

**FREE
ENTRY!**

Spring into Wellbeing

**Portishead Health, Wealth,
and Wellness Event**

Saturday 13 May 2023 11am - 3pm

The Beacon Hub, The Youth Centre and Somerset Hall

A fun community wide event with:

- Music
- Prize Draw
- Refreshments
- Taster sessions
- Wellbeing workshops
- Information and advice
- No cost and low cost ways to improve health and wellness



THE BEACON HUB

- Music in the Church including live folk music, a community piano, musical instruments, and amazing soloists.
- Talk Club – men's mental health support group drop-in hosted by the Talk Club Captain, Steve Barnard.
- Crafty Chatters and Craft & Natter craft groups keeping you busy with knitting, crocheting and chat!
- Massage and relaxation sessions.
- Community café serving coffee, cakes and light snacks.



THE YOUTH CENTRE

Pre-natal:

- Nicola Hennighan, registered midwife, and complementary therapist from The Complementary Womb will be available for advice on a healthy pregnancy. Free aromatherapy oils available on the day.

Babies and pre-schoolers:

- Information and advice from Carry on Slinging for selecting, hiring, buying, and using a baby sling
- Launch of the new play village for pre-schoolers by Portishead Youth Centre Role Play village and Doodlebug Village – book at <https://bookwhen.com/pycdbv>
- 0-5 nearly new clothes table (donated by VANS)
- Parent and baby sensory play
- Lil' Tree Babies taster session – connect with nature, other parents and your baby

Children and young people:

- 11am-11.45am – children's bubble tea session (ages 8-11)
- 12pm-12.45pm – children's cupcake decorating session (ages 8-11)
- 1pm-1.45pm – youth bubble tea session (ages 12-17)
- 2pm-2.45pm – youth cupcake decorating session (ages 12-17)

Book these sessions at www.picktime.com/youthclub and email mail@portisheadyouthcentre.co.uk to advise of any dietary requirements well in advance

Senior Citizens:

Community café serving coffee, cakes, and light snacks with information on our Senior Citizen events.

SOMERSET HALL

Exhibitors:

- Age UK
- Alliance Homes
- Community Learning North Somerset
- Curo Community Connect
- Direct Payments North Somerset
- Equine Reflections for equine assisted learning
- Gordano Valley Debt Centre
- Health Watch North Somerset
- LGBT+ Forum North Somerset
- Martha's Kitchen
- NHS Talking Therapies
- Portishead Food Bank
- Pure Gym
- Vision North Somerset
- Wellspring Counselling
- Westcountry Savings & Loans Credit Union
- Weston College

Music:

- Live acoustic music from The Folks from Pill at 12.45pm

Workshops:

- Pilates taster session and joint care advice and pain management from Walnut Grove at 11.30am in the foyer
- Nutrition talk from Pure Gym at 2pm in the foyer

