

On Your Doorstep

Community News from Lawrence Weston

Spring 2018



Ambition Lawrence Weston exists as a resident-driven organisation striving to make Lawrence Weston a good place to live and work

COMMUNITY PLAN DAY AT AMBITION LAWRENCE WESTON

IN THIS EDITION:

- Community Plan update
- Update from partner organisations
- What's on for older people in Lawrence Weston
- New activities in the area
- Curo housing development
- And much more

Local Trust | **Big Local**

Lawrence Weston is part of the Big Local programme run by Local Trust. This programme provides funding opportunities to help people make their communities even better.



Lawrence Weston Community Plan workshop event

Firstly, a huge thank you to everyone that attended our workshop event on March 15th. We spent the morning looking back on what we have achieved, since the last plan was written in 2013, and was amazed at how much we have achieved. Highlights were:

- Ridingleaze and Henacre Parks
- New bus stops with Real Time
- The opening of LIDL
- Cycle tracks
- And our successful Christmas event



These were just a small selection of the achievements to date. We then had a pub style quiz looking at the results of our resident survey. The winning team were 'The Blanks' who won themselves a chocolate Easter bunny each!

After lunch the residents spent time looking at new priorities for Lawrence Weston, and what things they want to see or improve in the next five years.

We are now writing all this up, and you will all be able to make comments between 19th-29th April. We will do our best to ensure everyone is able to have their say.

If you want further information, please contact us through Facebook @ambitionlawrenceweston, email: contact@ambitionlw.org or telephone 01179235112.



Did you know you can hire the youth centre for your next party or event?

For prices and to book, email contact@ambitionlw.org or call 0117 9235112
 To enquire or book online, visit <http://www.ambitionlw.org/available-spaces/room-hire/>




Monday to Sunday, 9am to 10pm
 Not available on bank/public holidays





Astry Close - The architects are coming and they need your help!

By the time you read this, an architect firm will have been appointed to work on the design for the new community-led homes at Astry Close. Residents have already helped produce the early sketch (left) and this is the starting point for the next stage of design.

Amy Smith is a local resident and Chair of the Steering Group and has helped with the early designs as well as the selection process. She said:

"This has been a really interesting time for the project, with lots going on and I've learned a lot about housing! Resident opinion is really listened to, so it's great to see your ideas turned into drawings. It would be great to have other residents come to meetings and events so that the homes that are built fit in with what we want in the area."

If you would like to get involved or be updated on what is happening please look on the @Astryclose Facebook page and ALW website (www.ambitionlw.org/planning/community-led-housing-development-astry-close/) or better still send an email to the Project Manager, Lisa, who will add you to her mailing list and provide updates. If you can't make meetings you can still have your say by getting in touch.

lisa.denison@virgin.net

Tel. 07900 908391



GOODBYE AND THANKS TO FIDO'S

The National Animal Sanctuaries Support League (Bristol Branch) was founded twenty two years ago to help those in need.

After years of table top sales we found an empty shop for rent at Lawrence Weston FIDOS and the rest is history. For seventeen years it's been not just a charity shop but a community hub for the residents of Lawrence Weston as a meeting place, somewhere they can go to meet up with friends. Part of the many years we've been there we ran

a vet service for those in need of their pets.

The time has come for us to leave, many tears have been shed by our wonderful people of Lawrence Weston who, by using our shops, enabled us to help so many people and so many animals. Not just pets but thousands of chickens, tigers, elephants and sting ray right down to a mouse and many rescues, help was always there.

The shutters closed in the middle of March and it was a sad day for all our wonderful volunteers. Without them we could not help so many people as we have.

The charity is to be handed over to fresh young blood to keep up helping those in need. Us oldies deserve a rest and will watch our charity continue our work we started so many years ago.

Goodnight and Good bless to Lawrence Weston.

From Mrs Lesley McMahon (Area Co-ordinator).

Contact 01179503342 or 01179822113.

SevernNET Buzz—It's on your doorstep



With no public money to subsidise bus services we need to work with employers to support your journey to work.

SevernNet Buzz is the employer-funded bus service linking Lawrence Weston, Shirehampton and Avonmouth to businesses in Cabot Park, Access 18, Avonmouth, Third and Fourth Ways.

It's designed to get you to work for the beginning of your shift and pick you up when you've finished. It also serves 'office hours'.

How it works

If you'd like to catch the Buzz to work email buzz@severnnet.org and/or register at catchthebuzz.co.uk. Let us know where and when you're travelling from, and to, and your employer's name and contact details.

We'll get in touch with your employer and ask them to subscribe you to the service. If they agree you'll be issued with a Buzz Card and get your personalised timetable on catchthebuzz.co.uk.

Your employer may then charge you a monthly sum for use of the service (some employers charge, others don't).

Supporting Employers

Three employers support the service at the moment: Nisbets, Yankee Candle and Toll Global.

Use It or Lose It

We're calling on residents of Lawrence Weston to show your support for the Buzz by using it. If the Buzz is important to you please register at catchthebuzz.co.uk or email buzz@severnnet.org.

Timetable and more information available at www.severnnet.org.



A teenager from Lawrence Weston is heading to Oxford University to study law

Brooke Bindon, 17, has received a conditional open offer and will take up the place as long as she achieves the required grades in her A-levels in English Literature, History and Religious Studies.

She will be the first in her family to enter higher education, to the delight and pride of her parents Jon and Victoria.

Brooke, 17, a sixth-former at St Bede's Catholic College, is a role model for her four sisters, whose ages range from 16 to two, and for pupils at her previous schools, Shield Road Primary and Henbury School.

She recently returned to Henbury, where she studied for five years and became head girl, to talk about her success.

"I told the students not to think that only posh people and rich people went to the top universities. If you want it enough, and you work hard, you deserve to be offered a place just as much as anyone else."

Henbury head Clare Bradford said: "I am so pleased and proud that Brooke has been offered a place at Oxford and wish her every success."



WE NOW HAVE YOUTUBE!!  **YouTube**

Subscribe to Ambition Lawrence Weston YouTube channel and enjoy watching all about us!

This tells the story so far, and we plan on making more videos, so watch this space.



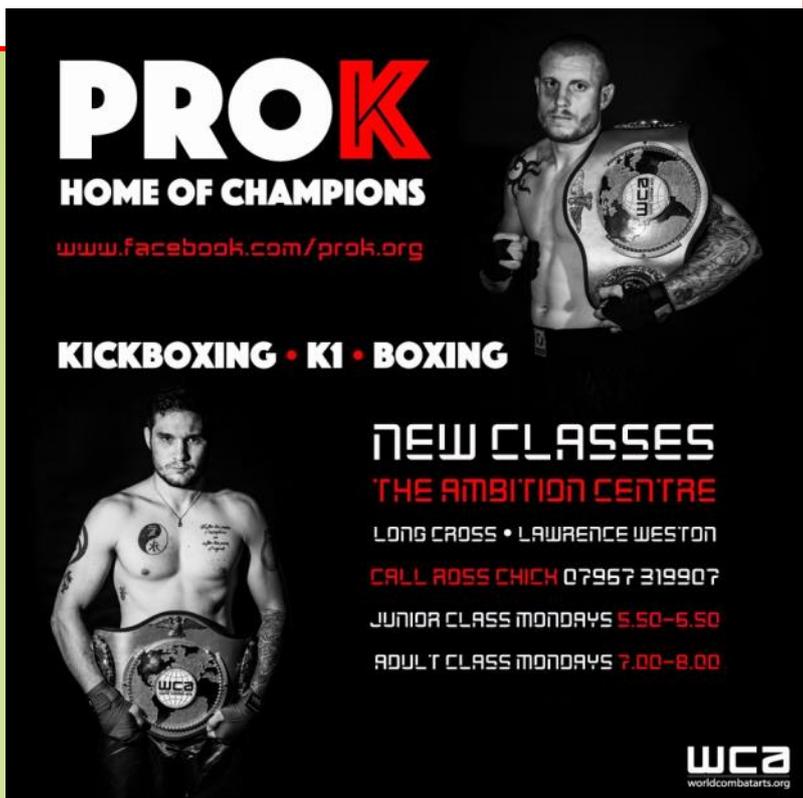
W weight watchers Leam, London, Meetings + Online member

Ambition Lawrence Weston BS11 ORX
Youth Centre, Long Cross, Lawrence Weston, Bristol
Thu 9:15am

w Flex
our most flexible programme ever

More choice, freedom & flexibility

weightwatchers.co.uk | 0345 677 7788
text LOCAL + POSTCODE to 62223



PROK
HOME OF CHAMPIONS
www.facebook.com/prok.org

KICKBOXING • K1 • BOXING

NEW CLASSES
THE AMBITION CENTRE
LONG CROSS • LAWRENCE WESTON
CALL ROSS CHICK 07957 319907
JUNIOR CLASS MONDAYS 5.50-6.50
ADULT CLASS MONDAYS 7.00-8.00

wca
worldcombatstarts.org

CITY AND PORT OF BRISTOL BOWLING CLUB

Since the end of the 2017 season there has been plenty going on at the City and Port of Bristol Bowling Club.

- Friday December 1st saw the Annual Dinner and Presentation Evening at Shirehampton Park Golf Club.
- Indoor games against the City and County Club team .
- At the end of January came the Winter Bowling Break when twenty nine bowlers, family and friends gathered at the Toorak Hotel in Torquay for five days of bowling, relaxation and fun. The break is not entirely about bowling ---- there is plenty of time for a swim in the Aztec Pool, a steam, sauna or Jacuzzi. Sunday Evening Social events have become well established at the club and this winter so far has seen skittles, beetle drive, indoor putting, table skittles, bingo and a quiz .



The new season will start on the all-weather green at Wrington on Wednesday April 11th. The club green will open on Saturday April 14th and the first home action of the season will be the following day when the visitors will be Bristol Arrow.

Between then and the final game (on September 29th, at Ardagh) more than forty mixed(ladies and gents) friendly games will be played on Wednesday afternoons and at weekends. In addition there will be Monday evening Club League, Ladies only friendlies, Ladies and Gentleman’s Bristol and District Leagues, County Competitions and Club Competitions.

The Summer Tour will be on the Isle-of-Wight in July and there will be a return to the Island Bohemian, playing in the middle of the Thames, at the end of May.

The club will once again be offering trial sessions (free of charge and equipment supplied) for anyone who would like to try bowling.

The club is situated in Shirehampton, near the A4 Portway, has a large free car park and is part of the main Social and Sports Club. All full membership paying new bowlers will receive a free club shirt.

For information about joining or coming along to try bowling, please call David Hinksman on 0117 9082713.



Jacki’s Top Tips



- When ironing bedding spray with fabric fresher. Great smell.

- Pepper and salt damp? Pop into the microwave 2 minutes and dry it out.

-Look at switching gas and electric providers and you could save £200 a year.



Jacki is a local resident, chair of Big Local, director of Ambition Lawrence Weston and member of the planning group.

Ambition Catch up Cafe

Come along and find out what is happening in Lawrence Weston, the only place to keep up to date with all the developments in the area



First Tuesday of the month
@ The community shop Ridingleaze
10-11:30am



Please drop in anytime or to find out more information please contact donna.sealey@ambitionlw.org

Avon Youth Club

98a Long Cross, Lawrence Weston, Bristol, BS11 0LP
 Tel. 01179823406 E-mail: admin@avonyouthclub.com
www.avonyouthclub.com

AVON YOUTH CLUB OPEN EVENING— TUESDAY 24TH APRIL 2018

For those who aren't familiar with the club, we are a registered charity established to give young people further opportunities of increasing their potential through effective use of their leisure time.

The club is open 4 evenings a week, Monday-Thursday 6-9pm. Why don't you come along to the open evening on Tuesday 24th April 6.30-8.30pm to see what the club has to offer? Everyone is welcome!

We have lots to offer—outside football pitch, pool tables, a garden where we grow vegetables, indoor gym facilities, creative art classes, music/drama sessions, cookery classes plus many other activities including canoeing and kayaking at Pools Wharf's.

We would like you to support, please come along to the club and bring your family. We look forward to meeting you and showing you our fabulous club.

The club will be open during half term May, 29th to 31st May.

Become an Assistant Youth Leader

Would you like to become an Assistant Youth Leader at Avon Youth Club in Lawrence Weston. You will be paid £26 per session with up to 40 exciting and challenging young people at a quality youth club where we promote ambition and enjoyment. Come and join us! Info:

- ⇒ 4 evenings per week, 6pm to 9pm
- ⇒ 2 or more evenings per week
- ⇒ Good entry point for vocational work
- ⇒ Key skills: Enthusiasm and ability to work with young people. DBS check needed
- ⇒ On the job training, working with Youth Leaders

Apply: Please phone Natasha Cumber, Club Leader, at the Club or send CV to admin@avonyouthclub.com

NEW Gym Equipment

- Rowing Machine
- Keep Fit Bikes
- Punch Bag

TOP Facilities

- Sports hall
- Outdoor Court
- Training kitchen

FUN Regular Classes

- Art & Craft
- Cookery
- Gardening

WE ALSO RUN OUTDOOR ACTIVITY DAYS

- Archery
- Climbing
- Canoeing
- Fishing

50p Youth Club for 8-19 Year olds

FREE! FIRST VISIT TO THE CLUB

INDOOR FACILITIES: Pool • Table Tennis • Air Hockey • Table Football & More

6-9 pm **Monday-Wednesday (8-19 years) & Thursday (12 years+ only)**

98a Long Cross, Lawrence Weston, Bristol, BS11 0LP | Tel: 01179 823 406
www.avonyouthclub.com | Email: admin@avonyouthclub.com | Registered Charity Number: 1164391



TIME: 10-11:30

DAY: Mondays (during term time)

**PLACE: St Peters Church,
 Ridingleaze.**

No cost, great toys, a safe place for your children to play and interact with other children, a chance to meet other mums and find friendship and support.



Come join us for

FUN, FITNESS AND FRIENDSHIP

Free for Foodbank Clients & those on low incomes

St. Andrew's Church Hall
 Avonmouth
 Wednesdays 10am

St. Edyth's Church
 Sea Mills
 Thursdays 1.30pm



Contact the Foodbank Office for a Free Voucher 0117 9235343





Ambition Lawrence Weston

Welfare benefit support in your local community



Our Community Advice Champions can:

- Fill in welfare benefits forms with you
- Support you to apply for help to buy essential goods in a crisis
- Offer support and signposting to other services

To make an appointment, please call or leave a message for Rebecca Cockle

Lawrence Weston Youth Centre

Long Cross, Lawrence, Bristol BS11 0RX

T: 07459 310 041

E: becky.cockle@ambitionlw.org



Our Community Advice Champions can help you find out more:

- ◇ Do you know what benefits you are entitled to?
- ◇ Would you like help to complete any welfare benefit application forms?
- ◇ Do you have any debts that you would like help to deal with?
- ◇ Do you owe money for gas, electricity or water?
- ◇ If you have a crisis or emergency and don't have essential items such as a cooker, fridge, beds + bedding or carpeting you may be able to get financial help.
- ◇ Would you like support with money planning and/or reducing your household costs?





L' Dub BMX Track and Club

We have some fantastic news to announce. Clark and Kent Contractors have been selected as the track builders to develop the BMX track in Lawrence Weston into a regional BMX track. The date for the re-development to start is **30th March 2018**.



L'DUB BMX CLUB SESSIONS

Regular weekend club sessions have been running every Saturday morning from 10am – 12pm since January. Everyone is welcome; whether you are young, old, an experienced rider, new to cycling, new to BMX or just looking for a new challenge you will be welcome at L' Dub BMX Club.

45 young people have engaged in the club so far, **6** girls and **39** boys.

EQUIPMENT

BMX bikes and helmets will be provided by the club, but please feel free to bring your own. Matt, our Level 2 British Cycling Go- Ride Coach is currently leading the sessions, to help get the club up and running.

COACHING

Are you interested in becoming a cycling or BMX coach? We are looking for some extra help on a Saturday morning at the club to assist the current volunteers (who are doing a really great job). Access Sport would be able to give you this opportunity and will fund you through the course (worth £735). The club would benefit from at least 4 new qualified community coaches.

VOLUNTEERING

We are looking for Lawrence Weston residents to help the club out in differing roles to coaching, such as photography, advertising or general admin. Are you keen and interested in helping run the L' Dub BMX Club?

Please get in contact with Lucy Fisher on lucy.fisher@accesssport.co.uk or call 0117 9415829.

EVENTS

The Access Sport Bristol BMX School Games is aiming to run on the track in June. Further details to follow.

SOCIAL MEDIA

Follow updates on BMX Bristol Facebook, Twitter and Instagram for general BMX updates around Bristol. L' Dub BMX Facebook page has been launched (@LdubBMX) for club specific updates.

For further information about volunteering, coaching or any other questions please get in contact with **Lucy Fisher** at **Access Sport** on lucy.fisher@accesssport.co.uk or call **0117 9415829**.





Hi Everyone! I'm Rachel Davies, your community development worker!

Just wanted to update you on what I have been up to and who I have been meeting. I have been doing the usual and hanging out at some regular groups in the area and chatting to people about everything Lawrence Weston – Lidl is my new favourite hang-out!!

I am still based at the Oasis Craft Shop on Ridingleaze every other Wednesday afternoon, but pop in there any time to find out what is going on in the area. Lots of residents have been getting involved in improving their community, from organising their own litter picks to cooking yummy food together. A few local residents and I spent a whole weekend doing some orchard training and have since done some more pruning. We are looking at taking care of the orchard alongside the cycle path to the farm (currently hidden behind brambles!). Contact me if you want to find out more or get involved.

Residents have also been coming together at the farm every week, cooking together with surplus food that gets delivered and getting the kids involved. Everything from cottage pie to peanut butter biscuits!



I am going to be spending more time popping up in smaller community rooms and laundries chatting to people over the next few months and working together with the housing officers, making sure that new people moving into the area know all the great stuff that goes on.

I have only recently found out that there is an overgrown veg patch at the back of Henacre Road flats – if anyone living around here wants to grow their own food and have help to do it, contact me! A lot of people also tell me that crafts and art is really good for wellbeing and feeling good. If anyone would like help to talk through ideas and start something – get in touch!

If anyone has any ideas for new things to start in the area, wants to get to know their neighbours or just wants to have a chat about Lawrence Weston over a cuppa, let me know.

Rachel.davies2@bristol.gov.uk

07392 108886

See you soon!

Rachel



Lawrence Weston Community Farm Herbs for Health Project 2018



Help sow and grow a range of herbs
Learn about their different uses
Have a go at using them for cooking and wellbeing
Learn how to grow some herbs on your windowsill
Help run a herb stall at the farm
Meet new people and spend time outside

Time: Fridays 11 - 12.30am

Dates: First Friday of every month March - Dec 2018

Venue: Lawrence Weston Community Farm

These sessions are for adults. No experience necessary. Please contact Kerry for more details of how to join the project.
kerry@lwfarm.org.uk / 0117 9381128

Lawrence Weston Community Farm
Saltmarsh Drive BS11 ONJ
www.lwfarm.org.uk



EAT WELL SPEND LESS

the trussell trust
Stop UK Hunger

Learn how to cook and eat healthily on a budget

A six week free course
Starts: 17th April 2018
9.30am-12noon

At: St. Peter's Church
Ridingleaze
Lawrence Weston
Bristol, BS11 0QE

To book your place call: 0117 9235343
or email:
office@bristolnwfoodbank.org.uk



Blaise Primary and Nursery School are looking for members of the local community to become school governors.

Being a governor is an important and rewarding way of making a voluntary contribution and positive impact to your community and to the lives of local young people.

As a governor you would be responsible for helping to improve the outcomes for our pupils and working with the head teacher to make decisions about balancing school resources.

We welcome applications from people who have a passion to help their local school provide the best possible education.

If you are interested in joining us, please contact the clerk to the Governing Body clerk.blaise.p@bristol-schools.uk.

No previous experience is required, just enthusiasm for helping our young people.

Older People, Loneliness & Social Isolation, what you can do?

Did you know that keeping active and in touch with other people as you become older can help to improve your health and wellbeing?

A report by the Campaign to End Loneliness says that “the health impacts of loneliness can be as devastating as smoking 15 cigarettes a day, and loneliness has been linked with depression, anxiety, heart disease and dementia”. With an estimated 11,000 older people experiencing loneliness in Bristol, this is an issue that needs the support of local people.



My name is Tracy Edwards-Brown, some of you may recognise me from my previous role in Lawrence Weston, I am now wearing a different hat. I am the Community Development Co-ordinator for the North of Bristol, working for LinkAge Network and funded via the Bristol Ageing Better programme. I have been in post for the past 9 months now and one part of my job has been to identify activities in areas across the North of Bristol, with the aim of focusing on specific areas of need.

From talking to local residents, volunteers, councillors and workers in North Bristol, I will be concentrating some of my time from the summer on Lawrence Weston.

The aim of my work is to find out from those of you over the age of 50 and who live in Lawrence Weston, what activities you attend locally and if you aren't involved in anything, why not? I also want to find out what activities would encourage you to leave your home and attend locally? If you'd like to let me know what you think then please do get in touch.

Also, if you are wondering what you can do in Lawrence Weston to support older people, here are some ideas:

- Simply smile and saying hello to an older person on your street. Being a friendly face, having a brief chat and letting them know what's going on locally, can make a difference to someone's day.
- Spare hour or two in the week, visit your local community centre, church or library, and see if they have any volunteering opportunities.
- Contact your local church, local Community Navigator (0117 951 5751), library or LinkAge Bristol (0117 353 3042). To find what activities are going on locally. Why not give them a go!

To find out more about my work or to let me know your thoughts please contact me via phone: 0773 810 4013 or by email Tracyeb@linkagenetwork.org.uk.

To find out more about existing activities in Bristol, visit the websites below:

www.linkagenetwork.org.uk
www.ageuk.org.uk/bristol
www.bristolageingbetter.org.uk
www.wellaware.org.uk

What's on for Over 50s in Lawrence Weston

Mondays	Time	Venue	Contact
Gentle Physical Activity	10.45	Blaise Weston Court, Broadlands Drive, BS11 0AF	0117 938 2912
Ladies Friendship Group	14.00	Blaise Weston Court, Broadlands Drive, BS11 0AF	0117 938 2912
Tuesdays	Time	Venue	Contact
Games	14.00	Blaise Weston Court, Broadlands Drive, BS11 0AF	0117 938 2912
Healthy Eating	11.30	The Rock Centre, St Peters Hall, BS11 0QE	0117 938 4636
Messy Pups	09.30	The Rock Centre, St Peters Hall, BS11 0QE	0117 938 4636
Wednesdays	Time	Venue	Contact
Arts and Crafts	12.30	The Rock Centre, St Peters Hall, BS11 0QE	0117 938 4636
Bingo	18.00	Blaise Weston Court, Broadlands Drive, BS11 0AF	0117 938 2912
Coffee Morning	10.00	The Rock Centre, St Peters Hall, BS11 0QE	0117 938 4636
Growing Support	13.30	5 Ways Bungalow, Ridingleaze, BS11 0QF	0741 037 9704
Singing	10.45	Blaise Weston Court, Broadlands Drive, BS11 0AF	0117 938 2912
T4U	15.00	Blaise Weston Court, Broadlands Drive, BS11 0AF	0117 938 2912
Thursdays	Time	Venue	Contact
Carers Support Group	14.00	Lawrence Weston Community Farm, BS11 0NJ	0117 938 1128
Computer Support	13.00	Blaise Weston Court, Broadlands Drive, BS11 0AF	0117 938 2912
Ladies Exercise	19.00	The Rock Centre, St Peters Hall, BS11 0QE	0117 938 4636
Lunch Club	11.00	The Rock Centre, St Peters Hall, BS11 0QE	0117 938 4636
Fridays	Time	Venue	Contact
Bingo	14.30	Blaise Weston Court, Broadlands Drive, BS11 0AF	0117 938 2912
Coffee Morning	10.45	Blaise Weston Court, Broadlands Drive, BS11 0AF	0117 938 2912
Gardening Club	11.00	Lawrence Weston Community Farm, BS11 0NJ	0117 938 1128
Gentle Exercise	12.30	The Rock Centre, St Peters Hall, BS11 0QE	0117 938 4636
Herbs for Health (1st Friday)	11.00	Lawrence Weston Community Farm, BS11 0NJ	0117 938 1128
Kurling	10.00	The Rock Centre, St Peters Hall, BS11 0QE	0117 938 4636
Wellbeing Choir	10.30	Blaise Weston Court, Broadlands Drive, BS11 0AF	0117 938 2912
Saturdays	Time	Venue	Contact
Bingo	18.00	Blaise Weston Court, Broadlands Drive, BS11 0AF	0117 938 2912
Coffee Morning	11.00	Blaise Weston Court, Broadlands Drive, BS11 0AF	0117 938 2912

Community Learning - FREE or low cost courses locally

Do you want to get back in to learning? Do you want to build your confidence and gain new skills? Do you want to boost your CV when you apply for work?

We offer a range of short courses in the local community settings to adults over 19 years. These include: Emergency First Aid At Work, Level 1 Customer Service, Foundation Level in Food Safety, ESOL, FREE ESOL Conversation Clubs, Health and Social Care, English for Work, Get Digital (improve your computer skills), Maths and more.



COMMUNITY LEARNING

Food Safety - Foundation (level 2)

This course will benefit anyone wanting to work/volunteer in a situation where food is prepared or cooked. Useful for food hygiene at home as well. This course is FREE to anyone who receives an eligible means tested benefit, otherwise it will cost £30.

Tutor: Louise Griffin

Venue: The Rock Community Centre, c/o St Peter's Church, Rodingleaze, Lawrence Weston, BS11 0QE

Course would suit: People looking to work or volunteer with food.

Times: Wednesday, 18th and 25th April, 9.30-2.30/3pm TBC. You must attend both days.

Please bring photographic & benefit ID to the first session. To book a place please ring Suzanne on 0117 9030072 or email suzanne.gaffney@bristol.gov.uk

Logos: Skills Funding Agency, BRISTOL LEARNING CITY, EMPLOYMENT TRAINING, BRISTOL CITY COUNCIL

The next **Food Safety** course will be run at The Rock in Lawrence Weston, on Wednesday 18th and 25th April, 9.30 -2.30pm. This course is FREE to adults over 19 years who (or their partner) receive an eligible means tested benefit; otherwise fees may apply.

Tell us if there are other courses you or your community need.

For more information about courses please contact Suzanne on 0117 9030072 or email suzanne.gaffney@bristol.gov.uk

Find us on Facebook Bristol Community Learning, and twitter or visit www.communitylearningwest.net



COMMUNITY LEARNING

English For Work Course

This FREE course will help you improve your English skills for work i.e. reading, writing, spelling, and speaking and listening skills. Find out about progression to other courses.

Course would suit: Adults with no or low English qualifications wanting to brush up and improve their English skills for work, home or volunteering. ESOL learners need to be at Entry Level 3 and above.

Venue: Avonmouth Community Centre, 257 Avonmouth Road, Avonmouth, BS11 9EN, tel: 9827448

Times: Thursday, 19th April, 9.30 -11.30am, for 8 sessions. TBC.

Find more details online at www.communitylearningwest.net or enrol via Suzanne on 0117 9030072

Logos: Education & Skills Funding Agency, BRISTOL LEARNING CITY, EMPLOYMENT TRAINING, BRISTOL CITY COUNCIL

FREE Computer Courses

Do you want help with online services or making online applications?

Following the closure of Bristol City Council's Customer Service Point in Lawrence Weston, Community Learning ran a computer course at Lawrence Weston Youth Centre; and support was offered by Bristol City Council's Citizen Service Team, about how to contact Citizen's Services online.

FREE computer courses will be offered again in 2018 to adults over 19 years; and they will also offer support in relation to the roll out of Universal Credit in September in this area.

Courses to follow at Lawrence Weston Youth Centre, Henbury Library and/or Avonmouth Community Centre.

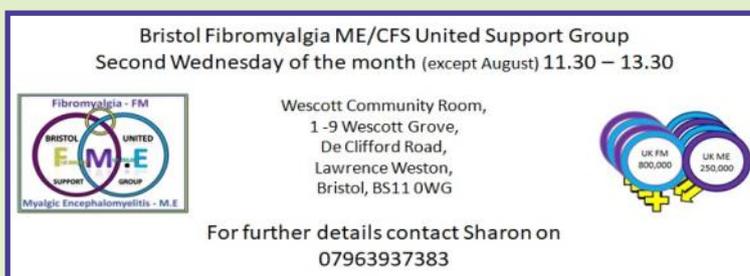
If you are interested, why not join a FREE course this year, small friendly groups!

For more information about courses please contact Suzanne on 0117 9030072 or email suzanne.gaffney@bristol.gov.uk



Funded by
Skills Funding Agency

COMMUNITY LEARNING



Bristol Fibromyalgia ME/CFS United Support Group
Second Wednesday of the month (except August) 11.30 – 13.30

Fibromyalgia - FM
Bristol F.M.-E. United Support Group
Myalgic Encephalomyelitis - M.E.

Wescott Community Room,
1-9 Wescott Grove,
De Clifford Road,
Lawrence Weston,
Bristol, BS11 0WG

For further details contact Sharon on
07963937383

Logos: UK FM 800,000, UK ME 250,000



NHS

Restarting Wednesday
4th April

Wellbeing Session
A relaxed informal drop-in to support you towards better mental health

- Coping with difficult emotions
- Mindfulness & relaxation
- Healthy relationships
- Creative activities
- Making changes

The Bungalow
2 Rodingleaze
Lawrence Weston
Every Wednesday
Morning 10am -12pm
No need to book,
Just come along!

For information and support, call
Sophie 07736887053
or **ACE Helpline:**
00 117 239 8969 (Mon-Fri, 8am-8pm)

Bristol Mental Health
assertive contact & engagement

If you would like this information in an alternative format, such as large print, please let us know.

St Mungo's
Ending homelessness
Rebuilding lives



NEED TO REPORT A PROBLEM ON A STREET?

There are two options to report a street problem:

- Go to www.bristol.gov.uk and click on 'report a street issue'. Follow the steps on 'how to report a street issue'.
- Visit www.fixmystreet.com to report a problem on a street in Bristol or view and discuss problems that have already been reported. Simply enter a nearby UK postcode or street name and area and follow the steps on 'how to report a problem'.



What can be reported?

- ✓ Flytipping
- ✓ Dog fouling
- ✓ Damage road or footpath
- ✓ Bus stops and shelter problems
- ✓ Abandoned or nuisance vehicles
- ✓ Problems with a street light
- ✓ Street than needs cleaning
- ✓ Graffiti
- ✓ Flyposting
- ✓ Report a problem with a traffic light
- ✓ Trees, hedges, leaves or grass
- ✓ Drain: overflowing or damaged
- ✓ Damaged traffic bollard
- ✓ Report a dead animal that needs removing



Debt Advice Appointments Lawrence Weston

Tuesday mornings

NOW AT

Lawrence Weston Youth Centre
Long Cross, Lawrence Weston, BS11 0RX

North Bristol Advice Centre provides free and independent debt advice in Lawrence Weston each week –now by appointment only. We can provide advice by telephone and online too.

We can help with:

- Rent and council tax arrears
- Debt Relief Order applications
- Water arrears
- Contacting creditors
- Dealing with bailiffs

****Please call to make an appointment****



Tel: 0117 951 5751

www.northbristoladvice.org.uk

Help wanted!

Blaise community researchers



Do you live in the area near Blaise Castle House Museum?
Do you like talking and meeting new people?
Do you know your local area well? If so we are looking for YOU!

The museum at Blaise is being re-developed. We want to know local people's views on:

- What should be included in the new displays
- What facilities to include e.g. café, accessible space
- Future events to run e.g. family events, local history events

To do this, we want to recruit local people who can visit libraries, parent and toddler groups, shopping centres etc to survey local residents for their views.

We will provide training and you will work with a group of other local residents to carry out surveys and talk to people in the neighbourhood. Starting April 2018.

Free travel and refreshments available. For further information contact: museum.community@bristol.gov.uk or call 0117 352 1648.



Blaise Castle House Museum
Henbury Road
Bristol BS10 7DS
Tel: 0117 903 9818
bristolmuseums.org.uk



Bike Maintenance courses available for FREE under employment training scheme

Life Cycle UK are now in their 3rd year of running City & Guilds level 1 courses in Bicycle mechanics. Now thanks to a partnership with Weston College, we are able to offer these courses for free to unemployed individuals as part of a training for employment scheme.

The course runs across two full consecutive days from the Life Cycle HUB outside HMP Bristol in Horfield. It is suitable for home mechanics, cycle instructors, teachers, scout leaders - anyone who wants an accredited introduction to cycle mechanics.

It is a professional standard course with lots of hands-on work. Participants will need to have a basic knowledge of bikes and bike tools and the ability to use them. If needed however, we can arrange support with basic reading and writing skills.

During the course students learn how to repair a cycle puncture, remove and replace a cycle rim brake assembly, remove and replace a cycle gear assembly and carry out a systematic cycle check, all to a professional standard.

Recent learner Jasper told us "I am really glad I did the course. I've learned things that I thought I knew already! I can do things a lot faster and better."

Do you know anyone who could benefit from such an opportunity? Eligibility criteria and booking links can be found online at www.lifecycleuk.org.uk/cityguilds1

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www.easyfundraising.org.uk/causes/ambitionlawrenceweston

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BRIDGET'S RECIPE

BAKE POTATO WITH PRAWNS MARIE ROSE



Ingredients (4 servings)

- ⇒ 4 large baking potatoes
- ⇒ 4 level tbsp mayonnaise
- ⇒ 1oz/28g tomato puree
- ⇒ A dash of Tabasco sauce
- ⇒ A dash of Worcestershire sauce
- ⇒ 14oz/397g cooked king prawns
- ⇒ Mixed salad to serve.

PREPARATION:

1. Preheat your oven to 200C/400F/Gas 6. Scrub the potatoes and prick with a fork. Place on a baking sheet and bake in the oven for 50-60 minutes.
2. Meanwhile, make the Marie Rose sauce: mix together the mayonnaise and tomato puree and add the Tabasco and Worcestershire sauces to taste. Mix the prawns into the sauce. Cover and chill until needed.
3. Remove the potatoes from the oven. Cut a deep cross in each one and squeeze upwards gently. Top each potato with the prawns Marie Rose and serve with a mixed salad.



Housing association and house-builder Curo invests in Lawrence Weston

Lawrence Weston could see up to 185 new homes delivered by housing association and house-builder Curo over the next few years. More than half, 94 homes, will be affordable housing for social/affordable rent and Shared Ownership.

Curo is proposing to build a mix of 1, 2, 3 and 4-bedroom homes across two sites:

- 57 affordable homes at Corbet Close, where the Long Cross pub was.
- 128 homes, including 30% affordable housing on the land at the back of Long Cross and Henacre Road

Lawrence Weston ward councillor, Matthew Melias, says: *"I welcome Curo's commitment to build up to 185 homes in Lawrence Weston, both at Corbet Close and on the Henacre land. This is a much needed investment for the area that will hopefully make it possible for some of the young professionals who grew up in Lawrence Weston and were forced out by rising house prices to return."*

Aside from much needed new homes, the two developments could also deliver improvements to the local infrastructure and increased security for the area.

Cabinet lead for housing at Bristol City Council, Councillor Paul Smith, says: *"Our city desperately needs more affordable housing and we are keen to work with housing associations and developers like Curo who share our vision for thriving mixed communities with high quality, modern and efficient homes."*



Henacre aerial view of proposed development

Mark Pepper, development manager for the community group Ambition Lawrence Weston, says: *"It's a long time since Lawrence Weston has seen such investment in new housing and we hope it will enable more local people to stay in the area. Curo's proposals are showing high-quality, warm homes that will make good use of some of the underutilised land in Lawrence Weston to create new housing for local families."*



Corbet Close aerial view of proposed development

Two public exhibitions were hosted by Curo in March to give local people the opportunity to view and comment on the proposals. If you've missed them, you can see the plans online at www.curo-group.co.uk.

POEM

Oh God (When God Gave Out Brains)

When God gave out brains I thought he said trains, so I missed mine.
 When God gave out looks I thought he said books, so I did not want any.
 When God gave out noses I thought he said roses, so I ordered a big red one.
 When God gave out chins I thought he said kegs, so I ordered two big fat ones.
 When God gave out heads I thought he said beds, so I asked for a big soft one.
 Oh boy, am I in a mess?

NEW! Lawrence Weston What's On Calendar

www.ambitionlw.org/whats-on/



WHAT'S ON WEEKLY AT LAWRENCE WESTON YOUTH AND COMMUNITY CENTRE

MONDAY

Kickboxing classes.

- 5.50-6.50pm juniors.
- 7-8pm adults.



TUESDAYS

North Bristol Advice sessions by appointment only. Call 0117 951 5751 or email team@northbristoladvice.org.uk



7-8pm — Straight Up Fitness with Jodi.

WEDNESDAY

Welfare benefit support by appointment only. Call Rebecca 07459 310 041



RSPCA vet surgery by appointment only. Visit www.rspca.org.uk to find out more



THURSDAY

9.15-10.15am — Weight Watchers



Local Trust | Big Local 1-3pm — Monthly meetings of the Big Local steering group. Contact us for dates.

FRIDAY

5.30-7pm — Scouts Group.
Ages 6-18



7-9pm — Planning group meeting last Thursday of the month.

SATURDAY AND SUNDAY

AVAILABLE FOR HIRE FOR PARTIES AND EVENTS

Visit www.ambitionlw.org.uk or email contact@ambitionlw.org or call 01179235112



Do you have an event or organisation that benefits Lawrence Weston residents that you wish to promote? If so, we want to hear from you. We would like to offer you the opportunity to submit an article in Lawrence Weston's most read community publication, 'On Your Doorstep'.

For more info, submissions deadlines and prices please email onyourdoorstep.lw@gmail.com.

See previous versions here: <http://www.ambitionlw.org/whats-on/on-your-doorstep-magazine/>