

Time2Share Newsletter



September 2011

Plan Ahead! New Date for Your Diary!

We have booked the Weston ex-Services Club in Bath for our new year party on Saturday 14 January 2012. They have a skittle alley, a dance floor and a bar. What more could we want? This year we are planning to use a new entertainer so if you have any suggestions that you think would be suitable please get in touch. Last year's party went really well so make sure you get the date in your diary now!

Bristol Carers Holidays:

The Bristol Carers' Support Centre has launched its new holiday scheme. It is now taking bookings for holidays in luxury static caravans at two locations: the Cotswolds and Torbay in Devon. There are discounted holiday rates. You can apply if you live in Bristol and you are a carer. To find out more:

Ring: 0117 965 2365,

Email: info@carersholidays.org.uk

web: www.carersholidays.org.uk

New Non-Urgent Police Number

There is now a **new** non-urgent police number. The number is **101** and is charged at 15p a call. The emergency **999** number remains the same. More info on the Avon & Somerset Police website at: www.avonandsomerset.police.uk/contact/101/

Vacancies at Time2Share

The group activities for young people over 14 are all going really well and we are currently looking for paid bank session workers in BANES to help us keep the groups running smoothly. The groups meet on a Friday evening or Saturday afternoon for 3 hours.

If you are interested in getting involved or finding out more please contact Jackie on 0117 941 5868 or email info@time2share.org.uk.

Have you heard of the Family Fund?

They are the UK's largest provider of grants to low-income families raising disabled and seriously ill children and young people aged 17 years old and under. They say that they help ease the additional pressures families face. These are some of the things they have funded



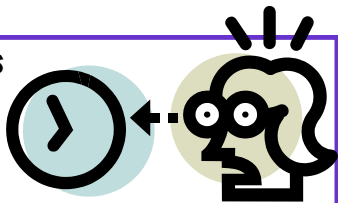
Applications for a Family Fund grant can be made by the parent or carer of the disabled child or young person. Young people aged 16 and 17 can make an application in their own right. You can download an application form from the website at www.familyfund.org.uk or to request one in the post you can contact them direct: Email info@familyfund.org.uk or Tel 08449 744 099

Welcome to The Bristol Page

Parent-Carers' News

Are you feeling

stressed?! Carers can access complementary therapies, such as reflexology, at the reduced rate of £12 through the Carers' Support Centre. e.g. Tues 18 Oct, Tues 15 Nov. There will also be a pamper day and Christmas market on Sat 3 Dec. Call 0117 937 5623.



Bristol Parent Carers are running **Well-being** training to help you to manage stress and anxiety, make plans and organise your time. It is also an opportunity to meet other parent-carers. The training is free and for 3 weeks from 5 Oct: www.bristolparentcarers.org.uk, 0845 642 0124.

If you are worried about what would happen should you be taken ill or have an accident, it would be good to get an **Emergency Card** as this identifies you as a Carer and will mean that the person you care for isn't left unattended: apply through Care Direct 0117 922 2700.

Some people find **Parenting Courses** helpful, but this is not right for everyone. If you want to find out more go to www.bristol.gov.uk/page/parenting-courses-currently-running-bristol.

There are courses specifically for parents of children on the Autistic Spectrum: contact Andrew Powell 07919 25 88 23, andrew.powell@nas.org.uk.

Homestart supports families who have at least one child under five. Contact: 0117 9501170 www.homestartbristol.org.uk
www.homestartbristol.org.uk

Volunteers—Short Break Network

www.shortbreaksnetwork.ning.com

This is a new interactive website for short break carers (such as befrienders). It is for people to share experiences and expertise.

Hardest Hit Rally and March

- Sat 22 Oct, 12-2pm
- College Green

Disabled people are being hit hard by cuts to benefits and services. If you want to say that cutting services and support is not the 'right thing' to do you could join this rally.

Contacts: www.thehardesthit.wordpress.com
0117 934 1707/ southwest@hardesthit.org.uk



The Bristol Blog

You can now subscribe by adding your email address in the box under the search box (see www.time2share.org.uk/blogs/bristol):

Young People—Sexuality Group

KIDS is running a group for disabled young people (13-25 years) to discuss relationships and sexuality. The group meets at the Wellspring Centre, Barton Hill every 3rd week, 6:45-8:45pm. They currently have spaces so get in touch with Stacey (stacey.coombs@kids.org.uk) or Louisa (louisa.jennings@kids.org.uk), 0117 947 6111. They like to talk to new members before they join.

Young and Free—16-25 year olds

If you have a physical or sensory impairment you can join the social activities and buddy scheme organised by Young and Free. Contact Ligia 0777 625 2320 www.youngandfreecharity.org.uk

Bristol City Museum Activities

Free activities coming up include:

- Curiosity—activity area for under 7s, 10am-4pm
- Frame it! 2 Oct, 10:30-12:30 & 1:30-4pm
Create your own picture frame
- Wildlife SOS, 25-26 Oct, 11am-3:30pm
Learn how to protect hedgehogs and birds
- A Walk on the Wild Side. 6 Nov 10:30-12:30 & 1:30-4pm. Feel a hedgehog's prickles etc.

Autumn Walkabout, Ashton Court

Sun 30 Oct, 10am-1pm, £5/£2.50 (child)
Guided walk through Ashton Court with nature games and tree tales. Meet at the visitors' centre by the cafe.
Booking is essential: Call Jim on 0117 966 4318

Autumn Antics, The Downs

27 Oct, 10am-3:30pm, £8.50 (child)
Create colourful autumn art and make a magical leaf lantern. Suitable for 8 to 12 year olds. For further details and bookings contact Avon Gorge and Downs Wildlife Project on 0117 9030609.

Donate by text: just text 'TIME40 £(amount you want to donate)' to 70070

Welcome to the NES Page from Debbie

I hope this newsletter finds you all well and happy...Don't forget if there is anything you would like added to our next newsletter please let me know...cheers, Debbie
nes@time2share.org.uk
0117 9415868

Butterflies Haven Young Voice Group

Butterflies is a caring community of families who share the challenges involved in living with an Autistic Spectrum Condition. The Young Voice Group is for young people aged 9-17 who are perhaps somewhere on the Autistic Spectrum, whether they have been diagnosed or not. They meet on Friday evenings from 6.30—8.00 pm. One week they meet at the Time Out Drop In Centre near the leisure centre in Keynsham and on alternate weeks they meet at St Francis Church, Warwick Road, Keynsham. At the St Francis Church meeting there is also a drop in group for parents of children with autism. All parents are welcome even if their young person doesn't go to the group or is now younger or older than 17. Refreshments are provided and a £1 voluntary sub is accepted to cover costs as they do not have ongoing funding. There is also a parents group on a Thursday morning in one of the parents' home. For more information please contact Trish 0117 9082132
www.butterflies-haven.co.uk

The Hub at Radstock

Young people aged 12 to 19 can get involved in three exciting and educational projects. Following the success of the popular summer activities programme, youth workers at the Council-run Hub hope to encourage even more young people to take part and be active in their free time. Ready, Steady, Cook -style competitions will be held between 7pm and 9pm on Wednesdays 5th, 12th and 19th October. The competitions will help young people to learn about budgeting and cooking, and those on the project will be able to celebrate their success with a trip to a restaurant to experience eating out as part of a group. Young people can also help to design and plant a flower bed in the centre of Radstock for the local community to enjoy. The main planting sessions will take place on Monday 24th and Wednesday 26th October. All sessions are 50p entry and are for young people aged 12 to 19.

For more information on the activities and services available drop in to Radstock Youth Hub, on Church Street, or phone 01761 433288.

Furniture Sale in Keynsham on Saturday 15 October

Save furniture items being sent off to landfill and grab yourself a bargain! Good quality items and second hand furniture for sale, all at great prices! All sale furniture items will have been brought to B&NES recycling centres. This initiative is organised by Bath & North East Somerset Council Waste Services. The event is to be held next door to the Keynsham Recycling Centre, Pixash Lane, Keynsham from 10 – 12 noon on Sat 15 October.



Keynsham Victorian Evening 2011

The evening's entertainment will include a procession through town, stalls in the streets and Fear Hall, activities in the local churches and performances by local schools, bands and choirs on the stage. This year children are being asked to design a Christmas card based on a 'candle' theme. The winner will have the opportunity to switch on the town's Christmas lights! Enquiries regarding the 2011 Victorian Christmas Evening please phone Jackie Sydenham or emailreception@keynsham-tc.gov.uk



Walks with Wheelchairs

A dedicated website providing free information on routes that are suitable for wheelchair users throughout the UK. Read reviews of the routes before trying any walks. To download walk directions and detailed OS maps free of charge and share your own routes for walking with wheelchairs visit the website
www.walkswithwheelchairs.com

If you would like to see walks and routes specifically with buggies or young children users then please go to www.walkswithbuggies.com

Radstock Museum Inventions

Objects and products created in Somerset, including Plasticine and chocolate bars
Price: £4, child £2.50

Mangledwurzels in Radstock & MSN !

Radstock & Midsomer Norton Lions have arranged a charity concert with Horizon and the Mangledwurzels. Join them for good company and a Ploughmans supper at Paulton Rovers Football Club Friday 30 Sep 2011

Welcome to the Bath Page!

Putting the fun in fundraising

This Autumn sees the start of a fun fundraising campaign for Time2Share, which is a particularly apt way to mark our 40th birthday next year. Our first fundraising drive is on Saturday, October 15 at Marks and Spencer in Bath, and will see us packing shoppers' bags in exchange for a small donation. Thanks to all those who have already signed up to take part - if you'd like to add your name to the list please call Sam on 0117 941 5868 or email bath@time2share.org.uk.

Firework Night - Saturday, November 5

Time2Share is delighted to have been chosen as a Big 4 charity by RAG students (Raise and Give) at the University of Bath. This means the students will be raising money for us and helping to raise our profile and build their skills at the same time. So we're joining forces with them on Saturday, November 5 at their annual fireworks event at the Recreation Ground in Bath. (This year RAG has joined forces with the Rotary Club to host the fireworks). We're looking for people to help collect money, sell tickets or marshal the event - training will be provided for marshaling. If you'd like to watch the fireworks and help out at the event please contact Sam (contact details above).

Bath Christmas Market

It might seem a little early to be talking about Christmas but Time2Share has been chosen to run a chalet at the Bath Christmas Market (*pictured opposite*) on Monday, November 28. We'll be selling items such as cards, fridge magnets and paintings produced by respected Bradford on Avon watercolourist Steve Hall, who has kindly agreed to give a percentage of takings to our charity. If you can help with this event please contact Sam - details above.

Time2Run!

A group of runners have signed up to take part in next year's Bath Half Marathon for Time2Share. So far we have 12 people running for us which is brilliant. Each runner has pledged to raise at least £200 which, in these uncertain economic times, should prove useful. Places are still available if you'd like to take part - contact Sophie on 0117 941 5868 / hello@time2share.org.uk for details. If you don't fancy running but would be happy to come along and cheer then let us know - having vocal support should help us get round the 13.1 miles!

If you can hold an event for us, no matter how small then please let us know - cake sales, tea parties, whatever - are all welcome!

Free electric blanket testing in Bath

Now is a good time to make sure your electric blanket is fit for purpose. B&NES council is offering free checks on 7 October at St Phillip & St James Church, Odd Down and on 18 October at New Oriel Hall, Larkhall. Testing runs from 9.30am to 4pm and booking is essential on 01225 396759.

Survey aims to help improve holiday childcare for disabled kids

A new survey is being carried out after parents of disabled children said they'd found it difficult to access childcare in the summer holidays. The survey is being carried out by KIDS and Mencap who want to hear your stories in relation to holiday play and childcare provision; with the results published in an attempt to improve the situation. The survey contains 25 questions and takes around 5 to 10 minutes to complete, and can be found at www.surveymonkey.com//2011summerchildcare For a paper survey email coe@kids.org.uk. Surveys must be completed by October 7.



It's panto time ... oh yes it is!

This year's panto at the Bath Theatre Royal is Dick Whittington and runs from December 15- January 22. There's a signed and described performance on Saturday, January 14. Check www.theatreroyal.org.uk for more info or call 01225 448844.

Wheelchair users pay £7.50, while the accompanying person pays half price and some parents might be able to get a bargain with the gallery and standby seats £7 each.