HOSTPOST

November at HOST!

Bringing you the latest Campus updates

VIEW OUR SOCIAL CALENDAR HERE

Christmas Supplier Event



Pick up last minute Christmas gifts, sample local ciders and soft drinks, send a FREE postcard to your loved ones, enjoy live music and tuck into our German Market-themed dinner.

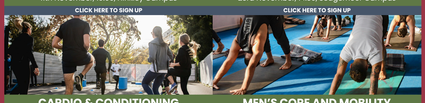
25th November, 16:30 - 20:30, Restaurant, Sedgemoor Campus



SOUND BATH
11th November, 19:00, Hinkley Campus

SPORTS MASSAGE
23rd November, 14:30, Sedgemoor Campus

CLICK HERE TO SIGN UP



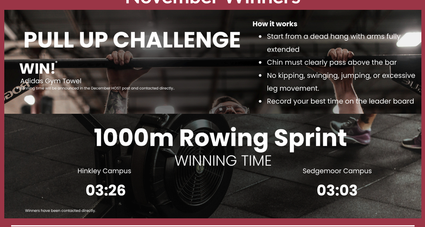
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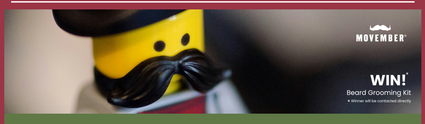
CARDIO & CONDITIONING
Mondays, 18:00, Hinkley Campus

MEN'S CORE AND MOBILITY
Tuesdays, 18:30, Hinkley Campus

CLICK HERE FOR OUR FULL CALENDAR OF ACTIVITIES

NEW Fitness Challenge & November Winners





MOVEMBER® CHALLENGE

Submit a clean-shave photo at the start of the month, then show off your best moustache with a photo in the final week of November.

Click here or email your photos to socialevents@host-somerset.co.uk

Click Here to learn more about MOVEMBER®

November Walk and Talks

4th November

Pawlett, Gaunt's Lane, TA6 4SS

To the Old Ferry crossing, then along the riverbank, returning via Gaunt's Lane
4 Miles



11th November

Seven Wells car park, Adscombe Lane

Woodland tracks and paths, exploring Great Wood and Adscombe Combes
4 Miles

18th November

Chilton Trinity School car park

A loop of the lanes between Chilton Trinity and Wembdon
4 Miles



25th November

Fore Street bridge, centre of Bridgwater

Walk along the River Parrett following the cycle path towards Mallard Court and return
4 Miles

Alzheimer's Society Move-A-Thon



November Local Spotlight

Roads and bus services may be affected. Please keep an eye on communications closer to the time for any updates and see information below if you'd like to get involved.

Saturday 7th November



Bridgwater Cadets

The Bridgwater Cadets are back to play for us on the Plaza to celebrate the beginning of the Bridgwater Carnival.

17:00 - 17:30
Sedgemoor Campus

Bridgwater Carnival

Bridgwater Carnival is one of the largest illuminated parades in the world, featuring world-class floats and performances.

18:00
Bath Road, TA7 9QU

Squibbing

Starting approximately 30 minutes after the main procession finishes. Squibs are giant fireworks which are attached a coshe.

30 Minutes After The Main Procession
High Street, TA6 3BD



Bridgwater Together

Celebrate Bridgwater's cultural and diverse communities, including live music, performances, workshops, stalls and free food from countries around the world.

Bridgwater Arts Centre, TA6 3BL

21st November, 11:00 - 15:00



Christmas Market & Light Switch On

A day packed with delicious street food, local market stalls and entertainment. Finish the day watching the light switch on and squibbing display.

Bridgwater Town Centre

28th November, 12:00 - 20:00, light switch on 18:00

Put Your Knowledge To The Test



HOST
YOUR SOMERSET HOME