

# Time2Share Newsletter



December 2013

## Time2Share New Year Party!

Skittles, Raffle, Disco, Free Buffet, Bingo.  
Family and friends welcome!

Sunday 26 January 201

2.00pm – 6.00pm

Bath City Football Club, Twerton Park, Bath

Please let us know if you are coming:

hello@time2share.org.uk or 0117 9415868

We look forward to seeing you there!

## Free trip to the Zoo!

We have a Bristol Zoo Pass which gives free entry for up to 4 children / young people & 4 carers which is available for the use of families and their befrienders.

Please book the pass in advance by calling Rachel on: 0117 9415868 or email hello@time2share.org.uk



## Free tickets to Football Matches

Free football match tickets for Time2Share members are available for Bath City FC and Bristol City FC for home league matches throughout the 2013-2014 season. To check availability and book tickets contact Rachel:

01179415868 or  
hello@time2share.org.uk



## Your rights and fuel bills

Contact a Family has put together a really helpful page on their website, detailing your rights as a disabled carer and advice on how to manage fuel bills with the wintery weather.

<http://www.cafamily.org.uk/know-your-rights/help-with-fuel-bills/>

## Bath Half Marathon 2014

Support us by taking part in the Bath Half Marathon and getting sponsored on behalf of Time2Share! As a thank you, if you raise over £200, we will cover the cost of your entry



## Facebook Support Groups

[www.facebook.com/DisabilitySupportGroup](http://www.facebook.com/DisabilitySupportGroup) is a great page where you can view and share advice, stories and support with like-minded people. A similar Bristol based group is [www.facebook.com/groups/mumscaringfordisabledchildreninbristol](http://www.facebook.com/groups/mumscaringfordisabledchildreninbristol) is, this group has also met up for socials and has several Time2Share parents as members.

## Raise money as you shop online!

By setting up an account with *Easyfundraising*, when you shop online with retailers such as Tesco, Debenhams and John Lewis. A percentage of what you spend will be donated to us without costing you anything!  
<http://www.easyfundraising.org.uk>

## Job Opportunity!

**BRISTOL AREA CO-ORDINATOR**

**22 HOURS PER WEEK**

**SALARY SCALE: 22 (£19,621 PRO RATA)**

This is a temporary post to cover maternity leave up to 31 January 2015. We are looking for someone to join the team and cover the Bristol area while Amy enjoys being a new Mum. You would be based at our office in Easton, Bristol.

If you think you might be interested have a look at the Recruitment Pack on our website by clicking on the Current Vacancies button on the Home page:

[www.time2share.org.uk](http://www.time2share.org.uk)

## Welcome to the Bath Page!

### Lighten Up!

A free festival transforming the city's streets from 29th January to 2nd February from 5-8 pm. It's now in its third year — bringing beautiful and engaging projected artworks to the city centre. Banishing the gloom of January's long evenings, this 'festival of light' will include a number of original installations in public spaces, all of which will be completely free for the public to explore. Further information about the festival can be found on the website [www.illuminatebath.org](http://www.illuminatebath.org)



### Carols by Candlelight



The City of Bath Bach Choir will be holding their annual Christmas concert at the Pump Room on 18th-20th December. For more details or to book tickets go to [www.bathboxoffice.org.uk](http://www.bathboxoffice.org.uk) or call 01225 463362.

### Book Club

If you live in Twerton and would like the opportunity to have a cuppa and a chat then drop in. The Book Lovers Coffee Club is a new library initiative that runs every other Friday from 10:00 - 11:00. Share with others what you're reading at the moment, pass on recommendations and hear what other people are enjoying. The club takes place at Twerton Time Bank Plus, 86 Twerton High Street, Bath BA2 1DE



### Caring for Carers

Patients of Oldfield Surgery, Oldfield Park who look after others can now get free advice and support from staff from the Carers' Centre on the first Saturday of every month. These drop-in sessions give carers a chance to meet other people who are in a similar situation to themselves and have a break from their caring role.

## On Your Bike!



The 34th Carole Nash Bristol Classic Motor Cycle Show will come to the Royal Bath and West Showground on Saturday and Sunday, February 8-9 2014, for two days jam-packed with trade stands, display bikes, auto jumbles and plenty of other motorcycling treats. Advance online ticket sales are available at [www.classicbikeshows.com](http://www.classicbikeshows.com)

### Safe Play

A sensory group for children meets every Monday afternoon in term times at the Weston Children's Centre, Penn Hill Road, Weston, BA1 4EH. 'Supa Kids, Special Parents' is run by parents to provide a safe, secure space for children 0 to 5 years who have, or may have, an early diagnosis of any special education need or other difficulty. Children can learn how to interact socially with others through sensory play and games while parents receive understanding, support, information and advice in a caring space. This group will run weekly throughout the year and welcomes younger siblings. For more details please contact the centre on 01225 396034. Supa Kids, Special Parents restarts on Monday, January 6.



### Very WISE

The Warm Water Swimming and Exercise Network was set up for people in Bath and the surrounding area who need warm water exercise to improve and maintain their long-term health and fitness. If you'd like information on the facilities currently available call 01225 337 555 or email [contact@wwise.org.uk](mailto:contact@wwise.org.uk)

### Make a Splash

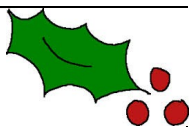


Check out inclusive hydrotherapy and swimming lessons in Bath at [www.bathswimtherapy.org.uk](http://www.bathswimtherapy.org.uk) or call Pamela Galloway on 01225 337 555.



**Merry Christmas And Happy New Year**

## A big festive welcome to the Bristol Newsletter!



### Let's all play



Lets All Play is a FREE short breaks service for disabled children and their families. The sessions are held at Felix Road, St Paul's & Lockleaze Adventure Playground and offer a range of activities

including cooking, arts and crafts and freely chosen play activities. The next session is at St Paul's on Saturday 14th December 12pm—4pm. Further details and contact information available here <http://bristolplaybus.org/lets-all-play/>

### Chinese New Year at Bristol Museum

Celebrate the Year of the Horse throughout February with an action packed programme of fabulous dance and music performances, martial art, and insights into Chinese culture. Fun and entertainment for all the family!



### All aboard - Bristol City Sightseeing!

Experience the hustle and bustle of Bristol this festive season from a calm and comfortable seat aboard Bristol's Sightseeing Bus Tour. For only £2 per child under 15 and free carers tickets with relevant ID, what better way to spend a day enjoying our city. Hop on and off all day long. Visit the museum or go for a walk at Bristol Downs. A brilliantly cheap day out for young people and their befrienders all year round! Visit the website to plan your trip or just head down, jump on and see where the journey takes you! [www.citysightseeingbristol.co.uk](http://www.citysightseeingbristol.co.uk)

## City Sightseeing

### Social Group 13 - 25

The Listening Partnership is a group for young disabled people in Bristol. It's held fortnightly at The Station in Broadmead. For more information about this fantastic group contact Sarah on 01179 617 722 or find them on Facebook.



### Disability grants

Charities and Trusts provide funding towards the high cost of disability equipment, holidays, housing, days out ..... in fact anything above and beyond the normal costs of everyday living.

<http://www.disability-grants.org/> is a wonderful website with advice on identifying a funding source that can help you and your family.



**Bristol Autism Support** is a support and information provider for families affected by autism in and around Bristol. They run a support group which meets on the third Thursday of every month, year round, at faithSPACE in Southville, from 8pm to 10pm. For more information about the group and Bristol Autism Support visit <http://bristolautismsupport.com>



### Supportive Parents

Supportive Parents is a parent led organisation providing the Parent Partnership Service for Bristol, South Gloucestershire and North Somerset. "Our aim is to enable parents of children with Special Educational Needs (SEN) to play a more active and informed role in their child's education". They offer a telephone information and support line, face-to-face support and help with written information. It is a free, confidential and independent service. They promote partnership between parents and professionals and support parents to influence local policy and practice. Tel: 0117 9897725 Web: <http://www.supportiveparents.org.uk/>

### Emergency Food Bank

The Trussell Trust have food banks in St Pauls, Avonmouth and Horfield. They provide emergency hampers for people in Bristol that may be struggling to feed themselves and their family. <http://www.trusselltrust.org>



## Welcome to the NES Page, the Final Edition of 2013 . . .

I do wish all our families and volunteers a peaceful and wonderful Christmas 2013 and every good wish for 2014. We have had a busy few months in NE Somerset, and we have listed a few ideas for the festive season and beyond!

### Christmas

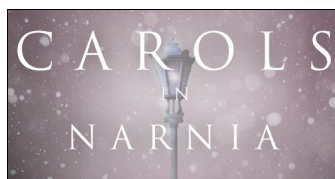


Fancy a different Christmas treat for all the family? Bath Philharmonia presents Howard Blake's 'The Snowman'. First

broadcast on Channel 4 in 1982, *The Snowman* has been an annual favourite ever since. Bring the whole family to enjoy the experience of the film with live orchestral accompaniment, as well as lots of other seasonal favourites, a Christmas fancy dress parade, and a visit by Santa! The Bath Forum, 23rd December 4pm, £8 for under 18s, £15 for adults.

Tickets available from <http://www.ticketline.co.uk/bath-philharmonia#tour>

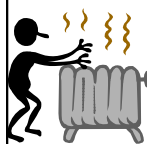
Or, for a **FREE** event come to Bath City Church on 22nd December, St James Parade, from 6.30pm onwards. With a *The Lion, the Witch and the Wardrobe* theme, travel to Narnia for their Christmas Celebration this year. Carols, readings, mince pies... and much more. An occasion for all the family to celebrate Christmas together.



### Christmas Eve Disco Party

If you have a bit of down time between peeling the Sprouts on Christmas Eve, why not head down to FRY'S CLUB in KEYNSHAM from 7.30pm for their Christmas Eve Disco and Party. Admission £5 (Members), Non Members £6 and £4 for Under 16s with a present from the Man in Red!

### Keep warm this winter



With heating costs escalating on an almost weekly basis, for more help with benefits you might be entitled to, check out the following website: [www.turn2us.org.uk/fuelpovertyhelp](http://www.turn2us.org.uk/fuelpovertyhelp)

### Snowdrop Weekends at Forde Abbey

Although Spring is some time off as we go to press, we found a delightful outdoors activity for early Spring. From 1st February until 23 Feb 2014 The Gardens



are open every day throughout the year from 10am. Last admission is at 4.30pm and the gardens close at 6.30pm.

**Winter rate of £5 entrance applies.**  
Forde Abbey Chard Somerset TA20 4LU  
Tel: 01460 221290

### Home improvement



*Somerset Care & Repair* offer support along with housing adaptations. They are a home improvement agency providing a wide range of practical services

and home adaptations designed to support the elderly, disabled and vulnerable people. Home Improvement Agencies are not for profit, locally based organisations that assist vulnerable homeowners or private sector tenants who are older, disabled or on a low income to mend, improve, maintain or adapt their home. They have a HandyPerson service offering support with odd jobs and small repairs, a gardening service who can help with mowing lawns etc and a Decorating Service. They can also offer advice on energy efficiency, how to cut your winter fuel bills and what related benefits you might be entitled to. They do charge but costs are subsidised. Find out more on their website: [www.somersetcareandrepair.org](http://www.somersetcareandrepair.org) or telephone: 01749 345379

### Brush up on your culinary skills with Family Cook It!

- Six week courses all over NE Somerset
- It's FREE!
- It's for groups of up to six people
- Parents and children can cook together!
- Sessions last between 45 minutes and an hour and a half
- Radstock and Paulton Children's Centre have a session on January 14.
- To find out more call **01225 831852**

