hill |
| BUSES   | n/a                                  |
| CONTACT | 01225 486454 / 01225 486403          |



#### **Creative Writing - Radstock**

A variety of activities to spark ideas for you to surprise yourself with short stories, poetry or life writing. Led by writer Michael Loveday.

| WHEN    | Tuesday (fortnightly)                      |
|---------|--|
| TIME    | 10.30am - 12.30pm                          |
| COST    | £4   |
| VENUE   | NE Somerset Carers Centre, Radstock        |
| BUSES   | 82, 82a, 172, 173, 174, 178, 179, 185, 414 |
| CONTACT | 01225 486454 / 01225 486403                |



#### **Chair Based Exercise**

Improve your balance, coordination and strength with Hugh Gorton. This is designed for those with issues such as joint problems.

| WHEN    | Tuesday                     |
|---------|-----------------------------|
| TIME    | TBC                         |
| COST    | £3                          |
| VENUE   | TBC                         |
| BUSES   | n/a                         |
| CONTACT | 01225 486454 / 01225 486403 |



#### **Learn to Paint with Acrylics**

Are you a complete beginner to painting? Learn how to mix colours, practice techniques and create unique art with tutor Lucy Nicholls.

| WHEN    | Tuesday                     |
|---------|-----------------------------|
| TIME    | 10am - 12.30pm              |
| COST    | FREE                        |
| VENUE   | Curo, Haviland Road, Weston |
| BUSES   | 4                           |
| CONTACT | 01225 486454 / 01225 486403 |



#### **Intergenerational Activities**

Join Bath College and Riverside Nursery for creative activities, conversation and games. 6th March, 17th April, 1st May and 5th June.

| WHEN | Tuesday (see dates above) |  |
|------|---------------------------|--|
|      |                           |  |

**TIME** 10am - 11am

**COST** Free

**VENUE** The Bubble, St John's, 4/5 Chapel Court

BUSES 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4

**CONTACT** 01225 486454 / 01225 486403



#### **BIG Social - Larkhall**

Come along for a cuppa and some company. If you love to bake, why not bring along a cake to share? Refreshments provided.

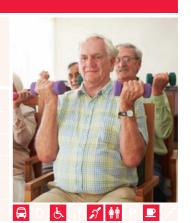
| WHEN    | 2nd Tuesday of the month              |
|---------|---------------------------------------|
| TIME    | 10am - 12pm                           |
| COST    | Donations                             |
| VENUE   | Hanover Court, Salisbury Rd, Larkhall |
| BUSES   | 6a, 7, 779                            |
| CONTACT | 01225 486454 / 01225 486403           |



#### **Chair Based Exercise**

Improve your balance, co-ordination and strength with Hugh Gorton. This is designed for those with issues such as joint problems.

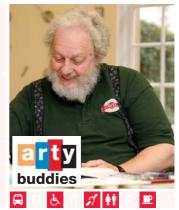
| WHEN    | Wednesday                                       |
|---------|---|
| TIME    | 10am - 11am / 11.15am - 12.15pm                 |
| COST    | £3  |
| VENUE   | The Bubble, St John's, 4/5 Chapel Court         |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | 01225 486454 / 01225 486403                     |



#### Have A Go @ Art

Make friends and have fun experimenting with all types of art materials in a supportive, relaxed environment, with Jaq Hough.

| WHEN    | Wednesday                                       |
|---------|---|
| TIME    | 2pm - 4.30pm                                    |
| COST    | £3  |
| VENUE   | The Bubble, St John's, 4/5 Chapel Court         |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | 01225 486454 / 01225 486403                     |



#### **Chapel Service**

Relaxed and friendly service in the Georgian chapel with Rev. John Goodden. Followed by tea and a chat in the Chapel House Foyer.

| WHEN    | Wednesday & Sunday                              |
|---------|---|
| TIME    | Weds @ 11am / Sun @ 11.30am                     |
| COST    | FREE  |
| VENUE   | The Chapel, St John's, 4/5 Chapel Court         |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | 01225 486454 / 01225 486403                     |



#### **Art for Heart Sake**

For beginners and the experienced. The tutor's aim is to cover the important skills needed to be creative and produce quality work.

| WHEN    | Thursday  |
|---------|---|
| TIME    | 10am - 12.30pm                                  |
| COST    | £3  |
| VENUE   | The Bubble, St John's, 4/5 Chapel Court         |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | 01225 486454 / 01225 486403                     |



#### **Stitchlinks**

A friendly, therapeutic knitting group led by Betsan Corkhill. For those wishing to enjoy the benefits of crafts. Bring along your knitting!

| WHEN | 1st, 2nd, 3rd Thursday of the month |
|------|-------------------------------------|
| TIME | 2pm - 3.30pm                        |
| COST | FREE                                |

**VENUE** The Bubble, St John's, 4/5 Chapel Court 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 **BUSES** 

**CONTACT** 01225 486454 / 01225 486403



#### **Coffee Morning - Saltford**

Come along for a cuppa on us! Meet other carers and relax, with or without the person you care for. Runs in Apr, Jun, Aug, Oct & Dec.

| WHEN    | 2nd Thursday of the month          |
|---------|------------------------------------|
| TIME    | 10am - 11.30am                     |
| COST    | FREE                               |
| VENUE   | Saltford Golf Club, Golf Club Lane |
| BUSES   | 664                                |
| CONTACT | 01225 486454 / 01225 486403        |





#### **Coffee Morning - Keynsham**

Come along for a cuppa on us! Meet other carers and relax, with or without the person you care for. Runs in Mar, May, Jul, Sept & Nov.

| WHEN    | 2nd Thursday of the month        |
|---------|----------------------------------|
| TIME    | 10am - 11.30am                   |
| COST    | Free                             |
| VENUE   | Somerdale Pavilion, Cross Street |
| BUSES   | 663, 664, 665                    |
| CONTACT | 01225 486 454 / 01225 486 403    |



#### **Oldfield Park Friendly Club**

Join this friendly social club. Refreshments and entertainment included, as well as coach trips to the seaside, Christmas and Harvest meals.

| WHEN    | Thursday                                    |
|---------|---|
| TIME    | 2pm - 4pm                                   |
| COST    | £1 (plus £2 annual membership)              |
| VENUE   | Hillside Hall, Hillside Road, Oldfield Park |
| BUSES   | 8   |
| CONTACT | 01225 486454 / 01225 486403                 |
|         |   |



#### **Artful Stitchers**

Stitch group for beginners upwards led by Jill Perry. Use creative stitch, colours, threads, silks and ribbons. Basic materials provided.

| WHEN    | Friday  |
|---------|---|
| TIME    | 2pm - 4pm                                       |
| COST    | £3  |
| VENUE   | The Bubble, St John's, 4/5 Chapel Court         |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | 01225 486454 / 01225 486403                     |



#### **Stitch Friday**

Fun and friendly group provided through Bath Mind. Make something special using felts, embroidery and sewing. Materials included.

| WHEN    | Friday  |
|---------|---|
| TIME    | 10.30am - 12.30pm                               |
| COST    | £1  |
| VENUE   | The Bubble, St John's, 4/5 Chapel Court         |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | 01225 486454 / 01225 486403                     |



#### **Wellness Walk**

Meet Sandhya for a gentle walk. Meet other local over 55s, get some exercise and retreat to the local church cafe for refreshments.

WHEN TBC
TIME TBC
COST FREE

**VENUE** Keynsham

**BUSES** 

**CONTACT** 01225 486454 / 01225 486403



#### **New Age Kurling**

Kurling is a form of the original curling game, but adapted so that it can be played indoors on any smooth, flat surface. For all abilities.

WHEN TBC

TIME TBC

COST #2

**VENUE** TBC

BUSES

**CONTACT** 01225 486454 / 01225 486403



#### Ukelele

Coming soon! Learn to play simple tunes. Sessions are led by a tutor who will support you throughout, regardless of your ability.

| WHEN  | Various   |
|-------|---|
| TIME  | Various   |
| COST  | £3  |
| VENUE | The Chapel, St John's, 4/5 Chapel Court         |
| BUSES | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
|       |   |

**CONTACT** 01225 486454 / 01225 486403



#### **Keynsham Wellbeing Taster Day**

Join us for a fun, action packed day of activities for over 55's and let us know what activities you would like to see in Keynsham.

| WHEN    | Friday 6th April                     |
|---------|--------------------------------------|
| TIME    | 10am - 2pm                           |
| COST    | FREE                                 |
| VENUE   | Fear Hall, 30 High St, Keynsham      |
| BUSES   | 17, 19a, 178, 349, 663, 664, 665, A4 |
| CONTACT | 01225 486454 / 01225 486403          |



#### **Foxhill Wellbeing Taster Day**

Join us for a fun, action packed day of activities for over 55's and let us know what activities you would like to see in Foxhill.

| WHEN    | Thursday 29th March         |
|---------|-----------------------------|
| TIME    | 10am - 2pm                  |
| COST    | FREE                        |
| VENUE   | St Andrews Community Church |
| BUSES   | 2                           |
| CONTACT | 01225 486454 / 01225 486403 |



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#### **Midsomer Norton Wellbeing Taster Day**

Join us for a fun, action packed day of activities for over 55's and let us know what activites you would like in Midsomer Norton.

| WHEN    | Wednesday 4th April              |
|---------|----------------------------------|
| TIME    | 10am - 12pm                      |
| COST    | FREE                             |
| VENUE   | Centurion Hotel, Midsomer Norton |
| BUSES   | 184                              |
| CONTACT | 01225 486454 / 01225 486403      |







#### Benedictine Bath Festival (2nd - 8th July 2018)

The Benedictine Bath Festival explores a little-known chapter of Bath's heritage. A partnership between Downside Abbey, Bath Abbey, and St. John's Foundation, the series offers a range of free events throughout the city.

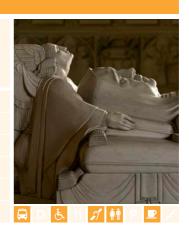
Benedictines are a community of monks and nuns that follows the Rule of St Benedict.
Benedictine Bath is a week-long celebration of the work of these men and women in this city spanning a millennium.



#### **Launch Event and Vespers**

The monks of Downside Abbey will sing Vespers in St Michael's Within. Vespers is part of the monks' Opus Dei (work of God).

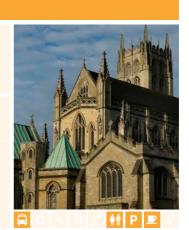
| WHEN    | Monday 2nd July                                |
|---------|--|
| TIME    | 6pm  |
| COST    | FREE   |
| VENUE   | St Michael's Within and The Bubble             |
| BUSES   | 1, 4, 5, 9, 19, 19a, 21, 37, 39, x39, 701, 716 |
| CONTACT | Mr Steven Parsons on 01761 235323              |



#### **Tour of Downside Abbey**

Described by Pevsner as one of the finest examples of the Catholic Revival, Downside Abbey is a Benedictine monastry.

| WHEN    | Tuesday 3rd July                  |
|---------|-----------------------------------|
| TIME    | 10am - 12.30pm                    |
| COST    | FREE                              |
| VENUE   | Downside Abbey                    |
| BUSES   | 174, 184                          |
| CONTACT | Mr Steven Parsons on 01761 235323 |



#### **Creating Canapes Workshop**

Learn to create beautiful medieval inspired canapes using authentic ingredients. Meat, vegetarian and vegan options available.

| WHEN    | Tuesday 3rd July                                |
|---------|---|
| TIME    | 10am - 12pm                                     |
| COST    | FREE  |
| VENUE   | The Bubble, St John's, 4/5 Chapel Court         |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | 01225 406454 1 01225 406402                     |



#### **Exhibition: The Story of Benedictine Bath**

'From Douai to Downside' tells the story of how a community of Benedictine monks came to live in the heart of Somerset.

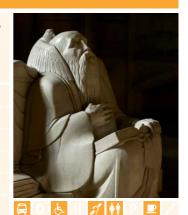
| WHEN    | Tuesday 3rd July - Friday 6th July              |
|---------|---|
| TIME    | 11am - 3pm                                      |
| COST    | FREE  |
| VENUE   | Chapel of St Michael's                          |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | Mr Steven Parson on 01761 235323                |



#### **Bath's Benedictine Monastery**

A talk about the history of Bath Abbey before the Reformation by Ollie Taylor, Bath Abbey's Head of Interpretation. Tea/coffee included.

| WHEN    | Tuesday 3rd July                                |
|---------|---|
| TIME    | 2pm - 3pm                                       |
| COST    | FREE  |
| VENUE   | Chapel of St Michael's                          |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | Oliver Taylor on 01225 303322                   |



#### **Bath's Benedictine Monastery**

A talk about the history of Bath Abbey before the Reformation by Ollie Taylor, Bath Abbey's Head of Interpretation. Tea/coffee included.

| WHEN  | Wednesday 4th July                    |
|-------|---------------------------------------|
| TIME  | 11am - 12pm                           |
| COST  | FREE                                  |
| VENUE | Midsomer Norton Town Hall, The Island |
|       |                                       |

82, 82a, 172, 173, 177, 178, 184, 185, 424 Oliver Taylor on 01225 303322



#### **Bath's Benedictine Monastery**

A talk about the history of Bath Abbey before the Reformation by Ollie Taylor, Bath Abbey's Head of Interpretation. Tea/coffee included.

| WHEN    | Thursday 5th July             |
|---------|-------------------------------|
| TIME    | 11am - 12pm                   |
| COST    | FREE                          |
| VENUE   | Saltford Hall, Wedmore Road   |
| BUSES   | n/a                           |
| CONTACT | Oliver Taylor on 01225 303322 |



#### **Bath's Benedictine Monastery**

A talk about the history of Bath Abbey before the Reformation by Ollie Taylor, Bath Abbey's Head of Interpretation. Tea/coffee included.

| WHEN    | Friday 6th July               |
|---------|-------------------------------|
| TIME    | 11am - 12pm                   |
| COST    | FREE                          |
| VENUE   | St Andrew's Church, Foxhill   |
| BUSES   | 3, 20a, 20c, 228              |
| CONTACT | Oliver Taylor on 01225 303322 |









#### **HopeSpace**

Feeling lonely, isolated, emotionally fragile, anxious or depressed? Come along to socialise and enjoy refreshments. No need to book!

| WHEN    | Tuesday   |
|---------|---|
| TIME    | 6.30pm - 9pm                                    |
| COST    | FREE  |
| VENUE   | The Bubble, St John's, 4/5 Chapel Court         |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | Call or text Laura on 0790 025 3325             |









#### **Bath Macular Society**

Friendly support group for people affected by macular degeneration. Carers and partners are welcome too. No need to book, just turn up!

| WHEN    | Tuesday   |
|---------|---|
| TIME    | 10am - 12pm                                     |
| COST    | FREE  |
| VENUE   | The Bubble, St John's, 4/5 Chapel Court         |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | 0300 303 0111                                   |











#### **Bath Diabetes Group**

A friendly group for those with Type 1 or Type 2 Diabetes, partners/friends. Share experiences and learn about services. No need to book!

| WHEN    | Wednesday                                       |
|---------|---|
| TIME    | 6.30pm - 8.45pm                                 |
| COST    | FREE  |
| VENUE   | The Bubble, St John's, 4/5 Chapel Court         |
| BUSES   | 1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4 |
| CONTACT | Clive Johnstone on 0780 283 7377                |











Bath & North East Somerset Council



## WELLBEING Options

Are you (or do you care for) an adult needing support to live a full, independent life? **Wellbeing Options** provides information about local activities, clubs, support and care.

Visit the site to find the information you need!

ocal care independent what's on healthy activities money matters support safe clubs



www.wellbeingoptions.co.uk www.facebook.com/wellbeingoptions



Slow Shopping® provides dedicated times in the week for those who live with anxiety, mental illness, those who have communication challenges, the elderly, in fact anyone who wants to go shopping and feels they may need a bit more time or support.

The Bath Slow Shopping® Project brings together Waitrose, Slow Shopping®, The Bath College Care Academy and St Johns Foundation to offer an innovative project to support those in the community who may feel less confident about going shopping.

#### Slow Shopping® offers:

- A dedicated time between 10 12 on Tuesdays when there is time for anyone who needs more support to do their shopping
- Chairs are available for you to take the weight off you feet and rest for a while if you need to
- The staff have been trained and are aware that customers may need support

Customers are not identified as having additional needs and help is available if the customer requires it.



Waitrose, The Podium, Northgate St, Bath, BA1 5AL



#### Get in touch:

T 07967 002589
W www.slowshopping.org.uk
E info@slowshopping.org.uk











#### Funding support for individuals and registered charities

Our dynamic Funding Support Programme provides financial assistance and practical support to individuals and registered charities across Bath and the surrounding area.

We welcome applications from individuals and families who have reached a crisis point in their lives. Applications on behalf of individuals and families will come to us via a Professional Referrer.

Support is provided to registered charities through a range of programmes. We encourage applications from organisations with a focus on helping people to achieve their aspirations and potential and who are helping build resilience within communities.

For more information please go to our website <a href="https://www.stjohnsbath.org.uk/funding-support-2/">https://www.stjohnsbath.org.uk/funding-support-2/</a>
Email us: <a href="mailto:grants@stjohnsbath.org.uk">grants@stjohnsbath.org.uk</a>, or call 01225 486400





#### **Monday Club**

Meet friends, enjoy tea/coffee, lunch cooked on the premises, talks and activities, and of course, summer outings. Cost includes lunch.

| Monday                           |
|----------------------------------|
| 10am - 3.30pm                    |
| £6                               |
| Millenium Hall, Chew Magna       |
| 67, 134, 640, 672, 683, 752, 754 |
|                                  |

01934 862434 / 01275 333063



#### **Singing for Fun**

**CONTACT** 

Informal and fun singing group led by an experienced pianist and leader. Sing-along to your favourite tunes and make friends!

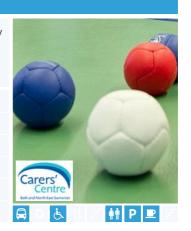
| WHEN    | Tuesday (monthly)                         |
|---------|---|
| TIME    | 2.30pm                                    |
| COST    | £3  |
| VENUE   | Orchard Hall, Midsomer Norton             |
| BUSES   | 82, 83, 172, 173, 177, 178, 179, 184, 185 |
| CONTACT | Ketyn Jepson on 01225 484510              |



#### Men's Boccia

Join other male carers and enjoy a fun, friendly and spirited team game involving bowls and targets. Suitable for all ages and abilities.

| WHEN    | 3rd Tuesday of the month      |
|---------|-------------------------------|
| TIME    | 6pm - 7pm                     |
| COST    | FREE                          |
| VENUE   | Bath Carers Centre, Woodlands |
| BUSES   | 752                           |
| CONTACT | 0800 0388 885                 |



#### City of Bath Petanque Club

Boules/Petanque is open to all ages and abilities. First 5 sessions free, if you still like it you can join the club. Boules can be provided.

WHEN Tuesday & Wednesday

TIME 10am - 12pm (T) & 11am - 1pm (W)

**COST** 5 free sessions / £40 annual fee

VENUE Larkhall Sports Club (T) & Queens Sq. (W)

**BUSES** Call for details

**CONTACT** Cary Bush on 0778 871 2348



#### **Wellness Wednesdays**

A variety of activities including Art and crafts, Age UK Extend & Gadget Busters, Golden Oldies, Soup & Ploughman Lunch and more.

**WHEN** Wednesday

TIME 10.30am - 3.30pm

**COST** Costs vary

VENUE Chew Valley Children's Centre

BUSES 67, 134, 135, 640, 672, 683, 752, 754

CONTACT Denise Perrin on 01275 333700



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#### **Needles and Natter**

Bring your knitting, sewing or just yourself, and come and have a cup of tea and a piece of cake. Enjoy some friendly company.

| WHEN    | Wednesday                   |
|---------|-----------------------------|
| TIME    | 2pm - 4pm                   |
| COST    | FREE                        |
| VENUE   | St Andrews Community Church |
| BUSES   | 3, 20c, 228                 |
| CONTACT | 01225 945009                |











#### Move It or Lose It

**CONTACT** 

CONTACT

Fun exercise class which can be taken seated, supported or standing to promote flexibility, balance and strength. Call for more details.

| WHEN  | Wednesday                                 |
|-------|---|
| TIME  | 2pm                                       |
| COST  | £4  |
| VENUE | Keynsham Scout Headquarters               |
| BUSES | 17, 19a, 39, 178, 349, 636, 640, 663, 664 |



#### **Seniors Service and Lunch**

A relaxed church service with a hot lunch afterwards for seniors. Meet up with old and new friends. There is sometimes entertaiment.

Michelle Tarrant on 01225 484510

| WHEN    | 1st Thursday of the month (exc. Aug) |  |  |
|---------|--------------------------------------|--|--|
| TIME    | 11.30am - 1.45pm                     |  |  |
| COST    | £4 for the lunch                     |  |  |
| VENUE   | Holy Trinity Church, Combe Down      |  |  |
| BUSES   | 2                                    |  |  |
| CONTACT | Jo Robinson on 01225 835 835         |  |  |



#### **Senior Friendship Group**

For those living in the great Pulteney Street area and beyond. Speakers, quizzes, discussions, plus group and friends catch ups.

| WHEN  | Last Friday of the month             |  |
|-------|--------------------------------------|--|
| TIME  | 2.30pm - 4pm                         |  |
| COST  | £4                                   |  |
| VENUE | The Pavilion, Bath Recreation Ground |  |
| BUSES | 12, 94, 265, 271, 272, 734           |  |
|       |                                      |  |

01225 891263 / 01225 282883



#### **Bathscape Walking Festival**

Reconnecting people with the natural landscape surrounding Bath. Volunteering, activities and Walking Festival of guided walks.

| WHEN  | Saturday 15th - Sunday 23rd September |
|-------|---------------------------------------|
| TIME  | Various                               |
| COST  | FREE                                  |
| VENUE | Locations around Bath                 |
| BUSES | Various                               |

Lucy Bartlett on 01225 477265



#### Cook & Eat

**CONTACT** 

Learn how to cook a variety of dishes and eat them in a group setting. Fun, informal but supportive learning.

| WHEN    | Various                        |  |
|---------|--------------------------------|--|
| TIME    | Various                        |  |
| COST    | £5                             |  |
| VENUE   | Various locations              |  |
| BUSES   | Various                        |  |
| CONTACT | Ketyn/Michelle on 01225 484510 |  |
|         | , .                            |  |







#### **Extend Exercise for Over 60's**

Gentle movement and exercise to music for seated and standing. Fun with great music and laughs. Call to sign up to waiting list.

| WHEN    | Various                          |  |
|---------|----------------------------------|--|
| TIME    | Various                          |  |
| COST    | Various                          |  |
| VENUE   | Bath/Midsomer Norton/Chew Valley |  |
| BUSES   | Various                          |  |
| CONTACT | Ketyn Jepson on 01225 484510     |  |











#### **Gadget Busters**

Drop into our group and get help with your IT gadgets from our friendly team of volunteers. No need to book. Bring your own device.

| WHEN    | Various                          |  |
|---------|----------------------------------|--|
| TIME    | Various                          |  |
| COST    | £3                               |  |
| VENUE   | Bath/Midsomer Norton/Chew Valley |  |
| BUSES   | Various                          |  |
| CONTACT | Ketyn Jepson on 01225 484510     |  |













Gentle exercise seated or standing. Great for stability, balance and strength. Classes take place in different areas on different days.

| WHEN    | Various                             |  |
|---------|-------------------------------------|--|
| TIME    | Various                             |  |
| COST    | £4                                  |  |
| VENUE   | Bath/Keynsham/Midsomer Norton       |  |
| BUSES   | Parking available at some locations |  |
| CONTACT | Michelle Tarrant on 01225 484510    |  |









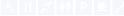
#### **Walking Groups**

Walks of various lengths and abilities, taking place in Keynsham, Bath, Midsomer Norton and Paulton. Call for more details.

| WHEN    | Various                          |  |
|---------|----------------------------------|--|
| TIME    | AM                               |  |
| COST    | £18 per year                     |  |
| VENUE   | Various locations                |  |
| BUSES   | Various                          |  |
| CONTACT | Michelle Tarrant on 01225 484510 |  |







#### **Walking Football**

Gentler version of the traditional game. For those once-active wanting to get back to their sport roots & improve fitness. Pay as you play.

| WHEN    | Various                      |  |
|---------|------------------------------|--|
| TIME    | Various                      |  |
| COST    | £4                           |  |
| VENUE   | Various locations            |  |
| BUSES   | Various                      |  |
| CONTACT | Ketyn Jepson on 01225 484510 |  |



#### **Curo Activities**

Social activities held throughout BANES in our friendly Community Hubs. Activities inc. tai chi, cooking, lunch club, singing & more.

| WHEN    | Weekly                        |  |
|---------|-------------------------------|--|
| TIME    | Mornings & afternoons         |  |
| COST    | Small cost to cover materials |  |
| VENUE   | Bath and surrounding area     |  |
| BUSES   | Well connected by bus routes  |  |
| CONTACT | Jo Salisbury on 01225 366135  |  |



Want to see your activity advertised here?

Do you run a community group or know of a
group we haven't mentioned?

Contact St John's Foundation on 01225 486 453 or email ricky.bush@stjohnsbath.org.uk and let us know, we'll do the rest!

#### Physical activity benefits for adults and older adults

| +   | BENEFITS <b>HEALTH</b>   |
|-----|--------------------------|
| ZZZ | IMPROVES SLEEP           |
| 0   | MAINTAINS HEALTHY WEIGHT |
| 133 | MANAGES STRESS           |
|     | IMPROVES QUALITY OF LIFE |

| E OF        | Type II Diabetes                    | -40% |
|-------------|-------------------------------------|------|
| YOUR CHANCE | Cardiovascular Disease              | -35% |
|             | Falls, Depression and Dementia -30% |      |
| CES Y       | Joint and Back Pain                 | -25% |
| REDU        | Cancers (Colon and Breast)          | -20% |

#### What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong To reduce your chance of falls

Be **Active**  Sit Less

Build Strength **Improve Balance** 

**VIGOROUS** 

MODERATE



























YOGA



MINUTES PER WEEK

OR A COMBINATION OF BOTH

BREAK UP SITTING



DAYS PER WEEK

Something is better than nothing.

Start small and build up gradually: just 10 minutes at a time provides benefit.

MAKE A START TODAY: it's never too late!

To find out more about activities in Bath and the surrounding area please contact St John's Foundation on:
01225 486 454 or 01225 486 403

To find out more about the Community Outreach Service please contact: Ricky Bush 01225 486 453 ricky.bush@stjohnsbath.org.uk

#### Support St John's through Volunteering

Our volunteers play an important role in helping us to meet our purpose through providing additional support and services to our residents. They also provide essential contribution to the work we are delivering to engage with the wider communities in which we are striving to build resilience.

For more information on current roles and to receive an application form, please email:
Hazel Nicholls on
hradministrator@stjohnsbath.org.uk