

Healthier with Nature



1 Walking Well

Thornbury & Chipping Sodbury
 Contact for details

a Severn View Family Practice
b Streamside Surgery
c St Mary Street Surgery

2 Volunteering

 Fridays & 2nd Sat of every month, 9.30-11am

3 Walking Group

 Mondays Yate 9.30am
 Thornbury 1.30pm

4 Woodland Wellbeing

 Tue-Sun
 Check website

9 Surf Therapy & 1:1 Mentoring

 Contact for details

THORNBURY
 Chantry Playing Fields
 Mundy Playing Fields
 Filmore Community Woodland

Cromhall Quarry
 Lower Woods Nature Reserve

5 Dementia Wellbeing in the Woods

 Fortnightly Weds 10.30am-12.30pm

Almondsbury Surgery
e Coniston Medical Practice
f Bradley Stoke Surgery

BRADLEY STOKE
 The Wave
 West Country Water Park
 River Frome
FRAMPTON COTTERELL

YATE
 Millside Open Space
 Brinsham Park
CHIPPING SODBURY

6 Walk & Talk for Carers

 Thursdays 11am-12.30pm

8 Wild Swimming

 Thursdays 10am-12pm
 Cribb's Causeway

BRADLEY STOKE
h Bristol Parkway
g Concord Medical Centre
h Stoke Gifford Medical Centre
j Frome Valley Medical Centre
i Coalpit Heath Surgery

7 Volunteer Days

 Wednesdays 10.30am-2.30pm

k Wellington Rd Family Practice
i West Walk Surgery
m Courtside Surgery
n Abbotswood Surgery

1 Thornbury & Chipping Sodbury
 Contact: walking@southglos.gov.uk
 tel: 01454 863440, web: oneyou.southglos.gov.uk

2 Alexandra Way Care Home, Thornbury BS35 1LA
 Contact: tcpp@sustainablethornbury.org
 web: sustainablethornbury.org

3 Age UK South Glos office, Thornbury BS35 2AW
 Cambrian Green Court, Yate BS37 5AD
 Contact: walking@ageuksouthglos.org.uk
 tel: 01454 411707 (option 5), web: ageuk.org.uk

4 Tortworth Forest Centre, Wotton-Under-Edge GL12 8HH
 (minibus pick ups from Kingswood, Yate & Bradley Stoke)
 Contact: referrals@tortwortharboretum.org
 tel: 07719 31710, web: tortwortharboretum.org

5 Brinsham Park, BS37 7XZ
 Contact: rachel.tomlinson@forestofavontrust.org
 tel: 07375 842730, web: forestofavontrust.org

6 Chipping Sodbury
 Contact: walk@carerssupportcentre.org.uk
 tel: 07742 291073 web: carerssupportcentre.org

7 Frome Valley Growing Project, near Winterbourne
 Contact: thegrowingproject123@gmail.com
 tel: 07708 758370, Facebook: Frome Valley Growing Project

8 Open Minds Active, BS36 1RY
 Contact: referrals@openmindsactive.org
 web: openmindsactive.org

9 The Wave Project, BS35 5RE
 Contact: timt@waveproject.co.uk
 tel: 07376 319351, web: thewave.com