



Activity Group at St Werburgh's City Farm, Boiling Wells

We are very excited about this new opportunity to run an activity group for Changes members in partnership with SWCF. Do come along and join us for a taster day on 24th March from 11-3. We will be making pizza outside and there will be a craft activity to try too.

The site is fabulous with lots to see and do and areas for chat or contemplation. Let us know in the office by 14th March if you'd like to come along! Email info@changesbristol.org.uk marking the email ACTIVITY DAY or call the office on 0117 941 1123 TO BOOK YOUR PLACE :)

Mental Health for Older People - a message from Steve F, Volunteer

I am currently visiting groups to give presentations about our service and make contacts with helpful organisations such as Age UK and Care and Repair. I have received very positive feedback.

My aim is to encourage those older citizens to use Changes and create over 60's groups within Changes. One challenge will be to get members, some of whom may have limited ability to use public transport to get to meetings. If there is enough interest, perhaps we could take Changes to them. For the moment, it's about finding members - we all know they are out there. So watch this space for future developments.

Facilitator Training

The next facilitator training course will be held in April, from the 2nd—30th, on Wednesday evenings. If you'd like to get involved with helping to run a peer support meeting then please contact the office for an application pack. volunteering@changesbristol.org.uk

Would you like to help improve health services in your area? The NHS is working with Diversity Trust and seeks local people to take part in free training related to how NHS tackles health inequalities. For more information contact

Telephone: 0844 800 4425 info@diversitytrust.org.uk

Milestones Trust Blog

The Milestones trust is a charity that supports people with mental health needs, learning disabilities and dementia. They have recently launched a blog about mental health recovery which some of us may find useful

<http://milestonestrust.wordpress.com/>

A National Helpline for women who self –harm is being set up and there is a survey at [https://www.surveymonkey.com/s/](https://www.surveymonkey.com/s/NationalSHWomensHelpline)

[NationalSHWomensHelpline](https://www.surveymonkey.com/s/NationalSHWomensHelpline) to learn your views on how to best run this service. The survey is confidential and will not be shared with any other organisations. The survey can also be sent out by email or post. Please contact Naomi on 0117 927 9600 naomi.bcsw.btconnect.com or by post at PO Box 654 Bristol BS99 1XH

Local Services

The popular Light Box: Happiness Project will be relocating from 24/02/14. The new venue will be on the ground floor of the Galleries shopping centre in Bristol.

Directory of Services WECIL

As you might be aware, the West of England Centre for Inclusive Living (WECIL) has been working on a new project called [Create my Support Plan](#), funded by the Department of Health. It is an online support planning tool that is **free** for individuals to register and use with their email address. A major feature of Create my Support Plan is its [growing directory of services](#), allowing registered users to rate services they have used and leave feedback. This enables others to make informed choices about which services they use.

The next Newsletter will be a longer edition and will be out on Thursday 20th March. The deadline for submissions is Friday 14th March. Please email any contributions to newsletter@changesbristol.org.uk