

CHANGES BRISTOL NEWSLETTER



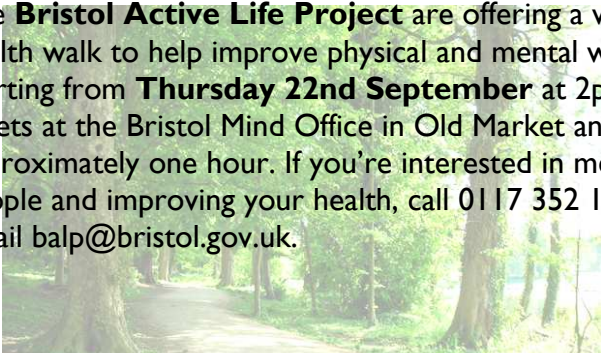
12 Steps to Mental Health

A great many people think they are thinking when they are merely rearranging their prejudices - William James

30/8/11

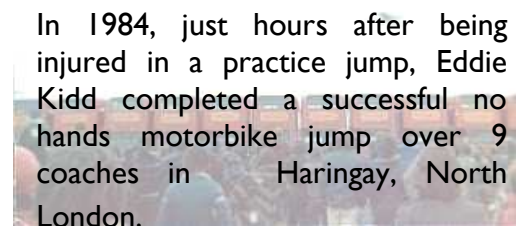
MIND HEALTH WALKS

The **Bristol Active Life Project** are offering a weekly health walk to help improve physical and mental well-being. Starting from **Thursday 22nd September** at 2pm, the walk meets at the Bristol Mind Office in Old Market and lasts for approximately one hour. If you're interested in meeting new people and improving your health, call 0117 352 1173 or email balp@bristol.gov.uk.



On this day...

In 1984, just hours after being injured in a practice jump, Eddie Kidd completed a successful no hands motorbike jump over 9 coaches in Haringay, North London.



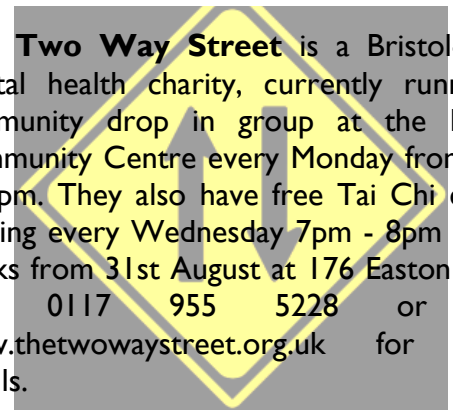
POSITIVE MINDS HARTCLIFFE

Positive Minds in Hartcliffe are running their coffee mornings every month, the next two happening on **Wednesday 28th September** and **Wednesday 19th October** at the @Symes building (where Tuesday Changes group meets, see our website for directions). Call 0117 903 8044 for more details.



THE TWO WAY STREET

The Two Way Street is a Bristol-based mental health charity, currently running a community drop in group at the Easton Community Centre every Monday from 2pm to 4pm. They also have free Tai Chi classes running every Wednesday 7pm - 8pm for 10 weeks from 31st August at 176 Easton Road. Call 0117 955 5228 or visit www.thetwowaystreet.org.uk for more details.



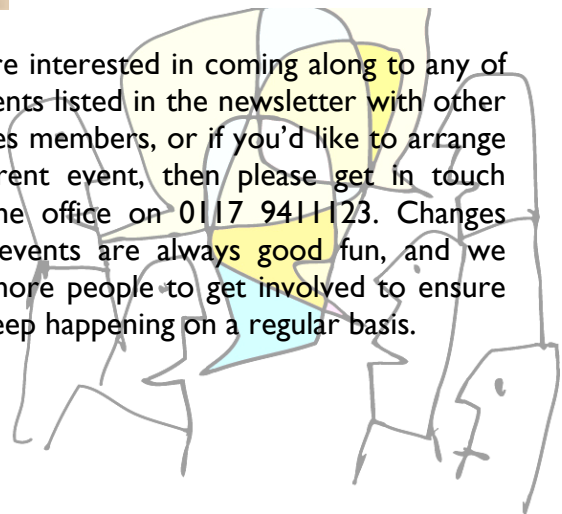
VOLUNTEER BRISTOL

The **Volunteers Bureau** in Queens Square now has a brand new website. If you're interested in volunteering, even if it's just for an hour a week, then visit www.volunteerbristol.org.uk and have a look through their vacancies. There's all kinds of interesting stuff to suit many different interests.



CHANGES SOCIAL EVENTS

If you're interested in coming along to any of the events listed in the newsletter with other Changes members, or if you'd like to arrange a different event, then please get in touch with the office on 0117 9411123. Changes social events are always good fun, and we need more people to get involved to ensure they keep happening on a regular basis.



Disclaimer: Changes Bristol holds no responsibility for external links, events, services or organisations provided in our newsletters. Any information given in no way represents endorsement by **Changes Bristol** or any of its affiliates. Any content provided is purely for informative reasons and all activities should be undertaken at your own risk.

POEMS BY SARAH

I haven't been sent any articles for the newsletter this week, and sadly my work has prevented me from coming up with anything myself, so I've decided to bite the bullet and showcase some of my student poetry. Just to show when I say "send me things for the newsletter", it's wide open as to what I'll put here. Poetry, stories, reviews, rants etc. Anything will do, just keep 'em coming :)
sarah@changesbristol.org.uk.

START AGAIN

The day you thought would never end,
did, and began itself again
before you even noticed.

The tick over from yesterday's time
was smooth and easy as a sunset
falling from red to purple,

or a door clicking open,
spreading the night out before you -
the breeze over your skin.

Go to sleep.
Dream of everything
closed for maintenance,

a shuttered town
with no one to answer to,

and snow landing
slow as a shaken-out sheet.



NAVIGATING

I watch the blossom nodding gently
in someone's front garden
as we pull to another stop.

The bus sags like a breathing out
after a long time underwater -
doors hiss open, more people get on,

then we move again and the late afternoon sun
is gold on the newsagent front.

Above the tops of buildings
the sky is almost solid blue,
stable and always the same.

*

I do not need to go anywhere else to get better -
it happens now every day,

like opening my eyes,

like noticing someone sitting next to me
who has been there all along.



Questions or comments? E-mail us at feedback@changesbristol.org.uk
or call 0117 941 1123