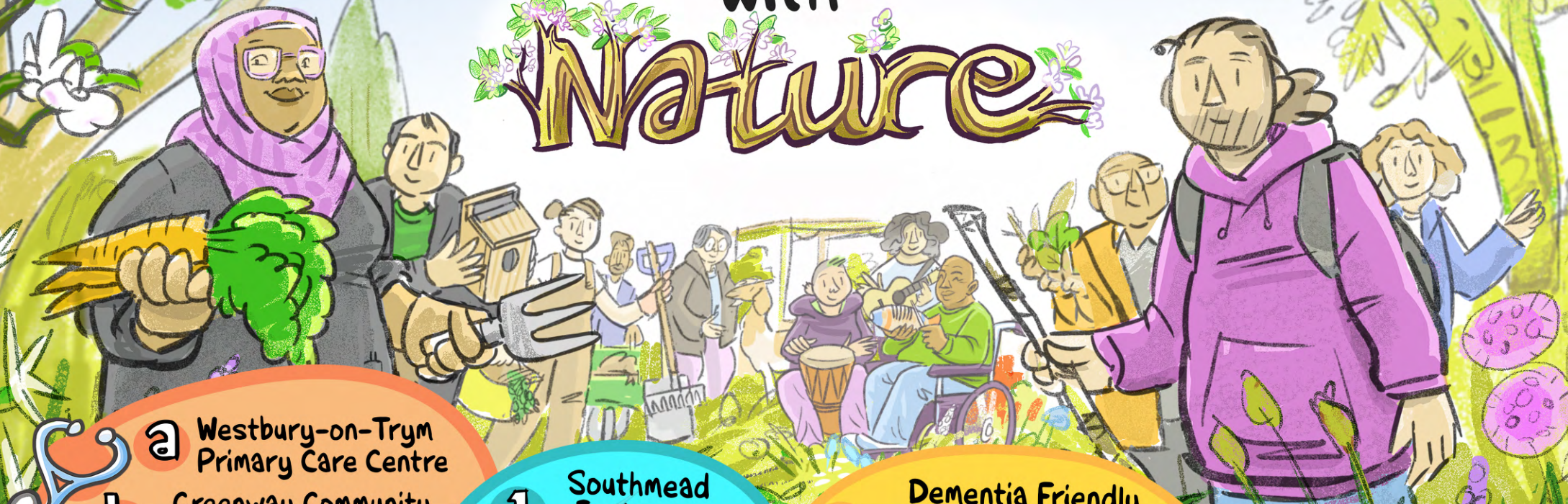


Healthier with Nature



- a** Westbury-on-Trym Primary Care Centre
- b** Greenway Community Practice
- c** Southmead & Henbury Family Practice
- d** Falldon Way Medical Centre
- e** Monks Park Surgery

1 Southmead Explorers

Thurs 4-6pm term-time, contact for details

Okebourne Open Space

2 Dementia Friendly Community Allotment

Mar-Oct Mon & Tues 1.30-3.30pm

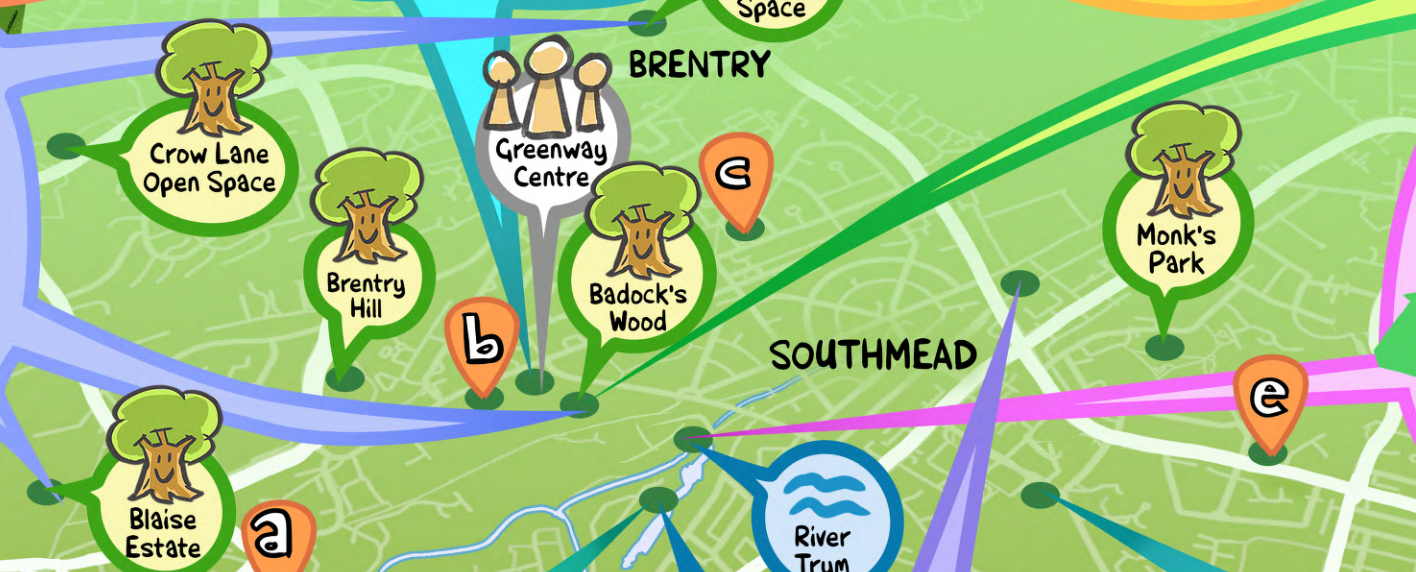
Nov-Feb Mon & Tues 1.30-3pm

3 Horfield Strollers

Every 2nd & 4th Tues am

9 Active Talk

Contact for details



4 Trout in the Trym volunteering

Contact for details

8 Walk & Talk for unpaid carers

Contact for details

7 Wild Swimming

May-Sept

6 Music, Movement & Nature

Weds 11am-1pm

5 Southmead Hospital Allotments

Contact for details

1 Greenway Centre, BS10 5PY
Contact: Vickywall@southmead.org
tel: 07951 824619, web: southmead.org

2 Charlton Road Allotment BS10 6JZ
Contact: guy@liveactivities.org
tel: 07423 719088, web: liveactivities.org

3 Badocks Wood
Contact: Anna@agtrans.co.uk
tel: 07851 430080

4 River Trym
Contact: troutinthetrym@gmail.com
web: troutinthetrym.co.uk

5 Southmead Hospital Allotment, BS10 5NB
Contact: info@southmead.org
tel: 0117 9503335, web: southmead.org

6 Beacon Music Centre, Stanton Road BS10 5SJ
Contact: community@bristolbeacon.org
tel: 0117 204 7103, web: bristolbeacon.org

7 Henleaze Lake, BS10 5HG
Contact: Referrals@openmindsactive.org
tel: 07940026939, web: openmindsactive.org

8 Westbury-on-Trym
Contact: walk@carerssupportcentre.org.uk
tel: 07742 291073, web: carerssupportcentre.org.uk

9 Badock's Wood, Blaise Estate, Okebourne Open Space
Contact: charliehh@activebeing.co.uk
tel: 07764 744609, web: activebeing.co.uk