



Pilates for Beginners

Debbie a qualified Pilates instructor provides chair-based Pilates every Wednesday, 2-3 pm, at Redgate for patients registered at the Practice.

Pilates is a gentle form of exercise that can help improve posture, muscle tone, balance and joint mobility, as well as relieve stress and tension. Our chair-based class is suitable for people of all ages and abilities. People with musculo-skeletal conditions, fibromyalgia, stress-related conditions have found the class extremely beneficial.

Singing Group	Every Tuesday at 10. 30 am Stockmoor Lodge Care Home
Gardening Group	Every Tuesday at 12 noon, Redgate M/C Every Thursday at 12 noon, Somerset Bridge M/C
Walking Group	Fortnightly, Wednesday, 12.30 pm from Redgate or Somerset Bridge
Foot Massage	Every Tuesday morning REGISTERED PATIENTS ONLY
Pilates for Beginners	Every Wednesday, 2 pm REGISTERED PATIENTS

For more information about any of our social prescribing activities please ask at Reception

Redgate Medical Centre, Westonzoyland Road, Bridgwater, Somerset, TA6 5BF Tel: 01278 454560 www.redgatemedicalcentre.co.uk

Somerset Bridge Medical Centre, Stockmoor Park Estate, Taunton Road, Bridgwater, TA6 6LD Tel: 01278 411520 www.somersetbridgemc.co.uk



Redgate Medical Centre



Somerset Bridge Medical Centre



WHAT'S ON Activities Guide



'Helping you Become More Active'



Gardening Group

Join Clair and our Volunteer Gardeners on Tuesday (at Redgate) and Thursday (at Somerset Bridge) at 12 noon.

Whether you are an experienced gardener, someone who wants to learn a bit more about plants/fruit and vegetables or you simply come along to chat to others, we would love to hear from.

Come and pick the fruit and vegetables growing in our community garden.

Everyone welcome !



Community Singing Group

Our Singing Group meet at 10.30 am every Tuesday at Stockmoor Lodge Care Home, Nokoto Drive, Stockmoor, Bridgwater for a sing-a-long with some of the Care Home residents and staff. Everyone is welcome!

Walking Group



Our well established Walking Group meet every fortnight on a Wednesday at 12.30 pm. Walks start from either Redgate or Somerset Bridge Medical Centre.

Our trained walk leaders design walk routes suitable for people of all ages and abilities.

Pushchairs and dogs most welcome !

We meet back at the Medical Centre after each walk for light refreshments.

Everyone is welcome !

Foot Massage (Reflexology)

Foot massage can help to alleviate a number of physical ailments as well as help to improve people's mental and emotional well-being. Every Tuesday morning Heather, a qualified Reflexologist provides sessions on a voluntary basis to patients registered at the Practice. Reflexology is not a cure or a medical treatment and does not treat specific illnesses.