

What's On for Over 50s

Whitchurch and Hengrove

Something for
EVERYONE!

Issue 2 – 2019/2020

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

Monday

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

Tuesday

Activity	Venue	When	Cost	Contact
Ballroom and Latin Dance Classes Beginners Plus	Oasis Academy John Williams	Weekly / 7pm - 8pm	£6	Karolina on 0778 636 5616 www.karolina.dance
Christ Church Film Nights (Jan, Feb, Sept - Nov only)	Christ Church Hengrove	4 th of the month / 7pm – 8.30pm	£1 for refreshments	Call for more information 0117 977 1373
Community Amplius Choir	Bridge Farm Meadow Hall	Fortnightly / 7pm - 8.30pm	£2.50 per session	Liz Cocks on 01275 835679
Cup-a-Cake Drop In	St. Nicholas Church Hall	4th of the month / 1pm - 3pm	Free	0117 370 6340 ruth@daysinc.com
Genealogy U3A Group	Church of Jesus Christ	2nd of the month / 2pm - 3.30pm	Free to U3A members / £20 annual fee	https://u3asites.org.uk/bristol/groups

FULL VENUE INFORMATION CAN BE FOUND ON THE BACK PAGE

Activity	Venue	When	Cost	Contact
Mothers' Union	St. Nicholas Church Hall	1st of the month / 2pm - 4pm	Annual subscription	Annette on 0796 341 1975
New Horizons Activities Day (transport available)	Counterslip Baptist Church	1st & 3rd of the month / 2pm - 4pm	£2	01275 833377
Over 60s Exercise	Whitchurch Community Centre	Weekly / 10am - 11am	£4	Kate on 0777 190 7175
Short Mat Bowling	Whitchurch Community Centre	Weekly / 2.30pm - 4.30pm	2 free sessions / membership fee	01275 541594/ r.dickson@blueyonder.co.uk
Women's Institute	St. Nicholas Church Hall	3 rd of the month / 2pm	3 times free / membership fee	Jean on 01275 837910 / Carole on 01275 836309

Wednesday

Activity	Venue	When	Cost	Contact
Coffee Morning	St Bernadette Church Hall	Weekly / 10am - 12pm	Donation	Just turn up
Drop in Café	St Augustine Church	Weekly / 2pm - 4pm	£1.50 for tea & cake	Ann on 0771 856 3747
Lunch Club (term time only)	Christ Church Hall	Weekly / 12pm - approx. 1.30pm	£4	Jenny on 01275 834604
Move, Stretch & Relax	St Augustine Church	Weekly / 11am - 12pm	£6	Amy on 0773 145 1885
Wives and Friends	Bridge Farm Junior School	Weekly (term time only) / 7.45pm	£3	Molly on 01275 834430

FULL VENUE INFORMATION CAN BE FOUND ON THE BACK PAGE

Activity	Venue	When	Cost	Contact
Zumba	Oasis Academy John Williams	Weekly / 6.30pm – 7.30pm	£6	Karolina on 0778 636 5616 www.karolina.dance

Thursday

Activity	Venue	When	Cost	Contact
Art Club for Everyone	Hengrove Community Centre	Weekly / 7pm - 9pm	3 sessions free / membership fee	Lyn on 01275 838763 / Pat on 01275 837602
Coffee Morning	United Reformed Church	Last of the month / 10.30am - 11.30am	Donation	Just turn up
Hungry Monkeys (grandparents who are babysitting are most welcome)	St Augustine Church	Weekly / 10am - 11.30am	50p per child	Just turn up
Knit & Natter	United Reformed Church	1st & 3rd of the month / 2.30pm - 4.30pm	Donation	Caroline on 0785 152 8239
Pop in for Coffee	Christ Church	Weekly / 9.30am - 11.30am	50p for a cup, free refills	Just turn up

Friday

Activity	Venue	When	Cost	Contact
Ballroom and Latin Dance Classes Intermediate	Oasis Academy John Williams	Weekly / 6.45pm – 7.45pm	£6	Karolina on 0778 636 5616 www.karolina.dance

FULL VENUE INFORMATION CAN BE FOUND ON THE BACK PAGE

Activity	Venue	When	Cost	Contact
Charity Soup Lunches	St Bernadette's Church	Monthly – call for details (Not May – Aug)	Donation towards a chosen charity	Gordon on 01275 832794
Happy Hearts	Hengrove Community Centre	Weekly / 12pm	£5	Amanda on 07973 789 893
Short Mat Bowling	Whitchurch Community Centre	Weekly / 2.30pm - 4.30pm	2 sessions free / membership fee	01275 541594 r.dickson@blueyonder.co.uk
Whitchurch Local History Society	United Reformed Church	Monthly (call for dates) / 7.30pm	Annual fee £10 / £1 for members & £4 for non-members	01275 830869 Geoff@thegariners.org.uk

Saturday

Activity	Venue	When	Cost	Contact
Knit & Natter	Counterslip Church	2nd of the month / 2.30pm - 4pm	Free	01275 833377
Torch Meetings (for blind & partially sighted people)	Counterslip Church	Monthly (call for dates)	Call for details	Mary Simmons on 01275 962 4220

Various days

Activity	Venue	When	Cost	Contact
Table Tennis Club	Includes league matches in the evening and practice on Sunday. For those interested in playing competitively. Call for details.			Mervyn on 01275 845517 / 0744 390 9316

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

Useful information

Local sports facilities

- **Hengrove Park Leisure Centre** - Hengrove Promenade, BS14 0DE. Call 0117 937 0200 or visit www.leisurecentre.com/hengrove-park-leisure-centre
- **South Bristol Sports Centre** - West Town Lane, BS14 9EA. Call 0117 903 8681 or visit ww.southbristolsportscentre.co.uk

Local walks

- **Whitchurch Railway Path Walk** - Call St Monica Trust on 0117 305 2365
- **Hengrove Park Walks** - Call Hengrove Park Leisure Centre on 0117 937 0200 or email hengrove.referral@parkwood-leisure.co.uk

Community transport

- **CATT Bus** - Call 0117 377 3451 or email thecattbus@hwcp.org.uk
- **Bristol Community Transport** – Call 0117 902 0157 or email bctoffice@hctgroup.org

Local support schemes

- **SPEAR Social Prescribing in Hengrove and Whitchurch** (free service providing local people who are feeling a little low or anxious, those wanting to meet new people or who are nervous about starting something new with extra support) – Call 0117 377 2255 or email kw.socialprescribing@nhs.net
- **NEW! Coming soon!**
Bereavement Peer Support – Call Sue Cooke on 0117 377 2255 to find out more

Cycling organisations

- **Family Cycling Centre** - Bamfield, BS14 0FE.
Call 01275 832800 or email cyclingcentre@bristol.gov.uk
- **Life Cycle UK** - Call 0117 353 4580 or email office@lifecycleuk.org.uk

Cafes

- **The Music Shop & Café** – 38-40 Bristol Road, BS14 0PT
- **Deb's Café** - 26 Belland Drive, BS14 0EW
- **Poppy's Cafe** – 95 East Dundry Road, BS14 0LN

Other local opportunities

- **Read Easy** (for those interested in helping someone else learn to read, or for those who need help with reading) –
Call Alison on 0792 265 4688 or email alison@readeasy.org.uk

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

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

Are you interested in supporting or organising local activities? Please get in touch with the community organisations listed in this brochure.

Activity venues

- **Bridge Farm Junior School** - East Dundry Road, BS14 0LL
- **Christ Church** - Petherton Road, BS14 9BP / www.christchurchengrove.org.uk
- **Church of Jesus Christ** - 721 Wells Road, BS14 9HU
- **Counterslip Baptist Church** - 642 Wells Road, BS14 9HT / www.counterslip.org
- **Hengrove Community Centre** - Fortfield Road, BS14 9NX / Tel no. 01275 837910
- **LinkAge Network** - 0117 353 3042 / www.linkagenetwork.org.uk
- **St Augustine's Church** - 2 East Dundry Road, BS14 0LL / 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
- **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 email **mary.leader100@gmail.com**