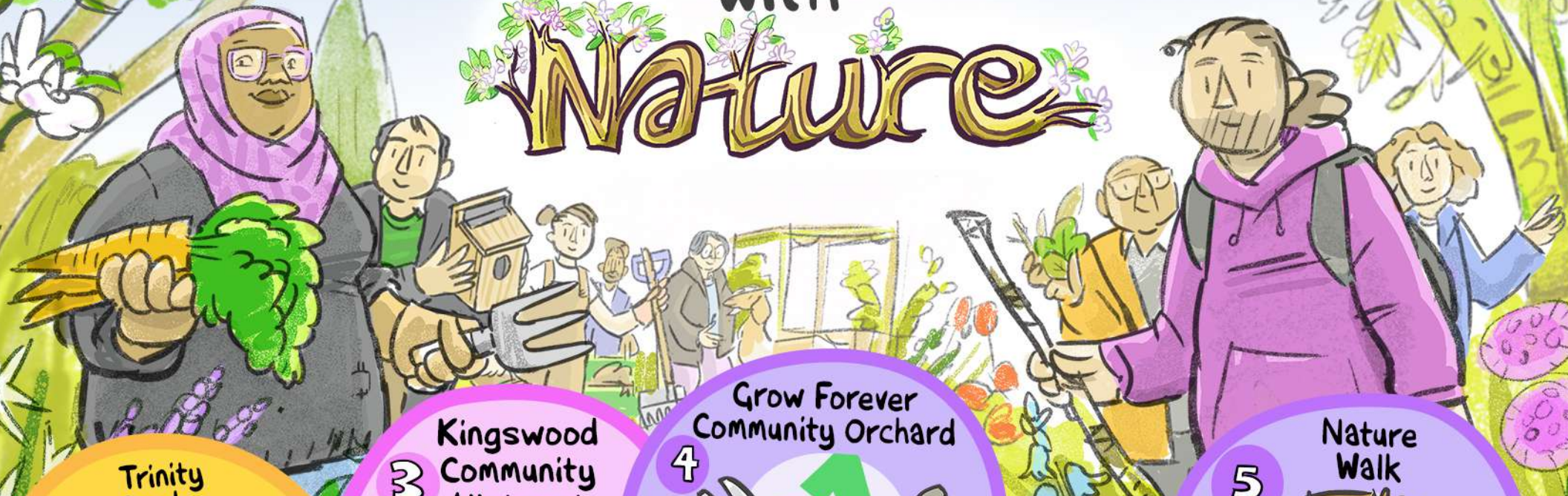


Healthier with Nature



2 Trinity Garden
Thurs 11am-1pm

3 Kingswood Community Allotment
Weds 2-4.30 pm

4 Grow Forever Community Orchard
Mon-Thurs 10am-3pm

5 Nature Walk
Fourth Weds of every month 10.30am-12pm

1 Orchard Gardening Club
Tues 10.30am-12.30pm

6 Walking with friends
Thursdays 1-2pm

G.P.s

- a** Orchard Medical Centre
- b** Kingswood Health Centre
- c** Cadbury Heath Healthcare
- d** Hanham Health



7 Walk & talk for carers
15th, 22nd, 29th Jun
6th, 13th & 20th Jul

8 Walking group
Mon & Weds 12pm
Thurs 11am

1 Orchard Medical Centre, MacDonald Walk, BS15 8NJ
Contact: georginagreen@southernbrooks.org.uk
tel: 07814 288916, web: southernbrooks.org.uk

2 Behind Holy Trinity Church Hall, 18 High St, BS15 4AD
Contact: georginagreen@southernbrooks.org.uk
tel: 07814 288916, web: southernbrooks.org.uk

3 Pound Road Allotments, BS15 4SQ
Contact: georginagreen@southernbrooks.org.uk
tel: 07814 288916, web: southernbrooks.org.uk

4 & 5 Kingsmeadow Community Hub, Fisher Rd, BS15 4RQ
Contact: referrals@kingsmeadowmade4ever.org.uk
web: kingsmeadowmade4ever.org.uk

6 Kingsmeadow Community Hub, Fisher Rd, BS15 4RQ
Contact: Friends of Siston Common 07588 622372

7 Cadbury Heath Skate Park, Rogers Close, BS30 8DY
Contact: walk@carerssupportcentre.org.uk
tel: 07742 291073, web: carerssupportcentre.org.uk

8 56-60 Newton Rd, Cadbury Heath BS30 8EL
Contact: Hello@juicecic.com
tel: 01454 302302, web: juicecic.com