

Time2Share Newsletter



September 2014

AGM and Party October 2014



The Time2Share Party and AGM will be happening on Sunday 12th October at Bath City Football Club in Twerton from 2pm until 6pm. This year we'll be having line dancing, bingo and a raffle as well as skittles and games. With a free buffet tea there'll be something for the whole family to enjoy!

We'll be sending out more info over the coming week with a copy of our new annual report. Look forward to seeing you there.

Sky Badger Resource



Sky Badger is a charity that finds help and adventure for disabled children and their families in the UK. They find everything from disabled sports clubs to sibling groups to 'make a wish' charities and they tell families about them through their website, social media platforms, videos, information packs and e-helpdesk. You can apply for some great discounts and even freebies, but it can take a few months for your application to be processed, so start the ball rolling if you want to arrange something special for the festive period!

Swot Up: Quiz Night on the Way

We're delighted to say we've booked our 4th Quiz Night at the Upton Inn in Upton Cheyney for 26th November. Quiz Master and owner Jamie Pike makes the evening fun and light hearted and he's promised to make the questions easier this time! At only £2 per person this is a great night out and helps to raise funds for Time2Share. Call Janice at the office On 0117 941 5868 to reserve a table.



Planning for the Future

Mencap have organised some FREE information sessions where carers of young people with learning disabilities can find out more about setting up wills and trusts to provide for their child in the future. The next session in the local area will take place at the Barton Hill Settlement, Terrace Room, 43 Ducie Road, Barton Hill, Bristol, BS5 0AX on Tuesday October 14th from 12.30pm until 2.30pm. Complete a booking on-line at



www.mencap.org.uk/pffe or call Gina Collins on 0207696 6925.

Zoo Pass

The Zoo Pass is getting more popular so we have just renewed it for another year. The pass allows free entry to Bristol Zoo for up to 4 carers and the 4 children / adults they are supporting. As well as an amazing world of animals, Bristol Zoo also has some great play areas that help make it one of the top attractions in the South West!

If you have already used the pass you are welcome to use it again. Please ring us on 0117 941 5868 and ask for Jessie.

Welcome to the Bath Page!

Pack Your Bags



I'm looking for some extra pairs of hands to help at our Bag Pack events at Waitrose, Bath on October 25th and November 29th. If you can spare a couple of hours between 10am and 5pm I'd really appreciate it! Drop me an email if you think you can help.

Bath Young Musician of the Year

Now in its 27th year, the competition will feature five young musicians, all high achievers in the March Mid-Somerset Festival, who will compete for the prestigious title in the glorious setting of the Pump Room in Bath on Tuesday 04 November at 7.30 pm. Tickets cost £10 for adults and £5 for under 18s and are available from Bath Box Office on 01225 463362.



Run for Fun



If you devote all your time to looking after your children, this could be an opportunity to do something for your own wellbeing. Let's Go Run is a mixed ability group for all runners, including beginners. See some of the beautiful views Bath has to offer and get fit at the same time! Hills, interval training and sprint training are all included, along with different running games. The group meets on the green opposite St. Andrew's School on Julian Road at 9.00am every Friday morning during term time. The cost is £2.00 per run. Email letsgorunbath@gmail.com for more details.

Something For Everyone

New Oriel Hall is at the hub of community life in Larkhall. There's something for everyone to get involved in, from Cardio Sculpt and Belly Dancing to Mindfulness and Meditation. Check out their extensive timetable at neworielhall.org.uk or give their really friendly staff a call on 01225 466606 between 9am and 3pm.

Techno Heaven

This year marks the third Bath Digital Festival to be held in our beautiful city and this year it's going to be bigger and better than ever. With a full ten days of digital activity from 27 October it is designed to cater to all ages and knowledge levels. Check out the event programme at www.2014.bathdigitalfestival.com



Hop, Skip and Jump

Hop, Skip and Jump in Kingswood provides both a play-orientated and creative outlet for children, but also offers a comprehensive support service for their parents. Call 0117 967 7282 for more information or look at the website <http://hopskipandjump.org.uk/>

Green Space for Carers

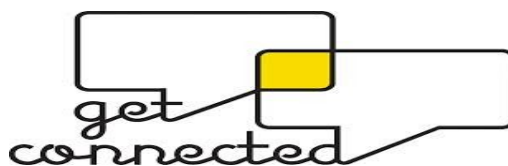


A patch of desolate scrubland next to Bath Carers' Centre has been transformed into a beautiful community garden. See for yourself at The Woodlands, Lower Bristol Road, Bath

BA29ES. What a difference a team of volunteers can make!

Make The Connection

Get Connected is the UK's FREE confidential helpline for young people under 25. Anyone going through a difficult time can contact them by phone, text, email or webchat.



See <http://www.getconnected.org.uk> or freephone 0808 808 4994 for more info

All Aboard!

Don't miss out on the Avon Valley Railway Santa Specials running on 9 days between 30 November and 24 December. Adults get a mince pie and children get a biscuit as well as a present from Santa (yes – the real one!). Prices are the same for adults and children and start at £10 per person, depending on the date.



Welcome to the Bristol Page!

Findability Bristol

Findability Bristol is an on-line directory for disabled children and their families. With an events calendar, a blog and a newsletter it's a great resource. Go to www.findability.org.uk to check it out.

Free Family Fun

The Paintworks will be hosting the Love Food Autumn Festival on October 26th from 10.30am - 4pm. They are located on the Bath Road, not far from the ITV West building. It's not only about food! There are fun autumnal activities designed to help you make the most of the season ahead, plenty of fresh produce and fun activities for children. FREE entry. For more info go to www.lovefoodfestival.com



Peace of Mind

The Carers Emergency Card is a free service in Bristol that can provide up to 72 hours of emergency support to the person cared for in the event of their carer having an accident or emergency. Carers carry a card which shows their name and a unique identification number. If they have an accident or are taken seriously ill, anyone who finds them can call the emergency phone number on the



front of the card. The emergency response team will then react to ensure the person cared for continues to receive the care they need. Card holders can receive discounts on lots of local attractions, relaxation therapies and retail outlets. Go to www.carerssupportcentre.org.uk or call Bristol City Council on 0117 9222700 for more info.

Westonbirt Enchanted Christmas

Westonbirt Arboretum's Enchanted Christmas features a spectacular one mile illuminated trail, highlighting the striking structures of Westonbirt's trees as they are illuminated against the winter night sky.



Adults £10, Concessions £8, Children £5

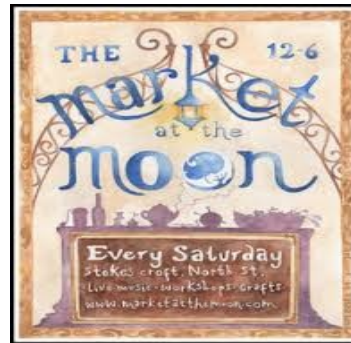
M-Shed Event

Talks, performances and family-friendly activities to celebrate the launch of Desh, a new creative project exploring and celebrating South Asian culture in Bristol and beyond.



No need to book, just drop in on November 1st.

The Man in The Moon is Smiling...



The Market at the Moon on Stokes Croft is an event that emphasises local trade and talent, sustaining the ethically inclined local community. Held at the Full Moon Pub, every week will have a range of stalls

including vintage collectors, raw chocolatiers, jewellery makers, upcycled clothing, fresh hot Chai, Peruvian wares, books and cakes. What more could you ask!! Every Saturday 12-6pm.

The Carers' Support Centre , Bristol

The Carers' Centre offers advice and information to Carers on how to make sure you are getting all the help and support that you are entitled to. Suggestions include:



The Carers' Support Centre

- Inform your GP you are a carer and ask them to add you to their Carers List
- Ask for flexible appointments at your surgery if caring prevents you from attending otherwise
- Ask for a free autumn flu injection which carers are entitled to

For more information call 0117 9652200

LET'S GO! BRISTOL:

Short Breaks Transport Scheme

Do you live in Bristol? Do you want to go on short breaks but can't drive or don't own a car?

Bristol City Council has set up a scheme to offer parent carers **FREE** access to transport for short breaks. You can use:-

- Accessible cars with or without a driver
- Accessible minibuses with a driver

To book telephone Bristol Parent Carers on **07914 320540** on Tuesdays or Thursdays from 9.30am to 1pm

Welcome to the North East Somerset Page!

A Fond Farewell from Sarah

I will really miss you all but hope to see you at future Time2Share events when I come along! I am now South West Parent Advisor for Contact A Family, supporting families with disabled children. I will be working across B&NES, Bristol, South Glos and North Somerset, working with Parent Carer focus groups and holding workshops on anything relating to the SEND reforms, welfare reforms and any training that supports parent carers. Go to www.cafamily.org.uk or call their helpline on 0808 808 3555 to find out more.

A Warm Welcome to.....



Hi my name is Ryan, I have worked in the USA for the past 6 years supporting young people with special needs. After moving back to Bristol I began volunteering as a befriender with Time2Share. I also take part in many of our fun group sessions and in my spare time I am a television and film Extra. I am extremely honored to be the new Co-Ordinator for North East Somerset and I am looking forward to meeting and working with everyone involved with this fantastic charity.

Carnival Time

Here is a list of the dates for the carnival season! It's a great evening out for all the family.



Bridgwater – Saturday 1 November
Burnham on Sea – Monday 3 November
Weston Super Mare – Friday 7 November
North Petherton – Saturday 8 November
Shepton Mallet – Wednesday 12 November
Wells – Friday 14 November
Glastonbury – Saturday 15 November

Fairy Tale

Amelia Buttersnap is an expert on fairies but she has never even seen one! She needs photographic evidence but how can she catch one? Comedy, magic and shadow puppetry all combine to make this a show full of wonder. Trowbridge Town Hall, Market Street, Trowbridge, BA14 8EQ on September 27th at 3pm. Call 01722 321744 to book.



A Bit of Give and Take.



The next BANES Council Give and Take event will take place at Paulton Scout Hut on Saturday October 11th 10am-1pm. The scheme works just as it sounds, you give any items you'd like to recycle, with the exception of electrical goods, and take anything you like the look of. Simple as that! Email councilconnect@bathnes.gov.uk for more information.

Somerset Open Studios

The Open Studios event will take place from Saturday 20th September to Sunday 5th October and will welcome around 400 participating artists in over 200 unique and diverse open studios across the county. Please email admin@somersetartworks.org.uk for a free guide.



117 Project

The 117 Project works with young people aged 11 - 17 years and their parents and carers to find solutions to difficult problems and conflicts. They like to see all the family together because they believe that everyone has a role to play in helping create, monitor and maintain change. They offer group based or individual programmes on issues such as Personal Development, Managing School, Anger Management, Art Expression, Assertiveness and Offending Behaviour. Referrals must be made through Social Services. Go to www.bathnes.gov.uk/services for more information.

Science in Radstock

Radstock Museum's popular Science in Radstock series of talks will return in the autumn. The talks are always of general interest and on a variety of science subjects. They are held on the third Tuesday in September, October and November at Radstock Working Men's Club starting at 7.30pm. For more details visit www.radstockmuseum.co.uk or telephone 01761 437722.

