



Knowle West Health Park

Autumn 2014

Hello

We have moved into October and with the weather changing and autumn around the corner, it is a good time to remind ourselves about looking after our health and wellbeing.

Keeping active, and eating well is a good way to keep your spirits up when the nights draw in. Doing it on your own is hard, so why not join a course or group at Knowle West Health Park and get the support you need to keep you going as we approach the busy period of Christmas.

Vicki Morris

Chief Executive, Knowle West Health Park Company



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Getting Started

Don't know where to start, but want to improve your health?

Then let us advise and support you in identifying how to create a healthier and happier lifestyle.

Pathways to Health

It's amazing what changes you can make to your health with someone cheering you on. Book a FREE one-to-one session with our fully qualified health and wellbeing worker. In a relaxed setting she will help you set your own priorities for change and give you all the advice, support and motivation you need to help you achieve your goals.

Contact Sally Clements
(0117) 903 0024

Health Matters

A structured course that will help you make changes to health and wellbeing for you and your family. 10 sessions that will be fun, relaxed and informative. They will cover all the main health topics in a captivating and engaging way.

Courses starting throughout the year. Contact Laura Hathway
(0117) 377 2257

Smoking Cessation

We can help you to stop smoking by offering advice, information and support. Nicotine replacement therapy is also offered where needed.

Contact Laura Hathway
(0117) 377 2257

Active Lifestyle Checks

Find out what's on locally to help with your overall health and happiness. Book a FREE session to find out about hobbies, fitness, and local groups.

Contact Laura Hathway
(0117) 377 2257

Sexual Health Clinic

Drop in service for under 25's.

Tuesdays | 3.30 - 5.30pm



Children and Young People

Non-Contact Boxing for 7 - 11 year olds (term time only)

This will increase fitness, mobility and is great for self-esteem and building team work skills. All kit and equipment provided.

Tuesdays | 4.30 - 5.30pm
Studio (0117) 377 2255

Blue Rainbow Group (term time only)

Including the popular Stretch 'n' Grow activity. Lots of fun and games for pre-schoolers. Run by Knowle West Children's Centre.

Tuesdays | 9.30 - 11am | Studio and Crèche | Free
(0117) 377 2255



After School Activity Club for 4 - 11 year olds (term time only)

Each supervised session offers a mixture of games, skill tests, challenges and match activities to suit all ages and abilities. Prizes and awards. Come along and have some fun!

Mondays | 4 - 5.30pm | Studio
Thursdays | 4 - 5pm | Studio
Contact Barry 07809 483191

Stretch 'n' Grow for 2 - 5 year olds (term time only)

Discover how much fun exercise can be with your child. This imaginative class uses equipment, songs, stories and games to take children on an adventure whilst getting fit.

Tuesdays | 10 - 10.30am
Studio (0117) 377 2255

Children and Young People

School Holiday Sports Fun Days

Fun packed sports days for boys and girls aged 4 - 11 years held throughout all school holidays on Wednesdays and Fridays. Fun games, skills and challenges. Please bring a packed lunch and a non-fizzy drink.

10am - 3pm | £5 per day
Contact Barry 07809 483191

Street Dance Classes

Beatz Street Dance is different to the average dance class. We want everyone to have the opportunity to try street dance, regardless of age and ability. Come and try it for yourself!

Mini Beatz | Ages 6 - 10 years
Wednesdays | Studio
5.30 - 6.15pm | £3.50

Fresh Beatz | Ages 11 - 17 years
Wednesdays | Studio
6.30 - 7.30pm | £4.00

Contact Maria 07912 116708

"I like meeting friends and can move my body and do activities good for my health"



Family Support

Funded by Big Lottery

Play Therapy

For residents of Knowle West and surrounding areas of health inequality only

Contact (0117) 377 2255

One to One Parenting Support

All parenting courses are for residents of south Bristol only.

A tailored package of parenting support for parents who have at least one child under five years old. Intended for parents who want to improve their skills, but struggle to engage with groups.

Contact Iminster Ave Specialist Nursery School (0117) 903 9781 for more information or to book a place

The Nurturing Programme

A 10 week course to help parents improve their skills by supporting them to look after their own emotional needs. Free crèche.

Contact Iminster Ave Specialist Nursery School (0117) 903 9781 or Knowle West Children's Centre (0117) 903 0214



I CAN Parenting

A FREE 5 week programme based on a solution focused approach, to support parents and how to manage children's challenging behaviour, and understand their development needs. Free crèche available.

Courses in September
November and February.
Contact Iminster Avenue
Specialist Nursery
(0117) 903 9781

Rock a Bye Baby Play Sessions

A 10 week group for parents with babies under one who are feeling anxious about their parenting, and would like to understand their baby's non-verbal cues.

Contact Iminster Ave Specialist
Nursery School (0117) 903 9781
for more information or to book
a place



Counselling

Funded by Big Lottery

Welcome Counselling

Sexual abuse counselling for men and women.

Women contact (0117) 377 2255
Men contact (0117) 935 1707

Family and Child Counselling

For residents of Knowle West and surrounding areas of health inequality only.

Contact (0117) 377 2255

Counselling for Men, Women and Young People

For residents of Knowle West and surrounding areas of health inequality only.

Contact (0117) 377 2255

"For someone with ill health and feelings of depression it's helped a lot"



Therapy and Self-Development Groups

Funded by Big Lottery

Making Changes

For residents of south Bristol only

An eight week self-development group that uses creative methods to help you make the changes that you would like to see in your life. Includes two taster sessions, so you can try it without having to commit to the rest of the course.

For more details contact
(0117) 377 2255

Confidence Building Course (women only)

For residents of south Bristol only

For more details contact and to book call 07944 926705
FREE Crèche

Simple Steps to a Calmer Life

For residents of south Bristol only

A free six week course for men and women who are experiencing anxiety and depression.

For more details contact
(0117) 377 2255

Dealing with Others

For residents of south Bristol only

This six week course aims to build understanding of how strong emotions, such as anger can be triggered by difficult interactions with people. The course will cover how to deal with these emotions.

Starts on Wednesday 28th January
Activity Room | 1.30 – 3pm
FREE Crèche

Volunteer Opportunities at Knowle West Health Park

You give us your time, we give you work experience, training, references, out of pocket expenses and an enjoyable supportive experience.

Art Group Volunteer

Creative person/people to help us with our Art-ease groups. Learn how to structure creative activities, support participants to get involved, help with set up and preparations. Work alongside and learn from our experienced Art Tutor.

Board Members

Shape the future direction of the Company, set policies, help us to meet local needs by voicing your ideas and knowledge. 10 meetings per year, about 20hrs per annum.

Fit and Fab Volunteers

Be a part of the liveliest group in south Bristol! We need people to help organise events and activities, welcome new members to the group, and support participants to be fully involved in all activities. It's great fun, and you never know what you'll be doing next.

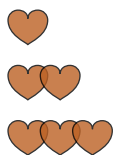
Walking Group Leaders

Join our team of lovely Walk Leaders, whether supporting the One Heart Group here on the Health Park or going further afield with the Two and Three Heart groups. Full training provided, plus all the kit you'll need.

If you are interested call 0117 377 2255 speak to Sue Cooke or Vicki Morris



Walking Groups



Walking and exercise: did you know?

- Walking is good for bones and muscles and helps your kids grow up big and strong
- It burns calories - In fact a brisk walk burns the same amount of calories as a run over the same distance!
- It builds stamina
- It helps beat stress - Walking increases your feel good hormones
- It can cut your risk of heart disease by up to 50%, reduce the risk of type 2 diabetes and the risk of some cancers
- It boosts your immune system for 24 hours
- It can even lower your blood pressure

This information is taken from the following websites:

Walking for Health: www.nhs.uk/Livewell/getting-started-guides/Pages/getting-started-walking.aspx

Walk for Life: www.nhs.uk/ChangeforLife/walkforlife

Walking is simple, free and one of the easiest ways to become more active, lose weight and enjoy enhanced all-round health.

Walking is ideal for people of all ages and fitness levels who want to become more active.

Join a group – It's easier with others

Walking in a group is a great way to make new friends and stay motivated. Knowle West Health Park Company runs a number of walking groups for people of different levels of fitness and depending on how far you want to go. Many of the walks are aimed at people who currently do little or no exercise, but who would like to become more active. Run by a team of knowledgeable local volunteers, they'll support you to get started and help build up your fitness according to your needs. Visiting local green spaces and places of interest, our walking groups are a great way to get active and have fun.

One Heart Group

This walking group is ideal for people who want to start taking light exercise, for example after a period of illness or people who suffer from restricted mobility. Walks around the measured mile at the Health Park are on a level surface. You will be in good company with trained walk leaders who will ensure you are made welcome and achieve the targets you have set for yourself.

Meet at the Café at Knowle West Health Park | Mondays 11.00am

"As well as the walks to keep fit, I like the social side of meeting people"



Social Walks

During the year we run various walks around places of interest in Bristol and the surrounding areas. All are welcome to come along and join in the fun.

Two and Three Heart Groups

If you feel you would like to try more challenging walks then you are welcome to progress to the Two and Three Heart Groups. The Two Heart Group walks between one and two miles on Thursdays and the Three Heart Group meets on a Tuesday for walks between two and three miles.

For full walk details contact Laura Hathway (0117) 377 2257



Wellbeing Groups

Art-ease

Funded by Big Lottery

If you are feeling low or isolated, our popular art groups may offer a solution. Aimed at people with mild to moderate mental health needs. Amongst the many benefits are improved self-confidence, learning new skills and making new friends.

Contact Sue Cooke
(0117) 377 2255

Ear Acupuncture

Enjoy this gentle and relaxing therapy which can help with a whole range of medical issues, from general aches and pains to stress and anxiety.

Fridays | Studio | 11am - 12pm | £2

Community Bread Project

Community baking at the Health Park every Thursday. 'Make a Loaf' workshop for beginners 10.30am – 12.30pm (booking essential). Buy fresh bread from 11.30am

Contact James Newman 07824 806836 | Email: jnewman@knowlewesthealthpark.co.uk

Fit and Fab

For women only. Do you want to become healthier, but need support in making changes? Maybe you want to eat more healthily, give up smoking or simply become happier and less stressed. Then this may be the group for you. At the beginning you will meet with a health worker to help you identify a few achievable goals and then you're ready to start in this mutually supportive group. Taster sessions, talks and activities with a different focus each week.

Contact Sally Clements
(0117) 903 0024

Lip Reading (term time only)

Losing your hearing can be a stressful and difficult time. You may have lost confidence or become more isolated. Come along to this friendly group and meet other people experiencing similar difficulties.

Fridays | Activity Room
10am - 12pm | £1
Contact Mary Hall 07790 283939

Thyroid UK Support Group

A friendly group where people suffering from a thyroid related disease and their carers can come to access information and support.

First Friday of every month
Meeting Room 1 | 11am - 12.30pm
Free

Waist Watchers

Come along to our FREE weekly weigh-in. Advice and support on how to lose weight sustainably.

Mondays | 9.30am and 4pm
Contact Laura Hathway
(0117) 377 2257

Diabetes Support Group

A support group for anyone affected by diabetes.

Contact Mike Deane
07837 653215
www.diabetesbristol.org.uk

"I liked being able to listen and learn and feel relaxed doing it"

Baby Massage for Knowle West Residents

A wonderful way for parents and carers to connect with baby using a technique of gentle stroking and massaging. Can help babies grow and sleep better as well as enhancing the bond between carer and baby. Suitable for babies from birth - one year.

For next course contact
Lucy Collingwood
(0117) 944 9770

Get Up and Grow Funded by Big Lottery

A FREE beginners gardening course at the Let's grow Community Allotment Project. You will learn basic growing, gardening and cooking skills.

Contact Knowle West Health Association on
0117 963 9569 for more information or to book your place



Getting More Active

Armchair Exercise

Suitable for anyone with limited mobility and learning disabilities and who would like to gain more flexibility. Carers are encouraged to attend.

Mondays | Studio
10.30 - 11.30am | £2

Hips, Bums and Tums

A friendly group that will help you tone up.

Tuesdays | Studio
6 - 7pm and 7 - 8pm | £3

Karate (For adults and children 5+ years)

Develop fitness, confidence, and self-defence skills by learning this popular martial art. All levels welcomed.

Call Val on 07842 627 637 for more information.

Sundays | 4 - 5pm | Studio



Tai Chi Movements for Wellbeing

How often have you wished that life would slow down and give you a moment to breathe? These sessions provide exactly that. Give yourself the gift of relaxation and let your mind and body release tension and stress. Using simple Tai Chi based movements and mindfulness, you will learn techniques that will help you de-stress for the rest of your life.

Wednesdays | Studio
10.30 - 11.45am | £2

Knowle West Men's Platform

Are you free during the week or a stay at home dad? We offer support and activities for men of all ages.

Contact James Newman 07824 806836 | Email: jnewman@knowlewesthealthpark.co.uk

Step Aerobics

Meet new friends and burn those calories.

Thursdays | Studio | 6 - 7 pm | £3

Boot Camp

Military style boot camp in the great outdoors. There are various exercises to perform, with a mix of cardio and resistance exercises to help promote weight loss and muscle tone. You can work as hard or as easy as you want, but remember the more you put in - the more results you'll get out! Regular sessions throughout the week at a time to suit you.

For more information contact Jason 07855 465872

www.hodgehealthandfitness.co.uk

Knowle West FOOTCARE

For Knowle West residents only

Struggling to get down to your feet? Difficulty cutting your toenails? Painful corns? In-growing toenails? We can help with regular monthly treatments for £10. To qualify you need to be over 65 or diabetic and over 50.

Contact Ruth Hamlin on 07763 128298 for more information and to book an appointment

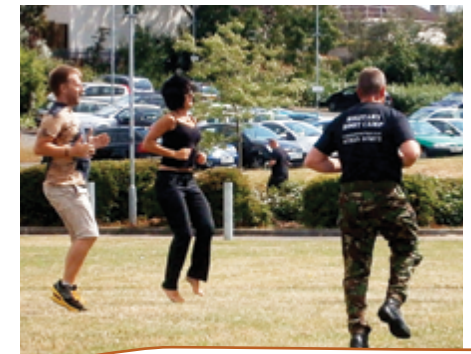
Gentle Exercise Class

A group for anyone who has low mobility, health problems or people who would like to take part in a weekly exercise class to gently use those muscles! You are free to sit or stand.

Fridays | Studio | 9.30 - 10.30am | £2

Ping at the Health Park

Come and try out our new Ping Pong table at the Health Park in a Bristol City Council City wide initiative. A great way for all ages to have fun and get fit at the same time. Bring your own bats and balls or pop into the Health Living office during opening hours (Monday - Friday 9 - 4pm) and buy a set for £1.50.



Visit or contact us

Knowle West Health
Park Company
5 Knowle West
Health Park
Downton Road
Knowle West
Bristol
BS4 1WH

Company no: 5879576

Charitable no: 1137797

(0117) 3772255

info@knowlewesthealthpark.co.uk
www.knowlewesthealthpark.co.uk

We can provide
this information in
a different format
like Braille, large
print, audio-tape
or in a language
other than english.
(0117) 3772255

Designed by KWMC



Who are we?

The Knowle West Health Park Company is a charitable company created to tackle health inequalities and promote health and wellbeing. The company provides high quality services which help to prevent illness and aid recovery after medical treatment and promote general good health.

Public transport

The 36 bus passes along the top of Downton Road stopping at Leinster Avenue just after the police station. It is a 5 - 10 minute walk from there to the Health Park.

Parking

The Health Park has parking available to visitors, including disabled parking spaces.

Working in partnership with:

