

# What's on for over 50s

Whitchurch and Hengrove

*Something for*

EVERYONE!

**Issue 1 - 2018/19**

**Find out about the activities and services that are available in Whitchurch and Hengrove for people aged 50+.**

## Monday

Activity	Venue	When	Cost	Contact
<b>Alzheimer's Society 'Movement &amp; Memory'</b> (for people with dementia and their carers)	St. Augustine's Church	Weekly / 10am - 12pm	£1 (please call before the first visit)	Pete on 0117 961 0693
<b>Lunch Club</b>	United Reformed Church	3rd Mon of the month / 12.30pm - 2pm	£5 (please book in advance)	Sue on 01275 541785
<b>Over 50s Club</b>	Hengrove Community Centre	Weekly / 1.30pm - 3.30pm	£2.50 per month	Maureen on 01275 891761
<b>Yoga</b>	United Reformed Church	Weekly / 6.45pm - 8.15pm	£8	Jo on 0774 753 3182

## Tuesday

Activity	Venue	When	Cost	Contact
<b>Ballroom and Latin Dance Classes for Complete Beginners</b>	Oasis Academy John Williams	Weekly / 7pm—8pm (Starting 11th Sept 2018)	£6	Karolina on 0778 636 5616 / <a href="http://www.karolina.dance">www.karolina.dance</a>
<b>Cup-a-Cake Drop In</b>	St. Nicholas Church Hall	4th Tues of the month / 1pm - 3pm	Free	0117 370 8340 / <a href="mailto:ruth@daysinc.com">ruth@daysinc.com</a>
<b>Genealogy U3A Group</b>	Family History Centre, Church of Jesus Christ	2nd Tues of the month / 2pm - 3.30pm	Free to U3A members / £20 annual fee (taster sessions possible)	<a href="https://u3asites.org.uk/bristol/groups">https://u3asites.org.uk/bristol/groups</a>
<b>Mothers' Union</b>	St. Nicholas Church Hall	1st Tues of the month / 2pm - 4pm	Annual subscription	Annette on 0796 341 1975

Activity	Venue	When	Cost	Contact
<b>New Horizons Activities Day</b> (transport available)	Counterslip Baptist Church	1st & 3rd Tues of the month / 2pm - 4pm	£2	01275 833377
<b>Over 60s Exercise</b>	Whitchurch Community Centre	Weekly / 10am - 11am	£4	Kate on 0777 190 7175
<b>Short Mat Bowling</b>	Whitchurch Community Centre	Weekly / 2.30pm - 4.30pm	2 sessions free / membership fee	01275 541594 / r.dickson@blueyonder.co.uk
<b>Women's Institute</b>	St. Nicholas Church Hall	3rd Tues of the month / 2pm	3 times free / membership fee	Jean on 01275 837910 / Carole on 01275 836309
<b>Yoga</b>	United Reformed Church	Weekly / 9.15am - 10.45am	£8	Jo on 0774 753 3182

## Wednesday

Activity	Venue	When	Cost	Contact
<b>Coffee Morning</b>	St Bernadette Church Hall	Weekly / 10am - 12pm	Donation	Just turn up
<b>Drop in Café</b>	St Augustine Church	Weekly / 2pm - 4pm	£1 for tea & cake	Ann on 0771 856 3747
<b>Lunch Club</b>	Christ Church Hall	Weekly (term time only) / 12pm - approx. 1.30pm	£4	Jenny on 01275 834604 (call for more details)
<b>Move, Stretch &amp; Relax</b>	St Augustine Church	Weekly / 11am - 12pm	£6	Amy on 0773 145 1885
<b>Wives and Friends</b> (talks, music, chats etc.)	Bridge Farm Junior School	Weekly (term time only) / 7.45pm	£3	Molly on 01275 834430

## Thursday

Activity	Venue	When	Cost	Contact
<b>Art Club for Everyone</b> (workshops and exhibitions)	Hengrove Community Centre	Weekly / 7pm - 9pm	3 sessions free / membership fee	Lyn on 01275 838763 / Pat on 01275 837602
<b>Coffee Morning</b>	United Reformed Church	Last Thurs of the month / 10.30am - 11.30am	Donation	Just turn up
<b>Hungry Monkeys</b> (grandparents who are babysitting - most welcome)	St Augustine Church	Weekly / 10am - 11.30am	50p per child	Just turn up
<b>Knit &amp; Natter</b>	United Reformed Church	1st & 3rd Thurs of the month / 2.30pm - 4.30pm	Donation	Caroline on 0785 152 8239
<b>Pop in for Coffee</b>	Christ Church	Weekly / 9am - 11am	Free	Just turn up

## Friday

Activity	Venue	When	Cost	Contact
<b>Ballroom and Latin Dance Classes for Beginners Plus</b>	Oasis Academy John Williams	Weekly / 7pm - 8pm (starting 14th September)	£6	Karolina on 0778 636 5616 / <a href="http://www.karolina.dance">www.karolina.dance</a>
<b>Short Mat Bowling</b>	Whitchurch Community Centre	Weekly / 2.30pm - 4.30pm	2 sessions free / membership fee	01275 541594 / <a href="mailto:r.dickson@blueyonder.co.uk">r.dickson@blueyonder.co.uk</a>
<b>Whitchurch Local History Society</b> (talks, films etc.)	United Reformed Church	Monthly (call for dates) / 7.30pm	Annual membership £10 / £1 members / £4 non-members	01275 830869 / <a href="mailto:Geoff@thegardiners.org.uk">Geoff@thegardiners.org.uk</a>

## Saturday

Activity	Venue	When	Cost	Contact
<b>Adult Ballroom and Sequence Dance</b>	Whitchurch Community Centre	1st, 3rd & 5th Sat of the month / 7.30pm - 10.30pm	£3	Deb on 0777 153 4423
<b>Knit &amp; Natter</b>	Counterslip Church	2nd Sat of the month / 2.30pm - 4pm	Free	01275 833377
<b>N-Counter</b> (bereavement support group)	Counterslip Church	1st Sat of the month / 3pm - 4.30pm	Free	01275 833377 (dates can vary call to check)

## Sunday

Activity	Venue	When	Cost	Contact
<b>Let's Dance</b> (jive/ ballroom/disco etc.)	Whitchurch Community Centre	9th Sept, 21st Oct, 18th Nov (call for further dates)	£6	Sue on 0797 974 0702

**Local churches are open on Sunday and welcome to everyone.**

## Various days

Activity	Venue	When	Cost	Contact
<b>Table Tennis Club</b> (Inc. league matches in the evening and practice on Sunday. For those interested in playing competitively)				Mervyn on 01275 845517 / 0744 390 9316

**Activity details are correct at the time of print.  
Please contact activities prior to attending.**

## Useful information

### Local sports facilities

- **Hengrove Park Leisure Centre** - Hengrove Promenade, BS14 0DE. Telephone no. 0117 937 0200 / [www.leisurecentre.com/hengrove-park-leisure-centre](http://www.leisurecentre.com/hengrove-park-leisure-centre)
- **South Bristol Sports Centre** - West Town Lane, BS14 9EA. Telephone no. 0117 903 8681 / [www.southbristolsportscentre.co.uk](http://www.southbristolsportscentre.co.uk)

### Local walks

- **Whitchurch Railway Path Walk** - Contact St Monica Trust on 0117 305 2365
- **Hengrove Park Walks** - Contact Hengrove Park Leisure Centre on 0117 937 0200 or email [hengrove.referral@parkwood-leisure.co.uk](mailto:hengrove.referral@parkwood-leisure.co.uk)

### Community transport

- **CATT Bus** - Telephone no. 0117 377 3451 or email [thecattbus@hwcp.org.uk](mailto:thecattbus@hwcp.org.uk)
- **Bristol Community Transport** - Telephone no. 0117 902 0157 or email [bctoffice@hctgroup.org](mailto:bctoffice@hctgroup.org)

*Why not share this  
information with your*

**NEIGHBOURS!**

## Cycling organisations

- **Family Cycling Centre** -  
Bamfield, BS14 0FE.  
Telephone no. 01275 832800  
or email  
cyclingcentre@bristol.gov.uk
- **Life Cycle UK** - Telephone no.  
0117 353 4580 or email  
office@lifecycleuk.org.uk

*Do you sometimes have  
spare time on your hands?  
Why not support a local*

**ORGANISATION!**

## Cafes

- **Marlicia Café** - 42 Gilda Parade, BS14 9HY / 01275 255053
- **Lisa's Café** - 95 East Dundry Road, BS14 0LN
- **Deb's Café** - 26 Belland Drive, BS14 0EW

**This brochure has been put together by local community leaders, with support from local organisations LinkAge Network and Bristol Ageing Better.**

**If you would like to get involved in supporting or organising local activities, please get in touch with the community organisations listed in this brochure.**

## Useful local organisations

- **Bridge Farm Junior School** - East Dundry Road, BS14 0LL
- **Christ Church** - Petherton Road, BS14 9BP / [www.christchurchhengrove.org.uk](http://www.christchurchhengrove.org.uk)
- **Church of Jesus Christ** - 721 Wells Road, BS14 9HU
- **Counterslip Baptist Church** - 642 Wells Road, BS14 9HT / [www.counterslip.org](http://www.counterslip.org)
- **Hengrove Community Centre** - Fortfield Road, BS14 9NX / Tel no. 01275 837910
- **LinkAge Network** - 0117 353 3042 / [www.linkagenetwork.org.uk](http://www.linkagenetwork.org.uk)
- **St Augustine's Church** - 2 East Dundry Road, BS14 0LL / [www.stawhitchurch.com](http://www.stawhitchurch.com)
- **St Bernadette's Church** - 731 Wells Road, BS14 9HU / <https://stbernadettewhitchurch.org/>
- **St Nicholas Church** - Church Road, BS14 0PR
- **Whitchurch Community Centre** - Bristol Road, BS14 0PT / [www.whitchurchparishcouncil.co.uk](http://www.whitchurchparishcouncil.co.uk)
- **Whitchurch United Reformed Church** - 24 Bristol Road, BS14 0PQ
- **University of the Third Age** - <https://www.u3a.org.uk/>

Do you have an activity that you would like us to include or maybe some information needs changing?

Please get in touch with Mary on 01275 541572 or [mary@bristol-wing.co.uk](mailto:mary@bristol-wing.co.uk)