

# Healthier with Nature



**1** Orchard Gardening Club  
Tues 10.30am-12.30pm

**2** Trinity Garden  
Thurs 11am-1pm

**3** Creative Nature Men's Group  
Fri 10am-12pm

**4** Health Walks Tues 1pm  
Gardening Weds 1-2pm

**5** Community Garden  
Thurs 1-3pm  
Siston Common

**6** Sound in Nature  
Every other Monday 1.30-3pm  
See website for dates

**7** Walking with friends  
Thurs 1-2.15pm  
Every other Sat

**8** Nature Ease  
Contact for details

**9** Walking group  
Mon & Weds 12pm  
Thurs 11.15am

**10** Nature Based Mindfulness  
Mon 1-3pm

**Legend:**  
**a** Orchard Medical Centre  
**b** Kingswood Health Centre  
**c** Cadbury Heath Healthcare  
**d** Close Farm Surgery  
**e** Hanham Health

Dates & times may occasionally change - check websites for details

**1** Orchard Medical Centre, MacDonald Walk, BS15 8NJ  
Contact: [orchardgarden@southernbrooks.org.uk](mailto:orchardgarden@southernbrooks.org.uk)  
tel: 07976 705009, web: [southernbrooks.org.uk](http://southernbrooks.org.uk)

**6** Kingsmeadow Community Hub, Fisher Rd, BS15 4RQ  
Contact: [Heather.Walters@wema.org.uk](mailto:Heather.Walters@wema.org.uk)  
tel: 07939 324304, web: [wema.org.uk](http://wema.org.uk)

**2** Behind Holy Trinity Church Hall, 18 High St, BS15 4AD  
Contact: [georgeg@wearebs15.co.uk](mailto:georgeg@wearebs15.co.uk)  
web: [wearebs15.co.uk](http://wearebs15.co.uk)

**7** Kingsmeadow Community Hub, Fisher Rd, BS15 4RQ  
Contact: [info@kingsmeadowmade4ever.org.uk](mailto:info@kingsmeadowmade4ever.org.uk)  
tel: 0117 301 8734, web: [kingsmeadowmade4ever.org.uk](http://kingsmeadowmade4ever.org.uk)

**3** Behind Holy Trinity Church Hall, 18 High St, BS15 4AD  
Contact: [julie.creativeshift@gmail.com](mailto:julie.creativeshift@gmail.com)  
web: [creativeshift.org.uk](http://creativeshift.org.uk)

**8** Neptune's Wood, Warmley BS30 8XL  
Contact: [nick@wildpace.co.uk](mailto:nick@wildpace.co.uk)  
tel: 07768 822340, web: [wildpace.co.uk](http://wildpace.co.uk)

**4** Kingswood Park, High Street, BS15 4AD  
Contact: [kingswoodpark@southglos.gov.uk](mailto:kingswoodpark@southglos.gov.uk)  
web: [southglos.gov.uk](http://southglos.gov.uk)

**9** 56-60 Newton Rd, Cadbury Heath BS30 8EL  
Contact: [Hello@juicecic.com](mailto:Hello@juicecic.com)  
tel: 01454 302302, web: [juicecic.com](http://juicecic.com)

**5** Kingsmeadow Community Hub, Fisher Rd, BS15 4RQ  
Contact: [info@kingsmeadowmade4ever.org.uk](mailto:info@kingsmeadowmade4ever.org.uk)  
tel: 0117 301 8734, web: [kingsmeadowmade4ever.org.uk](http://kingsmeadowmade4ever.org.uk)

**10** Hanham Baptist Church, High Street BS15 3QZ  
Contact: [hello@redberrymindfulness.com](mailto:hello@redberrymindfulness.com)  
tel: 07577 956911, web: [oneplanetmatters.com](http://oneplanetmatters.com)