

# Healthier with Nature



**1** Portishead Medical Group  
**b** Harbourside Family Practice  
**c** Heywood Family Practice  
**d** Sunnyside Surgery  
**e** Clevedon Medical Centre

**2** Brown Rock  
Monday-Friday  
Contact for details

**3** Willow Community Gardens  
Weds 10am-12pm

**4** Health Walks  
Various locations in North Somerset  
Check Website

**5** Naturewell for Men & I:1 Ecotherapy  
Contact for details

**6** Human Nature Project  
Fridays 10.30am-12.30pm  
2-4pm

**7** Wellbeing in Nature  
Mon-Fri  
Contact for details

**8** Group & I:1 Bike Rides  
Mon 10am, Weds 1.15pm

**9** Park Play  
Saturdays 10.30am

**10** Nature based therapy  
Contact for details

**f** St George's  
**g** Yatton  
**h** Lanford

**i** Tower House Medical Centre  
**j** Brockway Medical Centre  
**k** Backwell Medical Centre  
**l** Long Ashton Surgery

**1** Portishead Marina & Clevedon Marine Lake  
Contact: [info@nspf.co.uk](mailto:info@nspf.co.uk)  
tel: 01934 426086, Facebook: [North Somerset People First](#)

**2** Brown Rock, 187 Clevedon Road, Tickenham, BS21 6RT  
Contact: [flourish@brownrock.co.uk](mailto:flourish@brownrock.co.uk) tel: 07464025646,  
web: [www.brownrock.co.uk](http://www.brownrock.co.uk)

**3** Garden space behind Portishead Medical Centre,  
Victoria Square, BS20 6AQ  
Contact: [portisheadgarden@outlook.com](mailto:portisheadgarden@outlook.com)  
tel: 07483932608, web: [willowcommunitygardens.co.uk](http://willowcommunitygardens.co.uk)

**4** Nailsea, Clevedon, Portishead, Flax Bourton, Long Ashton  
Contact: [getactive@n-somerset.gov.uk](mailto:getactive@n-somerset.gov.uk)  
tel: 01275 882730, web: [betterhealthns.co.uk](http://betterhealthns.co.uk)

**5** Ham Green House, Pill, BS20 0HH  
Contact: [generate@naturalacademy.org](mailto:generate@naturalacademy.org)  
tel: 07462244751, web: [naturewell.info](http://naturewell.info)

**6** The Green Barn, Leigh Woods, Abbots Leigh, BS8 3QB  
Contact: [info@wearelightbox.co.uk](mailto:info@wearelightbox.co.uk)  
web: [wearelightbox.co.uk](http://wearelightbox.co.uk)

**7** Butcombe Farm, Aldwick Lane, Butcombe, BS40 7UW  
Contact: [info@chillicharity.org.uk](mailto:info@chillicharity.org.uk)  
tel: 07596 336717, web: [www.chillicharity.org.uk](http://www.chillicharity.org.uk)

**8** Yatton Train Station BS49 4AJ  
Contact: [strawberrylineprojects@gmail.com](mailto:strawberrylineprojects@gmail.com)  
tel: 07983816426, web: [www.strawberrycycles.com](http://www.strawberrycycles.com)

**9** Cherry Avenue Playground in Clevedon, BS21 6DX  
Contact: [GetActive@n-somerset.gov.uk](mailto:GetActive@n-somerset.gov.uk)  
web: [betterhealthns.co.uk](http://betterhealthns.co.uk)

**10** Clevedon seafront, Strawberry Line  
Contact: [reception@wellspringcounselling.org.uk](mailto:reception@wellspringcounselling.org.uk)  
tel: 01275 810879, web: [wellspringcounselling.org.uk](http://wellspringcounselling.org.uk)