

Physical activities and healthy living

Wellbeing

Activity	Ages	When	Where	Accessibility	Contact
<p>Community Drumming and Rhythm Drumming is great for health and mental wellbeing. No experience needed, just have fun. African drums and small percussion provided.</p>	All ages	Wednesdays 7pm	Tickenham Village Hall 205 Clevedon Road Tickenham BS21 6RX	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Wendy Doig 07565 161 036 wendy.doig@sky.com
<p>Holistic Therapies – Indian Head massage, Aromatherapy massage, Reflexology, Chakra Healing and more Holistic therapy addresses the mind, body, and spirit to support health and healing. It involves bringing all layers and aspects of our clients into the therapy and mental health space, it's combining mental and emotional health with physical and spiritual aspects of experience.</p>	18+	Various	Mobile treatments are available	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Louise Beer Louise.harmonyrain@outlook.com