

# Healthier with Nature



- 10** **Walk & Talk**  
(For patients at these GP practices)
- a Grange Road Surgery
  - b Hartwood Healthcare
  - c Hillview Family Practice
  - d The Armada Family Practice
  - e Stockwood Medical Centre

**10** **Walk & Talk**  
(For patients at these GP practices)

**9** **Lush Greens Volunteering**

Contact for details

**8** **Roots to Wellbeing**

Weds 1-4pm

**1** **Active Talk**

Contact for details



**2** **Roots to Wellbeing**  
Withywood  
Tues 1-4pm

**3** **Hartcliffe**  
Thurs 10am-1pm

**4** **Heart of BS13 Volunteering**

Wednesdays

**5** **Wellbeing**  
Wednesdays & Thursdays

Weds 10am-3pm  
Thurs 10am-12.30pm

**7** **Stockwood Growing Together**

Thurs 1-3pm

**6** **Bristol Steppin Sistas**

Contact for details

**1** Stockwood Open Space BS14 8DQ  
Hartcliffe Millennium Green BS13 OBQ  
Contact: charliehh@activebeing.co.uk  
tel: 07764 744609, web: [activebeing.co.uk](http://activebeing.co.uk)

**2** Withywood Park BS13 8PL  
**3** Hartcliffe Millennium Green BS13 OBQ  
Contact: roots@yourpark.org.uk  
tel: 07510 659215, web: [yourpark.org.uk](http://yourpark.org.uk)

**4** Hartcliffe City Farm BS13 OQH  
Contact: garden@heartofbs13.org.uk  
tel: 07762 092648, web: [heartofbs13.org.uk](http://heartofbs13.org.uk)

**5** Hartcliffe City Farm BS13 OQH  
Contact: sara.chapple@windmillcityfarm.org.uk  
tel: 0117 947 1194, web: [hartcliffecityfarm.org.uk](http://hartcliffecityfarm.org.uk)

**6** Contact: Sophie Brown, [bristolstep123@gmail.com](mailto:bristolstep123@gmail.com)  
tel: 07774290646 web: [bristolsteppinsistas.co.uk](http://bristolsteppinsistas.co.uk)

**7** Stockwood Childrens Centre, BS14 8DQ  
Contact: sylvian@hotmail.co.uk  
Facebook: [Stockwood Growing Together](https://www.facebook.com/StockwoodGrowingTogether)

**8** Stockwood Open Space BS14 8DQ  
Contact: roots@yourpark.org.uk  
tel: 07510 659215, web: [yourpark.org.uk](http://yourpark.org.uk)

**9** Lush Greens BS14 OST  
Contact: lushgreensbristol@gmail.com  
tel: 07774 911836, web: [lushgreensbristol.org.uk](http://lushgreensbristol.org.uk)

**10** Knowle West Healthy Living Centre, BS4 IWH.  
Contact: Kathy.kingdon@knowlewesthealthpark.co.uk  
tel: 07739 649778 web: [knowlewesthealthpark.co.uk](http://knowlewesthealthpark.co.uk)