



Welcome To...



Avonmouth Community Centre

Compiled by Avonmouth Community Centre Association

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The vision of Avonmouth Community Centre Association is:

That all residents living in the Bristol ward of Avonmouth enjoy a high quality of life, are able to achieve their economic, social and educational goals, and are part of a strong, prosperous and caring local community.



Hello!

Avonmouth Community Centre Association is a charitable, not-for-profit organisation that manages the Community Centre building. Its work is overseen by a committee of volunteers, with a small team of part-time workers for the day-to-day running of the centre.

We work hard to provide an affordable, friendly and pleasant space for local people to meet and take part in a wide range of activities. We also have a number of spaces to hire. Take a look through this booklet to get an idea of what takes place at the centre.

If you have any questions about what we offer, just get in touch. If you think we can help with your event or activity, let us know. We can also point you in the right direction towards other things in Avonmouth and beyond.

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Avonmouth Village
Bristol
BS11 9EN

t: 0117 982 7445

e: info@avonmouthcca.org.uk

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Connect...

Avonmouth Community Centre is all about being connected. Being in touch with others can be fun, supportive, and inspirational—it's about giving and getting back. We all like time on our own, but too much can leave us feeling isolated. That's why we're so passionate about supporting great community activity.



Ask us for more information about these activities, and others. If you're not sure about something, we can talk it through with you. If you've got a great idea for an activity or event, let us know—we may be able to help you get going!

“The centre is a lifeline for us!”

Groups at the centre: All groups at ACC are great ways to connect with others in your community—you'll find lots of ideas below and throughout this booklet! New groups or activities are regularly added, so it's worth checking with us to find out the current programme. Current details are always on our webpage or social media channels.

Avonmouth Lunch Club is a weekly activity at ACC. The members enjoy good food, good company and describe themselves as “Recycled Teenagers!”



Wacky Walkers, an over 55s' walking group, meet weekly at ACC, and then go exploring Bristol on foot! (supported by LinkAge Bristol)



Avonmouth Community Centre Toddlers is a brilliant example of people power—Parents and toddlers having a great time together! Pop in or check out their Facebook page...

The Short Mat Bowls Group meet twice a week and love this friendly and sociable indoor sport. Come along and have a game with them...



Being Active...

Whatever your age being active is an important way to feeling better and getting fitter. A small amount of activity can make a noticeable difference. ACC hosts a number of activities that could fit into both your schedule and your budget.



Ask us for more information about these groups, or check our website or Facebook page for latest information. We can also put you in touch with the relevant group organiser.

Groups at the centre to help you get active:

- ⇒ **Motivational Fitness:** Led by a professional fitness instructor to give you a fun and effective aerobic workout.
- ⇒ **Zumba:** combines Latin and International music with a fun and effective workout system. *Also Zumba Gold* sessions with original Zumba moves but lower intensity—great for the active older adult or if you have limited mobility!
- ⇒ **Ninjutsu:** Mahoutsukai Dojo meets at ACC for those serious about this martial art.
- ⇒ **Line Dance:** A long-established group that meets regularly, and holds frequent social evenings.
- ⇒ **Wacky Walkers:** An over 55s' walking group in partnership with LinkAge Bristol. We also have their Avonmouth Walking Map with local walk ideas—ask us for one!
- ⇒ **Gentle Exercise:** Avonmouth Residents who come to our Lunch Club can join this fun and sociable activity to help keep you moving—especially great if you're getting a bit older!
- ⇒ **Short Mat Bowls:** Sociable, gentle exercise—indoors, so never mind the weather!
- ⇒ **Avonmouth Dance Academy:** Children benefit from keeping active too. ACC hosts dance classes for boys and girls from pre-school up. Current class info at www.avonmouthdanceacademy.co.uk
- ⇒ **New Age Kurling:** This exciting indoor kurling game has recently been introduced to Avonmouth Community Centre and has proved incredibly popular. Look out for more sessions in the future!



"It's good having all these things so close to home!"

"I enjoy being active. It's good for the heart and soul!"



Take Notice...

Avonmouth is a unique part of Bristol with lots happening. All strong communities rely on residents being involved in what's going on to create a resilient, thriving place to live. Avonmouth, like other communities, depends on this involvement too.



There are opportunities where you can have your say, influence decisions, and shape the future of the community.

“It’s important for us to have a say about the place we live.”

Many of the following activities take place at Avonmouth Community Centre, some in other venues. We can give you information about all of them.

- ⇒ **Councillors’ Surgeries** are held regularly at ACC and are an opportunity to discuss any concerns or issues that you have with your elected councillors.
- ⇒ **Neighbourhood Forums** are quarterly open meetings for Avonmouth Village residents and a place to connect with Council officers, Police and others connected with local or city-wide issues. You can find out about plans for the area, ask questions and put your views forward. They also feed into Neighbourhood Partnerships.
- ⇒ **Neighbourhood Partnerships** are local decision making bodies throughout Bristol. This area’s Partnership meets quarterly in an open meeting. The panel includes local Councillors, resident representatives and local organisation representatives. Decisions about some local council spending are made here. Ask us, the Neighbourhood Partnership Coordinator, or your Councillor, how you can be involved... (We can put you in touch with these people.)
- ⇒ **Police Surgeries:** A chance to meet the local Beat Team for a chat about any policing issues or questions you might have.
- ⇒ **Planning activities:** These are currently developing and working towards creating a voice for Avonmouth residents to have a say in future developments that are subject to planning regulations. Let us know if you are interested.



Learn...

Everyone can enjoy learning... whether for employment, hobby or just for your own enjoyment. Many people who have started learning at ACC felt nervous at first. Most found out that even if it's a long time since you went to school or college, it's never too late to love learning!



Learning takes many forms, and at ACC there are opportunities to learn informally, as well as opportunities to take a structured course. These happen throughout the year, so check our website for the next one...

“Bit by bit my confidence has grown. I’ve surprised myself!”

Avonmouth Work Club: If you’re looking for work, or training, then this friendly work club is a free service where you can... get help with job searches, create and tune-up your CV, practice interview techniques, and meet other job seekers. It has everything you need to search and apply for work, along with the support of experienced staff and volunteers. It has connections with local businesses and employment organisations to help give you the advantage. It also has a proven track record!

Internet Access: If you don’t have a computer or internet access, don’t worry! We have the solution to help you get online, and get any support you need to do it. Get in touch, and we’ll get you online!



Learning Communities: Throughout the year the Bristol Learning Communities Team provide courses and learning events throughout the area, including at ACC. Courses in the past have included food hygiene, paediatric first aid, beauty therapies, Maths and English Brush Up and I.T. Courses to name a few. With experienced tutors, and great materials, you’ll soon be enjoying being part of a learning community. For more information, ask ACC, or contact Learning Communities (www.bristolcourses.com t:0117 9030072)

ALSO! Many courses or sessions pop up throughout the year... these have been things such from paediatric first aid to pet first aid! **Avonmouth Genealogy Group** meets monthly—members have a keen interest in family and local history! Our **Knitting & Crochet Group** share techniques & skills, and have fun with their craft.



Give...

Giving something back is a great way to feel good and know that you are making a difference. Today, many activities, services and events are only possible through the time and effort given by volunteers.



One of the most valuable things that you can give to others is your time! A small amount of it can make a big difference—to you and to others!

“I volunteer because I believe in community spirit!”

Volunteering changes lives and communities—we see this every day! Many activities, services and events are only possible through the time and effort given by volunteers.

Volunteering is a great way to...

- Meet new people
- Gain new skills, knowledge and confidence
- Build up your CV
- Help other people in your community
- Make a difference

Volunteering at ACC: The centre has a small team of part-time staff, so it relies on the amazing work of its volunteers. They undertake a variety of roles, including... Events, catering, front of house and volunteer taxi drivers (in our Lunch Club), play work (with children), gardening, maintenance (e.g. painting), work club / I.T. volunteer, and serving on the board of management for the centre. All in all, it's an effective way to share your skills, or acquire new ones and to meet new people. Our volunteers change lives and make a big difference. Contact us if you want to find out more...

If you are interested in other kinds of volunteering, even in other parts of Bristol, visit: www.volunteerbristol.org.uk



Nisbets In The Community Volunteers



Useful Information

Avonmouth Community Centre: 0117 982 7445

Avonmouth Library: 0117 903 8580

Avonmouth Family Centre: 0117 903 0271 Catherine Street, Avonmouth, BS11 9LG

This great facility for local parents (both mums and dads) provides a host of groups, support, advice and facilities. It brings together free early years education, local health and family support, and affordable flexible childcare. To find out more about what this friendly and approachable team can offer you, get in touch!

Avonmouth Medical Centre: A wide variety of clinics and services for men, women and children. 0117 982 4322 (including out of hours) www.avonmouthmedicalcentre.co.uk

Non emergency medical advice: 111

Avonmouth Pharmacy: 0117 982 3158

Avonmouth Dental Practice: 0117 982 0055

Police (non-emergency): 101

Bristol Mind Helpline: For information and support around mental distress
0808 808 0330 (free)

Samaritans: 08457 909090

Avonmouth Primary: 0117 903 0280 www.avonmouthp.co.uk

Avon Primary: 0117 903 0446 avonprimarieschool.co.uk

Avonmouth Sea Cadets: Visit www.sea-cadets.org/avonmouth

Brownies & Guides: Visit westdivision.co.uk

Bristol City Council: General Enquiries 0117 922 2000

St Andrews Ladies Club: This long established group meets twice a month (evenings) throughout the year in an informal and sociable setting. They have a planned programme of activities and talks covering a wide range of areas. Occasional outings are also enjoyed. Most of all, it's fun, and a great way of spending time with others. Details of the next meeting can be found by contacting ACC.