

Winter Newsletter

The Peer Support Community brings people together to share experiences, support each other and try new things. We are open to anyone over 18, whether physically disabled, have a long term condition, learning difficulty or mental health condition.

‘peer support is like friends supporting friends’

We run our activities across Bristol, South Glos and North Somerset and in the New Year we will be bringing our Community to BaNES.

Our regular groups are drop-ins, so there’s no need to book, whereas our one-off events have limited space so please let us know if you would like to come. All of our activities are free or low cost.

What we’ve been up to ...

We’ve enjoyed a good stretch at Chair Yoga; hit the target at Indoor Archery and had a brilliant singalong at our fabulous singing and music group. We also had a hugely enjoyable boat trip on the Sharpness Canal – so MASSIVE thanks to the Willow Trust! Our regular Nailsea Craft Group has found a new home at 65 High Street & our Chemistry sessions ended with a very tasty microwave cake bake-off challenge!!

Chemistry Workshop



‘Can’t wait to try this at home!’

Willow Trust boat trip



“It doesn’t get a lot better than this.”

Christmas break & Winter Weather

There will be no activities over the Christmas & New Year holidays. Please do be aware that we may have to cancel activities due to bad weather so check our Calendar on WECIL’s website or give us a call to check

What's on

We have so many fantastic opportunities to get involved So come on – give us a go!

He's behind you!

Join us for PANTO at the BRISTOL HIPPODROME, we have 40 tickets for **the matinee performance** of ALADDIN. Tickets are £5 and due to the expected high level of interest - we will randomly select the lucky people.

Groups are welcome and we do have spaces for wheelchairs as well & carers / support workers. PLEASE LET US KNOW BY WEDNESDAY 13TH DECEMBER IF YOU WOULD LIKE TO COME.

Brave Poor Things: Reclaiming Bristol's Disability History

We've been kindly invited to explore this fascinating **exhibition showing** how disabled people advocated for themselves and survived in a changing society from the late Victorian period to the 1980's.

We will also have **an art workshop** led by one of our fantastic peer support volunteers. The date will be confirmed and will most likely be in February – contact if you're interested in finding out more.

Volunteer Day - Friday 2nd March

If you would like to explore volunteering with Peer Support, on the 2nd March we have **an open day** where questions will be answered and opportunities explored (venue will be confirmed). From helping de-

liver our newsletters and leaflets, becoming a social media champion to helping at our workshops and activities or leading the Peer Support Community - come along & find out more!

Regular Groups

Craft group in Nailsea

Get creative with our accessible and enjoyable workshop – every week is different and on January 4th we have 'shrink plastic' art where create your own masterpiece!

65 High Street, Nailsea, BS48 1AW
on the 1st Thursday in the month, from 10.30am-12.30pm.

Chair Yoga

The class is ideal if you use a wheelchair or struggle due to health conditions to get down on the floor for conventional yoga.

Backwell's Parish Hall Backwell
Crossroads, Station Road, BS48 3QW
Runs fortnightly on a Tuesday from 11am till 12.30pm

Music and singing

Join our fun and friendly singing group – you will not regret it!

Timings will change from January to fortnightly Tuesdays from 2 till 3pm. Greenway Centre in Southmead, Doncaster Road, Southmead, Bristol BS10 5PY

Weston super Mare

Starting with a series of Photomontage sessions & other amazing opportunities will follow!

On the 3rd Monday of the month from 1.30pm till 3.30pm. The Healthy Living Centre 68 Lonsdale Avenue, WSM, BS23 3SJ

Indoor Archery

No experience necessary, we have trained coaches to help.

The Park Centre Daventry Road, Knowle, Bristol BS4 1AD fortnightly on Wednesdays from 1.30pm till 3.00pm. 20th December we will also have a xmas buffet!

Creative Challenge at Trinity

Come along to our relaxed and friendly art group 'Finding your way with Clay' workshop will be coming to Creative Challenge in February.

The Trinity Centre, 12.30-2.30pm
Trinity Road, Old Market, Bristol, BS2

Meal Time Meet up groups

Come along to these warm and friendly social groups, have a cuppa or a low cost meal and enjoy sharing time with some wonderful people!

The Park Centre, Knowle

Meet in the café on every last Monday of the month – 12pm-2pm apart from bank holidays

Daventry Road, Knowle, Bristol BS4 1AD

New dates The Glassmaker Pub in Nailsea

Every 2nd Monday of the month from 12pm till 2pm. To celebrate this new meet up group - we will buy your first drink!! 12 Crown Glass Place, Bristol BS48 1RD

The Farmhouse Pub in Yate

On the first Tuesday of the month

12pm-2pm

Wellington Road, Bristol BS37 5UY

Old Post Office Pub in Fishponds

2nd Tuesday of month 6pm-7.30pm

786 Fishponds Road, Bristol BS16 3TT

The Greenway Centre Southmead

Stay around & join in our glorious singing group! meet in the café on every Last Tuesday of the month – 12pm-2pm.

Doncaster Road, Southmead, Bristol BS10 5PY





supporting independent living

Peer support community

Calendar 2017/18

December January February

Creative Challenge art group

12.30pm - 2.30pm

- 25th Jan
- 22nd Feb

Knowle meet up group

12pm - 2pm

- 29th Jan
- 26th Feb

Southmead meet up group

12pm - 2pm

- 30th Jan
- 27th feb

Fishponds meet up group

6pm - 7.30pm

- 12th Dec
- 9th Jan
- 13th Feb

Yate meet up group

12pm till 2pm

- 5th Dec
- 2nd Jan
- 6th Feb

Nailsea Craft session

10-30am -12-30pm

- 7th Dec
- 4th Jan

Indoor Archery

1.30m - 3pm

- 6th, 20th Dec
- 10th, 24th Jan
- 7th, 21st feb

Nailsea meet up group

12pm -2pm

- 11th Dec
- 8th Jan
- 12th Feb

Chair Yoga

11 am -12.30pm

- 5th Dec
- 16th Jan
- 6th, 20th Feb

Singing & music

10.30am - 11.30am

6th Dec

2-3pm Tuesday

- 16th, 30th Jan
- 13th, 27th Feb

WSM Healthy Living

3pm -5.30pm

- 18th Dec
- 22nd Jan
- 19th Feb

Creative Writing

10.30 - 12.30pm

- 4th Dec
- 8th Jan
- 5th Feb

Get in touch if there's any reason that prevents you from joining in - we are here to help find solutions.

Coming up in Peer Support, let us know if you would like to find out more!

Tai Chi – this will be led by one of our amazing volunteers most likely in the Bristol area – details will follow

First aid training will be available in Bristol & Nailsea – dates to be confirmed.

CONTACT THE TEAM Emma, Anne & Sally



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