

Wellspring Settlement Physical Activities Timetable



Booking for all sessions is essential, please contact Jane on jane.rogers@wsb.org.uk to do this, or leave a message for her to call you back with our reception team: 0117 304 1400.

Please note that many of these activities are run by external organisations so days and times may be subject to change without Wellspring Settlement being informed.

AT WELLSPRING (OR VERY CLOSE)		
Stretch and Strengthen	Tuesdays, 9.00am—10.00am	Wellspring Site, Beam Street
Move Well	Tuesdays, 1.30pm—2.30pm (Mondays 1:30-2:30 from 19th June for 4 weeks, then it will be back to Tuesdays)	Wellspring Site, Beam Street
Yoga for Chronic Pain	Thursdays, 12.00pm—1.00pm	Wellspring Site, Beam Street
Yoga for Anxiety	Thursdays, 1.00pm—2.00pm	Wellspring Site, Beam Street
Gentle Creative Movement	Mondays 2.30pm—4.00pm	Trinity Arts Centre, BS2 0NW
OUTDOORS		
Raking and Baking	Thursdays 10.00am-3.00pm	St Werburghs Community Centre
Roots to Wellbeing	Wednesdays 1:30-3:30pm	Eastville Park
Nordic Walking	Various days, times and locations around Bristol	
SPORTS		
Team Brave Women's Football	Wednesdays 6.00pm—7.00pm	Windmill Hill City Farm
Tennis for Mental Health	Tuesdays 1.00pm—2.00pm	Eastville Park
Chatty Couch to 5K	Sundays 3.00pm	St Georges Park
WATER		
Introduction to cold water swimming	Thursdays 10.00am—11.30am	Westcountry Water Park
Introduction to paddle	Thursdays 1.00pm— 2.30pm	Harbourside

FOR SPECIFIC GROUPS		
Fitness for Refugee Men	Wednesdays, 1.30pm–2.30pm	Borderlands
Yoga for Refugee Women	Wednesdays 11.00am–12.00pm	Borderlands
Football for women - including running/circuits/dodgeball	Fridays, 7.00pm–8.00pm	St Pauls
Walk and Talk for Carers, Old and Young	Tuesdays 11.00am–12.30pm	Barton Hill area
OLDER PEOPLE		
Tai Chi for Women Over 50, £2	Mondays, 1.30–2.30pm	Easton Community Centre
Walking Cricket for over 55s	Fridays, 11.00am–12.00pm	Easton Leisure Centre
Walking Cricket for over 55s	Thursdays, 3.00pm–4.00pm	Seat Unique Stadium, BS7 9EJ (Sports Hall)
REACT 12 week falls prevention programme for over 65s	Tuesdays and Fridays, 10.00am–11.30am	Easton Leisure Centre