

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>		Adhoc classes – please contact Wendy 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>Wendy Doig 07565 161 036 wendy.doig@sky.com</p>
<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	<p>Louise Beer Louise.harmonyrain@outlook.com</p>

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<p>Menolates A 45 minute class designed for those showing signs of, or going through the menopause. Take time out of your day to improve your core strength, balance, flexibility and range of motion.</p>		Wednesdays 5.15pm to 6pm	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
<p>Menopause Makeover Workshops Topics covered include 3 stages of menopause, understanding hot flushes and weight gain, brain fog and sleep, nutritional advice to help, HRT, plus free resources each week to support you on your journey.</p>		Sundays 5pm to 6pm	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