

HENGROVE PARK

LEISURE CENTRE

Healthy Communities Hengrove, Bristol

Summer 2025

Adaptive Swimming Lessons

We have introduced adaptive swimming lessons here at Hengrove. These lessons are for members who may require smaller class size or a carer accompanying them in the water. The aim is to provide a suitable learning environment for those with additional needs at no additional cost.



Intensive swim courses this summer!

We are providing intensive swim courses at Hengrove Park Leisure Centre this summer, providing focused lessons giving tailored instruction of swimming techniques and specific strokes, deep water confidence sessions and learn to dive lessons.

Swimathon Success

24 swimmers took part in the annual Swimathon event at Hengrove Park Leisure Centre for Leisure on 30th March, swimming between 400m to triple 5000m and raising money for Cancer Research UK, Marie Curie and Swimathon Foundation.! Our own managers team also took part to help raise money for these fantastic charities



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Caught short by your period?

We've got you covered.
Ask a member of staff
for a 'White Envelope'

No questions asked, you will
receive an envelope containing

- 1 tampon
- 1 sanitary towel



Free Period Products across our sites

We have introduced free period products through 'Caught Short Kits' across our sites, supporting girls and women to remain active throughout their period. Thanks to our supplier Citron Hygiene, 1 in 10 sanitary products we purchase are donated to the Youth Sports Trust for Girls in the UK.

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Supporting Talented Athletes across Bristol

Through our Promising Athletes Programme, we are proud to be supporting local pro triathlete Claire Hann with free access to much needed training facilities within our leisure centre. We are excited to hear about their successes in 2025.



New Accessible Subscription

Enquire today to find out more about our Accessible subscription for people with a registered disability

Accessible Subscription

We have launched a new accessible subscription membership. This is a 2 or 4 week subscription for those with a registered disability, allowing all the access of a full membership without the monthly direct debit, giving the flexibility to those that need it.

New Pool Pod!

Here at Hengrove, we continue to enhance access with the introduction of the Poolpod - a specialist pool lift designed to provide a dignified and independent swimming experience.



Community T1 Rugby Programme

We are excited to announce that we are working with the RFU, offering weekly T1 rugby for children aged 6-12 years. We hosted a Community Festival with T1 Rugby on Friday 30th May, celebrating 100 days to go until the Women's Rugby World Cup games take place in Bristol, getting as many people involved in non contact rugby.



Musculoskeletal (MSK) Hub at Hengrove

Our MSK Hub at Hengrove serves as a vital resource in supporting individuals managing MSK conditions, which affect one in five adults every year. Our weekly Goodboost aqua programme provides flexible and personalised rehabilitation sessions to support individuals living with muscle or joint pain. Find out more about [Hengrove's MSK Hub](#).



Bump Boost - prenatal aqua class

As part of our Maternity Exemption Membership at Hengrove we now also offer Bump Boost Aqua classes. These exercise classes are available for women 0-40 weeks pregnant and are part of our commitment to supporting our customers through a healthy pregnancy through eating well and moving more.

Children's Hospital Taster Day

Access Sport partnered with Bristol Children's Hospital to support the delivery of a taster day for a group of young people who have a progressive neurological condition. All the participants had a fantastic time trying different activities including Boccia and Kinball.



Bristol Royal Hospital
For Children



**Access
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**Nutrition
courses
to improve
your wellbeing**



My Healthy Way online nutrition courses

Working with registered nutritionist, Jen McDiarmid, we offer 6-week online nutrition courses, providing simple, effective ways to improve physical and emotional health through nutrition. 2025 courses include; Nutrition to support Musculoskeletal conditions, Menopause, Emotional wellbeing, Childhood nutrition and boosting immunity.



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My Healthy Way x Common Knowledge Podcast

My Healthy Way are proud to be hosting the Common Knowledge Podcast on their webpage! Co-hosts Mel Spooner and Col Robertson are on a mission to make useful and meaningful health and lifestyle information free and accessible to everybody. Each episode is packed with practical advice and guidance that should be common knowledge.



Gaming Comes to Hengrove

In March we hosted our first ever video games expo. Hosted by VGE Events, the event saw traders from across the UK, as well as information talks and cosplay. Approximately 300 people attended the event, most of these are people that would not normally visit the leisure centre, so we took the opportunity to hand out day passes and give tours to those that were interested in what we had to offer.

Know the Signs

We have been actively supporting the NHS Be Body Aware and Breast Screening campaigns, displaying 'Know the Signs' resources in our toilets and changing facilities to support people with the knowledge to check themselves for early signs of cancer.



Proud to support Hidden Disabilities Sunflower

We are a proud supporter and Professional Member of the Hidden Disabilities Sunflower, encouraging inclusivity, acceptance and understanding. Site teams have undergone valuable training, enabling our sites and services to be more accessible for people living with a hidden disability.



Hengrove attends The Big Picnic at Redcatch Park

Our amazing team had the pleasure of attending The Big Picnic at Redcatch Park. This was a fantastic day seeing the local community in South Bristol come together and try their luck at one of our fun games to win prizes!



Premium Membership brings even more benefits!

Our Premium All-Inclusive Membership provides a range of benefits to further improve health and wellbeing including; access to Health Hero virtual GP appointments, Access to ARVRA wellness platform, 33% discount on nutrition courses and consultations, unlimited Goodboost classes and more!

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YOUR SUMMER FOCUS

Welcome to Our Summer Newsletter.

This season brings new beginnings and fresh perspectives—and we're embracing that spirit with some exciting developments to share. At a time when looking after our health and wellbeing is more important than ever, we're continuing to grow and evolve the support we offer.

We're proud to announce the launch of a dedicated **Men's Wellbeing** area on our website - created to provide tailored support, guidance, and information to help men take proactive steps toward living healthier, more balanced lives.

We're also marking **Alcohol Awareness Week**, a timely reminder to reflect on our relationship with alcohol and explore healthier choices. Whether you're looking to cut back, stay informed, or support someone else, we've gathered helpful tools and insights to support you every step of the way.

We hope you find inspiration and practical advice in this edition—and as always, we're here to support your wellbeing all year round.

If you have a printed copy of our newsletter but would like to download a free digital version with active hyperlinks, visit myhealthyway.co.uk

The My Healthy Way Team

myhealthyway.co.uk

Quarterly My Healthy Way Newsletter!

We release our quarterly My Healthy Way Newsletter, providing easy tips and expert advice for a healthier lifestyle!

Download our latest newsletter to start making small changes that bring big results

www.myhealthyway.co.uk

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My Healthy Way online resources for a happier, healthier life

Explore expert tips, practical tools, engaging blogs and comprehensive nutrition courses. All designed to guide and support your wellness journey. My Healthy Way are dedicated to addressing health inequalities and helping you improve your quality of life.

Nutritional Courses

Enhance your well-being with our online nutrition courses, led by certified Nutritionist, Jen McDiarmid. Discover simple, effective ways to improve your physical and emotional health through nutrition.

Nutritional Consultations

You can also book a 1:1 session with Jen. She will discuss your diet, stress, sleep, movement, digestion, and hormones with you and create your own custom nutrition plan.

Musculoskeletal Health

Take charge of your health with our Musculoskeletal (MSK) health hubs. Explore Good Boost classes and social coffee mornings at your local leisure centre.

Happy Mind

My Healthy Way is proud to support Every Mind Matters, part of the NHS Better Health campaign. Every Mind Matters offers practical tips and tools to manage your mental health, support others and access urgent help if needed.

Get Active

Boost your mood and reduce stress with regular exercise! Staying active releases 'feel-good' endorphins that help ease anxiety and depression, improve sleep, and build confidence. It's a powerful way to manage daily pressures and protect your mental health, leading to a happier, healthier life.

Women's Wellbeing

Discover how balanced nutrition and mindful lifestyle choices can empower your health and well-being. From boosting hormonal harmony to building mental resilience, learn simple, impactful steps to thrive in every aspect of your life.

Visit myhealthyway.co.uk to find out more about each of the courses we offer





Thank you to all our partners!

Thank you to all our our partners and stakeholders who help us to achieve our mission, enabling happier and healthier communities across Hengrove, Bristol.



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