



BALP Activity Timetable 2018

For more information on these sessions please contact BALP on:

Tel: 0117 919 5769/ E-mail: awp.balp@nhs.net /Twitter: [@BALPBristol](https://twitter.com/BALPBristol)

Updated: 20/2/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Walking Group* Central Library (£0)	Badminton* Kingsdown Leisure Centre (£3)	Gym* Easton Leisure Centre (£3)	Box-Fit* Bristol Boxing Gym (£3)		
	Health Walk* Central Library (£0)	Football (indoor)* St Pauls Academy (£3)	Tennis* Knowle Tennis Club (£3)			
Badminton & Table Tennis* Hengrove Leisure Centre (£3)	Football (indoor)* St Pauls Academy (£3)		Walking football Starts April 26th St Pauls Academy <u>Kickin2Shape</u> A free 12 week 60 minute Walking football activity	Football* (outdoor 3G pitch) South Bristol Sports Centre (£4)		

Groups* All sessions are supported by an AWP Active Life Trainer for those engaged with secondary mental health services.

Suitable (NON BALP) Mental Health Friendly Groups

Please note: These sessions are mental health friendly sessions which are **NOT** run by BALP and may require a separate referral (please contact before attending) For other activity groups in your area please visit: <http://www.wellaware.org.uk/>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Downs Walking Group 10.30-12.30pm. (£0) timothydowling12@gmail.com</p>			<p>Wild Walks Walking Group 2.00pm-3.30pm (£0) WellbeingWildWalks@gmail.com 0754 832 0164</p>		<p>Tennis (Eve) (Beginners/Improvers) Knowle Tennis Club matt-thompson1984@hotmail.co.uk</p>	
<p>Netball Kingswood Leisure Centre - £3 (Crèche) 10.30am-11.30am sue.anderson@englandnetball.co.uk</p>	<p>Tennis* Redland Green Tennis Club 11.00-12.00 (£3) helenabbott19@gmail.com</p>		<p>Tennis Cotham Park Tennis club (£3) 1.30-3.00pm helenabbott@cothamtennis.net</p>			
			<p>Tennis (Eve) (Beginners/Improvers) Knowle Tennis Club matt-thompson1984@hotmail.co.uk</p>	<p>Parkour The Park, Knowle freeyourinstinct@outlook.com</p>		
<p>Bike Minded Bike Minded is a mental well-being cycling project run by Life Cycle UK, offering free group rides, free cycle training and assistance to get a low cost refurbished bike. Contact details: Viv on Tel (0117) 353 4580, Mobile: 07584 324 470 or email: bikeminded@lifecycleuk.org.uk PLEASE NOTE: PRE-REGISTRATION REQUIRED</p>						