

# Healthier with Nature



**1** Felix Road Adventure Playground



Mon-Fri 3.30-5.30pm (term time)  
12.30-5pm (school holidays)  
Sun 1-5.30pm

**a** Lawrence Hill Heath Centre  
**b** Charlotte Keel Medical Practice  
**c** Wellspring Surgery

**8** Nordic Walking  
Tuesdays 10-11am

**7** Active Talk  
Contact for details

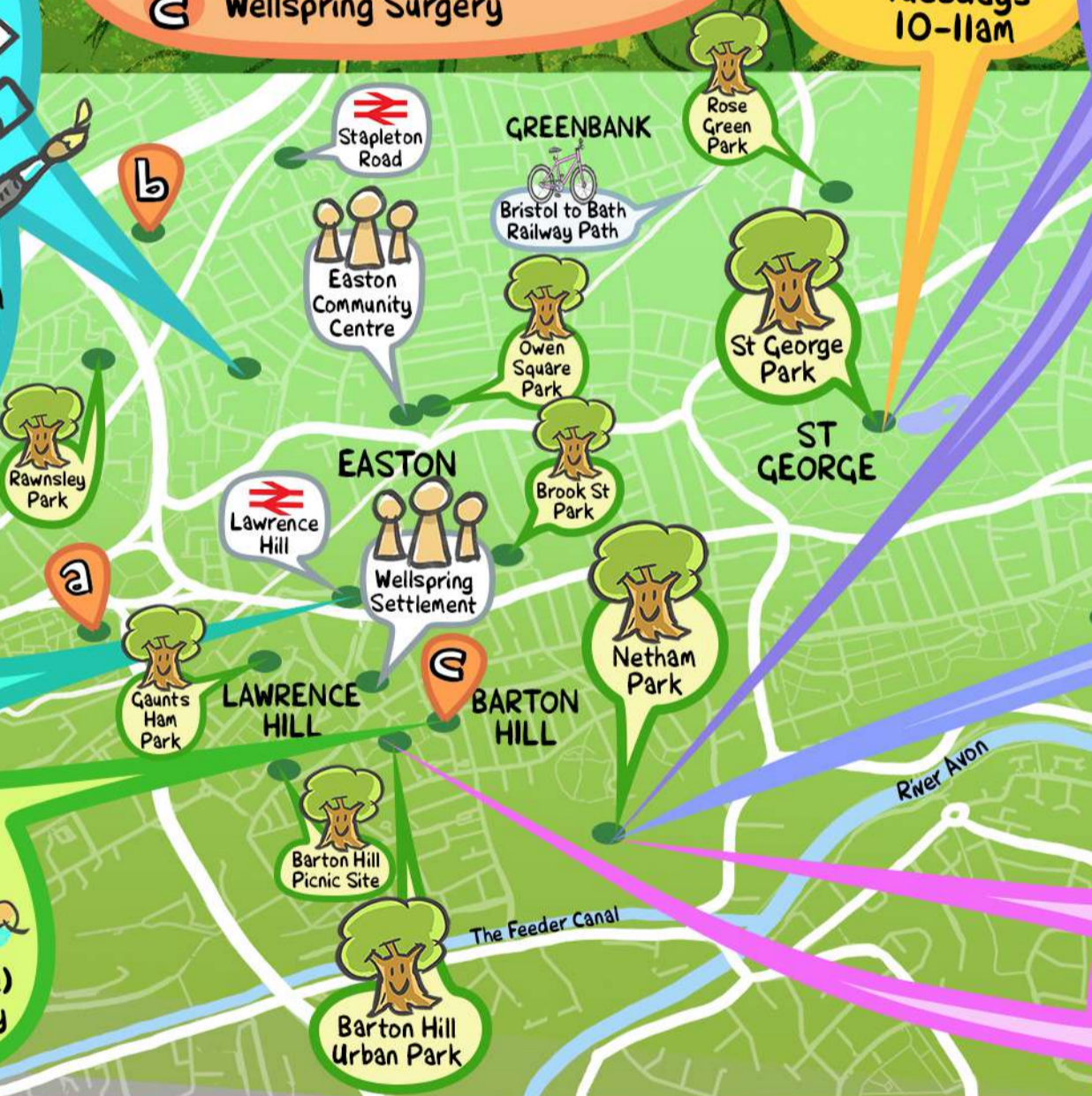
**6** Fresh Air Thursdays  
Thurs 1-5pm

**5** Walking Group  
Alternate Thursdays 12-2pm

**4** Nordic Walking  
Thurs & Fri  
Contact for details

**2** Community Gardening  
Thursdays 1.30-3.30pm

**3** Wild swimming  
Tuesdays (Henleaze Lake)  
Thursdays (West Country Water Park)



**1** Felix Road Adventure Playground BS5 0JW  
Contact: [tom@upourstreet.org.uk](mailto:tom@upourstreet.org.uk)  
tel: 0117 954 1409, web: [eastsidecommunitytrust.org.uk](http://eastsidecommunitytrust.org.uk)

**5** Netham Park BS5 9RX  
Contact: [bristolsomaliyouthvoice@hotmail.com](mailto:bristolsomaliyouthvoice@hotmail.com)  
tel: 07576 738583, web: [bristol-youthvoice.org](http://bristol-youthvoice.org)

**2** Wellspring Settlement, 43 Ducie Road, BS5 OAX  
Contact: [abi@aliveactivities.org](mailto:abi@aliveactivities.org)  
tel: 07379 498764, web: [aliveactivities.org](http://aliveactivities.org)

**6** Strawberry Lane Community Garden BS5  
Contact: [Amy@thebirchcollective.co.uk](mailto:Amy@thebirchcollective.co.uk)  
tel: 07871843893 or 07936784637  
web: [www.thebirchcollective.co.uk](http://www.thebirchcollective.co.uk)

**3** In partnership with Wellspring Surgery,  
Beam St, BS5 9QY  
Contact: Referrals via GP/Social Prescriber  
web: [openmindsactive.org](http://openmindsactive.org)

**7** St George Park BS5 7AW & Netham Park BS5 9RX  
Contact: [charliehh@activebeing.co.uk](mailto:charliehh@activebeing.co.uk)  
tel: 07764 744609, web: [activebeing.co.uk](http://activebeing.co.uk)

**4** Barton Hill Urban Park BS5 9XE & Netham Park BS5 9RX  
Contact: [bactivityclub@gmail.com](mailto:bactivityclub@gmail.com)  
tel: 07914 768023, web: [bartonhillactivityclub.org](http://bartonhillactivityclub.org)

**8** St George Park, BS5 7AW  
Contact: [subitha@letswalkbristol.org](mailto:subitha@letswalkbristol.org)  
tel: 07721 711687, web: [letswalkbristol.org](http://letswalkbristol.org)