

Including You

Things to do places to go people to see

Pill and Easton-in-Gordano

Directory of Community Groups, Activities and Events - **March 2023**



Thanks!

Thank you very much to everyone who has been involved in making this project such a success: the project group, the Parish Council, the Community Forum and the Community Foundation, the Resource Centre and other volunteers, people who organised delivery and those who delivered to each household, all who reached out to group leaders to gather, collate and check group information, those who have designed the webpages, the editing, design and printing of this booklet, to the photographers, and to the organisers of our Community Fayre in March 23.

Finally, thanks to all those running such a fantastic range of groups and activities!! What an amazing place to live.

Disclaimer: Whilst we have taken every effort to ensure the group details are correct at the time of publication, we apologise for any inaccuracies. If the details have subsequently changed, please notify to **wellbeingpeig@gmail.com** to ensure the Parish Council Website remains up to date.



Website: www.pillandeastoningordano.org/village-groups

Email: wellbeingpeig@gmail.com

Including You

Things to do **places to go** people to see

KEY:



Hearing
loop



Parking



Accessible venue
(including
toilets)



Refreshments
available



Volunteering
opportunity

Welcome to Including You

Your local directory of activities and groups in the area.

Sponsored by The Community Foundation, this booklet focuses on five ways to wellbeing (described on page 20) and has been drawn together to showcase what's going on within your community and hopefully encourage you to get involved.



Indoor or outdoor, for fitness or interest, there's something here for everyone, of any age.

Perhaps you want to join an exercise class or take up a sport, you have a hobby, or an interest in the environment, or maybe you just want to spend some social time with friends ... take a while to look through. You'll be amazed what's available, right on your doorstep! There's even a helpful village map in the centre, showing walks, useful local information and landmarks.

Our village relies on volunteers for many worthwhile activities locally, so there are also plenty of opportunities to get involved in a volunteering role.

We've colour-coded the directory to make it easier for quick reference; who knows, you may be inspired to try something completely different?!

In addition, there is a section on pages 21-22 signposting additional outside agencies which can provide help, advice and guidance.

Naturally, details will change over time, and the directory is also available on the Parish Council website (www.pillandeastoningordano.org/village-groups), where information will be kept up to date. New groups will be added, so if you know of one which doesn't appear here (or you want to start one), don't worry, we can promote your interest through the online option. Simply contact us through our email wellbeingpeig@gmail.com

Make 2023 the year you get up, get out and get involved with something new.

The possibilities are endless!

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Environment and Nature

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Hobbies and Interests

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Physical Activities

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Village Groups / Events

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Social Connections

1st Crockerne Scout Group - Scouts / Cubs / Beavers



Established 1948 (previously 27th Bristol Scouts) provides fun and educational activities for young people, boys and girls, aged 6-14. Run by volunteers from your village. Provides fun, games, skills and education, physical and mental activities to challenge and encourage the potential that exists within young people. Opportunities to attend local, national and international events as a part of the family that is Scouting.

Venue: Scout Hut, 14a Priory Road, Easton in Gordano, BS20 0PA.

Meeting Schedule: Scouts (Age 10½-14, boys and girls), Tuesdays term time, 7-9pm; Cubs (Age 8-10½, boys and girls), Mondays term time, 6.30-8pm; Beavers (Age 6-8, boys and girls, Thursdays term time, 5-6pm.

Group Scout Leader

E crockernescouts@hotmail.com /
info@1stcrockerne.org
facebook.com/1stcrockernescouts
or in person at any of our sessions.



2nd Crockerne Pill Brownies

Girlguiding group for girls aged 7-10.

Venue: Scout Hut, 14a Priory Road, Easton in Gordano, BS20 0PA.

Meeting Schedule: Weekly on a Tuesday during term time.

Christina Taylor

E 2ndPillBrownies@gmail.com
W girlguidingportishead.org.uk



1st Crockerne Pill Guides

Girlguiding group for girls aged 10-14.

Venue: The Church on the Green, Mount Pleasant, Pill. BS20 0ES.

Meeting Schedule: Thursdays during term time.

Christina Taylor

E crockernepillguides@gmail.com
W girlguidingportishead.org.uk



Chilie's Community Allotment Group

We meet weekly on a Tuesday morning and on the first Saturday of the month to look after Chilie's community allotment. Sharing the work and the produce, learning as we go and putting the world to rights. We support the surplus food table and enjoy sharing recipes and top tips.

Venue: The allotments at Cross Lanes, plot 20A BS20 0JQ

Meeting Schedule: Tuesday mornings 10am-12 noon. Children to be accompanied by an adult.

Lucy Byrne

T 07929 655141



Pill & District Community Fridge & Food Table

The Community Fridge offers free surplus fresh fruit and vegetables, bakery, dairy and sometimes store cupboard foods. It's based in the Resource Centre (RC) and open the same days and times. The Food Surplus Table is outside the RC every Saturday from 10-11am with the same produce. To donate any food you've grown or have at home that you won't use just bring it to the RC. (We can't accept homemade food.) The Fridge and Food Table can be used by anyone who's able to make use of the food surplus we have available to avoid food waste.

Venue: Resource Centre, 4 Baltic Place, Pill BS20 0EJ.

Meeting Schedule:

Opening hours : Monday-Wednesday 9.30am-3.30pm, Thursday 11.15am-13.30pm, Friday 9.30-11.15am, Saturday 10am-12 noon (Our times always match those of the Resource Centre).

Louise Osborne

W pillandeastoningordano.org/
pill-community-fridge-and-table/



Social Connections

Pill Library and Children's Centre

North Somerset Council at Pill Library provides a warm welcome and a warm space with friendly and knowledgeable staff. With your library membership you can use any of the 150+ libraries in the LibrariesWest consortium to: borrow, return or renew books and other media in accessible formats; use the public computers and free WiFi; print and photocopy documents; access our E-resources (books, audio, magazines, newspapers and comics). Regular events, from Storytimes and activity sessions for children, to digital support, author talks, reading groups, family and local history, council and partner information and advice sessions and much more! Visual and hearing support, bookable meeting room, autism and dementia friendly.

Venue: Pill Library and Children's Centre, Crockerne House, Underbanks, Pill BS20 OAT.

Meeting Schedule: Library opening hours: Tuesday and Friday 9.30am to 12.30pm and 1.30-5pm Saturday 9.30am to 1pm

Samantha Chandler, Community Service Supervisor at Pill Library

T 01934 426070

E pill.library@n-somerset.gov.uk

W northsomersetcouncil.gov.uk

and librarieswest.org.uk

North Somerset Libraries are

on Facebook Instagram and Twitter



Pill Library Reading Friends

Join Pill Library Reading Friends (age 16+) for a fun and relaxing session. We chat and share stories over a cuppa. Bring something to read or just sit back and listen. There's no need to book and you don't have to come every time. If you're new to the area or looking to make friends, why not give us a try? Visual and hearing support, autism and dementia friendly.

Venue: Pill Library and Children's Centre, Crockerne House, Underbanks, Pill BS20 OAT.

Meeting Schedule: Tuesdays 10-11am.

T 01934 426070

E pill.library@n-somerset.gov.uk

W n-somerset.gov.uk



Pill Library Bookstart Rhymetime

Enjoy songs, rhymes and rhythm with your child (age 0-4) at Pill Library. Babies and toddlers who discover the pleasure of hearing stories and rhymes have a flying start when it comes to reading by themselves. Our sessions involve a mix of songs, rhymes, rhythm and movement. They are also a friendly and inclusive space for parents and carers to meet up and make new friends.

Venue: Pill Library and Children's Centre, Crockerne House, Underbanks, Pill BS20 OAT.

Meeting Schedule: Fridays 9.30-10am.

T 01934 426070

E pill.library@n-somerset.gov.uk

W n-somerset.gov.uk



Pill Library Lego Club

Come along to fun, free sessions building your own Lego creations (age 4+). We provide the bricks, you provide the imagination! For family groups with young children ask staff to set up pre-school toys for you in the playroom.

Venue: Pill Library and Children's Centre, Crockerne House, Underbanks, Pill BS20 OAT.

Meeting Schedule: Saturday mornings 10.30am to 12noon.

T 01934 426070

E pill.library@n-somerset.gov.uk

W n-somerset.gov.uk



Pill Community Choir

An open access mixed community choir, which welcomes singers of all abilities. The choir leader is Maria Johnson, who is a wonderful musician, very friendly and welcoming and a great teacher.

Venue: Pill Community Centre, Church Place, Pill BS20 OAE.

Meeting Schedule: Tuesday evenings 7.45- 9.15pm.

Wendy Sargeant

T 07899 044606

E sergeant.wendy@gmail.com

W wendysergeant.com

Facebook Wendy Sargeant Singing



The Story Cellar

Youth Theatre for 10-16s (Year 6 and up). We explore character creation, settings and genres to develop our devising skills and create new stories for production. We also run two- or three- day play-making workshops in most school holidays for 6-11 year olds.

Venue: Pill Memorial Club, 1 Lodway, Pill, Bristol, BS20 0DL.

Meeting Schedule: Every Wednesday in term time 6.30-8pm.

Liz Felton

E liz@thestorycellar.co.uk

W thestorycellar.co.uk

Facebook Twitter Instagram



Social Connections

Amy's Bingo

A night of fun, laughter and a little bit of naughtiness! Eyes down, could it be your night to win? All proceeds go towards the prize money. £5 a game - you've got to be in it to win it!

Venue: Pill Memorial Club, 1 Lodway, Pill, Bristol, BS20 0DL.

Meeting Schedule: Every Thursday at 7:30pm.

Amy Stevenson

T 01275 372176

E clubpillmemorial@gmail.com

The Official Pill Memorial club page



Christ Church, Pill

We hold church services in the Anglican tradition to share the Good News.

Venue: Christ Church, Church Place, Pill BS20 0AE.

Meeting Schedule: Services of Divine Worship normally 10.30am every Sunday, plus special services as advertised.

David Yates

T 01275 372678

E dw.yates@tiscali.co.uk

W achurchnearyou.com/
church/11194/



Easton in Gordano Women's Institute

Monthly meetings, usually with a speaker, tea/coffee and biscuits. Various social outings; ability to attend talks in district with other WIs, both practical and educational. Visitors welcome. Car share/lifts to venue available.

Venue: St George's Church Hall, Easton in Gordano, BS20 0PA.

Meeting Schedule: First Wednesday of every month at 7.30pm.

Lynn Watkins

T 01275 373349

E Lindagreening@msn.com

W mywi.thewi.org.uk



Pill Lunch Club

Pill Lunch Club

We make a lovely, cooked meal and pudding with coffee and tea, plus raffle and quiz. A chance for our elderly residents to meet their friends and socialise for two hours every Thursday.

Venue: Pill Community Centre, Church Place, Pill Bristol, BS20 0AE.

Meeting Schedule: Every Thursday from 12 noon-2pm, except August school holidays.



Moira Worgan

T 01275 373754



Craft Group

Open to anybody with any craft, we have occasional demonstrations. Tea, coffee and biscuits. Very sociable. Car share/lifts to venue available.

Venue: St George's Church Hall, Easton in Gordano, BS20 0PA.

Meeting Schedule: Second and fourth Tuesdays of the month, 10am-12 noon.

Sylvia Ford

E home@thefords.co.uk



Community Cafe



An opportunity for children and their parents/carers to play with a wide variety of toys in a dedicated large room, free of charge. The adjacent café provides a friendly environment to meet and chat. Freshly cooked to order bacon rolls, home-made cakes and hot drinks are on sale.

Venue: Community Centre, Church Place, Pill, BS20 0AE.

Meeting Schedule: Every Friday during school term time, 9-11.15am.

Moira Roberts

E moiraba@emails4us.uk



Social Connections

Pill Community Centre

A flexible, light and airy meeting space with many variable sized rooms, suitable for group meetings, exercise classes, parties and other social gatherings - all at reasonable rates - it's well worth a look! Comfortable seating and large and small tables provide flexibility in room layout and use. There is a very well-equipped kitchen with stainless steel counter tops, commercial cooker, microwave, dishwasher, plate warmer cabinet and serving hatch. Crockery, cutlery, glasses and 'fine china' available for special occasions. The stage, stage lighting, sound system with CD player and iPod connection, piano, loop system for the hard of hearing, projection screen and projector stand make this a perfect venue for large gatherings. Disabled access to the ground floor, as well as baby-changing facilities and, of course, plenty of parking. Also community garden space with play equipment and tables.



Venue: Pill Community Centre, Church Place, Pill BS20 0AE.

Lesley Davey

T 01275 372745

E info.pillcommunitycentre@gmail.com

W pillandeastringordano.org/groups/pill-community-centre/

facebook.com/pillcommunitycentre



The Salvation Army

The Salvation Army is a church that seeks to be a part of the community in Pill, offering opportunities for people of all ages to get together to explore community and Christian faith.

Venue: The Salvation Army, 1 Heywood Road, Pill, BS20 0LF.

Meeting Schedule: There are weekly activities: Sunday 10.30am Morning Service, Messy Church 11am-1pm, first Sunday of the month, Tuesday 9.30am-3.30pm Warm Space, Bread Church last Tuesday of the month; Wednesday 9-11am Toddlers Group, 2pm Bible Discovery Group, third Saturday of the month Coffee Morning.



James Addis

T 01275 813907

E pill@salvationarmy.org.uk

W salvationarmy.org.uk/pill-corps

facebook.com/PillCorps



Pill Youth Club

Pill Youth Club is a safe recreational space for young people. We plan activities around the needs and requests of young people. We have a variety of fun things to do; gaming, pool, arts and crafts, gardening and cooking to name a few, along with a sports hall to let off steam and play indoor sports.

Venue: Pill Youth Club at Pill Community Centre, Church Place, Pill, Bristol BS20 0AE.

Meeting Schedule: Seniors, Monday 6.30-9pm; Juniors, Wednesday 4.30-6.30pm; Seniors, Wednesday 6.30-9pm.

Grace Chadwick Ryan

T 07984 426086

E grace.chadwickryan@gmail.com

@gmail.com



Ten Tots

Mums and babies' group (preschool).

Venue: Pill Methodist Church (Church on the Green), Mount Pleasant, Pill BS20 0ES.

Meeting Schedule: Thursday mornings, weekly 9-11am.

Liz Marsh

T 01275 374053

E lizmarsh007@aol.com



Portishead Railway Group

The group campaigns for the re-opening of the railway line, including the station at Pill. All permissions and funding have now been secured and the railway will re-open in 2026. At that point this group will transition to a "Friends of the Railway". Your support is still needed, come and meet your local Pill contacts in this group, Bob Wring and Rob Emory.

Venue: Usually Portishead Folk Hall but in the future will also be held in Pill.

Meeting Schedule: Every six months.



Rob Emory

E rob.emory@yahoo.co.uk

W portisheadrailwaygroup.org

facebook.com/PortisheadRail



Crockerne Men's Group

We are an informal friendly group of more than 40 men of diverse backgrounds, who meet monthly for social exchange and a talk by an invited guest speaker on a wide range of topics. Once a year we arrange a day's outing by coach, within a reasonable distance, to a place of interest.

Venue: Pill Community Centre, Church Place, Pill Bristol BS20 0AE.

Meeting Schedule: We meet on the second Tuesday of each month from 9.45am, with coffee and biscuits followed by a talk lasting about 45 minutes.

Noel Ayling

T 01275 372343

E noelayling45@gmail.com



Social Connections

The Church on the Green

The Church on the Green is the new name for our joint congregation of Methodists and Baptists working and worshipping together in Pill. We are a warm and welcoming community of believers who have joined together to serve the people of Pill, Easton in Gordano and Portbury. We are part of Pill, Easton in Gordano and Portbury Churches Together and we work closely with our Anglican, Salvation Army and Catholic friends, who also serve the community.

Venue: The Church on the Green, Mount Pleasant, Pill, Bristol BS20 0ES.

Meeting Schedule: Sunday, 10.30am - morning worship, everyone is welcome. Wednesdays 10am-3pm - we host a community Warm Room where people of all ages are welcome to meet, chat, read etc over a cup of coffee or tea. At noon, we have a free soup and roll lunch. Thursday mornings 9am-11am - we hold our Ten Tots toddler group for parents/carers and their children up to school age. Men's Breakfast - Held quarterly on Saturday mornings in conjunction with the other churches. Other special events and activities are advertised on the Pill Methodist website..

Rev Jill Flowers (Methodists) and Neil Redwood (Baptists)

T Jill - 01934 835934 Neil - 07583 276624

E jill.flowers@methodist.org.uk and neil.redwood@blueyonder.co.uk

W pillmethodistchurch.org

By letter to the Church



Pill and District Memorial Club

Quiz night.

Venue: Pill Memorial Club, Keswick House, Lodway, Pill. BS20 0DH.

Meeting Schedule: Wednesday evening, once per month.

T 01275 372176

E Clubpillmemorial@gmail.com

The Official Pill Memorial club page

Pill & District Children & Young People's Partnership

Commission providers to run youth club, summer activities, programmes and activities for children and young people within the village.

Venue: Youth Club at Community Centre; Summer Programme at Community Centre, Brookside, Watchhouse and throughout the village.

Meeting Schedule: Youth Club: Mondays 6.15-8.45pm for yrs 7+. Wednesdays 4.30-6.30pm for yrs 4-6. Wednesdays 6.45-8.45pm for yrs 7+.

Joanna Burt

E joanna2502@aol.com



St George's Church, Easton in Gordano

In addition to the weekly services, the church offers fellowship and support, and a warm welcome to everyone in the community.

As well as baptisms, weddings and funerals we can offer opportunities to explore faith and find friendship. We also provide a venue for many local groups via the Church Hall.

Venue: Church Road Easton in Gordano, BS20 0NB.

Meeting Schedule: First Sunday of the month, Holy communion at 10.30am; second and fourth Sundays, Evening Prayer at 6pm and third Sunday, Morning Worship at 10.30am.

Rachel Manning

T 07377 401719

Revd Astrid Tiesema- Samsom:

01275 372804

W achurchnearyou.com/



St Mary's Church, Portbury

St Mary's Church offers opportunities for regular worship and private prayer as well as a programme of regular community events. These include art and crafts, music and

local heritage, cafes, concerts and workshops (including wellbeing, mental health).

Venue: St Mary's Church, Church Lane, Portbury BS20 7TR.

Meeting Schedule: The Church is open on Wednesday mornings and Friday afternoons to drop in for some warm company and a cuppa. Fridays 3.45-4.15pm, HeartBeats music group, where all ages and abilities are welcome to come along and enjoy making music. HeartBeat Singers is for people to enjoy singing for fun. Creative community cafes monthly on Saturdays for all ages. Other ad hoc events - live music, art and crafts events and workshops. .

Daphne Vise

T 07732 320570

E dafvi@btinternet.com

W achurchnearyou.com/church/11195/

Facebook Page - Hearts at Portbury



Environment and Nature

Sustainable Pill and District (SPAD)



Local activities in the village, working together to promote community efforts towards a sustainable, resilient, low carbon future, caring for nature.

Venue: Members' homes/Resource Centre

Meeting Schedule: Occasional. Different groups under the SPAD umbrella meet regularly, eg Community Allotment, Repair Cafe, Litter Pick plus groups working with Parish Council.

Jill Coleman

T 07813 927416

E sustainablepill@gmail.com

W sustainablepill.weebly.com



St George's Flower Bank Local Nature Reserve

Creation and maintenance of endangered wildflower meadow habitat - advising and helping similar schemes. Everyone welcome – volunteering opportunities for those able to do outside work.

Venue: On site

Meeting Schedule: Whenever necessary for conservation work.



Bob Buck

T 07884 400221

E stgeorgesflowerbank@gmail.com

W flowerbank.org.uk



Carbon Capture Group (Parish Council)

A sub-group of the Parish Council's Climate and Ecological Crisis Working Group, we look for ways the PC can capture carbon locally by finding places to plant trees and hedges and have helped to establish and maintain a few new meadows in the Parish.



Many of our volunteers help with regular practical working parties planting and mulching trees and raking hay in parish meadows.

Venue: On site at parish green spaces, volunteers' homes and the Resource Centre. Children to be accompanied by adults.

Meeting Schedule: We have an email group for quarterly updates, and a WhatsApp group called 'treehuggers' for practical working parties.

Lucy Byrne

T 07929 655141

E peigcarboncapture@gmail.com



Precinct Improvement Group (Parish Council)

The Precinct Improvement Group was set up as a sub-group of the Parish Council's 'Neighbourhood Plan Implementation Group' to look for ways to improve the precinct and surrounding central areas of the village. We consider all ideas for improvement, from the smallest actions to the medium and big ideas.

Venue: Resource Centre, 4 Baltic Place, Pill BS20 0EJ

Meeting Schedule: We are currently meeting as required.

Lucy Byrne

T 07929 655141

E peigcarboncapture@gmail.com



Pill in Bloom

Pill in Bloom volunteers take care of the village tubs, planters and flower beds. The Parish Council provides funds to buy plants and bulbs to keep Pill blooming. We use perennials where possible to reduce plastic waste.

Venue: On the green (Victoria Park) by the spout. Children to be accompanied by an adult.

Meeting Schedule: Last Sunday of the month 2pm



Lucy Byrne

T 07929 655141

E peigcarboncapture@gmail.com



Environment and Nature

Treehuggers

The Treehuggers is a WhatsApp group of volunteers (for the Parish Council's Climate and Ecological Crisis Working Group) who are specifically interested in joining practical working parties to mulch, weed and plant trees. Adults 18+.

Venue: Various green spaces in the parish.

Meeting Schedule: As required



Lucy Byrne

T 07929 655141

E peigcarboncapture@gmail.com



PEIG Wildlife Group



An informal group sharing a common interest in nature and wildlife. This interest can be simply sharing pictures on WhatsApp, organising local wildlife events, hosting bat detecting evenings, or seeing the starling murmuration at Ham Wall. Members can do as little or as much as they like, it's just nice to share your love of nature with others. Adults 18+

Venue: Various meeting places, people's houses on cold and wet days, outside in local meadows and orchards as the weather allows.

Meeting Schedule: Third Thursday of each month 7.30pm.

Sue Adamson

T 07792 804857

E peigwildlife@gmail.com



Pill Hay Makers

We help look after several meadows across the village. Our group provides a team of enthusiastic rakers who collect and remove hay. Our work helps improve these meadows for wildlife. Young children to be accompanied by an adult.

Venue: Meet on a variety of sites around the village. Tools are provided.

Meeting Schedule: Most of our work is in the summer and autumn. Details of any tasks are sent out via WhatsApp to members of the group.

Bill Morris

T 07840 691010



Friends of Watchhouse Hill



The group works in partnership with North Somerset Council to maintain and provide a pleasant, green, open space for the community. Activities include work parties for orchard maintenance, gardening, mosaic mending and litter picking; surveying of wild flowers, butterflies and birds. We also organise the annual Wassail and Apple Day.

Venue: Watchhouse Hill.

Meeting Schedule: We meet for work parties on an ad hoc basis. Children to be accompanied by an adult on work parties.

Maggi Stowers

E m-b.stowers@talktalk.net

Facebook 'Friends of Watchhouse Hill' and via Pill Resource Centre



Environment and Nature



Litter Picking Group

Monthly litter pick organised by SPAD (Sustainable Pill and District) meeting in the Precinct where people borrow pickers, bags, hi viz vests and gloves, and go to different streets around the village to pick up litter, improving our local environment.

Venue: Meet in Pill Precinct.

Meeting Schedule: Third Saturday of the month for 2 hours from 10am. Accompanied children welcome!

Jill Coleman

T 07813 927416

E sustainablepill@gmail.com



Friends of Brookside Meadow and adventure play

Brookside Meadow is our newest village wildflower meadow, wildlife haven and woodland adventure play area. Friends of Brookside Meadow is a group of people who have an interest in developing Brookside as a biodiverse meadow and wild play area. We meet occasionally for hands-on maintenance, and via email or WhatsApp for sharing ideas.

Venue: Brookside Meadow entrance gate.

Meeting Schedule: As needed.

Jules Hawkins

facebook.com/groups/1490273118022741



Parish Council Climate Emergency - Food Group

The Parish Council declared a climate emergency, setting up sub groups to focus on issues which are affected by climate change. The food sub-group brings together various local 'food' initiatives including local shopping opportunities; local markets; local food growing; fair trade commitments; local food hub; community fridge.

Venue: Participants' homes.

Meeting Schedule: Three times a year, or more frequently, if needed

Kate O'Brien

T 07941 532523

E Catherineobrien3412@gmail.com



Pill Community Centre Garden Group

We look after the Community Garden, which is a lovely community space at the back of the Community Centre.

Anyone who'd like to give the odd hour to help with tasks such as gardening, odd jobs such as sanding and painting the children's play structure, pond maintenance or general tidying would be very welcome!

Venue: Pill Community Centre, Church Place, Pill Bristol BS20 0AE.

Meeting Schedule: We organise ad hoc working parties depending on the time of year and what needs to be done.

Wendy Martineau

T 07810 861117

facebook.com/pillcommunitycentre

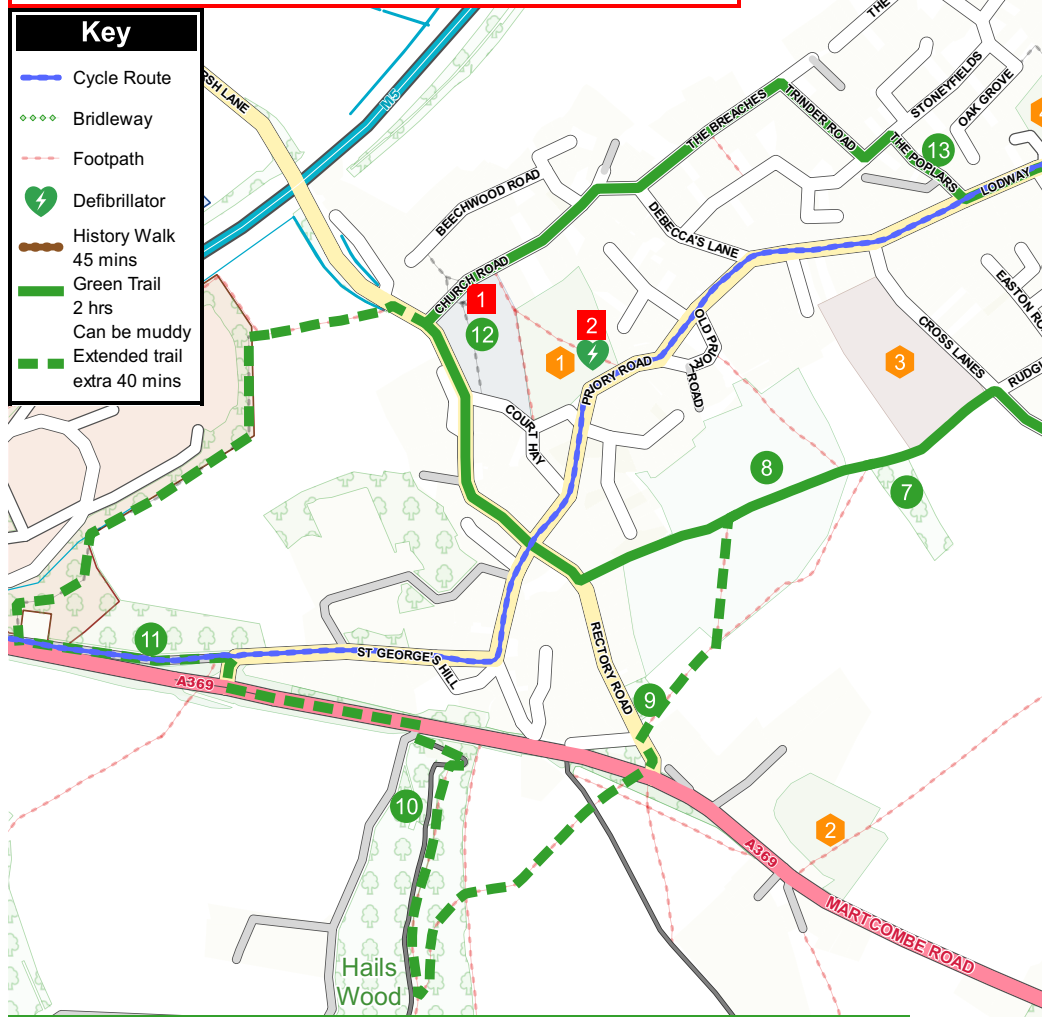


Indoor Venues

- | | |
|-----------------------------------|--------------------------------------|
| 1 St George's Church | 7 Pill Library and Children's Centre |
| 2 St George's Church Hall | 8 Resource Centre |
| 3 Pill & District Memorial Club | 9 Salvation Army |
| 4 Crockerne C of E Primary School | 10 Pill Methodist Church |
| 5 Pill Community Centre | 11 St Katherine's School |
| 6 Christ Church | 12 Penny Brohn UK |

Key

- Cycle Route
- Bridleway
- Footpath
- Defibrillator
- History Walk 45 mins
- Green Trail 2 hrs
- Can be muddy
- Extended trail extra 40 mins



Green Trail Spaces and Points of Interest

- | | | | | |
|----------------------------------|-----------------|----------------|-----------------------------|-------------------------|
| 1 Victoria Park and the Arches | 4 Ginkgo Tree | 7 Pill Paddock | 10 Hails Wood (The Bottoms) | 13 The Oak and Magnolia |
| 2 Watchhouse Hill and Creek view | 5 The Chestnuts | 8 Priors Field | 11 St George's Flower Bank | 14 Jenny's Meadow |
| 3 Pill Community Orchard | 6 Brookside | 9 Glebe Pond | 12 St George's Churchyard | 15 The Foreshore |

Thank you to the volunteers who provided this information especially the walk and trail.

Base map and land use are from OS data under the Open Government Licence. Crown copyright 2022.

Outdoor Activity Venues

- 1 Court Hay Football Field
- 2 Easton-in-Gordano Cricket Club
- 3 Easton-in-Gordano and Pill Allotments
- 4 Hardwick Road Playing Field and Play Area
- 5 Brookside Play Area
- 6 Park Place Infants Play Area
- 7 Watchhouse Hill Playing Field and MUGA
- 8 Macrae Road Playing Field
- 9 Lodway Cricket Club
- 10 St Katherine's Park childrens play area

History Walk Points of Interest

- | | | | |
|----------------------------|-------------------------------|------------------------|--------------------------|
| 1 Mural and Map | 4 Old Post Office | 7 Severn Road Cottages | 10 The Watch House |
| 2 Christ Church | 5 The Old Brewery | 8 Foreshore View | 11 Crockerne Pill Plaque |
| 3 Old School (Comm. Cntr.) | 6 Railway and Old Railway Inn | 9 Pump Square | 12 American Memorial |

Hobbies and Interests

Pill Festival Band

The main purpose of the band is to allow anyone in the locality to learn and play live music, so that they can play for their own enjoyment, and also that of others in bringing live performances to local events and concerts. We also encourage under 18s to play by providing free group lessons and free instrument loan. There is no audition needed, and we cater from complete beginners upwards.

Venue: Penny Brohn UK, Chapel Pill Lane, Pill, Bristol, BS20 0HH.

Meeting Schedule: Monday evenings during term time, plus additional times (see website).

John Filer

T 07942 820020

E john@pfb.org.uk

W pfb.org.uk

Facebook



Art for Pleasure

No need to be professional, this is just an informal painting and drawing group to help each other, share ideas and easy painting styles, and enjoy a cup of tea or coffee and a friendly chat.

Venue: Brackenwood Garden Centre, Abbots Leigh BS8 3RA.

Meeting Schedule: Thursdays 10.30am-12.30pm.

Pamela Tarr

T 01275 568468/07896 831762

E pamela.tarr@sky.com



Short Mat Bowls

This group has ceased to be active but the equipment is held at the Community Centre and is available to anyone who would like to reinstate the club.

Venue: Pill Community Centre, Church Place, Pill BS20 0AE

(Please note the room is upstairs, with no disabled access)

Meeting Schedule: TBC.

Lesley Davey

T 01275 372745

E info.pillcommunitycentre@gmail.com



Pill Visual Arts Society

A small group of like-minded people of all abilities who like to paint and draw. There is no formal tuition. We all provide our own materials and paint what we like from our own reference material in an informal setting. Age 16+.

Venue: Pill Community Centre, Church Place, Pill, BS20 0AE (Art Room. Please note the room is upstairs, with no disabled access).

Meeting Schedule: Every week during term-time on a Tuesday evening from 7-9pm

Steve Crossley

T 07733 055091

E steve@crossley34.plus.com



Pill and District Gardening Club

A thriving, friendly club, open to all local residents. This club is for anyone interested in learning more about gardening and sharing their interest and knowledge with others.

Venue: St George's Church Hall, Easton in Gordano, BS20 0PA.

Meeting Schedule: Regular meetings on the third Wednesday of each month at 7.30pm, with additional trips and activities through the year.

Annie Morris

W pillanddistrictgardeningclub.co.uk



Crockerne Pill & District History Society



The Society embraces local history matters and particularly those with a strong maritime theme. We meet six times a year and organise an annual day trip to a venue of general historical interest. Local history research is also carried out and small history exhibitions undertaken for our society and local organisations. A full events programme can be found on pillandeastoningordano.org.

Venue: Pill Memorial Club, 1 Lodway, Pill, Bristol, BS20 0DL.

Meeting Schedule: Meetings commence at 7.30pm on the third Thursday of March, April, May and September, October and November.

Maggi Stowers

E m-b.stowers@talktalk.net

W pillandeastoningordano.org



Hobbies and Interests

J19 Drama Group



We are a community amateur dramatic group who perform plays and pantomimes. We are an inclusive group of children and adults and anyone over the age of 10 can join. No experience necessary. Opportunities to be on stage or behind the scenes. Ages 10+.

Venue: Pill Community Centre, Church Place, Pill Bristol, BS20 0AE.

Meeting Schedule: We meet 1 - 2 times a week when we have a production.

Heidi Gedge

T 07503 188514

E heidi.gedge@outlook.com

W pfb.org.uk

Facebook: J19Dramagroup

Portishead, Pill and District Skittles League

The league exists to facilitate the sport of skittles, played at several pubs and clubs in this area. If you would like to play, you need to join a team. Teams are generally open to anybody aged 16+. For details of existing teams, see the league website. If you want to enter a new team, contact the league secretary to discuss requirements.

Venue: Games are played mainly on Fridays, occasionally Thursdays, depending on where the team's home alley is. Each team plays 'home' and 'away' against other teams in their division, from September to April each year. Age 16+.

Nigel Parsons - League Secretary

T 07498 498483

E nigelparsons@icloud.com

W newppskittles.webs.com

Mudlarks

We are a women's choir, singing unaccompanied, in 2-3 part harmony. We have no conductor; we don't do auditions and not all of us read music. We just love making music and performing. We aim to enjoy each other's company and raise money for local charities. We collect £5 per month to cover the cost of the hall.

Venue: Pill Methodist Church, 10 Mount Pleasant, Pill. BS20 0ES.

Meeting Schedule: Mondays, each week, 7-8.45pm

Anne Norval/Liz Marsh

E anne.norval@gmail.com/lizmarsh007@aol.com



Easton-in-Gordano & Pill Allotment Association

We are an Association of approximately 100 members, and a committee of members manage the site. We offer plots of land to rent for the purpose of growing, primarily, food crops. We aim to create a friendly community of growers, promoting growing your own, encouraging diversity and sustainable food production.

Venue: Cross Lanes Allotment Field.



Helen Sherborne

T 07942 820020

E peig.allotments@googlemail.com

Pill Chess Club

A friendly group for local players. All abilities catered for, boards and pieces are provided. Tuition available!

Venue: TBC.

Meeting Schedule: First Monday of each month, 7-9pm; Age 10+. Under 16s are welcome but must be accompanied by a responsible adult at all times.

Ben Culverhouse

T 07794 741875

E benjaminculverhouse@hotmail.com



Pill Photography Group

A group of people who wish to share their camera knowledge with others and learn from each other in a friendly group

Venue: Kings Arms, 12 St George's Hill, Easton in Gordano BS20 0PS.

Meeting Schedule: First Tuesday in the month 7.30pm

Peter Welch

T 07791 588380

E peterwelch967@gmail.com

Facebook



Folk Dance Pill

Monthly folk dancing to live music. Mainly Scottish and English folk, including Playford dances. All dances called and walked through. All levels of experience/ability; no partner needed. Learn to call or dance, in addition to playing for the band, or dancing. (Amateur folk musicians always welcome to play in the band. No fees paid or payable.)

Venue: Pill Memorial Club, Keswick House, Lodway, Pill. BS20 0DH.

Meeting Schedule: Second Thursday of the month, 2-4pm

John du Heaume

T 07802 243573

E yachtvaquita@hotmail.com

Daily Pill Facebook page



Physical Activities

Pill Community Circuits

A circuits session for all! We are a mixed group of various fitness levels - all movements can be scaled for beginners or intensity increased for the advanced. I choose the moves and the tunes and you choose your own pace and weight! It's a fun way to get fit and see what your body is capable of!

Venue: Pill Memorial Club, Pill, Bristol.

Meeting Schedule: Tuesdays 7.15pm and Sundays 11.15am.

Jo O'Callaghan

E Thelastbabejo@yahoo.co.uk

Facebook and Instagram



ShireStrong

Fitness classes using kettlebells to build strength and stamina. The sessions are suitable for all ages and abilities and full instruction, including a free 1-1 induction session is available.

Venue: Pill Community Centre, Church Place, Pill, BS20 0AE.

Meeting Schedule: Monday and Wednesday at 1pm for an hour.

Linda Thorne

T 07875 054292

E t.linda1206@gmail.com

W shirestrong.co.uk

facebook.com/ShireStrongBristol



Bristol Seishinkan

Traditional Karate for all ages and abilities - newcomers and experienced.

Venue: St Katherine's School, Ham Green, Pill BS20 0HU.

Meeting Schedule: Monday and Thursday 6-7pm Juniors; 7-8pm Adults; Sunday 10-11am Juniors; 11am-12 noon Adults.

Peter Welch

T 07791 588380

E peterwelch967@gmail.com

Facebook



Bravely Be Yoga

Hatha yoga classes for all ages and abilities, but a basic level of movement/fitness is required. Combining breath work, deep stretching and gentle strengthening to help you feel lighter and more relaxed.

Venue: Pill Community Centre, Church Place, Pill, BS20 0AE.

Meeting Schedule: Mondays: 6.30-7.30pm and 8-9pm; Fridays: 9.30-10.30am. Term time only.

Annie Leith

T 07805 298220

E annie@bravely.be

W Bravely.be



Dancercise

A dance fit class which includes lots of fun routines and many styles of dance. Adults (age 16+) of any ability

Venue: Pill Community Centre, Church Place, Pill BS20 0AE.

Meeting Schedule: Thursday evening - 7.30-8.20pm.

Sophie Pullen

T 07967 675544

E balltoffee@hotmail.com



Mindspace Ballet Academy

Mindspace Ballet Academy offers classes for all ages (4+) and levels every Saturday morning. Every class starts with a Yoga/Pilates warm-up session followed by barre, centre work and cross training to ensure a more balanced, fitter body and promote 'creativity and imagination.' Some of the 'cross' training includes rhythmic gymnastics and contortionism.

Venue: Pill Community Centre, Church Place, Pill BS20 0AE.

Meeting Schedule: Saturday 9.30-10.30am (Adult classes); 11.15am-12 noon (Children classes)

Melania

T 07470 980114

E mindspaceballetacademy@gmail.com

W lifebranches.net/

mindspaceballetacademy



Pill Badminton Club

Suited to badminton players or returners, the club has a mixed team in the North Somerset League. Club nights are combined with another club, where mixed and level doubles are played in a friendly, competitive environment!

Venue: St Katherine's School, Sports Centre, Pill Road, Ham Green, BS20 0HU.

Meeting Schedule: Club nights are Tuesdays 8-10pm on four courts during school term time.



Chrissy Davey

E info@pillbadmintonclub.org.uk

W pillbadmintonclub.org.uk

This Mum Runs (Pill)

We are a weekly women-only (age 16+) running club. We run at a gentle pace whilst chatting. No one gets left behind, and we have members of all ages and abilities. We're very friendly and welcome all women who'd like to run with us.

Venue: Pill Precinct.

Meeting Schedule: Every Wednesday at 7.30pm.



Jen Charlewood

E jcharlewood@gmail.com

W ThisMumRuns.co.uk

Facebook This Mum Runs North Somerset, also to book runs download the free This Mum Runs App and select Pill as your group.

House of Xpose Freestyle Dance

Xpose is a Freestyle Disco Dance school, run by Principals Alysha Bean and Sonia Nguyen. Freestyle dance is a great way to keep fit and learn lots of dance and acro moves, as well as making new friends, encouraging self-motivation and developing confidence. Xpose is a competition squad that attends competitions up and down the country but also holds open beginner classes for fun. Available for girls and boys aged 4 plus.

Venue: Pill Community Centre, Church Place, Pill Bristol, BS20 0AE.

Meeting Schedule: Every Thursday except half terms and holidays.

Alysha

T 07772 523211

E alysahabroome@gmail.com

Facebook

Physical Activities

Pilates Classes

Improve your core strength, flexibility, mobility and balance. Class suitable for all ages and levels of fitness.

Venue: Pill Community Centre, Church Place, Pill Bristol, BS20 0AE.

Meeting Schedule: Wednesdays, 10.30am for intermediate. 12.30pm for beginners.

Emma Green

T 07943 830184

E emma@emmagreenpilates.com

W emmagreenpilates.com



Sparkle Bellydance

Sarah at Sparklebellydance has affordable classes for people (age 16+) who fancy entering the beautiful world of tribal fusion-inspired bellydance. We put on our coin belts to discover our inner exotic through a dance form that deeply connects us

Venue: Pill Community Centre, Church Place, Pill, Bristol BS20 0AE.

Meeting Schedule: Wednesday evening weekly in Pill 6.30-7.30pm and Saturday morning 10am-12 noon monthly in Abbots Leigh, via eventbrite, and private bookings.

Sarah Clark

T 07811 740580

E sparklebellydance@gmail.com

facebook.com/sparklebellydance/

sparklebellydance.eventbrite.co.uk



St George Easton in Gordano Football Club

St George EIG FC is a local football club with three men's Saturday teams across the Somerset County and Weston Leagues, and a Sunday Vets team. Supporting the development of local footballers for more than 100 years, we pride ourselves in being a welcoming and competitive club.

Venue: Court Hay Football Pitch, Priory Rd, Easton-in-Gordano, Bristol, BS20 0PA.

Meeting Schedule: Play on Saturdays and train on Wednesday evenings.



David James

T 07581 206608

E dj_9@hotmail.co.uk

facebook.com/TheSaintsEIG/

twitter.com/eigfc



Gordano Girls' Rugby

Girls' rugby for ages 11-17 years. No experience needed, fully qualified female coaches, great place to meet new people and make friends.

Venue: Gordano Rugby Club, Caswell Lane, Portbury BS20 7UF.

Meeting Schedule: Wednesday night training with Sunday either training/matches.

Maz Craig

E gordanogirlsrugby@gmail.com



Gordano Rugby Club

At Gordano there are teams for all ages, from Under 5's to under 18's, and currently two senior men's teams and a senior women's team. The club is divided into the mini/junior section and the seniors. Gordano's mini/

juniors have over 350 boys and girls who love to play rugby!

Venue: Gordano RFC, Caswell Lane, Portbury.

Meeting Schedule: The seniors men play on a Saturday and the women on a Sunday. The mini/juniors play and train on Sundays at varying times and locations. All information can be found on the Gordano RFC website.



Don Mowbray

T 01275 373486

E club@gordanorfc.co.uk

W gordanorfc.co.uk

Facebook



Lodway Cricket Club

Four senior Saturday teams who play in Bristol and District Divisions 1, 9, 15 and the 30 over Division 30. Senior training, Tuesday evening.

One Sunday team that plays friendlies. One ladies team.

Fixtures on Sundays and training on Friday evenings.

U11s, U13s and U15s teams compete in the Bristol Youth Cricket League. We also run the All Stars (5-8 year olds) and Dynamos (9 year olds) programmes. Memberships for non-playing members who support sports in the village are popular. Club house (with bar) can be hired for functions.

Venue: Lodway Cricket Club, Ham Green, BS20 0HB.

Meeting Schedule: Cricket season April-September.

Clubhouse open weekends during the winter and Tuesday through Sunday during cricket season. Training nights and dates (Sunday mornings) for All Stars and Dynamos to be confirmed.

Jayne Hyde

E lodwaycc@gmail.com

Facebook Lodway Cricket Club



Tora Judo Kai

Judo for all ages (8+) and abilities, full training given.

Venue: Scout Hut, 14a Priory Road, Easton in Gordano, BS20 0PA.

Meeting Schedule: Judo, Thursdays weekly, 7.30-9pm and Fridays 7.30-8.30pm Juniors (8+), 8.30-9.30pm; 8.30-9.30pm seniors.



Ian Williamson

E ianwilliamson@torajudo.org

W torajudo.org



Gordano Footpath Group

We are a local Footpaths group based in the Gordano Valley area of North Somerset. We cater for all abilities with walks varying from ambles of about 4 miles up to more strenuous walks of about 12 miles. Meeting place and time varies, depending on location of walk

Lavinia Riley

E lavinia.riley@btinternet.com

W www.gordano-footpath-group.org.uk

Village Groups / Events

The Owls of Pill

The Owls of Pill are a group of all-male singers, garbed in Dickensian costume of top hats, fancy weskits and flowing cloaks. We 'carol' our way through a 20-night action-packed programme in December, in Bristol and North Somerset. More than £300,000 has been raised by the Owls singing carols, to the benefit of a variety of charities.



Meeting Schedule:

We practice in November and sing most nights in December, leading up to Christmas Day.



Richard Cooksley

T 07801 435772
E richard@cooksleyandco.org
W pillowls.co.uk/home



Pill Market

Small, friendly, monthly market in the precinct. Please contact us if you are a stallholder who would like a one-off or regular pitch. Charity stalls very welcome.

Venue: Pill Precinct, Baltic Place BS20 0EJ.

Meeting Schedule: Third Saturday each month from 9.30am.

Cathy

E Hellowillmarket@gmail.com
Facebook: Pill Market

Repair Café Pill

Our skilful volunteers mend everything from bikes to toys, clothes, small electricals, laptops and printers, furniture and ornaments, plus sharpen garden tools and (off site) mild steel welding. Repairs free, donations welcome. Or just come for a cuppa, a natter and a cake or egg/bacon roll.



Venue: Pill Community Centre, Church Place, Pill, BS20 0AE.

Meeting Schedule: Second Saturday of the month from 10.30am - 12.30pm.



Rachel Harvey

E sustainablepill@gmail.com
W sustainablepill.weebly.com/
pill-repair-cafe.html
Repair Cafe Pill Facebook page



Pill Christmas Lights

We are a group of volunteers responsible for the Village Festive Lights. We look after every aspect from fund raising, planning, maintenance, installation, removal, health and safety and all



statutory inspection and testing, for which we have to apply annually to North Somerset Council for a license.

Venue: Various local establishments.

Meeting Schedule: Varies throughout the year.

Nick Marshall

E pillchristmaslights@gmail.com
Facebook



Gordano Community Cars

Gordano Community Cars is run by volunteers. We exist to transport patients registered with Heywood Surgery, Pill to the Surgery/Hospitals/Clinics. We wait to return you home. There is a small charge to cover petrol costs. We would always welcome new drivers (aged under 80) - please get in touch..

Meeting Schedule: AGM by arrangement.

Carol Sexton

T 01275 374752
E bertandcarol@tiscali.co.uk



Pill, Easton in Gordano & Ham Green Fairtrade Group

We are a campaigning group on behalf of Fairtrade. We hold events to highlight the benefits to farmers and producers in the global south who are part of the Fairtrade system. We have consistently worked to maintain our Fairtrade Village status over the last 12 years. .

Venue: We only meet for planning meetings ahead of events we hold in the village.

Meeting Schedule: The planning group meets around four or five times a year.

Sue Tuckwell

E suetuckwell@hotmail.com



Pill Regatta

Pill Regatta is an annual event, celebrating Pill's rich maritime history - in a 'hands on' way! A traditional social shindig on Pump Square, down at the Creek, where people can join in with the races along the river, or just watch and cheer on the boats from the wall. There are stalls, refreshments and activities for children - even a classic car exhibition - a fun day for the family. The date varies, depending on tide times but check us out on Facebook for more information.

We always welcome help on the day.

Venue: Pump Square, Pill, BS20 0BG.

Meeting Schedule: Annual event - date determined by tide times.

See Facebook



Village Groups / Events

Pill Resource Centre

The Resource Centre is the hub for many community activities and offers a variety of services to the community, including signposting advice, use of computers (free for first half an hour) and chargeable services like photocopying, printing and laminating, and sales of various items and tickets for events held in the village; amongst others. It also houses the Community Fridge and Surplus Food Table, Citizen's Advice North Somerset and is the office for the Parish Council. As part of the Precinct Improvement work, a number of assets (gazebo, bistro sets, chalk boards, etc) can be borrowed for use by the community.

Venue: 4 Baltic Place, Pill BS20 0EJ.

Meeting Schedule: 9.30am-3.30pm on Monday, Tuesday and Wednesday, 11.15am-3.30pm on Thursday, 9.30am-1pm on Friday, and 10am-12 noon on Saturday. The Citizen's Advice Service face to face service is available (by appointment) on every Wednesday when the Resource Centre is open.

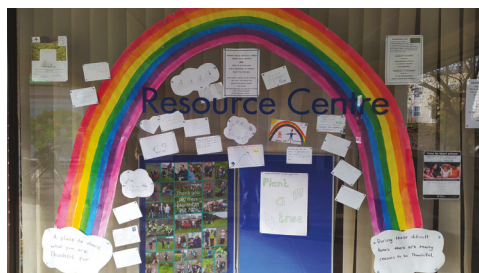
Jade Ang

T 01275 375670

E pillresource@yahoo.co.uk

W nsod.n-somerset.gov.uk

(North Somerset Online directory)



Friends of Crockerne PTA

We are an active group of parents, family members, staff and governors, who meet regularly. We aim to advance the education of the pupils in the school, purchasing items and equipment that the school may not otherwise be able to afford due to budget constraints.

Venue: Crockerne Primary School, Westward Drive, Pill, or we often meet at The Kings Arms, Easton in Gordano, BS20 0PS.

Meeting Schedule: We meet once a month.

Charlotte Kaszubski

T 01275 375670

E PTA@Crockerne.co.uk

W crockerne.co.uk/friends-of-crockerne/

Twitter: twitter.com/PTACrockerne

or Facebook: facebook.com/FriendsofcrockernePTA



Pill, Easton in Gordano and Ham Green Community Forum

The Community Forum consists of representatives from the Parish Council, local organisations and interested individuals, and is charged with progressing implementation of the Parish Plan. It is also now able to disburse small grants for the benefit of the community. Application is

through a simple form that can be downloaded from the Parish Council site and returned to the secretary. On the application we will ask you what you need funding for, and how your application will benefit the local community. See the Parish Council website pillandeastoningordano.org.

Venue: Resource Centre, 4 Baltic Place, Pill, BS20 0EJ.

Meeting Schedule: The Forum meets four times a year but accepts applications for grants throughout the year.

Hilary Gardner, Secretary

W pillandeastoningordano.org/community-forum/



Penny Brohn Garden Team



We maintain the 5.5 acre garden of Penny Brohn UK; a charity which supports people with cancer to live well.

Venue: Penny Brohn UK, Chapel Pill Lane, Ham Green BS20 0HH.

Meeting Schedule: Weekly, on a Friday morning.

Helen Wake

E helen.wake@

pennybrohn.org.uk



Pill Charity Rag

Community Carnival Day held on the first Saturday in June. A day of activities, music and refreshments, followed by a walking procession through the village.

Venue: Victoria Park (The Green), Pill BS20 0ES.



Pauline McDade

T 07971 535056

E pauline.mcdade@hotmail.co.uk

Facebook - Pill Rag



Pill Food Hub

We are a social supermarket providing food and hygiene products, for a small donation per household. Our aim is to support residents in need of some extra help. We also have preloved clothes and toys for an additional donation of what you can afford. We hope to offer free advice and support in the future.

Venue: Pill Community Centre, Church Place, BS20 0AE.

Meeting Schedule: Every Friday, 1.30-3pm.



Jo Burt

E pillfoodhub@gmail.com

Facebook - Pill Food Hub



5 ways to wellbeing



Looking after your mental health is just as important as your physical health. Research by the New Economics Foundation has found there are five ways to look after your mental wellbeing:



Connecting with the people around us is a great way to remind ourselves that we're important and valued by others.

- Arrange to meet people regularly
- Reach out to someone
- Take time to get to know your neighbours



By making sure we are regularly moving our bodies, we can look after our mental and physical health at the same time.

- Go for a walk during your lunch break
- Try activities that bring our focus to the mind-body connection, like yoga or tai chi



Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs.

- Take up a mindful hobby e.g. knitting
- Write down three things you feel grateful for



Learning new things is a good way to meet new people and boost our self confidence, which in turn improves our mental health and wellbeing.

- Try out a new recipe
- Join a class or learn a new language
- Learn something new about the people around you



Research has found a link between doing good things and an increase in wellbeing.

- Try and do one kind thing every day
- Become a Health in Mind Hero by giving your time through volunteering/ fundraising

www.health-in-mind.org.uk



Health in Mind is a charity registered in Scotland SC004128 and a company limited by guarantee, registered in Scotland SC124090. The registered office is 40 Shandwick Place, Edinburgh EH2 4RT

Need some extra help?

We all need help from time to time. Here are some places to look. There's a comprehensive list on our Links & Resources page of the Parish Council website. Some village groups also provide support too. www.pillandeastoningordano.org/help

Cost of living advice and support:



Advice on Benefits and a wide range of other services: **North Somerset Citizens Advice** www.nscab.org.uk



North Somerset Council: information on support for cost of living, energy and heating concerns
www.n-somerset.gov.uk/my-services/benefits-support/cost-living-advice-guidance



The Food Hub Pillfoodhub@gmail.com;
Facebook: **Pill Food Bank Hub** – for those in food poverty.

Mental Health:



Second Step for courses, one to one and crisis support
www.second-step.co.uk/our-services/our-north-somerset-services



Vita Minds for talking therapies for anxiety and depression
www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire-mental-health-services



Off The Record for children and young people
www.otrnorthsomerset.org.uk

Need some extra help?

Social Care:



Care Connect North Somerset take enquiries relating to social care and health services for children, young people, adults, disabled people and carers.

www.n-somerset.gov.uk/myservices/adult-social-care-health

Adults: 01275 888801. Children: 01275 888805. Email: careconnect@n-somerset.gov.uk

Older People:



Alzheimer's Society supporting people living with dementia, and their carers

www.alzheimers.org.uk or call 0300 123 4589.



Community Connect (50+) provides local advice and support for people over 50, and their carers. 01275 888803 or email communityconnect@curo-group.co.uk;



Age UK provides a range of services in North Somerset and produces a useful guide to later life. **www.ageuk.org.uk/somerset**

Drug and alcohol support:



We Are With You provides a free, confidential service for anyone over 18 wanting to cut down their drug or alcohol use, and for friends or family worried about someone else's drinking or drug use. Call 01934 427940 or **www.wearewithyou.org.uk**

Local venue information

Pill Community Centre,

Church Place, Pill, BS20 0AE
Lesley Davey
info.pillcommunitycentre@gmail.com
01275 372745

Pill Memorial Club,

1 Lodway, Pill, Bristol, BS20 0DL
Amy Stevenson
clubpillmemorial@gmail.com
01275 372176

St George's Church Hall,

Easton in Gordano, BS20 0PA
Wendy Moncrieffe
01275 373481

Pill Methodist Church,

10 Mount Pleasant, Pill, BS20 0ES
Liz Marsh
lizmarsh007@aol.com
01275 374053

Lodway Cricket Club,

Ham Green, BS20 0HB
Jayne Hyde
lodwaycc@gmail.com
01275 374235

The Salvation Army,

1 Heywood Road, Pill, BS20 0LF
James Addis
pill@salvationarmy.org.uk
01275 813907

Pill Resource Centre,

4 Baltic Place, Pill, BS20 0EJ
Julie Smart
pillresource@yahoo.co.uk
01275 375670

Penny Brohn UK,

Chapel Pill Lane, Pill, Bristol, BS20 0HH
Dida Moore
01275 370107

St Katherine's School,

Sports Centre, Pill Road, Ham Green, BS20 0HU
school@skdrive.org
01275 373737

Pill Library and Children's Centre,

Crockerne House, Underbanks, Pill BS20 0AT
Samantha Chandler
pill.library@n-somerset.gov.uk
01934 426070

Defibrillators - what you need to know in an emergency

Call 999 on all occasions - The operator will tell you where the nearest one is. They also know which ones are working and not already in use by someone else.

For the most accurate information on the location of defibrillators, visit <https://www.visitportishead.net/defibrillator-map.php>. As a quick reference, however, local defibrillators can be found as follows:

- **St George's Church Hall**, Priory Road, Easton in Gordano, BS20 0PA, on the right of the front wall, facing you as you enter the car park.
- **Crockerne Primary School**, Westward Drive, Pill, BS20 0JP, mounted on fence, between car park and pedestrian entrances.
- **Pill Central**, 5 Pill Street, Pill, BS20 0EL, on the side wall of the office, accessed through the wrought iron gate right next to it.
- **Lodway Cricket Club**, 46 Ham Green, Pill, BS20 0HB, on the white wall at the bottom of the ramp, access through gate on Macrae Road.
- **Cross Lanes Farm** - straight in front when you enter the yard.

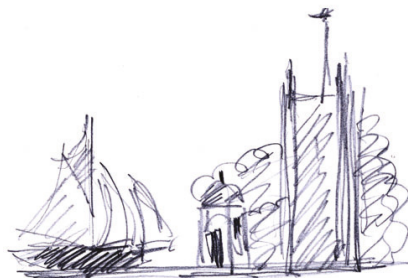
Thanks to our Sponsors and Funders:

Healthier **Together**

Improving health and care in Bristol,
North Somerset and South Gloucestershire



Pill
**Community
Foundation**



Pill & Easton-in-Gordano Community Forum

Website: www.pillandeastoningordano.org/village-groups