Friendship and exercise clubs

- gentle exercise
- games
- tea & coffee
- make new friends
- first session FREE
- small charge thereafter

Please phone us first to ask any questions and have a friendly chat

Brian Gardner
01454 862296

Spencer Davies
07825 155954

www.southglos.gov.uk/friendship
Fishponds

Fishponds Friendship & Exercise Club
Fishponds Baptist Church (Youth Hall), Downend Road, Fishponds BS16 5AS
Every Tuesday: 10.00am – 11.30am
Call Spencer: 07825 155 954

Kingswood

Kingsmeadow Friendship & Exercise Club
New Cheltenham Community Centre, New Cheltenham Road, Kingswood BS15 4FR
Every Thursday: 1.30pm – 3.00pm
You may also call Kingsmeadow Community Flat: 0117 961 3055

Oldland Common

Oldland Friendship & Exercise Club
Community Building, rear of Redfield Edge School, High Street, Oldland Common BS30 9TL (parking available)
Every Wednesday: 10.00am - 11.30am
You may also call Bitton Parish Council: 01454 868102

Patchway

Patchway Friendship & Exercise Club
Coniston Community Centre, Coniston Road, Patchway BS34 5LP
Every Friday: 9.30am – 10.30am and 10.30am – 11.30am
You may also call Coniston Community Association: 0117 923 6878

Come and join us for weekly exercise!
Staple Hill

Staple Hill Friendship & Exercise Clubs
Methodist Church, High Street, Staple Hill BS16 5HQ
Every Thursday: 9.30am – 11.00am and 11.15am – 12.45pm
You may also call Staple Hill Community Hub: 01454 868374

Yate

Cambrian Green Friendship & Exercise Club
Cambrian Green Court, Wellington Road, Yate BS37 5TR
Every Friday: 2.15pm – 3.45pm
You may also call Housing and Care 21: 0370 192 4685

St. Nicholas, Abbotswood Friendship & Exercise Club
St. Nicholas Family Centre, Chargrove, Yate BS37 4LG
Every Monday: 10.00am – 11.30am
You may also call St. Nicholas Family Centre: 01454 324712

Thornbury

Thornbury Friendship & Exercise Club
Methodist Church, High Street, Thornbury BS35 2AQ
Every Thursday: 9.30am – 11.00am and 11.30am – 1.00pm
You may also call Amy Garrahy: 07731 451885

To find out more about any of the clubs please call first for a friendly chat
Brian Gardner 01454 862296
Spencer Davies 07825 155954

exercise, a chance to make new friends and enjoy a cuppa!
South Gloucestershire Council working in partnership with:

- Sporting Chance
- Bitton Parish Council
- Coniston Community Association
- Housing & Care 21
- Kingsmeadow Community Flat
- Staple Hill Community Hub
- St. Nicholas Family Centre
- Staple Hill Regeneration Partnership

“I thoroughly enjoy the exercise. The people are lovely and it makes me feel great!” (Pat)