

Healthier with Nature



1 Adult Volunteering

See website for details

Bridge View Medical:
a Southville **b** Malago
c Marksbury Rd
d Bedminster Family Practice

2 Bristol Steppin Sistas

Various locations
 Contact for details

3 Active Talk

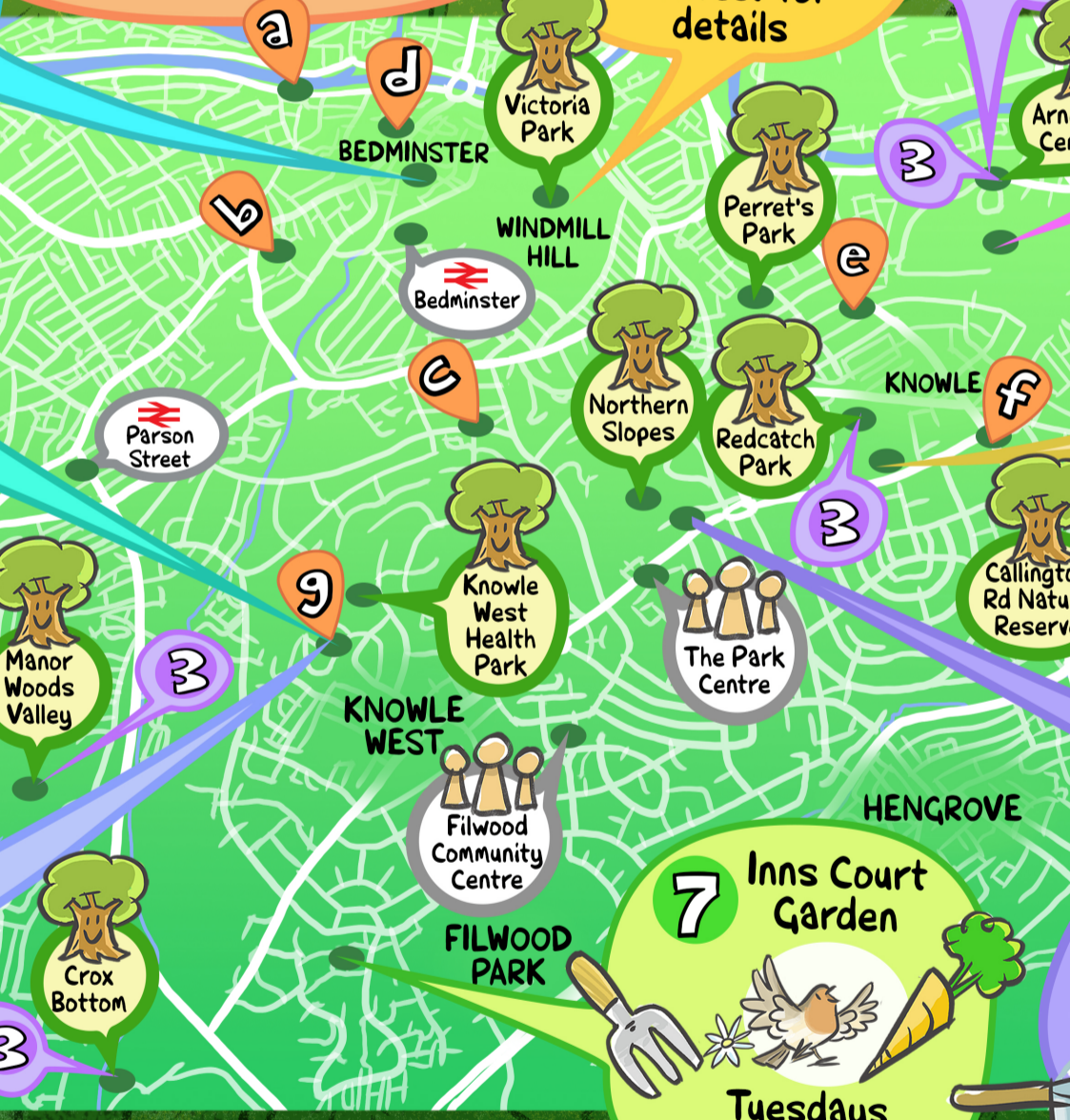
Contact for details

4 Dementia Friendly Community Allotment

Tuesdays
 1.30-3.30pm

9 Walk & Talk

For patients at these surgeries
 Contact for details



5 Redcatch Community Garden

See website for details

e Wells Rd Surgery
f Priory Surgery
g Downton Rd Surgery
h Lennard Surgery

6 Volunteering

Every other Sun
 10am-2pm

8 Health Walks

Mon-Thurs
 See website for details

7 Inns Court Garden

Tuesdays
 10am-12.30pm

We Are More after school club

Mondays
 3.30-7pm

1 Windmill Hill City Farm BS3 4EA
 Contact: wellbeing@windmillhillcityfarm.org.uk
 tel: 0117 947 1194, web: windmillhillcityfarm.org.uk

2 Various green spaces in Bristol area
 Contact: bristolstep123@gmail.com (Sophie)
 tel: 07774 290646, web: bristolsteppinsistas.co.uk

3 Manor Woods Valley, Redcatch Park, Crox Bottom, Arnos Vale
 Contact: charliehh@activebeing.co.uk
 tel: 07764 744609 web: activebeing.co.uk

4 Talbot Road Allotment BS4 2NT
 Contact: Nick.Green@aliveactivities.org
 tel: 0117 377 4756, web: aliveactivities.org

6 Springfield Community Allotment BS4 IAL
 Contact: springfield@kwalliance.co.uk (for Volunteering)
 jasminetippett0788@gmail.com (for We Are More)
 Facebook: SpringfieldCommunityAllotment

7 Inns Court Community and Family Centre BS4 ITR
 Contact: chrisboddington@mail.uk
 tel: 07905 961876

8 Knowle West Healthy Living Centre BS4 IWH
 tel: 0117 377 2255 or 07739 649844 (Laura)
 web: knowlewesthealthpark.co.uk

5 Redcatch Community Garden, Redcatch Park BS4 2RD
 Contact: jayne@redcatchcg.com
 tel: 07858 630507, web: redcatchcommunitygarden.com

9 Knowle West Healthy Living Centre BS4 IWH
 Contact: Kathy.kingdon@knowlewesthealthpark.co.uk
 tel: 07739 649778, web: knowlewesthealthpark.co.uk