

Children's Activities

Drop in and Play with Stretch 'n' Grow

Lots of fun and games for pre-schoolers
Age 2-5 years (term time only)

Tuesday 9.30 - 11.30am | cost £1 | Studio

FREE Play Session - open access

A wide range of activities games, arts and crafts,
camp fire cooking (with Learning Partnership
West). Age 8 -12 years.

Wednesday 3 - 5pm | Outside at the Play Pod

Inferno Beatz Dance Class

Regardless of age or ability, come and try street
dancing. Age 4-11 years (term time only)

Wednesday 5.30 - 6.30pm | £4 | Studio

Community Access Support Service

CASS works with community, equalities and
faith groups (big and small) in Bristol. If you'd
like information about how to support the emo-
tional wellbeing of your group members and
local communities.

contact: natalie.campbell@cassbristol.org



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

Tackling health inequalities in south Bristol

We work to promote and protect good health and relieve sickness of people living in the Knowle West area of Bristol and the surrounding area of South Bristol. We work in partnership with local residents, community groups and GPs to deliver activities, using local knowledge to inform what we do.



Other services in Centre:

The Green House - Rape and sexual abuse counselling for men & children (under 18 yrs).

☎ 0117 935 1707

Diabetes UK Support Group
for anyone affected by diabetes.

☎ 07494 849739

Off The Record Young Peoples Counselling

☎ 0808 808 9120

Thyroid Support Group

Last Friday of each month.

☎ 0117 377 2255

Bristol Tranquilliser Project

☎ 0117 950 0058

For more information

Call: 0117 377 2255

www.knowlewesthealthpark.co.uk

Email: info@knowlewesthealthpark.co.uk

Correct as of Sept 2017, check website for updates

Healthy Living Centre in south Bristol



Knowle West
HEALTHY LIVING CENTRE

Keeping Active (for adults)

Gentle Exercise Class

For people with reduced mobility who want to stay fit
Monday 11 - 12pm | £3.50 | Studio

Hips, Bums and Tums

Two friendly groups to help you tone up. All sizes, all abilities, no experience needed.
Tuesday 6—7 pm & 7 - 8pm | £3.50 | Studio

Tai Chi Movement for Wellbeing

Give yourself the gift of relaxation and let your mind and body release tension and stress
Wednesday 10.30 -11.45am | £4 | Studio

Step Aerobics

Meet new friends and burn those calories
Thursday 6 - 7pm | £3.50 | Studio

Stretch & Roll Workout

Womens exercise class with an introduction to Jiu Jitsu & Ginastica Yoga. Call: Adrienne 07962 914002
Thursday 7.30 - 8.30pm | £3 | Studio

Boot Camp—Military Style

Tuesday/Thursday/Saturday (mornings & evening)
Call: Jason 07855 465872. Outside at Health Park

Walking Groups

Friendly, regular walking groups to suit your level of walking. From short, very gentle walks through to whole morning walks and monthly social walks. Supported by our welcoming, trained volunteer Walk Leaders.

Healthy Eating

Waist Watchers (Mon 9.30 - 10.30am & 4 - 5pm)

FREE Drop In: Weekly weigh-in, plus advice and support on how to lose weight and keep it up.

Love
yourself
enough
to live
a healthy
lifestyle.

Mental Health & Wellbeing

Art Ease Group (Tues and Weds morning)

Are you feeling stressed, experiencing low mood or depression, coping with change, feeling lonely or caring for someone else. Our art group is aimed at people with mild to moderate mental health needs. Benefits can include improved self confidence, learning new skills and making new friends. No previous experience needed. £1 a session (call for referral).

Ear Acupuncture (11 - 12 pm Friday)

Gentle and relaxing therapy which can relieve a range of health issues, from general aches and pains to stress and anxiety. £5 a session.

Man Alive Breakfast (first Friday of the month)

A welcoming group for men where you can meet and make new friends, find out what is going on in the area, learn a new skill ,or join in with others to get a little fitter.

Lip Reading Class (10 - 12pm Friday)

Supportive, friendly weekly class £4.00 a session.

Fit & Fab (10 - 12pm Thursday)

A women's only support group: Encouragement from others to help you build self-esteem, confidence and improve your health . Call Sally 0117 903 0024 to find out more.

Women of Worth (6.30 - 8.30pm Wednesday)

Friendly support group for local women with a range of activities most weeks.

One to One Advice

Social Prescribing (SPEAR)

Social Prescribing is an approach that seeks to improve your health by looking at social, physical and emotional wellbeing.

We offer a free, confidential 1 to 1 service. The support will enable you to access social or community activities and resources in your local area. Working alongside your GP we will support you to address social and practical issues to improve your health. Self referrals welcome.

Free NHS Health Checks

If you are aged 40 - 74 years old book yourself a free 'Health MOT'.

To be eligible you must be:

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

Smoking Cessation

Get help to stop smoking. One to one sessions offering support to stop smoking or switch to vaping.

