

## Boiling Wells Activity Days



Spring is indeed springing enthusiastically at Boiling Wells with the trees in bloom, wildlife going wild and up on the farm itself there are baby lambs and goats. If you haven't been to one of our Activity Days yet now's a great time.

The sessions usually run fortnightly on Mondays afternoons but as ever the Bank Holidays play havoc with the schedule.

So please take note, the next session is on **Monday 11th May** and the one after that will be **1st June**. All sessions run from 1 –4 and include a meal that the group cooks to share .

## Poetry with Personality

We had a fantastic evening out with Steve F, one of our long term members and volunteers . He hosted an exhibition of his artwork and read some of his very engaging poetry, giving an account of some key moments in his life. His delivery was great, really capturing the attention of all of us who squeezed into the tiny but fabulous Duchess of Totterdown café. Thanks Steve and Well Done!

Changes Bristol

## 6 Week Introduction to Mindfulness and Compassion Course



*with Practitioner of Mindfulness and Changes member - Vicki Thomas*

In a safe, non-judgemental and nurturing environment, you are invited to learn simple yet effective mindfulness practices to develop awareness of your inner and outer worlds and to create space and compassion around your thoughts and feelings.

Vicki has now delivered two mindfulness courses to Changes members and participants have reported real benefits:

*“It has helped to know that I am not wrong and that there is nothing to get right,”*

*“I can accept myself more and feel more grounded,”*

*“I would recommend it to others”*

*“Vicki's passion for mindfulness is infectious”*

Mindfulness has been helping Vicki to recover from depression for the last 18 months on a daily basis and she is very happy to be able to share her experience and skills with Changes members. These practices are very helpful for anxiety, depression and stress and give us tools to cope with the often stressful and frantic world we live in today.

This is an excellent opportunity to learn Mindfulness and Compassion skills in a supportive and friendly environment where experiences can be shared with others making it easier to be motivated to practice at home. The courses are tailored for Changes members and the price is also therefore very reasonable.

Email Vicki at [vickithomas@blueyonder.co.uk](mailto:vickithomas@blueyonder.co.uk) for more info and to see if this course is right for you.

- *The group is for 8 participants.*
- *The course will run for six weeks from Tuesday 26th May until Tues 30th June and will be held at Barton Hill Settlement. The evening will run from 7 to 9pm with a 10 minute tea break in the middle.*

The cost of the course is £45 for waged and £35 for unwaged. This is to be paid in full before the start of the course. (This is a very reasonable fee as most courses of 6 weeks would be at least £80 and often more)

### **The spice festival**

Saturday 9 May, 12pm to 5pm, St Marks Road

As part of Food Connections week there is a spice festival being held on St Marks Road, a celebration of all things spice. With street food, artisan stalls, music and dance, cooking demos, children's arts and crafts and more. Visit [www.bristolfoodconnections.com/](http://www.bristolfoodconnections.com/)

### **The Easton wild walk**

Saturday 9 May, 10am to 1.30pm, Owen Square, next to Easton Community Centre

Discover the wildlife that thrives along the Bristol and Bath Railway Path, and enjoy family activities along the way including bird box making, flower planting and storytelling. The walk is self-guided, you can join at anytime. Contact [celia.davis@bristol.gov.uk](mailto:celia.davis@bristol.gov.uk)

### **Weekly drop in**

Tuesdays, 4pm to 6pm, Trinity Community Garden, Trinity Centre

A monthly slot on a Sunday wasn't enough for many of you so now you can join every week for seasonal gardening jobs, foraging, cooking and of course, eating what you grow. Kids are welcome. Visit [www.3ca.org.uk/](http://www.3ca.org.uk/)

### **Happiness champions – nominate now!**

Nominations are now open for happiness champions 2015. In conjunction with The Independent's national happy list, Happy City celebrates and recognises the brilliant people doing wonderful stuff right here in our city. If you know of anyone who deserves more recognition and should be included, visit <http://tinyurl.com/mkbpxxx>

### **Call for Festival Volunteers...We need you!**

Redfest is a volunteer-run, free, one-day festival in St Georges park, Bristol, on the 1st August. We are looking for enthusiastic people who are free to help out with a six hour shift at the festival in a variety of roles including stewarding, bucket rattling, artist liaison, a traffic management team, lost kids crew, an info tent team, set-up and take-down crew and lots of other roles. The roles are fairly flexible so let us know what you would be interested in doing at Redfest! It's very easy and feels really fun to be part of making it happen rather than just an average member of the crowd, but you still get to see the show. We will have a prior system set up soon for applications so I'll let you know when that's in place.

Redfest Needs You! Now is the time to get involved. If you would like to be part of the crew, we are looking for people to volunteer on the day and our application form is now live at [www.redfestbristol.co.uk](http://www.redfestbristol.co.uk)

If you have any questions before filling it in, or would like to request a paper form please do get back to me and I'll try to help -[volunteer@redfestbristol.co.uk](mailto:volunteer@redfestbristol.co.uk)

Thanks again and we look forward to receiving your forms!

Dermot, Sophie and Rose  
Redfest Volunteer Team  
[www.redfestbristol.co.uk](http://www.redfestbristol.co.uk)

Just a quick reminder that Self injury Support is working with some creative arts practitioners to develop creative expression workshops in Bristol for women affected by self injury and would love to hear your views.

We would like to find out your views about these workshops to help us plan and develop the sessions.

We are asking for views from women who might be interested in the workshops and others who support them – we would really appreciate it if you could share this survey with anyone who might be interested.

<https://www.surveymonkey.com/s/createbristol>

### Walking festival 2015

Britain's largest urban walking festival returns for a third year with over 150 walks. The festival runs from 1-31 May. Some highlights include a walking tour in and around the Underfall Yard, a Brunel-designed historic boatyard that is now operational again, and a chance to learn the ancient Chinese exercise Qi Gong in Ashton Court or the city centre. Visit <http://tinyurl.com/p3epbr5>



**PERFORMING ARTS**

Are you aged 16 - 25 and out of work and education?

**TRUTH ABOUT YOUTH** Join our FREE 3 week Performing Arts course. You will:

- Work with professional theatre practitioners at the Bristol Old Vic
- Plan, create and perform a piece of theatre
- Develop skills in acting and theatre production
- Challenge negative perceptions of young people
- Achieve a Bronze Arts Award – a recognised qualification
- Boost your confidence and gain transferable skills for your CV
- Gain access to ongoing mentoring to help you gain employment

**Interested?**

For more information or to sign up, contact Sian at The Prince's Trust:  
email [sian.bott@princes-trust.org.uk](mailto:sian.bott@princes-trust.org.uk), or call or text 07717 511165

Find out more about the Truth about Youth at [princes-trust.org.uk/truthaboutyouth](http://princes-trust.org.uk/truthaboutyouth)

**Taster Day:** Wednesday 27<sup>th</sup> May 2015  
**Course Dates:** Monday 1<sup>st</sup> – Friday 19<sup>th</sup> June 2015 in Bristol

 **Bristol Old Vic** 

The next Newsletter will be a longer edition and will be out on Thursday 28th May. The deadline for submissions is Friday 22nd May. Please email any contributions to [newsletter@changesbristol.org.uk](mailto:newsletter@changesbristol.org.uk)