

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>	All ages	Wednesdays 7pm	Tickenham Village Hall 205 Clevedon Road Tickenham BS21 6RX	<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</p> <p>wendy.doig@sky.com</p>
<p>Dementia-Friendly Well-being in Nature Sessions Free, accessible nature-based activities to support mental health and emotional well-being. Open to anyone aged 55+ living with a recent diagnosis of or early stage dementia. Carers, relatives and friends are welcome too.</p>	55+	Tuesdays 10.30am to 12pm	Stanley's Garden Lawrence Road Worle Weston-s-Mare BS22 6TU	<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>Julie 0117 377 4756</p> <p>julie@aliveactivities.org</p> <p>https://aliveactivities.org/wellbeing-in-nature/</p>

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<p>Holistic Therapies – Indian Head massage, Aromatherapy massage, Reflexology, Chakra Healing and more</p> <p>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</p> <p>Louise.harmonyrain@outlook.com</p>
<p>Well-being in Nature Sessions for Mental health</p> <p>Free, accessible nature-based activities to support positive mental health and emotional well-being. Open to anyone aged 55+ experiencing challenges to their mental health who wish to explore the benefits of nature.</p>	55+	Tuesdays 2pm to 4pm	Stanley's Garden Lawrence Road Worle Weston-s-Mare BS22 6TU	<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>Julie 0117 377 4756</p> <p>julie@aliveactivities.org</p> <p>https://aliveactivities.org/wellbeing-in-nature/</p>