



What's on for over 55s

Bedminster, Southville and Ashton

2019/2020










BEDMINSTER, SOUTHVILLE AND ASHTON



Types of activities available

Arts and Crafts	See pages 9, 11, 20, 22, 24
Dance Classes	See pages 21, 23, 26
Exercise Classes	See pages 5, 9, 17, 20, 21, 23
Music / Singing Classes	See pages 11, 16, 18, 21
Social Groups	See pages 5, 6, 7, 8, 10, 11, 16, 18, 19, 21, 22, 23, 25
Special Interest Groups	See pages 7, 8, 10, 11, 16, 17, 18, 19, 20, 22, 23, 24, 26
Sports	See pages 5, 6, 7, 8, 9, 16, 23, 25, 26
Walking Groups	See pages 5, 9

Key to activities

 Bus	 Toilets
 Dementia Friendly	 Parking
 Accessible	 Refreshments
 Lunch	 Stairs
 Hearing Loop	

Since it was founded, The St Monica Trust has had two clear charitable aims. The first was to build and maintain the “St Monica Home” and the second was to support those people eligible for the home but unable to live there for whatever reason.



As well as creating a vibrant community for our residents across our villages, St Monica Trust is still a charity at its heart and has always been committed to improving the lives of all older people across the region. We have done this by giving financial support to individuals and community projects such as walking sports, befriending and community activities.

“Your work has made a tremendous difference. I was isolated before and never saw anybody”.

We are proud to sponsor the Bedminster, Southville and Ashton What’s on Guide.

LinkAge Network is a Bristol-based charity tackling the causes of social isolation and loneliness amongst people aged 55+. We have a vision of a world where everyone leads healthy, fulfilled and satisfying lives.




LinkAge Network;

- delivers projects which address the causes of social isolation and loneliness,
- connects groups and organisations to share skills and learning, and
- provides information about activities and opportunities in local communities.

Our What's on Guides are full of information for people aged 55+, including a wide variety of activities available in the local area and access information to help you plan your trip.

Find out what else we offer by visiting **www.linkagenetwork.org.uk**.

 0117 353 3042

St Monica Trust has run a Community Befriending Scheme in Bedminster, Southville and Ashton for over 10 years. Loneliness can affect all of us at some point in our lives. The older we become the higher the risk of becoming lonely and isolated.

If you are over 60 and would enjoy a weekly visit from a friendly volunteer then the befriending scheme may be just what you are looking for!! It's FREE and offers companionship and friendship. Please contact Karen Bennett on 0117 305 2365 or email: karen.bennett@stmonicastrust.org.uk

Karen Bennett



BS3 Community Development delivers Community Webs from GP surgeries and is a social prescribing service which helps people to help themselves by supporting them to take control of their own health and wellbeing.



Community Webs link workers offer 1-2-1 advice to people, whether support around employment, education, training, volunteering and more and can signpost to other specialist services. People can be referred from their GP or via self-referral. For more information email: ruth.green@bs3community.org.uk or call 0117 923 1039

The Over 55s Cinema Club

WHEN	Monday
TIME	2pm doors open, 2.30pm film starts
COST	£2
VENUE	Southbank Club, BS3 1DB
BUSES	24, 75, 76
CONTACT	0117 966 5552

Broad Plain Pioneers Walking Rugby Group

WHEN	Monday
TIME	10am - 11.30am
COST	£4
VENUE	Broad Plain Rugby Club, BS3 5AZ
BUSES	90
CONTACT	nick.wr@btinternet.com

Walking Group - Stroll 'n' Chat

WHEN	Monday and alt. Thursday/Fridays
TIME	Usually starts at 10am
COST	FREE
VENUE	Various locations
BUSES	
CONTACT	0117 305 2365 for a walk programme

Keep Fit

Keep Fit classes run on a Monday. Wear suitable clothing and footwear. Everyone welcome, no experience needed.

WHEN	Monday
TIME	10am - 11.30am
COST	£4.50
VENUE	St. Francis Centre, BS3 2AN
BUSES	24
CONTACT	Dorene on 0117 937 2280



Ladies Only Walking Football

A slower version of the beautiful game for ladies only.
www.bcfco.uk/robins-foundation/

WHEN	Monday (term time only)
TIME	10.30am - 11.30am
COST	£3
VENUE	Windmill Hill City Farm, BS3 4EA
BUSES	75, 76, 90
CONTACT	Mark Reynolds on 0755 747 7035



Monday Club

A wide range of activities to choose from, lunch and afternoon entertainment. For availability contact the Southville Centre.

WHEN	Monday (exc. Bank Holidays)
TIME	10am - 3pm
COST	Call for costs
VENUE	Southville Centre, BS3 1QG
BUSES	11a, 24, 75, 76
CONTACT	0117 923 1039 for further details



Footcare

Provided by qualified and experienced foot health practitioners. Please call to make appointments as booking is essential.

WHEN	Monday
TIME	1.30pm - 5pm
COST	£12 cut & file/£18 cut, file & treatment
VENUE	Southville Centre, BS3 1QG
BUSES	11a, 24, 75, 76
CONTACT	0788 770 7926 or 0117 923 1039



Over 55s Club

Come and try water-based activities, incl. Gig Rowing, Canoeing, Kayaking and Paddleboarding. No sessions during winter.

WHEN	Monday - Call for dates
TIME	1.30pm - 3.30pm
COST	FREE
VENUE	Young Bristol Activity Centre, BS8 4RU
BUSES	X1 X2, X6, X7, X8, X9, 71, 903
CONTACT	0117 929 2513



Memories of Bedminster

Local, friendly, active and social group with activities and guest speakers. All welcome. Call Barbara 0117 949 5680 / Shirley 01275 541338.

WHEN	Monday
TIME	1.30pm - 3.30pm
COST	£2
VENUE	South Bristol Christian Centre, BS3 3PW
BUSES	52, 75, 76
CONTACT	See above



Over 55s Social & Computer Cafe

Pop in for a chat, cuppa, plus if wanted, support with mobiles, tablets and computers. Please call or email zoe.ireland@hotmail.com.

WHEN	Fortnightly Monday / Friday
TIME	1.15pm - 3pm / 10.15am - 12pm
COST	FREE
VENUE	Mezzaluna / Tobacco Factory
BUSES	24, 75, 76
CONTACT	0117 923 1039



Over 55s Footcare

Non medical nail cutting service. We cannot treat corns, in-growing toenails or verrucas. Contact Jaïne or Mandy.

WHEN	1st & 3rd Tuesday of the month
TIME	9am - 2.30pm
COST	Nail cut and file feet £12
VENUE	Monica Wills House, BS3 3NH
BUSES	52, 75, 76 - very limited parking
CONTACT	(J) 0789 652 6248 / (M) 0753 931 2165



Mixed Walking Football

A slower version of the beautiful game for men and ladies. www.bcfco.co.uk/robins-foundation/

WHEN	Tuesday (term time only)
TIME	10.30am - 11.30am
COST	£4
VENUE	South Bristol Sports Centre, BS14 9EA
BUSES	2, 36, 57, 515
CONTACT	Mark Reynolds on 0755 747 7035



Textiles

Resident led activity. Materials supplied. Work on group and individual projects. Please phone for dates.

WHEN	Alternate Tuesdays
TIME	9.30am - 11.30am
COST	£2
VENUE	Monica Wills House, BS3 3NH
BUSES	52, 75, 76 - very limited parking
CONTACT	0781 763 2732



Tai Chi

Monica Wills House activity. For people with balance and mobility problems. The class is not the full Tai Chi form and is mainly seated.

WHEN	Tuesday (term time only)
TIME	2pm - 3pm
COST	£3
VENUE	Monica Wills House, BS3 3NH
BUSES	52, 75, 76 - very limited parking
CONTACT	0781 763 2732



Victoria Park Short Walk

Short, fun, led walks held at a steady pace. Walk routes on tarmacked paths with some hills. Meet at venue below. Just turn up.

WHEN	2nd & 4th Tuesday of the month
TIME	10.30am
COST	FREE
VENUE	Windmill Hill City Farm, BS3 4EA
BUSES	75, 76, 90
CONTACT	0117 305 2365



Sporting Memories & Golden Memories

Focusing on people's memories of their own involvement in sport and support of local and national teams, and the effect on their lives.

WHEN	Tuesday
TIME	2pm - 4pm
COST	FREE
VENUE	Southville Centre, BS3 1QG
BUSES	11a, 24, 75, 76
CONTACT	0117 923 1039



Ashton Silver Social

Come along for a hot drink and chat with like-minded people. Monthly fish & chip lunch. CATT bus pick up available on request.

WHEN	Tuesday & Thursday
TIME	11am - 1pm
COST	FREE
VENUE	Ashton Vale Youth Club, BS3 2QE
BUSES	24
CONTACT	Julie on 0792 044 1176



Bedminster Carer Support Group

Information, advice and support for people caring for someone at home. Guest speakers and discussions about carers needs. Drop in!

WHEN	3rd Tuesday of the month
TIME	10.15am - 12.15pm
COST	FREE
VENUE	Bedminster Methodist Church Hall
BUSES	A1, 24, 75, 76, 90
CONTACT	0117 958 9982



A volunteer group for local people helping others in the BS3 Community. We have projects from care homes and gardening to IT.



BS3 drop-in playgroup suitable for children aged 2+ accompanied by a grandparent. Sessions include crafts, singing and story time.



Join our friendly, informal group to share your knowledge and research various topics. Donations for refreshments.



Mon-Fri
8.00am-4.00pm

COMPASS POINT CHILDREN CENTRE'S COMMUNITY FRIDGE

Bristol's first ever 'Community Fridge' opened its doors within Compass Point Children's Centre in January 2019. Supported by Bristol Food Network and the environmental charity Hubbub UK, it aims to tackle food waste and foster a spirit of sharing and mutual support within the community.

Local residents, allotment holders and businesses, such as super-markets, cafes and restaurants, can share surplus fresh quality food through our Community Fridge.

You can be part of the Community Fridge:

- ◇ TAKE - Stop food going to waste - come and help yourself!
- ◇ DONATE - Any surplus fruit, vegetables and dried cupboard foods (sealed and in-date)
- ◇ VOLUNTEER - Get in touch if you can help

We'd love to expand the project but we need your help to make it bigger and better! We especially need people who are available during weekdays (8am-4pm) to join our team of friendly volunteers and help with any of the following roles:

- ◇ Collecting donations from local supermarkets and businesses and
- ◇ dropping them off at Compass Point (you will need access to a car).
- ◇ Weighing and displaying donations.
- ◇ Cleaning/tidying the fridge.

Compass Point Children's Centre
British Road
Bristol
BS3 3BZ
0117 377 2340

**Find out
what's on
on our
website**



LinkAge Network

Keep up to date with
what's on for people aged 55+
across Bristol and the
West of England.

Visit www.linkagenetwork.org.uk
or call 0117 353 3042

**Get our
newsletter
in your
inbox**

**Read our
What's on
Guides**



@LinkAgeNetwork

www.linkagenetwork.org.uk

**LinkAge
Network**

LinkAge Network is the umbrella name for LinkAge West of England and Bristol LinkAge Network (Phone 0117 353 3042) in England and Wales. © LinkAge Ltd. 07/201501

Talking Tables Cooking Sessions

Are you aged 50+ and want to feel more confident about cooking? Want to meet and eat with people in a fun and friendly environment?

These free 6 - 8 week cooking sessions will provide you with skills and knowledge to cook nutritious and tasty food.

Windmill Hill City Farm

Every Friday: 21st February - 27th March 2020, 10am - 1pm

Lawrence Weston Community Farm

Every Tuesday: 4th January - 27th March 2020, 10am - 1pm

Sessions are suitable for people with access and dietary requirements.

Everyone welcome!

Do you have travel concerns?

Limited transport is available.

To book your place,
please contact

LinkAge Network on:
0117 353 3042



LinkAge Network is the working name of LinkAge West of England Ltd.
Registered Charity No. 1143816 in England and Wales. Company No. 07403291.



A chance to catch up with friends, listen to

LIVE JAZZ AND SWING,

have a dance if you want, sing along and enjoy
delicious sandwiches, tea and cakes.

FIRST TUESDAY OF EVERY MONTH

**2pm in the main hall
£3 entrance fee**



The Park



For further information call us on 0117 903 9770, pop in and speak to Joy on reception, or contact us through our web site - www.theparkcentre.org.uk

Bedminster Community Choir

A fantastic intergenerational group of local residents. All ages welcome. No experience necessary.

WHEN Wednesday (term time only)

TIME 6pm - 7.30pm

COST FREE

VENUE acta Centre, BS3 3AY

BUSES 24, 25, 75, 76

CONTACT 0117 953 2448



Skittles

Classic pub game played for fun. Easy to learn, difficult to master and great fun for beginners and experts alike. Booking essential.

WHEN Wednesday

TIME 2pm

COST FREE

VENUE The Ship Inn, Redcliffe Hill, BS1 6PA

BUSES 24, 52, 75, 76, 90

CONTACT 0117 305 2365



Your Food - Your Health

BS3 Community free activities for over 50s. Free ingredients. Free tea and coffee. Other venues coming. No need to book.

WHEN Wednesday

TIME 2pm - 4pm

COST FREE

VENUE St Catherine's Court, BS3 4NJ

BUSES n/a

CONTACT 0793 005 0691 / 0117 923 1039



Zumba Gold

A fun, lower impact Zumba dance fitness class inspired by dances and music from all over the world. Wear comfortable clothes.

WHEN	Wednesday
TIME	11am - 11.45am
COST	£4
VENUE	United Reform Church, BS3 3PG
BUSES	52, 75, 76
CONTACT	Marie on 0117 963 4104



Seated Zumba Gold

If you want to join in the Zumba craze but have difficulty standing or walking for long periods then this chair-based fitness class is it.

WHEN	Alternate Wednesdays
TIME	1.30pm - 2.30pm
COST	FREE
VENUE	Southville Centre, BS3 1QG
BUSES	11a, 24, 75, 76
CONTACT	0117 923 1039



Afternoon for People with Memory Loss & Carers

Fun interactive afternoons presented by Alive! Activity sessions Inc. music, poetry and exercise. Local community transport available.

WHEN	Alternate Wednesdays
TIME	2pm - 4pm
COST	£2 suggested donation
VENUE	Southville Centre, BS3 1QG
BUSES	11a, 24, 75, 76
CONTACT	ops.enquiries@southvillecentre.org.uk



Creative Writing

Creative writing for health and wellbeing.
Class held weekly at Bedminster Library.

WHEN	Wednesday
TIME	2pm - 4pm
COST	Donation
VENUE	Bedminster Library, BS3 4AQ
BUSES	24, 75, 76
CONTACT	Rob on 0117 972 8827



Hymn Sing-Along

A word of warning - we're not brilliant singers
but we enjoy it! Tea and cake afterwards.
Faithspace Centre/St Mary Redcliffe Church.

WHEN	1st Wednesday of the month
TIME	11am - 12pm
COST	FREE or small donation
VENUE	Phone to check venue
BUSES	24, 52, 75, 76, 90
CONTACT	Rosemary on 0117 922 1627



Golden Memories

Social interaction and light physical activity.
Email ktavender@bristolbearsrugby.com

WHEN	Alternate Wednesdays
TIME	2pm - 4pm
COST	FREE
VENUE	Southville Centre, BS3 1QG
BUSES	11a, 24, 75, 76
CONTACT	Kris Tavender on 0776 644 6572



Ladies Group

Social group with talks, tea, coffee and biscuits.

WHEN	1st Wednesday of the month
TIME	7.45pm - 9.30pm
COST	£4
VENUE	St Francis Centre, BS3 2AN
BUSES	24
CONTACT	Mrs Champion on 0117 963 3770



Bingo

Just come along and play at this fun, friendly bingo club. Costs will vary. Tea and biscuits available.

WHEN	Wednesday
TIME	12.30pm - 3pm
COST	50p entry
VENUE	St Francis Centre, BS3 2AN
BUSES	24
CONTACT	Elaine on 0744 345 2448



Greater Bedminster Older Peoples Forum

Newcomers welcome. Come in and make friends, find out what's on in the area and express your views. Guest speakers every mtg.

WHEN	Wednesday (alternative months)
TIME	10am - 12pm
COST	FREE
VENUE	Monica Wills House, BS3 3NH
BUSES	52, 75, 76
CONTACT	0117 305 2365 - call for dates



Knitting

Resident led activity. Materials supplied. Bring your own knitting needles and enjoy the company. Please phone for dates.



WHEN	Thursday
TIME	2.30pm - 4pm
COST	£2
VENUE	Monica Wills House, BS3 3NH
BUSES	52, 75, 76 - very limited parking
CONTACT	0781 763 2732



French for Beginners

Monica Wills House activity. Friendly group exploring French language, food and culture. Open to non-residents.



WHEN	Thursday (term time only)
TIME	10.45am - 11.45am
COST	£3
VENUE	Monica Wills House, BS3 3NH
BUSES	52, 75, 76 - very limited parking
CONTACT	0781 763 2732



Zumba Gold in the Chair

Monica Wills House activity. For those with limited mobility. Have some fun and keep fit to zesty music. Open to non-residents.



WHEN	Thursday
TIME	4.30pm - 5.30pm
COST	£3
VENUE	Monica Wills House, BS3 3NH
BUSES	52, 75, 76 - very limited parking
CONTACT	Marie on 0117 963 4104



Tea Dance

BS3 Community host a fun and social afternoon of dancing with a DJ and dance teacher. Tea and cakes included.

WHEN	Quarterly on a Thursday
TIME	3pm - 5pm
COST	£5 in advance / £6 on the door
VENUE	Southville Centre, BS3 1QG
BUSES	11a, 24, 75, 76
CONTACT	0117 923 1039 for further details



Qi Gong

Qi Gong is an ancient Chinese practice of energy healing. Stretch and relax, breathe and connect, feel invigorated and nourished.

WHEN	1st Thursday of the month
TIME	10.15am - 11.15am
COST	FREE
VENUE	Southville Centre, BS3 1QG
BUSES	11a, 24, 75, 76
CONTACT	0117 923 1039



Zumba Gold Toning

Combines the fun rhythm of Zumba Gold with use of lightweight toning sticks. Please phone to check day, time and availability.

WHEN	Thursday
TIME	10.30am - 11.30am
COST	£5
VENUE	United Reform Church, BS3 3PG
BUSES	52, 75, 76
CONTACT	Marie on 0117 963 4104



BS3 Lunch Club

Why not pop along for a bowl of soup, quiche, filled jacket potato or an omelette, followed by a piece of homemade cake.

WHEN	Thursday
TIME	12.30pm
COST	£4.85
VENUE	Southville Centre, BS3 1QG
BUSES	11a, 24, 75, 76
CONTACT	0117 923 1039



Art Class

Monica Wills House activity. Arts and craft group working on projects. Open to non-residents.

WHEN	Friday
TIME	10am - 12pm
COST	£3
VENUE	Monica Wills House, BS3 3NH
BUSES	52, 75, 76 - very limited parking
CONTACT	0781 763 2732



Monthly Quiz

Come and test your general knowledge. Prize fund from entry fee. Why not have lunch first? Discount available at Monica Wills restaurant.

WHEN	1st Friday of the month
TIME	2pm - 4pm
COST	£2
VENUE	Monica Wills House, BS3 3NH
BUSES	52, 75, 76 - very limited parking
CONTACT	0117 305 2365



Line Dancing

Come and join this friendly dance class where we have fun. Complete beginners welcome! Open to all abilities and experience.

WHEN	Friday (term time only)
TIME	1.30pm - 2.30pm
COST	£4
VENUE	Southbank Club, BS3 1DB
BUSES	24, 75, 76
CONTACT	0753 042 1650



New Age Kurling

A sport that can be played by all abilities. The game doesn't require any physical fitness, but exercises muscles you wouldn't usually use!

WHEN	Friday
TIME	11am - 12pm
COST	£2
VENUE	Monica Wills House, BS3 3NH
BUSES	52, 75, 76 - very limited parking
CONTACT	0781 763 2732



Golden Memories

An interactive social session particularly for people with dementia or depression. Sessions Inc. Bocchia, New Age Kurling , indoor Archery.

WHEN	Friday
TIME	12.30pm - 3.30pm
COST	£5 per person / £8 per couple
VENUE	Greville Smythe Community Bowls Club
BUSES	24
CONTACT	Kris on 0776 644 6572



The Happy Potters

A friendly, supportive, no pressure club where attendees can play with clay in a social environment. No experience needed.

WHEN	Friday
TIME	10am - 12pm
COST	£5 plus £1 for materials
VENUE	Trylla, 8 North Street, BS3 1HT
BUSES	24
CONTACT	0117 966 5278



Community Art Class

A chance to get creative with paints, develop your skills and learn new ones. A fun, friendly group for over 50s taught by Jenny Mizel.

WHEN	Friday
TIME	2.15pm - 4.15pm
COST	£7
VENUE	Faithspace, BS1 6PB
BUSES	24, 52, 75, 76, 90
CONTACT	Jenny Mizel on 0785 589 1960



U3A

Over 150 small activity groups for retired people across Bristol. Something for everyone. Activities include walking, history and theatre.

WHEN	Something most days
TIME	Various
COST	£20 per year (covers most activities)
VENUE	Various
BUSES	Various
CONTACT	0117 963 1032



Greville Smyth Community Bowls

A community bowls club run for all ages by volunteers. No dress code. Wear flat shoes to protect the green. Membership £20 per year.

WHEN	All year indoor and outdoor
TIME	Various, see gscbc.org.uk
COST	£3 members/ £5 non members
VENUE	Greville Smyth Park, BS3 2EQ
BUSES	24
CONTACT	John on 0771 700 9655



Talking Tables Cooking Sessions for Over 50s

6 - 8 week sessions providing you with skills to cook nutritious, tasty food in a fun and friendly environment. Open to everyone.

WHEN	21st Feb - 27th March 2020
TIME	10am - 1pm
COST	FREE
VENUE	Windmill Hill City Farm, BS3 4EA
BUSES	75, 76, 90
CONTACT	0117 353 3042 - booking essential



Bedminster Social Club

Weekly informal coffee and chat. A variety of events each month. If you are interested please contact Ben Barker or Rosemary Mann.

WHEN	Various days and times
COST	FREE
VENUE	Mezzaluna Cafe, BS3 3NU
BUSES	52, 75, 76
CONTACT	(B) 0117 963 3652 / (R) 0117 963 5608 benbarker@blueyonder.co.uk



Bristol Indoor Bowls Club

Woods supplied. Coaching sessions available. Summer months open Tues & Thurs. Venue suitable for all to visit and play.

WHEN	See above
TIME	10am - 4pm
COST	£3.50 for 2 hours
VENUE	Bristol Indoor Bowls Club, BS3 2TY
BUSES	24
CONTACT	0117 963 3460



Over 55's 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	FREE
VENUE	Various local rides
BUSES	n/a
CONTACT	0117 353 4580 / www.lifecycle.org.uk



Patchwork Gardening

Local group aiming to make neglected areas more attractive to residents and wildlife. Email bemmiepatchwork@gmail.com

WHEN	Various
TIME	Various
COST	FREE
VENUE	Various
BUSES	Various
CONTACT	0117 923 1039 or email above



To find out more about the
St Monica Trust Community Impact Team,
please call 0117 305 2365
communityimpact@stmonicastrust.org.uk

www.stmonicastrust.org.uk