

# Get Active in North Somerset

## Physical activities and healthy living

### Golf

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Disc Golf/Frisbee Golf</b> The same concept as golf, Frisbee golf is a fun and interesting way to get out and active.</p>	4+	Daylight hours when the centre is open. Opening times can be found at: <a href="https://www.mendip.co.uk/about-mendip">https://www.mendip.co.uk/about-mendip</a>	Mendip Activity Centre Lyncombe Drive Sandford BS25 5PQ	<input type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input checked="" type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input checked="" type="checkbox"/> Autistic spectrum disorder <input checked="" type="checkbox"/> Physical impairment – potentially with some discussion <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Sales and Support Team 01934 834 877</p> <p><a href="mailto:hello@mendip.co.uk">hello@mendip.co.uk</a></p> <p><a href="http://www.mendip.co.uk">www.mendip.co.uk</a></p>