



St Monica Trust

What's on for over 55s

Stockwood

Spring - Summer 2018

STOCKWOOD



Types of activities available

Arts & Crafts	See pages 8, 9, 19, 20, 21
Dance Classes	See pages 5, 6, 14, 19
Exercise Classes	See pages 5, 7, 8
Music / Singing Classes	See page 6
Social Groups	See pages 9, 15, 16, 17, 18, 20, 21
Special Interest Groups	See pages 7, 9, 14, 15, 17, 18, 20, 21
Sports	See pages 5, 6, 7, 14, 16, 18
Walking Groups	See page 5

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 Stockwood for almost 7 years to reduce loneliness and isolation amongst older people.



We have achieved this through working in partnership with a host of local community members and different local organisations, sharing the vision to help older people live more fulfilled lives. Our work in Stockwood 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.

Dan Lewin

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



Fiona Martin

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

Karen Bennett

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



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

Whitchurch Railway Path Walk

A friendly group walk along tree-lined paths. Start and finish at South Bristol Sports Centre. Please arrive 10 mins early for your first walk.

WHEN	Monday (exc. Bank Holidays)
TIME	10am - 11.30am
COST	FREE
VENUE	South Bristol Sports Centre, BS14 9EA
BUSES	2, 36, 57, 515
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



Dance Fit

M

Get fit at this fun class, with dance steps from Salsa, Jive, Bollywood, Ballroom, Swing, Latin and more! Wear fitness clothes and trainers.

WHEN	Monday (term time only)
TIME	11.45am - 12.45pm
COST	£4
VENUE	South Bristol Sports Centre, BS14 9EA
BUSES	2, 36, 57, 515
CONTACT	0117 305 2365



Dance Variety

M

Learn steps and short routines from a different dance style each week. Some dance or fitness experience useful. Wear comfortable clothes.

WHEN	Monday
TIME	1pm - 2pm
COST	£5
VENUE	South Bristol Sports Centre, BS14 9EA
BUSES	2, 36, 57, 515
CONTACT	0117 305 2365



Stockwood Happy Notes

M

Fun and friendly singing group with piano accompanist and professional teacher. All abilities and experience welcome. Just turn up.

WHEN	Tuesday (term time only)
TIME	1pm - 2.30pm
COST	£4
VENUE	Christ the Servant Church, BS14 8SP
BUSES	2
CONTACT	0117 305 2365



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



Skittles



Classic pub game, played for fun. Easy to learn, difficult to master and great fun for beginners and experts alike. Just turn up.



WHEN	Wednesday
TIME	2.30pm start
COST	£1
VENUE	South Bristol Sports Centre, BS14 9EA
BUSES	2, 36, 57, 515
CONTACT	0117 305 2365



Yoga



Non aerobic form of exercise to develop flexibility, strength and balance.



WHEN	Thursday (term time only)
TIME	11.30am - 12.30pm
COST	£4
VENUE	South Bristol Sports Centre, BS14 9EA
BUSES	2, 36, 57, 515
CONTACT	0117 305 2365



Monthly Quiz

Come along and test your knowledge. Prize fund for winning, 2nd and 3rd place teams. Quiz on Friday 27th Apr, 25th May, 29th June.



WHEN	See above - no quiz in Mar, Jul & Aug
TIME	2.30pm
COST	£3
VENUE	Stockwood Free Church, Ladman Rd
BUSES	2
CONTACT	0117 305 2365



Tai Chi (Experience Necessary)

M

Exercises consisting of sequences of slow, controlled movements that can improve balance and promote relaxation.

WHEN	Friday (term time only)
TIME	10am - 11am
COST	£3.50
VENUE	South Bristol Sports Centre, BS14 9EA
BUSES	2, 36, 57, 515
CONTACT	0117 305 2365



Creative Painting

M

A chance to get creative with paints, develop your skills or learn new ones. All skill levels welcome and materials provided. Just turn up.

WHEN	Friday (term time only)
TIME	10am - 11.30am
COST	£5
VENUE	Stockwood Free Church, Ladman Rd
BUSES	2
CONTACT	0117 305 2365



Tai Chi (Beginners)

M

Exercises consisting of sequences of slow movements that can improve balance and promote relaxation. Call before attending.

WHEN	Friday (term time only)
TIME	11.15am - 12.15pm
COST	£5
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	Monthly meeting - call for details
TIME	Call for details
COST	FREE
VENUE	Various venues
BUSES	2, 36, 57, 515
CONTACT	0117 305 2365



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	Call for details
COST	Call for details
VENUE	Stockwood Free Church, Ladman Rd
BUSES	2
CONTACT	0117 305 2365 - register your interest



Clay Exploration

Build up a basic knowledge of ways that clay can be used in individual and collaborative activities, to create finished pieces.

WHEN	COMING SOON
TIME	Call for details
COST	Call for details
VENUE	Call for details
BUSES	Call for details
CONTACT	0117 305 2365





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**



Introducing Steps to Health

Our new Exercise Referral Scheme at Hengrove Park Leisure Centre



What is the 'Steps to Health' scheme?

Steps to Health is our Exercise Referral scheme which provides a safe, supervised and enjoyable introduction to physical activity within a controlled environment. The scheme gives patients who are not regularly active or who have health problems the opportunity to improve their health and well-being, regardless of age, ability or experience.

For further information please speak to a member of the team.

How can the scheme help?

- Increased fitness
- Increased strength
- Increased confidence
- Make new friends
- Improved mental health
- Improved knowledge of leading a healthy lifestyle
- Improved flexibility
- Weight management
- Improved self-esteem
- Improved muscle tone
- Control or prevent medical conditions

Hengrove Park Leisure Centre

Hengrove Promenade, Bristol, BS14 0DE **01179 370200**

leisurecentre.com



Parkwood Community Leisure working in partnership with Bristol City Council

Luncheon Club

Food and friendship every Monday.

WHEN	Monday
TIME	11.30am - 2pm
COST	£5
VENUE	Stockwood Free Church, Ladman Rd
BUSES	2
CONTACT	Joyce on 01275 541767



Age UK Bristol Footcare Clinics

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

WHEN	Monday
TIME	10am - 12.30pm
COST	Varies
VENUE	Stockwood Medical Centre, BS14 8PT
BUSES	
CONTACT	0117 929 7537



BS14 Stroke Club & Friends

Social afternoon with tea, cake, skittles and bingo. Join us and make new friends.

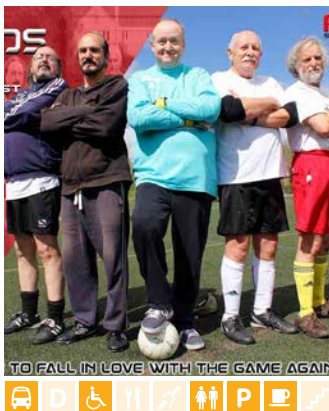
WHEN	Monday
TIME	1pm - 3.45pm
COST	£1.50
VENUE	BS14 Club, Stockwood Lane, BS14 8SJ
BUSES	
CONTACT	Diane on 0798 265 6781



5 a-side football

Not ready to hang up the boots just yet? An over 60's football collective in South Bristol.

WHEN	Call for details
TIME	Call for details
COST	£5 per player
VENUE	South Bristol Sports Centre, BS14 9EA
BUSES	2, 57
CONTACT	James on 0117 903 8681



Pop in Club

Coffee, tea, chat, friendship, raffle and cards.

WHEN	Tuesday
TIME	10am - 11.30am
COST	£1 includes raffle
VENUE	Christ the Servant Church, BS14 8SP
BUSES	2, 57
CONTACT	Just turn up



Whitchurch Village Indoor Short Mat Bowls

Held on Tuesday from 2.30pm - 4.30pm and Friday from 2.30pm - 4.30pm & 7.30pm - 9.30pm. 2 free trial sessions. £32.50 per quarter.

WHEN	Tuesday & Friday
TIME	See above
COST	See above
VENUE	Whitchurch Village Community Centre
BUSES	
CONTACT	Richard on 01275 541594



Stockwood Ladies Evening Group

Interesting speakers, tea, coffee and chat. Make new friends and have a good evening's entertainment.

WHEN 1st & 3rd Wednesday of the month

TIME 8pm

COST £2

VENUE Christ the Servant Church, BS14 8SP

BUSES 2, 57

CONTACT Just turn up



Stockwood Women's Institute

Part of the largest women's organisation in the country. An evening of interesting, fun and varied talks and activities.

WHEN 2nd Wednesday of the month

TIME 8pm

COST £39 annual fee

VENUE Christ the Servant Church, BS14 8SP

BUSES 2, 57

CONTACT Mary on 0117 964 3712



Brislington Memory Cafe

Relax, socialise and meet other people and carers. Cafes also provide information about living with dementia and other local services.

WHEN 2nd Wednesday of the month

TIME 2pm - 4pm

COST FREE

VENUE St Lukes Church Hall, Church Parade

BUSES 75

CONTACT 0117 961 0693



Rowing

Come and have a go. Beginners welcome! Fun for all abilities. Refreshments available. Bring a change of clothes. Booking essential.



WHEN	Wednesday
TIME	10am - 12pm
COST	£7
VENUE	Young Bristol Activity Centre, BS8 4RU
BUSES	
CONTACT	0773 433 5878



Alzheimers Carers Support Group

Information, advice and support for people caring for someone with Alzheimers at home. Discussions and speakers. No session in Aug.



WHEN	1st Wednesday of the month
TIME	10.30am - 12.30pm
COST	FREE - no booking necessary
VENUE	The Coppice @ Callington Road Hosp
BUSES	
CONTACT	Carersline on 0117 965 2200



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 drop in / £20 for 5 sessions
VENUE	Hengrove Leisure Centre, BS14 0DE
BUSES	75, 76
CONTACT	Cressida on 0780 858 1739



Whitchurch Art Club

Come along to our Art Club that takes place every Thursday. Lyn on 01275 838763 or Pat on 01275 837602.



WHEN	Thursday
TIME	7pm - 9pm
COST	£25 per year & £1 per week
VENUE	Hengrove Community Centre
BUSES	
CONTACT	See above



Whist Drive

First Thursday of the month (except in August).



WHEN	1st Thursday of the month
TIME	10am - 12pm
COST	£1.50
VENUE	Christ the Servant Church, BS14 8SP
BUSES	2, 57
CONTACT	Margaret on 01275 892144



Sharing Skills Group

Bringing local families and over 55s together for monthly activity mornings. Full support and materials provided. Excluding August.



WHEN	2nd Friday of the month
TIME	11am - 12.30pm
COST	FREE
VENUE	Creative Workshop, BS13 8LF
BUSES	75
CONTACT	Gill on 0117 964 6799



Memory Cafe

A chance for patients with dementia and their carers to come and listen to speakers, learn about services and care, over a cup of tea.

WHEN	Various
TIME	2pm - 4pm
COST	FREE
VENUE	Stockwood Medical Centre, BS14 8PT
BUSES	
CONTACT	01275 833103 - booking essential



Art Group

Friendly art class for all abilities. Price includes refreshments.

WHEN	Saturday
TIME	9.30am - 12pm
COST	£2.20
VENUE	Christ the Servant Church, BS14 8SP
BUSES	2, 57
CONTACT	Mary on 01275 543549



Bristol Older People's Forum

Open forum meetings take place 8 times a year across Bristol. Members also receive 3 newsletters a 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 Stockwood
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**