



# Made it!

## £8,000 for Cancer Research

OUR eleven day trek in Peru that took us over rivers, through rain forests, under water falls, up steps to the heights of Machu Piccu.

A once in a lifetime experience where we encountered several challenges. Climbing 14 thousand feet was exhausting and entering the camp that night was a blessing.

Waking the next morning to see the sun rise and the

ice on the tents melt was exciting. Machu Piccu was empty when we arrived, only lama could be seen roaming and eating the grass. A quiet, peaceful experience after 10 hours of walking. We had made it! I just wanted to say thank you to every one that sponsored me and helped to raise £8,000.00 in aid of Cancer Research UK.

*Tracy EB*

## Our Community Association

THERE are many changes at Southmead Community Centre to report but firstly everyone at the Association would like to congratulate Roy Davis of Greystoke Avenue on his 90th Birthday this August. Roy has been both Chairman and Vice Chairman over the years and is a long-standing member of the Association. An ex-Rovers footballer, Roy is still active in the Centre as Honorary Vice President and treasurer for the ever-popular Summer Skittles teams.

Family Nights have restarted and are a great success and are held on the last Friday of the month and all are welcome.

The 80-capacity upstairs hall with its own bar has been attractively redecorated. It is now a multi-function Community Room available for hire. It is suitable for wedding receptions, office Xmas parties etc as well as a games room with its three electronic darts boards, pool table and TV. A good range of bottled beers and soft drinks are available in the Bar to hirers. A karate class for young people now runs every Wednesday evening 6.30 to 9pm. and the Association aims to open this venue as a family lunchtime venue at weekends in the autumn.

The Bar is now under new Management and a new TV has been installed. There is also a Skittle alley.

The new committee Chair and Officers are injecting fresh ideas and energy into the Centre. They are keen to receive new initiatives from the community and suggestions for

activities for young people.

Weekly clubs currently held at the Centre include: Bingo, Coffee Mornings, Sequence dancing, Harmony, and Ladies Club and a new Wednesday Lunch Club. New Healthy Cooking Classes will be run weekly in the Autumn.

New members are very welcome. For more information please pick up a leaflet and application forms from the Club doorman, evenings from 7pm onwards or call in mornings 10am to 12noon.

## Free Business Advice for Childminders

MOST childminders are self-employed so they have to understand about taxation, marketing, insurance and all the other issues that face self-employed people. If you have ever considered becoming a childminder (or starting any other business for that matter), Dave Shanley is the local business adviser and offers free advice from the Greenway Centre.

As Dave explains, "At first, it can seem a little daunting becoming self-employed but you may find it is not as complicated as you think." To arrange a free advice session, call Dave on 07976 133332.

## Shortage of Childcare in Southmead?

PARENTS returning to work often need to find affordable childcare. Some have supportive families who help with childcare for free but what about those who don't? Well, a local childminder could be the answer since they are trained and regulated.

"Childminding has changed dramatically over the last 20 years" says childminder Julie Tyzzer of Julie's Jellytots on Pen Park Road. "We used to be treated like glorified babysitters, now we are recognised as providers of quality childcare".

Childminders today undergo regular training and are carefully monitored and inspected by OFSTED. Children benefit as they receive home-based care in a small, safe and caring environment, have fun, make friends and develop skills needed for moving on to school.

Parents working more than 16 hours per week may be eligible for help, covering the cost of childcare with working tax credits.

If you want more information you can contact the National Childminding Association at [www.ncma.org.uk](http://www.ncma.org.uk), or the Children and Young People's Information Service on 0845 129 7217. If you prefer, you could speak to local childminder, Julie Tyzzer at Jelly Tots on Pen Park Road or visit her website, [www.juliesjellytots.co.uk](http://www.juliesjellytots.co.uk).

## Street Reps in Southmead

WE'RE asking the people of Southmead to volunteer to report graffiti, fly tipping, broken lights, anything to do with the look of your street.

A small group of residents paid a visit to Knowle West to see how Street Reps work there. Impressed by what they saw, some volunteered to try and introduce something similar to

Southmead. We know there are residents in Southmead who do this already.

With support we would like to see more people doing the same to make Southmead a cleaner place to live.

What do you think? Interested? Contact Tracy Edwards-Brown on 903 8721 (Wed, Thurs, Friday).

## Charlton Farm a new hospice for terminally ill children

IMAGINE what it must be like planning a holiday with a terminally ill child in the family. Where could you go to have all the facilities needed - a hoist, easy access for a wheelchair, activities for both the well children and the poorly one. Set in the heart of the countryside at Wraxall, the Children's Hospice is the answer to your prayers. 8 of us girls from Bethany were privileged to have a guided tour of Charlton Farm in March.

From the moment we set foot inside the lovely conservatory, we were aware that this is a special place. There is a warm, friendly atmosphere. The volunteer guides were enthusiastic and so appreciative of the interest and support of those who had come for a guided tour. The Children's Hospice depends entirely on gifts and donations. There is no money from the government. Looking at the high standard that has been achieved this is not a bad thing! The kitchen, flooring, woodwork, tiles, furnishings, decorations and the garden, everything has been finished to the highest of standards. Each bedroom is individually decorated. This is not an institution, or a hospital, where everything is the same, and the staff wear uniforms. This is a home from home, a respite holiday place where children with terminal illness can enjoy a special time with their families.

The Children's Hospice is a dream come true for these who saw the great need that exists for families with a child with a life threatening disease to have a break. How important it is then for the Hospice to be self -

financing and self - governing. All those involved with the Hospice have caught the vision and are making it a living reality. For them this is not just a job but a vocation. Every little detail has been considered. Doors are wide enough to take not just a wheelchair but even a bed. There are rooms set aside for every kind of activity from messy play to a games room, a TV room, a quiet room, a special sensory room and a soft play room. The logo of the hospice has been beautifully carved into the head boards of the beds. Even the "Babe" logo, (as in Babe the pig) which was used as fund raising symbol keeps popping up throughout the Hospice!

There is 24 hours a day care for the child, while the families have time to relax and meet up with other families in the same situation. The personal touch and family feel are found in this wonderful place, which is the equivalent of a five star hotel. 200 children will have the opportunity of spending up to two weeks each year at the Hospice, in short visits of three to four days at a time. This is not just for cancer patients but for children with any terminal disease.

At the end of our tour we came to a room called "Orchard" where children are able to spend their last hours with all their family and friends around them. Although the Children's Hospice is a Christian based charity, their doors are open to people of all faiths and none.

More information available from Bethany or visit [www.chsw.org.uk](http://www.chsw.org.uk)

*Irene Thornley*

