

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
Age UK Somerset – Various classes available. Please see timetable in Contact box for full list				☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above	https://www.ageuk.org.uk/somerset/activities-and-events/ageing-well-classes-timetable/

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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	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ 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	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☒ All of the above ☐ 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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Activity	Ages	When	Where	Accessibility	Contact
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.		Mondays: 2pm to 3pm	Walnut Grove Clinic Walnut Grove Slade Road Portishead BS20 6BB	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above	01275 818 303 contact@walnutgrovewellbeingcic.com www.walnutgroveclinic.com
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		Mondays 10.30am to 11.30am	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above	01275 848 494 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/

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Activity	Ages	When	Where	Accessibility	Contact
Forever Active Aerobics A low impact, cardiovascular based class aimed at improving co-ordination, posture and cardiovascular health		Mondays and Wednesdays 12.15pm to 1.15pm	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above	01275 848 494 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/
Forever Active Steady and Strong A low impact class that combines day to day functional movement, strength improvement activities and stretching		Fridays 10.30am to 11.30am	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above	01275 848 494 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/

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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.	All ages	Walks in and around Clevedon, Nailsea, Portishead, Weston-super-Mare, Winscombe, Long Ashton and Yatton. Visit website for full list: www.betterhealthns.co.uk/information/healthwalks/		☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above	01275 882 730 getactive@n-somerset.gov.uk
Move, Stretch, Relax (Clevedon) Improves balance, flexibility and strength. Uplifting music and movement, a feeling of wellbeing	Over 50s	Wednesdays 11.30am	Clevedon Scout Hall Oldville Avenue Clevedon BS21 6HG	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above	Amy Garrahy 07731 451 885 agarrahy@yahoo.co.uk

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Activity	Ages	When	Where	Accessibility	Contact
Over 50s Strength and Conditioning A toned down fitness and weights class to allow for explanations and help while understanding new movements	50+	Thursdays 10.15am	@Worle 58 New Bristol Road Weston-super-Mare BS22 6AQ	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☒ All of the above ☐ 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
Over 55s Exercise Classes Exercises and workouts at your own pace. Friendly, knowledgeable coaching in a chilled, fun, no-pressure atmosphere.	55+	Mondays and Fridays, 5pm	The Hangar Gym Rectors Way Weston-s-Mare BS23 3NP	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above	info@thehangarwsm.co.uk https://thehangarwsm.co.uk/ Message: 07889 139 598 or via facebook or Instagram (search TheHangarWSM)

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Activity	Ages	When	Where	Accessibility	Contact
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!	60+	Mondays 11am and 1.30pm Thursdays 11am	Berrow Village Hall Parsonage Road Berrow TA8 2NJ	☐ Blind / visual impairment ☒ Deaf / hard of hearing ☐ Learning disability / difficulty ☒ Mental health condition ☐ Autistic spectrum disorder ☒ Physical impairment ☐ All of the above ☐ None of the above	Stephanie Anne 07421 762 532 Anne.panesar@moveitorloseit.co.uk
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!	60+	Thursdays 9am and 2pm	Baptist Church College Road Burnham-on-Sea TA8 1AR	☐ Blind / visual impairment ☒ Deaf / hard of hearing ☐ Learning disability / difficulty ☒ Mental health condition ☐ Autistic spectrum disorder ☒ Physical impairment ☐ All of the above ☐ None of the above	Stephanie Anne 07421 762 532 Anne.panesar@moveitorloseit.co.uk

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Activity	Ages	When	Where	Accessibility	Contact
Prevention of Falls Exercises		Wednesdays 1pm to 2.30pm	Shipham Village Hall New Road Shipham BS23 1SG	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above	Corrinne Mutlow 07919 532 960 coz@cmutlow.com
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	60+	Mondays 10am and 2pm Tuesdays 12.15pm Thursdays 10.30am and 2.30pm Fridays 1.30pm	Walnut Grove Clinic Walnut Grove Slade Road Portishead BS20 6BB	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☒ All of the above ☐ None of the above	Candy Minshall 01275 818 303 contact@walnutgrovewellbeingcic.com

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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	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ 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/
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		Wednesdays and Thursdays 1.30pm to 2.30pm	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above	01275 848 494 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/

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Strength and Mobility Pilates		Tuesdays 9.30am to 10.30am	Winscombe Community Centre Annexe 11 Sandford Road Winscombe BS25 1JA	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ 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	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☒ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above	Stephen Gass 01823 352 266 Steve.gass@somersetcricketfoundation.org www.somersetcricketfoundation.org

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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.	50+	Tuesdays 12.30pm to 2pm	Hutton Moor Leisure Centre Hutton Moor Road Weston-super-Mare BS22 8LY	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☒ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above	Stephen Gass 01823 352 266 Steve.gass@somersetcricketfoundation.org www.somersetcricketfoundation.org
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	50+ years	Mondays and Thursdays 10am to 12pm	Everyone Active Stadium Davis Lane Clevedon BS21 6TG	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☒ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above	John Walter 07926 592 457 spf.age47@gmail.com Pete Condon 07943 829 700 www.clevedonwalkingfootball.co.uk

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Walking Netball A social and fun way to be active within your local community		Mondays 10.30am to 11.30am	Strode Leisure Centre Clevedon BS21 6QG	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above	Kerry Brooks 07540 126 813 Kerry.brooks@englandnetball.co.uk
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	Senior Teams 16 to 97 years	Training every Friday 7pm to 8pm Match days approx. one Sunday per month from 10am to 4pm	Hutton Moor Leisure Centre Weston-super-Mare BS22 8LY	☐ Blind / visual impairment ☒ Deaf / hard of hearing ☒ Learning disability / difficulty ☒ Mental health condition ☒ Autistic spectrum disorder ☒ Physical impairment ☐ All of the above ☐ None of the above	Wesley Curtis 07926 121 907 westonability.football@gmail.com

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Yoga for Over 50s Yoga class for mindful movement. To bring strength and suppleness to body, and peace and tranquillity to mind	50+	Tuesdays 9.45am to 11am and 1.45pm to 3pm Thursdays 9.45am to 11am Fridays 10am to 11.15am	Please get in touch for more information	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☒ All of the above ☐ None of the above	Suzi Griffin 07776 321 989 suzi@yogafriendly.co.uk www.yogafriendly.co.uk
Zumba Gold Takes the Zumba formula and modifies the moves and pacing to suit the needs of the active, older participant.		Tuesdays 9.30am to 10.30am	Parish Wharf Leisure Centre Harbour Road Portishead BS20 7DD	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☐ All of the above ☐ None of the above	01275 848 494 https://www.placesleisure.org/centres/parish-wharf-leisure-centre/

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Zumba Gold Zumba class for all. Movement to music, seated or standing to each persons ability. Small classes to ensure good instructor/participant ratio	50+	Tuesdays 11am to 12pm	Walnut Grove Studio 81 Papermill Gardens Portishead BS20 7RL	☐ Blind / visual impairment ☐ Deaf / hard of hearing ☐ Learning disability / difficulty ☐ Mental health condition ☐ Autistic spectrum disorder ☐ Physical impairment ☒ All of the above ☐ None of the above	Walnut Grove Clinic 01275 818 303 healthcare@walnutgroveclinic.com www.walnutgroveclinic.com