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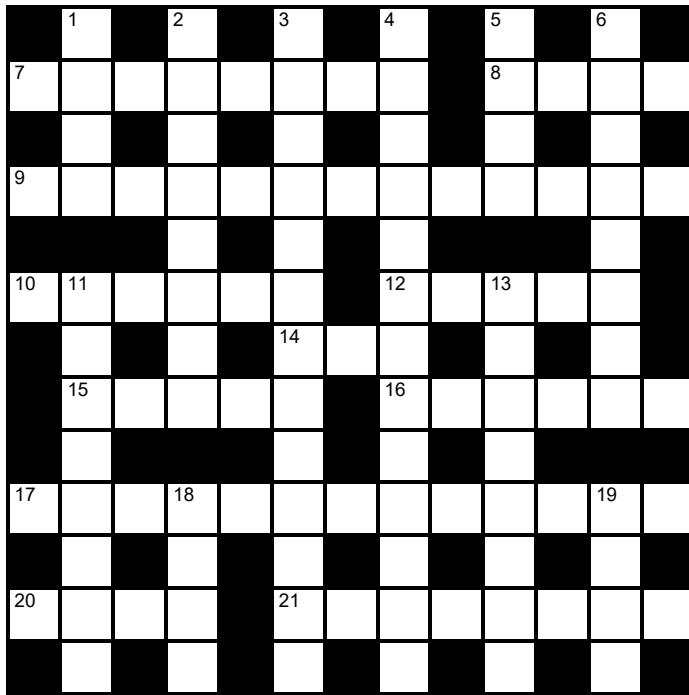
Hello
February

Pukka
Bath



Inside our February magazine, we have our amazing advertisers offering services for you, your pets and your home, Auction valuation, Hellebores, Snowdrops, our What's On, Quiz, and much, much more

Crossword



Across

- 7 Laconic (8)
- 8 Garnish (4)
- 9 Finish it once and for all (3,2,4,4)
- 10 "Deep ---" (1998 Morgan Freeman film) (6)
- 12 More secure (5)
- 14 Humble dwelling (3)
- 15 Big name in harvesters (5)
- 16 Be that as it may ... (6)
- 17 Bedfordshire/Essex neighbour (13)
- 20 Principal (4)
- 21 Nude song about old lockups (8)

Down

- 1 One of Eve's three (4)
- 2 Contest at the bar? (8)
- 3 Safe (3,2,3,5)
- 4 Seeing daunting nerds in error (13)
- 5 Defect (4)
- 6 South Africa's administrative capital (8)
- 11 Of the Middle Ages (8)
- 13 Steam or internal combustion engine component (8)
- 18 Look after (4)
- 19 Offensively malodorous (4)

Solution on page 30



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Gifts in Wills make the extraordinary difference

Since 1999, RUHX, the RUH Bath official NHS trust charity, has been supporting the hospital, by advancing the extra extraordinary work that leads to exceptional health care for everyone in our community.

At RUHX, we count on gifts in Wills. In fact, they make up a third of our income. Whether it's a large sum or a little something, every gift empowers us to go above and beyond with innovative equipment, research, and facilities, along with a huge number of smaller things that bring comfort to patients and staff.

Thanks to the generosity of many who have included a gift in their Will, it has helped us fund our cutting-edge Linear Accelerator (LINAC), for the RUH Radiotherapy department. Since December 2024, this advanced machine uses microwave energy to shape high energy x-ray beams or electrons to match a patient's tumour. This can destroy cancer cells while sparing healthy tissue, reducing side effects and improving recovery times.

Similar innovation can be found in our lifestyle intervention project Super Rehab, which was trialled at the RUH. Lead by the RUH's cardiovascular research team, working in partnership with the University of Bath, and with funding support from RUHX, Super Rehab is all about testing the impact of a high-level, well-resourced one-to-one support programme for patients with heart disease, to adapt to changes in life. "At first I was really scared to exercise with my atrial fibrillation, now I feel completely at ease doing it and am much more confident going to the gym" shared one patient.

In recent years, the RUH has undergone a transformational change with the introduction of robotic surgery, becoming a regional centre of excellence. So far, 288 robotic surgeries have been performed, 14 robotic surgeons are now fully trained, and our knowledge is being shared across the country.

But examples like these are only possible that's to those who have chosen to include a gift in their Will to RUHX. What a powerful legacy to leave behind.

Having a Will, and making sure it's up to date, is the best way of making clear what you wish to happen to your estate in the future. You can also include who cares for your children or pets, should anything happen to you. It's important to make sure that friends and family are cared for in your Will, but you can also make sure the causes that matter to you most are included too, as your legacy for the future. A Will can be used to help both the people and the causes closest to your heart.

**To find out more about how a gift in your Will can support your local hospital, head to
www.ruhx.org.uk/gift-in-wills to download our free gift in Wills guide
or speak to our Gifts in Wills team on 01225 825 900.**



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What's On February

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

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, (Thursdays until 26th March), Manvers Street Baptist Church Centre Bath. Come and join our friendly group of stitchers, All levels welcome. Tel. For more information 07909968730

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

If you have an event you would like included in Pukka Bath, please email pukkabath@live.co.uk for further information.



Continued on page 14



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In partnership with
 **Retrofit West**

Home Energy Experts Here to Help

At this time of year it can take lots of energy and money to keep your home warm. This can be especially true if you live in an older home, as many of us do in Bath.

Fortunately, help is at hand. Bath & West Community Energy (BWCE) is a not-for-profit organisation helping residents make their homes warmer and more energy efficient. Our Home Energy Service offers a range of independent support, including:

- Energy efficiency surveys
- Draught surveys with thermal imaging
- Heat pump assessments
- Surveys for listed homes with specialist planning advice.

Get independent, expert support

Our friendly expert assessors can visit your home and provide clear, practical guidance on the best energy efficiency measures, helping you plan next steps. We can start with a Free Home Visit to help you work out what you need. All our energy assessments currently benefit from a 70% discount, supported by Retrofit West, until June.

So far, we've supported over 200 households in the local area. As one resident from Bathwick described their report from us: "It provided exactly the level of independent knowledge we were looking for, all in the comfort of knowing we weren't being 'sold to' by an installer."

The people behind the service

At the heart of BWCE Home Energy is a team of experienced advisors, many of whom live in Bath and are motivated by a shared desire to support our community. "It's so rewarding advising your neighbours, and their neighbours...it shows how powerful it can be when we connect with each other," says Rowena, one of our Home Energy Assessors.

Join the community

Whether you're starting to explore your options or planning bigger changes to your home, we'd love to help. Find out more and take the first step:

www.bwce.coop/home-energy

Pukka Bath – February - Aware+

First Aid is a statutory part of the PSHE curriculum. Wiltshire and Bath Air Ambulance Charity offer interactive training sessions to schools, home education groups and community clubs such as Scouts and Brownies.

The sessions are delivered by qualified teachers who are also First Aid instructors. All sessions are tailored to the age groups and are adapted for children with special education needs and/or disabilities.

The Charity's aim is to educate and empower children by providing them with the knowledge and skills to confidently act in a medical emergency, prior to the arrival of an ambulance.

In 2025, the Charity delivered their Aware+ training to 9,018 young people across 76 primary and secondary schools across Wiltshire and Bath.

Topics covered in primary aged sessions include calling 999, the recovery position, choking, CPR, using an AED and common injuries. For children of secondary age, additional topics can include serious wounds, anaphylaxis, seizures, burns and head injuries.



To learn more, or to book your session please visit
wiltshirebathairambulance.org.uk/education
or call the Charity office on 01225 300536.

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Wordsearch



Can you find the names of the castles below in the wordsearch above?

Auchen	Elcho	Kendal	Raby
Bere	Flint	Leod	Rait
Burgh	Floors	Maol	Red
Clare	Fraser	Mey	Star
Croft	Gylen	Moy	Sween
		Muncaster	
Deal	Hay	Oer	Tower
Delgatie	Hever	Piel	Udny
Drum	Holt		York



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Our team of valuers will be on hand from 2pm to 4.30pm at the Claverton Down Community Hall, Claverton Down Road, Bath, BA2 6DT for free valuations so do come along and say hello. The team will offer valuations, auction advice, and of course accepting entries into our winter and spring calendar of specialist sales



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info@auctioneum.co.uk

AUCTIONEUM OF BRISTOL

Tel: 0117 967 1000

1 Hanham Business Park, Memorial Road,
Hanham, Bristol, BS15 3JE

www.auctioneum.co.uk



What's On February (continued)

1st February, Sunday, Full Moon

4th February, Wednesday, 8.45am-12noon.

Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

5th February, Thursday, 2.30pm - 4pm. Bear Flat Community Tea. Methodist Church Hall, Bruton Avenue. Call in for company, conversation, a drink and home-made cake. No set cost - any donation welcome for Charity.

5th February, Thursday, 7.30pm - 9.30pm, Bath

Railway Society, An Illustrated Talk by Peter

Brabham 'Industrial Steam in South Wales'. The talk will explain the natural resources geography of the area and explore the diversity of industrial steam locomotives working in the coalfield and at other industrial sites using the photographs of the late John Wiltshire and Derek Chaplin covering the late 1950s to 1970s. Museum Of Bath At Work, Julian Road, Bath BA1 2RH. All Welcome. Visitors £5.00. Refreshments Available. For further information, see website - www.bathrailwaysociety.co.uk

9th February - 29 March Charlcombe Toad Rescue, Charlcombe Lane will be closed for a few weeks to aid the annual amphibian migratio - see page 24.

10th February, Tuesday, 2-4.30pm. Auctioneum, Antiques & Collectables Valuartion day, Claverton Down Community Hall, see page 13.

11th February, Wednesday, 8.45am-12noon.

Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

11th February, Wednesday, 7.30pm. Combe Down Heritage Society monthly talk. Combe Down Primary School Hall in Summer Lane, BA2 5JX. Doors open at 7pm. This month we have a talk entitled Bath and the American War of Independence given by Betty Suchar, retired Chair of BRLSI.

This talk tells how 13 separate colonies of the British Empire joined together to gain their liberty in the late 18th Century, how Britain responded to their defeat and some of the connections with Bath. Non-members are very welcome at all our talks. Entry £4.

(£2 for members.) Sign up for our regular emails: membership@combedownheritage.org.uk.

12th February, Wednesday 3-4.30pm Welsh conversation group, Burdall's Yard, London Road, Bath. Organiser Catherine Dhanjal. Call Catherine on 07941669925 or follow <https://www.facebook.com/CymraegBrysteCaerfaddon>

12th February, Thursday, 7.30pm, Weston

Village Gardening Club. All Saints Church, Weston, Bath Nicola Hope - Every Garden Matters. All welcome. Visitors £5. More details: www.westonvillagegardenclub.co.uk

13th February, Tuesday, 10.30-12noon, Beaufort Guild in Pultney Room , Manvers Street Baptist Church ,BA1. Come along and join us to hear a talk by Nicholas Russell entitled Russell Hobbs and the automatic kettle. A Very British Invention

14th February, St Valentines day

15th February, Sunday, 1.3-4pm. Snowdrops at Great Chalfield in aid of Dorothy House. See page 23 for details.

17th February,Tuesday, Pancake day.

17th February, Tuesday, New Moon

18th February, Wednesday, 10am-12noon.

Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

21st February, Saturday, 9.30am - 12.30pm. Bear Flat Community Market with Share and Repair Workshop. Methodist Church 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 enjoy a drink with home-made cake and savouries. Contact details : helenscamell@gmail.com

25th February, Wednesday, 8.45am-12noon.

Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

1st & 8th March, Sundays, Hellebore Open Days at Kapunda, Southstoke, BA2 5SH. See advertisement on page 17.

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Hellebores - Juliet Davis

Juliet Davis has been a specialist grower of Lenten Roses, helleborus x hybridus since 2003 and opens her garden in early March, supporting Dorothy House Hospice and The Wessex MS Therapy Centre in Warminster.

At a time of year when most of us are sensibly staying indoors, Juliet will be busy pollinating her plants in her freezing greenhouse, ready to produce seed in May. This is the start of the long process of growing on the seedlings in January until the plants have matured three years later, ready to come into flower. The dramatic garden beds come into their own in March and the flowering season lasts from February until April. Starting with a very small collection of Hellebores from specialist nurseries, Juliet has now been able to produce her own stunning flowering plants, both singles, doubles and anemone forms in a myriad of colours.

Her passion has resulted in opening her garden to visitors in early March when there are a few plants for sale.

She also opens her garden by appointment for Garden Clubs and Societies and more information can be found on her website 'Kapunda Plants'.

SWAN Transport, part of SWAN Advice Network, is encouraging residents of Bath and North-East Somerset to join their team of volunteer drivers to support its much needed community transport scheme.

The service provides safe, reliable, and affordable transport for people on low incomes, individuals with disabilities, and those who face barriers accessing public transport. Volunteer drivers use their own vehicles to take passengers to medical appointments, social activities, shopping trips, and other essential destinations, helping people stay independent, connected and active within their communities.

Demand for journeys is growing; SWAN are having to turn passengers away as a result of not having enough volunteers to transport them. Volunteers use their own vehicles to transport passengers on pre-arranged journeys across Bath and North-East Somerset. They offer a friendly and supportive presence to often isolated individuals and provide door to door assistance to those in need. Volunteers can choose the days and times that suit their schedules and are reimbursed their mileage and related expenses from SWAN.

Anyone with a full driving licence, their own vehicle, and a desire to help others is welcome to apply. A DBS and reference check is required and arranged by SWAN, but no prior experience is necessary. "It's incredibly rewarding," said one of SWAN's current volunteers. "I meet wonderful people and knowing that I've helped someone get to an important appointment or simply enjoy a day out makes it all worthwhile."

**To find out more or to apply as a volunteer driver with SWAN, please contact
Sofia Perkins, Community Transport Scheme Manager by email:
sofia@swan-transport.co.uk
or visit SWAN's website: swan-transport.com.**

SWAN Advice Network is a registered charity based in Radstock, providing transport support across Bath and North-East Somerset.

Hellebores 50

Open Garden in aid of Dorothy House

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Stunning spring display as seen on BBC Gardeners World and plants for sale

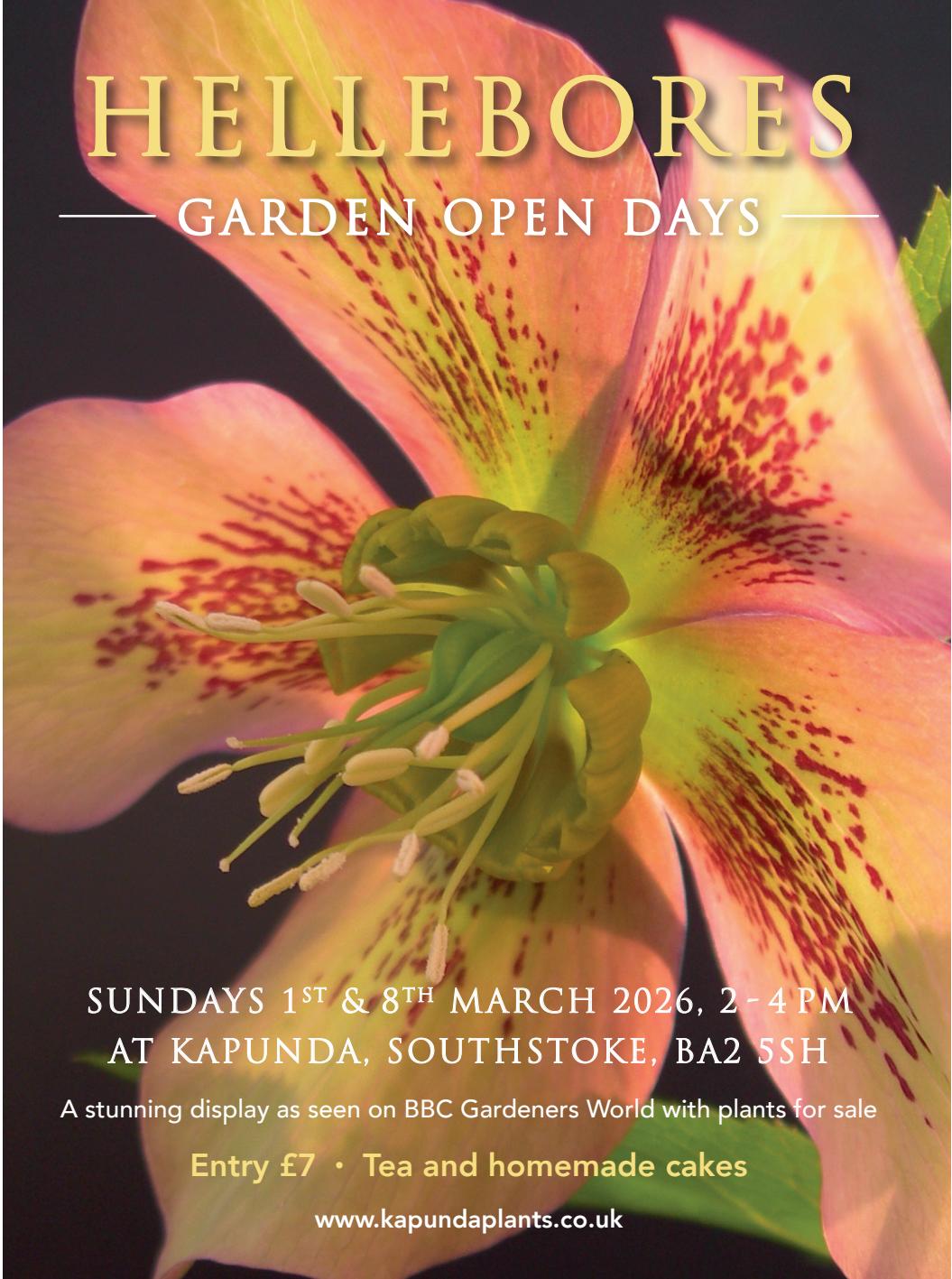
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Entry £7.00 | Car parking available
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Supporting Dorothy House Hospice Care & The Wessex MS Therapy Centre



1. Where
are
we?

2. How many novels in a trilogy?

4. Which natural material is harvested
as Lumber?

6. The birman is a breed of which
domestic animal?

8. Which bone forms the upper part of
the human arm?

10. Doricote Mill is a setting for which
George Eliot novel?

12. Who composed the stage musical
Cats?

14. The hepatic plexus is a bundle of
nerves serving which organ?

16. The caldarium was a hot chamber in
which type of Roman building?

3. Which strait separates Alaska from
Russia?

5. Which large mammal is known as
“Ice Bear” in Dutch?

7. Which winter sport uses goals that
are 4 feet x 6 feet?

9. Which flower is named after
Horticulturalist William Forsythe?

11. Who played ‘Cheers’ bar owner
Sam Malone?

13. In Thai cookery ‘gai’ refers to what?

15. The surname of which Scottish
engineer gives a unit of power?

17. Where on a chicken would you find
the comb?

Answers on page 30



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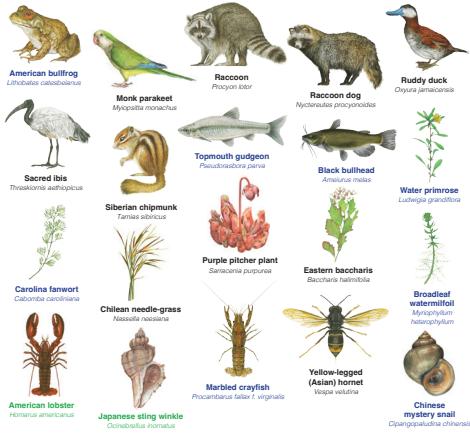
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Have you seen these species?

NNSS
Non-native species secretariat



The plants and animals depicted on this poster are 'Alien Species' in Great Britain. Invasive non-native species are one of the top threats to global biodiversity, cost the GB economy almost £2 billion a year, and can even harm our health. You can help prevent this by reporting sightings of these species.

Please report sightings immediately with a photo:

- Online at: <https://record.org.uk/enter-non-native-records>
- By email: alertnonnative@ceh.ac.uk

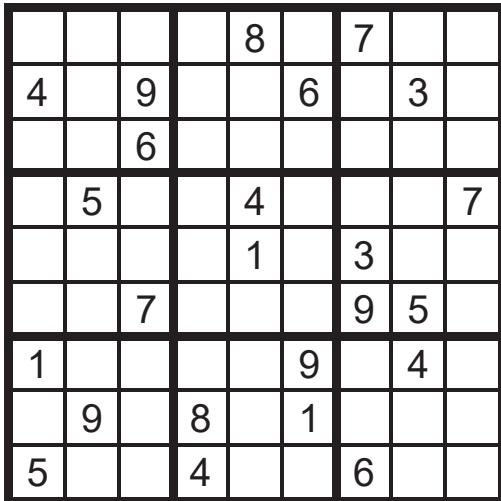
Find out more and report a sighting:



Please note: the relative size of the different species represented is not proportional. This poster is based on a design by the National Scientific Secretariat on invasive alien species. Images: British Museum of Natural Sciences and Manuel CABALLER - Museo nacional de Historia natural CC 4.0. <http://creativecommons.org/licenses/by/4.0/>, via Wikimedia Commons

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

Sudoku - solution on page 30



Toe nail cutting?
Corns?
Hard skin?



Finger nail trimming
service available

Home visits, PPE worn

Call: 01225 351646

Mobile: 0777 308 2163

Julia George

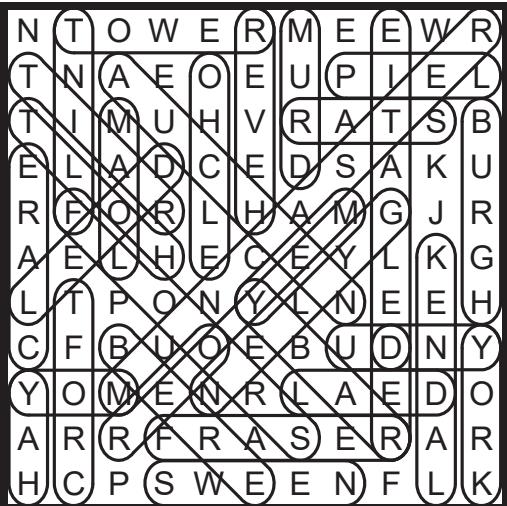
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My it's that time again! Pancake day,
how do you like your pancakes?

Simple to make, savoury or sweet fillings/
toppings and yummy!



Ingredients:
110g plain flour, pinch of salt,
2 large eggs
200ml semi skimmed milk mixed with 75ml water
butter or cooking oil for frying

Method: sift the flour and salt into a large mixing bowl, break the eggs into a separate bowl, whisk and then add to the flour mix with the milk/water mix.

Whisk gently together, ensure there are no lumps of flour left. Leave for 10 minutes at room temperature.

Melt the butter or warm the oil in a frying pan over a medium heat. It's important not to get distracted now, never leave a pan on the heat unattended.

Pour the pancake mix into a jog if you have one for ease of pouring. Make a 'test' pancake to see if the pan is hot enough by putting a small amount of the mix into the pan.

The pancakes should only take a minute or two to cook, once you are happy that the first side is cooked, turn or flip the pancake over to cook the other side, make sure that there's not much oil in the pan before you do!

Serving ideas: can be served just as they are with a little citrus juice, orange or lemon. Drizzle with honey, spread with chocolate spread, serve with ice cream.

Or you can fill with a mix of white sauce and bacon and / or mushrooms, delicious.



Snowdrops

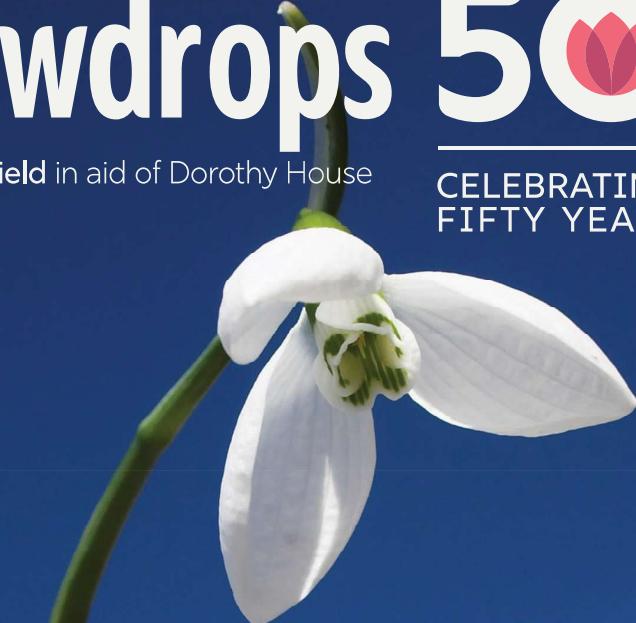
50

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Charlcombe Toad rescue had a toadally great time at the Christmas Market! Did you see us at the Bath Christmas Market?

We were there on the opening night, nestled among the artisan chalets and mulled-wine stalls. Thanks to the Market organisers allocating us an evening on the Community stall on Milsom Street, we were able to run a hugely successful tombola with some fabulous prizes from very generous supporters (check them out on our Facebook page). It was a fantastic evening.



Our stall helped us not only to spread awareness but also to raise crucial funds to enable us to close **Charlcombe Lane** for a few weeks each Spring to aid the annual amphibian migration that takes place there. We met some incredible people who were interested in learning more about the amphibians, their migration patterns and life cycles. Many residents of course knew of us, but visitors to Bath had no idea this is happening right here in the city and it was very exciting to be able to share our story with them. A huge thank you to everyone who stopped by our stall, and of course the Bath Christmas market organisers, you have all played your part in helping the smallest of travellers along Charlcombe Lane this year.

And so to this year. **The lane will be closed from 9 February - 29 March to facilitate the migration.** Charlcombe has a thriving toad population which is bucking the national trend of declining populations. In 2025 we rescued almost 4,000 amphibians, with a much lower mortality (compared to previous years) of 3%. This is due in no small way to the closure of the lane to through traffic.



Without the closure our population too would be declining like other areas. We are very grateful to BANES Council, Volker Highways and to the motorists who avoid using the lane during the closure. We are also very lucky to have the support of the residents of Charlcombe Lane and our many volunteers who brave the wet and dark evenings in the spring, patrolling the lane and helping the amphibians across road.

With so much support we are looking forward to another successful season this year.



As we move into the new year, many people may be thinking about things they can do differently in 2026.

New Year's Resolutions are notoriously difficult things. Even with the best of intentions, 'getting healthier', 'reading more' or 'travelling to new places' can be tricky promises to keep for yourself. But what if this year, your resolutions were focused on helping others?

If you can spare a few hours each month, there are many ways to donate your time to the NSPCC and help make a difference to young people's lives. We're always keen to hear from new people with inspiring fundraising ideas, and there is a section on the NSPCC website dedicated to helping anyone take their first steps towards supporting the charity.

If you're interested in visiting new places and meeting new people, then the NSPCC's Schools Service could be for you. Schools Service volunteers help deliver our Speak out, Stay safe workshops in local primary schools across the region.

In the last year, Speak out, Stay safe reached almost 155,000 children at 708 schools across the South West and Channel Islands, and we want to reach even more children in 2026.

The sessions are delivered to years 5 and 6 in primary schools to help children, in an age-appropriate way, recognise the signs of abuse, identify a trusted adult and speak out when they feel something isn't right.

All our volunteers receive full training and support, and many fit in their volunteering commitments around their full-time jobs, as the school visits can be planned to fit around their schedule.

Every single workshop is different, because every class of children is different, so even though the messaging is the same for every class, there's a delightful unpredictability to delivering Speak out, Stay safe.

Another volunteering opportunity allowing you to meet new people and offer vital support to children across the UK is as a Childline counsellor. Last year, Childline delivered almost 200,000 counselling sessions to children and young people across the UK – including an estimated 13,300 in our region – with a range of different worries and concerns.

On average, a child will contact Childline every 45 seconds, so it is essential our counsellors are available on 0800 1111 or through the website, www.childline.org.uk, where children can also find helpful advice and resources.

In addition to the free helpline, children can also receive support through our 1-2-1 counsellor chat, moderated message boards and through emails, so a counselling role doesn't necessarily have to include speaking on the phone.

All volunteers are given extensive training before they begin helping children, to ensure they're ready for the role, and the teams are always there to support each other as well as the young people who contact the service.

There are so many ways to support the NSPCC in the New Year, and we would greatly appreciate your support in 2026.

**To find out more about the various volunteering opportunities with the NSPCC,
go to www.nspcc.org.uk/support-us**

NSPCC

Create a simple apple bird feeder

Ap'peal' to our feathered friends and create a low cost apple feeder for the garden or balcony

What you will need:

- An apple
- A corer
- Sunflower seeds
- Three relatively thin sticks
- String

Step One:

Carefully remove the core from the apple, preferably by using an apple corer. Try and keep your cutting straight to help balance the feeder.



Step Two:

Push the sunflower seeds into the skin of the top half of the apple - these are for the birds to eat.



Step



Three:

Next, make perches for the visiting birds by pushing one stick into either side of the apple, near the bottom.

Step Four:

Tie the string around the last stick and thread it through the core of the apple. As before – try and keep the string straight to help balance your feeder.



Step Five:

Once you have made your apple bird feeder, tie it onto the branch of a sturdy tree or onto a hook in the garden or another 'green' space.



Step Six:

Enjoy watching the birds nibble on their sunflower apple combination!



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Random Acts of Kindness Day

Tuesday 17th February 2026

Kindness is good for our mental health.

It can reduce stress, strengthen connection, and boost feel-good hormones.

This Random Acts of Kindness Day, try one small act and see how it feels.

Leave a kind note. A short message like “You’re doing great” left in a shared space.	Donate items you no longer need. A book, toiletries, winter clothes or food.	Give someone a smile. When out for a stroll, you never know how much a stranger might need it.
Share your skills. Help someone with something you’re good at — tech, cooking, crafting, budgeting.	Pay it forward. Buy an extra coffee for someone or leave a £1 coin in a trolley (only if you can afford to).	Share a recommendation. A book, a podcast, a recipe — something that helped you.
Hold a door open for someone. A small pause that can brighten someone else’s day.	Send a thoughtful message. Text someone you haven’t spoken to in a while and let them know you’re thinking of them.	Offer a genuine compliment. Tell someone what you appreciate about them — a colleague, friend, or even a stranger.

Follow @bathmind on Instagram & Facebook



Tick projects off your to-do list with local charity Share and Repair!

Share and Repair has a Library of Things with over 800 items available to borrow instead of buy, saving you money and space! Got some DIY projects that you’d like to tackle? Planning a birthday party? Check out our catalogue and see what you can borrow for just a few pounds a week.

Learn How To Use Your Sewing Machine at our HOW TO workshop from 10am - 12:30pm on Saturday the 7th of February. Running alongside our Repair Cafe at Southdown Methodist Church Centre, get guidance and tips from our expert sewing volunteers and learn in a friendly environment at your own pace, no question is too big or small. Bring along your sewing machine and get your tickets on our website to attend.

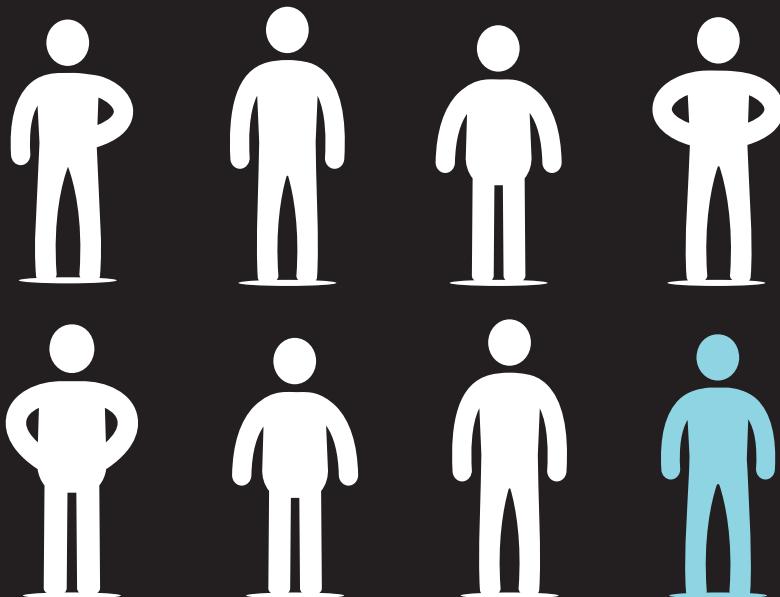
Southdown Repair Cafe is on at the Methodist Church Centre, BA2 1NJ on the first Saturday of the month, Weston Repair Cafe is on the second Saturday at the Weston Hub BA1 4EH, and Bear Flat Repair Cafe is on the third Saturday of the month at Bruton Community Hall, BA2 4QJ. No need to book, just drop by if you want something repaired, but bear in mind the earlier the better and no new repairs will be accepted half an hour before they close.

Find out all about our services on our website www.shareandrepair.org.uk

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Statistics are for men in the UK

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

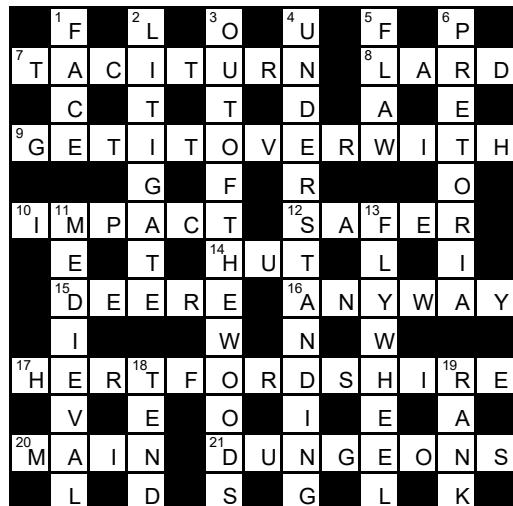
*Calls are recorded for training purposes only.

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

MEN4/AUG23 7147

Crossword solution



Sudoku solution

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

Pukka Bath Quiz answers

1. In Sydney Gardens
2. 3
3. Bering Strait
4. Wood, trees
5. Polar bear
6. Cat
7. Ice hockey
8. Humerus
9. Forsythia
10. The Mill on the Floss
11. Ted Danson
12. Andrew Lloyd Webber
13. Chicken
14. Liver
15. Watt
16. A Roman bathhouse
17. On the top of its head, extending from the base of its beak back towards the skull

Pukka Bath small print.....

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Parsnip Orange & Ginger Cake RECIPE



Ingredients

Cake:

160g light brown sugar
160ml vegetable oil
1 orange, zest
2 large eggs
200g parsnips, grated
210g plain flour
1 ½ tsp baking powder
½ tsp bicarbonate of soda
1 tsp ground ginger
¼ tsp ground cloves
60g roughly chopped walnuts, +
extra to top (optional)



Parsnip crisps:

1 parsnip
1 tsp olive oil
2 tsp maple syrup or honey

Glaze:

60g icing sugar
Juice of ½ an orange

Instructions

Preheat the oven to 180C/ 160C fan/ gas 4. Line a baking tray with greaseproof paper and grease and line a 900g loaf tin.

Parsnip crisps:

Use a potato peeler (or mandolin if you have one) to thinly slice the parsnip. Place them on the baking tray and drizzle with the oil, maple syrup or honey and pinch of salt. Make sure they are coated well with the oil and are not overlapping. Bake for 20 minutes, turning halfway through. Be careful not to let them burn. Once they are crispy, set aside and allow them to cool.

Cake:

Mix sugar, oil and orange zest together in a bowl. Beat in the eggs and stir until smooth before mixing in the grated parsnips.

In a separate bowl, mix together the flour, baking powder, bicarbonate of soda, ground ginger and cloves. Add this into the wet ingredients and mix gently until just combined before stirring in the chopped walnuts if using.

Pour the batter into a loaf tin or rectangular tray and bake for 45 minutes. If you insert a skewer or toothpick into the centre it should come out clean. Set aside and leave to cool slightly in the pan. Turn out onto a wire rack to cool completely.

Glaze: Mix the icing sugar and orange juice in a small bowl until smooth - thick but pourable. Pour the glaze over the cooled cake and top with parsnip crisps and extra chopped walnuts.

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