

CHANGES BRISTOL NEWSLETTER

9th November 2011



CHANGES BRISTOL FESTIVE FUNDRAISING



Changes is always looking for new ideas for social events and fundraising and in December we have the chance to do both. On **Saturday 17th December 2011** we have a permit from Bristol City Council to carry out a street collection in the centre of Bristol.

We are looking for volunteers to help "shake a few tins" and hand out leaflets to Christmas shoppers in Bristol. We will be situated right in the centre, near the fountains and hippodrome. If we are able to get a good number of people to volunteer for the task we could do a relay of an hour or 2 at a time. We could also even have some FUN!

If anyone is interested please contact the Office and speak to Jason on 0117 941 1123 or Email Jason@changesbristol.org.uk

CHANGES BRISTOL LOOKING FOR TRUSTEES

Changes Bristol are looking for candidates to join the Board of Trustees. We are particularly looking for people who have experience of voluntary sector management/and or financial management; fundraising; and strategic planning. We also welcome people who have been members or are members of Changes. ***If you are interested please contact the office on 0117 941 1123 or email info@changesbristol.org.uk***

This day . . . In 1960
John F Kennedy won
the Presidential
election to become
President of the
United States of
America



Famous quotes

Learn from
yesterday, live for
today, hope for
tomorrow.

(unknown author)

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SOCIAL EVENTS

Our social gathering on Friday 28th October at the Llandogger Trow was well attended and much enthusiasm was shown. A BIG thank you to all that attended. Many ideas were put forward, some of which will be ongoing on the same day each month.

First Friday of each month — FILM NIGHT : The cinema will be rotated around the city and the week before an email will be sent confirming the choices of film for people to vote on. The first film was Tin Tin last Friday. **Next Film night will be FRIDAY 2ND DECEMBER at the ODEON, union street.**

First Wednesday of each month — MEAL : The First Meal will be at **YUM YUM THAI**, at 8:00pm on the **7th December**—so we can also turn this into our "Christmas Changes Dinner"! All are welcome along with partners. Please call Jason 0117 941 1123 or email Jason@changesbristol.org.uk to confirm your place!

The Third Wednesday of each month will be the return of the **SKITTLES NIGHT** : First night

will be held at **the Duke of York in St Werburghs** on 23rd November at 7:30pm. All are welcome!

In addition we will be starting regular walks at weekends projected to be on the 2nd Sunday of the month (details to follow);

For those with an artistic interest—Changes Members will be meeting up for the **Totterdown Arts Trail** on the Sunday 20th November. Details will be emailed out for a place to meet.

OTHER IDEAS??

Visit to local art galleries. . . A Canal Boat trip. . . Tobacco Factory Sunday night music. . . A Theatre night. . . Comedy Night. . . Pub Quiz. . . Seeing live bands Festival of ideas lectures (some are free!). . .Ice Skating. . . Pub Quiz

A group "spring clean", to help people de-clutter their homes.

Any more ideas or if anyone wishes to lead a walk etc please contact Jason at the office.

CHANGES NEWS AND THANK YOU'S

We have just completed our latest training sessions for assistant group coordinators and we can now welcome 7 new volunteers into the organization, with a further 2 waiting in the wings. This will further strengthen Changes in Bristol and ensure the 7 meetings we hold have the resources they need with a view to opening new meetings in due course.

A BIG THANK YOU

Thanks goes to David - Coordinator of our Barton Hill Monday meeting who provided a bespoke tour of the Asylum Church on Open Doors day specifically for Changes members. It was an excellent tour and we are very grateful for the work he put in.



OTHER EVENTS



Positive Minds monthly Coffee morning continues on Wednesday mornings from 10:30am—12:30pm :

16th November

21st December

18th January

@ Symes Community Building, Hartcliffe. A Changes member—Dave—is also encouraging an artistic outlet at these meetings which is a great way to expand your mind!

BALP—BRISTOL ACTIVE LIFE PROJECT—Offers a weekly health walk—every Thursday 2pm - run from 35 Old Market Street, Bristol MIND Offices—call Rebecca Martin 07725884587 or Mark Owen 0117 352 1173 or email balp@bristol.gov.uk

Walks at Redcatch Park, Knowle, every Thursday at 10am and 2pm. Arrive at the main gates on Redcatch Road.

MENTAL HEALTH AND THE SPACE AROUND US

Author Jason

For those of us who suffer from depression, we do not need to be told that our environment affects our wellbeing. Yet time and again we are reminded that policy makers don't share the knowledge that the rest of us have.



We have a housing crisis in this country that affects the wellbeing of millions of people. From the shortage of housing that has been an abdication of responsibility of the government over the past 30 years, to the way houses are built and the lack of social housing in general.

It is well known that housing in the UK has the smallest footprint of any domestic dwelling when comparing them with our comparable European neighbours. Some would say "size does not matter", but when combined with the poor building practices of the construction industry in the UK and poor design, the chances of people getting from their housing not only what they want but what they need is slim.

Our environment and surroundings are key to people's wellbeing. Studies have shown that poor housing or homelessness can contribute to mental illness or make coping with mental illness more difficult. This is further compounded by the fact that poor housing and

homelessness tend to go hand in hand with other forms of social exclusion like poverty.

Architects and commercial companies, at the pinnacle of the hierarchy of our construction and design industry, have sometimes been the worst to blame for this abdication of responsibility. Housing has become a way of getting as many featureless boxes on a patch of ground as possible, to earn as much money as possible, rather than concentrating on the quality of the homes they produce.

Using solar gains in an intelligent way when buildings are built is key, not only to allow a substantial amount of light into a property, which obviously helps mental wellbeing, but also allows heat gains and can reduce heating bills.

Our housing is too small; too dark; badly insulated; expensive to heat and often poorly designed. We are years behind our European counterparts in Germany or Denmark for example, and while the government pontificates, our housing crises continues unabated.

The scandal of the past 30 years is coming home to roost. The mental health problems are on the rise for many reasons and the improvement of housing conditions and the availability of good quality housing to ALL would be just one small change that would help mental wellbeing. **FOR MORE RAMBLINGS VISIT WWW.EXTRANEA.WORDPRESS.COM**