



Social Activities January 2020 - June 2020

Come along to meet new people in a relaxed and fun environment, form friendships, share experiences and come 'All-In' together.

Complementary Therapies Day

Saturday 11 January 2020 11am-4pm

Friends Meeting House, Champion square, Bristol BS2 9DB

Learn how to relax and enjoy either Indian head, Reflexology massage or Reiki. There is a maximum of 12 places to receive a therapy. Lunch provided.

China Mugs

Tuesday 11 February 2020 10.30am-2pm

Easton Community Centre, Kilburn Street, Easton, Bristol BS5 6AW

Fancy doing something arty but not sure where to start? Come and have a go at decorating your very own bone china mug using a wide selection of water-slide transfers and see the artist in you bloom! One-to-one tuition will be given to assist you in creating a personal masterpiece. No previous experience required. - **10 places available**. Lunch is included.

Boat Trip to Beese's Riverside Garden

Friday 19 June 2020 10.45am – 3pm

Meet in Bristol Packet Office (SS Great Britain), BS1 6UN

Leave the city behind and enjoy a leisurely cruise up the river with a stop for lunch at the Beese's Bar & Garden. **Bring your packed lunch to eat on the boat or money to buy lunch at the pub – 15 Places available.**

Unless stated there is a £5 cost for social activities (except for those who are on a low income of £85 a week or less) to be paid when booking your place. For more information and to book your space please call **0117 9555 038**.

For more information on any of these activities, or for information on any other HIV support service that we offer, please get in contact on: **0117 9555 038**.





Workshops and groups January 2020 - June 2020

Come along to meet new people in a relaxed and fun environment, form friendships, share experiences and come 'All-In' together.

Fitness Dance Day

Saturday 28 March 2020 10am – 4pm

Friends Meeting House, Champion square, Bristol BS2 9DB

Come in and join in with some keep fit/dance class. The afternoon will be dedicated to exploring different ways of keeping fit and learning some massage techniques for relaxation. Please bring food to share.

Positive Sexual Relationships

Tuesday 22 April 2020 6–8pm

Easton Community Centre, Kilburn Street, Easton, Bristol BS5 6AW

Sex is an important part of our lives, but living with HIV can sometimes make this more difficult. Come and join our session for an opportunity to explore sex in a safe environment and to develop the confidence & skills to enjoy this aspect of our lives. We promise it will be fun, creative & memorable!

Yoga, meditation and essential oils

Saturday 23 May 10am – 4pm

Friends Meeting House, Champion square, Bristol BS2 9DB

Brought back by popular demand. Learn Yoga and meditation and how to use essential oils. Lunch provided.

**For more information on any of these activities or to book your place,
please get in contact on: 0117 9555 038**

