

Other groups, courses, clubs and gatherings you might be interested in:

- The **Wellbeing College** have a range of courses and activities each term including: mindfulness, managing anxiety, money management, sports and physical activity sessions, art sessions, complementary therapies and activities in the open air such as gardening or nature walks. Contact one of our Student Development Advisors either by calling 01454 821159, emailing claire.willis@merlinhs.co.uk or visiting our office in Chipping Sodbury. You can download the latest prospective from <http://www.merlinhs.co.uk/students-area>
- **Region of Readers - Shared Reading Groups** will launch this year . . . South Gloucestershire Council are currently recruiting for Reader Leaders in Cadbury Heath, Patchway and Staple Hill who will facilitate a weekly shared reading group at the library. Please email the individual library if you would like to know when the groups are set up and ready to run:
 - CadburyHeath.Library@southglos.gov.uk
 - Patchway.Library@southglos.gov.uk
 - StapleHill.Library@southglos.gov.uk
- **Reading groups** are not about deep literary discussions and not about right or wrong interpretations of a book, they are just great fun. They are a great way for people who enjoy reading to get together and relax whilst sharing thoughts and feelings about books. They can also lead them to discover new authors or types of fiction (or even non-fiction) that they may not have tried before.

A number of libraries hold reading groups:
Chipping Sodbury - 2nd Thursday of each month 7.30 – 8.30pm
Downend - Monthly, Thursdays at 7.15pm
Emersons Green- 3rd Thursday of every month at 6:30pm, Crime reading group 1st Tuesday of every month at 6.30pm

Filton - 1st Monday of every month at 5.45-6.45pm
Hanham - 3rd Tuesday of every month at 11:00am, 2nd Thursday of every month at 5.30pm
Patchway - Every 6 weeks on a Wednesday, 8.00 – 9.30pm
- **South Gloucestershire Community Learning** department is planning to offer new Creative Writing Courses on Tuesday and Wednesday mornings at Staple Hill from September 2017. On Wednesdays between 12pm and 2pm they are planning to run a Knitting for Wellbeing group. These groups will be run by tutor, Sarah Anstey. You can find full details here: <http://www.southglos.gov.uk/education-and-learning/adult-and-community-education/about-community-learning/>
- <http://www.southglos.gov.uk/leisure-and-culture/libraries/recommended-booklist/>
- **Staple Hill Crafting Bee** – second Tuesday of every month from 7.00pm – 9.00pm at Staple Hill Community Flat, 1a Berkeley House, Berkeley Road BS16 5HS. It's free to attend, everyone is welcome all ages and all crafts. You can follow them on Facebook for latest updates – staple hill crafting bee
- **Well Aware** - Information on health and wellbeing services, support organisations, activities and groups in Bristol, South Gloucestershire, Bath & North East Somerset, North Somerset and Somerset www.wellaware.org.uk
- The **Positive State of Mind Peer Support Group**, meets every other Weds, 7.30 – 9pm, at Kingswood Library. Full details: <https://southernbrooks.org.uk/event/positive-state-mind-peer-support/>

- **5 Ways to Wellbeing** – tips on how to stay well and what 5 things are most important for wellbeing. <http://www.fivewaystowellbeing.org/>
- **Cadbury Heath Community Choir**, Thursdays 1 – 2.20pm, welcomes and encourages people looking to sing to improve their wellbeing. <http://www.cadburyheathchoir.org.uk/>
- **Walking for Health** do group walks in many areas across South Glos. A full guide can be found at <http://www.southglos.gov.uk/documents/Walking-For-Health-Prog-March-June-2016-1.pdf> . The following two walks are regular walks.
 - Kingsmeadow Community Flats – 1st Wednesday of every month. 10.30am (approx. 1 hour). Barrington Close, BS15 4QD
 - Bristol Bath Railway Path – every other Tuesday.11am (whatever suits you!) Starting points alternate between Avon Valley Railway Bitton Station BS30 6HD and Warmley Waiting Room, Warmley Station BS30 5JB.
- **Sports Pound offers** people who currently do less than 30 mins exercise a week the chance to try out activities for free. <http://sites.southglos.gov.uk/sportspound/>
- **Dance and exercise classes**
 - The Batch, Cadbury Heath runs a range of classes, including Zumba and Yoga, see <http://thebatchorg.co.uk/whats%20on.html> for details.

For Older People

- Friendship and exercise clubs meet regularly across South Glos:
 - Staple Hill Methodist Church – Thursdays 9.30am – 11am, or 11.15am – 12.45pm.
 - Kingsmeadow Community Flat, Kingswood – Thursdays, 1.30pm – 3pm.
- The **Alzheimer's Society** runs Singing for the Brain groups and Memory Cafes.
 - The Memory Café provides information about living with dementia and other services available locally in an informal and comfortable environment. A memory Café is also a place to relax, socialise and meet other people with dementia and their carers.
 - Memory Cafe Hanham - Hanham Community Centre , High Street, Tuesday, fourth week of every month, 18:30-20:30.
 - Memory Cafe Fishponds - Beechwood Club, Beechwood Road, Friday, monthly, 14:00-16:00
 - Memory Cafe Emersons Green - Emersons Green Library, Emerson Way, Thursday, second week of every month, 14:30-16:30.
 - Singing for the Brain brings people together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-ups and singing a wide variety of familiar and new songs.
 - Singing for the Brain Kingswood - Kingswood Community Centre, The Arch, High Street, Wednesday, 10:00-11:45.
 - Singing for the Brain Downend - St. Augustine of Canterbury Parish Hall, Boscombe Crescent, Thursday, 10:00-11:45.

To find more local groups and services use the search function on the Alzheimer's website- you can find local groups using their search <https://www.alzheimers.org.uk/local-information/dementia-connect>