

Newsletter

Changes
Bristol

10th June 2016



Welcome to this special Royal Birthday edition of the newsletter.

Perhaps some of you will be enjoying picnics or street parties with family, friends or neighbours to celebrate Her Majesty's 90th birthday and the Duke of Edinburgh's 95th birthday. And if not, don't worry - we've got lots to celebrate at Changes too!

At the start of this month we opened a new group for over 55s in Bedminster and then last week we opened a new day time group in Southmead. Both groups got off to a great start and we'd love to have more new members coming to each one.

The Bedminster 55+ group meets on Thursdays from 3 - 5 pm at Monica Wills House. The entrance is on West Street, next door to Tesco, marked airpoint. There are some large gates where you need to buzz for access, then cross the courtyard to reception and buzz again. It sounds complicated but once you've found it the first time it's very easy and it's worth the effort to find such a lovely group. We meet in the conference room.

The Southmead day time group meets on Tuesdays from 1 - 3pm at the Greenway Centre in the Brunel Room.

Both the new meetings are in addition to our existing meetings - we still have our regular Bedminster Friday group and Southmead Thursday evening groups.

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We're starting to get very excited about the Dragon Boat races coming up on September 3rd. We still have places on the boat so if you want to put your best paddle forward and row for us to help us raise vital funds then please let us know soon so you can secure your seat. It promises to be a fun day out with lots of activities on dry land as well as the races themselves. We need some volunteers to help us man our stall as well so if you're more of a landlubber than an old salt you can still get involved. Of course we'll need people to cheer on our team as well. Put the date in your diary now!



Our Boiling Wellness sessions are continuing and access is now much easier as the railway tunnel has reopened.

We will have a new programme of activities for you soon.

Sessions are open to all Changes members and others by arrangement. Join us from 11—3 on Mondays.

The site is a wonderful outdoor environment, relaxing and beautiful, with lots of room to socialise and take part in the activities or to take some quiet time out. The team at St Werburghs City Farm are very welcoming and understand our members very well so if you haven't tried it yet, maybe give it a go!

SOUTHMEAD FESTIVAL 2016 - Saturday 9th July

Greenway Centre, Doncaster Road, Southmead, Bristol, BS10 5PY

To book a stall or performance slot, please contact stephenhaddow@southmead.org

To become a festival volunteer, please contact sergechapman@southmead.org

general enquiries tel: 0117 950 3335



We will be at the Southmead Festival on Saturday 9th July with our information stand. With us now having 2 groups on offer in Southmead we're extra keen to spread the word. The festival was a brilliant day out last year with lots of activities, music, information and items for sale over the field and this year is looking to be every bit as much fun. If you're coming to the festival make sure you stop by the Changes stall to say hi!

Sunday 10 July

Smoke: Gas: Strikes: Metal: Slums

A historical walk to honour Alfred Jefferies who was shot for desertion in France On 1st November 1916

11:00am starting at Bristol Temple Meads forecourt



A 2 hour walk around St Philips and the Dings.

Alfred Jefferies lived in St Philips before 1914. He fought alongside his brother Arthur, who was killed in action that year on the Somme. After deserting he was executed by firing squad in 1916. We will walk around the area, highlighting forgotten industry, back streets, schools, and social history.

More information - <http://bit.ly/1Nu4T0k> or phone 0117 9243890



For more details about these events email rememberingrealww1@gmail.com

www.network23.org/realww1/
www.brh.org.uk

Geoff, one of our volunteers, will be leading this history walk next month.

Do email to join him for an interesting and informative walk.

As the summer fruits are at their most delicious now, we thought it would be



good to include some of your recipes for making the best use of them.

Please do send us in your recipes and pictures and we'll include them in the next issue.

Healthy behaviour can start with something as simple as including more fruit and veg in your diet. Don't you just love it when you can make changes that are easy AND delicious?

You might like to take the chance to explore your creative side with this short writing course that's starting soon.

Lots of us like to write journals or stories and perhaps this might help to develop our individual style. It's free and friendly—two of my favourite words!



If you have any great fundraising ideas please let us know and we can promote your activities here in the newsletter, online and in our group notices. We have sponsor forms you can use and we can help you set up a MyDonate page linked to Changes own to make it easy for your sponsors.

We'd love pictures of you in action too—please send them in!

Adult Learning

Creative Writing



This FREE course is open to all and learners will have the chance to explore their 'personal voice' through some interesting and fun exercises.

Try out new techniques and learn new skills as part of a friendly and supportive group.

Tuesday Mornings for 4 weeks

Starting on 14th June 2016 10.30am to 12.00 noon

At Kingfisher Primary School,

Lichfield Road, St Anne's Park, Bristol, BS4 4BJ

This course is funded as part of a research project looking at the impact of learning activities and courses on feelings of wellbeing, mood, anxiety, depression and general mental health. Because of this, learners will be asked to complete confidential questionnaires at the beginning and again at the end of the course.

Places are limited, to book your place contact Louise Weller via email louise.weller@bristol.gov.uk

 **BRISTOL A LEARNING CITY**



The Last Word

We're currently training a lovely new batch of volunteers to help run our support groups and you'll be seeing them in your meetings very soon. Please join us in welcoming them to the team and give them any help they need when finding their feet.

We'll be training again in the autumn. It's not too early to get your name down now! Email volunteering@changesbristol.org.uk for an application pack.

The next News Bulletin will be a shorter edition and will be out on Thursday 30th June. The deadline for submissions is Monday 27th June. Please email any contributions to newsletter@changesbristol.org.uk