

What's on for over 50s

Clifton, Clifton Down, Redland and Cotham

Issue 1



CLIFTON, CLIFTON DOWN, REDLAND AND COTHAM

Types of activities available

Arts & Crafts	See pages 15, 16
Dance Classes	See pages 9, 18
Exercise Classes	See pages 5, 16, 18, 21
Music / Singing Classes	See pages 4, 5, 19
Social Groups	See pages 5, 7-9, 15, 17-19, 21
Special Interest Groups	See pages 4, 6-9, 15-17, 19-21
Walking Groups	See pages 6, 20

Key to activities

 Bus

 Toilets

 Dementia Friendly

 Parking

 Accessible

 Refreshments

 Lunch

 Stairs

 Hearing Loop

This guide is sponsored by St Monica Trust, with funding support from LinkAge Network and Bristol Ageing Better.

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.

We are proud to sponsor the Clifton, Clifton Down, Redland and Cotham What's on Guide.

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 charity delivers projects, runs a Network, disseminates resources and informs over 50s about what's on across Bristol and the surrounding area.

All of LinkAge Network's work is underpinned by the following values and behaviours. The organisation:

- promotes positive ageing and challenges negative stereotyping,
- collaborates with local communities and organisations to enhance specialist knowledge and skills,
- connects groups and organisations to share their knowledge and provision,
- takes its lead from older people and their local communities,
- facilitates access to civic participation by older people.

LinkAge Network's Community Development Coordinators are proud to be producing the Clifton, Clifton Down, Redland and Cotham What's on Guide. This project is funded by Bristol Ageing Better.



LOTTERY FUNDED

Bristol Bridge Club

Come and play bridge. All levels. Lessons available. Annual membership £30, £4 each session. 3 trial sessions - £5 each session.

WHEN	Monday - Friday
TIME	Various
COST	See above
VENUE	Grenville Hall, 99 Oldfield Road
BUSES	Various
CONTACT	0117 929 1846



City Voices Bristol

A loud and proud community choir. We are always looking for new members to join our 70 strong team of singers.

WHEN	Monday
TIME	7.30pm - 9.30pm
COST	Call for details
VENUE	Redmaids High School, Westbury Rd
BUSES	1, 2, 9
CONTACT	01275 852991



Feel Better with a Book

A trained volunteer will read aloud stories and poems. Our groups are relaxing and friendly. Everyone is welcome - see for yourself!

WHEN	Monday (fortnightly)
TIME	2pm - 3pm
COST	FREE
VENUE	Katherine House Care Home, Cote Lane
BUSES	1, 3
CONTACT	0781 223 8532



Monday Afternoon Fellowship

For anyone 50+. A varied programme of entertainment, followed by refreshments. Car transport is available at an extra charge of 50p.

WHEN	Monday (term time only)
TIME	2.30pm - 4pm
COST	£1 / First week free
VENUE	St Alban's Church Hall, Bayswater Av.
BUSES	505
CONTACT	0117 942 4342



Qi Gong and Beginners Tai Chi

Gentle movements to improve balance, coordination and to develop more body awareness.

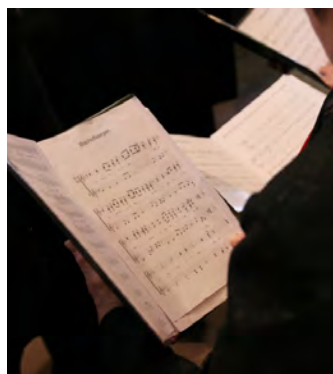
WHEN	Monday (term time only)
TIME	10am - 11am
COST	Drop in £6.50 / Book in advance £5
VENUE	Clifton Library, Princess Victoria Street
BUSES	8, 9, 505
CONTACT	0792 903 0209 (text only)



Redland Green Choir

An unauditioned choir singing mostly classical music. Two or three public concerts each year.

WHEN	Monday (term time only)
TIME	7.30pm
COST	£45 per term
VENUE	Redland Green School, Redland Ct Rd
BUSES	9
CONTACT	0117 944 3042



The Downs Walking for Health Group

Discover hidden corners of the Downs and surrounding areas. 90 min. walks. Mon. gentle pace/Tues. moderate pace/Thurs. faster pace.

WHEN	Monday, Tuesday & Thursday
TIME	Meet @ 10.45am (11am - 12.30pm)
COST	FREE
VENUE	Cafe Retreat, Stoke Road
BUSES	Various
CONTACT	Jeff on 0798 502 4650



Discussion Group

Come along to this friendly group to discuss a wide range of topics.

WHEN	Last Tuesday of the month
TIME	2.30pm - 3.45pm
COST	FREE
VENUE	Clifton Library, Princess Victoria Street
BUSES	8, 9, 505
CONTACT	0117 903 8572



Feel Better with a Book

A trained volunteer will read aloud stories and poems. Our groups are relaxing and friendly. Everyone is welcome - see for yourself!

WHEN	Tuesday
TIME	2pm - 3.30pm
COST	FREE
VENUE	Redland Library & Central Library
BUSES	Various
CONTACT	0781 223 8532



Knitting and Embroidery Group

A self organised group sharing their skills in knitting, embroidery or other sewing projects. Bring along your knitting or sewing activity.

WHEN	Tuesday
TIME	10am
COST	£1 (inc. tea & coffee)
VENUE	Spire Community Cafe, Christ Church
BUSES	8, 9, 505
CONTACT	Just turn up



Reading Group

Books chosen by the group and supplied by Clifton Library.

WHEN	3rd Tuesday of the month
TIME	2.30pm - 3.45pm
COST	FREE
VENUE	Clifton Library, Princess Victoria Street
BUSES	8, 9, 505
CONTACT	0117 903 8572



Spire Community Cafe - Seniors Coffee Morning

Every Tuesday morning seniors tea and coffee for £1 a cup. Also delicious cakes. Cafe is also open Mon, Tues, Thurs, Fri from 9am - 4.30pm.

WHEN	Tuesday
TIME	9am - 11.30am
COST	£1
VENUE	Christ Church, Clifton Down Road
BUSES	8, 9, 505
CONTACT	Just pop in



Tyndale Coffee Shop

Drop in for a drink and a chat. All ages welcome.

WHEN	Tuesday, Wednesday & Thursday
TIME	10am - 12pm
COST	Call for details
VENUE	Tyndale Baptist Church, Whiteladies Rd
BUSES	Various - 3, 4
CONTACT	0117 973 7747



Clifton Carer's Support Group for Carer's of Adults

This small group was set up to support those caring for adults who are very dependent. The carer's share concerns and useful information.

WHEN	1st Wednesday of the month
TIME	11am - 12.30pm/1pm
COST	FREE
VENUE	Clifton Library, Princess Victoria Street
BUSES	8, 9, 505
CONTACT	selmaeaton@gmail.com



Monthly Lunch Club

A monthly lunch club for anyone over 60. Booking is preferred. Takes place 4th Wednesday of month (December is 2nd Weds).

WHEN	4th Wednesday of the month
TIME	12.30pm
COST	£4
VENUE	St Alban's Church Hall, Bayswater Av.
BUSES	505
CONTACT	0117 950 8533



Seniors Community Centre

Lunch club and afternoon community centre programme one day a week. Cost includes attendance and hot lunch.

WHEN	Wednesday
TIME	10am - 3pm
COST	£3.50 / Additional £2 for transport
VENUE	Christ Church, Clifton Down Road
BUSES	8, 9, 505
CONTACT	0117 325 1214



Seniors Community Programme

A varied programme of afternoon activities, including illustrated travel talks, music and poetry sessions, board games and quizzes.

WHEN	Wednesday
TIME	1.45pm - 3pm
COST	Call for details
VENUE	Christ Church, Clifton Down Road
BUSES	8, 9, 505
CONTACT	0117 325 1214



Tango Classes

We teach the social style of Argentinian Tango, an improvised dance, based on walking and simple turning movements. For all ages.

WHEN	Wednesday
TIME	6.30pm - 8pm
COST	£8 / £40 for 6 classes
VENUE	Redland Club, Burlington Road
BUSES	2, 3, 4
CONTACT	Michele on 0798 175 6965





JILL'S WELLNESS

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Mobile Community Based Fitness Specialist

and Clinical Nurse Specialist : RN, MSc, Dip PT

With Certificates in 'Adapting Exercise for Older Adults' and 'Exercise Referral'

Specialities: Fallers, older people, the housebound

Mobile: 077 17 172 173 Email: jill@jillswellness.co.uk



FACING THE FUTURE

Facing the Future is a
Bristol-based organisation
launched in September 2018.

The team offers holistic
advice and guidance to help
you think ahead about your
health and social care needs
as life moves forward.

This includes explaining the
uses and usefulness of an
Advance Directive, Advance
Statement and Lasting Power
of Attorney.

For more information see
www.facingthefuture.co.uk



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at **47 Henleaze Road.**



Safe	• Good
Effective	• Good
Caring	• Good
Responsive	• Good
Well-led	• Good



St Monica Trust

www.stmonicastrust.org.uk/care/care-at-home

Registered Charity 202151



Get active, have fun, feel better

Evidence has shown that being active during or after cancer treatment can improve your overall health and wellbeing.

- Reducing the risk of recurrence
- Reducing symptoms
- Reducing tiredness and fatigue
- Aiding recovery

Join the Macmillan Prevention and Re-enablement Project for its last Wellbeing Day of 2018.

Tuesday 23rd October 2018

11am - 3pm

Bristol Aquarium, Anchor Road, BS1 5TT

The free day will offer people aged 55+ living with and beyond cancer, and their carers, the opportunity to try a variety of fun activities and engage with local services that are available across Central and East Bristol.

Booking is essential so please call **0117 353 3042**.

**WE ARE
MACMILLAN.
CANCER SUPPORT**

**LinkAge
Network**



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BRISTOL
energy

working with

LinkAge
Network

*£15 per fuel, T's & C's apply, see website for details

BD11002



Live life well at home

"It's not just about the care, it's about the companionship"

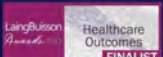
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swenquiries@thegoodcaregroup.com
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the Good
Caregroup



Time@tyndale

A mixed programme of discussions, music events, games, talks, meals and a monthly communion. Very informal and open to all.

WHEN	Wednesday
TIME	Doors open @ 7.30pm / 8pm start
COST	FREE
VENUE	Tyndale Baptist Church, Whiteladies Rd
BUSES	3, 4
CONTACT	0117 973 7747



CAMEO (Come and Meet Each Other)

A chance to meet up for afternoon tea and a chat and make new friends. Open to older folk living alone. Booking is essential.

WHEN	Thursday
TIME	2.30pm - 4pm
COST	£10 (includes afternoon tea)
VENUE	St Monica Trust, Cote Lane
BUSES	1 (transport available for BS8 & BS9)
CONTACT	Care at Home on 0117 962 9127



Community 'bring your own' Craft and Collections

Would you like to bring your own collection or craft such as knitting to do with others? Share your interests in the company of others.

WHEN	2nd Thursday of the month
TIME	2pm - 4pm
COST	£3 donation
VENUE	Redland Church Hall, Redland Green Rd
BUSES	9
CONTACT	Margaret Speirs on 0117 973 9605



Community Cinema Club

A chance to watch films, meet new people, talk about the important things in life and explore deep themes represented in film.



WHEN	3rd Thursday of the month
TIME	1.45pm - 4pm
COST	£3 donation
VENUE	Redland Church Hall, Redland Green Rd
BUSES	9
CONTACT	Margaret Speirs on 0117 973 9605



Friends of Clifton Centre and Library Lectures

Join the Friends for three lectures on art and archaeology linking Bristol past and present with the wider world.



WHEN	Various Thursdays
TIME	Evenings
COST	£5
VENUE	Clifton Library, Princess Victoria St
BUSES	8, 9, 505
CONTACT	asiatica99@hotmail.com



Jacobs Wells Tai Chi

Come and meet other people in a friendly and relaxed class with an experienced teacher. Tai Chi can be practised standing or sitting.



WHEN	Thursday
TIME	10.30am
COST	£5 (£4 for those on benefits)
VENUE	The Students Union, 105 Queens Rd
BUSES	8, 505
CONTACT	Judy Goldsmith - jwrhub@gmail.com



Midweek Community

A chance to play cards, read the newspaper, play board games, do a jigsaw or anything else you enjoy in the company of others.

WHEN	4th & 5th Thursday of the month
TIME	2pm - 4pm
COST	£3 donation
VENUE	Redland Church Hall, Redland Green Rd
BUSES	9
CONTACT	Margaret Speirs on 0117 973 9605



Midweek Community Lunch Club

Simple soup and cheese lunch with speakers. The sessions finish with tea, coffee and cake. An optional Communion Service at 12pm.

WHEN	1st Thursday of the month
TIME	12.45pm - 3.30pm
COST	£3 donation
VENUE	Redland Church Hall, Redland Green Rd
BUSES	9
CONTACT	Margaret Speirs on 0117 973 9605



Tea & Chat

A friendly informal group of more senior members of the community, who meet for tea, cake, conversation and activities. Exc. Aug.

WHEN	2nd & 4th Thursday of the month
TIME	2.15pm - 4pm
COST	£1 - £2 voluntary contribution
VENUE	St Matthew's Church Hall, Clare Road
BUSES	9, 77
CONTACT	Church Office on 0117 944 1598



Time to Move

Movement to music for older people. A range of exercises to keep you flexible and moving, also seated exercises... friendly and fun!

WHEN	Thursday (exc. August)
TIME	10am - 11am
COST	£7
VENUE	Redland Club, Burlington Road
BUSES	2
CONTACT	Michelle on 0750 593 7156



Trinity Lunch Club

A welcoming space offering support to people 60+ living independently in the area. Enjoy a cooked meal, activities or trips out.

WHEN	Thursday
TIME	10.30am - 3pm
COST	1st visit FREE / Lunch £5 / Transport £5
VENUE	Trinity Care Services, Holy Trinity Church
BUSES	X1, 71, 505
CONTACT	0117 983 8878 - booking essential



Ballet Seniors for Over 55s

A fun, friendly class for beginners and those with experience, using classical ballet exercises, music and repertoire.

WHEN	Friday
TIME	11.15am - 12.15pm
COST	£5 drop in / £25 for 6 classes
VENUE	The Station, Silver Street
BUSES	Various
CONTACT	Anna Arnold on 0785 298 8895



'Friends on Friday' - Dementia Friendly Cafe

For people with dementia and their carers. A warm, welcoming space to have fun and make friends through conversation and activities.

WHEN	2nd Friday of the month
TIME	2pm - 4pm
COST	FREE
VENUE	All Saints Church, Pembroke Road
BUSES	1, 2, 3, 4, 8, 9
CONTACT	0117 974 1355



Singing Saturdays

Singing for all ages and abilities. Drop in sessions. No performances. Just fun and singing.

WHEN	Saturday
TIME	11am - 12pm
COST	£5
VENUE	Clifton Library, Princess Victoria St
BUSES	8, 9, 505
CONTACT	Kate McNab on 0774 595 7593



Senior Lunches

A monthly Sunday lunch for seniors living locally. Call for dates. Booking is essential.

WHEN	Sunday (monthly)
TIME	12.15pm
COST	£3.50
VENUE	Christ Church, Clifton Down Road
BUSES	8, 9, 505
CONTACT	0117 325 1214



A small, informal group of Bristol Seniors who write poetry and meet once a month at branch libraries on local bus routes.

A close-up photograph of a person's hand and forearm, wearing a teal-colored sweater, writing in a white notebook with a black pen. The notebook is open, and the writing is on the right page. The background is slightly blurred, showing a white surface and a hint of a green object.

A sociable, fun and very effective outdoor fitness exercise. Uses two ergonomically designed poles to enhance your walking.

A group of people are hiking on a dirt path through a lush green forest. In the foreground, a man in a black polo shirt and grey shorts is walking towards the camera, using trekking poles. Behind him, a woman in a red shirt is partially visible. To the right, a man in a black t-shirt with a 'NIKE' logo and black pants is walking away from the camera, also using trekking poles. A woman in a purple shirt is walking behind him. The background is filled with tall trees and dense foliage.

We welcome visitors to try bowls - coaching is also available. Various friendly matches. The club also runs 3 league teams.



U3A

Over 120 different interest and social groups for retired people in Bristol, including History, Languages and Yoga. Something for everyone.

WHEN	Various
TIME	Various
COST	£20 annual membership
VENUE	Various across Bristol
BUSES	Various
CONTACT	nwgroups@bristolu3a.org.uk



Yoga Kutir

Yoga classes for all levels throughout the week. Beginners to advanced levels. Early mornings, evenings and weekend sessions.

WHEN	Various
TIME	Various
COST	Call for details
VENUE	Clifton Library, Princess Victoria Street
BUSES	8, 9, 505
CONTACT	0789 621 5044 / 0774 072 0948



Want to see your activity advertised here? Do you run a community group or know of a group we haven't mentioned?

**Contact LinkAge Network on 0117 353 3042
or email enquiries@linkagenetwork.org.uk
and let us know, we'll do the rest!**

Your Local Councillors

COUNCILLOR	Paula O'Rourke
WARD	Clifton Ward
CONTACT	0758 437 0433 cllr.paula.orourke@bristol.gov.uk



Cllr Paula O'Rourke



Cllr Jerome Thomas

COUNCILLOR	Jerome Thomas
WARD	Clifton Ward
CONTACT	0781 058 1031 cllr.jerome.thomas@bristol.gov.uk

COUNCILLOR	Carla Denyer
WARD	Clifton Down Ward
CONTACT	0746 941 3306 cllr.carla.denyer@bristol.gov.uk



Cllr Carla Denyer



Cllr Clive Stevens

COUNCILLOR	Clive Stevens
WARD	Clifton Down Ward
CONTACT	0758 437 0434 cllr.clive.stevens@bristol.gov.uk

COUNCILLOR	Cleo Lake
WARD	Cotham Ward
CONTACT	0758 448 0531 cllr.cleo.lake@bristol.gov.uk



Cllr Cleo Lake



Cllr Anthony Negus

COUNCILLOR	Anthony Negus
WARD	Cotham Ward
CONTACT	0783 348 4344 cllr.anthony.negus@bristol.gov.uk

COUNCILLOR	Martin Fodor
WARD	Redland Ward
CONTACT	0117 352 6155 cllr.martin.fodor@bristol.gov.uk



Cllr Martin Fodor



Cllr Fi Hance

COUNCILLOR	Fi Hance
WARD	Redland Ward
CONTACT	0117 353 4720 cllr.fi.hance@bristol.gov.uk

**To find out more about activities in Clifton,
Clifton Down, Redland and Cotham please
contact LinkAge Network on:**

0117 353 3042

enquiries@linkagenetwork.org.uk

www.linkagenetwork.org.uk