


On Your Doorstep

Community News from Lawrence Weston
Spring 2019



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



Students from St Bede's school
joining the Lawrence Weston Spring
Clean

- Housing update
- The Noise 2019
- Local groups and activities
- Be Clear on Cancer
- Community events
- Local vacancies

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.

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

By the time you read this the planning application for the 36 new community-led homes at Astry Close will be NEARLY ready for submission. The likely date is now in early May. There have been some last-minute delays because some unexpected issues have arisen; for example, there is a large Victorian sewer under the site which needs careful consideration. Look out in the May press, on social media and on the Ambition Lawrence Weston website for details of the plans. There will also be a temporary display in the Youth Centre once it has gone in. We would encourage you to talk to the project team if you have any concerns, and we can talk you through them. Of course we'd love your support too so if you like the plans or have comments, let the planning authority know.

A MASSIVE THANK YOU to all the local people who have taken time to come out and shape the plans – you really have made a positive difference to the layouts, design and materials. We hope you like them!

During late spring there will also 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.

There is always the option to join the mailing list too. Contact the Project Manager, Lisa Denison on 07900 908391 or at lisa.denison@virgin.net. There is also a Facebook page @astryclose.

Stay in touch!



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 April Easter Day

Sunday 19th May

Sunday 16th June

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



Saturday 6th April Messy Easter

Saturday 6th July Messy Summer

10:30am

Messy crafts, games and a free lunch!

The Rock community Centre, Ridingleaze, Lawrence weston

Lawrence Weston
Community Cinema
St Peter's church
Ridingleaze, Lawrence
Weston

Saturdays at 10:30am

8th June

17th August

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



Ambition Lawrence Weston is looking ahead now to the next 100 years turning our Homes for Heroes into Homes for our Future Heroes!

It's been 100 years since the creation of Homes for Heroes across Bristol, we want to transform them into more energy efficient homes and generate renewable energy locally, saving money, and the planet for a healthier more sustainable neighbourhood. We're supporting a new community project to explore how we might achieve this working with partners Bristol Energy Network, Bristol Energy Ltd, Bristol Community Transport & Severnet. The project will also be supporting our aspirations to develop a large Community Owned Wind Turbine, along with a sector based skills academy focusing on energy & building, and a community led home improvement scheme based on our very own thermal imaging C.H.E.E.S.E. Project.

Get involved

Come along to meet us at the Catch Up Café 7th May – Community Shop on Ridingleaze, as well as the Goram Fair 8th June at Blaise Castle Park or just pop along to the Ambition Lawrence Weston Office & help us to engage residents to save money on their bills and influence the project.

Some residents are already getting involved by

having a “Cold Homes Energy Efficiency Survey (C.H.E.E.S.E) so we can learn more about problems we might have with our homes and how we might fix them as well as surveying residents to understand how the barriers might be to accessing cheaper deals via smart meters.



mum holding baby (possible future hero having a CHEESE Survey)

We can also help you with: Energy Audits e.g. C.H.E.E.S.E survey, Energy Switching, help if your struggling to pay energy bills as well as involvement in energy internship opportunities if you're interested in expanding your energy knowledge.

For more information contact:

David Tudgey: 07846057470

energy@ambitionlw.org

Struggling with bills?

If you or someone you know, is feeling the pinch with household costs and genuinely struggling to pay their water bill, there are ways we can provide support.

We've helped more than 30,000 customers struggling to afford their bills or repaying their debt and more than 25,000 customers are now benefiting from lower water bills, so you can contact us knowing you're not alone.

And it doesn't matter what time of the year you get in touch, the important thing is that you talk to us straight away as we know that dealing with debt can be daunting.

We can help you:

- Spread the cost of your bills
- Pay us directly from benefits
- Lower your bill or
- Repay debt and get back on track

We also offer a discount of around 20% to our customers who receive pension credit or if state pension is their sole income.

To find out more, call us on 0345 600 3 600 (Monday to Friday 8am to 8pm)



Extra support when you need it.

We want to give all our customers the best service at all times. We know that everyone's needs are different, be it billing worries, communication difficulties or extra support requirements if there is an interruption to the water supply. We can help through Priority Services, a free service that anyone living within the Wessex Water and Bristol Water region can sign up to and we will take account of their needs in our dealings with them.

When you sign up for Priority Services you can:

- ensure you always have easy access to water
- choose how you receive your bill and information
- ask for help with reading your meter
- set up a password for when we visit

Spread the word and tell your family and friends about our service if you think it will help them. It's easy to sign up – call us on 0345 600 3 600 (Monday to Friday 8am to 8pm) or visit wessexwater.co.uk/priority-services/ or bristolwater.co.uk/priority-services-request

Both Wessex Water and Bristol Water work closely with other organisations including Centre for Sustainable Energy, North Bristol Advice Centre and Shelter, who may be able to help with additional support beyond your water bills.

Thank you!

Bristol Water has given Ambition Lawrence Weston £500 towards one of our projects. We are joining the RHS 'Britain in Bloom - It's Your Neighbourhood' project to be able to work towards becoming a gold winning community. We want residents to be able to have a real sense of community, cleaner and greener surroundings, an increase in local pride and empowerment, environmental awareness and regeneration of run down green spaces as well as residents taking pride in their own gardens. If you are interested in joining us on this journey contact us on contact@ambitionlw.org or call 0117 9235112

Be Clear on Cancer

Do you worry about Bowel Cancer?

Cancers grow slowly over time, the earlier they are picked up the easier it is to treat them successfully.

About 1 in 20 people in the UK will get bowel cancer, most of them will be over 60 years old. If your parent or brother/sister had bowel cancer under the age of 50 years old you will have a higher risk yourself.

Screening tests are tests that try and pick up cancer before you know you have it. Everyone aged 60-74 years will be sent a free NHS bowel screening kit in the post every 2 years. Even if you have no symptoms, don't be embarrassed use the kit and send it back.

Tell your doctor or nurse if you have one of the following symptoms or signs which can be due to bowel cancer:

1. Bleeding from your bottom or blood in your poo.

2. A persistent (more than 4 weeks) unexplained change in your bowel habit – you may feel your poo is looser than normal or you need to go to the toilet more often. You may find your poo is harder or you have a feeling that you never quite empty your bowel.

3. Losing weight without trying or loss of appetite.

4. Extreme tiredness for no good reason – this may be because you have become anaemic (lack of red blood cells) due to loss of iron from your body.

5. A pain or lump in your tummy or back passage

Most people with these symptoms won't have bowel cancer, there will be something else that explains them. The doctor will be able to advise you if more tests are needed.

There are things you can do to **reduce your risk** of bowel cancer. These include:

- Cut down on red or processed meat (sausages, ham and bacon) by having smaller portions or days without meat.
- Eat more fibre – for example baked beans, peas, apples, carrots, oats.
- Loose weight – being over weight increases your risk of bowel cancer.
- Stop smoking
- Drink less alcohol
- Exercise more

For more information look at the NHS website: www.nhs.uk



New Catch-up Café for over 50s in Lawrence Weston!

Join us for a catch-up café in Lawrence Weston on Tuesday 30th April from 10am (until 12pm) at Hope Café. The session is run by a new project by Age UK Bristol, Friends Ageing Better (FAB), connecting people locally and helping people find out what else is happening in their area.

The catch-up café is free to attend, and you can enjoy a complementary slice of cake and a hot drink. Bring a neighbour or friend!

This is also an opportunity to find out more about how to become a FAB member and gain access to

exclusive discounts from businesses across the city and special events, including tours of the Hippodrome and Bristol Old Vic. FAB membership is free and open to anyone over the age of 50 living in Bristol.

Friends Ageing Better is a project by Age UK Bristol, funded by Bristol Ageing Better and delivered in partnership with Bristol Older People's Forum. For more information, please contact Friends Ageing Better on 0117 929 7537 or by emailing fab@ageukbristol.org.uk.

Full details of this and future events can be found on the Age UK Bristol website. Following catch up café date: 28th May.



Jacki's Top Tips



1. Flash with bleach spray on grout between tiles. Rub in and leave it for two minutes. Wash off with a cloth.
2. Cut down on price! Use soapy water to clean all your home.
3. If you can, put a few £1 away for school holidays and treat the family.

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

Community Navigators can help you get out and about

Are you over 50? Would you like to link up with others? Find out what's happening in your local community? Then Community Navigators Bristol can help.

This free service provides signposting and support to people over 50 who want to do more in their local area. People like Maggie, an 86 year old widow who lives alone with her dog, Jasper. Maggie was referred to Community Navigators by her GP after a series of health problems left her unable to drive, unconfident about leaving the house, and feeling lonely. Maggie felt her life had become dull and "boring".



Community Navigator Sarah visited Maggie in her home and took the time to get to know her and find out what was important to her. Maggie was very sociable and missed having regular visitors. She was worried about Jasper because she couldn't walk him regularly.

Sarah referred Maggie to the Good Gym. She now has a runner who visits her for a chat each week. Next, she linked up with The Cinnamon Trust who organised a dog walker five times a week. Sarah went with Maggie the first time she visited the local Friendly Club as she felt shy going on her own. Now Maggie goes regularly and has made new friends. Next she fancies trying the local singing group!

"Talking to Sarah made me feel better and now I can look at joining clubs," Maggie said. "Life gets harder as you get older but people like Sarah bring a breath of life and cheer you up."

Community navigators can also help people tackle any concerns they have about getting out

and about – including safety, transport or money worries – by connecting them with other community and health services.

If you, or someone you know, is over 50 and feeling isolated, get in touch with Community Navigators. In north Bristol, contact Laura on 0117 951 5751 or email laura.t@northbristoladvice.org.uk. In central, south or east Bristol call Simone on 0117 440 9100 or email community.navigators@nhs.net.

Community Navigators Bristol is run by a partnership of trusted local organisations and is funded by Bristol Ageing Better. www.communitynavigators.org.uk

Catch up cafe

The only place to find out about all things Lawrence Weston

First Tuesday of every month 10-11:30am

May 7th - Community Shop
June 4th - Vincent Close Launderette

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 each week.

Mondays – Appeals

We can help with:

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

Tuesdays – Debt Advice

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



North Bristol
Advice Centre

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

Oasis Hub North Bristol

Working in partnership to transform our community

Oasis Community Shop

Open Tuesdays—Thursdays
10-2.30pm

**Affordable Kids clothes, toys,
craft items.
Regular sewing & craft
workshops**

For information of upcoming events
t: 07766 750123

**e: janine.starr@oasisuk.org
f: Oasis community shop**

Juicy Blitz Youth Project

For young people aged 10-19

Tuesdays

Drop in 4-5.30 pm
Project 5.30—7.30pm

Wednesdays

Satellite Club @ Youth Centre
5-7pm

Fridays

Project 6.30-8.30pm

For details of all our activities or to
book a 121 support session

t: 0117 982 4963

**e: rebecca.hussey@oasisuk.org
f: JuicyBlitzYouthProject**

Support

Family support Drop in
Counselling service
Financial literacy programme

Holiday Activities

Targeted programmes
Family craft activities
Holiday hunger initiatives

For details of all our activities
**e: aisling.bennett@oasisuk.org
t: 07788 338701**

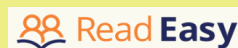
The logo for Oasis, featuring the word "Oasis" in a white, sans-serif font inside a white-outlined speech bubble shape.The logo for Oasis Hub North Bristol, featuring the words "hub" and "north bristol" in white, sans-serif font inside a white-outlined speech bubble shape.

Hub office—Oasis Academy Long Cross,
Lawrence Weston, Bristol BS11 0LP
Company no: 7237012 Charity no: 1136930

Read Easy Bristol

Would you like to help an adult learn to read by becoming a reading coach with us? Or perhaps you know someone who would like to improve their reading? If so, you can put them in contact with us. Please email us at Bristol@readeasy.org.uk.

For more information about what we do go to our website www.readeasy.org.uk



Help to Buy explained

Buying a home is exciting and probably the biggest financial decision most of us will make – but for many Bristol families, it can also feel out of reach.

The government-backed scheme Help to Buy – Equity Loan can be used on all new-build homes and is helping thousands of families each year to move in to a home of their own. In this article, housing association and house-builder Curo explains what the scheme is, how it works and who can access it.



Unlike Shared Ownership, available solely to first time buyers and people who used to own their home but can no longer afford one, Help to Buy can be accessed by both first time buyers and ‘next time buyers’ looking to move up the property ladder. For example, current homeowners could use the scheme to ‘upsized’ to a bigger home.

While more than half of the homes Curo is hoping to build in Lawrence Weston over the coming years will be affordable housing, 90 homes will be available for private sales. So if you’re looking to buy a new-build home in the area, it’s worth knowing more about how Help to Buy can make your homeownership dream possible.

How does it work?

Help to Buy enables buyers to purchase a home with just a 5% deposit. For example, if a property costs £250,000, a deposit of only £12,500 is required. The government will then lend you 20% of the value of the property, in this case, £50,000, through an equity loan that is interest and payment free for the first five years. This means that you’ll only need to secure a mortgage for the remaining 75% of the property’s value.

A larger deposit means buyers can access better mortgage deals and make monthly repayments more affordable.



Henacre aerial view of proposed development

Curo Sales Director, Lisa Howells, explains: “In our experience, many private renters who wish to become homeowners usually have the income necessary to secure a mortgage – many of them may already be paying more in rent than they would in monthly mortgage repayments. But families can find it very difficult to save up the full amount required for a deposit, usually around 25-30% of the property’s value - this is where Help to Buy can really make a difference.”

Homeowners need to pay back the equity loan when the property is sold or at the end of their mortgage period, whichever comes first. If buyers choose to pay off the loan in the first five years, no interest will be charged.

Lisa says: “Owning a new-build Curo home comes with many advantages, not least a 10-year NHBC warranty and the potential benefits of increased property value.

“We’ve helped many families take that all-important step on the housing ladder. Our award-winning team are experts in Help to Buy and Shared Ownership, meaning they can support customers through the process to homeownership whether they’re at the start of their journey or looking to move up the property ladder.”

If you’d like to be kept up to date with progress on the Curo homes in Lawrence Weston, or want to know more about Help to Buy Equity Loan or the low cost homeownership scheme, Shared Ownership, get in touch with Curo’s Sales Team on 0345 140 5050 or email sales@curo-group.co.uk.





HELP US TO BRING A LIBRARY BACK TO LAWRENCE WESTON!

‘Help us to bring a library back to Lawrence Weston! We need residents to tell us what library services they would like in the new Community Hub. All welcome, including children - it’s their library too!’

EVERYONE WELCOME
April 23rd drop in between 3-6pm
Lawrence Weston Youth Centre
Long Cross

For more information contact donna.sealey@ambitionlw.org 0117 9235112 or cllr.jo.sergeant@bristol.gov.uk



Bristol Libraries
new ideas created together

Have you got ideas for your library and its building? Come and join the conversation. Book onto one of our events at www.bristol.gov.uk/ambition or visit your local library.

Events take place across the city January to March

THE BIG LOCAL

Come along and find out what we have been spending the £1 million on, and help us decide what we fund next

Big Local is an exciting opportunity for residents in Lawrence Weston to use at least £1m to make a massive and lasting positive difference to their community. It’s about bringing together all the local talent, ambitions, skills and energy from individuals, groups and organisations who want to make their area an even better place to live.

Big Local meetings are monthly meetings (usually on a Thursday) either 1-3pm or 7-9pm if you cant make these, we welcome your input either on our facebook page, call us on 0117 92351112 or email contact@ambitionlw.org

Next meeting: April 18th
@LW youth centre 1-3pm






Lawrence Weston Community Spring Clean

Thank you to the residents, pupils of St Bedes Catholic College and Councillor Don Alexander for joining us and taking part in this year’s spring clean. We litter picked along the cycle path from Lawrence Weston Community Farm to Campbells drive, as well as Saltmarsh Drive, Crokeswood Walk and part of the Long Cross. Look out for further dates and locations of our community litter picks.





THE NOISE 2019

This year, hundreds of Bristol people will be using their May bank holiday weekend (4th - 6th

May) to bring hope to our city.

The Noise is an enormous volunteering event run every year by Bristol churches since 2001. For a few days each year, rain or shine, local people roll up their sleeves, put on a brightly coloured T-shirt and get stuck in. They dig gardens and pick litter, paint community centres, make cream teas for senior citizens, and run free community events across the city.



2018 saw the largest Noise event to date, with practical community projects and free community events taking place across communities in

north, south, east and central Bristol. There were over 1400 volunteers ranging from age 5 to over 80 years old.

The Noise 2019 is happening from 4th-6th May, when hundreds of volunteers will unite to serve local communities in Bristol and to continue the vision of the Noise to 'show God's love in practical ways'.

Rachel Varley (part of the core team) from Lockleaze, explains: "We're excited to host the 19th year of The Noise in Bristol and see volunteers inspired to connect more with what's happening in

their local communities. We love to see people enjoying gathering together at free events in their local area and feeling more connected to their neighbours. It's also been a wonderful way to encourage those working hard to bring positive change in communities all year round and show love to individuals and families who are facing tough times. We know that, working together in a practical way, can build Bristol as a 'city of hope'."



So what is happening locally in Lawrence Weston and Avonmouth? These are the details that we have at time of going to print.



- **Senior Citizens' Cream Tea & Silver Screen** – Time & date TBC, at St Peter's Church, Lawrence Weston
- **Family Fun Afternoon in Lawrence Weston** – Saturday 4th May (2-4pm) at Lawrence Weston Baptist Church.
- **Practical community projects** – across the weekend.

Publicity and full details will be available in early April so keep an eye on social media and the Noise website

www.thenoise.org.uk | www.facebook.com/bristolnoise |



MAKE BLAISE MUSEUM BRILLIANT

Blaise Castle House was home to the Harford family until 1919. Mary was the last to live here.

What stories should we share?

Discover stories about the house, its owners and the landscape. Pop in from May to help us give Blaise Museum a new lease of life. We're open Thursday – Sunday, 11am – 4pm (plus Tue and Wed in Bristol school holidays) Groups can pre-book visits by contacting museum.community@bristol.gov.uk



According to legend Blaise's gorge was created by Goram the giant. A fair celebrating him is held every year.

What makes a great day out at Blaise?

We want Blaise to be a brilliant day out. Pop in from May to share ideas and help us make Blaise fun for all the family. We're open Thursday – Sunday, 11am – 4pm (plus Tue and Wed in Bristol school holidays) Find out what's on at bristolmuseums.org.uk



Walk and Tour of the Roman Ruins

We are proud to be joining Bristol WalkFest again this year. Join us for a walking bus along the Long Cross (starting at the top by Blaise) and join in anywhere along, ending up at the Roman Ruins where you will be given a private tour by Bristol Museums. Ending with a picnic outside on the grass (bring your own lunch). For more details contact 0117 9235112, contact@ambitionlw.org or join the event on our Facebook page @ambitionlw

Winning partnership between local primary school and Bristol Sport Foundation



On Monday 4th March Bristol Sport Foundation founder and patron, Steve Lansdown, visited Oasis Academy Bank Leaze to see first-hand the impact of the charity's work in the Bristol community. Lansdown, who founded the charity in 2016, met staff and children at the Lawrence Weston-based school, before watching an after-school Forever Sport session.



Bristol Sport Foundation (BSF) promotes, funds and develops sport-based community programming on behalf of Bristol Bears Community Foundation,

Bristol Flyers Community Basketball, Bristol Jets Community Badminton, Bristol City Community Trust and the Bristol Sport Foundation itself. Since September 2018, Oasis Academy Bank Leaze has worked with a head coach and a number of specialist coaches to deliver a range of programmes, including Sums and Scrums - a rugby-themed numeracy programme – and Forever Sport – a comprehensive multi-sport programme delivered after school and in-curriculum time at primary schools.

David Wayland, Principal of Oasis Academy Bank Leaze, said: "We were delighted to have Steve visit our school to see the BSF Forever Sport programme in action."

"Students' engagement in sport has increased significantly and children are now enjoying a variety of sports throughout the academic year."

Steve Lansdown, founder of Bristol Sport Foundation, said: "I've learned just how much we're doing and it's really impressive."



"The number of schools we are in and the number of children we are now putting through the programmes, it's just mind-boggling. We're moving from strength to strength with new ideas coming around all of the time."

"The idea behind the Foundation was to bring all of the charities together and make them work better as individual charities and as a group – and I think that has happened. But also, the Foundation has developed a life of its own and that's also to be commended."

"It's not just one sport, there are 19 being delivered and that's unbelievable. It's what you want – you want kids to be active, leading a healthy lifestyle, enjoying playing sports and taking that through into



Springtime at the Farm!

There is lots happening at the Farm this springtime. We already have 3 lambs, with another due any day now. The goats will have their kids in a couple of weeks time. We have been hatching some eggs and have a few little chicks! We also have lots of activities, workshops and courses coming up.

Free Family Easter Activities:

- **Free Family Nature Day and BBQ Weds 10th April 12 -4pm**

Join us for a playful time in Water Vole Woodland to explore art in nature with Bristol Museum and Art Gallery. Farm Sausage £2.

- **Get Growing Weds 17th April 1-3pm**

Plant a seed to grow at home. Decorate a pot and go green fingered for afternoon.

- **Easter Egg Hunt Sat 20th April 11am-3pm**

Come and have a look around the spring farm and take part in our Easter Egg hunt. 50p a go.

- **Spoon Making Sat 25th May 10am-4pm £45**

Make a spoon from scratch using traditional green woodworking skills. Unplug and relax in the Water Vole woodland. To book tickets <https://wooden-spoon.eventbrite.co.uk>

- **Fire by Friction: Introduction to the art of the bow drill Sun 26th May 10am-2pm £30**

Learn how to make fire without matches! An ancient survival skill. To book tickets <https://fire-by-friction-bow-drill.eventbrite.co.uk>

- **Introduction to Volunteering Mondays 10am -1pm 4th – 25th June**

Come and learn how to look after the animals and gardens. Make new friends and help the farm. Free for adults over 19 with few or no qualifications. Call Kerry on 0117 9381128

Some of our younger residents and their wonderful costumes for world book day!



Are you looking for something free and fun to do with the kids now the mornings are getting lighter and warmer? Why not join us at Kings Weston junior parkrun – a free community event that takes place in the grounds of Kings Weston House every Sunday at 10am.

Kings Weston junior parkrun is open to children aged 4 to 14. Our focus is on fun and getting out in the fresh air. You can run, jog or walk – just enjoy yourself. The event is free to attend, and staffed entirely by volunteers. Adults are welcome to run alongside their children.

It's simple to join in. Just visit www.parkrun.org.uk and register the details of the child (or children) who will be taking part. Select "Kings Weston junior parkrun" as your Home Run and you'll receive an email with a barcode for each participant. Print the

barcode and bring it along on the day, and you are all set.

We meet by the steps of Kings Weston House every Sunday from 9.45am for a warmup, then start at 10am. We'll make you very welcome and look forward to seeing you there. Kings Weston House



Community Learning – in the area

Do you want to get back in to learning to support your job search or changing job? Do you want to gain new digital skills or improve your computer skills, do get in touch about courses coming up.

Join a 3 to 4 week Sector Based Academy course with Weston College and Community Learning – with a link to Mears Care, gain a Level 1 Preparing to Work in Adult Social Care. Next dates to be confirmed.

Other courses that may be planned for later in the year include : Introduction to Working as catering Assistant, Maths, English, ESOL for Life/Work, Level 1 Health and Social Care (childcare), English for Work, Foundation Level in Food Safety, Emergency First Aid At Work, Paediatric First Aid, Cooking on a

Budget, confidence building courses for getting ready for work, and more.

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

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



Funded by

**Skills
Funding
Agency**

**COMMUNITY
LEARNING**

Local Councillors Don Alexander and Jo Sergeant update

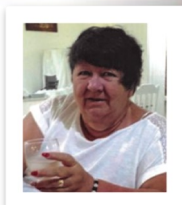
We are pleased to share good news about the future of the 11 and 11A bus services, which are essential to some residents, particularly in the Kings Weston Lane area.

Mayor Marvin Rees's council cabinet decided to commit over £500,000 to keep buses running to Southmead Hospital from this area until at least September 2022, with the option to extend for another three years. The possibility of extending the route to Bristol Parkway Station is also being considered. We'll keep you informed on that.

BRIDGET'S RECIPE MIXED BERRY BUNS

Ingredients:

- 500g white bread mix
- 300g frozen for freshness berry medley, thawed and drained
- 50g icing sugar, sifted
- Zest and juice 1 orange
- 1 tsp ground cinnamon
- Plain flour, for dusting



Preparation:

1. Line a large baking tray with baking paper.
2. In a large bowl, mix the bread mix with about 300ml lukewarm water until well combined. Turn out onto a lightly floured work surface and knead for 5 mins to make a smooth, soft dough.
3. Roll out to a rectangle 30cm x 40cm, then cut

this in half lengthways.

4. In a bowl, mix together the berries, 20g of the icing sugar, the orange zest and cinnamon. Pour on top of the 2 pieces of dough and smooth out.
5. Tightly roll up each rectangle from one of the long edges to make 2 long sausages. Slice down the length of each to split in half and expose the berry filling. Cut each open half into 2 short lengths of dough, giving you 8 pieces.
6. Twist each piece into a bun shape and put on the tray. Cover loosely with cling film and set aside for 30 mins.
7. Preheat the oven to 220C/200C Fan/Gas 7.
8. Bake the buns on the middle shelf for 18-20 mins until golden. Set aside to cool slightly.
9. Meanwhile, whisk the remaining sugar and 1tbsp of the orange juice until smooth. Drizzle over the buns and serve warm.

EMPLOYMENT AND VOLUNTEERING OPPORTUNITIES

**Do you work locally?
Are you interested in raising aspirations?
Would you like to introduce the next generation to the
World of Work?**



Oasis Academy Long Cross is looking for volunteers to support their **World of Work** day on the morning of **Thursday 25th April**. We are seeking the support of local individuals and businesses who could help us introduce the children to a broad range of skills and professions. As part of this we would be looking for volunteers to run a workshop introducing the children to their profession or industry.

In return, we will offer you enthusiastic and engaged children, further community links with ourselves as well as tea, coffee and biscuits!

If you are interested, please contact the school office on 0117 9030333 and ask to speak with Fay.

We look forward to hearing from you.

*Lawrence Weston & Shirehampton
Out of School Activities*

We need Bank/Casual Playworkers and Walkers

Looking to get a start in working with children or do you just need part time work covering staff holidays, illness or helping with schools pickups?

The afterschool clubs are in Lawrence Weston and Shirehampton, for children aged 4-11 year olds

Rates of pay: £8.25/hr for over 25's; £7.70/hr for 18-25; £5/hr for under 18's

We are also looking for Volunteers!

LWOOSA/SOOSA is a registered charity

To apply for, or for more information, email lwoosa@gmail.com for a job pack or call 0737 9520005

No CV's, you must fill in an application form

Rolling closing date – so get in contact asap!

All jobs are subject to satisfactory references and an enhanced DBS.



St. Bede's Catholic College

Long Cross, Lawrence Weston, Bristol BS11 0SU
T: 0117 377 2200 E: contact@stbcc.org W: www.stbedecc.org
Principal: Mr J. G Maher, M.A.

VACANCIES

St. Bede's Catholic College wish to appoint the following:

School Meals Supervisory Assistant (SMSA)

The hours of work are 1.10pm - 2.10pm Monday to Friday, term time only. The hourly rate is £9.00 and SMSA's will be paid for a total of 7.5 hours per week. A free lunch is also provided.

Cleaner

This will be a permanent all year round contract of 16 hours per week for which the hours of work are 3.00pm - 6.15pm Monday to Thursday and 3.00pm - 6.00pm on Friday. The hourly rate is £9.00.

For further information, please contact c.walker@stbcc.org



Let's Connect!

TACKLING LONELINESS AND ISOLATION IN LAWRENCE WESTON

MAY 28TH 10:00 - 13:30
KINGSWESTON HOUSE

Refreshments on arrival and a buffet lunch served at 12:45

Transport available at locations in Lawrence Weston
but must be **BOOKED** on 0117 9235112



For more Information contact donna.sealey@ambitionlw.org
0117 9235112 or tracyeb@linkagenetwork.org.uk 0117 3533042



CITY AND PORT OF BRISTOL BOWLING CLUB

Come bowling with us in 2019. The season opens on Friday April 12th and you are welcome to join us free of charge, for a try bowling session on Tuesday evenings at 6pm from the end of April. All equipment is provided and there will be experienced bowlers on hand to offer help and advice.

Bowling is the sport for all, all ages and abilities. Anyone can become a bowler. It provides healthy outdoor activity and the chance to meet people and make new



friends.

The City and Port of Bristol Club has the least expensive membership fee in the area and there is no joining fee added to that. When you join there is a free club shirt and free coaching is available with one of the clubs qualified coaches. There is a large free car park and use of the main Social and Sports Club.

Question: how often do I bowl?

Answer: As little or as often as you like.

The club has a programme of friendly games, home and away, and a programme of competitive games and competitions.



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
For more information visit <http://www.ambitionlw.org/available-spaces/room-hire/>



Not Available on bank/public holidays



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Office: 0117 9081058 Mob: 07484 807833
Email: Scott@canningandpartners.co.uk www.canningandpartners.co.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

WHAT'S ON WEEKLY AT LAWRENCE WESTON YOUTH



Monday

North Bristol Advice Centre. Appeals by appointment only. Contact Ruth on 0117 951 5751 Ext 209 or email ruth@northbristoladvice.org.uk

5.50-6.50pm Junior Kickboxing classes

7-8pm Adult kickboxing classes

Tuesday

North Bristol Advice Centre. Debt Advice sessions by appointment only. Call 0117 951 5751

7-7.45pm Straight Up Fitness Circuits

Wednesday

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

RSPCA vet surgery by appointment only. Call 0117 972 4567

10-12pm ACE wellbeing group sessions

5-7pm Juicy Blitz 'Satellite' club

7-8pm Adult kickboxing classes

Thursday

Monthly meetings of the Big Local Steering group. (contact us for dates)

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

Friday

Scouts group (ages 6-18). 6-8.30pm

Saturday

Available for hire for parties and events

Sunday

Available for hire for parties and events

Sunday HIIT training 6.30-7pm

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/