

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

## NSPF Activities

Spring is here!

Here is our March 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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Women's Wellness</b> Stage Café @10.30am <b>Walking Group @2pm</b> Grand Pier to Clarence Park	2 <b>Friendship Group</b> Stables @11am <b>Dungeons &amp; Dragons,</b> Locking Church @2pm	3	4 <b>Better Together Weston</b> Brunello Lounge @10.30am	5
6	7	8 <b>Walking Group Clevedon @2pm</b> Marine Lake to Marshall's Field/Sea wall	9 <b>Speaking Up Weston,</b> Campus @11am Guest Dental Nurse	10 <b>Men's Wellbeing</b> Weston Museum @1pm	11 <b>Better Together Portishead</b> The Posset Cup Wetherspoon @10.30am	12
13	14	15 <b>Women's Wellness @10.30am (venue tbc)</b> <b>Walking Group @2pm</b> Weston Grand Pier to Knightstone	16 <b>Friendship Group</b> Stables @11am <b>Dungeons &amp; Dragons,</b> Locking Church @2pm	17	18 <b>Better Together Weston</b> Brunello Lounge @10.30am	19
20	21	22 <b>Walking Group Grove Park @2pm.</b> A special Litter-Picking walk!	23 <b>Speaking Up Portishead, The Hub @11am</b>	24 <b>Men's Wellbeing</b> Spring Walk and Talk. Weston @1pm	25 <b>Better Together Clevedon</b> The Salthouse @10.30am	26
27	28	29 <b>Women's Wellness @10.30am (venue tbc)</b> <b>Walking Group @2pm</b> Weston Grand Pier to beach huts	30 <b>Friendship Group</b> Stables @11am <b>Dungeons &amp; Dragons,</b> Locking Church @2pm	31	1 April <b>Better Together Weston</b> Brunello Lounge @10.30am	

These events are for members of North Somerset People First and are free. We welcome new members all the time, so if you know someone interested, do get them to **Email us at [info@nspf.co.uk](mailto:info@nspf.co.uk)** or call the team on 01934 426 086