



St Monica Trust

What's on for over 55s

Stockwood

2019/2020

STOCKWOOD



Types of activities available

Arts & Crafts	See pages 15, 17, 19, 20, 21
Dance Classes	See pages 6, 7, 8, 19
Exercise Classes	See pages 6, 7, 18, 20
Music & Singing	See page 9
Social Groups	See pages 7, 8, 17, 22
Special Interest Groups	See pages 5, 6, 7, 8, 9, 15, 16, 17, 19, 20, 21, 22
Sports	See pages 5, 6, 9, 15, 16, 18
Walking Groups	See page 5

Key to activities

 Bus	 Toilets
D Dementia Friendly	P 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 Stockwood 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

Whitchurch Railway Path Walk

A friendly group walk along tree-lined paths. Start and finish at South Bristol Sports Centre. Please arrive 10 mins early for your first walk.

WHEN	Monday (exc. Bank Holidays)
TIME	10am - 11.30am
COST	FREE
VENUE	South Bristol Sports Centre, BS14 9EA
BUSES	2, 36, 57, 515
CONTACT	0117 305 2365



Broad Plain Pioneers Walking Rugby Group

A fully non-contact version of the game, played at walking pace - competitive team activity and fun for all abilities.

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



BNS Health Footcare Services

For those unable to cut their own toenails. Basic nail cutting from £17. Please phone or book online at www.bnshealth.org.uk/foot-care/

WHEN	Monday
TIME	Varies
COST	First treatment £25, then from £17
VENUE	Stockwood Medical Centre, BS14 8PT
BUSES	2
CONTACT	0333 220 3070



Stockwood Short Mat Indoor Bowls

Held on Monday 10am - 12pm and Wednesday 10am - 12pm and 2pm - 4pm. All equipment provided.

WHEN	Monday & Wednesday
TIME	See above
COST	£2 per session
VENUE	Christ the Servant Church, BS14 8SP
BUSES	2, 57
CONTACT	Mike on 01275 837522



Dance Fit

Fun fitness class using a variety of steps and music. Latin, Pop, Rock and Roll, Bollywood and more! Beginners welcome.

WHEN	Monday (exc. Bank Holidays)
TIME	10am - 11am
COST	£5 (or £4.50 for 45 mins option)
VENUE	The Park Centre, BS4 1DQ
BUSES	36, 50, 90
CONTACT	Cressida on 0780 858 1739



Luncheon Club

Food and friendship every Monday.

WHEN	Monday
TIME	11.30am - 2pm
COST	£5
VENUE	Stockwood Free Church, BS14 8QH
BUSES	2
CONTACT	Joyce on 01275 541767



Dance

Explore the world of dance, learning steps from a particular dance each session. Dance styles varied. No experience needed.

WHEN	Monday (exc. Bank Holidays)
TIME	11am - 12pm
COST	£5
VENUE	The Park Centre, BS4 1DQ
BUSES	36, 50, 90
CONTACT	Cressida on 0780 858 1739



BS14 Stroke Club & Friends

Social afternoon with tea, cake, skittles and bingo. Join us and make new friends.

WHEN	Monday
TIME	1pm - 4pm
COST	FREE
VENUE	BS14 Club, BS14 8SJ
BUSES	2
CONTACT	Diane on 0798 265 6781



Stockwood Newbies

An informal social group for people new (or nearly new!) to the area who would like to meet people and find out what's going on.

WHEN	Last Monday of the month
TIME	1pm - 3pm
COST	FREE (refreshments provided)
VENUE	Stockwood Library, BS14 8PL
BUSES	2, 57, 515
CONTACT	Maureen on 0796 047 3378



Have a cup of PositiviTEA! Meet like-minded people, explore learning opportunities, share interests & skills.



Held on Mon evening 7.30pm - 9.30pm
(Marlene - 01275 891057) and Thurs evening
8pm -10.15pm (Rachel - 0788 094 7583.)



Coffee, tea, chat, friendship, raffle and cards.

A close-up photograph showing a person's hand pouring milk from a small, shiny metal pitcher into a white ceramic cup filled with coffee. The milk is being poured in a way that creates a white, swirling pattern on the surface of the coffee. The cup is sitting on a white saucer, and a silver spoon is visible in the foreground. In the background, another white cup and a person wearing a blue shirt are partially visible.

Mixed Walking Football

A slower version of the beautiful game for men and ladies.

www.bcfc.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 on 0755 747 7035



Stockwood Happy Notes

Fun and friendly singing group with piano accompanist and professional teacher. All abilities welcome. Just turn up.

WHEN	Tuesday (term time only)
TIME	1pm - 2.30pm
COST	£4
VENUE	Christ the Servant Church, BS14 8SP
BUSES	2
CONTACT	Just turn up



STAR - Share, Talk and Remember

Our bereavement peer support group provides a safe space to listen to and share experiences with others who have experienced loss in their lives.

WHEN	1st & 3rd Tuesday of the month
TIME	6pm - 8pm
COST	FREE
VENUE	Stockwood Free Church, BS14 8QH
BUSES	2
CONTACT	Jan 0782 575 9441 / Debs 0777 342 0980





Bereavement Peer Support Group in Stockwood

Our Peer Support Group 'STAR' provides free support to anybody who is grieving from a loss. The aim of the support group is to create a safe space for people to receive support, to be listened to and to hear from others who have also experienced loss in their life.

First & third Tuesday of every month

6pm - 8pm

at

Stockwood Free Church, Ladman Road, Stockwood,

Bristol BS14 8QH

Launching in October 2019

**For more information on how to join the group
please contact:**

Jan on 07825 759 441

or Debs on 07773 420 980

This service is free and run by local people who are
volunteering their time to help others.

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

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



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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

We have joined forces with The Bristol Hippodrome to bring you the Matinee Mingle!

Join other theatre-lovers aged 60+ before selected mid-week matinee performances, for a chat and a complimentary hot drink.

Matinée Mingle

To register, contact Sarah Walker:
sarahwalker@theambassadors.com
0117 302 3310 (option 5)

For upcoming dates and performances see:
www.linkage.org.uk/projects/matinee-mingle/



**THE BRISTOL
HIPPODROME**

**National
friendly**

**LinkAge
Network**

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Held on Tuesday from 2.30pm - 4.30pm and Friday from 2.30pm - 4.30pm & 7.30pm - 9.30pm. 2 free trial sessions. £32.50 per quarter.

WHEN	Tuesday & Friday
TIME	See above
COST	See above
VENUE	Whitchurch Village Comm. Ctr, BS14 0PT
BUSES	177, 376
CONTACT	Richard on 01275 541594



Part of the largest women's organisation in the country. An evening of interesting, fun and varied talks and activities.

WHEN	2nd Wednesday of the month
TIME	8pm
COST	£42 annual fee
VENUE	Christ the Servant Church, BS14 8SP
BUSES	2, 57
CONTACT	Susan on 01275 833388



A sociable session of papercraft. This is a friendly group with no tutor. Bring your own materials for card, decoration making and more.

WHEN	Wednesday
TIME	11am - 12.30pm
COST	FREE
VENUE	Bluebell Gardens, BS14 8AB
BUSES	2, 57
CONTACT	01275 545003



Walking Hockey

Meet new people and have fun; no experience needed. Learn basic skills and play a game. No running, large lightweight ball.

WHEN	Wednesday
TIME	12pm - 1pm
COST	£5
VENUE	The Park Centre, BS4 1DQ
BUSES	36, 50, 90
CONTACT	Cressida on 0780 858 1739



Skittles

Classic pub game, played for fun. Easy to learn, difficult to master and great fun for beginners and experts alike. Just turn up.

WHEN	Wednesday
TIME	2.30pm start
COST	£9.50 annual fee to join the club
VENUE	Sturminster Social Club, BS14 8AU
BUSES	2, 57, 516
CONTACT	01275 832992



Dementia Carers Support Group

Information, advice and support for people caring for someone with Dementia at home. Discussions and speakers.

WHEN	1st Wednesday of the month
TIME	10.30am - 12.30pm
COST	FREE - no booking necessary
VENUE	The Coppice @ Callington Rd Hospital
BUSES	2, 36, 376
CONTACT	Carersline on 0117 965 2200



Stockwood Ladies Evening Group

Interesting speakers, tea, coffee and chat. Make new friends and have a good evening's entertainment.

WHEN	1st & 3rd Wednesday of the month
TIME	8pm - 9.30pm
COST	£2
VENUE	Christ the Servant Church, BS14 8SP
BUSES	2, 57
CONTACT	Just turn up



Horizon Club

A craft and hobby club for all. Cost includes refreshments. Sessions not running in August.

WHEN	2nd & 4th Thursday of the month
TIME	10am - 12pm
COST	£1.50
VENUE	Christ the Servant Church, BS14 8SP
BUSES	2, 57
CONTACT	Anne on 01275 837522



Whist Drive

First Thursday of the month (except in August).

WHEN	1st Thursday of the month
TIME	10am - 12pm
COST	£1.50
VENUE	Christ the Servant Church, BS14 8SP
BUSES	2, 57
CONTACT	Just turn up



Walking Football

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

WHEN	Thursday
TIME	10.30am - 11.30am
COST	£4
VENUE	South Bristol Sports Centre, BS14 9EA
BUSES	2, 36, 57, 515
CONTACT	Mark on 0755 747 7035



Walking Netball

Meet new people and have fun playing a sport. Warm up, basic skills and a game. No running or jumping. No experience needed.

WHEN	Thursday
TIME	10am - 11am
COST	£4.50
VENUE	The Park Centre, BS4 1DQ
BUSES	36, 50, 90
CONTACT	Cressida on 0780 858 1739



Yoga

Non aerobic form of exercise to develop flexibility, strength and balance.
janerobertsyoga@yahoo.co.uk

WHEN	Thursday (term time only)
TIME	12.30pm - 1.30pm
COST	£5
VENUE	The Park Centre, BS4 1DQ
BUSES	36, 50, 90
CONTACT	Jane on 0774 816 5907



Stockwood Growing Together

A friendly community allotment group. No gardening experience required, all interests and skill levels welcome.

WHEN	Thursday
TIME	1pm - 3pm
COST	FREE
VENUE	Southern Links Children's Ctr, BS14 8DQ
BUSES	2, 57, 515
CONTACT	0117 353 3503



Tea Dance

Ballroom and sequence dance. Tea, coffee and cakes included. Dances every Thursday and the 2nd Saturday of each month.

WHEN	Thurs 2pm - 4pm/Sat 7.30pm - 10.30pm
TIME	See above
COST	£3.50
VENUE	Christ the Servant Church, BS14 8SP
BUSES	2, 57
CONTACT	Marlene on 01275 891057



Whitchurch Art Club

Come along to our Art Club that takes place every Thursday. Please contact Lyn on 01275 838763 or Pat on 01275 837602.

WHEN	Thursday
TIME	7pm - 9pm
COST	£30 per year & £1.50 per week
VENUE	Hengrove Community Centre, BS14 9LF
BUSES	2, 36, 50, 376
CONTACT	See above



Tai Chi (Experience Necessary)

Exercises consisting of sequences of slow, controlled movements that can improve balance and promote relaxation.

WHEN	Friday (term time only)
TIME	10am - 11am
COST	£4
VENUE	The Park Centre, BS4 1DQ
BUSES	36, 50, 90
CONTACT	John on 0771 874 5815



Clay Friends

Learn the art of polymer clay sculpture in a friendly setting.

WHEN	Friday
TIME	11am - 12.30pm
COST	£1
VENUE	Stockwood Library, BS14 8PL
BUSES	2, 57, 515
CONTACT	Anita on 0741 491 7135



Monthly Quiz

Come along and test your knowledge. Cash prize for 1st, 2nd and 3rd place teams. No quiz in July/August. Contact Margaret or Bob.

WHEN	Last Friday of the month
TIME	2.30pm
COST	£3
VENUE	Stockwood Free Church, BS14 8QH
BUSES	2
CONTACT	(M) 01275 830057 or (B) 01275 832750



Art Group

Friendly art class for all abilities. Price includes refreshments.



WHEN	Saturday
TIME	9.30am - 12pm
COST	£3.20
VENUE	Christ the Servant Church, BS14 8SP
BUSES	2, 57
CONTACT	Mary on 01275 543549



Board Games Café

Come along for a friendly chat and fun games.



WHEN	3rd Saturday of the month
TIME	11am - 2pm
COST	FREE
VENUE	Stockwood Library, BS14 8PL
BUSES	2, 57, 515
CONTACT	Sam on 0770 368 1073



The Repair Café

A free repair service to help save money, reduce landfill, and bring things back to life!



WHEN	Monthly on Saturdays
TIME	TBC
COST	FREE, donations welcome
VENUE	Stockwood Free Church, BS14 8QH
BUSES	2
CONTACT	Amanda on 0755 776 2290



Bingo

Every Sunday evening. For more info email enquiries@bs14club.com or call. Membership of BS14 club required (£8 per year).



WHEN	Sunday
TIME	7.30pm
COST	40p + books
VENUE	BS14 Club, BS14 8SJ
BUSES	2
CONTACT	01275 833239



Friends of Stockwood Library

We organise events around the library/ community. We are all local residents and volunteers. Call for more info.



WHEN	TBC
TIME	TBC
COST	FREE
VENUE	Stockwood Library, BS14 8PL
BUSES	2, 57, 515
CONTACT	Sam on 0770 368 1073



Memory Cafe

A chance for patients with dementia and their carers to come and listen to speakers, learn about services and care, over a cup of tea.



WHEN	Please phone for dates
TIME	2pm - 4pm
COST	FREE
VENUE	Stockwood Medical Centre, BS14 8PT
BUSES	2
CONTACT	01275 833103



