

Healthier with Nature



1 Bristol Steppin Sistas



Contact for details

2 Soul Trail Wellbeing



Contact for details

3 Nordic Walking



Contact for details

4 Learning Disability Walking Group



Contact for details

a East Trees Health Centre

b Old School Surgery

c The Fishponds Family Practice

d Beechwood Medical Practice

e Lodgeside Surgery

9 Food & Nature Connection



Tues 11am-2pm

8 Roots to Wellbeing



Weds 1-4pm

5 Wild Swimming



Henleaze Lake Tuesdays 11-12.30pm

West Country Water Park Thursdays 10.30-12pm

7 Wild Women



Contact for details

6 Gardening for Wellbeing



Contact for details



1 Eastville Park, Snuff Mills & Oldbury Court
Contact: bristolstep123@gmail.com
tel: 07774 290646, web: bristolsteppinsistas.co.uk

2 Eastville Park, Snuff Mills & Oldbury Court
Contact: info@soultrailwellbeing.com
web: soultrailwellbeing.com

3 Eastville Park & Oldbury Court
Contact: subitha@letswalkbristol.org
tel: 07721 711687, web: letswalkbristol.org

4 Vassall Centre BS16 2QQ
Contact: mor.kalnisky@nspf.co.uk
tel: 07367447146, web: nspf.co.uk

5 Henleaze Lake & West Country Water Park
Contact: referrals@openmindsactive.org
web: openmindsactive.org

6 Hillfields Community Garden, Hillfields Park
Contact: hillfieldscommunitygarden@gmail.com
tel: 07709 053290
web: hillfieldscommunitygarden.co.uk

8 Friends of Eastville Park Community Hub BS5 6QG
Contact: roots@yourpark.org.uk
tel: 07510 659215, web: yourpark.org.uk

9 Friends of Eastville Park Community Hub, BS5 6QG
Contact: Eastvillewelcomespace@gmail.com
Facebook: [Eastville Welcome Space](https://www.facebook.com/EastvilleWelcomeSpace)