

Healthier with Nature



1 Learning Disability Walking Groups
Tuesdays Portishead 11.30am, Clevedon 2pm
Contact for dates

2 Brown Rock
Monday-Friday
Contact for details

3 Willow Community Gardens
Weds 10am-12pm

4 Health Walks
Various locations in North Somerset
Check Website

5 Naturewell for Men & I:1 Ecotherapy
Contact for details

6 Human Nature Project
Fridays 10.30am-12.30pm, 2-4pm

7 Wellbeing in Nature
Mon-Fri
Contact for details

8 Group & I:1 Bike Rides
Mon 10am, Weds 1.15pm

9 Park Play
Saturdays 10.30am

10 Nature based therapy
Contact for details

a Portishead Medical Group
b Harbourside Family Practice
c Heywood Family Practice
d Sunnyside Surgery
e Clevedon Medical Centre

f St George's
g Yatton
h Lanford

i Tower House Medical Centre
j Brockway Medical Centre
k Backwell Medical Centre
l Long Ashton Surgery

Locations on map: Portishead Lido, Portishead Marina, Clevedon Pier, Clevedon Marine Lake, Nailsea, Wraxall, Backwell, Goblinscombe, Bristol Airport, Butcombe, Congresbury, Wrington, Yatton, King's Wood, Weston Big Wood, Leigh Woods, Ashton Court, Pill Community Allotments.

1 Portishead Marina & Clevedon Marine Lake
Contact: info@nspf.co.uk
tel: 01934 426086, Facebook: North Somerset People First

2 Brown Rock, 187 Clevedon Road, Tickenham, BS21 6RT
Contact: flourish@brownrock.co.uk tel: 07464025646,
web: www.brownrock.co.uk

3 Garden space behind Portishead Medical Centre,
Victoria Square, BS20 6AQ
Contact: portisheadgarden@outlook.com
tel: 07483932608, web: willowcommunitygardens.co.uk

4 Nailsea, Clevedon, Portishead, Flax Bourton, Long Ashton
Contact: getactive@n-somerset.gov.uk
tel: 01275 882730, web: betterhealthns.co.uk

5 Ham Green House, Pill, BS20 0HH
Contact: generate@naturalacademy.org
tel: 07462244751, web: naturewell.info

6 The Green Barn, Leigh Woods, Abbots Leigh, BS8 3QB
Contact: info@wearelightbox.co.uk
web: wearelightbox.co.uk

7 Butcombe Farm, Aldwick Lane, Butcombe, BS40 7UW
Contact: info@chillicharity.org.uk
tel: 07596 336717, web: www.chillicharity.org.uk

8 Yatton Train Station BS49 4AJ
Contact: strawberrylineprojects@gmail.com
tel: 07983816426, web: www.strawberrycycles.com

9 Cherry Avenue Playground in Clevedon, BS21 6DX
Contact: GetActive@n-somerset.gov.uk
web: betterhealthns.co.uk

10 Clevedon seafront, Strawberry Line
Contact: reception@wellspringcounselling.org.uk
tel: 01275 810879, web: wellspringcounselling.org.uk