



# HEALTHY CITY WEEK

## Bristol 2016

Wellbeing that doesn't  
cost the Earth

**15-22 OCTOBER**





## Bristol Health Partners

“ Bristol Health Partners is proud to support Healthy City Week 2016. The week is a unique platform to collaborate with new people and organisations, and take messages about health and sustainability to a wider audience. It's a chance for health organisations, professionals and researchers to broaden and deepen conversations with people and communities in Bristol, highlighting the intrinsic link between our health as individuals and that of our environment. And if people are healthier, our health system is more sustainable.

This year's programme explores sustainable healthcare with events looking at self-care, social prescribing and integrative medicine. Communities play a vital role in creating a healthy, resilient city, and this year's programme sees lots of activities in Bristol's neighbourhoods as well as the city centre. I am especially heartened to see a strong involvement from Bristol Health Partner organisations and encourage people to connect with our Health Integration Teams in this year's programme. ”

David Relph, Director, Bristol Health Partners

# ESSENTIAL

## BRISTOL GREEN CAPITAL PARTNERSHIP

Bristol Green Capital Partnership CIC is an independent leadership organisation whose vision is 'a low carbon city with a high quality of life for all'. Founded in 2007 with an initial group of 12 organisations, and formed as a Community Interest Company in 2014, the Partnership has grown in reach and impact to over 800 member organisations including businesses, public sector, charities and community-based organisations. Bristol Green Capital Partnership played a key role in helping Bristol to gain the European Green Capital Award in 2015.

Find out how you and your organisation, group or business can get involved and become a member or sign up to our newsletter to keep up to date with events, opportunities and news.

[www.bristolgreencapital.org](http://www.bristolgreencapital.org)

### Attending Events

Our programme features more than 150 free or low-cost events that have been submitted by a huge number of individuals, groups and organisations across Bristol. We've included listings for each event with guidance on whether you need to book or just turn up.

For drop-in events, check the address in this brochure and arrive in good time.

For book online events, please check our website for a full list of online booking links.

**All programme information is correct at the time of printing but may be subject to change without notice. We recommend that you check online for most up to date information:**

[www.bristolgreencapital.org/events](http://www.bristolgreencapital.org/events)

### Accessibility & Inclusion

Healthy City Week aims to provide a programme that is for all ages, for all genders, disabilities, sexualities, cultures, ethnicities and open to those on benefits or low income. Some activities in the programme may be more or less suitable for some audiences, so we would advise you to check the information carefully, visit the online booking form if necessary, and contact the organiser directly where these details are included in the programme.

### Venues

We've included a list of venues at the back of this brochure with full addresses and website links to help you plan your travel. For any specific accessibility questions, please refer to guidance on the venue website or where necessary, contact the individual event organiser rather than the host venue.

“ Bristol Green Capital Partnership is very pleased to help shine a spotlight on health and sustainability through Healthy City Week, now in its second year. The programme explores the linkages between food, nature, transport, energy, resources and health – inspiring healthier lifestyles and strengthening connections at many different levels within the city, contributing to our Partnership vision of a low-carbon Bristol with a high quality of life for all.

This year's programme offers city-wide opportunities to participate, with activities in Avonmouth, Barton Hill, Easton, Knowle, Lockleaze and Southmead as well as Broadmead and our city centre hub hosted by Triodos Bank. This week can only run thanks to the creativity, commitment and energy of so many organisations and individuals running free or low-cost events and we are proud to enable their hard work to form Healthy City Week 2016! ”

Ian Townsend, Chief Executive, Bristol Green Capital Partnership CIC



# INFORMATION

### Let us know what you think!

We'd really value your feedback to understand your personal experience of Healthy City Week 2016 and to help us evaluate successes and what we could improve next year.

Go to: [www.bristolgreencapital.org/hcw16feedback](http://www.bristolgreencapital.org/hcw16feedback) and be entered into a prize draw to win a selection of Pukka teas or a Move GB month pass giving access to free classes all over Bristol.

### Acknowledgements

Thank you to our passionate and enthusiastic contributors who have offered their valuable time, expertise and resources to organise events, host activities, promote the programme and make Healthy City Week 2016 happen! Thanks to our sponsor Bristol Health Partners; also to Triodos Bank, hosts of the Healthy City Week Hub and launch event. Thanks to Pukka Herbs for

providing healthy tea; Copper Consultancy for design support; Bristol Community Health CIC and Wellspring Healthy Living Centre for supporting and collaborating on our community launch day; Jane Stevenson for the brochure design and Bristol Water and Doveton Press for helping to support printing costs. Thanks to our social media team Sean Buchan, Hanna Henshall and Chris Bettles (who also produced our HCW promo film) Finally, huge thanks to the Steering Group and appreciation for the support from their respective organisations: Sam Willitts (University Hospitals Bristol NHS Foundation Trust), Trevor Thompson (University of Bristol), Jane Stevenson (Bristol Food Network) and Zoe Trinder-Widdess (Bristol Health Partners). Thanks to the BGCP delivery team Livvy Drake (HCW Project Manager) and Vicki Woolley (BGCP Operations Manager).

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## LIVING WELL FOR LONGER

“Healthy City Week 2016 will bring alive some of the themes and challenges outlined in my annual report *2016: Living Well for Longer*, which makes a clear case for prevention to improve health. These include supporting physical activity for all; making nutritional food accessible and affordable; promoting good workplace wellbeing and understanding the relationship between the conditions of our physical environment and our personal health.

This is important as there is still a 10-year difference in life expectancy, and a 16-year difference in healthy life expectancy, between the most affluent and most deprived parts of the city. Only half of adults and young people consume adequate fruit and vegetables. The design of our cities, towns and buildings often works against physical activity, prioritising convenience and speed when it is estimated that the NHS in Bristol spends over £3 million each year treating people for ill health caused by physical inactivity. Only through a collaborative approach to addressing the factors that affect health and wellbeing (where we live, work and play) will ensure we are effective in making a significant contribution to our shared ambition of building a healthy, sustainable Bristol.

View the report at: [goo.gl/Aan1DP](http://goo.gl/Aan1DP)

Bristol Public Health will be getting involved in Healthy City Week, running a range of events across the city including walks, health checks, gym referrals, breakfasts and get cooking as well as challenging decision makers with a ‘Health in All Policies’ event and a ‘Healthy Neighbourhood Checklist’ workshop.

”

**Becky Pollard,**  
Director of Public Health  
in Bristol



## WORKPLACE WELLBEING WEEK

### Be a part of something BIG!

**Workplace Wellbeing Week** runs from 17–21 October to inspire you and your colleagues in your workplace to achieve a higher sense of wellbeing, engagement and a healthier lifestyle. Businesses across the city will be getting involved by creating as many weird and wonderful ways to engage staff in Wellbeing activities. From yoga classes and hula hoop competitions to mindfulness classes and walk and talk meetings, or perhaps a ‘what makes you happy’ photo competition or even a pedometer challenge with your clients!

**The good news is that it doesn't have to cost the earth! Ideas can easily be adapted for any business however big or small.**

**Register your interest in taking part and download your FREE Workplace Wellbeing Guide with tips and resources from:**

[www.ninetothrive.org](http://www.ninetothrive.org)



# GET INVOLVED

## RADIO SHOWS & WEBINARS



If you are unable to attend events in person, listen out for Healthy City Week on the radio and sign up to webinars on offer...

**Bristol Community FM (BCFM)**  
[www.bcfmradio.com/](http://www.bcfmradio.com/) 93.2fm

**HealthWatch 'Healthy City Week' Special**

**Tuesday 11 October 3–4pm**  
or listen again on:

[www.bcfmradio.com/wellbeing](http://www.bcfmradio.com/wellbeing)

Guest speakers and a panel discussion about what makes a city healthy and sustainable – for citizens, communities and the environmental health of the planet.

**Love and Science weekly show**

**Monday 17 October 3–4pm**

A special episode of the weekly radio show about the science of a Healthy City.

**Ujima Radio**  
[www.ujimaradio.com/](http://www.ujimaradio.com/) 98fm

We are pleased that our partners, the triple award winning Ujima 98fm, will be broadcasting commentary and discussion on the theme of a Healthy City as part of the Green and Black Project – visit the website for listings or follow @Ujimaradio on Twitter.

**Mind Blocks Sorted webinar with HypnoSharon**

**Tuesday 18 October 6–7pm**

Learn some simple mind-based techniques to reduce anxiety and pain. Register at:  
[www.mindblocksorted.com](http://www.mindblocksorted.com)

**Your Tipping Point webinar with Choose2Flourish**

**Wednesday 19 October 1pm**

You're ready to change 'something' in your life. Whether that's achieving your ideal weight, volunteering or improving your work/life balance, Bristol's Healthy City Week has inspired you to want to take action! Join Rhian Sherrington for this special webinar where we explore four essential aspects to support 'Your Tipping Point' into a healthier, happier and more fulfilled you. Register for your free place to join us live and access the replay (followed by URL link)  
<https://app.webinarjam.net/register/21022/27dacc3b8>

## VOLUNTEER AT HEALTHY CITY WEEK

Opportunities to volunteer both during the day or evening at the Healthy City Week Hub and on Saturday 15 October for our Community Day at Wellspring Healthy Living Centre.

Get in touch at:

[www.bristolgreencapital.org/hcw16volunteer](http://www.bristolgreencapital.org/hcw16volunteer)

## BIG MEET 6: National Conference on Place, Health & Wellbeing live stream

**Wednesday 19 October**

The Architecture Centre invites you to join in with the Place Alliance's BIG MEET live from London. “The places that we create have a profound effect upon the quality of life, behaviours and experiences of people who live and work in them.” The Big Meet 6 will reflect and learn from the experience of people from different sectors who are looking to strengthen links between planning, housing and health, and explore how you might incorporate these in your own work. Big Meet is a biannual forum of the Place Alliance, which brings together brings together organisations and individuals who share the belief that the quality of our built environment has a profound influence on people's lives.

## JOIN-IN ON SOCIAL MEDIA

At an event, or decided to start a new healthy habit? Or maybe you have a comment or question? We want to hear from you so we know that Healthy City Week is working! Share your experiences and join the conversation using #HealthyBristol on Twitter and Instagram, or by tagging **Bristol Green Capital Partnership** on Facebook.



# SATURDAY

## LAUNCH EVENT

### Community Day at Wellspring Healthy Living Centre & Barton Hill Settlement

10am–5pm  
Free, drop-in

To open Healthy City Week, we invite you to a family day of activities, talks, workshops and delicious food in the heart of Barton Hill. Get practical advice on health issues, green living and enjoy a range of fun dance and creative activities. The afternoon will culminate in a debate on current health and sustainability issues for local communities. Jointly organised by Bristol Green Capital Partnership CIC, Bristol Community Health CIC and Wellspring Healthy Living Centre.

Including:

- Tips on keeping homes warm from Bristol Energy Network
- Health check-ups with Bristol Community Health
- Bike 'health checks' & cycle rides with Lifecycle UK
- Hands-on science workshops for children with UWE
- Sweet alternatives & diabetes talks
- Advice on reducing medicines waste
- Biodanza dancing
- Pop-up pottery classes

Full timetable of workshops & speakers:  
[www.bristolgreencapital.org/events](http://www.bristolgreencapital.org/events)

## HEALTHY CITY WEEK HUB AT TRIODOS BANK

### Bristol Walking Alliance: Walkable neighbourhoods conference

9.30am–1pm  
Free, book online

A chance for Neighbourhood Partnership groups and local community groups to consider ways to support and improve the pedestrian environment in Bristol. Guest speakers will share updates on walking projects that are taking place across the city and we will explore ways to make your neighbourhood more suited to pedestrians.

### How to walk for back, neck and shoulder health with Bristol Nordic Walking

1.30–2.30pm  
Free, drop-in

Improve back health and reduce neck and shoulder tension through this effective walking workshop. It includes tips on how, with a few adjustments to your walking style, you can improve your posture and ease tension.



### Freedom in Body & Mind: Alexander Technique taster sessions

10.30am–12.30pm  
Windmill Hill City Farm  
Free, drop-in sessions throughout  
morning

Come and learn how to release stress, ease pain and increase freedom of movement while walking your dog, sitting at your computer, dancing, cooking... whatever! We'll help you discover new ways of doing things. Everyone welcome.

### Meditation for a healthy & happy mind at Amitabha Buddhist Centre

10.30am–1.30pm  
Gloucester Road  
Free, drop-in

By learning the basics of meditation, we learn to develop familiarity with positive ways of thinking that are beneficial for ourselves, our family and friends, our community, our city and our world. No experience necessary.

### St Paul's Repair Café

10.30am–1pm  
St Pauls Learning Centre  
Free, drop-in

Especially for Healthy City Week, there will be a special bix fix, swap and sale as part of the St Pauls Repair Café. Bring items that you thought were destined for the tip for a new lease of life.

### Cemetery Boundary Walk with Arnos Vale Cemetery Trust

11am–12.30pm | Arnos Vale  
£5 (All monies go to the charity),  
book online

Explore from the 1830s cemetery's boundaries to later expanded areas of burial ground in the 1860s and 1890s. The route includes steep slopes and steps for a healthy workout, with stories from the graves to discover along the way.



### Family Wellbeing Day at the Steiner Academy Bristol

11am–4pm | Fishponds  
Drop-in, £1 adults/kids free

What can we do to grow into resilient, happy, whole people? This day will inspire, relax, heal and fill you. Learn about seasonal nutrition, healthy child development, different kinds of movement, parenting, joys of nature, 1-to-1 therapies and more with talks, workshops, treatments and a wholesome café.

### Land & Food Forum: Resilient Networks

11am–5pm | Feed Bristol,  
Frenchay Park Road  
Free, drop-in, check online for  
timetable

A day of multi panellist discussions and workshops with key speakers and practitioners from the Bristol Food Producers' network. The theme this year covers resilient networks for up-scaling local food system. Exploring how nature helps us grow – nourishing the soils, ourselves and community-driven markets.

### Sound Sirens (Bristol Chapter) Get Up Stand Up: Dance Empowerment Workshop

11.15am–12noon  
The Park, Knowle  
Suggested £2 donation, drop-in  
workshop

SEE PAGES 22–23

### HealthTech Bristol Makes It: A health tech conference & hackathon

Timings tbc | City Hall  
Further info & booking online

Bringing novel technology, health and care service providers, service users, designers, artists and developers to work on sustainability projects in health and care in Bristol. Please note: this event on developing and presenting solutions follows a day of seminars, knowledge sharing and 'World Café' style conversations hosted on Friday 14 October. All welcome.

### De-Stress your Body & Mind with BodyTalk Cortices Technique

1–2pm  
The New Room, Broadmead  
Free, drop-in workshop

SEE PAGES 22–23

### Community Meal with Food Cycle Bristol

2.30–4.30pm  
Barton Hill Settlement  
Free, drop-in

Join us for a 3-course vegetarian meal made from surplus food collected by bike from local shops. There's also extra surplus for people to take away. The meal is about community and preventing social isolation, as we think everyone should have someone to talk to when they sit down to eat.



For full venue details, go to page 24

For online booking links & all info, visit:

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## ALL WEEKEND

### Art Under the Flyover 2016

11am–5pm Sat & Sun  
Under Hotwells Flyover  
Free, drop-in

A continuing programme of arts in the Cumberland Piazza aiming to enliven and regenerate this iconic space. Hotwells & Cliftonwood Community Association have been painting pillars & murals, making concrete play sculptures, exploring re-use and increasing pollinators. Come and see what has been developing in 2016.

### Equality Bristol presents Closing the Gap: Action on Inequalities in Bristol – A Healthy Economy and Environment Discussion

4–6pm | Avonmouth  
Community Centre  
Free, book online

Screening of film 'The Divide' followed by discussion and an opportunity to share ideas about how we can tackle issues of economic inequality at a local level. The Divide tells the story of 7 individuals striving for a better life in the USA and UK, where the top 0.1% owns as much wealth as the bottom 90% – highlighting the toxic effects on divided communities where both the rich and poor struggle to live happy fulfilled lives. *Film classified 12A.*



# SUNDAY

## Tobacco Factory Market 10am–2.30pm | Southville Free, drop-in

Ethical, eco-friendly, fair trade, organic and local products with special health and wellbeing stalls and children's workshops. A great place to meet up, hang out with friends and family, and mix with the local community, all contributing to a healthy city!

## Water sports for all with All Aboard!

10am–12noon | Baltic Wharf  
Free, book 20 min taster sessions  
online in advance

Come down to All Aboard! Watersports Centre on Bristol Docks and try rowing, sailing and canoeing, then, if you like it, sign up to our regular sessions and enjoy regular fun healthy outdoor exercise and socialising.

## One day detox with Bristol Health and Nutrition

10.30am–5.30pm  
Wild Goose Space  
£25 discount rate, quote *Healthy City Week*

The detox day will bring together a group of practitioners offering an experience of how nutrition and body work can support our health – includes juice shots, herb teas, supplements, talks on nutrition, yoga & Qi Gong classes.

## Family Cooking Day with Food Cycle

11am–4pm  
Phoenix Café, All Saint's Street  
Free, drop-in

Food Cycle will be using surplus food from supermarkets and grocers to cook a delicious meal, and asking you to get stuck in and help. See what gets thrown away and taste what we can cook from it. Bring the family, there'll be plenty of smoothies and sweet treats to go around!

## Tobacco Action Walk: Bristol's History of Tobacco 11am | Meet at Marriot Hotel, opposite Castle Green, central Bristol £7.50, e-mail to book: Cecilia.Farren@tobaccoaction.org

Bristol has been home to the tobacco industry for almost 250 years. For 35 years it has also been home to pioneer anti-tobacco campaigns. The walk will look at the rise of Bristol's tobacco industry and the high profile campaigns that challenged this killer product.

## A Basic Guide to Eating Raw Food with Shane Jordan 11.30–12.30pm Windmill Hill City Farm Free, book online

A workshop on creating delicious nutritious meals from edible raw fruit and vegetables. "The cost of cooking accounts for about 4% of the average gas and electricity bill" says uSwitch. Raw food meals helps save money and allows more freedom by preparing food manually.

## Alternative Visions with Community Harts 1–2pm Hamilton House Free, book online

Community Harts has been running a competition, 'What's Your Alternative Vision for Heathrow?' for sustainable ideas for the community of Heathrow, alternatives to the proposed £17 billion runway. We will explain the positive outcomes through community creativity.

## Bristol in Books: Guided Walk 2–4.30pm Meet at Bristol Central Library Free but places must be pre-booked by contacting any Bristol library

Join a walk around the harbourside and Clifton, returning via Brandon Hill, visiting literary locations and listening to readings by a local amateur thespian who will bring to life the words of Coleridge, Angela Carter and others. An afternoon of fitness and entertainment. Note: steep hills and steps along the way.

## Reduce waste & stay hydrated

Bristol is home to Refill Bristol where over 220 venues cross the city will happily refill your bottle with tap water. Carry a reusable bottle for free refills at all our venues during Healthy City Week, and bring along your thermos flask or mug for hot Pukka teas in our Hub at Triodos Bank!  
[www.refillbristol.org.uk](http://www.refillbristol.org.uk)



For full venue details, go to page 24

For online booking links & all info, visit:  
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## Events at Better Food

The award-winning organic, local, ethical food store will host a week of events exploring food, health, wellbeing and community across their three stores and cafés in St Werburghs, Whiteladies Road and newest opening in Wapping Wharf on the Harbourside. Check website & Facebook for timetable.

## Divine Ceremony presents The Future of Funerals 2–4pm | Arnos Vale Free, drop-in

Award-winning Celebrant and Funeral Director Dee Ryding teams up with Dr Katie McClymont, UWE Senior Lecturer of Urban Planning, for a discussion exploring one of the last taboos in society. How do we deal with a rising death rate and dwindling burial space? What should our future cemeteries look like? How can we support our communities to face this certainty with courage? Contact Dee on 07989 402476

## Tackling Big Tobacco in My Town (Bristol!) 2–3pm | Hamilton House Free, reserve with Cecilia.farren@tobaccoaction.org

The talk will highlight 4 decades of witty, high-profile, anti-tobacco direct action – sabotaging Big Tobacco's PR, localising tobacco's toll, using Valentine's Day and Halloween and picketing shareholder meetings. Are there lessons for other health campaigns?



## Harvest Festival at No.1 Harbourside

This harvest festival during Healthy City Week will celebrate the home-grown talent that helps keep us happy and healthy on the Harbourside. Join talks with local suppliers and food and drink experts, as well as some mouth-watering demos and fantastic folk acts. The full timetable will be at: [www.no1harbourside.co.uk](http://www.no1harbourside.co.uk)

## Protestival presents Barriers to Utopia 3–5pm | Hamilton House Free, book on Facebook or drop-in

This workshop aims to empower local communities and provide insights into community organizing and social change. Healthy City Week encompasses issues of social justice and climate change, as well as the health of the city's inhabitants, so we will be talking about different issues that present themselves as barriers to a utopian society as well as exploring our ideas of what a healthy city actually is and how to improve city life.

## Mind, Body & Surroundings: Workshops & Talks 5–7pm | Phoenix Café Free, drop-in

Find out how to help the mind, body and your surroundings through talks and workshops with local businesses. Looking at re-using and growing produce, waste food, eating vegan, fitness and mental health.

## SCHOOLS

### Daily Mile Pilot at Bannerman Road School

Bannerman Road school in Easton is getting involved in Healthy City Week with a week-long pilot of the Daily Mile with pupils doing 15 minutes of running, jogging, or walking every day during school-time. The Daily Mile has been successfully implemented in schools across the UK and has improved the fitness of children. It is non-competitive: children can walk, jog or run, all of which will improve their fitness.

### Around the World in 6 dishes at Hannah More Primary School

Travelling through Europe, Africa, Asia and the Caribbean, children with Travelling Kitchen CIC will cook a tasting feast, using recipes reflecting the school community. At the end of the day the children will taste the food they have cooked. Recipe cards illustrated by the pupils will be available for the children and their families so they can try the meals at home. As part of Healthy City Week, this event shows how easy it is to cook nutritious food with readily available ingredients and helps the children gain confidence in cooking, an essential life skill.





## HEALTHY CITY WEEK HUB AT TRIODOS BANK

### Beating Sugar Cravings with Dr Rebecca Hiscutt 9.30-10.30am Free, drop-in

Find out why you crave sugary foods and get nutrition insights from an expert nutrition consultant. Come away from the workshop armed with food tips to help you beat your sugar cravings. Ideal if you'd like to have more energy, improve your diet and get meal and snack inspiration.

### Why Vegan Diets Work with Veronika Powell 12.30-1.30pm Free, drop-in & bring your own lunch - Pukka teas provided

With increasing interest in vegan diets, there's a fast growing body of research confirming that

humans thrive on a vegan diet. This talk is for everyone, and explains why and how vegan diets make us healthier and reduce the risks of many diseases. Information to take home provided.

### Seminar: APPHLE Health Integration Team from Bristol Health Partners 2-4pm Free, book online

Fewer than 30% of people aged over 60 will have been physically active for even a 10-minute period in the last 4 weeks. At the same time, almost 60% of Bristol's adult population is overweight and we spend £7.65m in the city each year on health treatments for illnesses associated with physical inactivity. This event will

consider how older people can be encouraged to get out and to be active to improve physical and mental wellbeing, reduce social isolation, increase life expectancy and improve quality of life. Come with questions and ideas to share.

### Dance Biodanza for Health and Wellbeing 4.30-6pm Free, book online

A dance/movement system that is easy, fun and effective! Get active, get rid of stress and increase your wellbeing. These life-centred workshops offer an accessible and enjoyable way to increase self-confidence, self-esteem, and social skills. Introduced with a talk on life-centred movement for older people.

### The Human Health Library: What's the story? 10.30am-12.30pm Southmead Library Free, book online or drop-in

We use books to provide us with stories, but what about the human stories of the people of Bristol? Be inspired by connecting with the city's diverse community and learn how your own health can be improved by harnessing your own story. Golden Key Peer Mentoring host this event to share the richness of humanity and inspire personal health and happiness.

### De-Stress your Body & Mind with BodyTalk Cortices Technique 11am-12noon Buzz Lockleaze Free, drop-in workshop SEE PAGES 22-23

# MONDAY



### LinkAge Whitchurch Railway Path Walk for over 55s 10-11.30am | Starts & ends at South Bristol Sports Centre Free, drop-in

A friendly group walk along tree lined paths. Please arrive 10 minutes early for your first walk with LinkAge. Wear suitable clothing for the day's weather. Call 0117 305 2365 for more information.

### The Gentle Touch: Post-natal nutrition talk 10.30am-12noon Windmill Hill City Farm Free, book online

Ideas for nourishing you as a new mother so you can take care of your baby and rebalance your body after childbirth. Find out what supports your body and what to avoid to maximise your energy and look after yourself. Anna is a qualified naturopathic nutritional therapist and mum of two children.



### Discover Biodanza 11am-12noon The Park, Knowle Free, drop-in workshop SEE PAGES 22-23

### Man Alive - Drop-in workshop 11.30am-2.30pm | Inns Court Family Centre, Knowle Free, drop-in

Open day for men. Take part in an outdoor workshop transforming wooden pallets to improve a local community space. If you are a man and want/need to get more active, more engaged and generally feel better why not drop in and see some of the work already done?

### What's in your Box? The Resilience Game 11.30am-1.30pm | Wellspring Healthy Living Centre 2-4pm | The Greenway Centre Free, drop-in

Explore what you would need and do in an emergency situation: flood, lengthy power-cut, or even zombie invasion! An interactive game to figure out what you would want in your emergency box to keep your household safe and strengthen community resilience to shocks & stresses. Also find out about keeping your home warm & affording bills with the Centre for Sustainable Energy.

### Bards of Avalon Therapeutic Sound Bath for relaxation 1-2pm | The New Room, Broadmead Free, book online or drop-in 6-7pm | Amarelle Showroom Free, book online SEE PAGES 22-23



### Yoga for mental & physical health with Luminitsa (Little Light) 1-2pm Future Economy Centre Free, drop-in

A class in meditation, mindfulness and yoga specifically focused on reducing stress, anxiety and agitation and tuning in to our physical and mental health.

### Sound Sirens (Bristol Chapter) Get Up Stand Up: Dance Empowerment Workshop 1.30-2.30pm Avonmouth Community Centre Suggested £2 donation, drop-in workshop SEE PAGES 22-23

### Miracle Cures and Health Scares: Taking people to the evidence behind the headlines 2-4pm | Wellspring Healthy Living Centre Free, drop-in

The media is full of claims about the potential health benefits or risks associated with particular treatments, foods or substances. It is difficult to know what to believe. This workshop from Dr Andy Gibson, UWE Associate Professor, is for anyone who wants to make sense of research evidence and assess the reliability of evidence behind the headlines.

### After School workshops in STEM (science, technology, engineering and maths) with UWE BoxED 4-5.30pm | Buzz Lockleaze Café Free, drop-in

Hands-on science and engineering activities based on the research and teaching at UWE including: Solving a Crime, Discovering the microbe world around us, Finding out how your brain works, Building Wind Turbines, Street Art Maths. Suitable for 9-16 years, open to all.

### Public Health, Bristol City Council: Putting health in all policies & making prevention everyone's business 2-5pm Conference Room, City Hall Free, book online

A healthy city is one where public bodies have 'health in all policies' allowing all residents access to healthy, long, fulfilling lives - policies which address the wider determinants of health such as housing, education, work, transport, food, air and water quality. This event will be led by the Director of Public Health, Becky Pollard, with speakers from Public Health England. It will bring together policymakers, decision-takers and neighbourhood representatives in a masterclass and launch a toolkit which can help embed health into all policies.

### Equality Bristol presents Closing the Gap: Action on Inequalities in Bristol, Leadership & Community Cohesion 6-8pm Knowle West Media Centre Free, book online

Free screening of film 'The Divide' followed by discussion and an opportunity to share ideas about how we can tackle reducing inequalities at a local level. The Divide tells the story of seven individuals striving for a better life in the USA and UK, where the top 0.1 per cent owns as much wealth as the bottom 90 per cent. The film highlights the toxic effects on divided communities, where both the rich and poor struggle to live happy fulfilled lives. *Film classified 12A.*



## HEALTHY CITY WEEK HUB AT TRIODOS BANK

**Bristol Clinical Commissioning Group, Better Care Bristol: A seminar on integrating local services 9.30-11.30am**

*Free, register your interest with [bettercarebristol@bristolccg.nhs.uk](mailto:bettercarebristol@bristolccg.nhs.uk) or just turn up on the day.*

Better Care Bristol is a programme to improve and integrate the delivery of health and social care in Bristol. This seminar will be an opportunity for those who work or have an interest in public health and integration to hear more about our successes to date, and to share their views on our plans.

**Lunchtime Talk: Patric Bulmer, Bristol Water 12.30-1.30pm**

*Free, drop-in & bring your own lunch – Pukka teas provided*

The Biodiversity Index is Bristol Water's pioneering new approach to protecting the health of the environment, by measuring performance in terms of habitat protection and enhancement. This talk focuses on the Southern Resilience Scheme – a 30km water main through Somerset – and how we will work with partners like Natural England, schools and land owners to improve biodiversity.

**Panel Discussion with Bristol Energy Network: Health Inequalities and Climate Change 6-9pm**

*Food provided 6-6.30pm Free, book online*

People on low incomes often use the least energy and are therefore the least responsible for climate change. However, they often pay more for their energy than others and may need to use more energy to heat their homes sufficiently to prevent poor health. How can we tackle climate change whilst also taking into account health inequalities and people's different needs?

**No, really it's about the health of the community: The tale of Lawrence Weston Community Hub seminar 7.30-9.30am**

*Ambition Lawrence Weston Offices Free, refreshments included, book online*

Lawrence Weston like other post war estates has fallen on less prosperous times due to industrial change. This community of 7,100 people with poor health outcomes is attempting to engineer change by working with their GPs, Council and NHS in a project they initiated and lead.

**Low Carbon South West host a Go Green Business Breakfast on Workplace Wellbeing 7.45-10am**

*Nuffield Hospital £12.50+ VAT for Go Green members, £17.50+ VAT for non-members, book online*

Expert speakers from clinical and strategic health backgrounds will be giving advice on health and wellbeing-related issues facing our modern city and on how to help the people of Bristol feel more happy and healthy.

# TUESDAY

**Bite-sized breakfast talks on Healthy Cities 8.15-9.15am**

*The Architecture Centre, Narrow Quay Free, refreshments included, book online*

How can we create places and buildings that promote the health and well-being of all citizens? What is the role of architecture and urban design? Join us for illuminating bite-sized breakfast presentations by leading thinkers and practitioners, followed by panel and audience discussion.

**Mind Blocks Sorted: Emotional First Aid taster sessions**

*10-11am | Wellspring Healthy Living Centre 1-2pm | The New Room, Broadmead*

*Free, drop-in workshop*

**SEE PAGES 22-23**

**Luminitsa (Little Light) Young Family Yoga Workshops 10.30am-12 noon**

*Windmill Hill City Farm Free, book online*

A class for children and adults in meditation, mindfulness and yoga specifically focused on reducing stress, anxiety and agitation and tuning in to our physical and mental health.

**Bristol Health & Nutrition presents Mood food for calm and vitality 11am-12.30pm**

*Wellspring Healthy Living Centre Free, drop-in*

Our bodies and brains are perfectly designed to thrive on the food that the planet provides. But we have forgotten what we need to eat to feel great. Learn how to support yourself in dealing with anything from depression and anxiety to low energy.

**De-Stress your Body & Mind with BodyTalk Cortices Technique 11am-12 noon**

*The Park, Knowle Free, drop-in workshop*

**SEE PAGES 22-23**

**Dig it! Get active, get green, feel good! 11am-4pm**

*St Pauls Learning Centre Garden Free, drop-in*

Help tidy up St Pauls Learning Centre garden and put it to bed for the winter. Improve your health and wellbeing and build connections with your community and the environment. Pop in for an hour, stay all day (no experience required) or just say hello and give us encouragement.

**Discover Biodanza 11am-1pm**

*Buzz Lockleaze Café Free, drop-in workshop*

**SEE PAGES 22-23**

**Brazilian Samba for Children and for families with Latisha Cesar**

*Families: 1-2pm | Wellspring Healthy Living Centre Children: 4-5pm | The Park, Knowle*

*Free, drop-in*

These two workshops will explore everything from Rio style samba to Afro Brazilian, samba reggae and more, to give you a peek into Carnival culture. No dance partner work in this technique. Open to all levels, abilities and ages.



**Laughter Wellness with Joe Hoare 1-1.30pm & 1.30-2pm**

*Future Economy Centre Free, book online or drop-in for either session*

**SEE PAGES 22-23**

**Pop-up Pottery for Wellbeing 1.30-3pm**

*Avonmouth Community Centre Free, drop-in*

Brings clay into the community and provides an opportunity for everyone to explore ways of shaping this tactile and versatile material. Ceramic artist Joanna Espiner will be on hand to show you how to hand-build with clay using simple techniques. No previous experience necessary, all welcome.

**Qigong-Bristol - Outside Taster Session 1.30-2.30pm**

*Courtyard in The New Room, Broadmead Free, drop-in*

Come and try Qigong which is similar to Tai Chi, with a warm up and simple standing exercises. All welcome.

**Travel Choice within the Workplace with JMP 2.30-4pm**

*Future Economy Centre Free, book online*

Open to all, this event from JMP will explore the benefits to health and wellbeing of promoting active travel and enabling travel choice – considering innovative and emerging opportunities and case studies on run-commuting and gamification.

**After School workshops in STEM (science, technology, engineering and maths) with UWE Boxed 4-5.30pm**

*Avonmouth Community Centre Free, drop-in*

Hands-on science and engineering activities based on the research and teaching at UWE including: Solving a Crime, Discovering the microbe world around us, Finding out how your brain works, Building Wind Turbines, Street Art Maths. Suitable for 9-16 years, open to all.

**Raw foods for busy people with Anna Middleton 6-7pm**

*Amarelle Showroom Free, drop-in*

Learn quick and easy raw recipes for people on the go: coffee alternatives that lift you naturally. Breakfast, lunches and snacks that avoid an afternoon energy slump and sweet treats that won't affect your blood sugar.

**Developing Healthy Neighbourhoods: Build-in Health or Build More Hospitals 7pm for 7.30-9.30pm**

*The Architecture Centre Free, book online*

Healthy neighbourhoods are the bedrock of a healthy city. But can the market deliver the kind of places that we know support healthy lifestyles? Can we splice together health and development economics to reduce the financial and social burden arising from avoidable disease. Might 'building-in health' even save the NHS?

**For full venue details, go to page 24**

**For online booking links & all info, visit:**

**[www.bristolgreencapital.org/events](http://www.bristolgreencapital.org/events)**

*All programme information is correct at the time of printing but may be subject to change without notice. Please check online for latest information.*



## HEALTHY CITY WEEK HUB AT TRIODOS BANK

### Green Yoga with Rosa Lia 9.30-11.30am Free, book online

A yoga workshop exploring how to use our bodies in a sustainable way, working with our body's rhythms. We will balance dynamic yang yoga sequences with slower yin ones and yoga nidra. We will also do group activities and self-reflection on how we care for our energy levels. Bring a mat.

### Freeing your mind: Cycling & mental health 12.30-1.30pm Free, drop-in and bring your own lunch - Pukka teas provided

Hear from Poppy Brett, Chief Executive of Life Cycle UK, how their innovative cycling scheme, Bike Minded, has successfully

supported people experiencing mental health issues to improve their wellbeing through cycling. Find out about their plans to extend the benefits to people with other conditions.

### Should our transport system be considered a public health issue? 2.30-5pm Free, book online

Sustrans host a panel debate looking at the impact our transport system has on the health of the city. The panel will present on their specialist topics and includes Dr Adrian Davis, Cllr Mark Bradshaw, Mike Harris, James Durie and Zoe Banks-Gross. Questions from the audience will be chaired by Martin Booth, Editor of Bristol 24/7.

### Neighbourhood Health Checklist with SHINE Health Integration Team 7-9pm Free, book online

A joint Bristol Health Partners and Bristol City Council Public Health Project. What keeps people and communities healthy in the places they live? Our session is aimed at communities who want to improve their local environments and stakeholders who support them. You will:

- Hear from residents making their neighbourhoods healthier places to live
- Contribute to the healthy neighbourhoods checklist
- Develop the Healthy Neighbourhood Awards

### Hartcliffe Health and Environment Action Group (HEEAG): The Strollers 10-10.45am

Meet at The Roundhouse, Bouchier Garden Allotments, Crosscombe Drive, Hartcliffe  
Free, drop-in

A midweek walking group from HHEAG offering short health walks around the Hartcliffe and Withywood areas every Wednesday.

### CLAHRC West & Autism Independence: Recognising the needs of Somali families affected by autism

*Waxa la dareemay baahida reerayaasha Somalida ah ee haysta caruur leah autism: baadhitaankii dhacay iyo kahadalkii sii*  
10.30-11.30am  
Junction 3 Library, Easton  
Free, drop-in

A chance to discuss recent research with the Bristol Somali Community. As there is no word

that describes autism in Somali language, we will discuss how we can work together to support families affected by autism.

*Bandhiga hadalkani, waa fursad laga hadlayo helitaankii kasoo baxay, baadhitaankii, reeraha Somalida ah, ee hasta, caruur, le autism. Majirto, kalmad sharaxaysa waxa uu ay yahay autism afka soomaliga ah. Ka hadakani waxa uu kusaabsan yahay sideenaynu, uwada shaqaynaa si ay reeraha caawimo uhelaan caruuro hoogo leeyihiin autism.*

### Super Power Your Kids 10.30-12noon Windmill Hill City Farm Free, drop-in

If you googled "What should I be feeding my kids?" you might end up feeling guilty and confused. Bristol Health and Nutrition will explore some of that information, talking through why certain types of food are important and how to use them with minimum conflict and maximum tastiness!

### Bristol Public Health hosts a community conversation 11am-3pm The Hub Lockleaze Free, drop-in

Join The Health Improvement Team and Boing! For a family friendly event. We'll talk about the health and wellbeing issues that matter to Lockleaze residents. Let us know what you think we should all be doing to tackle them. Have a Health Check and a free 12-week gym referral (for people who are not currently active).

### Healthy Travel Roadshow 11am-2pm | CREATE Centre Free, drop-in for CREATE Centre & B-Bond Staff

Get inspired to change the way you travel to CREATE; feel fitter, healthier and calmer! Info on walking & cycling routes, loan bikes, Car Clubs, Metrobus and

sustainable travel options. Enjoy E-bike and push-bike try outs. Get your bikes into working order with 'Dr Bike'.

### Mind Blocks Sorted: Emotional First Aid taster sessions 11am-12noon The Park, Knowle Free, drop-in workshop SEE PAGES 22-23

### Sound Sirens (Bristol Chapter) Get Up Stand Up: Dance Empowerment Workshop 11am-12noon Buzz Lockleaze Café Suggested £2 donation, drop-in workshop SEE PAGES 22-23

### An Introduction to the Alexander Technique with Veronica Pollard 1-2pm Future Economy Centre Free, drop-in workshop SEE PAGES 22-23

### De-Stress your Body & Mind with BodyTalk Cortices Technique 1-2pm Avonmouth Community Centre Free, drop-in workshop SEE PAGES 22-23

### Knitting group 1-3pm | Filwood Library Free, drop-in

Open to knitters and non-knitters. Needles and wool provided free, or bring your own. Learn to knit and share skills. Tea/coffee (60p)

### Laughter Wellness with Joe Hoare 1-1.30pm & 1.30-2pm The New Room, Broadmead Free, book online or drop-in for either session SEE PAGES 22-23

## EVENTS AT HAMILTON HOUSE

### Voscur hosts 'Just what the Dr ordered': Social prescribing in Bristol & breaking down barriers 9.30am-12.30pm Free, book online

A workshop for voluntary, community and social enterprise organisations working in social prescribing. We will give an update on the latest thinking, locally and nationally, and discuss two of the barriers that exist regarding referrals from general practice: confidence and quality of social prescribing projects, and measuring the impact.

### A Day of Therapies, Nutrition and Arts for Social Prescribing 12noon-8pm

Drop-in, some events may require booking. Check website.

A day of holistic events including free taster sessions and talks on nutrition, bodywork, mindfulness, drumming and dance as part of our intention of highlighting how these different practises can support a complete journey to health. Highlights include:

- 12noon-8pm  
Low Cost Wed Clinic  
£25-£35
- 12.30-2pm  
Coexist Community Lunch  
£2.50
- 2-3pm  
½ hr mindfulness workshops. Free, drop-in
- 3-4pm  
Humans Being: Workshop on using our senses to relate to ourselves & others. Free, drop-in
- 4-5pm  
Gut Health talk  
Free, drop-in

# WEDNESDAY

### Happy Breakfast Café 8-9.30am Avonmouth Community Centre Free, drop-in

An opportunity for people living and working in the area to come into the community centre, have a healthy breakfast and meet local people.

### GROWing your team: Introduction to coaching 9-10.30am Future Economy Centre Free, book online

GROW is an acronym for the four stages of Goal, Reality, Options and Will (or Way forward). Aims to equip managers with a new skill which can be put into practice immediately to improve workplace wellbeing.

### Beats Per Minute 2hr taster sessions between 10am-4.30pm | Horfield Library Free, book online

Experience the benefits of cardio-vascular and therapeutic drumming followed by relaxing and rejuvenating gong meditation. Bring yoga mat and blanket.

### Hands on Helps: Feel the benefit of massage and mindful crafting 10am-12noon Craftisan, Wells Road Free, book online

Bristol Back Pain Clinic & Colourful Minds offer free massage, mindful art/craft and much needed downtime to connect with other mothers, fathers and carers in our community.







**Apple Juice Pressing with the Real Food Club**  
2-6pm  
Junction 3 Library, Easton  
Free, drop-in

Make fresh apple juice, pressed right before your eyes! Apple recipes available, bring yours to share and learn how you could join a Real Food Club as an alternative to supermarkets.

**After School workshops in STEM (science, technology, engineering and maths) with UWE BoxED**  
4-5.30pm | The Park, Knowle  
Free, drop-in

See listing on Tuesday for details.

**Biodanza for Families – Fun Movement to Music for Kids and Parents**  
4-5pm  
Avonmouth Community Centre  
Free, drop-in workshop  
**SEE PAGES 22-23**

**Formal Launch of the Bristol Urban ID Project**  
University of Bristol, University of the West of England, Bristol City Council, South Gloucestershire Council, Bristol Health Partners, Bristol Green Capital Partnership  
5-7pm | Watershed  
Free, book online

How do we enhance citizen health and happiness? How can we create a Carbon Neutral City by 2050? How can we improve transport and access to services? How can we make the city truly inclusive and deliver equality? This session will formally launch the Bristol Urban ID project, bringing together stakeholders from the Bristol urban area to address dilemmas and issues in urban living. With keynote speakers, an opportunity to join the debate and help shape this project. Visit [www.bristol.ac.uk/cabot/research/urban-id/](http://www.bristol.ac.uk/cabot/research/urban-id/)

**Redcliffe Greensoc presents Youthtopia**  
5-6.30pm  
Redcliffe Sixth Form Centre  
Free, drop-in

Interested in how you can be involved in making Bristol a more sustainable city for all our futures? Wondering how your ideas can make it onto our city's environmental agendas? A discussion and invitation to submit your own ideas – with a vote for the most innovative, achievable suggestions. Open to anyone, aimed at under 25s.

**Eating Disorders Health Integration Team (EDHIT) from Bristol Health Partners**  
5.30-7pm | Whitefriars Centre, central Bristol  
Free, book in advance or just turn up

Anyone who has experienced an eating disorder – directly or as a carer – is encouraged to come to this open session and have a say on how EDHIT is working in the greater Bristol area to prevent eating disorders, improve treatment and care pathways. We can cover travel costs, contact: [awp.EDHIT@nhs.net](mailto:awp.EDHIT@nhs.net) or call 07743 174128.

**Yoga Taster**  
5.45-6.30pm  
Junction 3 Library, Easton  
Free, must pre-book by contacting Junction 3 Library

Free yoga taster session. No experience or equipment required. Wear loose clothing.

**Design in Mind: The impact our built environment has on health & wellbeing**  
6-7pm  
Amarelle Showroom  
Free, drop-in

We know dim lighting makes us feel more relaxed but did you know it also increases creativity? Our immediate environment

affects how we feel and act. Chloe Foy will provide the latest evidence from the behavioural sciences in this informative, interactive talk.

**Retro-bics (Dance aerobics to 80s tunes!)**  
6.15-7.15pm  
Southville Centre  
Free, quote *Healthy City Week on the door*

A varied and energetic workout to all the greatest 80s tunes! No dance or aerobics experience necessary. Wear comfy clothing.

**Baby Boomers: Politics, Sex, Drugs and Rock n' Roll**  
6.30-8pm | Watershed  
Free, book online

Born into other cultural and societal shifts, the post-war generation inherited a changed world and made their own mark on history and society. Naomi Woodspring from UWE, will discuss the generation's legacy as well as the societal implications as they enter old age.

**Bristol Soup**  
6.30-9pm | West Indian Phoenix Cricket Club, Whitehall  
£4, book online/pay on the door

Micro-fund community projects. Each project has 4 minutes to present their idea, the audience asks 4 questions, £4 buys you soup and a vote. The project with most votes wins the door money!

**Dr Phil Hammond evening talk**  
7-9pm | Central Library  
Free, book online/at any library

Phil Hammond is a doctor working in chronic fatigue, an investigative journalist for *Private Eye*, a BBC Radio Bristol presenter, comic, author and passionate campaigner for the NHS. Come along for an evening which promises to be entertaining, informative, witty and wise.

## ALL DAY

**Bristol Community Health CIC: Supporting Healthy Communities**  
Trinity Centre  
Free, book online or call Jennifer on 0117 900 2146

**10am-12.30pm Working hand in hand with patients and communities** We take a look back at how patients and carers have been involved in improvements to our services and look forward to our exciting Patient Leadership Programme within which patients are trained as leaders in support us and the two local hospitals to shape future health services.

**1.15-2.45pm Mind the gap! Should the NHS promote self-care to become more sustainable? A panel of experts answer audience questions on whether we should encourage self-care to address the NHS deficit**

**3-4.30pm We are 5! Celebrate the impact of Bristol's community health services.** Hosts Bristol Community Health invite you to share some cake as the social enterprise celebrates its 5 birthday. Learn more about its work through a new impact report, a photography exhibition and short film.



## HEALTHY CITY WEEK HUB AT TRIODOS BANK

**Restorative Yoga & Yoga Nidra with Mel Skinner**  
9.30-10.30am  
Free, drop-in

Many of us suffer from physical or emotional tension. Restorative yoga helps to remove some of the physical tension in the body and yoga nidra helps us connect to our deeper self, where great peace can be found.

**Jenny Gibbs, Bristol Clinical Commissioning Group (CCG) – Medicines Waste**  
12.30-13.30pm  
Free, drop-in and bring your own lunch – Pukka teas provided

Research has identified that medicines waste is a big problem in Bristol, costing the NHS an estimated £5.7 million a year. Wasted medicines cannot treat anyone and poor patient

compliance with prescribed medication affects health and quality of life. If not disposed of correctly, wasted medicines cause harm to the environment. Learn more about this recent CCG study.

**West of England Nature Partnership presents A Natural Health Service: Developing partnerships**  
6-8.30pm  
Free, book online

The West of England Nature Partnership invites you to an evening event to explore how nature and health partners are working together to deliver integrated and improved health outcomes. From green prescriptions to woodland wellbeing, inspiring young people and empowering elders, discover how nature can help shift the focus from illness to lifelong wellness... naturally!

# THURSDAY

**Buildings to make us feel good and live well seminar**  
7.30-9.30am  
Bristol Water Head Offices  
Free, book online

Buildings can have a huge impact on how we live our lives and our effectiveness at work. A recent World Green Building Council report looking in to Health, Wellbeing and Productivity in Offices found overwhelming evidence that office design significantly impacts the health, wellbeing and productivity of staff.

**Felt the walls**  
10am-2pm  
Buzz Lockleaze Café  
Free, drop-in

Pop along to join Julie Matthews and have a go at needle felting to help create a community art piece. Everybody welcome, we would especially like to welcome people for whom creative activities is a new thing!





**Find Happiness in The Workplace with Health Creation Limited**  
**10am-12.30pm**  
 Future Economy Centre  
*Book online*

Using our unique health assessment tools, discover how your response to stress at work is affecting your performance, health and lifestyle. We will show you how to re-ignite your enthusiasm, enjoy your role at the office, have fun in your job, eliminate the stress factor and feel happier and healthier

**De-Stress your Body & Mind with BodyTalk Cortices Technique**

■ **10.30-11.30am**  
 Southmead Library  
 ■ **1.30-2.30pm** | Wellspring  
 Healthy Living Centre  
*Free, drop-in workshop*  
**SEE PAGES 22-23**

**Discover Biodanza**  
**10.30-12.30pm**  
 Windmill Hill City Farm  
*Free, drop-in workshop*  
**SEE PAGES 22-23**

**AerialFit UK**  
**Try Trigger Point Pilates**  
**11am-12noon**  
 The Park, Knowle  
*Free, drop-in workshop*  
**SEE PAGES 22-23**

**Bristol Shares Reading**  
**11am-12.30pm & 2-3.30pm**  
 Bristol Central Library  
*Free, drop-in*

Looking to enjoy a good read and meet new people? We will read aloud great stories and poems – you can relax and listen. With pauses to share thoughts and responses. No prep required, no pressure to read aloud. Reading materials, tea & biscuits provided!

**Omkari Yoga Gentle Yoga & Chair Yoga**  
**11.30am-12.30pm** Gentle Yoga  
**12.30-1.30pm** Chair Yoga  
 Wellspring Healthy Living Centre  
*Free, drop-in workshop*  
**SEE PAGES 22-23**

**Social Prescribing Network (SPN) of Great Britain and Ireland regional event**  
**11.30am-4.30pm** | Bristol Zoo  
*Register interest in attending by contacting Richard.Kimberlee@uwe.ac.uk*

SPN works to share knowledge and best practice, to support social prescribing at a local and national levels and to inform good quality research and evaluation. This event will interest those who wish to learn about or help the development of social prescribing. It is supported by NHS England and UWE's Social Science in the City seminar series.

**Great Western Air Ambulance Charity needs your help!**  
**12-4pm** | Courtyard of  
 The New Room, Broadmead  
*Free, drop-in*

Every week people suffer sudden cardiac arrests in public places (when the heart stops beating). They often receive emergency care, but survival would be improved if bystanders knew how to do chest compressions (CPR) and use an AED (automated external defibrillator). Join our CPR marathon and learn how to do CPR – you could save a life!

**An Introduction to the Alexander Technique with Veronica Pollard**  
**1-2pm**  
 The New Room, Broadmead  
*Free, drop-in workshop*  
**SEE PAGES 22-23**

**Yoga for Life**  
**1-2pm**  
 Future Economy Centre  
*Free, book online*

Yoga in the workplace allows your staff to mobilise and lengthen muscle that can be habitually shortened due to sitting for periods of time. Join workshop to feel calmer and relaxed, with a clearer mind and able to concentrate better.

**Death & Modern Health Care**  
**2-3.30pm** | Arnos Vale  
*Free, book online*

Our health care system has been developed to save people from sudden cardiac death, yet survival rates remain low at less than 10%. This event will ask “what is a ‘good death?’”, considering resuscitation, research and advanced directives. How and when should health care providers discuss death with their patients and families? Note that we will *not* be discussing assisted dying (‘right-to-die’).

**Well, Well, Well!**  
**A day of activities from Easton Community Centre & BCC Public Health team**  
**2-8pm**  
 Easton Community Centre  
*Free, drop-in*

Could you be happier and healthier and support family and friends to be too? What healthy activities are on offer in Easton and nearby? Come and chat to health and community workers, try out free classes (e.g. pilates, circuits), learn about the community bike loan scheme, food buying groups, benefits of green exercise, health champions and more! Drop-in or for more info call 0117 352 1283, visit Facebook page, email innercityteam@bristol.gov.uk

**Gong Meditation with Rainbow Vibrations**  
**3-3.30pm & 3.30-4pm**  
 Wellspring Healthy Living Centre  
*Free, book online*

Immerse yourself in healing sounds of gongs, Himalayan singing bowls and other instruments. Benefits include deep relaxation, stress reduction, better sleep and feeling refreshed and energised.

**Dare to be YOU! Boost your Natural Confidence workshop**  
**4-6pm**  
 HOURS Space, 10 Colston Yard  
**£5, book tickets online**

Fall in love with yourself, ignite your inner power and feel confident and sexy in every cell of your body. Dramatically improve every area of your life by learning easy and practical tools to feel more confident at any time!

**Junk Drumming with Paul Midgley from Drum Runners**  
**4-5.30pm** | The Park, Knowle  
*Free, drop-in*

Learn ways to create rhythms on drums and synchronise new ideas whilst having fun and exercise body and mind to create more energy for life. Measuring heart rates before and after this activity will help track fitness improvements.

**Alexander Technique in the Workplace**  
**6-7pm** | Amarelle Showroom  
*Free, drop-in*

This practical workshop introduces how the Alexander Technique can help you to find poise and ease in your workplace.

**Equality Bristol presents Well, Well, Well! Living life to the full**  
**6-8pm**  
 Easton Community Centre  
*Free, book online*

*See listing on Monday for details.*

**Free Cooking Workshop**  
**6-8pm** | Withywood Centre  
*Free, for tickets contact ediblepotential@hotmail.co.uk*

Calling residents to come cook and eat with us! We'll be learning easy ways to make tasty meals, meeting local people, talking about foods we love, how we'd like to eat and what gets in the way of that. Free food provided – once you've cooked it!

**Relieve the stresses & strains of parenting**  
**6-8pm**  
 Bristol Back Pain Clinic,  
 Paintworks, Bath Road  
*Free, book online*

Hands-on, open session to discuss problems, offer tips for parents & parents-to-be, back health advice, massage taster sessions, spinal health check and money off vouchers.

**Introduction to Mindfulness**  
**6.30-7.30pm**  
 HOURS Space, 10 Colston Yard  
*Free, book online*

The mind is the driving force in our lives so it is important to observe the activities in the mind before we get carried away with automatic-thinking patterns. Join us to learn about the many benefits mindfulness can bring.

**University of Bristol SPHERE: Technology and Healthcare**  
**7-8.30pm** | Watershed  
*Free, book online*

With a growing elderly population and an increase in people affected by long-term health conditions, healthcare will need to change. SPHERE is an engineering research project developing sensor systems to provide accurate information about health-related behaviours. Future applications include detection of early stage dementia and enabling self-management of health. Hear how technology can help keep cities healthy.

## THURSDAY DINING

**The Lockleaze Banquet**  
**5-7pm** | Buzz Lockleaze Café  
*Free, drop-in*

Celebrate the joys of good healthy food in our café & garden! We invite everyone to bring a small dish or food that inspires them to share with their fellow feasters – not a requirement as we will provide plenty of free organic grub.

**A Wasteless Evening**  
**6.30-10.30pm**  
 Phoenix Café  
**£15, book tickets online**

Evening of food and drink with what would have been wasted. Price includes a drink on entrance, 3-course dinner and live music in a chilled environment.

**Flexitarian Restaurant Award Food Trail**  
**6.30pm** Group discount tour  
*Book online, check website for departure point, times & maps*

Featuring restaurants and cafés leading the way in making eating out better for the health of people and planet!

**SEE PAGES 20-21**

**Bristol Fairtrade presents a Golden Ticket Gala Night**  
**7-10pm** | Armada House, central Bristol  
**£25, book tickets online, includes Fairtrade & local meal, welcome drink and goody bag**

A sparkling night of inspiration, food and fun to raise money for a Gold Kacha machine, eliminating mercury in gold mining and so transforming communities in Uganda! Enjoy a wonderful 2-course dinner from Armada House chefs using Fairtrade and local ingredients and a Fairtrade glass of wine from the Co-operative.





# FRIDAY

## ALL DAY: HEART INSTITUTE EXPO

**University Hospitals Bristol NHS Foundation Trust – Healthy City Week Expo**  
Heart Institute Atrium  
(Entrance via BRI)

**10am–2pm** Expo stalls  
*Free, drop-in*

**10am–5pm** Seminars & workshops

*Free, check online for timetable and booking*

Visit the tree-lined Heart Institute Atrium in the BRI for exhibitions, free talks & workshops to enthuse public, patients and staff on being green and healthy. We'll share what UHBT and healthcare partners are doing to reduce our environmental impact, and raise awareness on the links between our environment, sustainability, health and wellbeing. Including:

- Alternative healthcare products
- Free chair massages and wellbeing tasters
- Try 'Drum Running'
- Fairtrade chocolate tasting
- Tea Clinic with ATTIC Tea
- Human Genomics seminar
- Therapeutic sound baths



## HEALTHY CITY WEEK HUB AT TRIODOS BANK

**Getting the balance right: Sustainable wellbeing with Mariposa Coaching**

**9.30–10.30am**

*Free, drop-in*

Improve your ability to align values and beliefs with the demands of a hectic lifestyle, and how to balance the needs of self, family and workplace in a way that is sustainable over the long term towards fulfilment of your personal and social goals. Join me for some inspirational and personal reflective time. Contact Sarah on 07811 740580.

**Advance Directives for People and Planet: potentials, pitfalls and practicalities**

**11.30am–1pm**

*Free, book in advance*

Some people feel that if they were to lose mental capacity, for instance through Alzheimer's disease, they would not wish their lives to be prolonged by medical treatment. Advance Directives are designed to protect such choices. At this workshop with Dr Trevor Thompson you will encounter ethical, environmental and practical aspects of these documents.

**Hands on Help**

**10.30am–12.30pm**

Windmill Hill City Farm

*Free, book online*

Bristol Back Pain Clinic & Colourful Minds offer free massage, mindful art/craft and much needed downtime to connect with other mothers, fathers and carers in our community.

**Apple Juice Pressing with the Real Food Club**

**11am–3pm**

SCART Centre, Arnside

Shopping Precinct, Southmead

*Free, drop-in*

Make fresh apple juice, pressed right before your eyes! Find out about the Real Food Club and let us know if you want one anywhere else in Southmead.

**Life Cycle UK Cycle Ride for the Over 55 & Mental Wellbeing Cycling Groups**

**11am** | Meet at CREATE Centre

*Free, contact organiser*

Join a gentle cycle along the Pill Path and back to the CREATE Café for lunch and an informal discussion about healthy eating, with info and advice from Sports Nutritionist and Cycle Instructor, Alison Preston. Ride aimed at over 55 group & mental wellbeing cycling groups – register to join the groups by contacting bikeminded@lifecycleuk.org.uk (well-being group), julie@lifecycleuk.org.uk (Over 55 group) or phone 0117 353 4580.

**Omkari Yoga Gentle Yoga & Chair Yoga**

**11am–12noon** Gentle Yoga

**12noon–1pm** Chair Yoga

The Park, Knowle

*Free, drop-in workshop*

**SEE PAGES 22–23**

**Discover Biodanza**

**12.30–2pm** | Wellspring

Healthy Living Centre

*Free, drop-in workshop*

**SEE PAGES 22–23**

**Behavioural Happiness Coaching with Chloe Foy**

**1–2pm**

Future Economy Centre

*Free, drop-in*

We race, we drift, we plod through life but is what we're doing really making happy? We often live our life in ways we think ought to make us happy but don't. In this interactive talk, Chloe uses Behavioural Science and Coaching to help change not just how you think, but what you do.

**Wellies for Wellbeing walk with Bristol Mental Health**

**2–4pm** | Meet in front of

Blaise Castle House Museum,

Blaise Castle Estate

*Free, book online or call*

**0117 354 6200**

Get your wellies on and join us on a walk through Blaise Castle Estate's green spaces. Breathe in fresh air and marvel at the scenery as we explore the link between nature and wellbeing, sharing tips for positive mental health. Try your hand at seed bombing and enjoy refreshments when we finish at a café. Competition for the jazziest pair of wellies! Note: grounds may not be suitable for wheelchair users.



**For full venue details, go to page 24**

**For online booking links & all info, visit:**

**[www.bristolgreencapital.org/events](http://www.bristolgreencapital.org/events)**

*All programme information is correct at the time of printing but may be subject to change without notice. Please check online for latest information.*



## HUGS NOT DRUGS! SOCIAL PRESCRIBING IN HEALTH & WELLBEING

Pathways to Health? Ways to Wellbeing? Healthy Alternatives? Social Prescribing can be referred to by various names, but is actually a way of linking patients visiting their GP Surgery with sources of support within the community. It provides GPs with non-medical referral options from coffee mornings and Kitchen on Prescription groups to a 'Dose of Nature' or a Reading Group at the library – all can operate alongside existing treatments to improve your health and wellbeing in ways that won't cost the earth.

Healthy City Week offers many opportunities to learn more through talks and workshops, and why not talk to your GP or prescribe yourself an activity that could help you to achieve more health with less medicine!



# SATURDAY



**Autumn Open Day at Penny Brohn UK National Centre**  
**10am–4pm** | Chapel Pill Lane  
*Tickets £4, under 14s free*

We're throwing open the gates to our autumnal grounds. Explore the Bristol Whole Life Approach by taking a mindful stroll through the gardens, discovering the enriching power of nature. Children can discover the outdoors, bring your family for lunch and activities to lift the spirits. Cycle/walk along the Pill tow path or through Leigh Woods. Free parking available. Simply pay at the gate. All door proceeds go towards supporting our work.

**Bristol Public Health: Stoke Park Sculpture trail walk**  
**10am–12 noon**  
*Free, contact organiser to book*

Join Walk leaders Ruth and Hayley for a wander around the sculpture trail on the beautiful Stoke Park. This will be a gentle walk and is open to all abilities. Email Hayley.swift@bristol.gov.uk to book a place or call 0117 922 3465 (Tues, Thurs, Fri)

**Community Farmer Day: Squash Harvest**  
**10am–4pm**  
 The Community Farm  
*Free, book online*

Come play farmer and join us for the day. Forget squat thrusts, we'll be getting healthy doing squash ups! Suitable for all ages and most abilities – pace yourself as you see fit. Breathe fresh country air and try a wonderful workout The Community Farm way! Free minibus from Bristol, booking essential. No easy wheelchair access on the farm. It is mostly made up on dirt tracks.

**Stress-Busting Day at Southmead Community Centre**  
**10am–5pm**  
*Free, drop-in*

Visit the centre for a day of stress-busting activities and freebies – including workshops and information on: Pottery, Tai Chi, Massage, Dance, Yoga, Healthy food, Sound therapy, Smoking Cessation, Debt advice and more. Contact Natalie on 0117 922 4890 or natalie.bailey@bristol.gov.uk. Facebook page: Southmead Community Centre

**Apple Juice Pressing with the Real Food Club and Southmead Stress-Busting Day**  
**10.30am–3pm**  
 Southmead Community Centre  
*Free, drop-in*

Make fresh apple juice, pressed right before your eyes! Find out about the Real Food Club and let us know if you want one anywhere else in Southmead. Apple recipes available, bring yours to share.

**Stress Less, Sleep Well workshop with heal2health**  
**10.30am–12.30pm**  
 Windmill Hill City Farm  
*Free, drop-in*

Learn simple techniques from Eden Energy Medicine (EEM), a new complementary health therapy in Europe. Stress is one of the biggest causes of illness and lack of sleep. Hilda Kalap, EEM practitioner, will show you ways to improve your energy levels and de-stress.

**Flexitarian Restaurant Award Food Trail**  
**12 noon Group discount tour**  
*Book online, check website for departure point, times & maps*

Join us for a food trail to celebrate the launch of the Flexitarian Restaurant Award, featuring restaurants and cafés leading the way in making eating out better for the health of people and planet! Choose a pre-paid discount group tour to visit a selection of local eateries and try tasters of exciting plant-based dishes, or print out one of our free maps and pay-as-you-go.

**18th Century perspective of health and wellbeing**  
**1–2pm**  
 The New Room, Broadmead  
*Free, drop-in*

John Wesley's *Primitive Physic: or An Easy and Natural Method of Curing most Diseases* was written in 1747 and was a medical best-seller for many years even though Wesley was an Anglican Minister rather than a medical practitioner. Discover how Wesley's recommendations resonate with today's perspective on health and wellbeing, while others may now seem a bit unusual.

**Seeding a song of nature: Closer to home with Imayla CIC**  
**2–5pm**  
 St Werburgh's City Farm  
*Free, drop-in*

Join Imayla, Tribe of Doris and St Werburghs City Farm for a roam around the Farm, the Community Gardens and Narrowways Open Space and harvest a song from these beautiful spaces. We'll be ending up at Boiling Wells for refreshments and a song around the fire.

**Community Meal with FoodCycle Bristol**  
**2.30–4.30pm**  
 Barton Hill Settlement  
*Free, drop-in*

Join us for a 3-course vegetarian meal made from surplus food collected by bike from local shops. There's also extra surplus

for people to take away. The meal is about community and preventing social isolation, as we think everyone should have someone to talk to when they sit down to eat.

**No More Taboo: Breaking down taboos-by laughing!**  
**Doors 7.30pm, Start 7.45pm**  
 Roll for the Soul  
*£6/£5 concession, book online*

Laughing is proven to improve your health. So come join us for a comedy gala, poking fun at the taboos that still exist in our city. Periods, women's empowerment and sustainability will be the common themes for the evening. From improv to stand-up, performers will amuse and bemuse attendees helping break down taboos. All proceeds go to No More Taboo's work with homeless women in Bristol helping them to have a happier, healthier period.

**Love Birth Discounted Doula Training**  
**22 & 23 October**  
*3 ½-price places available, quote Healthy City Week*

Taught over two intensive weekends the course provides a FEDANT registered qualification which allows you to practise and be registered as a doula in the UK and some overseas countries. Topics include; the Anatomy and Physiology of Conception, pregnancy, birth and post-partum. Email doula@lovebirth.co.uk



**Bristol Loves Bugs! The human microbiome in health and disease** with University of Bristol, Portland Centre for Integrative Medicine and guest speaker Professor Tim Spector  
**2.30–5pm**  
 Central location TBC, check online  
*Free, book online*

Come and hear about the latest research and practical thinking on the 100 trillion bugs that comprise the human 'microbiome'. This event will include a talk from leading researcher Professor Tim Spector (King's College London) on the impact of antibiotics and ideas for getting healthy bugs back where they belong.



For full venue details, go to page 24

For online booking links & all info, visit:  
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## WAYS TO WELLBEING AND FITNESS

Hosted throughout the week in our supporting venues, these workshops offer you the opportunity to try something new for free. Prescribe yourself an alternative way to achieve wellbeing that won't cost the earth – check daily listings for times and locations.

### Laughter Wellness with Joe Hoare

How simple basic laughter wellness practices promote engagement, connection, mindfulness and general wellbeing. Personal wellbeing is the cornerstone for professional wellbeing and peak organisational effectiveness. Contact Joe on 07812 159943

### De-Stress your Body & Mind with BodyTalk

Take control of your own stress and well-being by the Cortices Technique. This short sustainable healthcare routine improves the communication between the left and right sides of the brain, establishes healthy brain function and stimulates the body's self-healing potential.

### Mind Blocks Sorted Emotional First Aid (EFT)

A simple but effective way of reducing the intensity and effect of unwanted emotions. Do you sometimes feel as if your emotions just take over and you don't know how to deal with them? EFT could be a useful way of reducing their impact. Issues most suitable for this workshop are anxiety, low confidence, phobias and motivation. Contact Sharon if you are unsure of suitability: phone 0345 665 3024 or email sharon@mindblocksorted.com



### Discover Biodanza

Biodanza is a system of music and movement that unleashes your vitality for healthy living. Whatever your age and fitness level, Biodanza is for you. It's easy, fun, and will leave you feeling happy, energised and fully alive. It's about learning to dance with life and rediscovering the joy of living.

### Sound Sirens (Bristol Chapter) Get Up Stand Up: Dance Empowerment

Get Up Stand Up the dance empowerment tour includes a dance demo, warm up and workshop where dance leader Cleo Lake along with members of Sound Sirens Dance Collective will create a new dance together with participants.

## SMILE & SPLASH WITH BRISTOL PUBLIC HEALTH

Smile & Splash runs in term time only with an accessible pool – all abilities are welcome to join in for a splash and a chat afterwards.

- **Monday 1pm**  
Hengrove Swimming Pool  
£3, drop in
- **Fridays 10.30am–12noon**  
Jubilee Swimming Pool  
£2.50, drop in

### Bards of Avalon Therapeutic Sound Bath

Let stresses melt away and experience deep relaxation with a therapeutic sound bath. Join Bea Martin and David Johnson, community soundworkers, as they combine their voices with the sounds of Himalayan Bowls, Gongs to create an uplifting soundscape to enhance your wellbeing. Contact 07504 301117

### An Introduction to the Alexander Technique with Veronica Pollard

In this interactive session we will look at the work of F M Alexander and examine his two most important discoveries to see how they may help you to rid yourself of problems both physical and mental, and improve your life.

### Omkar Yoga Gentle Yoga and Chair Yoga

Slow paced sessions that will nurture and help to relieve any stiffness in muscles and joints, these relaxing and well supported yoga classes will help you take gradual steps to reach a posture. Debbie will encourage you to feel you are opening key areas of the body such as your chest and back. All with adjustments to suit your range of mobility.

## MOVE GB TRIAL

Enjoy a special Healthy City Week offer where you can sign up to a Move GB trial for £1 and attend as many workshops as you like in two weeks! Here's just a few things you could try! Visit [www.movegb.com/healthycityweek](http://www.movegb.com/healthycityweek) for booking links.

### Flying Monkey Vinyasa Flow Yoga

- **Thursday 7.15–8.15am**  
Kambe House, Portland Sq.

### Zumba with becks13

- **Tuesday 6.15pm**  
Hamilton House
- **Thursday 6pm**  
The Pithay Studios, City Centre
- **Friday 5 & 6pm**  
The Island, City Centre
- **Sunday 10am**  
Tobacco Factory

### Bollywood Dance Fitness

- **Wednesday 8–9pm**  
Bradley Stoke Leisure Centre
- **Thursday 7.30–8.30pm**  
Hamilton House

### Funk Supreme

- **Monday 7.30–8.30pm**
- **Friday 21st 7.30–8.30pm**  
Both at The Big ACT Wilson place

### AerialFit UK

#### Try Trigger Point Pilates

- **Sunday 12noon–1pm**  
Flow Yoga, Bedminster

### AerialFit UK Fitness Pilates

- **Monday 6–6.50pm**  
The Island, City Centre

### Mixed Martial Arts Taster Session

- **Monday 7–8.30pm**
- **Wednesday 7–8.30pm**
- **Friday 7–8.30pm**  
All at Pankration Brotherhood Gym, Lawrence Hill

### Brazilian Samba with Latisha Cesar

- **Saturday 15th**  
11am–12.30pm
- **Saturday 22nd**  
11am–12.30pm  
Both at Hamilton House

## LINKAGE ACTIVITIES

### Dance Fit for over 55s and over 65s

- Over 65s: **Monday 12noon**
- Over 55s: **Monday 12.50pm**  
South Bristol Sports Centre

### Stockwood Happy Notes Choir for over 55s

- Tuesday 1–2.30pm**  
Christ the Servant Church, Stockwood

### Creative Painting for over 55s

- Friday 10–11.30am**  
Stockwood Free Church

### Tai Chi for over 55s

- Tuesday 12.30–1.30pm**  
United Reform Church, Henbury

### Skittles for over 55s

- Wednesday 2.30pm start**  
South Bristol Sports Centre

### Line Dancing in Henbury and Brentry for over 55s

- Wednesday 2.30–3.30pm**  
Henbury Centre

All activities are drop-in, and cost between £1–£5. Telephone 0117 3052365 for more details.

## OFFERS

Quote Healthy City Week to take advantage of these special HCW offers!

### Ask Viva!'s vegan experts

Viva!Health are offering free one-to-ones with nutrition experts to answer all your questions about vegan nutrition! To book a 30 min appointment (10am–4pm Mon–Fri) call 0117 944 1000 and ask for Veronika or Justine or email: [health@viva.org.uk](mailto:health@viva.org.uk)

### MYGYM taster sessions

MYGYM your local independent gym, based around community, Fitness, Olympic Sports and Martial arts. Drop in for a free Taster Session at MYGYM, Dean Street, BS2 8SF.

### Join the Greenway Centre gym for free in October

Looking for a friendly, local, community gym, where the instructors are close at hand to help you? Contact 0117 950 3335 or drop-in Doncaster Road, BS10 5PY.

### Everyone Active – Free taster sessions

During Healthy City Week, Everyone Active sports and leisure centres across Bristol are offering a free day pass for any selected activity. These can include the gym, family swim, outdoor activity, group exercise session, adult swim session, under 5s activity or sports hall activities. Get active and feel better for it! Centres include: Bristol South Swimming Pool, Easton Leisure Centre, Henbury Leisure Centre, Horfield Leisure Centre, Kingsdown Sport Centre, St Pauls Sports Academy. Quote Healthy City Week when booking. [www.everyoneactive.com](http://www.everyoneactive.com)

## FREE TALKS & WORKSHOPS IN KNOWLE WEST

### Knowle West Healthy Living Centre: Programme of free talks and workshops

Free, drop-in, refer to website for details

- **Monday 2–3pm**  
Basics of Healthy Eating
- **Tuesday 2–3pm**  
Introduction to Apps for Relaxation
- **Thursday 2–3pm**  
What is a Health Champion?



## HEALTHY CITY WEEK SUPPORTING VENUES

Our supporting venues will be hosting a programme of free events throughout the whole week – check daily listings to see what's on.

### Amarelle HQ

Silverthorne Lane BS2 0QD  
www.amarelle.co.uk  
0117 929 7386

Close to Temple Meads, Amarelle HQ is an office design & furniture showroom.

Unsuitable for wheelchair access

### Avonmouth Community Centre

257 Avonmouth Road BS11 9EN  
0117 982 7445

Avonmouth Community Centre provides high quality facilities and a range of activities, that is accessible to all sections of the local community.

Accessability toilet not suitable for large electric wheelchairs

### Bristol Heart Institute Atrium

Bristol Royal Infirmary,  
Upper Maudlin St BS2 8HW  
0117 923 0000

The Bristol Heart Institute Atrium, located behind the Bristol Royal Infirmary, is landscaped into the leafy hillside and has been designed with the patient in mind.

Access is via Horfield Road, off St Michael's Hill



### Buzz Lockleaze Café

6 Gainsborough Square,  
Lockleaze BS7 9XA  
www.buzzlockleaze.co.uk

A social enterprise working in the community with a focus on employability and enterprise, and improving health and wellbeing through all things to do with food, cooking and eating.

### Future Economy Centre (FEC)

4th Floor, 1 Temple Way BS2 0BY  
www.lowcarbonsouthwest.co.uk/scheme/the-future-economy-centre/  
0117 945 8730

FEC offers organisations that provide environmental goods and services a space to co-locate, collaborate and innovate.

Use lift on entrance to 4th floor

### Healthy City Week Hub,

#### Triodos Bank Event Space

Lower Ground Floor,  
1 St George's Road BS1 5BE

Our hub is courtesy of generous hosts, Triodos Bank. A world leader in sustainable banking, Triodos Bank is at the heart of a community that wants to use money for good. They connect savers and investors who believe in a fairer, more sustainable, world with the businesses and charities that are making it a reality.

### Hamilton House

80 Stokes Croft BS1 3QY  
www.hamiltonhouse.org  
0117 924 9599

A space that facilitates work, play and innovation to create a better world for each other, our community and the environment.



### The New Room/ John Wesley's Chapel

Broadmead entrance opposite  
Boots BS1 3EA  
www.newroombristol.org.uk  
0117 926 4740

The oldest Methodist chapel in the world, located in the heart of Broadmead, it offers a place of calm and contemplation in the busy and hectic city centre.

Due to building works, the temporary toilet facilities are not fully accessible

### The Park Knowle

Daventry Road BS4 1DQ  
www.theparkknowle.org.uk  
0117 903 9771

The Park Knowle is a hub of community, activity, business, learning, support services and leisure in Knowle.

### Wellspring Healthy Living Centre

Beam Street, Bartonhill BS5 9QY  
www.wellspringhlc.org  
0117 304 1400

A beautiful community building – home to a host of services designed to improve your health and wellbeing including a GP surgery, complementary therapies, arts, learning kitchen & garden.

### Windmill Hill Community Farm

Philip Street BS3 4EA  
www.windmillhillcityfarm.org.uk  
0117 963 3252

Windmill Hill City Farm in Bristol is a charity that provides recreation, education and therapy using food, farming and the environment as a theme.

Find online booking links for all events at:  
[www.bristolgreencapital.org/events](http://www.bristolgreencapital.org/events)

## OTHER VENUES

Find details below for venues participating in Healthy City Week – check online for travel and accessibility information.

### Ambition Lawrence Weston

Long Cross BS11 0RX  
www.ambitionlw.org

### Amitabha Buddhist Centre

Old Vicarage,  
Gloucester Road BS7 8NX  
www.meditationinbristol.org

### Armada House

Telephone Avenue BS1 4BQ  
www.armadahouse.co.uk

### Arnos Vale Cemetery

West Lodge, Bath Road BS4 3EW  
www.arnosvale.org.uk

### Better Food Café

The Proving House, 21 Sevier Street, St Werburghs BS2 9LB  
www.betterfood.co.uk

### Blaise Castle House Museum

Henbury Road BS10 7QS  
www.bristol.gov.uk

### Bristol Central Library

College Green BS1 5TL  
www.bristol.gov.uk

### Bristol Water Head Offices

Bridgwater Road BS13 7AT  
www.bristolwater.co.uk

### Bristol Zoo

Clifton BS8 3HA  
www.bristolzoo.org.uk

### Barton Hill Settlement

43 Ducie Road BS5 0AX  
www.bartonhillsettlement.org.uk

### City Hall

College Green BS1 5TR  
www.bristol.gov.uk

### Craftisan

186 Wells Road BS4 2AL

### CREATE Centre

B Bond, Smeaton Road BS1 6XN  
www.createbristol.org

### Easton Community Centre

Kilburn Street BS5 6AW  
www.eastoncommunitycentre.org.uk

### Feed Bristol

181 Frenchay Park Road BS16 1HB  
www.avonwildlifetrust.org.uk/  
feedbristol

### Filwood Library

Filwood Broadway BS4 1JN  
www.bristol.gov.uk

### Horfield Library

Filton Avenue, Horfield BS7 0BD  
www.bristol.gov.uk

### HOURS Space

10 Colston Yard,  
Colston St BS1 5BD  
www.hours-space.com

### Inns Court Family Centre

1 Marshall Walk,  
Knowle West BS4 1TR

### Junction 3 Library

Baptist Mills Court, Easton BS5 0FJ  
www.bristol.gov.uk

### Knowle West Healthy Living Centre

Downton Road BS4 1WH  
www.knowlewesthealthpark.co.uk

### Knowle West Media Centre

Leinster Avenue BS4 1NL  
www.kwmc.org.uk

### Nuffield Hospital

3 Clifton Hill BS8 1BN  
www.nuffieldhealth.com

### Penny Brohn UK National Centre

Chapel Pill Lane, Pill BS20 0HH  
www.pennybrohn.org.uk

### Phoenix Café and Arts Hub

All Saints' Street BS1 2LZ

### Redcliffe Sixth Form Centre

Dulverton House BS1 6RB

### Roll for the Soul

2 Quay Street BS1 2JL  
www.rollforthesoul.org

### SCART Centre

Arnside Shopping Precinct,  
Southmead BS10 6AS

### Southmead Community Centre

248 Greystoke Avenue BS10 6BQ

### Southmead Library

Greystoke Avenue,  
Southmead BS10 6AS

### Southville Centre

Beauley Road, Southville BS3 1QG  
www.southvillecentre.org.uk

### St Werburgh's City Farm

Watercross Road BS2 9YJ  
www.swcityfarm.co.uk

### St Pauls Family & Learning Centre Garden

94 Grosvenor Road,  
St Pauls BS2 8XJ  
www.stpaulslc.co.uk

### Steiner Academy, Fishponds

St Matthias Campus,  
Elfin Road BS16 2JP  
www.steineracademybristol.org.uk

### The Architecture Centre

Narrow Quay BS1 4QA  
www.architecturecentre.co.uk

### The Community Farm

Woodbarn Farm, Denny Lane,  
Chew Magna BS40 8SZ  
www.thecommunityfarm.co.uk

### The Hub Lockleaze

Unit 1 Fedden Buildings,  
Gainsborough Square  
www.lockleazehub.org.uk

### The Paintworks (4.23)

Bath Road BS4 3EH

### Tobacco Factory

Raleigh Road BS3 1TF  
www.tobaccofactory.com

### Trinity Centre

Trinity Road, Old Market BS2 0NW  
www.3ca.org.uk

### Water Sports for All!

Baltic Wharf, Underfall Yard,  
Cumberland Road BS1 6XG  
www.allaboardwatersports.co.uk

### The Watershed

1 Canon's Road BS1 5TX  
www.watershed.co.uk

### West Indian Phoenix Cricket Club

65 Gordon Road,  
Whitehall BS5 7DR  
www.bwi.play-cricket.com

### Whitefriars Centre

Lewins Mead BS1 2NT  
www.whitefriarsbristol.com

### Wild Goose Space

228 Mina Road BS2 9YP  
wildgoosespace.org.uk

### Withywood Centre

Queen's Rd, Withywood BS13 8QA  
www.withywoodcentre.co.uk

## We asked Healthy City Week 2016 contributors... what does a healthy city mean to you?

### A healthy city...

"... is one where people are connected with the green spaces around them and able to access the benefits getting out there brings."

**Imayla CIC**

"... is where all members of a community feel able and supported to lead healthier lives."

**LinkAge**

"... is where businesses are on board with staff wellbeing."

**Go Green**

"... is a creative, safe, social space where all residents have the opportunity and tools to improve and sustain their own wellbeing."

**Bristol Public Health**

"... is one that truly understands where its food comes from and feels connected to the land on which its food is grown."

**The Community Farm**

"... is a place where all can flourish independent of social, economic status. In a healthy city all would have access to healthy food, clean air, physical and social activities and opportunities to share these things with others."

**Avonmouth Community Centre**

"... is one that has wellbeing and sustainability for its citizens and organisations at its heart, as well as connecting people, locally and globally."

**Fairtrade Bristol**

"... is one where health education is available to all and health inequalities are identified, addressed and overcome."

**Buzz Lockleaze**

"... is one where our lifestyle supports the health of our bodies and planet. There is a strong sense of community and a celebration of diversity. Green spaces are cared for. It is easy to be active. Local food suppliers and farmers are supported. Health is seen in a holistic way, encouraged by the environment we live in."

**Rosa Lia Yoga**

 Follow [@bgrencapital](https://twitter.com/bgrencapital)

 [BristolGreenCapitalPartnership](https://www.facebook.com/BristolGreenCapitalPartnership)

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[www.janestevenson.design.co.uk](http://www.janestevenson.design.co.uk)



[www.bristolwater.co.uk](http://www.bristolwater.co.uk)



Also taking  
place in  
Autumn 2016...

**FREEDOM OF MIND FESTIVAL**  
Bristol's mental well-being festival  
30 September–10 October  
[www.freedomofmind.org.uk](http://www.freedomofmind.org.uk)