

The Beehive Centre is a fully accessible  
community hub & meeting place.

# The Beehive Centre



**WHAT'S ON**  
SUMMER 2023

0117 935 4471

[WWW.THEBEEHIVEBRISTOL.CO.UK](http://WWW.THEBEEHIVEBRISTOL.CO.UK)


## WHO WE ARE AND WHAT WE DO

The Beehive Centre is a fully accessible community hub and meeting place. We aim to reduce isolation and loneliness in the community by offering a wide range of free/low cost daily activities and events, for mixed ages and abilities, that promote health and wellbeing, and help people feel more connected to their community.

We are a self-funded community centre, supported by Bristol and Anchor Almshouse Charity.

**You can support us by attending our activities and events, popping in for a cuppa, or coming along to our Breakfast Cafe on Thursdays.**

## ABOUT THIS GUIDE

This guide shows our daily activities and classes. All activities marked with a  are our own activities, and are open to all ages and abilities. These groups have been designed with older people and disabled people in mind, so are fully accessible. All of our activities and groups are drop-in, so there is no need to book - just come along!

We have also listed all the other activities and classes that are hosted regularly at The Beehive Centre each week. These groups are provided by other local organisations, charities and businesses. Please contact these groups directly to arrange to attend.

**Follow us on Facebook, Instagram & Twitter** to find out about our one-off Events, Fairs & Trips!



# MONDAYS

From 9.30am

## **Music with Mummy & Jolly Babies**

Baby and Toddler classes.

Contact Deb on 07905 267624.

**Contact to book**

10.30am

## **Baby Massage**

Learn to soothe and settle your baby. For more info and booking, see [www.the-gentle-touch.com](http://www.the-gentle-touch.com)

**Contact to book**

1pm - 4pm

## **Ping! Table Tennis**

Weekly Table Tennis club on Mondays & Fridays.



**£2.00**

6pm - 7pm

## **Qi Gong**

Gentle exercise for all ages and abilities,

to promote balance, flexibility and a sense of calm.

Contact Paul: 07932 143237 or [tallpaulqigong@outlook.com](mailto:tallpaulqigong@outlook.com)

**£5.00**

# TUESDAYS

From 9.30am

## **Stay and Play Cafe**

Casual stay and play, to meet up and socialise.

Free drink and snack. Toys and play equipment provided.

**£3.00 per family**

10am - 11am

## **Nordic Walking**

A perfect way enjoy the local park, in a friendly group, all learning a new skill together. Nordic Walking poles provided.

Stay for a social hot drink afterwards too! Contact Vicky for more info: 07958581398 or [vicky@letswalkbristol.org](mailto:vicky@letswalkbristol.org)

[www.letswalkbristol.org](http://www.letswalkbristol.org) (new course starts 6th June)

**FREE for age 70+**

# TUESDAYS

10.30am - 11.30am

## St. George Park Stroll (monthly)

A walk around St. George Park, led by St. George Strollers.  
On the third Tuesday of the month, with refreshments after.  
Why not stay for lunch too!



FREE

11.00am - 1.30pm

## Community Lunch Cafe

Join us for lunch,  
or a snack prepared  
by our cook Lara.

**Freshly prepared  
hot 3 course lunch  
available for £5!**

Starter served at 12.30pm



From £2.00



1.30pm - 4pm (approx.)

## Film Club

Watch old & new movies every week in our  
cinema style club. Refreshments provided during interval.



£2.00

6pm - 7pm

## Yoga Loni

Yoga for all ages, abilities & energy levels. For more info,  
see [yogaloni.com](http://yogaloni.com), or email [yogaloni Bristol@gmail.com](mailto:yogaloni Bristol@gmail.com)

**Contact for info**

From 7pm

## Pregnancy Yoga

Weekly group, provided by Purely Pregnant.  
See [purelypregnant.co.uk](http://purelypregnant.co.uk) for details and booking.

**Contact to book**

8pm - 9.30pm

## AA Meeting

See [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk) for more information

**Contact for info**

# WEDNESDAYS

10.30am - 11.30am

## Coffee Morning & Raffle

(Donation) £1.00

Weekly social led by volunteers from St. Ambrose Church. All proceeds go to charity.

10.30am - 12.30pm


## Computer Skills!

 £2.00

Learn how to use your tablet, laptop or smart phone with our friendly volunteers. For beginners & improvers.

10.30am & 11.30am

## Tai Chi

 £5.00

Gentle Tai Chi exercise class led by Tutor Frank. Tai Chi is great for balance, health & wellbeing.

5.30pm & 7.30pm

## Slimming World

Contact for info

See [www.slimmingworld.co.uk](http://www.slimmingworld.co.uk) for group times and details.

# THURSDAYS

9.30am - 12.00pm  
**Community Cafe**



## Community



Join us every Thursday for our drop-in Cafe. **Open to all!**

### MENU INCLUDES

Tea, Coffee, Cakes & Snacks  
Full English 'Beehive Breakfast'  
Veggie Breakfasts  
Hot Sandwiches

Unlimited Tea/Coffee  
with all Breakfasts!



# THURSDAYS

From 9.30am

## **Slimming World**

See [www.slimmingworld.co.uk](http://www.slimmingworld.co.uk)  
for group times and details

**Contact for info**

From 9.30am

## **Music with Mummy & Jolly Babies**

Baby and Toddler classes.  
Contact Deb: 07905 267624.

**Contact to book**

10am - 12noon

## **Gardening Club** (spring & summer)

Intergenerational club, in the Beehive Community Garden.  
All tools & materials provided, plus children's tools.



**FREE**

12noon - 1.00pm

## **Keep Fit**

Especially designed for older people. Aerobics, balancing  
& strengthening exercises both in & out of the chair.



**£4.00**

1.00pm - 3.00pm

## **Arts and Crafts Social**

Socialise & meet new  
people. Enjoy a game or  
get involved in some arts  
& crafts together with  
our volunteer Tutors!



**FREE**

1.00pm - 2.00pm

## **Ballroom Practice**

Practice Ballroom dance styles with each other in  
this informal group. With refreshments after.



**£2.00**

# THURSDAYS

1.30pm - 2.30pm

**Guided Meditation** (restarting in August)

Monthly course, led by Volunteer Maurice,  
supported by Rethink. Groups on:

3rd August, 7th September, 5th October & 2nd November



**FREE**

6.30pm - 7.30pm

**Taekwondo**

Family Taekwondo class.

Call Ben Temple at Temples TKD for info: 07825 369487

**Contact to book**

6.30pm - 7.30pm

**Lena Grace Yoga**

Yoga flow to go, open to all.

Contact lenagraceyoga@gmail.com for class details.

**Contact to book**

# FRIDAYS

10.00am & 11.00am

**Line Dance**

You are welcome to come & learn Line Dance at  
this fun friendly class. Come alone or bring a friend!



**£5.00**

1pm - 4pm

**Ping! Table Tennis**

Weekly Table Tennis club on Mondays & Fridays!



**£2.00**

From 10am

**Mum & Baby Yoga**

See [www.purelypregnant.co.uk](http://www.purelypregnant.co.uk) for details and booking.

**Contact to book**

7pm - 8.30pm

**Sound Bath Meditation**

Restorative gong and crystal bowl sound therapy.

See [www.risingcrowtherapies.com](http://www.risingcrowtherapies.com) for dates and booking.

**Contact to book**

# SATURDAYS & SUNDAYS

11am -12.30pm

## **Sunday Yoga**

Yoga for all ages & abilities. See [www.yogaloni.com](http://www.yogaloni.com).

**Contact for info**

10am - 4pm (Fortnightly on Saturdays)

## **Spin Dye Weavers**

Fortnightly group for spinning, weaving and felting crafts.

Organised by our friends, the Spin Dye Weavers.

Contact [gill@thesassyspinner.co.uk](mailto:gill@thesassyspinner.co.uk) for more info.

**Contact for info**

3.30pm (Last Sunday of the month)

## **Messy Church**

A family friendly service for all ages, with fun, crafts, games, songs and food. Provided by St. Ambrose Church.

Contact James on 07971 080038 for more details.

**FREE**

# THERAPY ROOM

## **Footcare Sessions**

Fortnightly service, providing nail cutting, file & foot cream application. Please call Debbie to book: 07874 227479

## **Nurturing Hand & Foot Care**

Monthly service offered by Jaine from 'Nurture your Sole'.

Hand and foot massage, manicures and pedicures.

To book, call Jaine on: 07896 526248

## **Holistic Massage & Acupuncture**

Massage offered by Clair Cusack. Clair is a fully trained complimentary therapist who also runs our seated Keep Fit class. To book, call Clair on: 07786 373154

## **Reflexology & Reiki**

Working with your body to deepen relaxation and help you to balance on a physical, mental and emotional level.

See [www.haptiktherapies.com](http://www.haptiktherapies.com) for details and booking,

or call Pixie on 07564 840810 to find out more.



# FIRST SUNDAY OF THE MONTH

At The Beehive Centre



12 - 4PM

LOCAL PRODUCE, HOMEWARES, GIFTS, CRAFTS,  
ART, HOT FOOD VENDORS AND A BAR!

## 2023 MARKET DATES:

7th May  
4th June  
2nd July  
6th August

1st October  
5th November  
3rd December  
(No Market in September)

# OUR SPACES

Our centre is fully accessible, and open to the whole community. It is made up of a large hall, a small hall, a multi-functional therapy room and open reception space. All rooms have a sink and kitchenette.

We hire our spaces for activities, events, conferences, birthday parties, weddings, christenings and other occasions.

On weekdays, we offer discounted hire rates for charities and community groups, and discounts for regular hire sessions.

## Seated Capacity:

Main Hall - max 100

Small Hall - max 30

Therapy Room - max 3

## Contact us for booking:

[info@thebeehivebristol.co.uk](mailto:info@thebeehivebristol.co.uk)

### Reception



### Main Hall



approx. 16x9m

### Small Hall



approx. 7x6.7m

### Therapy Room



# MEET THE TEAM

The Beehive Centre is managed and supported by Bristol and Anchor Almshouse Charity.



**Amber Williams**  
Community  
Manager



**Maddie Williams**  
Community  
Coordinator



**Louiza Wadsworth**  
Engagement  
Worker



**Steve Williams**  
Site Caretaker



**Jessica Cornes**  
Charity Clerk



**Lara Blackwood**  
Beehive Cook

We are very grateful to be supported by an amazing team of volunteers. Without volunteer support, we would not be able to provide such a wide range of daily activities and events at The Beehive Centre.

**Registered Charity No: 1075673**



# CONTACT US:

0117 935 4471

info@thebeehivebristol.co.uk

www.thebeehivebristol.co.uk

The Beehive Centre,  
19a Stretford Road,  
Whitehall,  
Bristol, BS5 7AW



## HOW TO FIND US:

We are easy to find, just off Whitehall Road & also close to the north edge St. George Park (tennis courts side). Our entrance is on Stretford Road, right next to St. Ambrose Church.

Buses 6 & 7 will bring you here from Bristol City Centre, or Fishponds/Staple Hill. The Beehive Centre is a very short walk from either bus stop.

