

# NEWS BULLETIN



April 10th 2014

## Changes Mental Health Activity Days a huge success!

The last two activity days have been very well attended by our members with ten people turning up each time to enjoy outside cooking, copious amounts of tea and coffee, fresh air, great company and enjoyable activities. Every attendee has had good things to say about their day so we highly recommend trying this new experience out. We will be having a two page spread with photos and more detail of what goes on in our next issue for anyone who is still unsure.

The next activity day will take place on **28th April 11am to 2pm**. There will be a local walk, a craft activity and lunch provided. People who have been before are welcome to go straight to the site and any new people will be met at the entrance of St Werburgh's City Farm. Many thanks go to Sophie, Emily and Colette for organising this fabulous opportunity.

## facebook



Those of us who have joined the Secret Facebook Groups are currently enjoying plenty of social opportunities with members arranging impromptu events on a regular basis.

To join our TOP SECRET Facebook group with your own Facebook account, simply go to [www.facebook.com/bristolchanges](http://www.facebook.com/bristolchanges) and add as a friend. Upon approval, you will receive an invitation in your notifications to join the group. When you have joined you can then delete your new Changes friend if you wish to remove any traces of your involvement with Changes on your Facebook account.

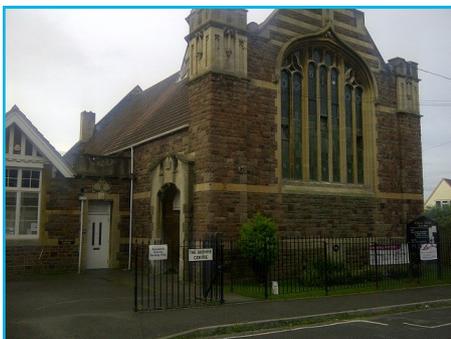
The group will be accessible by clicking on the name of the group that is found on the left hand bar of your newsfeed page. Once in the group you will be approached with an opportunity to join the **Changes Bristol Feel Good Club** which is where the majority of social events are organised and publicised.

## New Changes Meeting at Fishponds!

Our shiny new meeting in Fishponds will be starting on **Wednesdays 7.15pm to 9.15pm** from **14th May** at:

Colliers Gardens, Delabere Avenue, Fishponds, Bristol, BS16 2NA

The first session will be an information session and then the normal support groups will happen every week as usual. Both current and new members are very welcome to come along to support it and have cake and refreshments!!



Another new meeting will start on **June 2nd Monday 11am to 1pm** in partnership with Link Age.

This is an **over 55's Bereavement and Wellbeing** meeting at:

The Beehive Centre  
19a Strefford Road  
Whitehall  
Bristol  
BS5 7AW



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Our Volunteer training sessions have been over subscribed for our Spring intake! We are overwhelmed by both the high quality and quantity of our trainees - Look out for them at your meetings in the next few weeks! We have had to start a waiting list for training but are also now taking new applications for our Autumn course.

If you would like to apply then email [volunteering@changesbristol.org.uk](mailto:volunteering@changesbristol.org.uk)



## Movement Galleries

There is a Pop up art shop organised by Shaun Henry called The Movement Gallery

[www.movementgalleries.com/](http://www.movementgalleries.com/)

which is raising funds for Changes. Please support this initiative and support Shaun. It

opens on 10th April and runs for 6 weeks on the ground floor of the Galleries Shopping Centre.

Shaun very kindly supported our Promises Auction last

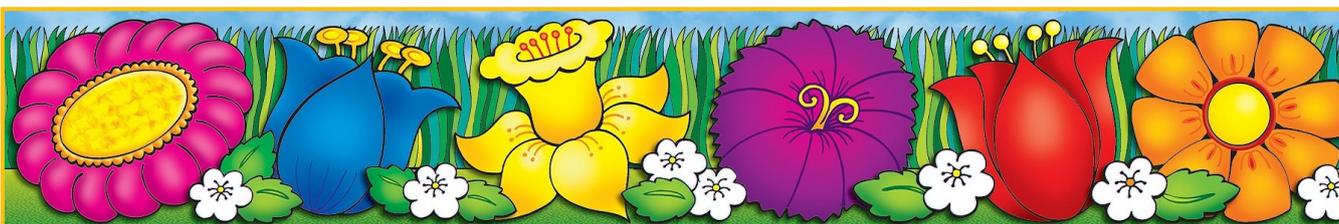
year and is a great supporter of Changes. His art is fantastic too!



## What do you think?

Recently Changes Bristol was approached by two people who are currently doing a feasibility study to explore the potential of a project for start-up funding. Their idea is to create a therapeutic space in which vulnerable people can come and spend time with cats and/or dogs. It has been scientifically proven that spending time with an animal and stroking it lowers blood pressure and anxiety levels, along with helping many other physical and mental health issues. They plan to develop a calm and welcoming space in which service users could relax, talk about issues, or just sit peacefully with the animals.

If this were a service that was in existence, do you think that it would benefit and enhance the wellbeing of you and other Changes members? Any comments would be much appreciated and you can email these directly to [al\\_sharm@hotmail.com](mailto:al_sharm@hotmail.com)



In our next issue we are including a feature incorporating members' photos of signs of Spring in the Bristol area. So far we have received four contributions, all from Knowle group. We are hoping for at least one picture from each of our groups so we can represent more of Bristol and more of Changes.

Please send any submissions to [newsletter@changesbristol.org.uk](mailto:newsletter@changesbristol.org.uk) the deadline is as below.

The next Newsletter will be a longer edition and will be out on Thursday 1st May. The deadline for submissions is Friday 25th March. Please email any contributions to [newsletter@changesbristol.org.uk](mailto:newsletter@changesbristol.org.uk)