

# October

## 2022

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

## NSPF Activities

Here is our October 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
3	4	5	6	7 GREEN Walk – Portishead Meet at Parish Wharf Leisure Centre @10.30am Marina & Coastal Path walk. With Kerrie
10 Walking Group – Weston Meet at Grand Pier @2pm. Walk to Clarence Park with Kerrie & Karen	11	12 Speaking Up Group Weston The Campus. 11am-1pm. With Kirsty	13	14 Friends Together Clevedon Meet at Salthouse Pub @10.30am. With Kerrie, Lynda and Denise
17	18	19 Speaking Up Group Portishead. The Beacon. 11am – 1pm. With Kirsty	20 GREEN Walk – Weston Meet at the Tropicana at 11am. Experience the See Monster as a group and take in the views from the top! With Sarah C	21 NSPF Annual General Meeting The Royal Hotel 2.30pm-4.30pm Bar & Buffet from 4.30pm. Followed by Disco until 10pm.
24 Women’s Wellness Campus at 10.30am With Kirsty & Nic GREEN Walk Meet at the top of Grove Park for @2pm. Walk up to the Quarry and onto Weston Woods. With Kerrie	25	26 Friends Together - Weston Stable Games Room 10.30am-12pm With Kerrie	27 Men’s Wellbeing Campus at 2pm With Joseph & Dan.	28

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](mailto:info@nspf.co.uk) or call the team on 01934 426 086