

## Physical activities and healthy living

### Wellbeing

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Community Drumming and Rhythm</b> Drumming is great for health and mental wellbeing. No experience needed, just have fun. African drums and small percussion provided.</p>	All ages	Wednesdays 7pm	Tickenham Village Hall 205 Clevedon Road Tickenham BS21 6RX	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Wendy Doig 07565 161 036</p> <p><a href="mailto:wendy.doig@sky.com">wendy.doig@sky.com</a></p>
<p><b>Dementia-Friendly Well-being in Nature Sessions</b> Free, accessible nature-based activities to support mental health and emotional well-being. Open to anyone aged 55+ living with a recent diagnosis of or early stage dementia. Carers, relatives and friends are welcome too.</p>	55+	Tuesdays 10.30am to 12pm	Stanley's Garden Lawrence Road Worle Weston-s-Mare BS22 6TU	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Julie 0117 377 4756</p> <p><a href="mailto:julie@aliveactivities.org">julie@aliveactivities.org</a></p> <p><a href="https://aliveactivities.org/wellbeing-in-nature/">https://aliveactivities.org/wellbeing-in-nature/</a></p>

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<p><b>Holistic Therapies – Indian Head massage, Aromatherapy massage, Reflexology, Chakra Healing and more</b></p> <p>Holistic therapy addresses the mind, body, and spirit to support health and healing. It involves bringing all layers and aspects of our clients into the therapy and mental health space, it's combining mental and emotional health with physical and spiritual aspects of experience.</p>	18+	Various	Mobile treatments are available	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Louise Beer</p> <p><a href="mailto:Louise.harmonyrain@outlook.com">Louise.harmonyrain@outlook.com</a></p>
<p><b>Menolates</b></p> <p>A 45 minute class designed for those showing signs of, or going through the menopause. Take time out of your day to improve your core strength, balance, flexibility and range of motion.</p>		Wednesdays 5.15pm to 6pm	Walnut Grove Clinic Walnut Grove Slade Road Portishead BS20 6BB	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>01275 818 303</p> <p><a href="mailto:contact@walnutgrovewellbeingcic.com">contact@walnutgrovewellbeingcic.com</a></p> <p><a href="http://www.walnutgroveclinic.com">www.walnutgroveclinic.com</a></p>

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<p><b>Menopause Makeover Workshops</b></p> <p>Topics covered include 3 stages of menopause, understanding hot flushes and weight gain, brain fog and sleep, nutritional advice to help, HRT, plus free resources each week to support you on your journey.</p>		Sundays 5pm to 6pm	Walnut Grove Clinic Walnut Grove Slade Road Portishead BS20 6BB	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	01275 818 303  <a href="mailto:contact@walnutgrovewellbeingcic.com">contact@walnutgrovewellbeingcic.com</a>  <a href="http://www.walnutgroveclinic.com">www.walnutgroveclinic.com</a>
<p><b>Well-being in Nature Sessions for Mental health</b></p> <p>Free, accessible nature-based activities to support positive mental health and emotional well-being. Open to anyone aged 55+ experiencing challenges to their mental health who wish to explore the benefits of nature.</p>	55+	Tuesdays 2pm to 4pm	Stanley's Garden Lawrence Road Worle Weston-s-Mare BS22 6TU	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Julie 0117 377 4756  <a href="mailto:julie@aliveactivities.org">julie@aliveactivities.org</a>  <a href="https://aliveactivities.org/wellbeing-in-nature/">https://aliveactivities.org/wellbeing-in-nature/</a>