

Tea and Talk **Everyday First Aid**

Tuesday 18th 2-4pm at The Langley Centre

We're delighted to be hosting the Red Cross for a First Aid session, where you will learn some everyday first aid skills to help yourself and others.

This session is being provided free of charge by the Red Cross, however places are limited so **please book early** to avoid disappointment.

Transport available - book with Janie  **BritishRedCross**
on 0117 9515751



Trip **Weston Super Mare £5**

Friday 28th 10 - 4pm

Always a popular trip with so much to see and do! You will get free time to spend doing whatever you like around Weston, you can walk along the miles of Golden Sands, visit the Grand Pier (£1), wander round Grove Park and Jill Dando Memorial Gardens (designed by the BBC Ground Force team), explore the amazing underwater world at the Sea Aquarium (£8.50) or see the amazing Beach Sand Sculptures (£3.50). We will then meet for lunch - fish and chips of course, followed by some more free time before returning home.

Call Janie to book your place 0117 9515751



Shopping Club

A fortnightly trip to a local supermarket with time to shop and socialise in the café.

July dates; **Friday 7th** - ASDA Cribbs Causeway

21st Tesco Bradley Stoke

Just £3 per trip with door to door pick up and drop off.

Call Janie to book your place 0117 9515751



Join us at the Hub on Friday
21st July 1-2pm

Share your opinions on Healthy Lifestyle services.

We would like to show you Bristol City Council's 'Healthy Lifestyle Service' proposal and hear your thoughts on whether the plans work for your community.

It is so important that we get as much feedback as possible so the plans are informed by the people who will be effected by any changes.



Please contact hayley.swift@bristol.gov.uk

For more details



Monday Matinee 10th July 2pm at The Hub

Moonlight

A look at three defining chapters in the life of Chiron, a young black man growing up in Miami. His epic journey to manhood is guided by the kindness, support and love of the community that helps raise him.



St Mary's Church

Tuesday 11th 12pm

£4.50 for a hot meal, pudding and a cup of tea.



Coming Up August

Trip - Monday 7th - Berkeley Castle £12

Tea and Talk - Friday 25th - BBQ Garden Party