



**Saturday 2 March 2024**  
**10am - 4pm**

The Portishead Spring into Wellbeing Day is a **FREE** event organised by **Portishead Town Council, Portishead Lions, The Beacon Hub and Somerset Prostate Support Association (SPSA)** and to encourage residents in the 5 steps you can take to help improve your wellbeing - these are connect, be active, take notice, keep learning and give.

## **Programme of Events**



[www.portishead.gov.uk/wellbeing](http://www.portishead.gov.uk/wellbeing)

# Book a Blood Test

**We will be offering a FREE BLOOD TEST across a range of health tests as part of this event.**

If you are aged between 25-90 you can obtain one **FREE TEST** of your choice with the option to pay separately for any additional tests that you may require all within ONE simple blood sample (a blood sample only takes 10 mins).

Each test offered after the initial **FREE TEST** will cost £28 which is significantly cheaper than if purchased from alternative sources. All results will be sent to you within 72 hours. (Only one Free test per person, some age restrictions apply).

## **Blood tests**

There will be 7 blood tests available:  
(One is male specific and others are unisex)

- PSPA – Prostate (male)
- DHB – Diabetes (unisex)
- LFT – Cholesterol (unisex)
- TF – Thyroid (unisex)
- TKID – Kidney Function (unisex)
- LIPP – Liver Function (unisex)
- ISP – Iron Count (unisex)

## **How to register and book your blood test:**

Applying could not be simpler. Just register by scanning the QR code below or visiting [www.myhealthtests.org.uk](http://www.myhealthtests.org.uk) add your personal details and validate your email address, you will then be able to book, just pick a suitable time slot and select the test(s) you want.

All blood tests will take place at Somerset Hall on Saturday 2 March 2024 between 10am and 4pm.



Further information can be obtained from Portishead Lions:

Website: [www.portisheadlions.club](http://www.portisheadlions.club)

Email: [info@portisheadlions.club](mailto:info@portisheadlions.club)

Telephone: 01275 281415

Facebook: [@portisheadlionsclubuk](https://www.facebook.com/portisheadlionsclubuk)

# What's on at Somerset Hall?

**Free refreshments throughout the day.**

Information and sign up on volunteering opportunities in your community, plus information and advice from:

Age UK

Alzheimers Society

Bristol Crstal Reiki

Community Connect

Eddystone Trust & Unity  
Sexual Health

Gordano Valley Primary  
Care Network

The Harbourside  
Family Practice

Healthwatch

Jane Brockbank  
Acupuncture

North Somerset Parent  
Carers Working Together  
(NSPCWT)

North Somerset Lesbian  
Gay Bisexual Transgender  
+ (NSLGBT+) / Bridging  
the Gap Together!

Off the Record

Penny Brohn

Portishead Lions

Portishead Porters

Portishead Strollers

Portishead Town Council

Portishead Youth and  
Community Centre

Pure Gym

Stand Against Racism  
and Equality (SARI)

Severn Physiotherapy

Sirona Care and Health

Somerset Prostate Support  
Association (SPSA)

Somerset and Wessex  
Eating Disorder  
Association (SWEDA)

Versus Arthritis

Vision North Somerset

Voluntary Action North  
Somerset (VANS)

Walnut Grove

# What's on at The Beacon Hub?

**Live music.**

**Beacon Hub café open for refreshments.**

Information and advice from:

Art Made Easy

Book Club

Craft and Natter

Crafty Chatters

Equine Reflections

Martha's Kitchen

Menopause Wellbeing Hub

The Methodist Church

Mindful Parenting and  
Community Project  
(MPCP)

NHS Talking Therapies

Portishead CoE - Refresh,  
LLaDs, Table Talk and  
Bereavement Support

Portishead Parent

Rethink Mental Health  
Awareness Portishead  
(MHAP)

Sophie Heath Women's  
Fitness and Nutrition

Talk Club

We Are Aware

Wellspring Counselling

Willow Community  
Gardens



[www.portishead.gov.uk/wellbeing](http://www.portishead.gov.uk/wellbeing)

# What's on at The Library

## All morning:

Browse and borrow from The Reading Agency reading well book-list - children, teens, mental health, living well with long term conditions and dementia. All books are especially chosen on a range of topics to help you understand and manage your health and wellbeing.

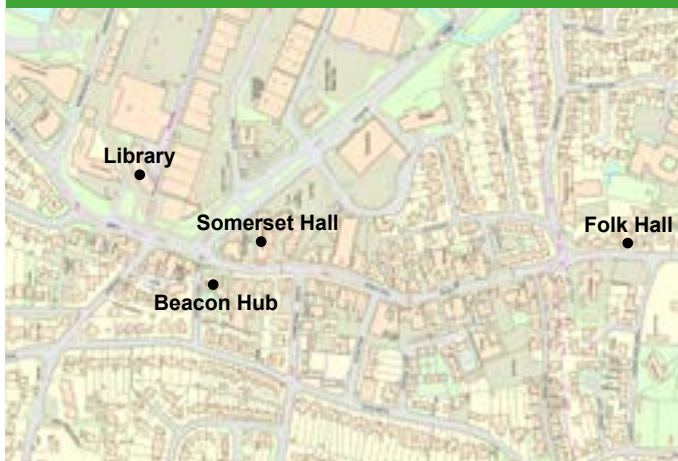
Chat to our friendly staff and volunteers over a cuppa about our Homes Library Service - a service for customers or carers of those with limited mobility.

**9.30am - 12.30pm** Come to our family wellbeing craft activity drop-in (no need to book).

**10am - 11am** Mental Health Self Care with We Are Aware at the **Library**

**11am - 12pm** Mindful Parenting and Community Project stress-busting workshop (book via the website below).

## Location map for all events



# Workshops

Please book your place at  
[www.portishead.gov.uk/workshops](http://www.portishead.gov.uk/workshops)

- |                        |  |
|------------------------|--|
| <b>10am - 11am</b>     | Mental Health Self Care with We Are Aware at the <b>Library</b>                        |
| <b>11am - 12pm</b>     | Mindful Parenting and Community Project stress-busting workshop at the <b>Library</b>  |
| <b>11am - 4pm</b>      | Art Made Easy at the <b>Beacon Hub</b>   |
| <b>12pm - 1pm</b>      | Antenatal breastfeeding session for parents with Cafe Mamma at the <b>Beacon Hub</b> . |
| <b>1pm - 1.30pm</b>    | Fitness class for mums' taster session at the <b>Folk Hall</b>                         |
| <b>1.40pm - 2.10pm</b> | Structured Movement Therapy taster session at the <b>Folk Hall</b>                     |
| <b>2.15pm - 2.45pm</b> | Senior Strong taster session at the <b>Folk Hall</b>                                   |
| <b>3.30pm - 5pm</b>    | Now Hear This Music workshop for all at the <b>Folk Hall</b>                           |

## Outdoor Activities

Join us from 2pm - 3pm for a guided sculpture trail walk.

Meet outside Parish Wharf.



[www.portishead.gov.uk/wellbeing](http://www.portishead.gov.uk/wellbeing)