

January 2023



North Somerset People First – supporting adults with Learning Disabilities and/or Autism

NSPF Activities

Happy New Year Everyone! Here is our January events calendar. Pop the dates in your diaries of things that are of interest to you. From time to time, we may need to make small changes to the plan. Please look out for our weekly events list and reminder invites, confirming the finer details.



Monday	Tuesday	Wednesday	Thursday	Friday
2 Bank Holiday	3 Walking Group - Weston Meet at The Grand Pier at 2pm. Walk to Clarence Park. With Kerrie & Karen	4	5	6 Friends Together Clevedon Meet at Salthouse Pub at 10.30am. With Kerrie, Lynda and Denise
9	10 Walking Group - Clevedon Meet by Marine Lake at 2pm. With Kerrie & Karen	11 Speaking Up Group Weston The Campus. 11am-1pm. With Kirsty & Gemma	12	13 Friends Together Portishead Meet at Hall & Woodhouse Pub at 10.30am. With Kerrie
16	17 Walking Group - Weston Meet at The Grand Pier at 2pm. Walk to Knightstone Island. With Dan & Karen	18 Speaking Up Group Portishead. The Beacon. 11am - 1pm. With Kirsty	19	20 Friends Together Weston Brunello Lounge. 10.30am-12pm. With Kerrie
23	24 Women's Wellness The Campus, Starts at 10.30am. With Kirsty Walking Group - Weston Meet at The Campus at 1.30pm. With Dan & Karen	25 Friends Together - Weston Stable Games Room. 10.30am-12pm. With Kerrie	26 Men's Wellbeing At The Campus Starts at 2pm. With Joseph & Dan	27
30	31 Walking Group - Portishead Meet at Wharf Leisure Centre, 11am for a walk of the Marina. With Kerrie			

These events are for members of North Somerset People First and are free. We welcome new members all the time.

To find out more Email us at info@nspf.co.uk or call the team on 01934 426 086