



Community Support at Home

News and events

February 2017

Trip Scenic Train Journey £5



Wednesday 15th 10-4pm

Rearranged from December - We will leave Filton Abbey Wood on the 11.10 train - please note there is about a 200m walk to the platform on a slight incline. We will enjoy the great scenic views on our way to Westbury having a cup of tea and cake to pass the time! Then on our return journey we will stop off in Bradford on Avon for a spot of lunch.

Places limited so book now! Call Janie on 0117 9515751

Please note if you booked last time your place will not be booked automatically please call again :)

Tea and Talk Monday 6th

2pm - 4pm at The Langley Centre

Come along for a catch up with friends, cup of tea and a cake and a chance to speak about what you would like to see in Lockleaze for older people and what you already enjoy doing.





North Bristol
Advice Centre

Local News and Events: February 2017



MoneySmart Course



A free course to build your skills and confidence
in managing your money.

Our sessions cover:

- Taking control of your spending
- Cutting costs through Smart Shopping
- Understanding bills and their consequences
- Credit, banking and borrowing options
- Money planning/ budgeting

*I really enjoyed
the workshops,
especially tasting
the Jaffa cakes!*

Each session provides practical tools and resources to take away
and use at home.

*The workshops are really
friendly and get you
thinking about what you
spend and what you want
to use your money for.*

Our next 3 sessions start on
Tuesday, February 21st, 2017
1-3pm in
the Langley Centre

To save a space, call:
Carrie on 0117 269 0006 or
Emmanuelle on 0117 951 5751



Coming Up March

Trip - Bristol Old Vic

“Junkyard” Inspired by the true story behind the
Lockleaze playground known as ‘The Vench’

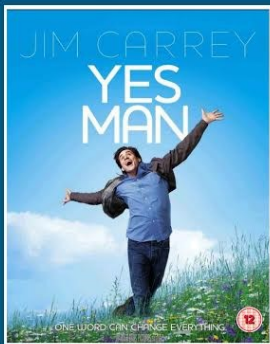
Tea and Talk - Paws for Wellbeing - date TBC

Wednesday 8th February

Buzz Book Club
3pm - 5pm



Monday Matinee and CASS presents
Challenge yourself to a Change



Enjoy a free film followed by nibbles and fun
activities to make you think about the changes
you want from your life!

February 13th 1-4pm
at The Hub, Lockleaze, BS7 9FB
Film not suitable for children under 12 years



Police Warning

High value gold burglaries in
the area unfortunately continue. Last week there were
three linked offences in the
Filton area including one
where the victims were at
home at the time of the of-
fence. They recommend that
gold and jewellery that's not
being worn daily to put in a
place of safety.

Avon Wildlife Trust is
running one day taster
sessions for our new
'Wellbeing Through Na-
ture Programme' start-
ing in March to support
people to live healthier,
happier lives.

Dates: **8th - 15th - 22nd
February 2017** Pick-ups
available from Horfield
Health Centre: 9:30am
returning 2:30pm. To
take part or for more in-
formation please call us
on **0117 980 0393** or
email [wellbeingteam@a
vonwildlifetrust.org.uk](mailto:wellbeingteam@avonwildlifetrust.org.uk)

Introduction to Computers for over 55s



- ◆ 8 week course
- ◆ Starts 16th February 2pm
- ◆ get online
- ◆ set up an email address
- ◆ shop and save money online.

To reserve a place call Janie on 0117 9515751