

Friendship clubs



Healthy living for the more mature

- gentle exercise
- fun activities
- tea & coffee
- make new friends
- £2 per session
- first session **FREE**

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

Brian Gardner
T 01454 862296

Spencer Davies
T 07825 155954

Friendship clubs are hosted by Spencer Davies of Sporting Chance
(*Fitness for Life*) and provided by:

AginCare
Hanover
Housing 21
Kingsmeadow Community Flat
Merlin Housing Society
St. Nicholas Family Centre
Staple Hill Regeneration Partnership

Principal funders:



LOTTERY FUNDED

South Gloucestershire



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Friendship clubs



St. Nix Friendship Club

St. Nicholas Family Centre, Chargrove, Yate BS37 4LG
Every **Monday: 10am-11.30am**
You may also call **Wendy Ray: 01454 311030**

Nutfield House, Filton Friendship Club

Nutfield Grove, Filton BS34 7LJ
Every **Wednesday: 10am-11.30am**
You may also call **AginCare: 07725 217 301**

Staple Hill Friendship Clubs

Methodist Church, High Street, Staple Hill BS16 5HQ
Every **Thursday: 9.30am-11am or 11.15am-12.45pm**
You may also call **Our Place: 01454 868374**

Kingsmeadow Friendship Club

Falcon Court, New Cheltenham Road, Kingswood BS15 4FR
Every **Thursday: 1.15pm-2.45pm**
You may also call **Kingsmeadow Community Flat:
0117 961 3055**

Cambrian Green Friendship Club

Cambrian Green Court, Wellington Road, Yate BS37 5TR
Every **Friday: 9.30am-11am**
You may also call **Housing 21: 0370 192 4685**

Patchway Friendship Club

Coniston Community Centre, Coniston Road,
Patchway BS34 5LP
Every **Friday: 1.30pm-3pm**
You may also call **Merlin Housing: 01454 821327**

Badminton Gardens Friendship Club

Badminton Gardens, Beaufort Road, Downend BS16 6FG
Every **Friday: 4pm-5.30pm**
You may also call **Hanover: 0117 956 0568**

To find out more about any of the clubs please call first for a friendly chat:
01454 862296 or 07825 155 954