

On Your Doorstep

Community News from Lawrence Weston
Summer 2019



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



- Astry Close
- Gardening Column
- Local groups and activities
- Be Clear on Cancer
- Community events
- 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.

Summer update from Mark Pepper, Development Manager

for Ambition Lawrence Weston.



Housing

Our own Community Led Housing Scheme. Ambition Lawrence Weston plans to see our own community owned housing development at Astry Close. These plans have progressed considerably over the last few months. Lisa Denison along with residents have been working hard in making this idea become a reality. A full planning permission application will shortly be submitted to see 38 “affordable” homes be built. These homes will be available for rent (by United Communities Housing Association) shared ownership and 4 self-build opportunities, with 6 homes being owned outright by Ambition Lawrence Weston. Residents will be able to see the plans of these homes here at Lawrence Weston Youth and Community Centre. Please do contact us for more information.

CURO Housing have started to prepare the land to build 121 new homes on the Henacre green open space site. The homes will be a mixture of homes to buy outright, “affordable” rent and shared ownership (part rent part buy). Curo are also awaiting planning permission approval to build 56 “affordable” homes on the old Long Cross pub site. These will be a mixture of houses, flats, apartments and maisonettes.

Persimmon Homes have submitted a planning application to build 71 homes on the old college site at the back of Lidl’s on Broadlands drive. These homes will be for private ownership with 20% being made “affordable” homes for rent through a yet to be decided Housing Association.



The Lawrence Weston Planning group have submitted an objection to the current planning application based upon, among other things, the lack of community consultation carried out by Persimmon and the lack of evidence that the development will adhere to your Neighbourhood Development Plan policies. We await the Planning Departments decision and will keep residents informed via our website, Facebook and the next edition of On Your Door Step newsletter.

These developments will be subject to our new Local Lettings Policy, where 50% of all affordable and social rented (council houses) homes must be let to people already living in Lawrence Weston who are in housing need. To be eligible for one of these homes you will need to register with Bristol Home Choice lettings <http://www.homechoicebristol.co.uk/>

Bright Green Futures are a group of Self Builders who have secured planning permission to create a new self-build development of approximately 40 homes in Lawrence Weston, on the old water tank site behind Rockingham gardens and Tufton Avenue.

Lawrence Weston Youth and Community Centre, Long Cross.

The youth and community centre continues to provide residents with services, like debt advice, employment support, fuel switching service and training. It is also home to the Pro K Kickboxing, Project U fitness training, Read easy project, helping adults to read, ARC Outreach



Veterinary service, Scouts and Beavers, Juicy Blitz young people’s sports and fitness, and of course Ambition Lawrence Weston and its many delivery groups (too many to mention).

BMX Track and Race Club

Access Sport, in partnership with Ambition Lawrence Weston and other stakeholders, have completed the refurbishment and improvements to our BMX track at the rear of Henacre Road.



Ambition Lawrence Weston have now gone on to secure additional funding from Bristol City Council to provide 3 welfare units at the track including a small café, toilets and workshop to complement the track facilities. This new development should be completed late summer of this year. There is also an aspiration from BCC and ALW to further improve the area by delivering an off road family cycling centre on the open space in front of the track. More details will be given once agreed.

A New Community Hub for Lawrence Weston.

Final design changes are now underway to see a new £4million Community Hub building for Lawrence Weston. This will be built on land at the rear of the Lidl store on the corner of Broadlands Drive and Stile Acres. The building will provide space for community use including training rooms, advice rooms, a sports hall, and café to mention just a few. It will also house new GP's surgery to replace the cramped space currently offered at Ridingleaze GP's surgery.



Other things going on in Lawrence Weston soon include:

Lawrence Weston In Bloom, with support from RHS we will be delivering loads of activities to try and improve the area though improving the green space, litter clearing, street furniture cleaning and repainting, plant and bulb planting and lots lots more.

Holiday hunger scheme, providing free summer activities and food every day for seven weeks over the summer holidays.

Planning improvements for **Ridingleaze shopping area**, including things like planters and hanging baskets, picnic table for the park, bike stands, small trees on the pavements and general improvements to the street scene.

Plans for our **Lawrence Weston Wind Turbine** are progressing well and we will be submitting a planning application shortly.

There is lots more going on and this is just a small selection of the work your fellow residents are delivering for us all.

Whatever your passion, interest, concerns or frustrations we are here to help, but we can't help if we don't know what it is that concerns you, so get in touch, and together we can, and are, making Lawrence Weston an even better place to live.

For more information about the above and other initiatives we are planning and involved in please visit our website: www.ambitionlw.org

For further information on any other issues concerning Lawrence Weston please contact Mark on 07825959617 or email Mark@ambition-lw.org.uk

Debt Advice Appointments Lawrence Weston

Tuesday mornings
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 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



MEETING NOTICE!

Estate Management Housing

Drop-in sessions.

These sessions give tenants the chance to meet with Housing Officers to have a say on what improvements you would like to see in your community.

To report or discuss Tenancy issues (such as Anti-Social Behaviour, Hate Crime, Nuisance and Domestic Abuse).



Tuesday 25th June 2019 10am to 1pm.

Tuesday 30th July 2019 1pm to 3.30pm.

Tuesday 20th August 2019 10am to 1pm.

Venue – Lawrence Weston Youth Centre, Long Cross, Lawrence Weston BS11 0RX.



Professional Window Cleaning Services

Call or Email For a Free Quote

07502120898

wesleypepper@live.co.uk

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

Midsummer is here, finally a time for deck chairs, BBQs and long evenings sitting in the last of the sun. Fingers crossed! But, as all gardeners know, the work in a garden is never done, so first of all let's turn our attention to the following jobs.

Watering. Plants in pots or containers will benefit from regular watering. Collecting rain water in a water butt can be very handy, especially if you have a water meter or there is a hose pipe ban. Any new plants in the garden will also appreciate a watering during this time of year. Why not put out a dish and fill with water for bees, birds and dragonflies who all feel the heat too?

It wouldn't be summer without picking home grown tomatoes. Regular consistent watering is the key here – every 2 or 3 days if it hasn't rained. Resist the temptation to overwater – as it can encourage fungal problems. Tomatoes also appreciate a weekly feed if grown in bags or pots. If you haven't tried it before, why not have a go at growing a couple of basil plants in with your tomatoes? They like the same soil, help to deter aphids and taste delicious in a tomato salad.



Hands up who likes mowing the lawn? This might be the year to try a different approach. By leaving some areas unmown you can encourage the grasses to flower providing food and habitat for butterflies and moths.

July is a great time for inside windowsill gardening too; basil, mint and coriander all do well in pots on a sunny windowsill. Kept well watered and picked regularly, a plant can last for weeks and adds flavour to salads, sandwiches and drinks. Try a few leaves of mint in hot water and then put it in the fridge to chill. Delicious. Now it's finally time to put your feet up!



Kerry's plant of the month Echimium vulgare – otherwise known as Viper's Bugloss. It is easily raised from seed in the spring and then planted out in to pots or the garden –providing a display of stunning blue flowers and food for bees.



Kerry Rowe – Community Education - Lawrence Weston Community Farm

Be Clear on Cancer

Breast Cancer happens when normal cells grow in an uncontrolled way.

- 80% of breast cancers are in women over 50yrs of age.
- 3 out of 4 women diagnosed with breast cancer are still alive 10yrs later.

What are the signs of breast cancer?

- Changes in the nipple – eg one nipple may become turned in (inverted)
- Nipple discharge
- Change in the shape or size of your breast – eg one may become larger
- Rash or crusting on the nipple or around it
- Change in colour of the breast – it may look red or inflamed
- Change in the skin texture – this might be puckering or dimpling
- A lump in your armpit, chest or breast.

Tell your doctor or nurse if you notice any change in your breasts, you won't be wasting their time.

Go for your breast cancer-screening test. Women are invited every 3 years between your 50th and

71st birthday. If you are over 71yrs old and wish to continue to be screened you can ask for an appointment.

Screening involves having a Mammogram; this is a special type of X-ray. The whole appointment only lasts half an hour.

How you can reduce your risk of breast cancer: we can't reduce the main risks, which include being female and over 50yrs old. We can reduce other risks by:

- Maintaining a healthy weight – having more fat tissue can increase your risk of breast cancer
- Not drinking too much alcohol – limit alcohol to 14units a week (7 pints of beer, or 7 glasses of wine) and have some alcohol free days each week.

Does my risk go up if others in my family have had breast cancer?

Most breast cancers are not inherited. If several family members have breast cancer discuss your own risk with your doctor or nurse

For more information go to:
<https://www.nhs.uk/conditions/breast-cancer/>



CITY AND PORT OF BRISTOL BOWLING CLUB

There is still time to try bowling this summer ---- it's free of charge on Tuesday evenings from 6pm at the green in Nibley Road, Shirehampton.

Reduced price membership is now available and there are lots of games still to be played --- the season runs until late September. Why not come and join us ?

Call David Hinksman on 0117 9082713 for further information.



Fully funded nursery places are available at **Sansway House Nursery**. Visit their facebook page: www.facebook.com/sanswayhouse or website: www.sanswayhousenursery.co.uk or call: 0117 982 9609



Jacki's Top Tips



1. Scissors blunt easily if you use them to cut paper. To sharpen them up again, simply cut a piece of tin foil.
2. Clean microwave with water and chopped lemon. Turn on high for several minutes, then wipe out.
3. Cut off the top of a plastic milk bottle, great for cleaning paint brushes



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

A helping hand to tackle loneliness

Did you know that there are 1.2 million older people in England who are chronically lonely? In Bristol, up to 10% of people aged over 50 feel socially isolated, and 15% of people aged 75 and over say they never talk to family or friends.

One North Bristol woman decided to do something about it. Emily Deplae, a young mum from Bishopston, found out about a project tackling social isolation among older people and decided to get involved.

“I found out about Community Navigators through reading an article in Bishopston Voice,” says Emily. “It really appealed as a volunteering opportunity as it was more involved and very different to work I had previously done.”

Community

Navigators Bristol is a free signposting and support service for people over 50 who are feeling isolated. Friendly, trained ‘navigators’, make contact with older people, get to know them and share information on



different things that are happening where they live to help them connect with their community. The service is run by a partnership of trusted local organisations, including North Bristol Advice Centre.

In addition to helping people link up with local groups or rekindle old hobbies, Emily’s role also involves helping clients overcome barriers to getting out and about – including safety, transport or money worries – by connecting them with other community and health services to tackle these problems. She will even go along with them when they try something new for the first time if they are feeling shy or lack confidence.

“I love volunteering for Community Navigators. You are very well supported by the lovely staff there and offered lots of interesting training,” says Emily. “It has been a really rewarding role

and has given me the chance to learn new skills and gain loads of great experience.”

If you can spare a few hours a week like Emily, consider becoming a Community Navigator volunteer. They are currently recruiting, particularly in Lawrence Weston, Henbury and Brentry. If you have good communication skills, a friendly manner and would like to help isolated older people in your community, this could be the ideal role for you.

To find out more about Community Navigators in North Bristol, contact Laura on 0117 951 5751 Ext 231, e-mail laura.t@northbristoladvice.org.uk or visit www.communitynavigators.org.uk



Lawrence Weston Community Farm

Walking Group 2019

Wednesdays 2 - 3.30pm



Improve your health and meet new people by joining our free, friendly, weekly walking group

Our walks are aimed at people wanting to improve their physical and mental health through gentle walk exercise. They take place on the farm and surrounding green space and are between 30 - 60 mins long. We end the walk with tea/coffee and some time to chat in the farm’s Community Room.

Please call Kerry 0117 9381128 if you would like to join us, would like any further information, or need to discuss any access needs.

kerry@lwfarm.org.uk
0117 9381128

Lawrence Weston Community Farm
Saltmarsh Drive BS11 0NJ

www.lwfarm.org.uk
Charity No: 1046583 Company Ltd: 3040752



In view of national smile month **Lawrence Weston Dental Surgery** are taking on new NHS patients. Please call **0117-9828188** to register.

Dental treatment is free for anyone under the age of 18, bringing children from a young age helps them maintain good oral hygiene and allows them to see that they have no reason to be anxious about dental visits.



BRISTOL CHILDREN'S CHARITY DONATES OVER £1,600 TOWARDS SCHOOL RESIDENTIAL CAMP

On 22nd May children from Oasis Academy Bank Leaze were thrilled to be presented with a cheque from the Bristol Children's Charity to help pay for their Year 6 Residential Camp.

Newly appointed Chairman for the charity, Granville Jenkins, was a former pupil in 1976 and commented on his time at the school, "Although I was only at the school for a year, it held many good memories for me and I'm still in touch with some of the friends I made way back then."

Speaking about the donation, Mr Jenkins said, "The school contacted us to see if there was any way we could help with funding their Year 6 Summer Camp. We offered to match the fundraising efforts of the school's parents' group. The school will always have a place in my heart. As Chairman of Bristol Children's Charity and along with my amazing team we were happy to help the students."

Bristol Children's Charity was created in the 1970s and has no paid officials. All of the money the charity raises is used to help children living within the BS postcode area.

Principal of Oasis Academy Bank Leaze, Mr Wayland, said: "On behalf of our children, I am extremely grateful to the Bristol Children's Charity for helping us reach the amount needed to ensure our Year 6 students could go on Camp this year. I'd also like to thank our incredibly supportive and industrious parents' group, who have worked tirelessly to raise money towards the Camp this year. Together, Bristol Children's Charity and our parents' group have ensured that our Year 6 students had an experience that will live long in their memories."



VACANCY VACANCY VACANCY VACANCY

Would you be interested in supporting your school community en route to and from Bank Leaze Academy?

This is a school term time only role and is a paid position, you are paid for ten hours per week term time. The hourly rate is £9.37.



Full training and uniform will be provided.

You will need to be a good communicator with an ability and understanding of working with the general public.

If you are interested or would like more information please contact Frances Dansie on 07500120320 or by email frances.dansie@bristol.gov.uk

We look forward to hearing from you.



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

Congratulations to Ian Scott and the L-Dub Bike Project who won the Facebook photo competition to have their submitted picture as the front cover. We will be running this again for the Autumn Edition, so get your cameras or phones out and take your pictures of what you love about Lawrence Weston (make it Autumnal) if you don't have Facebook but would still like to submit a photo then you can email us at: contact@ambitionlw.org.



Fibromyalgia - FM

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**

Myalgic Encephalomyelitis - M.E

**LAWRENCE WESTON
YOUTH AND COMMUNITY
CENTRE OPEN DAY** **FREE**

Long Cross BS11 0RX

FOOD | FUN | GAMES | FAMILY | FRIENDS
Everyone Welcome
Saturday 10th August 2019
11-3pm

The Management Committee at Lawrence Weston & Shirehampton Out of School Activities. (LWOOSA/SOOSA) would like to



welcome Rita Rich back to her roots. Rita took over as the new Project Manager on 1st June. During her first week Rita told children & staff at After School Club - 'It feels as if I have come home'.

Rita has worked with children & their families for over forty years in Education, Social Care & Voluntary Groups as a worker & volunteer. We really appreciate funding from the Nesbitt Trust that has given us the opportunity to create this new post. If you would like further information about After School Clubs & Holiday Play Schemes for children 4-12 years of age. Tel 0737952005 Email: lwoosa@gmail.com

Avon Youth Club

98a Long Cross, Lawrence Weston, Bristol, BS11 0LP
Tel: 0117 9823406 E Mail: admin@avonyouthclub.com www.avonyouthclub.com

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

Registered Charity Number: 1164391
'Partner with Young Bristol'

**The Club will be open during the Summer,
Monday to Thursday, starting Monday 22nd July to
Thursday 15th August 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

My Wild City

How well do you know the green spaces in your neighbourhood? Avon Wildlife Trust are working in your area over the next three years and we want to hear about your experiences of Lawrence Weston Moor and Saltmarsh Drive Open Space (you might know it as Longcross tip). Do you visit these places? What do you like about them? Do you have any stories or memories of them?

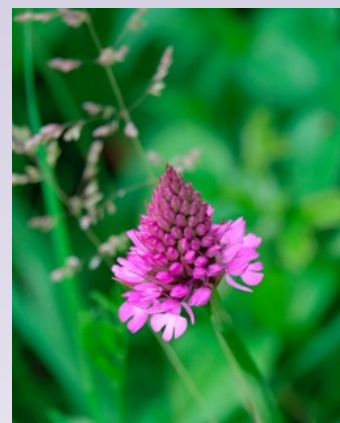
We would love to hear from you! We are happy to chat over the phone or we can go for a walk and show you round these sites if you don't know them already, or you can show us your favourite places.

Wildlife photography and summer picnics

Join our photography expert to learn how to take great photos of nature and enjoy a picnic outdoors. Two dates available - Thursday 25th and Thursday 1st August, get in touch for info and to book on. Family friendly activity, picnic lunch and cameras are provided.

To speak to us about your experiences, learn more about the My Wild City, organise a walk about, or book on to an event, you can:

- call Hannah on 01179 177 270,
- Email Hannah at mywildcity@avonwildlifetrust.org.uk
- Write to us at Avon Wildlife Trust, 32 Jacobs Wells Road, Bristol, BS8 1DR





All Age Worship

We warmly invite you to our monthly All Age Worship services, a fun interactive service for all the family. Refreshments from 10:00am for 10:15am start

Sunday 21st July
Sunday 18th August



Celebrate with us

Interested in getting married or having your child christened at St Peter's? email office@standrews-stpeters.org
We would love to hear from you.



St Peter's Church
LAWRENCE WESTON

Community Cinema



Saturday 6th July Messy Summer

Saturday 21st September Messy Harvest

10:30am

Messy crafts, games and a free lunch!

The Rock community Centre, Ridingleaze, Lawrence weston

Saturday 17th August with a free breakfast from 9:30am. Film begins at 10:30am

St Peter's Church. Free entry!

For full details please join our facebook page: www.facebook.com/groups/LWCommunityCinema/

Following on from our last challenge in our winter edition, we asked was Fred the youngest volunteer in Lawrence Weston? This is Nadine, 4, Dominic, 3, and mum Susanne who go out litter picking on a regular basis, they even have their own mini pickers! Susanne said she gets in trouble if she doesn't take the pickers when they go out!

Can you beat this as the youngest volunteer in Lawrence Weston?



LAWRENCE WESTON

Summer Sports Programme

Tuesday 23rd July	Multi Sports Session	Lawrence Weston Youth Centre Court	12-4pm	Ages 5-19
Friday 26th July	Children with Special Education Needs -Mobility and ball skills	Lawrence Weston Community Church	3-4pm	Ages 5-15
Saturday 27th July	Lets Kickbox! With Ross Chick	Lawrence Weston Youth Centre	12-2pm	Ages 8-18
Monday 29th July	Handball and Dodgeball	Lawrence Weston Youth Centre	2-4pm	Ages 5-15
Friday 2nd August	Laser Tag	Ridingleaze Green	10-12pm	Ages 5-19
Monday 5th August	Lets Box! With Reece Godfrey-Sharp	Lawrence Weston Youth Centre	4-6pm	Ages 8-18
Wednesday 7th August	Football tournament	BMX Track Green Space, Henacre Road	12-4pm	Ages 5-15
Thursday 8th August	Lets do circuits and games! With Jodi	Lawrence Weston Youth Centre Court	11-1pm	Ages 5-16
Friday 9th August	Children with Special Educational Needs: Gymnastics	Lawrence Weston Youth Centre	11-12pm	Ages 5-15
Monday 12th August	Basketball	BMX Track Green Space, Henacre Road	11-12pm	Ages 5-15
Thursday 15th August	Lets do circuits and games! With Jodi	Lawrence Weston Youth Centre Court	11-1pm	Ages 5-16
Monday 19th August	Lets Box! With Reece Godfrey-Sharp	Lawrence Weston Youth Centre	4-6pm	Ages 8-18
Thursday 22nd August	Rounders	Ridingleaze Green	11-1pm	Ages 5-15
Friday 23rd August	Lets Kickbox! With Ross Chick	Lawrence Weston Youth Centre	12-2pm	Ages 8-18
Friday 23rd August	Girls Only BMX (Racing and Freestyle)	BMX Track, Henacre Road	12:30-1:30pm	Ages 6-18
Thursday 29th August	Team Games for Younger Children	Lawrence Weston Community Church	12-2pm	Ages 4-12
W/c 26th August TBC	Laser Tag	Ridingleaze Green	12-2pm	Ages 5-19



The BIG Lawrence Weston Picnic

Ridingleaze Green

July 30th 12-2pm

Bring your picnic and meet your fellow residents and neighbours for a community picnic



Celebrations as MP Darren Jones opens the new Oasis Academy Long Cross Nursery

Wet weather didn't stop local residents from attending the Oasis Academy Long Cross Summer Fair and grand opening of the academy nursery on Saturday 15th June.



Oasis Academy Long Cross is proud to announce that its nursery now offers places for 2-year-olds, as well as places for 3 to 5-year-olds. To celebrate being able to take children at an earlier age, the nursery has been re-branded with its very own logo.

People were given tours of the nursery classrooms, met members of the nursery team and enjoyed nursery branded cakes.



The Summer Fair was also a roaring success. Parents, children and local residents took part in a range of activities including balloon modelling, crafts, raffles and a tombola.

The money raised from the Summer Fair will be put towards fun activities for the children, including the Big Bounce Day and movie nights.

Karen Sheppard, Principal of Oasis Academy Long Cross, said: "We're thrilled to be able to offer places for younger children in the Long Cross nursery. Our nursery provides the best start to school life. I'm also extremely grateful to our parents' group who have organised our Summer Fair, and work hard throughout the year to support the academy in raising funds that help us provide exceptional learning experiences for our children."

YEAR 8 PUPILS FROM ST BEDE'S CATHOLIC COLLEGE

BRAVE THE SHAVE

Congratulations to St. Bede's Catholic College pupils Antonio, Thomas, Preston, Alfie and Laurence and Head of Bell Burnell House Mr Johnson who agreed to 'Brave the Shave' recently to raise money for Macmillan Cancer Support.

The pupils received tremendous support from their peers, staff and the St. Bede's community and raised a magnificent £1,800.00.

We are so proud of the boys for being so brave and for such a worthy cause.



Lawrence Weston Summer clean up

Ambition Lawrence Weston has received Clean Streets funding to clean up Rdingleaze. We have also received new equipment as well as being trained to remove unwanted graffiti. Do contact us if you see and want some graffiti removed on 0117 9235112

Join us on the below dates to spruce up your community:

July 23rd outside the co-op @10am

August 7th outside the co-op @10am

August 20th outside the co-op @10am

Celebration BBQ for everyone who participates in our summer clean up
August 31st TBC



SCOTTY'S L-DUB BIKE PROJECT
© THE GIANT GORAM-B511 OJT

WHAT IS L-DUB BIKE PROJECT?
We at L-Dub Bike Project take damaged and unwanted bikes donated to us and restore them to working condition for the less fortunate children in and around Bristol, sometimes further afield.

HOW DO I GET A BIKE?
We are situated at The Giant Goram Pub at this given time, Whilst we wait for our new home at The L-Dub BMX Track & Skate Pk, We Open Tuesday & Thursday from 10am- 5pm and occasionally on a Saturday. Please do come and visit us on either of these days.

COSTS OF BIKES AND EXCHANGES
2 - 5 yrs are FREE,
20" Mini Mountain Bikes & BMX are £30
24/26" Juniors and Adult Bikes are £50
All Bikes are Exchangeable for Bigger Sizes for FREE as the Child Grows Upto the age of 16

Tel: 07561836923 - e-mail: l-dubebp@outlook.com

alive
Lighting up later life

COMMUNITY GARDENING GROUP
Blaise Weston Court, Lawrence Weston

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

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

When: Wednesdays 1.30pm-3.30pm
Where: Blaise Weston Court, Broadlands Drive, Lawrence Weston, Bristol, B511 0A. Meet in the foyer of Blaise Weston Court.
How: Drop in or contact Abi to find out more 07410379704 or email abi@aliveactivities.org

Alive is the UK's leading charity enriching the lives of older people in care and training their carers- find out more at www.aliveactivities.org
Registered Charity No. 1132708

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 upcoming dates are:

2nd August at 10am, 4th October at 10am and 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



Oasis Hub North Bristol

Working in partnership to transform our community



Summer activities for young people

Monday	Tuesday	Wednesday	Thursday	Friday
22 July Team Building	23rd July Drop in 4-5.30 Project 5.30-7.30	24th July Sports session @ youth centre 5-7pm	25th July The Occasional Café 11-2pm	26th July Drop in 5.30-7pm Project: 7.00-9pm
29th July Canoeing Pompom monsters drop in 12-2pm	30th July Drop in 4-5.30 Project 5.30-7.30	31st July Sports session @ youth centre 5-7pm	1st Aug The Occasional Café 11-2pm	2nd Aug Drop in 5.30-7pm Project: 7.00-9pm
5th Aug Archery	6th Aug Drop in 4-5.30 Project 5.30-7.30	7th Aug Sewing Drop in 11-1pm Sports session @ youth centre 5-7pm	8th Aug The Occasional Café 11-2pm	9th Aug Drop in 5.30-7pm Project: 7.00-9pm
12th Aug Giant Paddle boarding	13th Aug Code breakers Drop in 11-1pm Drop in 4-5.30pm Project 5.30-7.30pm	14th Aug Mobile Smoothie Bar @ LW Farm Fun Day 12-4pm	15th Aug The Occasional Café 11-2pm	16th Aug Drop in 5.30-7pm Project: 7.00-9pm
19th Aug Raft building	20th Aug Animal art Drop in 11-1pm Drop in 4-5.30pm Project 5.30-7.30pm	21st Aug Sports session @ youth centre 5-7pm	22nd Aug The Occasional Café 11-2pm	23rd Aug Drop in 5.30-7pm Project: 7.00-9pm
26th Aug BANK HOLIDAY	27th Aug Drop in 4-5.30 Project 5.30-7.30	28th Aug Clay Dragon workshop 10.30-12. Book your place (8-14yrs) Clay Puppy workshop 1pm-2pm. Book your place (5-7yrs with parent) Sports session @ youth centre 5-7pm	29th Aug The Occasional Café 11-2pm	30th Aug Drop in 5.30-7pm Project: 7.00-9pm

Oasis Community Shop open Mondays—Thursdays 10-2pm
 Summer activities will take place at Juicy, the Shop & other locations, get in touch for details
 Shop—fb: Oasis community shop • t: 07766 750123 • e: janine.starr@oasisuk.org
 Juicy—fb: JuicyBlitzYouthProject • t: 0117 982 4963 • e: rebecca.hussey@oasisuk.org
 Company no: 7237012 Charity no: 1138930



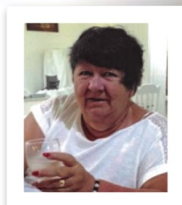
Lawrence Weston in Bloom

Lawrence Weston are starting their journey to become a gold winning community. We launched our project on June 5th, and have identified some starting points in the community. We are looking for residents to join us who want to help in this project, making Lawrence Weston a cleaner and greener community. Let us know if you want to be involved regardless of your gardening ability, everyone is welcome! Contact Donna on 0117 9235112 or contact@ambitionlw.org



BRIDGET'S RECIPE

Mango and cardamom cheesecake



Ingredients:

- 50g unsalted butter
- 175g crushed Digestive biscuit
- 4 leaves of gelatine
- 200g light soft cheese
- 2tbsp clear honey
- 2 mangoes, peeled and thinly sliced
- 4 cardamom pods, crushed, seeds removed and pods discarded
- 500g fat free Greek style yoghurt



Preparation:

1. Grease and line a 20cm loose-based cake tin. Stir the butter into the biscuit crumbs and press

firmly into the tin with the back of a large spoon. Chill in the fridge for 20 minutes.

2. Soak the gelatine in cold water for 5 minutes. Squeeze out any excess water and heat gently in a small pan over a low heat until dissolved, turn off the heat.

3. Blitz half the mango with a handheld blender until you have a smooth puree. Add to the gelatine in the pan along with the cardamom seeds and honey. Stir well then set aside to cool to room temperature.

4. Stir the soft cheese and mix into the yoghurt. Whisk in the cooled mango mixture until smoothly combined.

5. Pour the mixture onto the biscuit base and smooth gently to level. Carefully arrange the rest of the mango on top. Chill for at least 2 hours

6. Remove from the fridge when ready to serve

Community-led Housing - On Your Marks...Get Set.....Go!

By the time you read this the planning application for the 36 new community-led homes at Astry Close will have been submitted for planning! Over 2 years of hard work by residents and Steering Group members has led to this point, and we'd like to say a **MASSIVE THANK -YOU** to everyone who has been involved; to our funders, partners and all those residents who came along and gave feedback – your opinions really made a difference to the eventual designs.

We are delighted with the proposals prepared by Barefoot Architects – they look really amazing and we think they reflect well what is important to local people. The plans will be available throughout the summer in the Youth Centre for you to look at and we will be at the ALW Open Day on August 10th if you'd like to see them in more details and discuss them with us. They will also be available on Bristol City Council's website www.bristol.gov.uk under 'Planning' (we don't have the details of the planning application number at time of going to press). Do have your say, we hope for lots of positive comments! If all goes according to plan, we hope to have them approved in early October.

During the autumn there will be information events for people who might be eligible for the affordable rented homes. Do make sure you're registered on HomeChoice Bristol (www.homechoicebristol.co.uk) if you want to bid for one. Even though the homes won't be ready until 2020, we are allocating them early to give plenty of time for the new occupants to establish a community and influence some of the finishes and landscaping. The event dates aren't available yet but please look out for them on social media.

For those people interested in Shared Ownership Homes (here or elsewhere in Lawrence Weston), don't forget to look into opening a Help to Buy ISA to help save for your deposit. The scheme will only be available until November and you could get your savings topped up by the government. Go to www.helptobuy.gov.uk for more information.

Contact ALW on 0117 923 5112 for more information. There is also a Facebook page @astryclose.

Stay in touch!



Ambition Lawrence Weston has been lucky enough to have had the support from three Polish students for the month of June. They have helped us with all our IT issues, designed a new website, sourced us some new laptops for residents to be able to use during our training sessions, and generally made everything run smoother for us.

They flew home at the end of June, and we want to say a massive thank you for everything you have done!

L-R: Patryk Piszczek, Wojciech Cyrwus, Jakub Smaga





Lawrence Weston Community Church are hosting an International Food Evening on Saturday 17th August 2019 in order to raise money for our mission trip to Kenya. There will be an opportunity to taste a range of homemade dishes from places like Korea, Kenya, India, Austria and more...



FREE pet Clinic for BS11 residents



Join Bristol A.R.C. at Ambition Lawrence Weston every Wednesday for FREE or REDUCED COST pet care and treatment, including:

Free for BS11 residents:

- Free pet health and welfare checks with a Qualified Vet Nurse
- Microchipping for dogs and cats

Free for BS11 residents in receipt of Housing Benefit, Council Tax Benefit, Pension Credit, Universal Credit (with Housing Element):

- Free flea and worm treatment
- Free basic, non-emergency vet consultation (suggested £10 donation)
- Reduced cost neutering at Bristol A.R.C.'s Clinic (to be arranged at a later date)

To arrange an appointment call us today on 0117 9724567.

Helping, healing, homing since 1887
Bristol Animal Rescue Centre (Bristol A.R.C.) and its members are registered with the RSPCA Bristol & District Branch (a charity registered in England & Wales 208588).



Bank Leaze safe school crossing

A petition has been started by a group of mums from Bank Leaze Primary school. They feel they need a safe place to cross to get their children to school. They want a reduced speed limit of 20mph and a zebra crossing across the long cross to ensure they and the children can get to school safely. The petition also has the backing from Darren Jones MP. He says "I'm delighted to be working with the local community to support their campaign for improved road

safety measures outside Oasis Bank Leaze. After meeting parents and pupils from the school, I've been in touch with the council and Curo, who are building new housing in the area, and shared my concerns. I hope by working together we can see improvements made for parents, pupils and residents". If you wish to support this campaign, go to change.org and search Bank Leaze Safe School Crossing.





**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

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

SUMMER ACTIVITIES 2019

Look out for your Weekly Calendar
of Summer Activities 2019

This is a list of weekly activities over the whole summer holidays in Lawrence Weston and the surrounding areas. There will be something to eat at every activity and they are all FREE. Most activities you can turn up on the day unless otherwise stated below.

DAY	ACTIVITY	VENUE	TIME	CONTACT	AGE	NEED TO BOOK
1	Team Building (Young Adults)	Juicy Blitz	4pm	ambitionlw.org	10-18	Must Book
2	SOOP Cooking Club	St Peter's Church	12-4pm	ambitionlw.org		
3	Multi Sports	LW Youth Centre	12-4pm	ambitionlw.org		
4	Recallite Club Session	LW Youth Centre	12-4pm	ambitionlw.org	Any	No
5	Wildlife Photography	LW Youth Centre	3-7pm	ambitionlw.org	3-18	No
6	Occasional Café	LW Meer (Next @ Youth Centre)	10-12pm	ambitionlw.org	10-18	No
7	Intergenerational Breakfast	Juicy Blitz	10-12pm	ambitionlw.org	Any	Must Book (01179235112)
8	Draw in and Project Work	Blaise Weston Court	10-12pm	ambitionlw.org	Any	Must Book (01179235112)
9	Social Education Needs (Stability & Self Skills)	Juicy Blitz	9.30-11am	ambitionlw.org	Any	No
10	Farm Hands	LW Community Farm	9-12pm	ambitionlw.org	Any	No
11	Farm Hands	LW Community Farm	1-4pm	ambitionlw.org	10-18	No
12	Let's Bowl with Kids	LW Community Farm	10-12	ambitionlw.org	3-15	No
13	Farm Hands	LW Youth Centre	12-4pm	ambitionlw.org	3-11	Must Book (01179235112)
14	Intergenerational Chess 74 U	LW Community Farm	10-12	ambitionlw.org	3-18	No
15	Community BBQ	Blaise Weston Court	4.30-5.30pm	ambitionlw.org	Any	Must Book (01179235112)
16	Community BBQ	LW Community Church	12-2pm	ambitionlw.org	Family	No

There will be something to eat at every activity and they are all FREE. Most activities you can turn up on the day unless otherwise stated in the calendar.

Pick up locally from:

LW Youth Centre

LW Community Farm

LW Doctors Surgery

Long Cross Children
Centre

Oasis Community Shop

The Community Church

St Peter's Church

Blaise Weston Court

Post Office

Juicy Blitz

Hope Café and Church

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/