St.John's Foundation
Est. 1174

What's on for over 55s

Bath and the Surrounding Area

Autumn – Winter 2019/20

BATH AND THE SURROUNDING AREA

PART OF THE LinkAge Network

Types of activities available

Arts & Crafts	See pages 9-11, 13, 14, 16, 17, 35
Cooking	See pages 10, 40
Dance Classes	See pages 6, 7, 18
Exercise Classes	See pages 6, 8, 12, 13, 15, 17, 31-33, 37, 41-43
Music / Singing Classes	See pages 16, 33, 38, 39
Social Groups	See pages 8, 11, 28-30, 32-34, 36, 37
Special Interest Groups	See Pages 6, 7, 9, 10, 12, 15-18, 27, 30, 32, 34, 36, 37, 38, 40
Sports	See pages 8, 15, 32, 34, 40, 43
Walking Groups	See pages 31, 37, 42, 43

Key to activities

- Bus
- Dementia Friendly
- Accessible
- Lunch
- Hearing Loop
- Toilets
- Parking
- Refreshments
- Stairs

This guide is funded by St John's Foundation, and produced in partnership with LinkAge Network.

Providing care and support to the people of Bath and the surrounding area.

St John's Foundation has been dedicated to supporting positive change in people's lives for more than 800 years and is one of the UK's oldest charities. Funded via income from our long-established investment portfolio, we are constantly looking at ways that we can do even more for people in our region and to make more of a meaningful difference to people's lives.

Our Almshouse provision and services to support older people are well-known throughout the city, but less is known about the true extent of St John's reach. Through our community outreach and funding awards to other smaller charities in the area, we are committed to helping individuals in crisis and other social needs that impact all age ranges.

In 2018, the Funding Programme distributed £2m to local charities delivering vital work in our community. This year, this will rise to £2.12m, in response to the increasing challenges faced by our local communities.

LinkAge Network is a Bristol-based charity that has been established since 2007, working to strengthen communities, improve health and wellbeing, and reduce social isolation and loneliness among older people.

We believe that older people have the right to lead fulfilled and satisfying lives, and we fulfil this mission by keeping people aged 55+ at the heart of our work.

We deliver projects, run a Network to connect organisations and community groups, disseminate resources and inform over 55s about what's on across the West of England.

Our projects include:

- Talking Tables - supporting people at three of Bristol's city farms with the skills and knowledge to feel confident to cook nutritious food.
- Community Development for Older People - encouraging new activity where there is a lack of community provision for people over 50, and connecting and supporting organisations or groups who work in an asset based way, to actively involve and include older people in local decision making about their local communities.

☎0117 353 3042

www.linkagenetwork.org.uk

LINKAGE NETWORK IS THE WORKING NAME OF LINKAGE WEST OF ENGLAND LTD.
REGISTERED CHARITY NO. 1143816 IN ENGLAND AND WALES. COMPANY NO. 07403291.

Welcome to the 4th edition of our What's On Guide.

Our varied programme offers physical, creative and wellbeing activities that are fun and sociable. We facilitate these inspiring opportunities for people to enrich their lives, promote positive ageing and reduce isolation and loneliness.

St John's works in partnership with many organisations across the city and beyond to enable more people to engage actively with their local community and access services they may not always know about.

Loneliness can have a detrimental effect on an older person's life but we have seen firsthand the positive impact that good social groups and positive activity can have.

Ricky Bush

Ricky Bush, Community Outreach Manager
01225 486453 ricky.bush@stjohnsbath.org.uk

Jayne Howse

Jayne Howse, Community Outreach Officer
01225 486454 jayne.howse@stjohnsbath.org.uk

Sam Norris

Sam Norris, Community Outreach Officer
01225 486403 sam.norris@stjohnsbath.org.uk

Ricky, Jayne and Sam

St John's Foundation, 4-5 Chapel Court, Bath, BA1 1SQ.

Seated and Gentle Yoga

Light-hearted classes suitable for beginners and returners. Classical yoga and exercises that support age related conditions.

WHEN	Monday
TIME	10am - 11am / 11.30am - 12.30pm
COST	£3.50
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Life Writing Group

A peer led creative writing group where you can share your writing with like minded individuals.

WHEN	4th Monday each month
TIME	2pm - 4pm
COST	Free
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Silver Swans Ballet - Beginners

For those new to ballet. Working on posture, alignment and balance. Class mainly consists of exercises at the barre and arm movements.

WHEN	Tuesday
TIME	2pm - 2.40pm
COST	£18 for 6 weeks
VENUE	The Chapel, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Silver Swans Ballet - Improvers

For those with ballet knowledge wishing to develop their technique. Working on improving extension, strength and placement.

WHEN	Tuesday
TIME	2.45pm - 3.25pm
COST	£18 for 6 weeks
VENUE	The Chapel, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Silver Swans Ballet - Intermediates

For those with good technical ballet foundation looking for a challenge. Coordination, agility and complex sequences.

WHEN	Tuesday
TIME	3.30pm - 4.10pm
COST	£18 for 6 weeks
VENUE	The Chapel, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Intergenerational Activities

Your chance to join our intergenerational group with anyone young and old welcome to take part in activities or simply chat.

WHEN	3rd Monday each month
TIME	1.30pm - 3.30pm
COST	Free
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

The BIG Somer Valley Social

Come along, enjoy a cuppa, some company and a game of New Age Kurling. Partnering with the Carers' Centre. No need to book.

WHEN	1st Monday of the month
TIME	10am - 12pm
COST	FREE
VENUE	Mardons Social Club, Midsomer Norton
BUSES	82, 82a, 83, 172, 173, 174, 178, 184, 185
CONTACT	01225 486454 / 01225 486403

New Age Kurling

The classic game of Kurling adapted for indoor use, can be done by anyone seated or standing.

WHEN	1st Monday each month
TIME	2pm - 4pm
COST	£2
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Chair Based Exercise with Liz Coleman

Join Liz for this gentle seated exercise class aimed at making you fitter and stronger. Open to all abilities.

WHEN	Monday
TIME	12pm - 1pm
COST	£3.50
VENUE	Southdown Methodist Church
BUSES	5, 12, 20, 42
CONTACT	01225 486454 / 01225 486403

Get Creative

Join tutor and artist Sarah Prentice for a fun craft and art group. You will learn a variety of new skills. No experience necessary.

WHEN	Monday
TIME	2pm - 4pm
COST	£4
VENUE	Curo, Hinton Cl, Saltford, BS31 3AY
BUSES	X39, 19A, A4
CONTACT	01225 486454 / 01225 486403

Slow Shopping

A designated time each week where a store can offer care and service to those who may feel shopping is challenging to them.

WHEN	Tuesday & Wednesday
TIME	10am - 12pm
COST	FREE
VENUE	Waitrose (T) & The SouthGate (W)
BUSES	n/a
CONTACT	01225 486454 / 01225 486403

Arty Buddies

The tutor covers the important skills needed to be creative and produce quality work, whilst including some art history.

WHEN	Tuesday
TIME	10am - 12pm
COST	£3.50
VENUE	Mulberry Park Hub
BUSES	2
CONTACT	01225 486454 / 01225 486403

Creative Writing - Radstock

A variety of activities to spark ideas for you to surprise yourself with short stories, poetry or life writing. Led by writer Michael Loveday.

WHEN	Tuesday (monthly)
TIME	10.30am - 12.30pm
COST	£4
VENUE	NE Somerset Carers Centre, Radstock
BUSES	82, 82a, 172, 173, 174, 178, 179, 185, 414
CONTACT	01225 486454 / 01225 486403

The Supper Club

For inexperienced cooks to those wanting to take their learning to the next level. Cook delicious recipes and then enjoy as a group.

WHEN	Tuesday
TIME	2.30pm - 5.30pm
COST	£3.50
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Get Creative

Join artist and teacher Sarah Prentice for this craft & art Group, where you'll learn a variety of new creative skills. No experience necessary.

WHEN	Tuesday
TIME	9.45am - 11.45am
COST	£4
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Mindful Art

Relaxed art group for all – design your own piece of circle art using compasses, templates, pencils and crayons. No experience required.

WHEN	Tuesday
TIME	10am - 12pm
COST	£3.50
VENUE	The Hub, Weston, BA1 4EH
BUSES	9
CONTACT	01225 486454 / 01225 486403

Get Creative

Join tutor and artist Sarah Prentice for this craft and art group where you'll learn a variety of new skills. No experience necessary.

WHEN	Tuesday
TIME	2pm - 4pm
COST	£4
VENUE	St Andrews Church, Foxhill, BA2 5QA
BUSES	3, 20
CONTACT	01225 486454 / 01225 486403

Carers Café @ Mulberry Park Hub

Do you care for a friend, neighbour, child with additional needs or a family member? Come along and enjoy a free tea or coffee.

WHEN	3rd Tuesday of the month
TIME	10am - 11.30am
COST	FREE
VENUE	Mulberry Park Community Hub
BUSES	2
CONTACT	0800 038 8885

Tai Chi

Movements performed in a slow, focused manner accompanied with deep breathing. Good for balance, strength and the mind.

WHEN	Wednesday
TIME	1.30pm – 2.30pm
COST	£3.50
VENUE	St John's Court, Bath, BA2 6PZ
BUSES	734
CONTACT	01225 486454 / 01225 486403

Chapel Service

Relaxed and friendly service in the historic chapel. Followed by tea and a chat in the Chapel House Foyer.

WHEN	Wednesday & Sunday
TIME	Weds @ 11am / Sun @ 11.30am
COST	FREE
VENUE	The Chapel, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Chair Based Exercise

Join Liz Lee for a friendly and sociable yoga class. Chair based either sitting or standing. Can help people with joint or mobility issues.

WHEN	Wednesday
TIME	10am - 11am / 11.30am - 12.30pm
COST	£3.50
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Have A Go @ Art

Make friends and have fun experimenting with all types of art materials in a supportive, relaxed environment, with Jaq Hough.

WHEN	Wednesday
TIME	2pm - 4.30pm
COST	£3.50
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Chair Based Yoga

Join Liz Lee for a friendly and sociable yoga class. Chair based either sitting or standing. Can help people with joint or mobility issues.

WHEN	Wednesday
TIME	2.30pm - 3.30pm
COST	£3
VENUE	St Johns, Combe Park, Weston, BA1 3NE
BUSES	4, 20, 42
CONTACT	01225 486454 / 01225 486403

Carers Café MSN

Come along, enjoy a cuppa, some company and a game of New Age Kurling. Partnering with the Carers Centre. No need to book.

WHEN	Last Wednesday each month
TIME	2pm - 3.30pm
COST	Salvation Army Hall, BA1 1XE
VENUE	Mardons Social Club, Midsomer Norton
BUSES	82, 82a, 83, 172, 173, 174, 178, 184, 185
CONTACT	01225 486454 / 01225 486403

Stitch Thursday

Fun and friendly group provided with Bath Mind. Make something special using felts, embroidery and sewing. Materials included.

WHEN	Thursday (exc. 1st Thurs of the month)
TIME	2pm - 4pm
COST	£3.50
VENUE	St Andrews Community Church
BUSES	3, 20c, 228
CONTACT	01225 486454 / 01225 486403

Stitchlinks

A friendly, therapeutic knitting group led by Betsan Corkhill. For those wishing to enjoy the benefits of crafts. Bring along your knitting!

WHEN	1st, 2nd & 3rd Thursday of the month
TIME	2pm - 3.30pm
COST	FREE
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Art for Heart Sake

The tutor covers the important skills needed to be creative and produce quality work, whilst including some art history.

WHEN	Thursday
TIME	10am - 12.30pm
COST	£3.50
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Tai Chi and Wellbeing

Join Betsan for an introduction to Tai Chi in this 6 week course that can be completed seated or standing.

WHEN	Thursday
TIME	TBC
COST	£24 for 6 weeks
VENUE	The Chapel, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Mature Mens Meet Up

Chat and spend time with other men while enjoying a range of activities. Each month you will get the chance to choose the next activity.

WHEN	3rd Thursday of the month
TIME	2.30pm - 4.30pm
COST	£2
VENUE	Ivybank House, Bath, BA2 5NF
BUSES	n/a
CONTACT	01225 486454 / 01225 486403

Indoor Kurling

A form of the original game but adapted so it can be used indoors on any smooth, flat surface. Can be played sitting or standing.

WHEN	2nd Thursday of the month
TIME	10am - 12pm
COST	£2
VENUE	MSN Methodist Church, BA3 2DR
BUSES	172, 424
CONTACT	01225 486454 / 01225 486403

Singing for Fun

Join this fun singing group for all abilities. Learn an eclectic mix of songs from modern to world music and not forgetting the oldies.

WHEN	Thursday
TIME	1.30pm - 3pm
COST	£3
VENUE	The Chapel, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 701, 716, 752
CONTACT	01225 486454 / 01225 486403

Artful Stitchers

Stitch group for beginners upwards led by Jill Perry. Use creative stitch, colours, threads, silks and ribbons. Basic materials provided.

WHEN	Friday
TIME	2pm - 4pm
COST	£3.50
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Learn to Play - Ukulele

Learn to play simple tunes, whilst making some new friends. Sessions are led by a tutor who will support you regardless of your ability.

WHEN	Friday
TIME	3pm - 4pm
COST	£4
VENUE	The Chapel, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Stitch Friday

Fun and friendly group provided with Bath Mind. Make something special using felts, embroidery and sewing. Materials included.

WHEN	Friday
TIME	10.30am - 12.30pm
COST	£3.50
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Goldies (Radstock)

Goldies sessions are fun social groups. Sing along to the popular hits of the 50s onwards, chat, smile and laugh with friends.

WHEN	1st Friday of the month
TIME	11am - 12pm
COST	£2
VENUE	Church Court, Midsomer Norton
BUSES	179, 185, 424, 768
CONTACT	01225 486454 / 01225 486403

Saturday Band Exercise

An exercise class using resistance bands, open to all abilities followed by a stretching and relaxation session.

WHEN	Saturday
TIME	10 m- 11.30am
COST	£4.00
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

Dementia Friends

Information sessions are run by Dementia Friends Champions to help you understand what it's like to live with dementia.

WHEN	Various
TIME	Various
COST	FREE
VENUE	Various
BUSES	
CONTACT	Ricky on 01225 486453

Dementia Friends
An Alzheimer's Society initiative

Seated Sosa

Join Kay for this new seated exercise class - a mix of exercise and dance moves, open to all abilities.

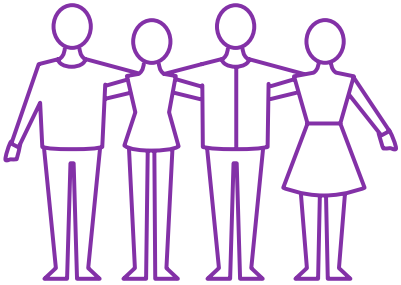
WHEN	TBC
TIME	TBC
COST	£3.50
VENUE	TBC
BUSES	n/a
CONTACT	01225 486454 / 01225 486403

Experience Talking

Come and share your knowledge and experience with James who will record your anecdotes to share with an internet generation.

WHEN	TBC
TIME	Various
COST	FREE
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01225 486454 / 01225 486403

COMMUNITY OUTREACH



85%*
attendees feel
LESS ISOLATED

96%*
attendees reported
IMPROVED WELLBEING

96%*
attendees improved
THEIR SKILLS

* Based on responses from 184 attendees

St John's Foundation
Est. 1174

Bath College

THE ACADEMY

HAIR, BEAUTY STUDIOS AND SPA

OUR SERVICES

Hairdressing • Beauty
Holistic Spa • Treatments

OPENING TIMES

Monday - Friday • 9:00am - 4:00pm
Monday - Thursday • 4:30pm - 7:00pm

Late night opening is available - please contact Academy reception for details

Bath College, Roper Building,
Avon Street, Bath, BA1 1UP

PLEASE CALL US FOR MORE INFORMATION ABOUT PRICES, TREATMENTS AND TO BOOK AN APPOINTMENT 01225 328 511

www.bathcollege.ac.uk/academy

The Academy Hair, Holistic and Beauty Salon

When you love every day, it's magic.

Every day in our Bath homes is sprinkled with 'Magic Moments'. One day our residents might be out and about visiting local sights, the next, taking part in our exercise classes or alternatively they may just choose to 'stick to their knitting!'.

Magic Moments is a carefully tailored programme of activities, happenings and fun. It's specially created around what you have always loved doing, and want to keep doing in the future. In fact, our dedicated team bring award-winning, innovative thinking into every aspect of every day of the extraordinary care we provide at both Oakfield and Ivybank House.

When everything is right, bright and beautifully done – it's a place where you can truly love every day.

We'd love you to come and visit our homes so call us on 0330 660 9997 to arrange a time to pop in for a chat.

Oakfield Care Home, Weston Park,
Weston Village, Bath BA1 4AS
Ivybank House Care Home, Ivy Bank Park,
Bath BA2 5NF www.brighterkind.com/bath

brighterkind

St.John's Foundation
Est. 1174

Funding Support for Individuals

Are you experiencing an unexpected crisis such as a health matter, a change in income or a housing issue?

Would financial support help you get back on track?

Speak to a professional advisor such as Citizens Advice, your housing provider or health professional about applying to St. John's Foundation for financial support.

For more information:
Email: grants@stjohnsbath.org.uk
Website: www.stjohnsbath.org.uk/funding-support/

We're a not-for-profit organisation on a mission to improve the homes of older people and those with disabilities.

Our aim is for people to live comfortably and independently at home for as long as they choose. We specialise in:

- **Bathrooms designed with your future in mind**
- **Home adaptations and alterations**
- **Handy person services**
- **Occupational therapy home visits**
- **Major and minor repairs**
- **Home independence products**

We Care
Home Improvements

Call us on **0300 323 0700**
email us at **info@wecr.org.uk**
or visit our website at **wecr.org.uk**

Bath & North East Somerset Council

There's loads going on for the over 55s in Bath and North East Somerset, from reading groups to tennis clubs. Here's a taster of the things the council supports, for more info go to www.wellbeingoptions.co.uk and follow us on Twitter @bathnes and Facebook

Community-run libraries

Local people meeting local service needs

There is something for EVERYONE at your local Community library, from Memories of Timsbury at the Timsbury Hub to Moorland Road's reading groups, as well as, volunteering opportunities! We can even help you get to some locations using Dial-a Ride.

Our New Mobile Library

You can browse and reserve from the entire catalogue of LibrariesWest and the vehicle is fully accessible, covering many of the villages in the Bath and North East Somerset area.

Home Library Service

For those who have severely restricted mobility and it's free.

B&NES Library and Information Centres

Get library, council and partner information & advice services in Bath, Keynsham and Midsomer Norton.

For further information on these and more visit:

www.bathnes.gov.uk/community-libraries
www.bathnes.gov.uk/mobile-library-routes
www.bathnes.gov.uk/join-home-library-service
www.bathnes.gov.uk

Contact **Council Connect:** 01225 39 40 41 **Email:** council_connect@bathnes.gov.uk

WELLBEING Options

Do you, or a family member, need care or support to live independently?

Lots of groups, activities and services can be found at the Wellbeing Options website:

www.wellbeingoptions.co.uk

www.facebook.com/wellbeingoptions

Rural Links

with the Village Agents

Chew Valley: Wellness Wednesdays
Compton Dando: The Music Project
Timsbury: Rural Links at the Hub

Call Denise Perrin on **01275 333700**
or visit our website **www.rural-links.org.uk**

WERN
WEST OF ENGLAND RURAL NETWORK

Funded by
St Monica Trust

We Sing & Smile! we're the Goldies

Join your local daytime ***Goldies*** session for fun and friendship. We are not a choir, you don't have to be able to sing, just love socialising and music. At Goldies we chat, laugh and sing-a-long to the popular hits of the 50s onwards with tracks from our Patron Sir Cliff Richard, Petula Clark, Elvis, Sir Tom Jones and many more! **Open to everyone, there's always a warm welcome at Goldies.**

MONDAYS EACH MONTH

2ND MONDAY
***Blagdon Park Community Room**, **WHITEWAY** from 10:30am-11:30am

3RD MONDAY
The Orangery Care Home, **ENGLISHCOMBE** from 2:30pm-3:30pm – *Dementia Friendly*

TUESDAYS EACH MONTH

1ST TUESDAY
St Philips & St James Church, **ODD DOWN** from 10:30am-11:30am

Hanover Court Community Room, **LARKHALL** from 2:30pm-3:30pm

WEDNESDAYS EACH MONTH

1ST WEDNESDAY
The Conygre Hall, **TIMSBURY** from 11:00am-12 noon

2ND WEDNESDAY
Memory Café at St Michael's Church, **CENTRAL BATH** from 11:00am-12:15pm

4TH WEDNESDAY
The Children's Centre, Chew Valley School Campus, **CHEW MAGNA** from 11:00am-12 noon

Supporters – our thanks to The Roper Family, St John's Foundation, Keynsham Town Council, Bath Boules, CURO, The Medlock Trust, Quartet Community Foundation, Bailey Thomas and John Coates Charitable Trust

*Transport available

THURSDAYS EACH MONTH

1ST THURSDAY
St John's Road Community Room, **BATHWICK** from 10:45am-11:45am

Quebed Community Room, **TWERTON** from 2:30pm-3:30pm

3RD THURSDAY
Salvation Army Bath Citadel, **CENTRAL BATH** from 1:30pm-2:30pm

LAST THURSDAY
Carrswood Day Service, **TWERTON** from 10:30am-11:30am

FRIDAYS EACH MONTH

1ST FRIDAY
Church Court Community Room, **MIDSOMER NORTON** from 11:00am-12 noon

2ND FRIDAY
St Andrews Church, **COMBE DOWN** from 11:00am-12 noon

Oldfield Park Baptist Church, **OLDFIELD PARK** from 2:30pm-3:30pm

3RD FRIDAY
***Haviland Park Community Room**, **WESTON** from 2:30pm-3:30pm

Kingfisher Lodge Care Centre, **SALTFORD** from 2:00pm-3:00pm

2ND FRIDAY AND LAST FRIDAY
The Key Centre, **KEYNSHAM** from 2:00pm-3:00pm

For more information call the office **01761 470006** or visit the website
www.golden-oldies.org.uk Charity Reg: 1121600

Bath Social Meet Up

Bringing together people who have a long-term health condition or disability, to support each other, chat and socialise. Just turn up!

WHEN	2nd & 4th Monday of the month
TIME	6pm - 8pm
COST	FREE
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	Josie on 0797 046 8316

WECIL supporting independent living

Brain Tumour Support Group

The group is open to anyone who has been affected by a brain tumour, whether you are a patient, a family member, a friend or a carer.

WHEN	1st Monday of the month
TIME	6pm - 7.30pm
COST	FREE
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	01454 422701

BRAIN TUMOUR SUPPORT Together WE are Stronger

HopeSpace Cafe

Feeling lonely, isolated, emotionally fragile, anxious or depressed? Come along to socialise and enjoy refreshments. No need to book!

WHEN	Tuesday
TIME	6pm - 8.30pm
COST	FREE
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	Call or text Paul on 0752 294 5518

St Mungo's Ending homelessness Rebuilding lives

Bath Macular Society

Friendly support group for people affected by macular degeneration. Carers and partners are welcome too. No need to book, just turn up!

WHEN	2nd Tuesday of the month
TIME	10am - 12pm
COST	FREE
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	0300 303 0111

Bath Diabetes Group

A friendly group for those with Type 1 or Type 2 Diabetes, partners/friends. Share experiences and learn about services. No need to book!

WHEN	3rd Wednesday of the month
TIME	6.30pm - 8.45pm
COST	FREE
VENUE	The Bubble, St John's, Bath, BA1 1SQ
BUSES	1, 4, 5, 9, 19a, 21, 37, x39, 701, 716, 768, A4
CONTACT	Clive Johnstone on 0780 283 7377

Do you run a support group which is looking for a space to use? Come and join the other groups using The Bubble.

Contact St John's Foundation on 01225 486453 or email ricky.bush@stjohnsbath.org.uk to discuss your requirements.

Chew Valley Monday Club

A club to meet people and make friendships. Home cooked lunch and afternoon entertainment

WHEN	Monday
TIME	10am - 3.15pm
COST	£6.50
VENUE	Millennium Hall, Chew Magna
BUSES	67, 134, 640, 672, 683, 752, 754
CONTACT	Wendy Talbot 01275 333063

Lunch Club

Share lunch and chat in a friendly, sociable group. Takes place on 2nd Mon of the month at St Michaels & every Tues at Beacon Hall.

WHEN	Monday & Tuesday
TIME	Various
COST	£5 - £6
VENUE	St Michaels Day Centre / Beacon Hall
BUSES	Various
CONTACT	Active Team on 01225 484510

Oakfield Community Prayer and Social Gathering

Relaxed prayer, readings, refreshments and chat all held at Oakfield Care Home led by All Saints Church. Everyone welcome.

WHEN	1st Monday of the month
TIME	2.30pm - 3.30pm
COST	FREE
VENUE	Oakfield Care Home, Weston, Bath
BUSES	175, 668, 757
CONTACT	Tamzin 01225 335645

Wellbeing College

We offer a range of courses to improve your knowledge, skills and confidence. All of our courses are free for B&NES residents.

WHEN	Monday - Saturday
TIME	Various
COST	FREE
VENUE	Throughout B&NES
BUSES	Various
CONTACT	0300 247 0203

Happy Mondays - Time Bank Plus

Friendly social group offering the chance to do simple craft activities, play games or bake a cake. Transport may be available if needed.

WHEN	Monday
TIME	10.30am - 12.30pm
COST	FREE
VENUE	Twerton
BUSES	5, 20
CONTACT	01225 442813

Feathered Friends at Bath City Farm

Sociable chicken cuddling sessions for over 60s. Meet our friendly chickens and other animals. Tea and cake overlooking views of Bath.

WHEN	Monday (May - September)
TIME	1.30pm - 4pm
COST	FREE
VENUE	Bath City Farm, Whiteway, BA2 1NW
BUSES	12, 20, 42
CONTACT	01225 481269

EXTEND Exercise

Fun, inclusive and beneficial exercise sessions for those 60+ or those with less mobility. Standing and seated exercises to great music.

WHEN	Monday, Tuesday & Wednesday
TIME	Various
COST	£4/£5
VENUE	Various venues across B&NES
BUSES	Various
CONTACT	Ketyn on 0753 418 6166

Be Active Water Workout

A water based workout for those referred into the Healthwise service to help with mobility, balance, strength and wellbeing.

WHEN	Monday
TIME	Bath 11am / Keynsham 3pm
COST	£3
VENUE	Bath Leisure Ctr./Keynsham Leisure Ctr.
BUSES	Various
CONTACT	01225 486918 (B) / 01225 439686 (K)

HEALTHWISE
Physical activity referral scheme

Be Active Health Walk

Beginners walks using Nordic walking poles, which add upper body mobilisation as well as support to give confidence during the walk.

WHEN	Monday (Keynsham) / Thursday (Bath)
TIME	Keynsham 11am / Bath 2pm
COST	£3
VENUE	Bath Leisure Ctr./Keynsham Leisure Ctr.
BUSES	Various
CONTACT	01225 486918 (B) / 01225 439686 (K)

HEALTHWISE
Physical activity referral scheme

EXTEND Exercise for the Parkinsons Society

Gentle paced class specifically for people living with Parkinsons Disease. A mixture of standing and seated exercises to great music.

WHEN	2nd & 4th Monday of the month
TIME	2pm - 3pm
COST	£4
VENUE	Odd Down Sports Ground, BA2 2PR
BUSES	4
CONTACT	Ketyn on 0753 418 6166

D P

Rural Links - Timsbury

Alongside the Timsbury Community Library and Hub. Activities, talks and more. Join us for a cuppa and conversation.

WHEN	3rd Monday of the month
TIME	10.30am - 12pm
COST	FREE (£3 - £5 for activities)
VENUE	YMCA Hall, Timsbury, BA2 0JH
BUSES	179
CONTACT	Denise on 01275 333700

Rural Links with the Village Agents

D P

Walking Football

Gentler version of the traditional game. For those once-active wanting to get back to their sport roots & improve fitness. Pay as you play.

WHEN	Monday, Thursday & Friday
TIME	10am - 11am
COST	£4
VENUE	Odd Down and Midsomer Norton
BUSES	Various
CONTACT	01225 484510

D P

Lunch and Activities

Connect with others over a two-course meal, preceded by a brief 'Thought for the Day' and option of various activities e.g. games, crafts.

WHEN	3rd Tuesday of the month
TIME	11.15am - 1.30pm
COST	£5
VENUE	All Saints Centre, Weston, BA1 4BX
BUSES	4, 9, 20
CONTACT	01225 447663

Line Dancing

Everyone is welcome to our social line dancing classes at Bath Pavilion. Join in as much or as little as you like.

WHEN	Tuesday
TIME	1.30pm - 3.30pm
COST	£4.50
VENUE	Bath Pavilion, BA2 4EU
BUSES	2, A4
CONTACT	01225 486902

Singing for Fun

Informal and fun singing group led by an experienced pianist and leader. Sing-along to your favourite tunes and make friends!

WHEN	Tuesday (monthly)
TIME	2.30pm
COST	£3
VENUE	Orchard Hall, Midsomer Norton
BUSES	82, 83, 172, 173, 177, 178, 179, 184, 185
CONTACT	01225 484510

Ivybank Chatty Café

Join us at our drop in Chatty Café, an opportunity to make new friendships and enjoy some tea and cake at a fun and informal afternoon.

WHEN	1st Monday each month
TIME	2.30pm onwards
COST	FREE
VENUE	Ivybank House, Entry Hill, BA2 5NF
BUSES	n/a
CONTACT	Sue James 01225 837776

brighterkind

Men's Boccia

Join other male carers and enjoy a fun, friendly and spirited team game involving bowls and targets. Suitable for all ages and abilities.

WHEN	3rd Tuesday of the month
TIME	6pm - 7pm
COST	FREE
VENUE	Bath Carers Centre, Woodlands
BUSES	752
CONTACT	0800 038 8885

Out to Lunch - Time Bank Plus

Two course cooked lunch followed by a range of activities such as knitting, board games and quizzes. Transport available if needed.

WHEN	Wednesday
TIME	12pm - 3pm
COST	£5
VENUE	Twerton
BUSES	5, 20
CONTACT	01225 442813

Wellness Wednesdays

A range of activities including Age UK Gadget Busters, Extend Your Health, crafts, talks, board games and chat. Light lunch available.

WHEN	Wednesday
TIME	9.45am - 3.30pm
COST	Costs vary from FREE to £5
VENUE	Chew Valley Children's Centre
BUSES	67, 134, 135, 640, 672, 683, 752, 754
CONTACT	Denise Perrin on 01275 333700

Needles and Natter

Bring your knitting, sewing or just yourself, and come and have a cup of tea and a piece of cake. Enjoy some friendly company.

WHEN	Wednesday
TIME	2pm - 4pm
COST	FREE
VENUE	St Andrews Community Church
BUSES	3, 20c, 228
CONTACT	01225 945009

City of Bath Petanque Club

Boules/Petanque is open to all ages and abilities. First 5 sessions free. If you still like it you can join the club. Boules can be provided.

WHEN	Wednesday & Saturday
TIME	(W) 11am - 1pm / (S) 10am - 12pm
COST	5 sessions FREE / £45 annual fee
VENUE	(W) Queens Sq. / (S) Larkhall Sports Club
BUSES	Various
CONTACT	Cary Bush on 0778 871 2348

Seniors Service and Lunch

A church service with a hot lunch afterwards for seniors. Meet up with old and new friends.

WHEN	1st Thursday of month
TIME	11.30am - 1.45pm
COST	£5 for the lunch
VENUE	St Andrews Community Church
BUSES	3, 20c, 228
CONTACT	Polly Andrews on 01225 835835

D P

Somerdale Shed

Somerdale shed is a workshop oriented space made available for men and women to make stuff, repair stuff, socialise, or help out in the community.

WHEN	Tues, Wed & Sat
TIME	Various
COST	FREE
VENUE	Tiberious Road, Keynsham, BS31 2FH
BUSES	663, 664, 665
CONTACT	penny.shrubb@aquaterra.org

P

Senior Friendship Group

For those living in the Great Pulteney Street area and beyond. Speakers, quizzes, discussions, plus group and friends catch up.

WHEN	Last Friday of the month
TIME	2.30pm - 4pm
COST	£4
VENUE	The Pavilion, Bath Recreation Ground
BUSES	12, 94, 265, 271, 272, 734
CONTACT	01225 891263 / 01225 282883

P

Bathscape Walking Festival

A week-long festival of free, friendly, guided walks. Walks of various length and locations, mainly with a history or nature theme.

WHEN	Sat 14th - Sun 22nd September 2019
TIME	Various
COST	FREE
VENUE	Various
BUSES	Various
CONTACT	Lucy on 01225 477265

Timsbury Hub and Community Library

We hold 3000 books, come and browse and borrow, or order through Libraries West for pickup here.

WHEN	Mon, Tues, Thurs and Sat
TIME	2 - 5pm (Sat 9.30am - 12.30pm)
COST	Free
VENUE	YMCA Building, Timsbury, BA2 0JH
BUSES	179
CONTACT	hub@timsbury.org.uk

Carers Cafe

Come along for a cuppa on us! Meet other carers and relax, with or without the person you are caring for.

WHEN	Monthly sessions on various days
TIME	Various
COST	FREE
VENUE	Bath, Saltford and Keynsham
BUSES	Various
CONTACT	0800 038 8885

The Music Project

For anyone wishing to rekindle their love of playing a musical instrument with a group of like-minded people. All welcome.

WHEN	Monthly
TIME	2pm - 4pm
COST	£3
VENUE	Compton Dando Village Hall, BS39 4JZ
BUSES	640
CONTACT	Denise on 01275 333700

D P

BEMSCA

Join friendly groups for sewing, knitting and gentle exercise to name a few. Learn new skills, make new friends and have fun.

WHEN	Monday & Fridays
TIME	10am - 4pm
COST	Various
VENUE	Fairfield House, 2 Kelston Rd, BA1 3QJ
BUSES	9, 19, 37
CONTACT	01225 464165

D P

Bath College Adult Community Learning

Free short courses for people who are not working or on a low wage. From computer skills to art and craft, cookery to horticulture!

WHEN	Various
TIME	Various
COST	FREE
VENUE	Throughout BANES
BUSES	Various
CONTACT	01225 328822

D P

CURO Independent Living Service

Our Independent Living Service is here to support you to live independently. We'll always do our best to provide you with the support you need.

WHEN	n/a
TIME	n/a
COST	n/a
VENUE	n/a
BUSES	n/a
CONTACT	Curo ILS 01225 366135

Goldies Sing & Smile

19 monthly groups across BANES. We're NOT a choir but a fun social gathering of people who love to chat and sing-a-long to the 50s onwards.

WHEN	Various
TIME	Various
COST	£2 voluntary donation
VENUE	Various venues across B&NES
BUSES	Various
CONTACT	01761 470006

Healthy Lifestyle Service

Advice and support to eat healthy, improve mental wellbeing, stop smoking, lose weight*, family cooking skills*, get physically active**.

WHEN	Various (*subject to eligibility)
TIME	Various
COST	FREE (** £3 per session)
VENUE	Various venues across B&NES
BUSES	Various
CONTACT	01225 831852

Gadget Busters

Drop in and get help with your IT gadgets from our friendly team of volunteers. Bring your own device. No booking necessary.

WHEN	Various
TIME	Various
COST	£3
VENUE	Midsomer Norton & Chew Valley
BUSES	Various
CONTACT	01225 484510

Cook & Eat

Learn how to cook a variety of dishes and eat them in a group setting. Fun, informal but supportive learning.

WHEN	Various
TIME	Various
COST	£5
VENUE	Various
BUSES	Various
CONTACT	01225 484510

Bath Mind - Get Set Go

A programme helping people to be more active for better physical and mental health with support from Sport England.

mind | Bath Mind

WHEN	Various
TIME	Various
COST	Donations (Suggested £2 - £3)
VENUE	Various
BUSES	Various
CONTACT	01225 316199

Cardiac Phase IV

Exercise class suitable for those who have experienced a cardiac event. A referral from your GP or cardiac nurse to access the class.

WHEN	Various
TIME	Various
COST	£3.50
VENUE	Various locations
BUSES	Various
CONTACT	01225 486918 (B) / 01225 439686 (K)

Healthwise Scheme

A variety of gym and studio based exercise sessions for those referred into the Healthwise scheme by their GP or medical professional.

WHEN	Various
TIME	Various
COST	£3
VENUE	Various locations
BUSES	Various
CONTACT	01225 486918 (B) / 01225 439686 (K)

Be Active Circuits

A studio based workout, focusing on getting stronger, improving fitness and wellbeing.

WHEN	Various
TIME	Various
COST	£3
VENUE	Various locations
BUSES	Various
CONTACT	01225 486918 (B) / 01225 439686 (K)

Tai Chi

Gentle exercise which can be taken seated or standing. Great for stability, balance and strength. Please call for more information.

WHEN	Various
TIME	Various
COST	£5
VENUE	Bath, Keynsham and Midsomer Norton
BUSES	Various
CONTACT	Active Team on 01225 484510

Walking Groups

Walks of various lengths and abilities, taking place in Keynsham, Bath, Midsomer Norton and Paulton. Please call for more information.

WHEN	Various
TIME	AM
COST	£18 annual cost
VENUE	Various
BUSES	Various
CONTACT	Active Team on 01225 484510

Want to see your activity advertised here? Do you run a community group or know of a group we haven't mentioned?

Contact St John's Foundation on 01225 486453 or email ricky.bush@stjohnsbath.org.uk and let us know, we'll do the rest!

Mobiflex 65

This class is intended for people over the age of 65 who would like to functionally move better, prevent falls and be sociable afterwards.

WHEN	Tuesday's
TIME	11am
COST	£6.00
VENUE	Weston Hall, Weston All Saints Centre
BUSES	4, 20
CONTACT	Arthur on 0797 124 5221

Table Tennis

Come along and play table tennis with like minded individuals.

WHEN	Thursday's and Sunday's
TIME	T - 7.15pm & S - 2.30pm
COST	Call for more info
VENUE	Compton Dando Village Hall
BUSES	640
CONTACT	01761 490727

Feelgood walks

Suitable for all ages and abilities, short walks of 40-60 minutes and 1-2 miles. Meet new people and enjoy the outdoors.

BATHSCAPE LANDSCAPE PARTNERSHIP

WHEN	Tuesday's
TIME	2pm
COST	Free
VENUE	Around Twerton and Whiteway
BUSES	Various
CONTACT	Timebank on 01225 442813

To find out more about the Community Outreach Service please contact:

Ricky Bush
01225 486453
ricky.bush@stjohnsbath.org.uk

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