

On Your Doorstep

Community News from Lawrence Weston

Autumn 2019



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

- Community Wind Turbine
- Gardening Column
- Avonmouth Tip news
- CHEESE project
- Vacancies at St Bedes
- My Wild City
- 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.

contact@ambitionlw.org
www.ambitionlw.org

  @ambitionlw

   ambitionlawrenceweston



Ambition Lawrence Weston plans to build a community-owned wind turbine

Back in the summer of 2016 at Lawrence Weston Carnival some of you may remember us asking you for your support for renewable energy and to develop a community-owned wind turbine providing revenue back to the community. This received overwhelming support with 97% of 130 Lawrence Weston residents surveyed, surveys at other events with residents have also shown the same high level

of support. This has led to us forming a project and identifying funding and planning routes to achieve this and have continued to gain your support to develop the project with Port Communities Resilience Funding which many of you voted for this project.

I am pleased to say that we have continued to develop the project with further funding support from Bristol City Council and Power to Change and are now in the position of preparing to submit a planning application for the largest onshore wind turbine in Bristol which will support the delivery of the Community Plan.

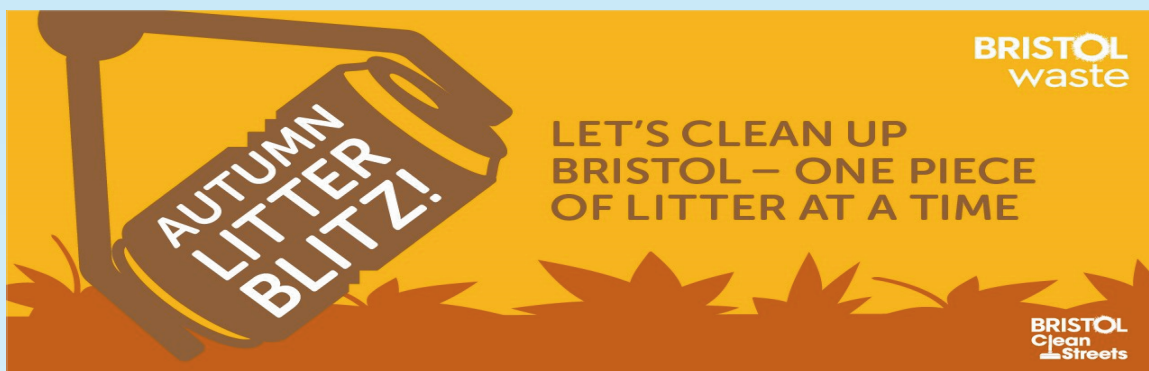
We, therefore, invite all Lawrence Weston residents to drop in your Youth and Community Centre, Long Cross BS11 0RX to find out more about our plans and show your support once again to enable us to successfully achieve planning permission and realise a community asset for you. The project will provide long-term revenue to support Ambition Lawrence Weston's community plan and pioneer an innovative approach to unlocking an onshore wind development that can be replicated by other communities. The scheme will deliver lifetime CO2e savings of almost 100,000 tons, using a modern large 4.2MW wind turbine. For more information please call Mark Pepper Development Manager 0117 923 5112.

Autumn Litter Picks

We will be continuing our community litter picks throughout the Autumn after the success of our summer clean up. We would love for more people to be involved in making our community cleaner and safer.

We will provide bags, hoops, pickers and gloves. Dates and venues are:

- Tuesday 22nd October 10-11:30am meeting at Mancroft Park
- Tuesday 5th November 10-11:30am meeting at Vincent Close



**The Holiday Club will be open from
Monday 28th October to Friday 1st November
inclusive from 10:30am to 2:30pm**

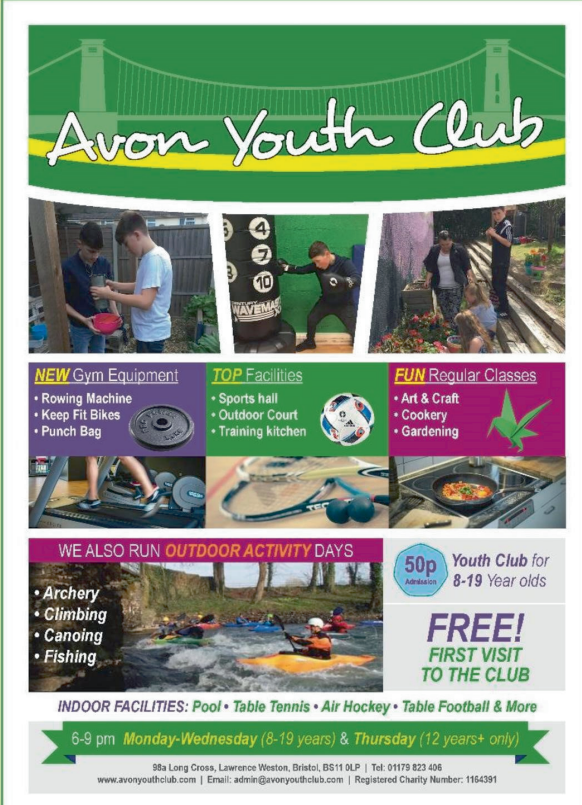
For those who aren't familiar with the club, we are a registered charity established to give young people further opportunities of increasing their potential through effective use of their leisure time.

The club is open 4 evenings a week, Monday to Thursday 6-9pm.

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.

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

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



Avon Youth Club

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

Jobs at St Bedes Catholic College

Cleaner Vacancy

The College has a vacancy for an all year round Cleaner. This will be a permanent contract of 16 hours pw for which the hours of work are 3.00 to 6.15pm Monday to Thursday and 3.00pm – 6.00pm on Fri. The hourly rate is £9. This post is subject to a 6-month probationary period. If you have any questions, please contact Mr Wayne Haskins or Mr Martin Britton on 0117 377 2200.

Invigilator Vacancy

St Bede's is looking to recruit an Invigilator to provide support to the examination process within the College. Employment is offered on a casual, sessional basis and the hours of work would be between 8.30 am to 4.30 pm. The main external examinations take place in May/June each year but internal examinations can take place throughout the year. The hourly rate of pay is £9. If you have any queries, please contact Mrs Charters, Examinations Officer on 0117 3772200.

SCHOOL MEALS SUPERVISORY ASSISTANT (SMSA)

St Bede's Catholic College has vacancies for a School Meals Supervisory Assistant. The hours of work are 1.10 to 2.10 pm Monday to Friday, term time only. The hourly rate for the post is £9 and SMSA's are paid for a total of 7.5 hours per week. If you have any questions, please contact Mrs Claire Walker on 0117 3772200 or email c.walker@stbcc.org.

Successful candidates will be required to undergo a Disclosure and Barring Service check before starting work. A job description and application form can be downloaded from the website or a hard copy can be posted to you.



Katz Kitchen
 Tel: 07790344854
 Email: katzkitchen1@outlook.com
 FaceBook: Katz Kitchen

Full English breakfast delivered in a box. Mon-fri 7am-11 sat & sun 8am-11am MINIMUM ORDER of 2 £5 each. 1 hours notice required. Sunday roast delivered pre order only till Sat morning £7 adult £4 child. Traybakes & old school puddings from £2.50 MINIMUM ORDER of 2.

RHS in Bloom Update

We have been really busy continuing our journey to becoming a gold winning community. We have conquered many projects, including LW Baptist church and Rockingham gardens. An upcoming project that we are about to start is the creation of a community herb garden in partnership with Incredible Edibles. We would love as many residents as possible to be involved. If you are keen to be involved in any aspect of our RHS in Bloom project then please do get in touch on 0117 9235112 or email donna.sealey@ambitionlw.org



Growing on and on.....Gardening talk and tips

September and October are my favourite months of the year. Autumn fruits make great picking – raspberries, blackberries, apples and pears. If you are lucky enough and you can beat the squirrels, you can also pick hazelnuts from the hedgerows. And of course elderberries (though this year these are long gone having fruited early) and rose hips for making cordial. Many of these trees grow wild in the Saltmarsh Green Space area – well worth a walk on a sunny autumn morning. Another great thing about this time of year is saving your own seed. Now is the time to scan your garden and other gardens (with permission of course!) for poppy heads, nasturtium seeds, holly hocks and foxgloves. Dry the seeds and label them ready to sow next spring. My granddad was a gardener – and he always had a pocket full of seeds and cuttings collected from every walk he went on!



As the ground is still warm, this is a good time of year to plant trees, shrubs and perennials. Throw some rotted manure in the hole first and water well. If you have plants in containers /pots fill the gaps with some winter and spring flowering plants. Winter pansies, cyclamen and ivy look attractive in the winter, with some forget-me-nots and wall flowers for the spring. Blaise Nursery has a selection and is open 7th–25th October: 10am to 4pm including weekends. Lawns – any areas left un-mown to encourage wildlife, can now be mown down. If you have the energy, using a garden fork to put holes into the ground will help drainage and improve growth next year. This is a great time to start feeding the wild birds as their food sources become scarcer. Watching birds on a feeder is mesmerising for all ages – get the kids involved by filling up feeders with sunflower seeds.

Kerry's Plant(s) of the month

Autumn colour is one of the only good things about losing hours of daylight – there are many street and garden trees that turn beautiful colours in Lawrence Weston. Another wonderful tree is the Quince – you can see one of these in the farm's orchard. With its large furry pear shaped fruits (delicious cooked with honey) and its large leaves it is an attractive and productive tree.

Kerry Rowe – Community Education - Lawrence Weston Community Farm

“Alive! Lawrence Weston Community Garden” has secured another years worth of funding from the National Lottery Community Fund.

Alive! are excited to announce the continuation and development of the Lawrence Weston Community Gardening group.

For 2 years, Alive ran free, accessible horticultural therapy sessions from The Bungalow on the corner of Ringleaze, Lawrence Weston. In November 2018 the Community Garden moved to Blaise Weston Court. We have since dug new vegetable beds and begun developing the lovely new wheelchair accessible gardening spaces in the grounds. We have a polytunnel for starting off seedlings and all resources are provided. This includes gloves, as well as specially adapted lightweight and long-reach tools, ensuring gardening remains accessible for those with mobility or dexterity issues.

We get stuck into a range of outdoor vegetable, fruit and flower growing as well as a variety of green-craft indoor activities, so the sessions run in all weathers, with our trained green-fingered volunteers helping to make the afternoons a social,

fun skill-sharing experience. Over the Christmas period we will be doing special indoor festive green craft activities.

Thanks to the National Lottery Community Fund Awards for All programme we will be able to continue running these weekly sessions for the next year. The sessions run every Wednesday between 1.30-3.30 pm and are open to all. Please come and join us, we will meet from 1.15pm in the foyer of Blaise Weston Court, and finish our sessions with free tea, coffee, biscuits and cake.

There are toilets and ample free parking on-site.

For more information please call Abi Sweet on: 07379498764



alive
Lifestyle updates Life

COMMUNITY GARDENING GROUP
Blaise Weston Court, Lawrence Weston

The Community Gardening Group meets weekly and is open to all:

- Learn/share knowledge and skills with others
- Socialise with other members of the community
- Keep fit and active
- Take part in seasonal gardening activities
- Grow fruit, vegetables and flowers

All ages and abilities are welcome, no experience necessary. Support and accessible tools are provided if needed. We'll work indoors in poor weather.

How: Drop in or contact Abi to find out more on 07379498764 or abi@aliveactivities.org
When: Wednesdays 1.30 - 3.30pm
Where: Blaise Weston Court, Broadlands Drive, Lawrence Weston, Bristol, BS11 0AF
Meet in the foyer of Blaise Weston Court.

Alive: Greats Centre, Smeaton Road, Bristol, BS1 6XN
www.aliveactivities.org
Registered Charity No. 1132708



CITY AND PORT OF BRISTOL BOWLING CLUB

After almost fifty mixed friendly games, ladies and gents league and club competitions the 2019 season has now come to an end. But, this does not mean the end of activities at the club - far from it. There are indoor games at the City and County Indoor Arena in November, January and February. A Winter Bowling Break at Torquay early in March and Sunday evening social events in November, January and March. The Annual Presentation Evening is at The City and Port Of Bristol Social and Sports Club on Friday 15th November. Always a sparkling event and this year will see live entertainment to add to the sense of occasion.

For further information about the club and its activities please call David Hinksman on 0117 9082713.



Jacki's Top Tips



1. To clean your jewellery, soak in washing up liquid and scrub with an old toothbrush
2. Use lids from your jarred candles for tea light holders
3. Buy a few stamps for sending Christmas cards now, and every week.



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

EXCITING DEVELOPMENTS AT AVONMOUTH HOUSEHOLD WASTE & RECYCLING CENTRE

Exciting work to improve Avonmouth Household Waste & Recycling Centre (otherwise known as ‘the tip’) will begin on Monday 2 September 2019.

The redeveloped site will have better access for residents, improved traffic flow to reduce waiting times, extra capacity to meet growing demand, improved safety and more material streams for recycling. In addition to this, the new site will also be home to Bristol’s first ever reuse shop at a recycling centre. The shop will divert good quality, pre-loved items from the waste stream; providing low cost household products, such as televisions, furniture and vacuums, for residents.

By redirecting reusable items from disposal, it will reduce costs, save valuable resources and help us reach our ambitious recycling target of 50% by 2020. Profits from the sale of reusable items will be reinvested in waste reduction schemes, as well as supporting local charities. A reuse workshop will also be built into the site to support this vital work.

To enable Bristol Waste to make the changes, the opening hours for the site will be changing from Monday 2 September 2019 until the end of the year. The site will remain open to the public on Friday’s, Saturdays and Sundays during the redevelopment. Extended opening hours will be in place until Monday 25 October 2019 and additional staff and capacity will be in place at the city’s other Household Waste and Recycling Centre in St Philips.

To mark the site’s change in focus from disposal to reuse, the site will change name to the Household Reuse and Recycling Centre. It is hoped that the changes will help Bristol increase its already impressive recycling rate, being the number one core city in England, and encourage reuse.

Tony Lawless, Managing Director, Bristol Waste Company said: “The importance of having the right infrastructure in place to help Bristol waste less and recycle more has never been clearer. We are constantly striving to develop a more sustainable city. This exciting new site, with Bristol

Waste’s first ever reuse shop, will save valuable resources, offer low cost household items to local residents and help us reach our ambitious recycling target of 50% by 2020.

“We are also delighted to announce that the improvements to the existing site will give residents reduced waiting times, better access, more materials accepted and a safer environment.”



Oasis Community Shop

Autumn/Winter Workshops



Kids Clay Workshop

Wednesday 30th Oct
12.30pm – 2.00pm
£5.00

7-12yrs
Drop the kids off for some clay fun!

Date to be confirmed
£5.00
Contact us for more information or to reserve a space



Christmas Needlefelt Workshop



Adult Clay Workshop

Tuesday 26th Nov
12.30pm – 2.30pm
£5.00

Create a cute penguin scene for Christmas!

More details or to book:
07766 750123
janine.starr@oasisuk.org
Book online: Eventbrite.co.uk

Oasis Community Shop
Ridingleaze
Lawrence Weston
BS11 0QB

Thank you to everyone who came and generously donated to Ambition Lawrence Weston’s Macmillan coffee morning, we raised over £150, so thank you!



BE PART OF A BIGGER STORY WITH THE READER

Shared Reading brings books, poems and plays to life through reading aloud and group discussion.

A new shared reading group is starting in Lawrence Weston. The group will be held every Thursday at Blaise Weston Court at 10:30 – 12pm. Everyone Welcome. FREE.

How does it work?

Shared Reading groups are open to all and free to attend.

A group of people, one of them a trained Reader Leader, reads a great novel, short story or poem aloud. We stop and talk about what we have read. There is no need for group members to read aloud or speak – it's fine to just listen. The idea is to create a space where people feel at ease. Reading the literature aloud in real-time, means that everyone is involved in a shared, live experience. Group members are encouraged by the Reader Leader to respond personally, sharing feelings, thoughts and memories provoked by the reading.

Also:

The Reader is looking for people in Bristol to train to lead Shared Reading groups, to reduce social isolation and build local communities. Volunteers receive a free three-day, transformative training course. The next course is Monday 11 – Wednesday 13 November in Bedminster.



LOVE BOOKS? LOVE PEOPLE?



EVERYONE IS INVITED!

COMMUNITY ENGAGEMENT DAY

SUNDAY 27 OCTOBER 11AM- 3PM
Lawrence Weston BMX track (LDub)
Merrimans Drive /Henacre Open Space

Come along and enjoy a fun day of activities from Bristol Family Cycling Centre and Access Sport. Chat to us about how this site could be used in future.

W: betterbybike.info/familycyclingcentre
F: [facebook.com/familycyclingcentre](https://www.facebook.com/familycyclingcentre)



TRY FOR FREE | BIKES FOR ALL | BMX SKILLS



Lawrence Weston Community Farm Herbs for Health Project 2019



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 May - Dec 2019

Venue: Lawrence Weston Community Farm

These sessions are for adults living locally to the farm. Free. 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 0NJ
www.lwfarm.org.uk

Community Learning - FREE (or low cost) local courses

Do you want to learn new skills, get back into learning, update your CV for work....?

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

Next **Computer Skills for Work/Life** course at Ambition Lawrence Weston starts Tuesday 12th November for 5/6 weeks, 9.30-12pm. FREE course.

Level 1 Preparing to Work in Adult Social Care at Ambition Lawrence Weston, Sector Based Academy course with Weston College and Mears, week course starting November 4th.

Upcycling Furniture course at Blaise Weston Court, 6 weeks, starts Saturday 12th October, 10.30-12.30pm. FREE course.

Foundation Level in Food Safety, at Henbury and Brentry Community Centre, Thursday 17th and 24th October, 9.30-2.30pm.

Other courses include: ESOL for Life, Health and Social Care, Brush up Your Maths, Brush Up Your English, Foundation Level in Food Safety, Emergency First Aid At Work, Paediatric First Aid, Introduction to Finding Work in Cleaning, Introduction to Finding Work in Catering, confidence building courses for getting ready for work, and more.

FREE ESOL Conversation Clubs – a chance to practise speaking in and listening to English in a small group. In term time there is a club at Stoke Lodge Centre, Shirehampton Road, BS9 1BN, on Thursdays, 5.45 -6.45pm. For more information contact esolconversationclubs@bristol.gov.uk, www.esolcc.org or call 07768500673.

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



Fibromyalgia - FM

Myalgic Encephalomyelitis - M.E

Meets the second Wednesday of the month (except August) at 11.30 - 13.30, Wescott Community Room 1 - 9 Wescott Grove, De Clifford Road, Lawrence Weston, and Bristol, BS11 0WG
And
The last Wednesday of the month (except August and December) at Costa Coffee 53 Union St, Bristol BS1 2DL 10.00 – 12.00 next door to the Eland in Broadmead.
Look for the table with group logo

For more information
Email – bristolfmeunited@gmail.com
or
Landline **0844 891 3729**
Mobile **0796 393 7383**

Free Vaccines for Dogs in Lawrence Weston !
OCTOBER 16TH 2019 and NOVEMBER 6TH 2019

For residents of BS 11 postcodes who receive the following benefits:

1. Housing Benefit
2. Council Tax Benefit
3. Pension Credit
4. Universal Credit with the Housing Element:

LIMITED SPACES SO
FIRST COME FIRST SERVED
TO MAKE AN APPOINTMENT CALL
0117 9724567

Oasis Community Shop

December Workshops/Events

Festive Bunting Workshop

Friday 13th Dec
5.00pm - 7.30pm

Christmas gifts & kids activities

Tuesday 3rd Dec
10.00am - 12.30pm
£5.00

Make your own festive bunting!

Christmas Table Decoration

Wednesday 18th Dec
12.30pm - 2.30pm
£5.00

Use fresh foliage and ribbon to create your own decoration

Late Night Shopping

Friday 13th Dec
5.00pm - 7.30pm

Christmas gifts & kids activities

More details or to book:
07766 750123
janine.starr@oasisuk.org
Book online: Eventbrite.co.uk

Oasis Community Shop
Ridingleaze
Lawrence Weston
BS11 0QB

St Peter's Church warmly invites you to our winter events!

Community Cinema

16th November

21st December

1st February

Saturday 10:30am

St Peter's Church. Free entry!

www.fb.com/groups/LWCommunityCinema



Saturday 7th December
Messy Christmas @ 3:30pm

Saturday 29th February
Messy Lent @ 10:30am

Messy crafts, games and a free lunch!

Our All Age Worship services, a fun interactive service for all the family. Refreshments from 10am for 10:15am start

Sunday 20th October

Sunday 17th November



All Age Worship



Christmas

Saturday 7th Dec @ 3:30pm

Messy Christmas, crafts, games and a free tea!
The Rock Community Centre, Ridingleaze



Friday 13th Dec @ 5:00pm

'Light up and Celebrate' on Ridingleaze Green. Christmas tree lighting, donkeys, fireworks, carols and refreshments



Sunday 15th Dec
@ 10:15am Interactive All Age Advent Service

@ 2:30pm Bikers' Carol Service. Not one to be missed!

Saturday 21st Dec Community Cinema



@ 10:30am Christmas Community Cinema

Sunday 22nd Dec

@ 10:15am Traditional Lessons and Carols service

Christmas Eve - Tuesday 24th Dec

@ 11:15pm Christmas Eve Late Night Communion Service

Christmas Day - Wednesday 25th Dec

@ 10am Christmas Day Celebration for all ages
at St Andrew's Church, Avonmouth



www.standrews-stpeters.org



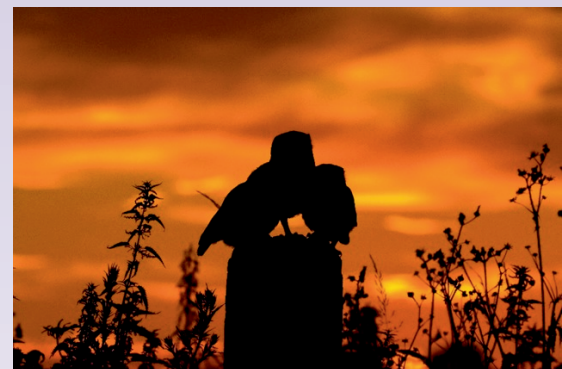
Autumn at Lawrence Weston Moor with Avon Wildlife Trust

As the nights draw in, temperatures drop and the hedgehogs and bats go into hibernation, it's the perfect time to go exploring on Lawrence Weston Moor. Get out early in the morning or at dusk to spot deer bounding across the fields or simply take a walk to enjoy the trees as they go from green to fiery displays of red, orange and yellow.

Whether you get out to play conkers, forage for apples and blackberries or take a flask and watch the sunset, it's easy to make your autumn that little bit wilder.

Join us in October half term for an Owl Prowl on Tuesday 29th and at Lawrence Weston Community Farm Orchard day on the 30th. Get in touch for info.

My Wild City is working with local groups and people to make Lawrence Weston Moor better for wildlife and people. We are linking with local schools, running activities and events and doing practical work on site. If you would like to learn more about Lawrence Weston Moor, share your stories and memories, or would like to get involved with Avon Wildlife Trust's My Wild City project, get in touch with Hannah at mywildcity@avonwildlifetrust.org.uk



HOPE CAFÉ IS OPEN AGAIN!

We are pleased to announce that Hope Café is now open on two days each week at Lawrence Weston Baptist Church.

On the second Sunday of the month we will be open from 1.30 to 3.30 for a free Cream Tea, under our 'Knit and Natter' banner.

On the second Tuesday in the month we are open for light refreshments and lunch from 11.00am to 3.00pm.

Menu:

- * Soup of the day and bread * Jacket potatoes and salad
- * Sandwiches or toasties * desserts also served



Would you like a **Warmer Home** this winter for the same or less cost in heating?

From the end of October, a local scheme can show you - for free - where expensive heat is escaping. The award-winning C.H.E.E.S.E. Project - Cold Homes Energy Efficiency Survey Experts - will be working with Ambition Lawrence Weston to carry out internal surveys of homes using thermal imaging. They can show you how draughts may be wasting a third of the heating you buy, where insulation is missing, and where there are construction faults.

It works like this: a large fan is put in an outside doorway to reduce the internal pressure slightly. Then the surveyor videos the inside of the house with a thermal camera that shows up cold areas. You follow the survey on a tablet computer as the surveyor discusses the findings with you. A video and sound recording on a memory stick is then given to you. This shows exactly where remedial action can be taken - and that can cost as little as £50 in DIY-type remedies. The survey is also evidence that can be shown to landlords. Already the council have improved properties as a result of our surveys. Contact: <https://cheeseproject.co.uk/apply-for-a-survey>

Surveys are free to low-income households, and otherwise cost from £100.

Free work on repairs may also be available from other groups.





The home of fair price funerals

A complete funeral from

£2150*

Price includes:

- A standard cremation service
- A traditional oak affect coffin
- All appropriate third-party fees

177 Crow Lane, Henbury, Bristol, BS10 7DR
 Telephone: 0117 950 8066 • Website: www.bcmfunerals.co.uk • Email: bcm.funerals@gmail.com

*Conditions apply

WHAM | Warmer Homes, Advice & Money

We can help you lower your gas and electricity bills, and make your home safe, secure and warm.

We offer ...

- Advice on how use less energy & how to switch supplier.
- Ways to make your home warmer & less damp.
- Help with budgeting and getting out of debt.
- Benefit advice.
- Access to grants and discounts.

Call us free on 0800 082 2234



WORKING in PARTNERSHIP
 centre for sustainable energy

WHAM is funded by Bristol City Council and delivered by the Centre for Sustainable Energy, Talking Money and WE Care & Repair.

Centre for Sustainable Energy,
 St James Court, St James Parade,
 Bristol BS1 3LH www.cse.org.uk

Unity Sexual Health Lawrence Weston Young People's clinic

We have Moved! Due to the closure of the Ridingleaze clinic building, we have relocated on a temporary basis, hoping to join the health hub when it is ready. We have had to change the day, but will be providing the same service as before at the same times:



Wednesday afternoons: 3.15 to 6.00 at Capel Road Surgery, 46 Capel Road, BS11 0RE

We provide: contraception, including sub dermal implants; STI testing and treatment; Condoms and education; advice around unintended pregnancies, and any other issues which a young person might want to discuss around their sexual health.

Do you know the government have many options available to families to help with the costs of childcare and to offer children the opportunity to attend nursery? www.childcarechoices.gov.uk can help you decide which funding options are best. We often support parents completing forms and arranging funding so please pop in.



We want to reassure you that there are no hidden charges to pay, so a funded place will always be free. You can receive funding for eligible 2yr olds, all 3-4yr olds up to 30hrs per a week – let us help you apply. Sometimes parents think a school nursery place is the only option, but you are able to choose other settings. Some nurseries have much smaller group sizes and offer a more homely approach giving children a gentle introduction, ready for reception class. The children graduate and all leave together for school.

As a parent/carer the decision to entrust someone else to look after your child can be difficult. We have provided something very special for families since 2000 and the setting belongs to the community and is much loved. Your baby/child needs to feel secure and loved, our long serving, settled team can offer that familiar trusted care. With nineteen years' experience the setting offers your child a different experience to traditional nurseries. The Reggio Emilia approach we follow inspires your child to feel strong, capable, resilient with a love of learning. The setting is beautifully resourced with natural items, all at child level to create a calm place that can be explored and investigated freely, both indoors and outside. Babies can curiously investigate treasure baskets and have their own outdoor safe space. Our baby room accommodates a maximum of eight under ones', offering close care and attention.

Every space in the setting is designed with the view of the child, little benches to encourage new friendships and chat (great speech development). We have our onsite forest area offering your child a sense of wonder and love for nature. Please do visit Sansway you will feel very welcome, your child/baby can stay for a play with you and you can book a trial session with no obligation to join, to see if your little one likes nursery.

www.Sanswayhousenursery.co.uk

FaceBook: Sansway House Day Nursery



Congratulations to Sansway House Day Nursery who won our Facebook competition to have their photo on the front cover! Look out for the chance to be on the winter edition, competition



runs on Facebook, but you can email it in to us and we can post for you, as always, photo with the most likes wins!

A huge thank you to the Co-op distribution centre in Avonmouth, who has very generously given Ambition Lawrence Weston a cheque for £480.00. This is to enable us to buy a bigger fridge so we can store more fresh food to enable us to provide better quality and range of foods for our community events.



Want or need to speak to you local Councillor?

Cllr Jo Sergeant and Cllr Don Alexander are available at their local surgeries to speak to you. The up coming date is:

6th December at 10am. Lawrence Weston Youth Centre.

No appointment necessary, just turn up on the day. They are also available on the phone anytime.

Cllr Sergeant: 07584 370 416 Cllr Alexander: 07914 385321



Mears Sector Based Work Academy

This Sector Based Work Academy is designed to give you the skills and knowledge to work in the Care sector. You will receive a guaranteed developmental interview with feedback from Mears on successful completion of the course. Mears have vacancies in Lawrence Weston and the surrounding areas.

“We are committed to growing and developing our people. Joining our team is not just a job but a career”

Training

During the course you will be fully supported with your application with Mears; you will have the opportunity to meet staff and the people they support. You will have the opportunity to gain Level 1 Award in Preparing to Work in Adult Social Care, together with other related qualifications, that will prepare you for employment in the Health and Social Care industry.

Information drop in session

Wednesday the 30th October
10am – 1pm
Ambition. Long Cross,
Lawrence Weston,
Bristol,
BS11 0RX

Course Venue

This fantastic Three week Care course with guaranteed interview will also be delivered at :-
Ambition. Long Cross,
Lawrence Weston,
Bristol,
BS11 0RX

Starting on 4th November
for 3 weeks
9.15am 2.30 each day

Contact details:
Phone: 01934411147
Email:
backtoworkbristol@weston.ac.uk

For further information
01934 411 147
Email - backtoworkbristol@weston.ac.uk



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 find out more about hiring with us please visit www.ambitionlw.org/available-spaces/room-hire/



Monday to Friday, 9am to 10pm for organisations

Saturday and Sunday, 9am to 10pm for parties

Not available on bank/public holidays





Oasis Hub North Bristol

Working in partnership to transform our community



Volunteer Opportunities

If you can spare an hour or two a week and you have a skill you want to share or one you want to develop we'd love to hear from you!
Please get in touch even if your perfect role isn't listed as we are always open to new ideas!

Shop Assistants/ Sewing & Design Assistants

Oasis Community Shop

Love sewing & design? Enjoy meeting new people?
Creative roles helping support our social enterprise & shop

Youth Support workers/ Cleaners

Juicy Blitz Youth Project

Interested in youth work? Love cleaning?
Help out at our Drop in or project sessions for young people or help keep our project looking spick and span

Reading Volunteers

Oasis Academy Long Cross, Oasis Academy Bankleaze & Oasis Academy Brightstowe

Passionate about reading and working with young people?
Rewarding roles helping students develop their reading skills

You will be joining a dedicated friendly team with plenty of opportunities for training, work experience & professional development.

Oasis Hub North Bristol provides a range of free, high quality services developed in response to local needs. We work across North Bristol with particular focus on Lawrence Weston, Shirehampton, Avonmouth and Sea Mills. Our work includes Oasis Community Shop, Social Enterprise project, Juicy Blitz youth project, a range of support and counselling services for families and individuals, Oasis Academy Bankleaze, Oasis Academy Brightstowe, Oasis Academy Long Cross.



Keep a look out for the Hubs Autumn activities: Craft workshops @ Oasis Community Shop, half term activities @ Juicy Blitz and the Community Shop, Hub Halloween Party, Christmas Social Action project & more plus all our regular activities

Facebook: Juicy Blitz Youth Project and Oasis Community Shop



For more information
t: 0117 982 4963 • e: inara.romeu@oasisuk.org

www.oasisnorthbristol.org
Aisling Bennett, Hub Leader
Hub office—Oasis Academy Long Cross
Lawrence Weston Bristol BS11 0LP
Company no: 7237012 Charity no: 1136930



A just energy transition: responding to the climate emergency

Date: 8th November 2019

Time: 1.30 – 6pm (with drinks and networking to 7pm)

Venue: City Hall, College Green, Bristol, BS1 5TR

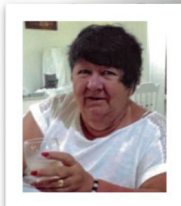
Expect presentations from a wide range of perspectives, including community groups, activists and policy makers who're all helping accelerate the pace of change in different ways. Get involved in our interactive workshop session that aims to kickstart new collaborations enabling Community Energy to scale up, turn barriers into opportunities and address the climate emergency.

To book search on Eventbrite or call caroline on 07871 791 679



BRIDGET'S RECIPE

Roast side of Salmon with lemon and herb potatoes



Ingredients:

- 500g skinless and boneless side of salmon
- Low-calorie cooking spray
- 1kg miniature potatoes, scrubbed
- 3 tbsp. fat-free natural fromage frais
- 25g fresh mint leaves, chopped
- 25g fresh dill, chopped
- Zest of 1 unwaxed lemon
- 500g mix of runner beans, peas and green beans, trimmed



Preparation:

1. Preheat your oven to 220C/gas 8. line a large

baking tray with baking paper. Sit the salmon on top, skin side down, spray with low-calorie cooking spray and season. Roast for 15-20 minutes, or until lightly golden and cooked through.

2. While the salmon's cooking boil the potatoes for 15-20 minutes, or until tender. Drain well, then tip into a mixing bowl with the fromage frais, herbs and lemon juice. Season and toss to coat.

3. Meanwhile, boil the beans and peas for 2-3 minutes, or until tender, then drain. Scatter the remaining dill over the salmon, and the lemon zest over the salmon and potatoes, and serve with the veg mix topped with freshly ground black pepper.

No need to book

Drop-in session for new and local community groups in Bristol



Meet Clare, Community Outreach Coordinator at Voscur, Bristol's support and development agency for voluntary and community groups. Get advice, information on funding and training, and tell us what you need to make progress.



Thurs 24 October
12:30 - 2:30pm

Oasis Community Shop,
BS11 0LP

Can't attend this session but want support?
Email clare@voscur.org
or call 0117 909 9949.



Advice Appointments Lawrence Weston

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

North Bristol Advice Centre provides free and independent advice appointments in Lawrence Weston.

Appeals

We can help with:

- ESA appeals
- PIP appeals
- Universal Credit appeals
- Mandatory reconsideration
- Representation at tribunal

Debt (Every Tuesday)

We can help with:

- Rent & council tax arrears
- Debt Relief Orders
- Water arrears
- Contacting creditors
- Dealing with bailiffs
- Loans, credit cards & overdrafts, etc

Please call to make an appointment



Tel: 0117 951 5751
www.northbristoladvice.org.uk

Light up and celebrate Lawrence Weston Christmas Event!

Friday 13th December 5-7:30pm

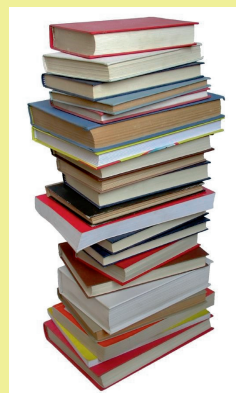
- Santas grotto
- Samba band
- School choir concert
- Church open for lighting a candle and reflection
- Refreshments
- Ridingleaze late night shopping
- All finished with our cracking firework display!



Community Book Swap

A local resident Eileen, has decided she wants to start a community book swap scheme. This will run every Tuesday and Thursday between 1-3pm at Lawrence Weston youth centre.

Come along and borrow a book, read, then swap. We are looking for donations of books as well to ensure that we have a variety of books for everyone to borrow! Simply drop any donations into the youth centre.



Lawrence Weston Out of School Activities

Thanks to funding from Ambition Lawrence Weston - Big Local Community Grant Fund, Barrie Butler, and our band of keen volunteers who worked tirelessly over the summer holidays - clearing, cleaning, renovating & painting we now have a new storage area/ office based at the Rock. As always Summer Play Scheme was a huge success with lots of fun filled activities.

A kind donation from the Co-op funded trips every week. We really do appreciate all donations.

After School Club Mon - Fri. (Term time only) 3-6pm. We collect from all local primary schools. Half Term Play Scheme. (Mon 28 Oct - Fri 1 Nov.)

Bristol Lord Mayor Marvin Rees, Cllr Anna Keen. Cabinet member for Education & Skills, Cllr Don Alexander joined children at Summer Holiday Play Scheme for a delicious packed lunch provided by Healthy Holidays.



1st Saturday of Every Month
10.30am
@ Blaise Weston Court, Broadlands Drive

Restoration of photos, wood work restoration, Electrical including laptops and phones, Sewing and Crocheting.

If you have something in need of fixing and or restoring please bring it along. Or if you have a skill and are happy to offer your time to help someone get something fixed



We are looking to Start a Men in Sheds with a purpose built unit please let us know if you are interested

Want to find out more? Please call Lynne Stevens 0117 982 2072 or email:Lindsay.stevens@anchorhanover.org.uk

Do you know someone who would like to



improve their reading. Read Easy can help by providing a coach to work with them at a time and place that is convenient. To learn more ring our Local Co-ordinator Gill on 07941078332 or visit the Website www.readeasy.org.uk

Canning & Partners

Accountancy

Friendly and approachable accounting services with a Modern Outlook

- No obligation consultations
- Fixed fees agreed in advance
- Ongoing support

Accounts • Tax • Bookkeeping • Payroll



Office: 0117 9081058 Mob: 07484 807833

Email: Scott@canningandpartners.co.uk www.canningandpartners.co.uk



Are you interested in your local parks, such as Rossiter Wood, Beverston Gardens, Stradling Road and Vincent Close, and local green spaces?

Then why not join our newly formed Parks group and have your voice heard.

For more information or to join, please contact Mark Pepper on 0117 9235112.



For more events and activities happening in Lawrence Weston visit our events calendar
www.ambitionlw.org/whats-on/

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. For more info about advertising in 'On Your Doorstep' newsletter please email contact@ambitionlw.org or call 0117 923 5112

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