

## Healthy Eating

**Waist Watchers** (Monday 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.

**Eat Well, Live Well** (Thursday morning).

Regular Healthy eating cookery courses. Call for course dates and times.



## Children's Activities

### Stretch 'n' Grow

Lots of fun and games for pre-schoolers .

Age 2-5 years (term time only)

**Tuesday 9.45– 10.15am | cost £1 | Studio**

### Inferno Beatz Dance Class

Regardless of age or ability, come and try street dancing. Age 4-15 years (term time only)

**Wednesday 5.15pm - 6.15pm | £4 | Studio**



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

**Tackling health inequalities in South Bristol**

## 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 emotional wellbeing of your group members and local communities.

**contact: dan.lewin@cassbristol.org**

## Other services in Centre:

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

 0117 935 1707

### Thyroid Support Group

Last Thursday of each month.

1.00pm—2.30pm

 0117 377 2255

### Bristol Tranquilliser Project

 0117 950 0058

## For more information

# Call: 0117 377 2255

[www.knowlewesthealthpark.co.uk](http://www.knowlewesthealthpark.co.uk)

Email: [info@knowlewesthealthpark.co.uk](mailto:info@knowlewesthealthpark.co.uk)

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.

Correct as of October 2019, check website for updates

# Healthy Living Centre in South Bristol



Knowle West  
**HEALTHY LIVING CENTRE**

## Keeping Active (for adults)

### Gentle Exercise Class

Build up your fitness and strength in a fun class.  
Mondays 9.45 - 10.45am | £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 | £4 | 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 | £4 | Studio

### Stretch & Roll Workout

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

### Rockfit Session

A heart-pumping, fist-bumping combination of dance, cardio and toning set to classic rock and metal music.  
Friday 5.45 - 6.45pm | £5 | Studio

### Outdoor fitness sessions

An exciting range of new sessions starting very soon!

## 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.



## Mental Health & Wellbeing

### Art Ease Group (Tuesday & Wednesday morning)

Are you feeling stressed, experiencing low mood, feeling lonely or caring for someone else. Our art group is for 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 (10am first Friday of the month)

A welcoming group for men at the Roundhouse, Springfields Allotments. You can 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 am - 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 for referral).

### 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

Your doctor isn't the only person who can help you feel better.

Addressing difficult issues sometimes needs extra time and support. Our social prescribing link workers can help you look after more than just your health. We can work alongside GPs, and nurses to help you get extra support.

Together we can discuss issues you're facing, explore what is important to you, find local activities and services to help, and give you support to access them. Free, confidential 1 to 1 service. Self referrals welcome.

### Social Prescribing for Physical Inactivity

For people who want to get active, but don't know where to start. Get one to one support and advice, and find out how activity can be made part of daily life to improve your health.

## NHS Free NHS Health Checks

Book yourself a free 'Health MOT': blood pressures, cholesterol and weight check. To be eligible you must be aged 40-74 years and

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

