



# BALP Activity Timetable 2017

For more information on these sessions, please contact the BALP Team on  
**Tel: 0117 919 5769/ E-mail: [awp.balp@nhs.net](mailto:awp.balp@nhs.net) /Twitter: @BALPBristol**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Walking Group*</b> Central Library (£0)	<b>Badminton*</b> Kingsdown Leisure Centre (£3)				
	<b>Tennis*</b> Redland Green Tennis Club (£3)					
	<b>Health Walk</b> <b>Central Library</b> (£0)	<b>Football (indoor)*</b> St Pauls Academy (£3) SORRY FULL!	<b>Tennis*</b> Knowle Tennis Club (£3)			
<b>Badminton &amp; Table Tennis*</b> Hengrove Leisure Centre (£3)	<b>Football (indoor)*</b> St Pauls Academy (£3) SORRY FULL!	<b>Gym *</b> Easton Leisure Centre (£3)	<b>Box-Fit*</b> Bristol Boxing Gym (£3)	<b>Football*</b> (outdoor 3G pitch) South Bristol Sports Centre (£4)		

Updated: 8/5/17

**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><b>Downs Walking Group</b> 10.30-12.30pm. (£0) <a href="mailto:timothydowling12@gmail.com">timothydowling12@gmail.com</a></p>			<p><b>Wild Walks Walking Group</b> 2.00pm-3.30pm (£0) <a href="mailto:WellbeingWildWalks@gmail.com">WellbeingWildWalks@gmail.com</a> 0754 832 0164</p>		<p><b>Tennis (Eve)</b> (Beginners/Improvers) Knowle Tennis Club matt-thompson1984@hotmail.co.uk</p>	
<p><b>Netball</b> Kingswood Leisure Centre - £3 (Crèche) 10.30am-11.30am sue.anderson@englandnetball.co.uk</p>			<p><b>Tennis Cotham Park Tennis club (£3)</b> <b>1.30-3.00pm</b> helenabbott@cothamtennis.net</p>			
			<p><b>Tennis (Eve)</b> (Beginners/Improvers) Knowle Tennis Club matt-thompson1984@hotmail.co.uk</p>	<p><b>Parkour</b> The Park, Knowle freeyourinstinct@outlook.com</p>		
<p><b>Bike Minded</b> 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: Heather on Tel (0117) 353 4580, Mobile: 07584 324 470 or email: <a href="mailto:bikeminded@lifecycleuk.org.uk">bikeminded@lifecycleuk.org.uk</a> <b>PLEASE NOTE: PRE-REGISTRATION REQUIRED</b></p>						