

# Want to become more active?

Bristol

Project



Are you, or do you know someone who has experienced or is living with a long term mental illness who would like to become more active?



If so, **Bristol Active Life Project (BALP)** may be able to help. We offer a variety of activity sessions designed for people with long term

mental illness at different

venues across Bristol.

Wherever you are with your recovery, we can help guide you to a suitable activity.

## About the sessions

All the sessions are run by qualified coaches who have undergone mental health awareness training.

Referral into these sessions is through voluntary sector agencies, GPs, Avon and Wiltshire Mental Health Partnership NHS Trust (AWP)\*



## How do I sign up?

Signing up is easy and only takes a few minutes. You can sign up online by visiting [www.bristol.gov.uk/balp](http://www.bristol.gov.uk/balp)

## Why take part in activity?

- Have fun and meet new people
- Learn new skills and share interests
- Improve your health and wellbeing



## Activities include:

- badminton
- walking
- gym based exercise
- football
- women yoga
- indoor cricket
- annual tournaments

- table tennis
- and lots more...

To view an up-to-date timetable of activities visit [www.bristol.gov.uk/balp](http://www.bristol.gov.uk/balp)

## What people have said about Bristol Active Life Project

“I enjoy the football sessions because it is a friendly and safe place to be”

“The coach was sensitive to my needs and when I started BALP he met me and took me to the gym”

“This was an excellent event that helped in my efforts to improve my health and lower my stress”



## For more information

If you are under the care of your GP or supported in the community by a voluntary organisation and would like to know more please contact:

**Telephone: 0117 922 4719**

**Email: [balp@bristol.gov.uk](mailto:balp@bristol.gov.uk)**

**Website: [www.bristol.gov.uk/balp](http://www.bristol.gov.uk/balp)**

If you are currently under AWP care and would like to know more please contact:

**The BALP Team, Therapies at  
Woodside, Callington Road Hospital,  
Marmalade Lane, Bristol BS4 5BJ**

**Telephone: 0117 919 5769**

**Email: [awp.balp@nhs.net](mailto:awp.balp@nhs.net)**



**If you would like this information in a different format such as braille, large print, audio tape or computer disk, or in a community language, please contact us on 0117 922 4719.**

Bristol Active Life Project is a partnership between Bristol City Council, Avon and Wiltshire Mental Health Partnership NHS Trust and Sports and Leisure Management Limited.