

Physical Activity for Mental Wellbeing

BNSSG Wide - Updated May 2024



Sport in Mind - Weekly mens Football, Badminton and Table Tennis sessions, in partnership with Robins Foundation. (B)

Wellbeing Tennis - sessions are open to adults experiencing mental health conditions and to carers/support workers. - Available at Canford, St George, Eastville Park Tennis courts (B)

Robins Talk Club - social exercise, open to all - no need to be receiving help or diagnosed to attend (B)

Sporting Memories - Bringing people together to tackle dementia, depression and loneliness (B)

Rovers Rebound - free mental-health football group for those who want to bounce back and kick start their mental fitness (B)

Sessions have been
designed to support
individuals experiencing
poor mental health

Location Key:

B- Bristol

NS - North Somerset

SG - South Gloucestershire

Physical Activity and Movement Wellbeing Sessions

Active Being - provide 1:1 therapeutic support and group sessions in a range of activities in green and blue spaces in locations across Bristol and beyond. (BNSSG)

Rethink Walks - Enjoy the countryside, take a walk and nurture your wellbeing. We meet to provide friendship, support and company, which includes listening, alongside helping each other to keep active. (B)

Ospreys Outdoor Walks - Connecting with nature through countryside walks (NS)

Juice Walking Group - Group walks approximately 20mins in duration (SG)

Yoga for Anxiety - Being active can help us feel good inside and out - Course introduces you to the Yoga, developing mindfulness and can help you discover new ways to move (B)

Open Minds Active - open water swimming to support those with their mental wellbeing. Referrals through social prescribing (BNSSG)

Talk Club - Talk & Exercise groups are peer to peer talking groups that include a physical activity. (BNSSG)

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Physical Activity and Exercise on Referral

Bristol - Physical Activity and Exercise on Referral

12 week scheme where you visit a participating leisure centre or gym at least twice a week. You'll get a personalised exercise programme with a trained referral instructor, based around your health conditions and what you'd like to achieve, even if you haven't exercised before.

South Glos - Healthy Lifestyle on Referral

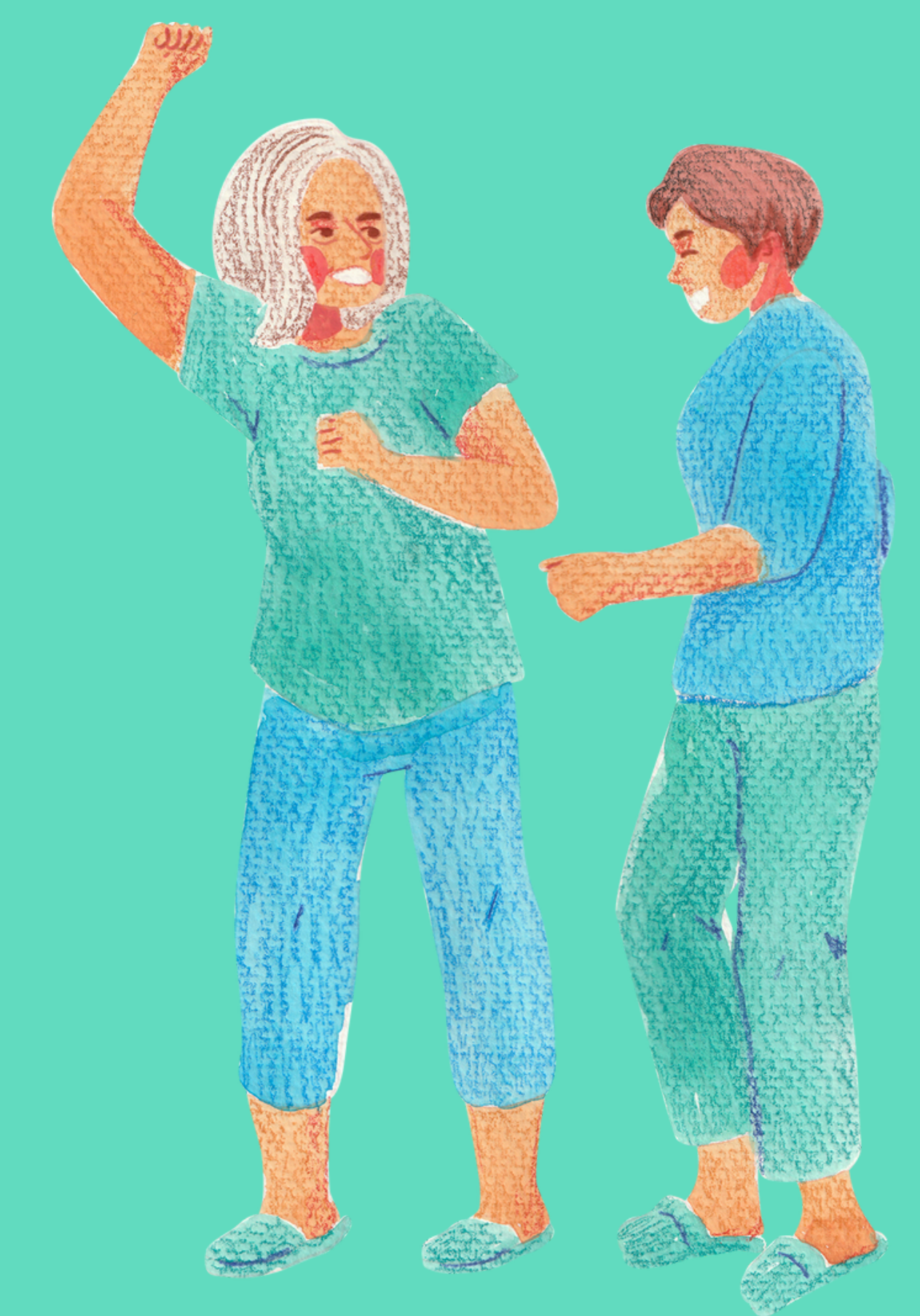
Run by Active Lifestyle Centres in partnership with local GP surgeries, and aims to support people with medical or long-term conditions to become more active.

North Somerset - Active Lifestyle on referral

Steps to Get Active is a FREE 12-week physical activity group programme for adults in North Somerset living with a long term health condition/s.

For further information about the Steps to Get Active groups above or to register for your FREE 12 weeks of group support: Call: 01934 425900 (ask for Kylie Taylor) Email:

kylie.taylor@legacyleisure.org.uk



Community Wellbeing Support

“Feeling Better in South Gloucestershire”

For individuals who require more support in accessing physical activity they can be referred to the Physical Activity Link Workers for South Glos. Providing one to one support, warm transfer approach to accessing wellbeing.

To refer email

palw-southglos@southernbrooks.org.uk



Bristol

For individuals who require more support in accessing physical activity they can be referred to the Physical Activity Link Workers

For Inner City and East Bristol, email:

jane.rogers@wsb.org.uk

For Swift PCN referrals, email: kathy.kingdon@knowlewesthealthpark.co.uk

