

Get Active in North Somerset

Physical activities and healthy living

Rehabilitation and Physiotherapy

Activity	Ages	When	Where	Accessibility	Contact
Age UK Somerset – Various classes available Please see timetable in Contact box for full list				<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	https://www.ageuk.org.uk/somerset/activities-and-events/ageing-well-classes-timetable/
Active Hearts Cardiac rehabilitation classes. Open to cardiac rehab scheme graduates or via GP referral		Mondays and Wednesdays 11.30am to 1pm	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	lizward@pfpleisure.org 01275 848494 https://www.betterhealthns.co.uk/information/active-hearts/

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Cancer Rehabilitation Gentle but effective exercise in a safe, welcoming environment. To help those living with, or recovering from cancer to regain strength, flexibility and confidence at your own pace.	16+	Wednesdays 9am	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Alistair 07825 033 741 pdfitnessbristol@gmail.com
Cancer Rehabilitation (GP Referral) A step-by-step approach to help you live with and beyond cancer.		Tuesdays: 10am to 10.55am and 12pm to 12.55pm Thursdays: 11am to 11.55am	Scotch Horn Leisure Centre Brockway Road Nailsea BS48 1BZ	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	scotchhorn@legacyleisure.org.uk 01275 856 965 https://www.betterhealthns.co.uk/information/gp-referral-exercise-scheme-scotch-horn-leisure-centre/

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Cardiac Rehabilitation Supervised exercise or circuit sessions with qualified instructors to provide coaching and reassurance. You can be referred by your GP or Cardiac nurse.		Tuesdays: 10am to 10.55am and 12pm to 12.55pm Thursdays: 11am to 11.55am	Scotch Horn Leisure Centre Brockway Road Nailsea BS48 1BZ	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	scotchhorn@legacyleisure.org.uk 01275 856 965 https://www.betterhealthns.co.uk/information/gp-referral-exercise-scheme-scotch-horn-leisure-centre/
Clinical/Rehab Pilates (Equipment based) Personalised equipment-based Pilates for people with injuries, chronic pain, long term health conditions, back pain and improving posture. Learn about how your body functions naturally, gain strength with ease using supportive Pilates equipment.	18+	Tuesdays to Saturdays between 9am and 7pm	47 Parsonage Road Berrow TA8 2NJ	<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 (Please note: the studio is on 1 st floor, accessed by stairs)	Jenny Adams 07896 742 505 consciouspilates@outlook.com https://www.consciouspilates.co.uk

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Exercise for Parkinson's Mobility, stretching and strengthening exercises specifically designed to help manage the symptoms of Parkinson's.	18+	Wednesdays 10am	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Alistair 07825 033 741 pdfitnessbristol@gmail.com
Exercise Referral Classes Aimed to support the Elderly, Individuals with Neurological conditions such as MS, Parkinson's, Stroke and ABI. We look to improve Gait, Balance, Upper limb movement, Fine Motor Skills, Getting up and down from the floor or chair. Our instructors are on hand to guide you to get the most from every session.	18+	Fridays 12pm to 1pm	Hutton Moor Leisure Centre Hutton Moor Road Weston-s-Mare BS22 8LY	<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 checked="" type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Rowan 07518 964 332 rowanmorganruffley@rmr-rehabilitation.co.uk http://www.rmr-rehabilitation.co.uk/

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Fitness for MS patients Standing/chair fitness class. Improving cardiovascular fitness and targeting the walking muscles, followed by a stretch and relaxation session	16+	Thursdays 2pm	@Worle Sports Centre 58 New Bristol Road Weston-super-Mare BS22 6AQ	<input checked="" 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 type="checkbox"/> Autistic spectrum disorder <input checked="" type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Dax Corlett 07813 939 806 dax.james.corlett@gmail.com https://www.mssociety.org.uk/care-and-support/local-support/local-groups/north-somerset-group
Freeways Hydrotherapy Hydrotherapy Treatment Sessions Warm Water Independent Sessions Land physio Sessions. Children's land exercise Groups	All ages	Mondays to Thursdays 8am to 6.30pm	Freeways Hydrotherapy Leigh Court Centre Pill Road Abbots Leigh Bristol BS8 3RA	<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	Andy Bunn 01275 376 082 Hydropool@freeways.org.uk or Andybunn@freeways.org.uk

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Goodboost Aqua (GP Referral or self-referral) Group sessions based around you, using a tablet which acts as a personal trainer. An instructor will be present but not delivering the group, as the tablet tailors the exercises specifically for you.		Mondays: 2.30pm Fridays: 2.30pm	Hutton Moor Leisure Centre Hutton Moor Road Weston-super-Mare BS22 8LY	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Hutton Moor Leisure Centre 01934 425 900 huttonmoorhealth@legacyleisure.org.uk https://www.betterhealthns.co.uk/news/goodboost-and-arthritis-action-at-hutton-moor-leisure-centre/
Goodboost Land (GP Referral or self-referral) Group sessions based around you, using a tablet which acts as a personal trainer. An instructor will be present but not delivering the group, as the tablet tailors the exercises specifically for you.		Wednesdays: 2.30pm Saturdays: 11am	Hutton Moor Leisure Centre Hutton Moor Road Weston-super-Mare BS22 8LY	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Hutton Moor Leisure Centre 01934 425 900 huttonmoorhealth@legacyleisure.org.uk https://www.betterhealthns.co.uk/news/goodboost-and-arthritis-action-at-hutton-moor-leisure-centre/

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GP Referral Scheme – Weston-super-Mare 12 session courses taken by our qualified GP Referral Co-ordinator and incorporates health screening and personal exercise programme.	16+	Wednesdays, Fridays and Saturdays 9.30am to 11.30am	Hutton Moor Leisure Centre Hutton Moor Road Weston-super-Mare BS22 8LY	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Hutton Moor Leisure Centre 01934 425 900 huttonmoorhealth@legacyleisure.org.uk
Healthy Hearts Rehab Rehabilitation class for people with post heart problems. To improve fitness and health in an appropriate manner and led by a cardiac specialist personal trainer	16+	Wednesdays 10am to 11am	Walnut Grove Studio 81 Papermill Gardens Portishead BS20 7RL	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above *Please call first to discuss*	Walnut Grove Clinic 01275 818 303 healthcare@walnutgroveclinic.com www.walnutgroveclinic.com

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Nailsea Stroke Club Sports Club Sports activities for stroke survivors. Easily accessible games to play, to help improve balance and co-ordination.	16+	Mondays 1pm to 1.55pm	Scotch Horn Leisure Centre Brockway Road Nailsea BS48 1BZ	<input checked="" type="checkbox"/> Visual impairment <input checked="" type="checkbox"/> Hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input checked="" type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Sarah and Will Luxton 07780 355 190 Theluxtons1976@gmail.com
Neuro Rehabilitation/Adaptive Personal Training We specialise in Adaptive Personal Training sessions for individuals with Neurological conditions, Spinal Injury, Amputee and other complex needs. We also help with rehabilitation Pre / Post operation or Injury. We are mobile so train individuals in their own homes or place of choice	3 to 18 years and 18 to 100 years	Monday to Sunday 8am to 8pm	At your home or place of choice	<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	Rowan 07518 964 332 rowanmorganruffley@rmr-rehabilitation.co.uk http://www.rmr-rehabilitation.co.uk/

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Parkinson's Exercise Group (GP Referral) A supervised exercise session to help with mobility for people living with Parkinson's		Thursdays: 12pm to 12.55pm	Scotch Horn Leisure Centre Brockway Road Nailsea BS48 1BZ	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	scotchhorn@legacyleisure.org.uk 01275 856 965 https://www.betterhealthns.co.uk/information/gp-referral-exercise-scheme-scotch-horn-leisure-centre/
Parkinson's Exercise Class - Weston Exercise session that can help with balance, co-ordination, gait, flexibility, depression, constipation, sleep and memory for people living with Parkinson's		Fridays: 12pm to 1pm	Hutton Moor Leisure Centre Hutton Moor Road Weston-super-Mare BS22 8LY	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Rowan: 07518 964 332 or Amanda: 07917 116 154 info@neurogroupexercise.com https://www.betterhealthns.co.uk/information/steps/

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Physiotherapy Home visit Physiotherapy to help you manage long-term conditions, pain and mobility problems	18+	Monday to Friday, some weekend availability	Home visits	<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	Skye Ramell 01275 400 466 hello@severnphysiotherapy.co.uk www.severnphysiotherapy.co.uk
Pilates fitness for wheelchair users Gentle, flowing exercise which focuses on maintaining flexibility and strength of the upper body. Followed by a relaxation session	16+	Thursdays 1pm	@Worle Sports Centre 58 New Bristol Road Weston-super-Mare BS22 6AQ	<input checked="" 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 type="checkbox"/> Autistic spectrum disorder <input checked="" type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Dax Corlett 07813 939 806 dax.james.corlett@gmail.com https://www.mssociety.org.uk/care-and-support/local-support/local-groups/north-somerset-group

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Restorative Pilates Mat based exercises designed to improve physical strength, flexibility, posture and enhance mental awareness. Includes the aspect of rehabilitation		Tuesdays 9am to 10am	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	01275 848 494 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/
Restorative Yoga Mat based exercises designed to improve physical strength, flexibility, posture and enhance mental awareness. Includes the aspect of rehabilitation		Thursdays 12pm to 1pm	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	01275 848 494 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/

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Stay Steady (GP Referral) A supervised exercise session aimed at improving your co-ordination and balance and helping you to move more with confidence.		Wednesdays 11am to 11.55am	Scotch Horn Leisure Centre Brockway Road Nailsea BS48 1BZ	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	scotchhorn@legacyleisure.org.uk 01275 856 965 https://www.betterhealthns.co.uk/information/gp-referral-exercise-scheme-scotch-horn-leisure-centre/
Stroke Rehabilitation (GP Referral) Designed to help people with their recovery from a stroke, where we work on individual needs to improve mobility and co-ordination		Thursdays 1pm to 1.55pm	Scotch Horn Leisure Centre Brockway Road Nailsea BS48 1BZ	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	scotchhorn@legacyleisure.org.uk 01275 856 965 https://www.betterhealthns.co.uk/information/gp-referral-exercise-scheme-scotch-horn-leisure-centre/

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Stroke Rehabilitation Class (Portishead) Free 10 week courses. Using functional exercises the instructor will guide you through a series of exercises incorporating strength, cardio and balance.		Thursdays: 11.45am to 12.45pm	Walnut Grove Clinic Walnut Grove Slade Road Portishead BS20 6BB	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	01275 818 303 contact@walnutgrovewellbeingcic.com www.walnutgroveclinic.com
Stroke Rehabilitation Class (Weston-s-Mare) Exercise session that can help with balance, co-ordination, gait, functional capacity, mobility and fine motor skills, reduce pain, fatigue and risk of further strokes		Fridays: 1pm to 2pm	Hutton Moor Leisure Centre Hutton Moor Road Weston-super-Mare BS22 8LY	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Rowan: 07518 964 332 or Amanda: 07917 116 154 info@neurogrouperercise.com https://www.betterhealthns.co.uk/information/steps/

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Structured Movement Therapy Rehab Structured movement therapy/fall prevention and balance class to improve strength and balance	16+	Wednesdays 11.30am to 12.30pm and 12.30pm to 1.30pm	Walnut Grove Studio 81 Papermill Gardens Portishead BS20 7RL	<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 type="checkbox"/> All of the above <input type="checkbox"/> None of the above *Please call first to discuss*	Walnut Grove Clinic 01275 818 303 healthcare@walnutgroveclinic.com www.walnutgroveclinic.com