

Get Active in North Somerset

Physical activities and healthy living

Over 50s

These activities are specifically aimed at over 50s, but please look at the whole Active Directory, there are lots of groups open to over 18s for you to enjoy too!

| Activity | Ages | When | Where | Accessibility | Contact |
|---|------|------|-------|--|--|
| <p>Age UK Somerset – Various classes available. Please see timetable in Contact box for full list</p> | | | | <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 | <p>https://www.ageuk.org.uk/somerset/activities-and-events/ageing-well-classes-timetable/</p> |

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| Chair-based Pilates | | Wednesdays 11.15am to 12pm | Thrive and Shine Women's Wellness Studio Corner House Woodborough Road Winscombe BS25 1AQ | <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 | Roberta 07862 620 259 roberta@thriveandshinestudio.co.uk |
| Chair Fitness Classes Exercise and fitness all based while on a chair. Perfect for those with mobility issues who want to keep moving | 14+ | Tuesdays 12pm Thursdays 11.30am | @Worle 58 New Bristol Road Weston-super-Mare BS22 6AQ | <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 People with all of the above are welcome, please bring any support staff with you and make instructors aware they're there. | @Worle 01934 886 111 Enquiries@worle.org.uk www.worle.org.uk |

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| <p>Falls Prevention 10 week falls prevention course which will help with strengthening muscles, improving bone health and working on balance to reduce your risk of falling.</p> | | Mondays: 2pm to 3pm | 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@walnutgroveellbeingcic.com www.walnutgroveclinic.com |
| <p>Forever Active Suitable for pre and post-natal and older adults. Low impact keep fit class with an extended warm up to maintain and improve co-ordination, flexibility, strength and fitness</p> | | Mondays 10.30am to 11.30am | 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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| <p>Forever Active Aerobics A low impact, cardiovascular based class aimed at improving co-ordination, posture and cardiovascular health</p> | | Mondays and Wednesdays 12.15pm to 1.15pm | 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/ |
| <p>Forever Active Steady and Strong A low impact class that combines day to day functional movement, strength improvement activities and stretching</p> | | Fridays 10.30am to 11.30am | 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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| <p>North Somerset Health Walks Group walks encourage inactive individuals to start to get active. Walks vary in duration from 30 to 90 minutes. All abilities welcome.</p> | All ages | <p>Walks in and around Clevedon, Nailsea, Portishead, Weston-super-Mare, Winscombe, Long Ashton and Yatton.</p> <p>Visit website for full list: www.betterhealthns.co.uk/information/healhwalks/</p> | | <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 | <p>01275 882 730</p> <p>getactive@n-somerset.gov.uk</p> |
| <p>Move, Stretch, Relax (Clevedon) Improves balance, flexibility and strength. Uplifting music and movement, a feeling of wellbeing</p> | Over 50s | Wednesdays 11.45am to 12.45pm | Clevedon Scout Hall Oldville Avenue Clevedon BS21 6HG | <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 | <p>Amy Garrahy</p> <p>07731 451 885</p> <p>agarrahy@yahoo.co.uk</p> |

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| <p>Move, Stretch, Relax (Nailsea) Improves balance, flexibility and strength. Uplifting music and movement, a feeling of wellbeing (Nailsea)</p> | Over 50s | Wednesdays 10am to 11am | 1 st Nailsea Scouts Clevedon Road BS48 1EH | <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 | <p>Amy Garrahy 07731 451 885 agarrahy@yahoo.co.uk</p> |
| <p>Over 50s Strength and Conditioning A toned down fitness and weights class to allow for explanations and help while understanding new movements</p> | 50+ | Thursdays 10.15am | @Worle 58 New Bristol Road Weston-super-Mare BS22 6AQ | <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 <p>People with all of the above are welcome, please bring any support staff with you and make instructors aware they're there.</p> | <p>@Worle 01934 886 111 Enquiries@worle.org.uk www.worle.org.uk</p> |

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| <p>Over 60s Low Impact Fitness Class (Berrow) Specifically designed for ageing well and healthily improving strength, flexibility, balance and lung health. Fun, social and you go at your own pace!</p> | 60+ | <p>Mondays 11am and 1.30pm</p> <p>Thursdays 11am</p> | <p>Berrow Village Hall Parsonage Road Berrow TA8 2NJ</p> | <p><input type="checkbox"/> Blind / visual impairment</p> <p><input checked="" type="checkbox"/> Deaf / hard of hearing</p> <p><input type="checkbox"/> Learning disability / difficulty</p> <p><input checked="" type="checkbox"/> Mental health condition</p> <p><input type="checkbox"/> Autistic spectrum disorder</p> <p><input checked="" type="checkbox"/> Physical impairment</p> <p><input type="checkbox"/> All of the above</p> <p><input type="checkbox"/> None of the above</p> | <p>Stephanie Anne 07421 762 532</p> <p>Anne.panesar@moveitorloseit.co.uk</p> |
| <p>Over 60s Low Impact Fitness Class (Burnham) Specifically designed for ageing well and healthily improving strength, flexibility, balance and lung health. Fun, social and you go at your own pace!</p> | 60+ | <p>Thursdays 9am and 2pm</p> | <p>Baptist Church College Road Burnham-on-Sea TA8 1AR</p> | <p><input type="checkbox"/> Blind / visual impairment</p> <p><input checked="" type="checkbox"/> Deaf / hard of hearing</p> <p><input type="checkbox"/> Learning disability / difficulty</p> <p><input checked="" type="checkbox"/> Mental health condition</p> <p><input type="checkbox"/> Autistic spectrum disorder</p> <p><input checked="" type="checkbox"/> Physical impairment</p> <p><input type="checkbox"/> All of the above</p> <p><input type="checkbox"/> None of the above</p> | <p>Stephanie Anne 07421 762 532</p> <p>Anne.panesar@moveitorloseit.co.uk</p> |

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| <p>Prevention of Falls Exercises</p> | | Wednesdays 1pm to 2.30pm | Shipham Village Hall New Road Shipham BS23 1SG | <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 | <p>Corrinne Mutlow 07919 532 960</p> <p>coz@cmutlow.com</p> |
| <p>Senior Strong and Tone (open to Portishead residents only) 45 minutes of gentle exercise including cardio, strength and balance. 30 minutes at the end for coffee, biscuits and catch up</p> | 60+ | <p>Mondays 10am and 2pm</p> <p>Tuesdays 12.15pm</p> <p>Thursdays 10.30am and 2.30pm</p> <p>Fridays 1.30pm</p> | 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 checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above | <p>Candy Minshall 01275 818 303</p> <p>contact@walnutgroveellbeingcic.com</p> |

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| <p>Stay Steady (GP Referral) A supervised exercise session aimed at improving your co-ordination and balance and helping you to move more with confidence.</p> | | 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 | <p>scotchhorn@legacyleisure.org.uk</p> <p>01275 856 965</p> <p>https://www.betterhealthns.co.uk/information/gp-referral-exercise-scheme-scotch-horn-leisure-centre/</p> |
| <p>Stretch and Define A gentle class to stretch and lift the body, this class is great for beginners and also for people wanting to mix up their training</p> | | Wednesdays and Thursdays 1.30pm to 2.30pm | 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 | <p>01275 848 494</p> <p>https://www.placesleisure.org/centres/parish-wharf-leisure-centre/</p> |

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| Strength and Mobility Pilates | | Tuesdays 9.30am to 10.30am | Winscombe Community Centre Annexe 11 Sandford Road Winscombe BS25 1JA | <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 | Madi Hearne 07896 076 387 Madi.hearne@btinternet.com |
| Walking Cricket - Clevedon Cricket played at walking pace with a soft ball. All abilities welcome. Suitable for people who would like to play the game of cricket but feel that age or mobility stopping them. | 50+ | Fridays 10.20am to 12pm | Strode Sports Centre Strode Way Clevedon BS21 6QG | <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input checked="" 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 | Stephen Gass 01823 352 266 Steve.gass@somersetcricketfoundation.org www.somersetcricketfoundation.org |

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| <p>Walking Cricket – Weston-super-Mare Cricket played at walking pace with a soft ball. All abilities welcome. Suitable for people who would like to play the game of cricket but feel that age or mobility stopping them.</p> | 50+ | Tuesdays 12.30pm 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 checked="" 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 | <p>Stephen Gass 01823 352 266</p> <p>Steve.gass@somersetcricketfoundation.org</p> <p>www.somersetcricketfoundation.org</p> |
| <p>Walking Football for Over 50s Three 20 minute games with rest and hydration breaks in between. Tea and coffee and a catch up afterwards. We welcome male and female players</p> | 50+ years | Mondays and Thursdays 10am to 12pm | Everyone Active Stadium Davis Lane Clevedon BS21 6TG | <input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input checked="" 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 | <p>John Walter 07926 592 457 spf.age47@gmail.com</p> <p>Pete Condon 07943 829 700</p> <p>www.clevedonwalkingfootball.co.uk</p> |

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| <p>Walking Netball A social and fun way to be active within your local community</p> | | <p>Mondays 10.30am to 11.30am</p> | <p>Strode Leisure Centre Clevedon BS21 6QG</p> | <p><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</p> | <p>Kerry Brooks 07540 126 813 Kerry.brooks@englandnetball.co.uk</p> |
| <p>Weston Ability Football Club Gender neutral football club for those with special needs. We facilitate for all levels of abilities, a great way to keep fit</p> | <p>Senior Teams 16 to 97 years</p> | <p>Training every Friday 7pm to 8pm Match days approx. one Sunday per month from 10am to 4pm</p> | <p>Hutton Moor Leisure Centre Weston-super-Mare BS22 8LY</p> | <p><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 <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above</p> | <p>Wesley Curtis 07926 121 907 westonability.football@gmail.com</p> |

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| <p>Yoga for Over 50s Yoga class for mindful movement. To bring strength and suppleness to body, and peace and tranquillity to mind</p> | 50+ | <p>Tuesdays 9.45am to 11am and 1.45pm to 3pm</p> <p>Thursdays 9.45am to 11am</p> <p>Fridays 10am to 11.15am</p> | Please get in touch for more information | <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 | <p>Suzi Griffin 07776 321 989</p> <p>suzi@yogafriendly.co.uk</p> <p>www.yogafriendly.co.uk</p> |
| <p>Zumba Gold Takes the Zumba formula and modifies the moves and pacing to suit the needs of the active, older participant.</p> | | <p>Tuesdays 9.30am to 10.30am</p> | <p>Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD</p> | <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 | <p>01275 848 494</p> <p>https://www.placesleisure.org/centres/parish-wharf-leisure-centre/</p> |

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| <p>Zumba Gold Zumba class for all. Movement to music, seated or standing to each persons ability. Small classes to ensure good instructor/participant ratio</p> | 50+ | Tuesdays 11am to 12pm | 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 checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above | <p>Walnut Grove Clinic 01275 818 303</p> <p>healthcare@walnutgroveclinic.com</p> <p>www.walnutgroveclinic.com</p> |