

Changes Bristol Newsletter

January 13th 2014



Hello everybody and welcome to the new year, 2014. We hope all our friends and service users enjoyed the Christmas holiday. The start of the new year can be stressful with so much going on, but it's also a great time to start something new!

Welcome

In this mini edition of the Changes Newsletter we welcome back Jason, our Project Manager, to the office.

Welcome also to Nicholas, Penda and Joss, our new office volunteers.

Competition Time

Here's an exciting way to start the new year for movie fans!

We have two tickets to give away for the Watershed cinema in central Bristol. The tickets need to be used by April.

All you need to do is answer this simple question: How many people attended Changes groups in 2013?

Send your guess to officeadmin2@changesbristol.org.uk by January 31st for your chance to win.

Best of luck!

Gardening Group

The mental health benefits of gardening and getting involved with nature are well known, but not everyone has access to green space at home. So it's great that there is a community Walled Garden available to use just minutes from Changes in Barton Hill.

Wednesday 10am-4pm (Children and young families)

Friday 11am-5pm

For a map showing how to access the garden, please visit

bartonhillwalledgarden.wordpress.com/

Benefit Concert

The Bristol Songwriting Circle is staging a benefit concert to celebrate the life and music of the songwriter and Changes member Amy Hart.

The event will be held at the Unitarian Meeting Hall in Brunswick Square, Bristol on March 8th at 19:30.

Tickets cost £7 for adults and £5 for children. Contact Jason on 07909092590 for tickets and more information.

Bivisible Bristol

Bivisible Bristol is a support and social group for bisexual people in the Bristol area. The group started 3 years ago and seeks to provide a 'safe bi space' for bi people to meet, socialise and discuss issues relevant to their lives.

The group meets on each second and fourth Monday in the month at Café Kino on Stokes Croft, from 7pm. Look out for the purple teapot to locate the group!

Many bi people feel isolated in a 'gay / straight world' so networking with other bi people can be really good for mental health.

The group is open to all and has a page on Facebook if you'd like to find out more.

Dramatherapy

Six Changes members have begun attending the new Dramatherapy group. The group is run by Beth and will be running for six weeks.

Drama therapy is a form of 'expressive arts therapy' in which theatre techniques are used to facilitate personal growth and promote mental health.

There may be more chances to join the group from March. Those interested should email Beth at crazy_little_daisy33@hotmail.com for information.