

# What's on for over 50s

Eastville, Fishponds, Speedwell,  
St George and Whitehall

Issue 1



## Types of activities available

Arts & Crafts	See pages 7, 13, 19
Dance Classes	See pages 5, 13, 16, 21, 22
Exercise Classes	See pages 4, 6, 8, 10-13, 19, 21, 22
Music / Singing Classes	See pages 4, 9, 13, 21, 25
Social Groups	See pages 5, 7-9, 11-13, 19, 20, 22, 24, 26, 30
Special Interest Groups	See pages 4, 5, 7, 8, 10-15, 17, 18, 20, 23-30
Sports	See pages 6, 9
Walking Groups	See pages 13, 28, 29

## Key to activities

 Bus

 Toilets

 Dementia Friendly

 Parking

 Accessible

 Refreshments

 Lunch

 Stairs

 Hearing Loop

This guide is funded by Bristol Ageing Better, and produced in partnership with LinkAge Network, with support from members of the East Bristol Gathering. This guide was produced in 2019.

Please note that some of the images used in this Guide are stock images and may not be a true representation of the activity.

## Welcome to the first edition of the What's on Guide for the over 50s for the Eastville, Fishponds, Speedwell, St George and Whitehall areas.



This new guide has been produced by LinkAge Network's Community Development Coordinator, with support from members of the East Bristol Gathering.

The East Bristol Gathering is made up of a group of community workers and activists, who meet several times throughout the year to share, network and discuss community development in East Bristol.

The group wanted to create a directory of activity for people aged 50+, to share with individuals and groups, ultimately increasing the vitality of community activity in East Bristol.

We hope this Guide will be a practical and valuable resource for local residents and workers alike.

*Wendy Harris*

LinkAge Network Community Development Coordinator  
(Central & East Bristol)

**LinkAge Network is a Bristol-based charity that has been established since 2007, working to strengthen communities, improve health and wellbeing, and reduce social isolation and loneliness among older people.**




We believe that older people have the right to lead fulfilled and satisfying lives, and we deliver this mission by keeping older people at the heart of our work.

We deliver projects, run a Network to connect organisations and community groups, disseminate resources and inform over 50s about what's on across the West of England.

Our projects include:

- Talking Tables - supporting people at three of Bristol's city farms with the skills and knowledge to feel confident to cook nutritious food.
- Community Development for Older People - encouraging new activity where there is a lack of community provision for people over 50, and connecting and supporting organisations or groups who work in an asset based way, to actively involve and include older people in local decision making about their local communities.

 0117 353 3042

[www.linkagenetwork.org.uk](http://www.linkagenetwork.org.uk)

## Fishponds Singing for the Brain

Meet new people in a friendly, fun and social environment. Includes vocal warm-ups and singing a huge range of old and new songs.

<b>WHEN</b>	Monday
<b>TIME</b>	Call for details
<b>COST</b>	Voluntary contribution of £2
<b>VENUE</b>	Call for details
<b>BUSES</b>	5, 17, 48, 48A, 49, Y2, Y5
<b>CONTACT</b>	Sophia Simlat on 0117 961 0693



## Gardening Club

A great little group for people who would benefit from making friends whilst getting a bit of exercise.

<b>WHEN</b>	Monday
<b>TIME</b>	10am - 12pm
<b>COST</b>	FREE
<b>VENUE</b>	St Mary's Church, BS16 2JB
<b>BUSES</b>	48, 48A, 49
<b>CONTACT</b>	Rev. Lizzie Kesteven on 0117 965 0856



## Introduction to Exercise

For those who need a gentle way back in to exercise. Suitable for all. Exercises can be adapted for the needs of those attending.

<b>WHEN</b>	Monday
<b>TIME</b>	4pm - 4.45pm
<b>COST</b>	Call for details
<b>VENUE</b>	All Saints Parish Church, BS16 2BW
<b>BUSES</b>	48, 49, Y2
<b>CONTACT</b>	Booking essential - 0117 950 3335



## Shared Reading Group

Please contact the Library for more details.  
Limited parking at nearby supermarket.

<b>WHEN</b>	Last Monday of the month
<b>TIME</b>	2pm - 3.30pm
<b>COST</b>	FREE
<b>VENUE</b>	Fishponds Library, BS16 3HL
<b>BUSES</b>	17, 48, 49, Y5
<b>CONTACT</b>	0117 903 8560



## Over 50s Lunch Club

A club for over 50s to meet and chat over lunch.

<b>WHEN</b>	1st & 3rd Monday of the month
<b>TIME</b>	2pm
<b>COST</b>	FREE
<b>VENUE</b>	St John's Fishponds, BS16 3QG
<b>BUSES</b>	48, 49, Y2
<b>CONTACT</b>	Zoe on 0748 829 8538



## Social Sequence Dancing

3 elements - social sequence and practice.  
Sessions from 2pm - 2.45pm, 3pm - 3.30pm  
and 3.45pm - 4.30pm. Call for further details.

<b>WHEN</b>	Monday
<b>TIME</b>	See above
<b>COST</b>	Call for details
<b>VENUE</b>	The Beechwood Club, BS16 3TP
<b>BUSES</b>	5, 17, 48, 48A, 49, Y2, Y5
<b>CONTACT</b>	0117 965 0203





## Walking Netball

A slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment.



WHEN	Monday
TIME	12pm - 1pm
COST	£3.50 / £2 with Active in Life Voucher
VENUE	Kingswood Leisure Centre, BS16 4RH
BUSES	Various
CONTACT	01454 865821 (call prior to attending)



## Zumba Gold

Active older adults who are looking for a lower-intensity Zumba® class. Focuses on balance, range of motion and coordination.



WHEN	Monday
TIME	10.45am - 11.30am
COST	£3.50 pay as you go
VENUE	St Aidans Church Hall, BS5 8BJ
BUSES	44, 45, 75
CONTACT	Philomena on 0796 637 3089



## Zumba Keep Fit

Focuses on all elements of fitness: flexibility, cardiovascular, muscular conditioning and balance! Please arrive at least 15 minutes early.



WHEN	Monday & Friday
TIME	9.30am - 10.30am
COST	Call for details
VENUE	The Beechwood Club, BS16 3TP
BUSES	5, 17, 48, 48A, 49, Y2, Y5
CONTACT	Sally 0734 181 3559



## Card Club

Small friendly group who play Newmarket. You'll receive instructions on how to play the game. Tea and biscuits included.

<b>WHEN</b>	Most Tuesdays (call for details)
<b>TIME</b>	2pm - 4pm
<b>COST</b>	£2
<b>VENUE</b>	Meadow Vale Comm. Centre, BS5 7SP
<b>BUSES</b>	7
<b>CONTACT</b>	Fiona on 0784 980 1709



## Coffee and Craft Group

A group that meets for coffee and crafts. Refreshments included.

<b>WHEN</b>	Tuesday
<b>TIME</b>	10am - 11.30am
<b>COST</b>	FREE
<b>VENUE</b>	St John's Fishponds, BS16 3QG
<b>BUSES</b>	48, 49, Y2
<b>CONTACT</b>	Zoe on 0748 829 8538



## Crafternoon

Join us for a relaxed and fun afternoon! Get creative, share your arts and crafts hobbies/skills with others and enjoy a cup of tea.

<b>WHEN</b>	Tuesday
<b>TIME</b>	2pm - 6pm
<b>COST</b>	Call for details
<b>VENUE</b>	Hillfields Library, BS16 4HL
<b>BUSES</b>	17, 49
<b>CONTACT</b>	0117 903 8576





## Fishponds Friendship & Exercise Club

Friendship and exercise club for older people. Enjoy gentle exercise and games, as well as socialising with a cup of tea or coffee.

WHEN	Tuesday
TIME	10am - 11.30am
COST	£4
VENUE	Fishponds Baptist Church, BS16 5AS
BUSES	17, 48, 49, Y2
CONTACT	Spencer Davies on 0782 515 5954



## IT Support and Advice

Receive help with some of your IT queries. Just turn up.

WHEN	Tuesday
TIME	10.30am - 12.30pm
COST	FREE
VENUE	St George Library, BS5 8AL
BUSES	42, 43, 44, 45
CONTACT	0117 903 8523



## Luncheon Club

For anyone aged 60+ regardless of whether or not you have a faith. Opportunities to chat, eat, and socialise with activities after lunch.

WHEN	Last Tuesday of the month
TIME	12.30pm - 1.30pm
COST	£4
VENUE	All Saints Church, BS16 2BW
BUSES	48, 49, Y2
CONTACT	0117 965 7596 / 0117 965 3398



## Orchard Community Choir

Friendly choir for non music readers. We sing a bit of everything from World, Folk and Gospel, creating wonderful harmonies.

<b>WHEN</b>	Tuesday
<b>TIME</b>	7pm - 8.30pm
<b>COST</b>	£6 / £5 concessions
<b>VENUE</b>	Orchard Coffee & Co, BS5 7LA
<b>BUSES</b>	37, 42, 43, 44, 45
<b>CONTACT</b>	0795 405 5931



## Walking Football

Indoor Walking Football session. Just turn up and play.

<b>WHEN</b>	Tuesday
<b>TIME</b>	8pm - 9pm
<b>COST</b>	£3
<b>VENUE</b>	Bristol Metropolitan Academy
<b>BUSES</b>	
<b>CONTACT</b>	0117 952 2581



## WECIL Monthly Social Meet Up

Social meet up for disabled people at the Old Post Office Pub. Open and friendly group. Part of WECIL's Peer Support Community.

<b>WHEN</b>	2nd Tuesday of the month
<b>TIME</b>	6pm - 7.30pm
<b>COST</b>	Low cost drink and meals available
<b>VENUE</b>	The Old Post Office, BS16 3TT
<b>BUSES</b>	5, 17, 48, 48A, 49, Y2, Y5
<b>CONTACT</b>	0117 947 9942



## Zumba

Call for details.

WHEN	Tuesday
TIME	7pm - 8pm
COST	Call for details
VENUE	The Beechwood Club, BS16 3TP
BUSES	5, 17, 48, 48A, 49, Y2, Y5
CONTACT	0779 918 0437



## Bingo

Call for details.

WHEN	Wednesday
TIME	6pm - 7pm
COST	£5
VENUE	Colliers Gardens, BS16 2NA
BUSES	5, 48, 49
CONTACT	0117 958 6336



## Changes Mental Health Support Group

For anyone aged 18+ suffering from a range of mental health issues. Please come at 7pm for a prompt start.

WHEN	Wednesday
TIME	7.15pm - 9.15pm
COST	FREE
VENUE	Colliers Gardens, BS16 2NA
BUSES	5, 48, 49
CONTACT	0117 958 6336



## Colliers Gardens Activity Group

Social and friendly group who welcome new members. Play scrabble, dominoes and cards. Lunch is available at an additional cost.

<b>WHEN</b>	Wednesday
<b>TIME</b>	2pm - 4pm
<b>COST</b>	£2.50 (includes refreshments)
<b>VENUE</b>	Colliers Gardens, BS16 2NA
<b>BUSES</b>	5, 48, 49
<b>CONTACT</b>	Dee Whiting on 0117 935 4471



## Cycle Bristol CTC - Winter Social Program

Programme of cycling/travel presentations, quizzes and an auction from late Sept - Apr. Regular social cycle rides throughout the year.

<b>WHEN</b>	Wednesday
<b>TIME</b>	8pm - 10pm
<b>COST</b>	£2
<b>VENUE</b>	The Beechwood Club, BS16 3TP
<b>BUSES</b>	5, 17, 48, 48A, 49, Y2, Y5
<b>CONTACT</b>	0117 960 2478



## Diamond Club

For older people. Transport available. Two meetings per month, plus one or more outings per year.

<b>WHEN</b>	1st & 3rd Wednesday of the month
<b>TIME</b>	10.30am - 12.30pm
<b>COST</b>	Call for details
<b>VENUE</b>	Fishponds Methodist Church, BS16 2HB
<b>BUSES</b>	17, 48, 48A, 49
<b>CONTACT</b>	Mary Barrington on 0117 965 4521



## Fishponds Carers' Coffee Afternoon

Aged 50+ and care for a friend, relative or neighbour who couldn't manage without you? Join other carers for a cuppa, cake and a chat.

WHEN	3rd Wednesday of the month
TIME	2pm - 3.30pm
COST	First cuppa free / cost for refreshments
VENUE	Kingfisher Cafe, BS16 2LE
BUSES	5, 48, 48A, 49, 443, Y2
CONTACT	Caroline on 0117 958 9989 (booking)



## Friends and Neighbours

A friendly all age group that meets once a month to enjoy a variety of speakers, tea, coffee, cake and a raffle. Everyone is welcome.

WHEN	Last Wednesday of the month
TIME	2pm - 4pm
COST	£2 includes tea/coffee
VENUE	St Michaels' Church Hall, BS15 1BQ
BUSES	19, 43
CONTACT	Jackie on 0117 983 9906



## Gentle Exercise

A friendly exercise class for seniors to improve your strength, balance, posture and flexibility. On street parking only.

WHEN	Wednesday (term time only)
TIME	10.30am - 11.30am
COST	£5
VENUE	The New Place, BS5 6PN
BUSES	48, 48A, 49
CONTACT	0117 952 0522





The Beehive Centre is a fully accessible  
community hub & meeting place.

# The Beehive Centre



We aim to reduce social isolation  
& loneliness in the community,  
by offering a wide range of daily  
activities, for mixed ages and  
abilities, that promote health  
and wellbeing.

**Come Along & See What's On!**

**0117 935 4471**

**[www.thebeehivebristol.co.uk](http://www.thebeehivebristol.co.uk)**

Tai Chi, Keep Fit, Lunch Club, Film Club, Art & Craft, Line Dance,  
Table Tennis, Ballroom Dance, Community Cafe, Walking Group,  
Cooking & Baking, Wellbeing Group, Foot Care, Holistic Therapies



*Look out in the Centre and on our Facebook page  
for one-off Events, Seasonal Fairs and Day Trips too.*

**19a Stretford Road,  
Whitehall,  
Bristol, BS5 7AW**



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Located in the heart of Redland, just a short walk away from the Downs.

From the minute you walk through the door at Glenview you are sure of a friendly reception.  
Our highly trained staff are here to help you and your loved one throughout your stay with us.

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the best care we can in a positive, friendly and safe environment.

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 @GlenViewCare



# Fun Dance Classes for over 50's



**A fun & friendly dance class to challenge your mind & body**

No previous experience necessary

Monday 2-3pm Beehive Centre (BS5 7AW)

Tuesday 10:30-11:30am Sea Mills Community Centre (BS9 2NQ)

Tuesday 1:30-2:30pm The Park (BS4 1DQ)

£3 per class

Drop in or book via [julia.thorneycroft@blueyonder.co.uk](mailto:julia.thorneycroft@blueyonder.co.uk)



We're family when family can't be there



## Driving and Companion Service



07504 229 082 or 0333 014 6211

We can help with:

- Accompanied hospital & medical appointments
- Visiting family and friends
- Transport and companionship for social events
- Home-to-holiday transport
- Shopping trips
- Wheelchair friendly vehicles
- Long or short distance journeys

We are:

- DBS checked
- Private hire licensed
- First-aid trained
- Dementia Friends

Our service is:

- Safe and secure
- Reliable
- Friendly and personal
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[www.drivingmissdaisy.co.uk](http://www.drivingmissdaisy.co.uk)

Independently owned and operated franchise business

## Talking Tables Cooking Sessions

### St Werburghs City Farm

Free 8 week cooking sessions for people aged 50+ wanting to learn to cook nutritious and tasty food in a fun and friendly environment.

**Every Thursday 13th June - 1st Aug (v),  
22nd Aug - 10th Oct 2019, 11am - 2pm  
Watercress Road, BS2 9YJ**

Sessions are suitable for people with access and dietary requirements. All are welcome.

### Do you have travel concerns?

Limited transport is available.

To book your place please call **0117 353 3042**

Please call to find out about further sessions and to register your interest. (v) = vegetarian only



LinkAge  
Network





# Glenside Hospital Museum

Providing visitors with an interesting experience exploring the collection from three Bristol hospitals. New volunteers are welcome.

WHEN	Wednesday & Saturday
TIME	10am - 12.30pm
COST	FREE (donations welcome)
VENUE	Glenside Hospital Museum, BS16 1DD
BUSES	5, 48A
CONTACT	0796 886 9840



# Hanham Photographic Society

We are a friendly group who meet every week to enjoy fellowship and photography. [www.hanhamphoto.org.uk](http://www.hanhamphoto.org.uk)

WHEN	Wednesday
TIME	7.30pm
COST	£60 for one year membership
VENUE	Hanham Methodist Church, BS15 8SD
BUSES	17, 37, 45
CONTACT	Ray Newton on 0117 940 0651



# Meadow Vale Retirement Club

Don't sit at home alone, come and join us. Activities, games, speakers and trips. Transport and befrienders can be arranged.

WHEN	Wednesday (monthly - call for dates)
TIME	2pm - 4pm
COST	Call for details
VENUE	Meadow Vale Comm. Centre, BS5 7SP
BUSES	7
CONTACT	0784 980 1709



## Time to Move

Move and stretch class to familiar and fun music. Come and enjoy this fun and friendly class, no matter your ability.

<b>WHEN</b>	Wednesday
<b>TIME</b>	10am - 11am
<b>COST</b>	£5
<b>VENUE</b>	Stapleton Church Hall, BS16 1AZ
<b>BUSES</b>	5, 48A, Y4
<b>CONTACT</b>	0750 593 7156



## Watercolours

Join this weekly watercolours group at Colliers Gardens. Lunch is available for an additional cost.

<b>WHEN</b>	Wednesday
<b>TIME</b>	10am - 12pm
<b>COST</b>	£3
<b>VENUE</b>	Colliers Gardens, BS16 2NA
<b>BUSES</b>	5, 48, 49
<b>CONTACT</b>	0117 958 6336



## St Mary's Wives Group

St Mary's Wives Group is a friendly 'get together'. Social events are an important part of our programme. Call for further details.

<b>WHEN</b>	Alternating Wednesdays
<b>TIME</b>	2.30pm
<b>COST</b>	Call for details
<b>VENUE</b>	St John's Fishponds, BS16 3QG
<b>BUSES</b>	48, 49, Y2
<b>CONTACT</b>	Jean on 0117 965 1222





## Women’s Reading Group

The Fishponds Reading Group is a womens group that meets monthly to discuss and share opinions on a specific novel.



WHEN	4th Wednesday of the month
TIME	1.30pm - 3pm
COST	Call for details
VENUE	The Beechwood Club, BS16 3TP
BUSES	5, 17, 48, 48A, 49, Y2, Y5
CONTACT	Anne on 0117 904 1875



## Coffee Morning

St Aidan’s coffee morning is open to all. Come and join us for a chat. Please call in advance if you require a ramp to access St Aidan’s.



WHEN	Thursday
TIME	10am - 12pm
COST	Donations welcome
VENUE	St Aidan’s Church, BS5 8TZ
BUSES	37, 44, 45
CONTACT	0117 960 6592



## Knit and Natter

Socialise whilst being creative. Limited parking at nearby supermarket. Please call for more information as this group meets fortnightly.



WHEN	Thursday & Saturday (fortnightly)
TIME	2pm - 4pm
COST	FREE
VENUE	Fishponds Library, BS16 3HL
BUSES	17, 48, 49, Y5
CONTACT	0117 903 8560



## Over 50s Dance and Keep Fit

Easy pace weekly exercise class with range of dance steps and music.

<b>WHEN</b>	Thursday
<b>TIME</b>	2pm - 3pm
<b>COST</b>	Call for details
<b>VENUE</b>	The Beechwood Club, BS16 3TP
<b>BUSES</b>	5, 17, 48, 48A, 49, Y2, Y5
<b>CONTACT</b>	Cressida on 0780 858 1739



## Sequence Dancing

Advanced sequence dancing. There is currently a waiting list for this session so please call in advance.

<b>WHEN</b>	Thursday
<b>TIME</b>	Call for details
<b>COST</b>	Annual subscription - call for details
<b>VENUE</b>	The Beechwood Club, BS16 3TP
<b>BUSES</b>	5, 17, 48, 48A, 49, Y2, Y5
<b>CONTACT</b>	0117 965 0203



## Singing

Join Colliers Gardens for this weekly Singing Group. Lunch is available at an additional cost.

<b>WHEN</b>	Thursday
<b>TIME</b>	2pm - 3pm
<b>COST</b>	£1
<b>VENUE</b>	Colliers Gardens, BS16 2NA
<b>BUSES</b>	5, 48, 49
<b>CONTACT</b>	0117 958 6336



## Staying Steady Class

Strength and balance class to help keep you strong, walk steadily and lower your risk of falling. You might use equipment in the class.

<b>WHEN</b>	Thursday
<b>TIME</b>	1.30pm - 2.30pm
<b>COST</b>	£3.50
<b>VENUE</b>	Brunel Fitness Centre, BS15 1NU
<b>BUSES</b>	7
<b>CONTACT</b>	0117 377 0098



## Tea Dance

An informal group giving those affected by dementia the opportunity to take part in activities, and socialise with others.

<b>WHEN</b>	2nd Thursday of the month
<b>TIME</b>	Call for details
<b>COST</b>	FREE
<b>VENUE</b>	Begbrook Social Club, BS16 1HY
<b>BUSES</b>	48A
<b>CONTACT</b>	Pete Conway on 0117 961 0693



## Coffee Morning

Get together for a chat over a cuppa and a biscuit. No fixed programme. On 2nd Friday of the month there is a lunchtime concert at 1pm.

<b>WHEN</b>	Friday
<b>TIME</b>	10.30am - 11.30am
<b>COST</b>	50p for refreshments
<b>VENUE</b>	Fishponds Methodist Church, BS16 2HB
<b>BUSES</b>	17, 48, 49
<b>CONTACT</b>	Mary Barrington on 0117 965 4521



## Fishponds Activity Group

Activity group giving people affected by dementia the opportunity to take part in structured activities.

<b>WHEN</b>	4th Friday of the month
<b>TIME</b>	Call for details
<b>COST</b>	FREE
<b>VENUE</b>	Call for details
<b>BUSES</b>	5, 17, 48, 48A, 49, Y2, Y5
<b>CONTACT</b>	Pete Conway on 0117 961 0693



## Fishponds Memory Café

Come and chat to people who have been affected by dementia in a friendly and relaxed, social environment at our dementia café.

<b>WHEN</b>	2nd Friday of the month
<b>TIME</b>	2pm - 4pm
<b>COST</b>	FREE
<b>VENUE</b>	The Beechwood Club, BS16 3TP
<b>BUSES</b>	5, 17, 48, 48A, 49, Y2, Y5
<b>CONTACT</b>	Pete Conway on 0117 961 0693



## Friday Film Club

No age restrictions, anyone welcome - just turn up! Films suitable for family viewing. Tea and cake.

<b>WHEN</b>	1st Friday of the month
<b>TIME</b>	2pm - 5pm
<b>COST</b>	Donations of charity welcome
<b>VENUE</b>	All Saints Parish Church, BS16 2BW
<b>BUSES</b>	48, 49, Y2
<b>CONTACT</b>	0117 965 0856



## Gardening Club

This group meets on various Fridays throughout the year. Please call for dates. Lunch is available at an additional cost.



<b>WHEN</b>	Various Fridays
<b>TIME</b>	2.30pm - 3.30pm
<b>COST</b>	FREE
<b>VENUE</b>	Colliers Gardens, BS16 2NA
<b>BUSES</b>	5, 48, 49
<b>CONTACT</b>	0117 958 6336



## Living After Loss

A small and friendly bereavement discussion group that meets on alternate Friday's in the Parish Room of St Mary's Church.



<b>WHEN</b>	Friday (fortnightly - call for dates)
<b>TIME</b>	11am - 12pm
<b>COST</b>	Donations welcome
<b>VENUE</b>	St Mary's Church, BS16 2JB
<b>BUSES</b>	48A, 48, 49
<b>CONTACT</b>	Rev. Lizzie Kesteven on 0117 965 0856



## Lunch Club for Carers

Do you care for a friend, relative or neighbour? Join other carers for lunch and a chat on the first Thursday of each month in Fishponds.



<b>WHEN</b>	1st Friday of the month
<b>TIME</b>	12.30pm - 2pm
<b>COST</b>	You will need to pay for your lunch
<b>VENUE</b>	Various locations - call for details
<b>BUSES</b>	5, 48, 48A, 49, 443, Y2
<b>CONTACT</b>	Stacey on 0774 229 1073





## Lunchtime Concerts

Drop-in lunchtime concerts at the Methodist Church. Includes songs of the 50s and 60s, choirs, singing groups and ensembles.

<b>WHEN</b>	2nd Friday of the month
<b>TIME</b>	1pm - 2pm
<b>COST</b>	Donations welcome (50p refreshments)
<b>VENUE</b>	Fishponds Methodist Church
<b>BUSES</b>	17, 48, 49
<b>CONTACT</b>	Mary on 0790 311 6305



## Reading Group

Meet with other readers to discuss and debate. You will need to be signed up for extended access to the library.

<b>WHEN</b>	3rd Friday of the month
<b>TIME</b>	6pm
<b>COST</b>	FREE
<b>VENUE</b>	St George Library, BS5 8AL
<b>BUSES</b>	42, 43, 44, 45
<b>CONTACT</b>	0117 903 8523



## Friends of Troopers Hill Conservation Work Parties

Have fun and get fit. We run conservation work parties to help preserve the Hill's unique heathland habitats. [www.troopers-hill.org.uk/wp](http://www.troopers-hill.org.uk/wp)

<b>WHEN</b>	1st Sat & 3rd Thurs of the month
<b>TIME</b>	10am - 12pm
<b>COST</b>	FREE
<b>VENUE</b>	Troopers Hill Field, BS5 8HX
<b>BUSES</b>	37, 44, 45
<b>CONTACT</b>	0787 011 0428





A group for those wanting to play games inc.  
board games and collectable card games.  
Bring your own lunch. Hot drinks available.



<b>WHEN</b>	Saturday (fortnightly - call for dates)
<b>TIME</b>	10.30am - 6pm
<b>COST</b>	£3
<b>VENUE</b>	Meadow Vale Comm. Centre, BS5 7SP
<b>BUSES</b>	7
<b>CONTACT</b>	Mark on 0738 760 9722



Free drop in lunch for everyone. Soup, sandwiches, biscuits and cake, as well as a variety of drinks. All free of charge.

<b>WHEN</b>	2nd & 4th Saturday of the month
<b>TIME</b>	12pm - 2pm
<b>COST</b>	FREE
<b>VENUE</b>	St Mary's Church, BS16 2JB
<b>BUSES</b>	48A, 48, 49
<b>CONTACT</b>	0117 970 8211



Call for further information.

<b>WHEN</b>	Sunday
<b>TIME</b>	12pm - 1.30pm
<b>COST</b>	Call for details
<b>VENUE</b>	Colliers Gardens, BS16 2NA
<b>BUSES</b>	5, 48, 49
<b>CONTACT</b>	0117 958 6336



## Bristol Diabetes Support Network

A group where people with diabetes meet others socially and can learn about managing their diabetes from diabetes specialist staff.

<b>WHEN</b>	Meets six times a year - call for dates
<b>TIME</b>	2pm - 4pm
<b>COST</b>	FREE
<b>VENUE</b>	The Beechwood Club, BS16 3TP
<b>BUSES</b>	5, 17, 48, 48A, 49, Y2, Y5
<b>CONTACT</b>	0117 930 9986



## Bristol Older People's Forum (BOPF)

Representing older people in Bristol. Members receive 3 newsletters a year and are invited to attend open forum meetings. [www.bopf.org.uk](http://www.bopf.org.uk)

<b>WHEN</b>	Various
<b>TIME</b>	Various
<b>COST</b>	FREE
<b>VENUE</b>	Various
<b>BUSES</b>	Various
<b>CONTACT</b>	0117 927 9222



## Carers Groups and Activity Groups

A safe space for unpaid carers who are caring for someone. Supper clubs, lunch clubs, craft groups and theatre groups at various locations.

<b>WHEN</b>	Various
<b>TIME</b>	Various
<b>COST</b>	FREE (register to Carers Support Centre)
<b>VENUE</b>	Various
<b>BUSES</b>	Various
<b>CONTACT</b>	0117 939 2562



**Carers Support Centre**  
Bristol & South Gloucestershire



## Friends of Troopers Hill Events

Friends of Troopers Hill run regular guided walks and other events throughout the year.  
[www.troopers-hill.org.uk](http://www.troopers-hill.org.uk)



WHEN	Various
TIME	Various
COST	FREE
VENUE	Troopers Hill Local Nature Reserve
BUSES	37, 44, 45
CONTACT	0787 011 0428



## Life Cycle Over 50s Cycle Buddy Scheme

Want to restart cycling? Join one of our Cycle Buddies who will guide you around your neighbourhood using cycle friendly routes.



WHEN	Various
TIME	Various
COST	FREE
VENUE	Various local rides
BUSES	n/a
CONTACT	0117 353 4580



## Life Cycle Over 55s Cycling Group

For those who'd like to get back on their bikes, stay active and meet new people. Short rides or longer rides around Bristol.



WHEN	Various
TIME	Various
COST	Optional donation of £3
VENUE	Various local rides
BUSES	n/a
CONTACT	0117 353 4580



## St George in Bloom

Gardening and horticultural projects to enhance public areas within the St George area. We welcome new local volunteers.

<b>WHEN</b>	Meet regularly
<b>TIME</b>	Times arranged at committee meetings
<b>COST</b>	FREE
<b>VENUE</b>	Call for details
<b>BUSES</b>	n/a
<b>CONTACT</b>	Grenville Johnson on 0117 949 6788



## St George Strollers

Regular health walks in the local area, up to 3 miles taken at an easy pace. We are a friendly group and new walkers are always welcome.

<b>WHEN</b>	2 walks per month
<b>TIME</b>	Usually weekday mornings
<b>COST</b>	Donations welcome / transport costs
<b>VENUE</b>	St George and the surrounding areas
<b>BUSES</b>	Various
<b>CONTACT</b>	Liz Scott on 0117 952 2513



## What's On at Easton Community Centre

We have lots going on at Easton Community Centre, from Energising Yoga to Zumba, Choirs, Sewing and Pilates. Call for details.

<b>WHEN</b>	Various
<b>TIME</b>	Various
<b>COST</b>	Various
<b>VENUE</b>	Easton Community Centre, BS5 6AW
<b>BUSES</b>	506
<b>CONTACT</b>	0117 954 1409

**easton**  
**community**  
**centre** since 1989



# What's On at St George Community Centre

Various activities and events throughout the week including Yoga, Pilates, Tai Chi and Slimming World. Call for more details.

WHEN	Various
TIME	Various
COST	Various
VENUE	St George Comm. Centre, BS5 8AA
BUSES	42, 43, 44, 45, 635
CONTACT	0775 731 9582



## U3A

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

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



**Want to see your business 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](mailto:enquiries@linkagenetwork.org.uk)**  
**and let us know, we'll do the rest!**

**To find out more about activities in Eastville,  
Fishponds, Speedwell, St George and Whitehall  
please contact LinkAge Network on:**

**0117 353 3042**

**[enquiries@linkagenetwork.org.uk](mailto:enquiries@linkagenetwork.org.uk)**

**[www.linkagenetwork.org.uk](http://www.linkagenetwork.org.uk)**