

NEWS BULLETIN



26th March 2015

Hello everyone and welcome to the March bulletin.

Last time I promised you some exciting news and here it is – **we're opening our 10th group!**

This new venture in partnership with the Teenage Parents Project will give people who have not been able to attend a Changes meeting because of childcare issues the opportunity to come to a meeting as there will be a low cost,

Ofsted registered crèche on site for children under school age. Parents of all ages are welcome and we really hope that this group will prove to be as popular as our other specialist group in partnership with LinkAge for over 55s at the Beehive Centre, which is going from strength to strength.

The new group will run on Thursdays from 10.30 – 12.30 at the Tenants Centre on Gatehouse Way in Withywood. We will hold our first meeting on 23rd April and it would be great to have a full house.

We are continuing to hold **activity days at Boiling Wells** with the wonderful team at St Werburghs City Farm. The next session will be on Monday 6th April from 1 - 4pm The afternoons are a fabulous opportunity to relax with other Changes members in a beautiful environment, perhaps cook a meal to share and take part in the activity of the day. Don't worry about the weather - if it's wet there's a comfortable, cosy barn to sit and chat in and of course, being Changes, tea and coffee are always in plentiful supply.

The **practical conservation group at Southmead's Greenway Centre** welcomes Changes members who want to help improve the environment there. Meet with Matt from the Avon Wildlife Trust on Wednesday afternoons from 1 -3 and make sure to wear clothes that are suitable for working outside. Tea and tools provided.

We are looking for volunteers to help run our support groups. We'll be holding the next training sessions very soon, starting in April and we are inviting applications now.

We'd love people who are keen, committed and who understand the very special nature of Changes meetings to join us. Perhaps you've been a group member for a while and feel you could now step up to help. Volunteering is a great way to increase your self-confidence, to feel like you're giving something back and can sometimes be the first step on the road back to work. Being a facilitator is definitely a challenge but it's always interesting and very rewarding. If you'd like to apply please email volunteering@changesbristol.org.uk for an application pack.

Kath

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News from the Bristol Clinical Commissioning Group Improving Access to Psychological Therapies (IAPT)

We would like to hear your views on the current IAPT service—what you think works well and what doesn't, as well as telling us how you think it can be improved.

We are currently recommissioning the IAPT service in Bristol and we want to ensure the new service best meet the needs of the people who use it or who might need to use it in the future.

There are a number of ways in which you can influence how the new service will look when it launches in October 2016.

Come to one of our focus groups: Would you like to talk to other IAPT users about your views? We are holding 2 focus groups on Tuesday 28th April 2015 in the evening or Friday 1st May 2015 in the morning. If you are interested please contact mental.health@bristolccg.nhs.uk or call 0117 900 2339

Fill in a survey online: www.surveymonkey.com/s/GNGFLSV

Get a survey in a different format, e.g alternative languages, Easy Read and Paper: phone 0117 900 2339

Boost Finance

Are money worries stopping you doing what you want to do? Do you live in the Lawrence Hill area of Bristol?

Every Friday from 10am—1 pm in the Barton Hill Settlement Café

Money advice, alternative banking options, financial confidence, advice on paying energy bills, business start up, personal and business loans, group buying schemes or similar startups

The next Newsletter will be a longer edition and will be out on Thursday 16th April. The deadline for submissions is Monday 13th April. Please email any contributions to info@changesbristol.org.uk