

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

Wells Rd Surgery
f Priorsy Surgery
g Downton Rd Surgery
h Lennard Surgery

8 Health Walks
Mon-Thurs
See website for details

6 Volunteering
Every other Sun 10am-2pm

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

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

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

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

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

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