What’s on for Over 50’s
Greater Brislington
Winter 2017/2018
Greater Brislington Over 50’s Project
### TYPES OF ACTIVITIES AVAILABLE

<table>
<thead>
<tr>
<th>Activity</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arts and Crafts</td>
<td>6, 9, 19, 20</td>
</tr>
<tr>
<td>Dance Classes</td>
<td>7, 12, 14</td>
</tr>
<tr>
<td>Excersise Classes</td>
<td>3, 4, 5, 6, 8, 12, 13</td>
</tr>
<tr>
<td>Music &amp; Singing Classes</td>
<td>5, 7, 14, 20</td>
</tr>
<tr>
<td>Social Groups</td>
<td>3, 4, 6, 7, 8, 15, 16, 18, 19</td>
</tr>
<tr>
<td>Special Interest Groups</td>
<td>10, 11, 14, 16, 17, 18</td>
</tr>
<tr>
<td>Environmental Groups</td>
<td>17, 18, 20, 21</td>
</tr>
<tr>
<td>Walking Groups</td>
<td>19</td>
</tr>
</tbody>
</table>

For more information about groups and activities in other areas of Bristol contact:

- **LinkAge Bristol**
  - Tel: 0117 353 3042

- **Bristol Ageing Better**
  - Tel: 0117 928 1539
  - [www.bristolageingbetter.org.uk](http://www.bristolageingbetter.org.uk)
The Greater Brislington Over 50’s Project is a community development project for over 50’s delivered by Bristol Charities, funded by Bristol Ageing Better and the Lottery.

What we do:

✔ Supporting an active and social community in Greater Brislington.

✔ Developing new and sustainable activities for over 50’s based on what the people of Brislington would like to see happening.

✔ Help support existing groups and projects in Brislington to continue being able to operate and develop further.

✔ Address the social isolation older people can sometimes experience as well as general health and wellbeing through specific activities and groups etc.

For more information contact Armon:
Mobile: 07825548884
email: greater.brislington@bristolcharities.org.uk
www.bristolcharities.org.uk

ACTIVITY DETAILS ARE CORRECT AT THE TIME OF PRINTING, CONTACT THE GROUP DIRECTLY TO CONFIRM DETAILS.

PLEASE USE THE CONTACT DETAILS FOR EACH ACTIVITY OR GROUP TO CONFIRM DETAILS.

SOME IMAGES USED IN THIS BOOKLET ARE NOT NECESSARILY REPRESENTATIVE OF THE ACTIVITIES INCLUDED.
TAI CHI

Tai Chi is a relaxing exercise suitable for all. Very good for muscles, joints and overall health. Come along and try it out!

WHEN Monday
TIME 1-2pm
VENUE St Anne’s Church Hall
COST £3
CONTACT Armon 07825548884

YOGA FOR OVER 50’s

These gentle classes are specially designed for the mature body we will slowly and carefully build movement, mobility and strength. Option to use a chair so mobility is not an issue.

WHEN Tuesday
TIME 1pm - 2pm
VENUE St Anne’s Church Hall
COST £3
CONTACT Armon 07825548884

ST ANNE’S LADIES

Like the WI but not the WI. Meeting at St Anne’s Church once a month. St. Annes Ladies provides creative activities for women of all ages. There is a waiting list. Please contact for more information.

WHEN Monday evenings
TIME Once a month
VENUE St Anne’s Church Hall
COST £17 annual - £2 for visitors
CONTACT sheilaknight@blueyonder.co.uk
YOGA
There are two other Yoga classes at St Anne’s Church Hall on Thursday and Friday evenings. Open for all to attend.

WHEN
Thursday or Friday

TIME
7.15-8.15pm or 7-8pm

VENUE
St Anne’s Church Hall

CONTACT
Pauline 07778952662 (Thurs)
Cam 07733 244829 (Friday)

COMMUNITY CAFE
Pop along for light refreshments and a cup of tea or coffee. Perfect for after the Wednesday morning service. Cafe opens at 10:00am.

WHEN
Wednesday

TIME
10am - 12pm

VENUE
St Anne’s Church Hall

COST
Free to attend

CONTACT
0117 9858378

BINGO CLUB
Come along and join the Bingo Club. A very friendly social bunch who play bingo and chat.

WHEN
Wednesday

TIME
1.00pm - 3.00pm

VENUE
St Anne’s Church Hall

COST
Free to attend

CONTACT
0117 9723066
TAI CHI
Tai Chi is a relaxing exercise suitable for all. Very good for muscles, joints and overall health. Come along and try it out!

**WHEN** Monday  
**TIME** 2.15pm - 3.15pm  
**VENUE** St Peter’s Church Hall  
**COST** £3  
**CONTACT** John 07718745815

MUSIC & MEMORIES
Fun activities and free sessions linking people with memory problems and their carers with professional musicians. Refreshments provided.

**WHEN** Monday  
**TIME** 2pm - 4pm  
**VENUE** St Peter’s Church Hall  
**COST** FREE  
**CONTACT** 01823 668676

PILATES
Our pilates and movement classes are achievable and adaptable for all people of all sizes and abilities. Expect friendly and professional motivation with a few giggles along the way.

**WHEN** Monday  
**TIME** 9.20am & 10.30am  
**VENUE** St Peter’s Church Hall  
**COST** 6 week course for £45  
**CONTACT** Rachel 07980282085
CRAFT & HOBBIES CLUB
A friendly atmosphere where you can have a cup of tea and a chat while you knit, paint or stitch. Includes a variety of crafts and people to share their knowledge. Anyone welcome.

WHERE  Monday
TIME  7.30pm - 9pm
VENUE  St Peter’s Church Hall
COST  50p towards refreshments
CONTACT  Carol 0117 9710747

LUNCH CLUB
Lunch Club for over 50’s. Not just a meal but a chance for a chat and a game of bingo. Contact 0117 9777673 for details.

WHERE  Tuesday
TIME  10.30am
VENUE  St Peter’s Church Hall
COST  1
CONTACT  0117 9777673

KEEP FIT
Keep fit class to help you stay healthy and fit. Everyone welcome. Contact Eileen Scott for more details.

WHERE  Wednesday
TIME  9.30am
VENUE  St Peter’s Church Hall
COST  1
CONTACT  Eileen Scott 0769 929733
OVER 50’s CLUB
Social club for older people. Come along for guest speakers, entertainment, quizzes or just a chat, something for everyone. (Runs every other week). Contact for details.

<table>
<thead>
<tr>
<th>WHEN</th>
<th>Wednesday (every other week)</th>
</tr>
</thead>
<tbody>
<tr>
<td>TIME</td>
<td>2.30pm</td>
</tr>
<tr>
<td>VENUE</td>
<td>St Peter’s Church Hall</td>
</tr>
<tr>
<td>COST</td>
<td>1</td>
</tr>
<tr>
<td>CONTACT</td>
<td>0117 9777673</td>
</tr>
</tbody>
</table>

ST ANNE’S PLAYERS
Amateur dramatics group open for all to attend. We are always looking for new members, not just to perform on stage but also technical or backstage help. Plenty of roles for everyone.

<table>
<thead>
<tr>
<th>WHEN</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>TIME</td>
<td>7.30pm - 9.30pm</td>
</tr>
<tr>
<td>VENUE</td>
<td>St Peter’s Church Hall</td>
</tr>
<tr>
<td>COST</td>
<td>FREE</td>
</tr>
<tr>
<td>CONTACT</td>
<td>Oliver Tunnah 07720975186</td>
</tr>
</tbody>
</table>

PLAYFORD COUNTRY DANCE GROUP
Do you like Jane Austin? Interested in their style of dance? The Playford Country Dance Group is a modern take on playford type dancing at St Peter’s Church Hall. Everyone welcome.

<table>
<thead>
<tr>
<th>WHEN</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>TIME</td>
<td>7.30pm - 9.30pm</td>
</tr>
<tr>
<td>VENUE</td>
<td>St Peter’s Church Hall</td>
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<tr>
<td>COST</td>
<td>1</td>
</tr>
<tr>
<td>CONTACT</td>
<td>Pam 0117 9719882</td>
</tr>
</tbody>
</table>
SENIORS MONDAY CLUB
A friendly and sociable group with lively chat and bingo. Organised trips away throughout the year, as well as other activities. Everyone welcome. Contact Irene for more details.

WHEN Monday
TIME 1pm - 3pm
VENUE St Cuthberts Church Hall
COST 1
CONTACT Irene 0117 9772211

YOGA
Yoga helps to improve mobility, flexibility and strength, encouraging a general sense of well-being through gentle movement, breathing and relaxation. Must be a member of the U3A.

WHEN Tuesday
TIME 11.30am
VENUE St Cuthberts Church Hall
COST 1
CONTACT www.u3asites.org.uk/bristol/

TABLE TENNIS LEAGUE CLUB
A league table tennis club who play matches throughout the winter and practice on Wednesdays in the summer. We are always on the look-out for players of league standard. No casual membership.

WHEN Wednesday
TIME 7.30pm
VENUE St Cuthbert’s Church Hall
COST 1
CONTACT ken.junewatts@btinternet.com
**ALLSORTS KNITTING GROUP**

Interested in knitting? Then come along to the Knitting Group at the Library. Friendly and socialbe group. Everyone welcome. Ask at the Library for more information.

<table>
<thead>
<tr>
<th>WHEN</th>
<th>2nd &amp; 4th Tuesday of the month</th>
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<tbody>
<tr>
<td>TIME</td>
<td>2.00pm - 4.00pm</td>
</tr>
<tr>
<td>VENUE</td>
<td>Wick Road Library</td>
</tr>
<tr>
<td>COST</td>
<td>FREE</td>
</tr>
<tr>
<td>CONTACT</td>
<td>Staff at the Library</td>
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</tbody>
</table>

**CRAFTY LADIES GROUP**

A friendly craft group for anyone. All sorts of crafts. Unfortunately the craft group is full at present, but please speak with staff at the Library for more information.

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<thead>
<tr>
<th>WHEN</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>TIME</td>
<td>10.00am - 12.00pm</td>
</tr>
<tr>
<td>VENUE</td>
<td>Wick Road Library</td>
</tr>
<tr>
<td>COST</td>
<td>FREE</td>
</tr>
<tr>
<td>CONTACT</td>
<td>Staff at the Library</td>
</tr>
</tbody>
</table>

**REMINISCIENCE**

Come along and join in with our reminiscience group, exploring our pasts in a fun and creative way. Everyone welcome.

<table>
<thead>
<tr>
<th>WHEN</th>
<th>Friday's monthly</th>
</tr>
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<tbody>
<tr>
<td>TIME</td>
<td>2.00pm - 3.30pm</td>
</tr>
<tr>
<td>VENUE</td>
<td>Wick Road Library</td>
</tr>
<tr>
<td>COST</td>
<td>FREE</td>
</tr>
<tr>
<td>CONTACT</td>
<td>Staff at the Library</td>
</tr>
</tbody>
</table>
The Greater Brislington Over 50’s Project will work to help develop and support any new activities for over 50’s in Brislington.

Please get in touch with us if you have any ideas for activities and groups you would like to see happen in the Brislington area.

We can also support existing groups which over 50s attend to find funding opportunities, development of the group or to organise activities.

See our contact details on page 2 of this booklet.
Do you have some spare time? Can you help your neighbours?

Then contact us and we can help you volunteer some time to help older people in Brislington.

We can help older people in our community in a variety of easy ways:

- Help with shopping.
- Helping in the garden.
- Transport or getting to activities.
- Help with computers & tech.
- Or just meeting for a cup of tea and a chat.

Get in touch with us and we can see how you could help.

Even if you can only spare 5 min. It can make a world of difference!

Some people, not just older ones, can feel imprisoned in their homes, fearful of going out to the shops or joining in activities.

We have produced a map of all the places people can access local toilets in Brislington to help empower people and show that the community of Brislington welcome and support disabled people and the elderly.

Thanks to all the local businesses who have signed up to our map.

You can pick up a copy at the GP Surgery, Wick Road Library or one of the local Church Halls, or contact the Greater Brislington Over 50’s Project.
DANCEFIT
A fun dance and fitness class for over 50’s. We use steps and music from a variety of dance (Latin, Country & Western, 60’s etc). No experience needed.

<table>
<thead>
<tr>
<th>WHEN</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>TIME</td>
<td>10.30am - 11.30am</td>
</tr>
<tr>
<td>VENUE</td>
<td>United Reform Church</td>
</tr>
<tr>
<td>COST</td>
<td>£4.50</td>
</tr>
<tr>
<td>CONTACT</td>
<td>Cressida 0117 9391672</td>
</tr>
</tbody>
</table>

ZUMBA GOLD
Start your week off on the right foot... or left. Zumba Gold is specially designed for over 50’s. Where nobody is an expert and everybody has fun. Please book spaces in advance at www.kateg.zumba.com

<table>
<thead>
<tr>
<th>WHEN</th>
<th>Monday</th>
</tr>
</thead>
<tbody>
<tr>
<td>TIME</td>
<td>10am</td>
</tr>
<tr>
<td>VENUE</td>
<td>United Reform Church</td>
</tr>
<tr>
<td>COST</td>
<td>£5</td>
</tr>
<tr>
<td>CONTACT</td>
<td>Kate 07988787710</td>
</tr>
</tbody>
</table>

SENIOR SOCIAL CLUB - SEQUENCE DANCING
A very popular seniors sequences dancing group suitable for all levels. Previous experience is helpful. Everyone welcome. Membership is £7 per quarter & £1 per class.

<table>
<thead>
<tr>
<th>WHEN</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>TIME</td>
<td>2pm - 4pm</td>
</tr>
<tr>
<td>VENUE</td>
<td>United Reform Church</td>
</tr>
<tr>
<td>COST</td>
<td>£1</td>
</tr>
<tr>
<td>CONTACT</td>
<td>Rafael 0117 9777534</td>
</tr>
</tbody>
</table>
HOLYMEAD HUB

PILATES
Our pilates and movement classes are achievable and adaptable for all people of all sizes and abilities. Expect friendly and professional motivation with a few giggles along the way. Daytime & Evenings. Contact Rachel for details and times.

<table>
<thead>
<tr>
<th>WHEN</th>
<th>TIME</th>
<th>VENUE</th>
<th>COST</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>9.20am/10.30am/6.15pm/7.15pm</td>
<td>Holymead Hub</td>
<td>6 week course for £45</td>
<td>Rachel 07980282085</td>
</tr>
</tbody>
</table>

YOGA
Yoga is good for body, mind, and spirit. Slowly and carefully building movement, mobility and strength. Lead you to a sense of peace and well-being.

<table>
<thead>
<tr>
<th>WHEN</th>
<th>TIME</th>
<th>VENUE</th>
<th>COST</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>9.30am &amp; 11am</td>
<td>Holymead Hub</td>
<td>£5</td>
<td>Andrea 07867488567</td>
</tr>
</tbody>
</table>

BOOT CAMP
Class includes a mixture of circuits, Boxing, HIIT, Tabata and games! Fun class for all abilities. Monday morning at 9.15 for Ladies only and a Tuesday night at 7pm for men and women.

<table>
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<th>WHEN</th>
<th>TIME</th>
<th>VENUE</th>
<th>COST</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday am</td>
<td>9.15am &amp; 7pm</td>
<td>Holymead Hub</td>
<td>£5</td>
<td>Kate 07840 268769</td>
</tr>
</tbody>
</table>
We perform two productions a year, usually in May and December. We have produced pantomimes, musicals, revues and plays since we began. Everyone welcome.

**ST LUKE’S PLAYERS**

**WHEN** | Wednesday  
**TIME** | 7pm - 10pm  
**VENUE** | St Luke’s Church Hall  
**COST** |  
**CONTACT** | Jonathan 0117 9778108

**CAROL’S LINE DANCERS**


**WHEN** | Monday, Wed & Thurs  
**TIME** | Afternoon & Evenings  
**VENUE** | St Luke’s Church Hall  
**COST** |  
**CONTACT** | Carol 07870 830695

**ALZHEIMERS’ SOCIETY MEMORY CAFE**

Come and chat to people who have been affected by dementia in a friendly and relaxed, social environment at our memory café. Takes place on the second Wednesday of each month.

**WHEN** | Wednesday  
**TIME** | 2pm - 4pm  
**VENUE** | St Luke’s Church Hall  
**COST** | FREE  
**CONTACT** | 0117 961 0693
Join us for a coffee and a natter. Open to all in the community. Everyone welcome.
Enterance via wooden gate on Wotton Road.

**WHEN**  
**TIME** 9.30am - 11.30am  
**VENUE** Chichester House, Wootton Rd  
**COST** 25p towards refreshments  
**CONTACT** Janet 07899721287

**OVER 55’s LUNCHEON CLUB**

Tasty food and good company. A time to chat & make new friends. Third Wednesday of each month.
St Christophers Hall, Hampstead Rd, Brislington.

**WHEN**  
**TIME** 3rd Wednesday of the month 12pm  
**VENUE** St Christopher’s Church  
**COST** £3  
**CONTACT** Bill Campbell 0117 9770608

**COFFEE MORNING**

Come and join us for some nice and friendly banter, come rain or shine. Open for everyone. Donation towards refreshments but welcome to bring your own biscuits or cake.

**WHEN**  
**TIME** Friday 10am - 12pm  
**VENUE** Hungerford Rd Community Centre  
**COST** £1 towards refreshments  
**CONTACT**
The Greater Brislington Over 50’s Forum meets every month to discuss ideas and possible solutions to improve and support activities for over 50’s in the area.

We have regular guest speakers from a variety of local services and agencies and provide an opportunity for people to talk and network with others over tea and cake.

**WHEN**
4th Thursday of the month

**TIME**
2pm - 3.30pm

**VENUE**
St Cuthbert’s Church Hall

**COST**
FREE

**CONTACT**
Armon 07825548884

Come along to our next meeting:

**Thursday 25th January 2018**

**Guest Speakers**
Bristol Energy & Macmillan Prevention and Re-enablement Project
Greater Brislington Together is a local group for anyone who lives, works or plays an active role in the Greater Brislington area.

We want to work together on issues that are important to all of us, and to influence decisions, so that services reflect local priorities.

Any topic can be covered: parking, green spaces, waste collections, safety, schools, health services, flytipping, bus services, neighbourliness, housing etc.

If it’s important to local people we want to work out what we can do about it.

The next meeting will be on Tuesday 30th January 2018.

Unfortunately, when this booklet was produced, no venue had been confirmed for the meeting.

Please keep your eyes open for more details or contact us at the details below.

How can you get involved?

Follow our facebook page:
www.facebook.com/Greater-Brislington-Together

Sign up at Wick Road Library:
The staff will show you how

Sign up to our email newsletter:
http://eepurl.com/coZtQf

email us on:
greatbristogther@outlook.com

Look out for posters advertising our next meeting!

HELP US TO
Promote the views of residents and other organisations in the area and influence developments.
### GENERAL GROUPS & ACTIVITIES

#### BRISLINGTON CONSERVATION & HISTORY SOCIETY

BCHS is a fun & social group who work to help preserve the historic character and beauty of Brislington and the surrounding area. Collecting and providing information on local history, and environment.

<table>
<thead>
<tr>
<th>WHEN</th>
<th>Regular monthly meetings</th>
</tr>
</thead>
<tbody>
<tr>
<td>TIME</td>
<td>See website for details</td>
</tr>
<tr>
<td>WEBSITE</td>
<td>brislingtonhistory.org.uk/</td>
</tr>
<tr>
<td>VENUE</td>
<td>St Cuthberts Church Hall</td>
</tr>
<tr>
<td>CONTACT</td>
<td>Jonathan 0117 9778108</td>
</tr>
</tbody>
</table>

#### BRISLINGTON WOMENS INSTITUTE

As a WI member, you will enjoy a varied programme chosen by Brislington WI. Every member can contribute ideas to the annual programme of speakers, activities, events, parties and trips. For more information: http://brislingtonwi.blogspot.co.uk/

<table>
<thead>
<tr>
<th>WHEN</th>
<th>3rd Tuesday of the month</th>
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<tbody>
<tr>
<td>TIME</td>
<td>7.30pm</td>
</tr>
<tr>
<td>VENUE</td>
<td>Arnos Manor Hotel</td>
</tr>
<tr>
<td>COST</td>
<td>£41.00 annual membership fee</td>
</tr>
<tr>
<td>CONTACT</td>
<td>07986 090612</td>
</tr>
</tbody>
</table>

#### FRIENDS OF BRISLINGTON BROOK

All welcome to participate in any of our events. We hold regular work parties involving different levels of effort to clean and maintain the area. Come and join us and explore the woods and brook.

<table>
<thead>
<tr>
<th>WHEN</th>
<th>Throughout the year</th>
</tr>
</thead>
<tbody>
<tr>
<td>TIME</td>
<td>Throughout the year</td>
</tr>
<tr>
<td>COST</td>
<td>FREE</td>
</tr>
<tr>
<td>EMAIL</td>
<td>@FriendsBrislingtonBrook</td>
</tr>
<tr>
<td>WEBSITE</td>
<td>friendsofbrislingtonbrook.wordpress.com/</td>
</tr>
</tbody>
</table>
### UNIVERSITY OF THE THIRD AGE

U3A is a fun and social group covering a range of interests and activities. Everyone is welcome to join. Monthly meetings in Brislington & Knowle. Meeting at Grounded Cafe in Brislington.

<table>
<thead>
<tr>
<th>WHEN</th>
<th>Monthly meetings</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEBSITE</td>
<td>u3asites.org.uk/bristol/</td>
</tr>
<tr>
<td>VENUE</td>
<td>Grounded Cafe</td>
</tr>
<tr>
<td>COST</td>
<td>Membership from £20 a year</td>
</tr>
<tr>
<td>CONTACT</td>
<td>0117 963 1032</td>
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</tbody>
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### BRISLINGTON TWALKERS

A friendly and social local group who organise walking trips around the area to help improve health and fitness. Everyone welcome. Details available on request at Wick Rd Library.

<table>
<thead>
<tr>
<th>WHEN</th>
<th>Regularly throughout the year</th>
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<tbody>
<tr>
<td>TIME</td>
<td>Varying</td>
</tr>
<tr>
<td>VENUE</td>
<td>Variety of locations</td>
</tr>
<tr>
<td>COST</td>
<td></td>
</tr>
<tr>
<td>CONTACT</td>
<td>Details at Wick Rd Library</td>
</tr>
</tbody>
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### REFLEX CAMERA CLUB

A modern and active camera club, who are enthusiastic about photography. Meet weekly with a variety of speakers, competitions, & presentations. More information at: www.reflexcameraclub.co.uk

<table>
<thead>
<tr>
<th>WHEN</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>TIME</td>
<td>7.30pm - 10pm</td>
</tr>
<tr>
<td>VENUE</td>
<td>Wicklea Academy</td>
</tr>
<tr>
<td>COST</td>
<td>£30 a year (+ £1 each week)</td>
</tr>
<tr>
<td>CONTACT</td>
<td><a href="mailto:reflexcc@gmail.com">reflexcc@gmail.com</a></td>
</tr>
</tbody>
</table>
### COMMUNITY CHOIR
Can you sing? Ever thought of joining a choir? Come along and join us. New local community choir open for everyone to attend.

Contact Will for more information:
brislingtonchoirmd@gmail.com

<table>
<thead>
<tr>
<th><strong>WHEN</strong></th>
<th>Wednesday (term time)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TIME</strong></td>
<td>7pm - 8.30pm</td>
</tr>
<tr>
<td><strong>COST</strong></td>
<td>£36</td>
</tr>
<tr>
<td><strong>VENUE</strong></td>
<td>St Brendan’s College</td>
</tr>
<tr>
<td><strong>CONTACT</strong></td>
<td>Will 07847563039</td>
</tr>
</tbody>
</table>

### ART GROUP
Any age welcome. Mix of different media and art work. The group organises meals out and trips to various places during the year. Contact for more details.

<table>
<thead>
<tr>
<th><strong>WHEN</strong></th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TIME</strong></td>
<td>1.30pm - 4pm</td>
</tr>
<tr>
<td><strong>VENUE</strong></td>
<td>St Luke‘s Scout Hut</td>
</tr>
<tr>
<td><strong>COST</strong></td>
<td>£5</td>
</tr>
<tr>
<td><strong>CONTACT</strong></td>
<td>Sylvia 07745343390</td>
</tr>
</tbody>
</table>

### FRIENDS OF EASTWOOD FARM
A group of local residents who work to help improve the management of Eastwood Farm Nature Reserve. Organising events and help with school visits.

More information at www.eastwoodfarm.org.uk/

<table>
<thead>
<tr>
<th><strong>WHEN</strong></th>
<th>Throughout the year</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VENUE</strong></td>
<td>Eastwood Farm</td>
</tr>
<tr>
<td><strong>COST</strong></td>
<td>FREE</td>
</tr>
<tr>
<td><strong>CONTACT</strong></td>
<td><a href="mailto:friends@eastwoodfarm.org.uk">friends@eastwoodfarm.org.uk</a></td>
</tr>
</tbody>
</table>
Step into a secret world and discover a unique heritage site in the heart of Bristol, as you enter 45 green acres of spectacular Victorian Garden Cemetery.

Visit the cemetery for guided walks or events and exhibitions of all kinds.

WHY NOT VOLUNTEER?

From helping to deliver activities, tours and maintenance projects volunteering is vitally important to ensuring that Arnos Vale has a sustainable future. Why not join their friendly team of volunteers? Contact Arnos Vale Cemetery for more information.

ACTIVITIES AT ARNOS VALE

Arnos Vale Cemetery is jam packed with lots of activities and events for all to enjoy. From Cemetery walks and Winter Fairs to festivals and workshops for everyone.

Arnos Vale is also a venue for a number of healthy and social groups and classes, including:

Photography Project Club
Hatha Flow Yoga
Jump Fit Classes
or Yoga

Please contact Arnos Vale or visit the website for more information.

MORE INFORMATION

Please get in touch with Arnos Vale Cemetery for more information, including how to volunteer or join in any activities and events.

TEL  0117 971 9117
EMAIL  info@arnosvale.org.uk
WEBSITE  https://arnosvale.org.uk/
Is your group or activity not mentioned in this Guide?

We will be producing a new version of this What’s On Guide for the summer of 2018 (April to September 2018).

Please get in touch with the Greater Brislington Over 50’s Project if you would like your group or activity advertised in our new edition.
What’s on for Over 50’s

Greater Brislington

Winter 2017/2018

Turn over for more information

Produced by the
Greater Brislington Over 50’s Project
November 2017