

Get Active in North Somerset

Physical activities and healthy living

Wellbeing

Activity	Ages	When	Where	Accessibility	Contact
Community Choir Friendly, no-audition community choir in Weston-super-Mare. Two free sessions. Pop and musical theatre favourites	18+	Fridays 7.30 to 8.30pm	St Mark's Church Centre St Mark's Road Weston-s-Mare BS22 7PW	☐ 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	Gary Jones 0121 569 2616 hello@thepeopleshowchoir.com Join the People's Orchestra Local Choirs and Orchestras
Community Drumming and Rhythm Drumming is great for health and mental wellbeing. No experience needed, just have fun. African drums and small percussion provided.		Adhoc classes – please contact Wendy 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	Wendy Doig 07565 161 036 wendy.doig@sky.com

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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.	18+	Various	Mobile treatments are available	☐ 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	Louise Beer Louise.harmonyrain@outlook.com
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.		Wednesdays 5.15pm to 6pm	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

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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.		Sundays 5pm to 6pm	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