

CHANGES BRISTOL NEWSLETTER



12 Steps to Mental Health

Beware of thinkers whose minds function only when they are fuelled by a quotation - Emile Cioran

12/9/11

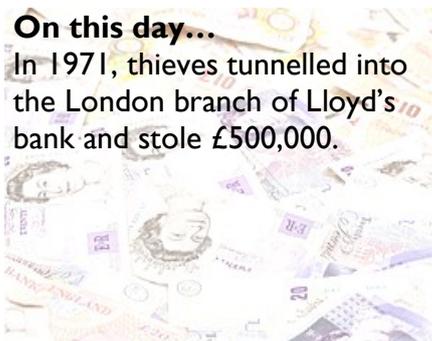
COULD YOU BE A CHANGES TRUSTEE?

After a period of stabilising the organisation, we are now looking for new volunteers to help us strengthen the breadth of skills and experience on the board of Trustees.

We would welcome any people who currently attend meetings or have attended meetings in the past. As a user led group, it is important that the board of Trustees reflects as wide a cross section of our membership as possible.

We are looking particularly for people with experience of voluntary sector management and/or financial management. We are aiming to address a gender imbalance in the Trustees and would particularly welcome applications from women.

If you're interested, give the office a call on 01179411123.



On this day...

In 1971, thieves tunneled into the London branch of Lloyd's bank and stole £500,000.



BRISTOL POETRY FESTIVAL

Over the next few weeks, there'll be lots of poetry events happening across Bristol. Simon Armitage and Sean O'Brien are reading at the Arnolfini on Thursday and there's still lots of tickets left. As well as that, there's plenty of open mic nights and other readings happening in lots of locations. There's often music mixed in with the poetry, so if you're looking for a fun (and cheap!) evening, then you can't go wrong. Check out www.poetrycan.org.uk for details or pick up a leaflet in art galleries and cafes across Bristol.



**For any feedback or ideas for the newsletter,
contact sarah@changesbristol.org.uk
The next newsletter will be 26th September**

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THREE FILMS I LIKE TO WATCH WHEN I'M FEELING LOW BY SARAH

1. Groundhog Day.

I like this film because it's a really simple premise but it works so well. When I'm depressed I occasionally feel like every day is exactly the same so I often find myself totally empathising with Phil as he lives through the same day over and over. It's great when he decides to make the best of it by learning new skills and being nicer to the people around him. All in all, it's a really hopeful film.



2. Little Miss Sunshine.

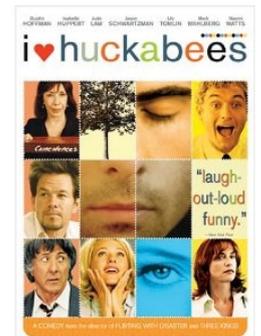
This film is good because of its honest portrayal of someone who has survived a suicide attempt. It's a bit of a sad beginning to a film, but you find yourself really connecting with Frank as he journeys with his family and ultimately finds things to live for. I'm also genuinely impressed with how they manage to make the difficult scenes funny in places, especially with



Richard's totally clueless attempts at talking to Frank after he comes back from the hospital. Often, Hollywood tends to shy away from mental health issues (or it completely misrepresents them) so this film is a breath of fresh air.

3. I Heart Huckabees.

People have called this film pretentious, but I think it's pretty honest. It shows several characters grappling with difficulties in their lives and trying to find answers wherever they can. It links the personal and the philosophical and whenever I watch it, I'm reminded that it's sometimes OK not to know what the right answer is, and just enjoy whatever's happening at the time.



Read more of my ramblings at trichquestions.wordpress.com

THE LIFE OF A STAR IS LONGER THAN THE NIGHT: POEM BY WARREN

My Breath spews rolling clouds
As I walk upon crisp, fresh snow
And miniature Stars upon its surface
Spar with me as I go

I hear the laughter of Children
and I Feel their joy
I marvel at the contrasting colours and textures of their clothes
Against a White Plateau

The trees are adorned in Snow
they are sleeping
But they bow in reverence
For their white coronation

More-
when the cries of little ones subside
I cherish the silence
A pause from a frantic world
within a fragile sanctuary
that Nature has bestowed upon me

