

WECIL Sept - Oct Programme

Dear WECIL Peer Support Community,

The Peer Support Community has been funded by the Big Lottery since 2011. Our current funding ends on 31st October this year. WECIL and our steering group are working to seek funding alternatives and we are inviting you to an open meeting on Wednesday 2nd October at 6pm at the Vassall Centre to talk with you about how Peer Support will continue to be funded. If you cannot make this meeting don't worry, we will write to you afterwards.

This newsletter only shows activities up to October and we will produce and update in October to confirm future activities.

WECIL is committed to supporting peer support and promote wellbeing for our community. We are acting on feedback from you, our community, to continue to develop peer support to be the best it can be for as many people as possible and we are looking forward to an exciting future for the project.

Thank you to everyone who has contributed to peer support in many different ways over the last 8 years.

The WECIL team.

Seated Yoga in Beechwood Club (Beechwood Road, Bristol BS16 3TR)

2nd & 4th Tuesday of the month: 12pm till 1pm.

All welcome – especially if you struggle with conventional yoga.

***We will now be asking for a £3 contribution to help towards the cost of this activity, but no one will be turned away for lack of funds*.**

Tuesday 10th September, Tuesday 24th September, Tuesday 8th October, Tuesday 22nd October

Bus Routes 5, 17, 48, 48A, Y2 and Y5 stop near Beechwood Club.

Free on-street parking is available outside the Beechwood Club, and Beechwood Road car park is free for 2 hours.

CONTACT THE TEAM:

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Join us on Facebook: keep up to dates with our opportunities, activities and each other!

Search WECIL PEER SUPPORT



Coming up in Peer Support

Music and Singing – NEW VENUE!

Fortnightly on Wednesdays: 2pm till 3pm. Everyone has a singing voice – find yours!

***We will now be asking for a £3 contribution to help towards the cost of this activity, but no one will be turned away for lack of funds*.**

Wednesday 4th September – Small Hall at Elmgrove Centre in Redland (Elmgrove Road, Bristol BS6 6AH)

Bus Routes 9 and 72 stop near Elmgrove Centre.

Pay and display on–street parking is available around the Elmgrove Centre (free for blue badge holders).

Wednesday 18th September, Wednesday 2nd October, Wednesday 16th October sessions will be in the Cameron Centre at The Hub (1 Fedden Buildings, Gainsborough Square, Bristol BS7 9FB)

Routes 24 and 72 stop near The Hub.

Free car parking is available on most of the square and on the pavement in front of the Cameron Centre on Cameron Walk.

Music Jam at The Trinity Community Arts (Trinity Road, Bristol BS2 0NW)

3rd Tuesday of the month: 11.30pm till 1pm.

Pick up an instrument and get stuck in! This activity HAS been confirmed until December.

Tuesday 17th September, Tuesday 15th October, Tuesday 19th November, Tuesday 17th December

Bus Routes 6, 7, 24, 35, 36, 37, 48, 48A, 49 stop near the Trinity Centre.

Pay and display on–street parking is available around the Trinity Centre (free for blue badge holders). The Trinity Centre's car park is pay and display including for blue badge holders.

Creative Challenge at The Trinity Community Arts (Trinity Road, Bristol BS2 0NW)

Last Thursday of the month: 1.30pm till 3.30pm.

Our arts and crafts club.

Thursday 26th September, Thursday 31st October

Bus Routes 6, 7, 24, 35, 36, 37, 48, 48A, 49 stop near the Trinity Centre.

Pay and display on–street parking is available around the Trinity Centre (free for blue badge holders). The Trinity Centre's car park is Pay & Display including for blue badge holders.

Book, Film and Play Discussion Club at Bristol's Central Library (Deanery Road, Bristol BS1 5TL)

2nd Thursday of the month: 11am till 12.30pm.

Lively discussions on excellent books and films! Audio versions of books are available.

Thursday 12th September, Thursday 10th October

Bus Routes X1, X2, U2, 3 and 4 stop near the Central Library.

Pay and display on–street parking is available at the front and rear of the library. Blue badge holders can park for free in front of the library near the ramp entrance.

Old Post Office in Fishponds (786 Fishponds Road, Bristol BS16 3TT)

2nd Tuesday of month: 6pm–7.30pm

Catch up and socialise at this friendly get together. Low cost meals are available if you would like to buy yourself more than just a drink.

Tuesday 10th September, Tuesday 8th October

Bus Routes 5, 17, 48, 48A, Y2 and Y5 stop near the Old Post Office.

Free on–street parking is available nearby. There is a blue badge parking space across in front of the Barclay’s Bank. Beechwood Road car park is free for 2 hours and is 0.1 miles away.

Brewers Fayre in Lewins Mead (next to the Premier Inn, Lewins Mead, Bristol BS1 2PY)

Last Monday of the month: 12pm till 2pm.

Bus Routes M1, T1, Y1, A2, 3A, 24 and 36 stop near Brewers Fayre.

This group will continue to meet as a social gathering. The pub is very friendly, welcoming and accessible. There is a core group of people who go, particularly Fran, one of our members and volunteers who will make you feel very welcome. Our staff will no longer be attending.

The Farmhouse Pub in Yate (Wellington Road, Bristol BS37 5UY)

1st Tuesday of the month: 12pm–2pm.

Catch up and socialise at this friendly get together. Low cost meals are available if you would like to buy yourself more than just a drink.

Tuesday 3rd September, Tuesday 1st October

The nearest bus stop is at the Tesco Extra about a mile away.

There is a free car parking at the pub.

NORTH SOMERSET

Creative Crafts group at Nailsea 65 High Street (Nailsea BS48 1AW) Fortnightly on Thursdays from 10.30am–12.30pm.

Thursday 5th September, Thursday 19th September, Thursday 3rd October, Thursday 17th October, Thursday 31st October

Bus Routes X7, X8, X9 and 88 stop near the venue.

Seated Yoga – **NEW VENUE!**

1st & 3rd Tuesday of the month: 11am to 12 pm.

All welcome – especially if you struggle with conventional yoga.

We will now be asking for a £3 contribution to help towards the cost of this activity, but no one will be turned away for lack of funds.

Tuesday 3rd September – Backwell’s Parish Hall (Backwell Crossroads, Station Road, BS48 3QW) Bus routes X2, X7 and X9 stop near Backwell’s Parish Hall.

There is a free car park at this venue.

Tuesday 17th September, Tuesday 1st October, Tuesday 15th October sessions will be at the Nailsea Tithe Barn (Church Lane, Nailsea BS48 4NG)

You can park for free in the small car park at the rear of the Barn (accessed from Church Lane) which includes two parking bays for blue badge holders.

Music Beats at Portishead Youth Centre (Harbour Rd, BS20 7DD)

Last Wednesday of the month: 11.30am till 12.30pm.

Come along and have a jam with different musical instruments in the recording studio. *We will now be asking for a £3 contribution to help towards the cost of this activity, but no one will be turned away for lack of funds*.

Wednesday 25th September, Wednesday 30th October

Bus Routes X3 and X3A stop near Portishead Youth Centre.

North Somerset Lunching at Little Harp Inn (Elton Road, Clevedon BS21 7RH) NEW DATES

12pm until 2.30pm.

Catch up and socialise at this friendly get together. Low cost meals are available if you would like to buy yourself more than just a drink.

Please let Georgina know on 07825315768 if you are planning to come

Thursday 26th September, Thursday 24th October

Bus Routes X5, X6 and X7 stop near the Little Harp Inn.

BaNES

The Red Lion Pub in Bath (468 Wellsway, Bath BA2 2UA)

Fortnightly on Mondays (alternate Mondays to The Bubble): 6pm till 8pm.

Monday 2nd September, Monday 16th September, Monday 30th September, Monday 7th October, Monday 21st October

- Route U5, 4, 172, 173, 4, 179 stops near the Red Lion Pub.

- There is a FREE car park behind the pub which is on the Frome Road.

The Bubble in Bath (4–5 Chapel Court, Bath BA1 1SQ).

Fortnightly on Mondays (alternate Mondays to The Red Lion): 6pm till 8pm. Activity-based: craft, cooking and much more!

We meet in 'The Bubble' which is in St John's Courtyard. There are two entrances; Gate 1 is located on Westgate buildings (opposite The Cork pub) and Gate 2 is located on Bath Street (near the Little Theatre).

Monday 9th September, Monday 23rd September, Monday 14th October, Monday 28th October

Bus Routes 768, 172, 173, 174, 179 and 175 stop near The Bubble. The central bus station is a 10-minute walk away.

Avon Street is 0.3 miles and Kingsmead Square is 0.2 miles from The Bubble (approx. 5 minutes walk).

Tai Chi at the Fear Hall, Keynsham (30 High Street, Keynsham, Bristol BS31 1DQ)

From Monday 2nd September: 1.30pm till 2.30pm for 4 weeks.

Exercises can be adapted to meet your needs.

We will now be asking for a £2 contribution to help towards the cost of this activity, but no one will be turned away for lack of funds.

Monday 2nd September, Monday 9th September, *NO SESSION ON Monday 16th September*, Monday 23rd September, Monday 30th September

- Routes A4, 17, 19A, 39 and 178 stop near the Fear Hall.