

children's Activities

Tuesdays

9.30 -10.30am Blue Rainbow inc Stretch'n' Grow

Age: 2-5 year | Studio | 50p

Wednesday

5.30—6.30pm Mini Beatz Street Dance Classes

Age: 6-10 years | Studio | £3.50

6.30 to 7.30pm Fresh Beatz Dance Classes

Age 11—17 years | Studio | £4

Thursday

4—5pm After School Activity Club

Age 4-11 years | Outside/Studio | 50p

A sport club with a mix of games, skill tests, & matches.

School holiday Sports Fun Days

9.30am—4pm During school holidays

Age 4—11 years | Outside/Studio | £5

Well organised, sports packed days for boys and girls.
Taking booking for May Half Term.

Community Access Support Service

Working with community, equalities and faith groups (big and small) in Bristol, to help them to support the mental health wellbeing of their members, users and communities. Find out more: agata.palmer@cassbristol.org



Knowle West Healthy Living Centre
Knowle West Health Park
Downton Road,
Bristol, BS4 1WH



Outreach Health Checks

Middle-aged Bristol residents can now get a free NHS health check on their doorstep with pop up sessions taking place in local communities and workplaces across the city by Healthy Living Centres.

To be eligible you must be

- aged 40-74 years,
- registered with a Bristol GP
- not already receiving treatment for cardiovascular condition (diabetes, heart or kidney disease, high blood sugar or high cholesterol)

Call 0117 377 2255 to find your closest session.

Other services in Centre:

The Green House (Rape and sexual abuse counselling) providing counselling for men and children (under 18years).
call: 935 1707

Diabetes UK Support Group A support group for anyone affected by diabetes.
Contact Mike Deane 07494 849739

For more information

Call 0117 377 2255

www.knowlewesthealthpark.co.uk

Healthy Living Services

in South Bristol



Knowle West
HEALTHY LIVING CENTRE

Keeping Active (for adults)

Fitness Classes

Monday

11—12 Gentle Exercise Class Studio I £3
(for people with reduced mobility but want to stay fit)

Tuesday

6-7 pm Hips, Bums and Tums Studio I £3
7-8pm Hips, Bums and Tums Studio I £3

Wednesday

10.30 -11.45 Tai Chi Movements for Wellbeing
Studio I £2.50

Thursday

6—7pm Step Aerobics Studio I £3

Regular Walking Groups

Regular One, Two , Three Heart Walking groups and monthly social walks. Various Days

Boot Camp

Tuesday/Thursday/Saturdays(mornings & evening)

Healthy Eating

Waist Watchers (Mon 9.30am and 4pm)

FREE weekly weigh-in. Advice and support on how to lose weight sustainably.

Healthy Eating Course

Regular courses call for dates

Love
yourself
enough
to live
a healthy
lifestyle.

Mental health & wellbeing

Art Ease Group (Tues and Wed morning)

Feeling low or isolated , our popular art group, aimed at people with mild to moderate mental health needs. Benefits can include improved self confidence, learning new skills and making new friends. £1 a session.

Relaxation/Massage and Baby Massage Courses. Regular courses running call for dates.

Ear Acupuncture (11 to 12 noon Fridays)

Gentle and relaxing therapy which can help with a whole range of medical issues, from general aches and pains to stress and anxiety. £2 a session.

Man Alive

If you are free during the week or stay at home dad? Support and activities for men of all ages

Lip Reading Class (10—12noon Fridays)

Supportive, friendly weekly . £2 a session

One to one advice

Active Lifestyles

Find out what's available locally to help with your overall health and happiness from our Wellbeing Co-ordinator. FREE

Pathways to Health

Free sessions with qualified health and wellbeing worker to advise, support and motivate you to make healthy lifestyle changes . Plus follow up support group.

Smoking Cessation

One to one support , advice, information, support. Nicotine replacement therapy available.



**For more information
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