

Pukka Bath

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Hello August



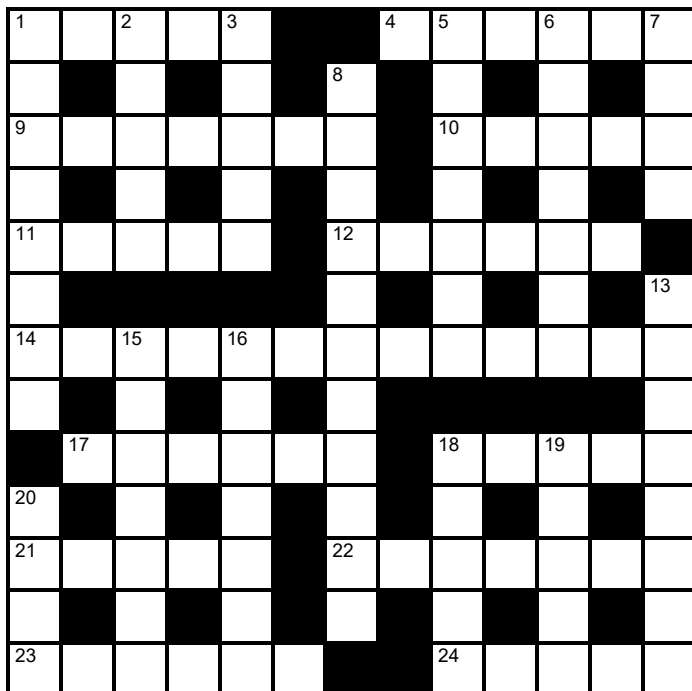
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Crossword



Across

1 Headquartered (5)

4 Where trapeze artists connect (3-3)

9 Tidy CIA mall to find a Duchess (7)

10 Examine the books (5)

11 Soft (5)

12 Cool (6)

14 Accretions (13)

17 It would have been 105 pence (6)

18 Landing site (5)

21 Fright (5)

22 Look over (7)

23 Hands down (6)

24 With regret (5)

Down

1 Insolent rejoinder (8)

2 Large Japanese wrestlers (5)

3 Diver Tom --- (5)

5 Puzzle solver's exclamation (1,4,2)

6 Supplemented (5,2)

7 Grasses (4)

8 Political crown of thorns wearer (5,6)

13 In an advantageous way (8)

15 Mountain lions (7)

16 Barely adequate (7)

18 Hebdomads (5)

19 Give on merit (5)

20 Disconcert (4)

Solution on page 24



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Railway Society Commemorates 70 Years

The programme of meetings commencing this September will be the 70th organised by the Bath Railway Society. On 24th April 1957, following several enjoyable outings to Swindon Works by groups of railway enthusiasts living in Bath, twelve gentlemen attended an informal meeting at the Midland Hotel to discuss the formation of a Railway Society. The first general meeting followed on 30th May 1957 at which the title "Bath Railway Society" was decided on and it was agreed that regular monthly meetings would be held at the Midland Hotel.

O S Nock the well-known railway writer accepted the honorary office of President of the Society, a position he held until his death in 1994 when David Shepherd CBE, FRSA, FRGS, OBE the celebrated railway artist and conservationist became President until September 2017. Pete Waterman OBE DL became the Society's 3rd President in early 2018.

Early members included: Harold Morris who was shed master at Green Park locomotive depot, indicating the close affinity the Society has held with the Somerset & Dorset Railway; Guy Williams of Pendon model railway fame and a trio of notable photographers famed for their work both locally and nationally: Ivo Peters, Norman Lockett and Rev Alan Newman.

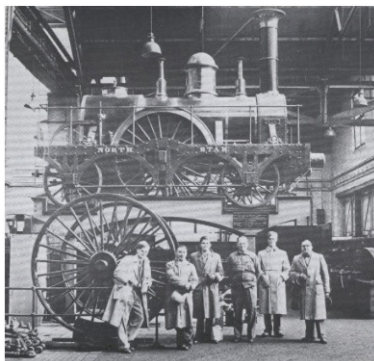
Speakers have included many railway luminaries such as Kenneth Leech, Cecil J Allen, C Hamilton Ellis, T W E Roche, Bill Hoole, Teddy Boston, Terence Cuneo and Richard 'Dick' Hardy, as well as a wealth of home-grown talent including Hugh Ballantyne, Colin Maggs and Russell Leitch.

Meetings are now held monthly throughout the year (except for July and August) at the Museum of Bath at Work. In addition, there are occasional Society visits to sites of railway interest. Membership is a diverse group and new members or visitors are most welcome. Annual membership subscription for 10 meetings is £22.00; visitors pay £5.00 per meeting.

Our 2026-27 programme once again provides an excellent variety of talks on railway subjects for all those having an interest in railways: past, present, and future. It commences on 3rd September when Stephen Gay will present 'Scenic Britain by Train' in his own inimitable style and culminates with a presentation on '70 Years of the Bath Railway Society' in June 2027 by our current Chairman John Froud. There will also be other events around that time to celebrate the Society's 70th anniversary.

**For further information visit
www.bathrailwaysociety.co.uk.**

President Pete Waterman OBE DL and Chairman John Froud with the S&DJR shed master's chair from Bath Green Park on the occasion of its official loan to the Museum of Bath at Work in September 2019.



How it all began - Swindon Works outing 1957, Ron Hurst founder secretary third from left.



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RETURN OF BATH MOTORFEST PROVES HUGE SUCCESS

The recent Bath Festival of Motoring and Music brought a buzz of weekend energy to Walcot Rugby Ground in Lansdown on 27 and 28 June. Supported by Bath Recreation and Castle Combe Race Circuit, the weekend drew thousands of enthusiastic spectators to the site opposite Lansdown Park and Ride. The festival is expected to have raised many thousands of pounds for local charities.

The main draw was a magnificent display of nearly 600 exhibiting vehicles. Enthusiasts and novices alike marvelled at a vast array of classic cars, modern supercars, motorbikes, and several unique specialty vehicles, including a rare Sinclair C5 and a mocked up 'Night Rider' from the TV series of the same name. Complementing the horsepower, live music from a variety of local bands, variety acts and a swing band echoed across two stages, keeping the crowds entertained throughout the weekend.

Planned and run by volunteers from the Rotary Club of Bath, the festival has received a huge wave of positive feedback. Many first-time attendees report being blown away by the scale of the event, praising the high-quality musical acts and the impressive vehicle lineup. Above all, visitors highlighted the relaxed, family atmosphere that defined the entire weekend.

Event Chair from the Rotary Club, Rod Davies, said the months of hard work paid off. "We aim to put together an event that is interesting and fun for both the casual visitor and the petrol head enthusiast. We are so pleased to have received such positive feedback. It's a fun event that brings the community together and also raises much-needed money for charities."

The two main charities being supported this year were the Wiltshire and Bath Air Ambulance, and Freewheelers blood bikes. Donations can still be made via the event website: www.bathfestivalofmotoring.com

Following the success of this year's event, the Rotary Club is already looking ahead. The volunteer team aims to build on the momentum and are working on plans to bring the festival back to Lansdown in late June 2027, bigger and better than ever.



Images courtesy of Liz Bugg





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What's On, regular events

Mondays, 1.30pm-4pm. Whist Club, Saltford Hall, Wedmore Road, Saltford, Bristol BS31 3BY. A friendly club who love to play cards, first week free then £3 per week. Contact David on davidvgray13@outlook.com or 07900218226

Tuesdays 12.30 – 1.30pm FREE Feel Good Walks with Time Bank Plus. Take a step towards better health and wellbeing with our FREE weekly walks! Join us for a relaxed, sociable stroll around SW Bath (1-2 miles) and feel the benefits. Whether you're new to walking or just want to get out and about, it's the perfect opportunity to connect with others and boost your mood. No need to book. Meet at Time Bank Plus, 86 High Street, Twerton, BA2 1DE. For more info: <https://timebankplus.co.uk/wp/groups-2> 01225 442813 timebankplus@gmail.com

Tuesdays, from 13.00 to 14.00, MS Society Seated Exercise, St Andrews Hall, Hawthorn Grove, Combe Down, BA2 5QA, seated exercise class for further information please call the dedicated phone line 08000 665 355.

Wednesdays 12 – 2pm. Lunch Club in Twerton with Time Bank Plus. Join us for a delicious 2-course hot lunch and a chance to meet new friends at our welcoming Lunch Club in Twerton. Enjoy a tasty meal, fun activities, and great company every Wednesday. Your first lunch is FREE, and after that, it's only £6 for a hearty, home-cooked meal with plenty of social activities. For booking and more info: <https://timebankplus.co.uk/wp/groups-2> 01225 442813 timebankplus@gmail.com

Wednesdays 3 – 4.30pm FREE Yarn Craft activity group at Time Bank Plus. Join with others to crochet, knit, sew or just have a yarn. We have plenty of wool, knitting needles, crochet hooks etc. or bring your own. We also welcome anyone who is happy to share their skills and teach others. No need to book, just drop in to Time Bank Plus, 86 High Street, Twerton, BA2 1DE. For more info: <https://timebankplus.co.uk/wp/groups-2> 01225 442813 timebankplus@gmail.com

Thursdays: 10am-1pm. Bath Embroidery Group, Until 2nd July, resumes on 1st October. Manvers Street Baptist Church Centre Bath. Come and join our friendly group of stitchers, All levels welcome. Tel. For more information 07909968730 NB Manvers Street outside our venue is being dug up and closed until November, but we are still running as above.

Thursdays 10am – 12.30pm FREE Digital Drop-In at Timebank Plus. Free one to one tech help with your mobile phone, tablet, laptop etc. or for advice tackling IT issues. No need to book, just drop in to Time Bank Plus, 86 High Street, Twerton, BA2 1DE. For more info: <https://timebankplus.co.uk/wp/groups-2> 01225 442813 timebankplus@gmail.com

Thursdays 10 – 11am FREE online Creative Writing Group with Time Bank Plus. Unleash your creativity and discover the power of words in our FREE, thriving online Creative Writing group! Whether you're a seasoned writer or just starting out, our weekly Zoom sessions offer fun, inspiring exercises and prompts to get your imagination flowing. Come and explore new ideas, share your writing, and connect with fellow writers in a supportive, friendly environment. For booking and more info: <https://timebankplus.co.uk/wp/groups-2> 01225 442813 timebankplus@gmail.com

Fridays: We Get It is a Bath based charity offering support to anyone who has been diagnosed with any cancer or who is supporting someone with cancer. The friendly & informal Get Together is every Friday at Walcot House, 90B Walcot Street, Bath, BA1 5G between 10AM-11:30AM. You are very welcome to join us for a coffee and a chat any Friday. For more information see our website - wegetit.org.uk - or email us at together@wegetit.org.uk

Saturdays: Walk Bath is a free walking group which takes place every Saturday at 9am. We organise group walks here in the beautiful city of Bath each week and all participants donate to Shelter. www.walkbath.co.uk



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Sack the sock! RUH takes major step to reduce unnecessary use of compression socks

The Royal United Hospitals (RUH) Bath NHS Foundation Trust is improving patient comfort, reducing waste and saving millions of single-use compression socks from landfill after updating guidance on the use of anti-embolic, or compression, stockings.



Compression socks, have long been used in healthcare settings to help prevent blood clots (venous thromboembolism) in patients following surgery or during periods of reduced mobility. However, the latest evidence shows that for many patients who are already receiving bloodthinning medication, compression stockings do not provide any additional benefit. Research has also found no benefit from their routine use for patients undergoing day-case procedures.

In response, the RUH's Haematology team has swiftly updated guidance to ensure compression stockings are only used where they are clinically needed. This has improved the comfort of patients, reduced risks associated with sock use, such as skin irritation, and is expected to save around 270 metrics tons of CO2 a year. The change in guidance is also expected to save the RUH a total of £2.5million over the next five years.

Sophie Millington, Lead Nurse for Thrombosis and Anticoagulation at the RUH said: "Our priority is always to provide safe, evidence-based care for our patients. The latest research shows that these socks do not provide additional benefits for many patients when appropriate medication is already being used to prevent blood clots. By updating our guidance, we can continue to protect patients from blood clots while reducing unnecessary treatment, improving comfort and supporting our sustainability goals. It's a great example of how small changes can make a big difference for our patients, for the wider NHS and for the planet."

The initiative supports the RUH's wider ambition to reduce waste, improve value and contribute to the NHS net zero agenda.





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Up on the Down: An Exhibition on Odd Down

An exhibition created by the Odd Down Local History Society will be on show in the Hudson Gallery from Friday 24th July until Sunday 1st November.

The exhibition is part of the museum’s ‘Knowing Your Place’ Project, offering display space and advice to local groups keen to display the results of their research at the Museum.

The exhibition will feature 2000 years of the hilltop district to the south of Bath and will include features on the social and industrial development.

If you know of a group interested in putting on a display – which we can help with- please email: director@museumofbath.org

MUSEUM OF BATH AT WORK Julian Road, Bath BA1 2RH



Museum of
Bath
at
Work

Sudoku,
solution on
page 30



				7			4	
		1				8		
5		3						9
							6	
					8		9	5
		6	5			1		8
				9	1			
	9	5	7	4				
2	4							

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Bath Scouts are looking to open a new Squirrel Drey in the centre of Bath on a Saturday morning.

To register your interest please send us an email with your child's name, age and put 'Squirrels' in the email. We will then be in touch shortly with the next steps.

join@bathscouts.org

bathscouts.org

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Bristol Avon RiverBlitz 2026

This summer, Bristol Avon Rivers Trust (BART) is calling on people across Bristol, Bath and surrounding areas to take action for local rivers by taking part in the Bristol Avon RiverBlitz 2026.

Participants are invited to visit a river, stream or wetland of their choice within the Bristol Avon catchment and collect a water sample. Volunteers will record observations about their site and test water for phosphates and nitrates—key indicators of pollution, with higher readings suggesting poorer water quality. Sampling can take place at any time between Saturday 25 July and Sunday 2 August, with results submitted online.

Open to everyone, RiverBlitz is an accessible and enjoyable activity for individuals, families and friends alike. Participants gain a deeper understanding of their local waterways, discover new places, and contribute valuable data that helps inform action to improve river health. Those who register will receive a free water testing kit and full instructions from BART. Volunteers can sample any accessible river, stream or ditch across the Bristol Avon catchment, which includes Bristol, Bath, Congresbury, Trowbridge, Bradford on Avon, Frome and surrounding rural areas. Samples can be taken from the main Avon or any of its tributaries including the River Chew, River Frome and Wellow Brook to name a few.

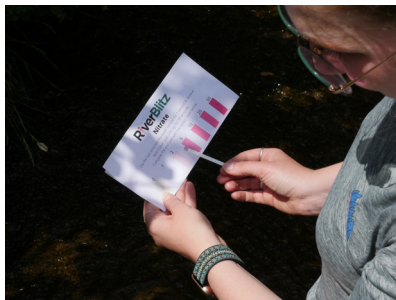
Testing is simple and takes just a few minutes. Volunteers use colour-changing test strips to measure phosphate and nitrate levels, comparing results to a chart, and any wildlife or litter they observe. Volunteers can sample any accessible river, stream or ditch across the Bristol Avon catchment, which includes Bristol, Bath, Congresbury, Trowbridge, Bradford on Avon, Frome and surrounding rural areas. Samples can be taken from the main Avon or any of its tributaries including the River Chew, River Frome and Wellow Brook to name a few.

Monitoring nitrates and phosphates is vital. While these nutrients occur naturally and support healthy ecosystems in small amounts, elevated levels can result from sewage, domestic and industrial waste, and agricultural runoff. This can lead to excessive plant and algal growth, reducing oxygen in the water and harming aquatic life. RiverBlitz data highlights pollution hotspots, identifies better quality stretches of river and helps BART target future conservation work. It also provides evidence to show where previous efforts may be successfully maintaining healthy ecosystems. Results from previous years can be explored via BART's interactive RiverBlitz map.

Now in its 11th year, the RiverBlitz continues to grow, with hundreds of volunteers taking part annually. BART hopes 2026 will be its biggest year yet. The event offers a meaningful way for communities to come together, explore nature and play an active role in safeguarding local rivers for the future.

BART extends its thanks to all participants and acknowledges the support of Bristol Avon Catchment Partnership, The Big Give and JustGiving.

To take part, register online here:
<https://bristolavonriverstrust.org/riverblitz/register>.



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Easy Tea Bread

This makes a loaf big enough for 6-8 people but will keep well in an airtight container or wrapped in foil to be eaten over a few days. Any marmalade will work in this recipe, also any mixture of dried fruits. Enjoy a slice as is or with butter and cheese.

Ingredients

- 1 cup cold tea
- 200g (8 oz) mixed dried fruit
- 200g (8 oz) Self-raising flour
- 100g (4 oz) Caster sugar or brown sugar
- 1 large egg, beaten
- 2 tablespoons orange marmalade



Method

Preheat oven to 180 C or Gas 4.
Place the fruit in a small bowl, pour the cold tea over the top.
Soak overnight if possible, or until the fruit swells.
In a bowl combine the flour, sugar, egg and marmalade. Then pour the fruit and tea mixture in and stir thoroughly.
Put into a greased loaf tin and bake for 1 hour. Allow to cool slightly before removing from the tin.



What's On August (continued)

6th August, Thursday, 2.30pm - 4pm. Bear Flat Community Tea. Community Hall, Bruton Avenue. Call in for company, conversation, a hot drink with cream tea and home made cakes. No set cost - any donation for Charity welcome.

7th August, Friday, 6-9pm. Articulate Craft Group Organisation, Hillside Hall, Hillside Road, Oldfield Park, Bath, BA2 3NX. articulatebath.com, Prebook.

12th August, Wednesday, 6.17pm - 8.06pm. Partial Solar Eclipse

12th August, Wednesday, New Moon

14th August, Friday, 6-9pm. Articulate Craft Group Organisation, Hillside Hall, Hillside Road, Oldfield Park, Bath, BA2 3NX. articulatebath.com, Prebook.

15th August, Saturday, 9.30am - 12.30pm. Bear Flat Community Market Gardening Special with Share and Repair Workshop. Community Hall, Bruton Avenue. Stalls selling a variety of locally made artisan bread and pastries, preserves, jewellery, cards, gifts and plants. Bring along your items to be repaired and gardening tools to be sharpened whilst enjoying a hot drink with some home made cake and savouries to eat in or take away. Contact details: helenscamell@gmail.com

28th August, Friday, (the last Friday of every month), from 11.00 to 15.00, MS Society Monthly Social, Odd Down Sports Ground, Chelwood Drive, Bath, BA2 2PR, an opportunity to meet others, have a chat and enjoy a light lunch after a guest speaker.

28th August, Friday, Full Moon

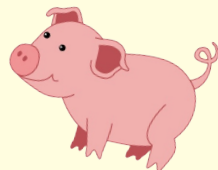
31st August, Monday, bank holiday

31st August, Monday, Bath Rugby Season Launch, see page 18 for details

5th September, Saturday, 2-5pm. Claverton & District Horticultural Society Flower & Produce Show at Claverton Down Community Hall. Whether you are a budding baker or keen grower, there are 100s of fun categories for all ages to enter. Come along to a great family day out! £3 entry per adult. Kids go free. www.clavertonhortsoc.org

5th September, Saturday, 2.30pm Weston Village Flower and Produce Show, All Saints Church Centre High Street, Weston Bath BA1 4BX **Closing date for entries Thursday 3rd September.** For more details and schedule see www.westonvillagegardeningclub.co.uk

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Bath Rugby Season Launch 2026/27

Celebrate the start of the new Bath Rugby season with player meet & greets, live interviews, family entertainment, fantastic food and drink, and a festival atmosphere in the Fan Village.

Join us this August Bank Holiday for our biggest-ever Fan Village celebration as we get ready for the new season together.

Whether you're a lifelong supporter or a new face around Bath Rugby, this is the perfect opportunity to come together with fellow supporters, meet the players and coaching staff, and enjoy a fantastic day of live music and entertainment for all ages.

Hear from the squad and coaches in exclusive live interviews, grab a photo or autograph at our meet-and-greet, and soak up the atmosphere as we count down to the start of the season.

We've expanded the Fan Village experience this year with an even wider range of food and drink options, more seating and social spaces, and plenty of activities to keep the whole family entertained throughout the day.

**Keep an eye out for more info.
<https://www.bathrugby.com>**



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The RNLI is urging people to remember the lifesaving technique as sea temperatures remain extremely cold at this time of year, increasing the risk of cold-water shock.



Bob Taylor, Bridlington RNLI volunteer Water Safety Officer, says: 'We know that there will be a huge amount of people visiting open water and the coast over the coming months and we want everyone to remember our Float to Live advice. Instinctively, most people who find themselves struggling in the water will begin to panic, swim, or thrash about.

'We're urging people to ignore this instinct and remember to float: Tilt your head back, with your ears submerged. Relax and try to breathe normally. Move your hands and legs to help you stay afloat if you need to. It's fine if your legs sink – we all float differently. By doing this, you give yourself the chance to rest and recover your breathing. Once you've regained control of your breathing, you can call for help or swim to safety.'

Jordan Wylie MBE, award winning adventurer and TV personality is supporting the campaign.

Jordan said: 'If you remember one thing this summer when heading to the coast or open water, make sure it's the RNLI's Float to Live advice. This simple technique really could save your life if you get into trouble in the water.'

In 2024, there were 193 accidental drowning fatalities and 84% were male. Males aged 20 to 29 were the highest group for accidental drowning fatalities.

The charity's advice for anyone struggling in the water is 'Float to Live':

- **Tilt your head back, with your ears submerged**
- **Relax and try to breathe normally**
- **Move your hands and feet to help you stay afloat**
- **It's fine if your legs sink, we all float differently**
- **Practise floating in a local pool if you can.**

If you see someone else struggling in water:

- **Phone 999 to get help**
- **Tell them to stay calm and float on their back**
- **Throw rescue equipment to help them float until emergency services arrive**

For more information visit [RNLI.org/Float](https://www.rnli.org/Float)



Lifeboats

Struggling in the water?



FLOAT TO LIVE

Photo: RNLI

The RNLI is the charity that saves lives at sea

The Royal National Lifeboat Institution, a charity registered in England and Wales (209603), Scotland (SC037736), the Republic of Ireland (CHI 2678 and 20003326), the Bailiwick of Jersey (1-4), the Isle of Man (1308 and 006329F), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1HZ.


#RESPECTTHEWATER

261543950



1. Which tower can you see peeping out over the treeline?



2. Which football league team is known as The Canaries?

3. The Irish Grand National takes place at which racecourse?

5. What is the minimum number of Mondays in a month?

4. Arborio rice is from which country?

6. The Artful Dodger appears in which Charles Dickens book?

7. What's the Spanish for coast?

8. Fauvism was an art movement originating in which country?

9. Soft and sustain are names used to describe which parts of a grand piano?

10. In what style was Bath Abbey built?

11. Which British city was once called Duroliponte?

12. Which clouds look like long, wispy feathers.

13. What does the chemical element Cd stand for?

14. If I have a bag of 5 yellow balls and 5 green balls, what is the probability (in %) of picking a yellow ball?

15. Which animal indicates a zoo on a brown UK road sign?

16. A sextet is a group of how many musicians?

17. What would you use to play the game Snap?

Answers on page 30





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12th August, Wednesday, 6.17pm - 8.06pm.

Partial Solar Eclipse

A partial solar eclipse,
where a portion of the Sun
is covered by the Moon.

The Moon will move slowly in front of the Sun until
approximately 90% of the Sun is covered.

Maybe you will notice a difference in the air
temperature and light.

Please take care if you decide to view,
never look directly at the Sun,
take advice on the best way to view.



Claverton & District Horticultural Society

Flower & Produce Show

Saturday 5th September 2026

2pm - 5pm

at Claverton Down Community Hall.

Whether you are a budding baker
or keen grower, there are 100s of fun
categories for all ages to enter. Come
along to a great family day out!
£3 entry per adult. Kids go free.

www.clavertonhortsoc.org

Crossword solution

1	B	A	2	S	E	3	D			4	M	5	I	D	6	A	I	7	R
	A			U			A		8	P			H			D			A
9	C	A		M	I	L	L	A				10	A	U	D	I	T		
	K			O			E			R			V		E			S	
11	C	U	S	H	Y					12	T	R	E	N	D	Y			
	H									Y			I		T		13	U	
14	A	C	15	C	U	16	M	U	L	A	T	I	O	N	S				
	T			O			I		E									E	
		17	G	U	I	N	E	A			18	W	H	19	A	R	F		
20	F			G		I				D		E		W			U		
21	A	L	A	R	M				22	E	Y	E	B	A	L	L			
	Z			R		A		R			K		R		L				
23	E	A	S	I	L	Y					24	S	A	D	L	Y			

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- Support with interests
- Dementia support
- Hospital discharge support
- Welfare checks / Medication prompting
- Help with admin / IT support
- Respite breaks for carers
- Dog walking / pet care
- Companionship / Just being there

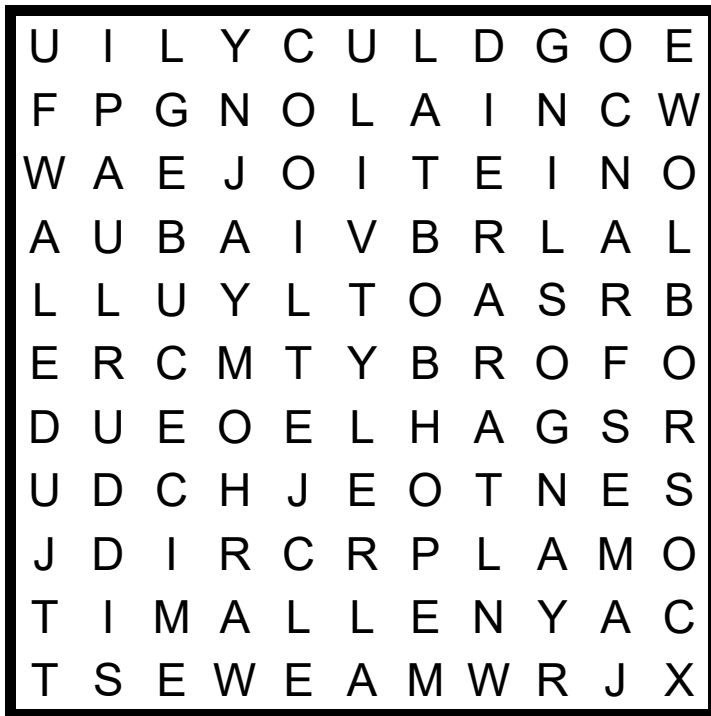


CALL 01225 308141

EMAIL hello@companionswhocare.co.uk

www.companionswhocare.co.uk

Wordsearch



Can you find the names of filmstars
listed below, in the wordsearch above?

Bob Hope

Jude Law

Rob Lowe

Cher

Liv Tyler

Ryan Gosling

Ice Cube

Lucy Liu

Tara Reid

James Franco

Mae West

Tim Allen

Jay Mohr

Nia Long

Jet Li

Paul Rudd

Solution on page 30

Have you seen this insect?

Yellow-legged hornet (aka Asian hornet) *Vespa velutina*



What is it?

A highly aggressive predator of native insects that poses a significant threat to honey bees and other pollinators. Originally from Asia, in 2004 this invasive non-native species was accidentally introduced to France where it has spread rapidly and into neighbouring countries. Since 2016 a number of sightings have been recorded in the UK.



Slightly smaller than the native European hornet. May be confused with other species, shown below in actual size for comparison.



Yellow-legged hornet



European hornet



Median wasp



Hornet mimic hoverfly



Woodwasp

Where might I see it?

May be seen on flowering plants, around beehives, around rotting / fermenting fruit and protein, and at street markets attracted by sweet fruit and fish stalls. Active February to November across England and Wales.

This insect stings, do not disturb an active nest.

Please report sightings immediately with a photo:

- with the iPhone and Android recording app: Asian Hornet Watch
- online at nonnativespecies.org/asianhornet
- by email: alertnonnative@ceh.ac.uk

Find out more and report a sighting:



For more information on invasive non-native species visit: nonnativespecies.org

Join the 5 Ways to Wellbeing Summer Challenge

Support your family's wellbeing over the summer holidays with Bath Mind

Take on a different challenge each week

- Accessible
- Easy to try
- Good for your mental health



Scan here to get involved

Bath

SWAN Transport, a community focused charity based in Radstock need more volunteer drivers to support their transport scheme.

SWAN supports isolated individuals and those struggling to access public or private transport, as well as works to tackle loneliness and isolation within our rural communities. Despite recent recruitment, the demand for the service is constantly growing and the charity have a waiting list for passengers in need of regular journeys.

SWAN's Transport Scheme Manager, Sofia Perkins, said "volunteering is more than just giving back to your community; it's also a way to meet new friends, feel engaged and be supported whilst doing something worthwhile". In early March, the charity hosted a fun quiz and buffet at a local village hall for their volunteers to say thank you for their commitment and are planning more social events throughout the year for their dedicated team.

When asked what they would say to someone considering becoming a volunteer driver, our team responded with: "Do it! For camaraderie and the fun lovely team", "Definitely do it – you won't regret it!", and "Go for it – you will get so much out of it and probably give your passengers a happy day".

If you could give a few hours a week in this flexible voluntary role, or would just like to find out more please pop into our Radstock office (next to the museum), contact sofia@swan-transport.co.uk, or call the office on 01761439 548 – you won't regret it!



SWAN Transport is part of SWAN Advice Network, registered charity 1141296, website: swan-transport.com.

BE ON YOUR GUARD AGAINST FRAUD

Criminals are experts at impersonating people, organisations and the police. They spend hours researching you for their scams, hoping you'll let your guard down for just a moment.

Stop and think. It could protect you and your money.

STOP

Take a moment to stop and think before parting with your money or information. It could keep you safe from criminals.

CHALLENGE

Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

PROTECT

Contact your bank immediately if you think you've been scammed and tell the Police at **reportfraud.police.uk** or on **0300 123 2040**.



For more advice visit
takefive-stopfraud.org.uk



UK Health
Security
Agency

Enjoy the outdoors but 'be tick aware'

Ticks can transmit microbes that cause infections such as Lyme disease or tick borne encephalitis.

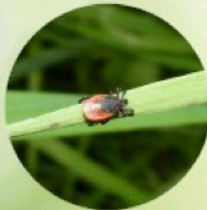
Being tick aware by using the following information can help to reduce the chance of tick bites and of being infected:

- you could be exposed to ticks whenever you spend time outdoors, including when in your garden or the local park
- ticks mainly attach to animals, but sometimes they may bite you, your family or your pets
- you can reduce the chance of tick bites by walking on clearly defined paths, using insect repellent and performing **regular tick checks**
- ticks can bite anywhere on the body, including in your hair. More than one tick can be attached to you at a time
- some tick bites can result in infection, so it is important to remove ticks safely and as quickly as possible
- the safest way to remove a tick is by using a pair of **fine-tipped** tweezers or a tick removal tool
- if you begin to feel unwell with flu-like symptoms, persistent headache, confusion or develop a spreading circular red rash (which usually appears within 1 to 4 weeks after being bitten), **contact your GP or NHS 111 promptly**. Mention if you were bitten by a tick or have recently spent time outdoors

Tick sizes compared to a one penny coin



Tick in the environment



Tick attached to skin



Lyme disease bullseye rash

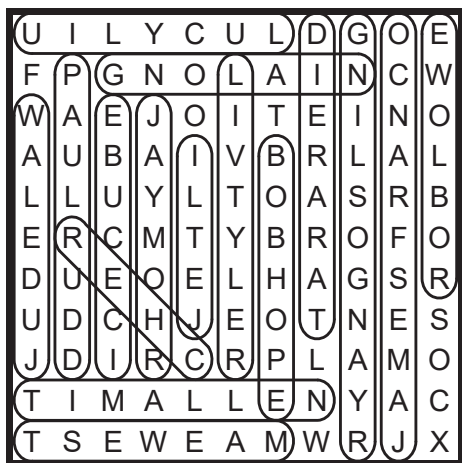


Tick found under hair



For more information, search for the phrases 'ticks' and 'Lyme disease' on these websites:

www.nhs.uk www.gov.uk www.nice.org.uk/guidance



6	8	9	1	7	2	5	4	3
4	7	1	3	5	9	8	2	6
5	2	3	4	8	6	7	1	9
8	5	2	9	1	7	3	6	4
7	1	4	6	3	8	2	9	5
9	3	6	5	2	4	1	7	8
3	6	8	2	9	1	4	5	7
1	9	5	7	4	3	6	8	2
2	4	7	8	6	5	9	3	1

Pukka Bath Quiz answers

1. Beckford's Tower
2. Norwich City FC
3. Fairyhouse Racecourse, County Meath, Ireland
4. Italy
5. 4
6. Oliver
7. Costa
8. France
9. The pedals at the base of the piano
10. Perpendicular Gothic architecture
11. Cambridge
12. Cirrus clouds
13. Cadmium
14. 50%
15. An elephant
16. 6
17. A pack of playing cards

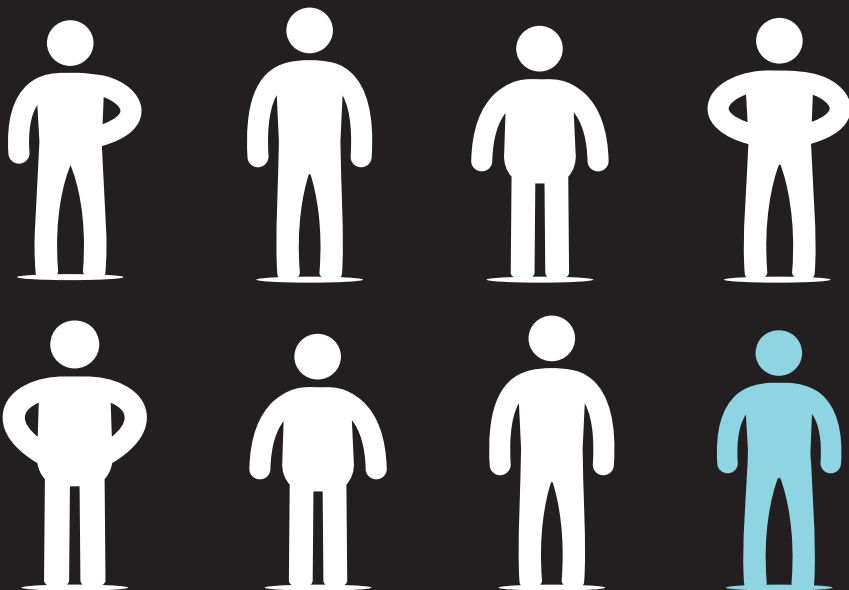


Pukka Bath small print.....

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PROSTATE CANCER UK



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prostate cancer
in 30 seconds.

prostatecanceruk.org/risk8

Statistics are for men in the UK

Call our Specialist Nurses from Mon to Fri 9am - 5pm, Wed 10am - 5pm

*Calls are recorded for training purposes only.

Confidentiality is maintained between callers and Prostate Cancer UK.

Prostate Cancer UK is a registered charity in England and Wales (1005541)
and in Scotland (SC039332). Registered company number 02653887.

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